

SUMMER 2010

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The Fellrunner

SUMMER 2010

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Contents

- | | |
|---|--|
| 5 Chairman's Commentary | 76 Yorkshire in seventh heaven |
| 6 Officers & Committee Members | 77 Fell And Mountain Running Coaching Qualification |
| 8 Calendar update | 78 English Schools Fell Running Championships 2010 |
| 9 Secretary's Corner | 80 Pudsey & Bramley: The First 100 Years! |
| 11 Access and Environment | 84 P&B do the BG |
| 12 Notice Board | 90 Reviews |
| 12 Notice of Annual General Meeting | 91 West goes East |
| 14 Notice Board | 94 Poems |
| 16 Obituaries | 96 Celtic Corner |
| 22 2010 Fell Running Championships - Standings to date | 98 So I did it! My 65 fell races @ 65 |
| 40 A short distance race review - Coniston fell race | 101 The Best of the Fells |
| 41 Obsession? | 102 The UK ultra-running championships - update |
| 42 The 2010 UKA British Fell and Hill Running Relay Championship | 104 Martin Stone's Long Distance News Summary |
| 44 Harry Smith: An Unsung Hero | 106 Dark Peak 15 Trigs |
| 46 Just do as you are told! | 110 A new Munros record |
| 47 Friends of the Three Peaks | 111 The Joss Naylor Lakeland Challenge |
| 48 Training for uphill mountain running | 112 The Dales Skyline |
| 52 Strength & Conditioning for fell runners | 114 South Wales Traverse |
| 54 All our yesterdays | 116 Devine running |
| 62 FRA 40th Anniversary T-Shirts | 118 Bangor Training Camp 2010 |
| 63 FRA 40th Anniversary Presentation & Dinner Dance | 120 5th WMRA Youth Mountain Running Challenge 2010 |
| 64 The Eggs Factor | 121 Results |
| 74 The Lletty Fell Race - Including the Inter County Fell Race | |

Data Protection Act

The Data Protection Act requires us to tell all members that their addresses, dates of birth and club names will be maintained on a computer. This allows us to send you an FRA calendar and three magazines each year. You have the right to request that your name be removed from the computer database and you should contact the Membership Secretary if this is your wish. Unless your details are kept on a computer we will be unable to send you an FRA calendar, the magazine or an annual membership renewal form.

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Editor's Note

Somehow this issue will make it to the printers tonight – Big Thanks need to go to St. Ives (the printers) for their patience and flexibility!

Appologies for the slight delay in the arrival of this issue on your door mat but, as always seems to be the way, things got a little chaotic in the last month of production. Part of the problem is my house move last week and all that this involves – telephone and internet access are vital in the production of a magazine, yet I've been without either for too long to want to dwell on the matter! Please note my new contact details – the new telephone number will have to be announced in the next issue however.

As always I must thank all the contributors for the fantastic photos and articles which have been sent in! Special Thanks must go to Jim Tyson for his cartoons and illustrations!

I hope you enjoy this issue and please keep sending in new material!

Britta Sendlhofer



Photo courtesy of David Woodhead

Commentary

The mid-week evening Tansley Hill Race this year included on the start line the current Chairman, Secretary and Treasurer of the FRA along with Ed Warner, Chairman of UK Athletics, who, at the invitation of past FRA Chairman Alan Barlow, was participating in his first fell race. We don't "fix" things in fellrunning so Ed finished without a prize but two of the FRA Committee did and were duly presented with their trophies by the FRA Chairman, perhaps to the amusement and bemusement of onlookers.

The prize giving rounded out an extremely enjoyable evening for which thanks were given to Race Organiser Barry Mosley and his team. During the business meeting which had preceded the race Ed had observed that although many past elite athletes keep in shape (although not all, as our televisions illustrate) they no longer enter competitive events, e.g. road races, to preserve their reputations. Vanity, vanity...

Just a few days later at the Ennerdale Horseshoe the great Gavin Bland spoke with me during and after the race. (I write that he "spoke with me" because Gavin was one of the purest natural talents to

grace fell running and I felt honoured to be approached). Gavin, amongst other things, was the youngest ever English Fell Champion (in his 20th year) and the 22 Lakeland Classic races he has won include four Ennerdales in 1992/93/94 and 2004. But last June, without excuses, he came 172nd (out of 278 finishers) and my admiration for him rose even higher because of his willingness to finish in the lower half of a race he once dominated to epitomise what is great about fell running.

As someone who has competed on well over two hundred fell race routes I feel protective towards my sport but I have been criticised for my antagonism towards those commercial interests who would trespass on and trample all over fell running.

But I have taken heart from being reminded by Alan Brentnall of the words of his predecessor, the late Mike Rose, who wrote that "fellrunning is perhaps unique amongst sport nowadays in that it does not actively seek to attract ever greater numbers of participants and has a very low profile towards the media (because) we have to balance our sporting interests with those of the environment we enjoy". Mike



Photo courtesy of Pete Hartley

went on to expound on the vulnerability of the high fells, the extent to which the FRA endeavours to protect the environment and its liaison arrangements (usually through Chris Knox, Environment/Access Officer) with bodies such as the National Trust and water companies.

It is some years since these thoughts were recorded but these issues are even more relevant now than when they were written. I joined the FRA Committee following a conversation with Mike and I have no intention of dishonouring his standards; or his memory.

Graham Breeze (Chairman)

Fellrunner

The Fellrunner is published three times a year. Please send in any articles, letters or photographs which may be of interest. Ideas and comment on what content you would like to see in *your* magazine are always welcome.

The deadline for submission of content for the next issue is

August 30, 2010 for editorial content and September 20, 2010 for news, results and other 'last minute' things. Please try and let me know what you intend to send and try to submit articles as early as possible.

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RESULTS AND RACE REPORTS

Please submit all race reports and results for inclusion in the *Fellrunner* to Dave Weatherhead
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COVER PHOTO Ben Bardsley wins at the Anniversary Waltz. Photos © Dave Woodhead (www.woodentops.org.uk)

2010

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Calendar update

The new FRA website, developed by Brett Weeden and his son Jack, was launched during May. Details of races for all 2010 can now be viewed on this in a more user friendly format than previously. In particular races can now be browsed in terms of various properties including category, country, month and those with junior events. In due course I intend to add information about which region of the UK races are in.

As usual the website also contains links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners and the Welsh FRA websites where information can be found about Celtic races which are not included in the FRA Calendar.

2011 race registration details will be sent out to race organisers, whose 2010 race details were submitted for the Calendar, at the end of September. Anyone else who wants their event to be included or who is planning to organise a new race in 2011 should contact me so that they can also be included in the mailing.

Margaret Chippendale



RACE INFORMATION

Events which have been Registered with and Permitted/Insured through the FRA are identified by "(R)" after the name of the race. Most but not all the races in England have been Permitted/Insured in this way. They will be run in accordance with "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition".

Races which are not identified in this way are included in the Calendar for information only and are not Registered with the FRA. This includes all races held in Northern Ireland, Scotland and Wales. The FRA cannot vouch for their Permit or Insurance status and details should be obtained from the organisers if required.

Details of many of the races listed below were received too late to be included in the Calendar itself. Corrections and amendments to the information in the Calendar are also listed. Please note that the update is in chronological order of when the races will NOW take place.

N.B.

All the remaining races organised by Gerry Hehir in Hamsterley Forest have been **cancelled**. They are:

- SUN. SEP 19. TOP OF THE FOREST
- SUN. OCT 10. DRYDERDALE DASH
- SUN. NOV 14. TRACK N TERRAIN BLACKDEN FELL
- SUN. DEC 26. AYHOPE SKYLINE

The following races in Shropshire are marked in the 2010 printed Calendar as having obtained a Permit/insurance through the FRA: Morning After, Bluebell Run, Callow, Ragleth Inn and Mortimer Forest. This is no longer the case. They had accidentally been insured both through the FRA and with the Welsh Fellrunners Association (WFRA). To avoid potential complications the organisers have decided to insure through the WFRA only.

SUN. JUL 4. 1ST GUISECLIFF GALLOP (R). BS. 1.00 p.m. 5m/750'. Venue: Bewerley Park Showground, Pateley Bridge. GR SE158655. £5.00, pre-entry or on day. Entry form on website. Cheques to "Nidderdale High School & CC". LK/PM. Over 17. Juniors: U9(over 6), 0.5m, 11.00 a.m.; U12, 0.75m, 11.30 a.m.; U14, 1.25m, 12 noon; U17, 2.25m, 12.30 p.m.; £2. Out & back courses. Part of Nidderdale Horseshow - parking, stalls & carboot sale. Proceeds to "Nidderdale High School & CC". Details: Michael Hawkins, Nidderdale High School & CC, Low Wath Road, Pateley Bridge, Harrogate, HG3 5HL. Tel: 01423 711246. Email: nidderdale-col@nidderdale.n-yorks.sch.uk. Website: niddhorseshow.co.uk

SAT. JUL 10. ADDINGHAM GALA (R). BS. 3.10 p.m. 5.8m/1000'. Venue: Addingham Gala Field, nr

Ilkley. GR 079486. £2.00, on day. Entry to Gala £2.50/£3.00. PM. Over 16. Inaugural race. Details: Paul Wood, 1 Daisy Hill, Addingham, Ilkley, LS29 0PN. Tel: 01943 831765. Email: paul@ilkleyharriers.org.uk. Website: ilkleyharriers.org.uk.

SAT. JUL 10. BAILDON CARNIVAL (R). BS. 2.15 p.m. 3.5m/450'. Venue: Baildon Rugby Club, Jenny Lane, Baildon, W Yorks. £4.00, on day. £1 for U16s. PM. Over 14. Records: B. Stevens, 19.32, 2009; f. H. Glover, 23.16, 2006. Juniors: U14 (over 6) Challenge Run, £1, medals for all runners. Carnival Parade, stalls and fairground. Details: Sue Coates, 24 Cliffe Avenue, Baildon, Shipley, BD17 6PD. Tel: 07970 215312.

SUN. JUL 11. BROOMHEAD CHASE (R). BS. 2.00 p.m. **Please note that the start time has changed from 11 a.m.**

SAT. JUL 17. MONTANE PHOENIX LONG-O (R). MM. 10.00 a.m. Earlier chasing starts on Sun. Venue: College Valley, NW Cheviots. Parking, event centre, bunkhouse & camping at Mounthooly. GR NT881226. Pre-entry. £24 for 2 days tbc. NS. Over 18. Two day event returning to fixed camp on Sat. Can enter for 1 or 2 days. 4 courses for solos, two for pairs. Distances 11 to 31 miles. Details: Andrew Nicoll, 47 Holywell

Avenue, Whitley Bay, NE26 3AQ. Tel: 0191 252 2383. Email: andrew@nicoll.co.uk.
Website: newcastleorienteering.org.uk/phoenix/phoenix.html

SUN. JUL 11. CULLINGWORTH GALA (R). CS. 2.00 p.m. 4.8m/500'. Venue: Cullingworth Cricket Club, Halifax Road. Entry on day. PM. Over 16. Details: Lionne Roper, 6 The Grove, Baildon, Shipley, BD17 5NQ. Tel: 07799 112296. Email: ghird1@sky.com. Website: wharfedaleharriers.org.uk

SUN. AUG 8. LOWTHER TRAIL (R). **Please note that the event has been cancelled.** The Lowther Show, of which it was an important part, has been discontinued and the organisers regret that it has not been possible to continue with the race on its own.

TUE. AUG 10. BRANSDALE (R). CM. 7.15 p.m. 7.5m/850'. Venue: Bransdale Mill, Bransdale, N.

Yorks. GR SE620979. £4.00, on day. Cake & drink included. Teams. LK/PM. Over 18. Showers & changing facilities. No training on complete route as parts on private land. Details: Tom Watson, 20 Stephenson Court, York, YO26 6AU. Tel: 07737 360429. Email: thomas.watson@nationaltrust.org.uk

SUN. AUG 8. UK WORLD CHAMPS. TRIAL. Trial for the World Mountain Running Championships. This will be an uphill only event from Llanberis. Also third event in the UKA Mountain Running Challenge. Further information will be advertised nearer the time on the UKA website.

SAT. AUG 21. TAP O' NOTH. AS. **Please note change of date from Sat. Aug. 14th.** All other details unchanged.

SAT. AUG 28. CHIPPING SHOW (R). AM. **Please note that the fell race has been cancelled** due

to access problems.

SAT. AUG 28. OKE CROAK (R). BM. 11.00 a.m. 10.4m/2060'. Venue: Okehampton Football Club. GR SX591946. £8.00 pre-entry, £9.00 on day. NS/PM. Over 18. First 1.6m and last 2.2m run over compulsory routes. Details: Paul Crease, Okehampton Running Club, c/o 2 Kings Way, Lewdown, Okehampton, EX20 4DQ. Tel: 01566 783111. Email: paul@crease.org.uk. Website: okehamptonrunningclub.com

SAT. SEP 11. GOOD SHEPHERD (R). BL. Please note change of date from Sat. Sept. 18th. All other details unchanged.

SAT. SEPT 18. UKA SENIOR HOME COUNTRIES INTERNATIONAL. The event will take place on uphill courses at Aonach Mor near Fort William. Also fourth and final event in the UKA Mountain Running Challenge. Further information is available on the FRA and UKA websites.

» BY ALAN BRENTNALL

Secretary's Corner

Eagle-eyed readers will no doubt have spotted that the January 2010 version of Secretary's Corner bore an uncanny resemblance to the January 2009 version. This was due to an inadvertent click of my mouse, and for this I humbly apologise. In recompense, you will find that this version of my column is a bumper issue. Please try to enjoy it, without dozing off!

There have been four meetings since the last correct Secretary's Corner, and here are some notes from each one. Further information can be obtained by contacting me direct – although the full minutes for the AGM should be available on the FRA Website www.fellrunner.org.uk/pdf/committee/09_agm.pdf and the discussion notes can be found at www.fellrunner.org.uk/pdf/committee/09_agm_discussion.pdf.

FRA AGM - KENDAL

Saturday 7 November 2009

Ultimately, 34 people attended the FRA AGM last November, although, again, we had a slight delay while we waited until the necessary quorum of 20 members was formed. As last year, I am sure that the low numbers were due to the lack of controversial motions tabled for discussion.

The only motion on the Agenda sought to increase the number of Committee positions by two – the new positions being (a) Welfare Officer and (b) the FRA representative at the UKA Mountain Running Advisory Group. The motion also sought to change the title of the FRA Coach to FRA Coaching Co-ordinator, as this now

correctly reflects the nature of the work involved.

After a very brief discussion this motion was carried unanimously.

There were a few changes in the Officers and Committee Members, including a change in Chair. Tony Varley, having steered the Association admirably through some quite tricky waters over the past three years, stood down to be replaced by Ilkley's Graham Breeze. We thank Tony for all the work that he's done on our behalf, and happily note that we are not losing him altogether as he has been retained as Horwich RMI's club representative to the Committee.

Calder Valley's Rod Sutcliffe, who was co-opted last year as a member rep and took on the responsibilities of Welfare Officer from the Secretary, is to continue in the new permanent post, and Alan Barlow (Altrincham) was elected as our MRAG rep.

This year we have Ilkley's Morgan Williams as our new Assistant Secretary, and Calder Valley's Graeme Woodward is the Coaching Co-ordinator.

Although we ended up with only three out of four club reps (Tony was joined by Scoffer representing Borrowdale and Mike Robinson representing Dark Peak), we have a full set of four membership representatives with Ross Powell (Mercia), Dave Ward (Borrowdale), Michael McLoughlin (Preston) and Nick Harris (Rossendale).

AGM OPEN DISCUSSION.

As usual, there was an open discussion on fell running matters after the completion of the

formal AGM business.

Wendy Dodds stated that the organisers of the 2009 British Relay at Ennerdale should be congratulated on an excellent event, commenting that the provision of two maps for the navigation leg was a good idea which should become the accepted format in future. She further proposed a vote of thanks to Britta Sendhofer for the work and effort put into the year's issues of The Fellrunner.

Michael McLoughlin asked if it is permissible for a junior (over 16, under 18) to run as part of a pair in the British Relay Championship. The meeting generally agreed that this might be allowed, so long as Rule 410 (UKA Rules for Competition) limits were complied with – normally the paired legs exceed this limit. It would technically be possible for a junior to run on a short solo leg, but the inclusion of a junior in a relay would be at the discretion of the event organiser and, as the Welfare Officer reminded the meeting, there is an enhanced duty of care regarding juniors.

Nick Harris asked if funding could be made available for SI dibbers, stations and training so that this type of equipment could be borrowed for events. The pros and cons of dibbing were discussed, and it was thought that such a scheme would be better managed for events in a specific area of the country by one of the local clubs – there is such a plan in Calder Valley. It was agreed that funding from the FRA to assist with such schemes could be requested, subject to approval of the overall financial plan.

Joe Faulkner asked about the recent Commonwealth Championship, held in Keswick. This was discussed, and it was generally agreed that the event was successful, largely due the immense amount of effort put in by members of the local organising committee – in particular Steve Harwood. Although publicity for the event (outside of fell running circles) was poor, the championship was well supported by spectators, and the good weather certainly helped.

Denis Wood raised two issues concerning national championship races:-

- They should not be allowed to take place at venues which cannot handle large numbers
- Timeouts on long championship races should not be imposed.

Regarding the first issue, Graham Breeze stated that the Championships subcommittee is aware of the concerns in this area, and is keen to address these issues next year. It was agreed that long pre-entry periods were a particular problem leading to races being filled quickly, and it was noted that this specific problem was being addressed for 2010

It was generally thought that cut-offs were a safety issue, and should not be relaxed or extended. Regarding the specific problem of cut-offs and older runners, it was thought that some races might consider using earlier start times for V65 and V70 as this may only affect the earlier checkpoints in a long race.

COMMITTEE MEETING

Staveley, Saturday 12 December, 2009

The Committee decided that, from 2010, the FRA's audited accounts will be published, together with a brief summary, in the issue of the *Fellrunner* which follows the AGM.

As is usual at the first meeting of the year, the composition of the four standard subcommittees (Championships, International Selection, Disciplinary and Finance) was decided, together with the dates for 2010 Committee meetings.

It was confirmed that clubs winning team medals in the English Championship may apply for additional medals over and above the normal allocation stated in the FRA Handbook, but please note that medals are restricted to those runners who have counted in the specific races which themselves were counted in the final championship score for the club.

Following a question regarding rules governing the British Fell & Hill Relays, the Championships Subcommittee will consider whether separate rules should be provided.

A proposal for an English Night Fell Race Championship based upon one stage of the iROC event was discussed, but considered to be too late for 2010. This will be reviewed after the 2010 event.

Sponsorship conditions for the English Championship are to be reviewed and a new agreement drawn up.

The Junior Championship races have been agreed for 2010, and sponsorship and financial support for race organisers was confirmed.

FMR level 2 and 3 coaching plans were discussed, and it was agreed that some formal

safety and navigation should be considered for inclusion.

Reports of access restrictions in some areas for club events have been received. While these were not for registered fell races, some landowners have interpreted advertised club events, which may be races or simply club runs, as "organised events" and, therefore, outside the scope of open access (CROW). This interpretation is debatable, and will remain so until it gets tested in court - if it ever does. In the meantime, the best advice is probably to avoid confrontation, remain polite and advertise club events less publicly!

In granting permission for the new Teenager With Altitude race, the National Trust has levied a £1-per-runner charge to cover their costs - a policy which was intimated at the meeting with the FRA at Coniston last year. Although the National Trust have in the past made similar charges for some races in other areas of the country, this does not appear to be a nationwide strategy.

Although there have been no specific requests from members for a second FRA First Aid Course, the Committee would like any members who feel that their attendance of such a course would benefit the sport should get in touch with the Secretary.

COMMITTEE MEETING

Ilkley, Sunday 21 February, 2010

A formal system for approving expenditure was agreed. All FRA expenditure will now be agreed in advance with the Treasurer prior to any commitment being made.

Sponsorship contracts for both English and British Championships have been signed. The support (delivered as shoes and vouchers direct to race organisers) will last for a 5 years, with a review after 3 years.

There will be a Home International in September 2010 which will mirror the World Championship format for the year (i.e. up only or up and down). The event will be held on Aonach Mor, and teams will comprise 8 runners, 4 open, 2 vets and 2 U23s, with the first 4 to count.

Progress was reported on FMR Level 2 coaching qualification. This will now also include elements of safety, navigation and first aid.

Committee members had attended Natural England sessions about the proposed new boundaries of the Yorkshire Dales and Lake District National Parks. There appears to be little or no effect on fell running.

40th Anniversary celebrations were discussed. These include a special magazine supplement, a car sticker and a commemorative T shirt.

Complaints had been received about the introduction of race levies by certain race organisers. The committee unanimously reaffirmed that no runner could be subject to a levy for any reason (which is the historic position) on the basis that fell running should remain an open sport free of levies on all runners in FRA registered and permitted races. Various ways forward were discussed.

The format of the FRA Annual Presentation Dinner is to be reviewed, and options for future

years will be considered at the next meeting.

Chris Knox drew attention to the "commercial element" rules in the CROW Act, which allows landowners to make a charge for events on their land that had such an element, although the definition of "commercial element" is, as yet, unclear.

COMMITTEE MEETING

Keswick, Sunday 9 May, 2010

The first three championship races were reported to have taken place without problem. Courses for the 2010 Relay have still to be verified. It was confirmed that the 2011 Relay will be organised by Bingley AC.

On the International front, teams have been selected for the World Youth Challenge in Italy, and for the World Long Distance Championship at Pikes Peak, USA.

The English Schools Championship will once again take place at Sedbergh School, but it is expected that there will be a different venue in 2011. The committee agreed to underwrite the event.

Plans for the FMR2 Coaching Course, as raised at the last meeting, were discussed and will be further refined outside the meeting.

The United Utilities access policy has been redrafted along the lines of the previous policy. This effectively is an agreement not to charge fell races, although the Environment and Access Officer has had to intervene in one case of attempted charging in the Goyt Valley.

The meeting noted that the new UKA Rule book contained little to affect fell running. The club-change ban period has been reduced to 4 months, but there is no change to the imperial / metric measures for races as tabled by Scottish Athletics. None-the-less, the FRA does intend to move towards using metric distances and heights for FRA fell races with a view to completing the transition by 2012. Race organisers will be fully supported in this transition.

It was agreed that the FRA will place a copyright statement on all published material. Requests for reproduction of part of any FRA publication can be made via the Secretary in the usual way, and all such requests will be considered by a subgroup of committee members.

It was agreed that the wording used in the paperwork involved in permitting official FRA races should be changed to reflect the committee's understanding of the situation regarding levies and fell races - i.e. that the entry price should be the same for all runners in a race, the only exception being where pre-entry is to be financially encouraged.

The format of the FRA Dinner was again raised and various proposals were discussed, but no decision has been made at this stage.

Technical T shirts, to celebrate the FRA 40th Anniversary, are to be sold by Pete Bland Sports.

The committee agreed to buy tents and ground protection mats for use by race organisers. Details of all items available for race organisers can be found elsewhere in this magazine.

Access and Environment

SUMMER 2010

OK so how many of you looked at the wind chill chart in the last magazine? It could be useful again this winter, especially when you bear in mind we are looking at (limited) summer skiing on Cairngorm. Global what?

Back in March I attended the BMC conference on Understanding the Uplands: Shaping the future for recreation and conservation. The venue was the wonderful Losehill Hall in Derbyshire, some excellent speakers and attendees from a wide range of organisations and agencies. Details from all the speakers are available on the BMC website, but suffice it to say it was really good to have a UK wide event and not just a 'home' country limited range event. Although I was quite amused by the Sport England presentation that included some in depth survey and statistical analysis of upland sports and user groups... 'Fellrunning' never got even a hint of a mention!

Access

There have been problems with access for a few events, not from landowners, but from Natural England (NE) where erosion control seems to be the main gripe. Perhaps its because we run (or at least try to) instead of walk, because the following extract appears to suggest that NE need to increase the number of regular walkers? Or should we be training our regular race winners to be voluntary walk leaders? Or is it just that we need to have more fun while connecting with the natural environment? I go for the latter one, from now on can we all remember to smile and laugh when we do an inadvertent sit, sprain, face-plant or similar coming together with our natural environment? May be not!

Natural England's Walking for Health programme (WfH) encourages people to enjoy their local natural spaces and benefit their health by taking part in health walks led by trained volunteer walk leaders. Volunteers Walk Leaders are vital to the success of Walking for Health, with over 30,000 regular walkers around the country reaping the health benefits.

This year, we want to encourage and inspire even more people to volunteer for Walking for Health and other activities in the natural environment. As part of our Volunteer Activity Week, walking groups will be taking part in a range of volunteering activities so they can experience the full range benefits of environmental volunteering.

Natural England wants more people to get out into the natural environment to have fun and get

active. Being active outdoors makes people feel good, helps them to live longer and connects them to their local area. We are working to strengthen the connections between people and the natural environment, wherever they live.

We are always on the lookout for new walkers and walk leaders For more information about how to join a walk or get involved as a volunteer walk leader, visit <http://www.wfh.naturalengland.org.uk>.

Guidelines for organisers

One point in our guidelines suggests 'resting a route' or 'reversing the course', if organisers have erosion worries, this could be well worth looking at on some events, but it is just a suggestion. I think it is very much worth while recording the state of vulnerable sections before and after an event, and even at other times of the year for general information and permission for subsequent years races.

In recent conversations with the Long Distance Walkers Association (LDWA), they wondered what we, the FRA, had as our environmental statement. We haven't got one as such, should we have one or is it just going to be something else to clutter up our still fairly simple rules and guidelines? Answers, dare I say it, to the forum? Or even better, Letters to the Editor!

RSPB

Now I know some of you have been 'buzzed' by Buzzards (self included) while out running and its not a pleasant experience but a few years ago

the FRA endorsed a publication by the RSPB on the protection of Raptors (birds of prey). Geoff Knott from the RSPB has been in touch about an updated publication, which again the FRA are happy to support. With a bit of luck we should have an article from Geoff in the next issue.

Bodies Beautiful

Appologies to one of our sharp eyed members (I've lost his name!) who highlighted an article by renowned author Marion Shoard (Theft of the Countryside [1980], This land is Our Land [1987], A Right to Roam [1999]) in a publication called 'Outdoor Focus' for the outdoor writers and photographers guild. Never heard of it? Neither had I! However, over the last 30 or so years Marion has been trying to ensure that people take full advantage of the spiritual and psychological benefits that only enjoyment of the countryside can provide, which is sort of what fellrunning is. But we are apparently doing it wrong, its our pre-occupation with health, exercise and the body beautiful! Not only that, apart from treating the countryside as a stadium to jog or speedwalk across, we often wear headphones which cut us off from the sounds of the natural environment, our gaze fixed on the route ahead. Her article goes on to say that there's nothing wrong with running, but people go jogging to hone muscles and lose weight, not to engage with their surroundings. This is illustrated by a photograph of the 2008 Yorkshire Three Peaks with runners, such as Dave Spedding (V60) obviously not racing, but looking around for the headphones they've all just lost! As for bodies beautiful, wonder if she saw that one of 'Scoffer' posing a few years back?

Ticks

Yes I know ticks have been in these articles before, but I gather that areas with infected ticks are becoming more widespread, so please keep checking yourself and good friends (with their permission!) for ticks after a run. It is worth checking on www.lymediseaseaction.org.uk for new information.



Wadsworth Trog - Full Trog-start

Photo © Pete Hartley



NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place on Saturday 13 November 2010 at **4pm** at the Castle Green Hotel, Kendal, prior to the FRA Presentation Dinner.

1. Motions for the Agenda must be notified to the Secretary by Friday 3 September 2010.. Details of the Agenda and Motions will be published in the Autumn edition of "The Fellrunner".

2. Election of Executive Committee

- The Officers of the Executive Committee are described in the FRA Handbook on page 109, section 3a, and nominations for any of these positions must be notified in writing to the Secretary by Friday 3 September 2010.
- Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Saturday 6 November 2010.
- Nominations for Membership Representatives (four seats) may be made at the meeting.

All members of the Executive Committee must be members of Clubs affiliated for fell running to one of the UK Athletics Regions.

3. Voting

- Individual members of the Association, including family members, who are present at the meeting have one vote each.
- English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Saturday 6 November 2010.

4. As usual, an **Open Discussion** will follow the formal business. This is an ideal opportunity for the Membership to express views on any aspect of our sport.

Alan Brentnall, General Secretary, May 2010.

Results & Race Reports

Please submit **all race reports and results** for inclusion in the *Fellrunner* to:

Dave Weatherhead
16 Birchlands Grove, Wilsden, West
Yorkshire BD15 0HD
Tel: 01535 273508 | Email:
resultsfra@aol.com

Please submit **all photos** to go alongside race reports and results for inclusion to:

Britta Sendlhofer
1 Kirkfield, Ambleside,
Cumbria LA22 9HA
Tel: 07826 113011 | Email: britta@brittas-designs.co.uk



To all race organisers

Just a quick note to all race organisers regarding reports and results for publication in *The Fellrunner*.

Whilst we are pleased to receive all your responses, it would be much appreciated if your reports and results could be submitted as soon as possible following the date of your race. This would help us greatly and avoid a mad panic finalising copy for the editor's deadline.

Also, could we remind you that your report should preferably be in Word format. If e-mailed, could you please ensure that the race name and date are clearly indicated.

We are very grateful to all the race organisers who, over the years, continue to take the time and effort to let us have their race results. We do like to include as many details as possible which we hope are of interest to FRA members.

David & Barbara

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The FRA Library

The library is now up and running, and a list of the books is held on the Library Page on the FRA Website.

Books may be borrowed from the FRA Library by any FRA member, providing the borrower covers the cost and material needed for delivery of the book from the FRA, and back to the FRA.

Requests for books should be accompanied by stamped and addressed packaging which is suitable for the size, weight and protection of the book. Dimensions and weights of the library books are given on the Library Page on the FRA Website.

The standard period for borrowing a book is 28 days, and it is expected that a book will be returned by the expiration of this period. Books may be renewed by email, post or telephone (see details for the FRA Secretary on the Committee page) providing the book is not subject to a request by another member.

The exception to all this is the FRA copy of "Stud Marks On The Summits" by Bill Smith which was considered too valuable to lend in this way. Fortunately, Bill has granted us permission to hold an electronic copy of the work on the FRA Website - follow the link on the Library Page.

Alan Brentnall, General Secretary, May 2010

Change of address or missing magazines



Please contact: **Debbie Thompson**
Tel: 01931 714106 or email:
debbie.thompson@sportident.co.uk

FRA Equipment for Race Organisers

The FRA aims to support organisers of fell races by providing essential equipment for loan.

Currently, this equipment includes:-

- **Radio equipment** for monitoring the progress of the race.
- **Timing equipment** which provides a hard-copy printout.
- **Tents** - for changing, registration etc.
- **Matting** to provide a temporary hard surface for vehicles at field entrances.

Race organisers wishing to borrow any of this kit (on a replace-if-lost-or-damaged basis) should contact Jonathan Broxap – details on the Committee Page.

Alan Brentnall, General Secretary, May 2010.

The Fell Runners Association - Is it a Club?

Over the years I have often been asked whether members can use their FRA membership as a way of avoiding payment of the unattached levy. So, to save repetition, here's an answer ...

When the sport of fell running became part of the wider athletics family in 1983 it was normal for non-club runners to pay an extra fee when entering a race - this is what we refer to as the "unattached levy".

However, the FRA argued that the sport of fell running is an open sport, and that everybody, whether a member of a club or the FRA or not, should pay the same amount to enter a fell race. This is still the case today (in England at any rate) and the FRA committee have, as

recently as February 2010, reviewed this facility and unanimously agreed that the principle should remain.

However other disciplines, such as Road, do normally apply a levy for unattached runners. So, if you want to do a road race, can you claim affiliation by virtue of your FRA membership? The answer to this, unfortunately, is no. You must also be registered with one of the regional UKA bodies to claim such an affiliation.

Fortunately, if you are an FRA member and you are a member of an English fell-only club (or you're simply not in a club) then a deal exists between the FRA and England Athletics which allows you

to register with EA at no cost. However, if your club does cater for more than fell, then you must register through your club in the normal way.

So, if you're registered with England Athletics, but you're not a member of a club - what do you put in the "Club" box on the race entry form? Well you could put "FRA", I suppose, and many do. But, as the FRA is not classed as a running club, it would be less confusing to simply put "EA-Reg No xxxxxx".

And if you put FRA instead of a club on a fell race, it can also be confusing - although most organisers (and certainly our Statistician) will simply assume that you are ... unattached.

Alan Brentnall, General Secretary, May 2010.



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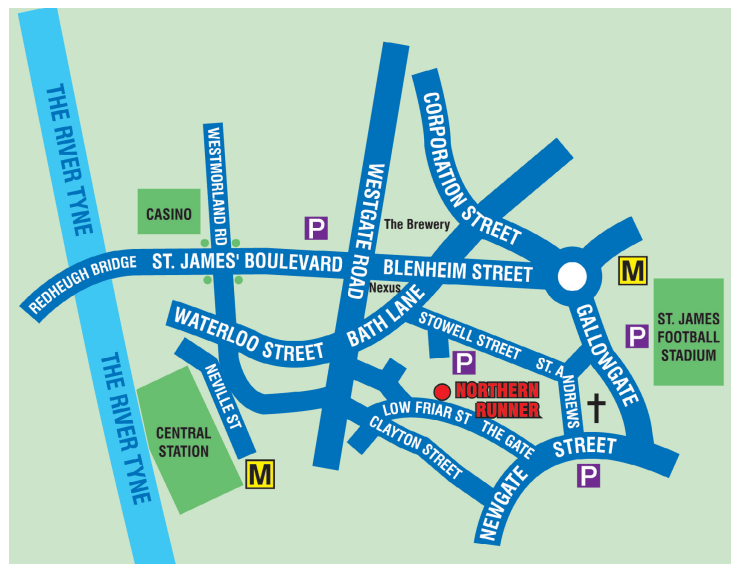
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Death of a Legend

When Eric Beard, the noted athlete and mountaineer, died in an M6 motorway accident in 1969, Chris Brasher published an obituary headed, "Death of a Very Special Man." That title would be equally applicable to this tribute, for Stanley Bradshaw was indeed a very special man.

Stan, as he was universally known throughout our sport, died peacefully at home at 9 am on Tuesday April 6, following a short illness. He was less than two months from attaining his 98th birthday.

A tripe dealer from Padiham, near Burnley, Stan grew up in a real sporting family, his father Ernest having played for Accrington Stanley FC, for whom Stan was named, and he had six uncles who were all professional footballers and sprinters while Stan's brother Harold played for Burnley FC. After gaining schoolboy honours with Blackburn and Lancashire, Stan himself turned out for Padiham FC and it was while playing at the Pendleside village of Sabden that he first met his future wife, Ida, a local lass. Her brother helped Stan to build his famous cabin in Stainscomb Clough on Pendle's southern flank. That was in 1930 and the cabin is still standing today, the wood having cost six shillings (30 new pence). "It's a grand hill is Pendle," Stan once told a *Yorkshire Post* reporter. "They call me Mister Pendle around here."

His footballing ambitions were terminated by

injury, however, and he therefore began running, joining Bury AC in 1930 and, shortly afterwards, the more local Clayton-le-Moors Harriers as a second-claim member. Throughout the following decade, he competed on road, track and country, and also in the amateur fell races at Rivington Pike and Burnsall. During the War, he served with the 8th Army in North Africa, Sicily and Italy, and afterwards helped to reform Clayton Harriers, winning the club's cross-country championship in 1948, a title he had twice won with Bury prior to the War. He was Clayton's president from 1959 to 1980.

Lure of the Lakes

In 1952, Stan and some of his clubmates, including Alan and Ken Heaton and George Brass, began making monthly trips to the Lake District, which led to them entering the 1954 Mountain Trial from the ODG. Stan had neither map nor compass: "The mist came down as I approached Bowfell – and I was lost!" He then met two other competitors who claimed they knew the way, but instead of locating the checkpoints on Scafell Pike and Great Gable, they finished up in Eskdale and decided to retire, returning via Three Tarns.

Undeterred, Stan honed his navigational skills and went on to complete 16 Trials, finishing 4th in 1957 and 3rd in 1961, when he found

himself closing on George Barrow (Preston H) approaching the finish at Brackenclose, Wasdale: "I thought George would beat me in as he was about 50 yards in front when he suddenly veered off to the right. I shouted to correct him – maybe not very loudly! – but he vanished into the mist ..."

Also back in 1954, Stan and his clubmate Alf Case had entered the first Three Peaks Race, finishing 2nd and 3rd respectively behind race organiser Fred Bagley (Present H) out of six starters. Stan ran 24 Peaks races and made a total of 114 circuits of the route, later serving as a race marshal and committee-member for many years. He made his Ben Nevis Race debut in 1956, winning the O/40 prize: "For the next five years, a well-known ghillie said he was going to thrash me but he never did." Stan won the O/40 prize six times in all, including 1967 when he was 55, and completed 40 ascents of the Ben, 15 of them in the race.

In 1960, inspired by a newspaper article by Harry Griffin, a Clayton trio comprising the Heaton brothers and Stan decided to tackle the Bob Graham Round, which had not yet been repeated within 24 hours since Graham's own circuit in 1932. On that first attempt, only Alan Heaton was successful, while brother Ken had to retire after his glasses got broken, resulting in dizzy spells caused by the glaring sun. Stan

Stan Bradshaw (R) and Frank Milner (L) on the Cullin Ridge



Photo © Tom Weir

was slowed by cramp and a dislocated thumb incurred while descending Yewbarrow, and he got so far behind schedule that he was eventually forced to retire. He did, however, succeed on his second attempt a fortnight later, while Ken Heaton raised the 24 Hour Record to 51 peaks the following year. Stan achieved another sub-24 hour circuit in 1977, when he was 65, following an earlier attempt when he narrowly failed to finish inside the 24 hours due to sickness.

Fred Rogerson, who was for 28 years Chairman of the Bob Graham Club, has said of Stan: "He was one of my all-time greats. By example and inspiration, he has encouraged and assisted many people to attempt long-distance mountain challenges. His tremendous contribution both as competitor and administrator to the wider sphere of fell racing goes back over a lifetime. His presence alone lifted the occasion to a higher level."

Stan Bradshaw was first man back in the inaugural Lakes 3,000 Marathon organised by the Ramblers Association in 1965 and the previous year had finished 4th in the Fellsman Hike, one of his three favourite events along with Ben Nevis and the Three Peaks.

One of Stan's pacers on his successful 1960 BGR was Ted Dance of the Rucksack Club, winner of the Mountain Trial, Karrimor and Fellsman and an accomplished all-round mountaineer. He was so impressed by Stan's performance that day that he suggested he should join his Club, and it was as a member of this august body of fellsmen and climbers that he undertook some of his most memorable achievements. These including both summer and winter traverses of the 120-mile Pennine bogtrot linking the two highest inns in England, Tan Hill in North Yorkshire and the Cat And Fiddle in Derbyshire, the 1966 winter attempt starting off in a blizzard just after Christmas.

Highland Hikes

In May the following year, Stan and two companions set off on a crossing of the Scottish 4,000s in which they were benighted by blizzards on both Ben Nevis and Ben Macdui: "We had no bivvy bags, so sheltered behind ice-covered rocks till dawn. Our cagoules were frozen to the rocks ... That was sixty hours with two nights out."

1968 saw Stan and Brian Ripley of the Karabiner MC bagging the summits of England's six northern counties (prior to the 1974 boundary changes), involving three nights without sleep, which resulted in both men hallucinating towards the end. Ripley, who was killed on a Karakorum expedition, had the previous year made the first (unsuccessful) attempt to bag all the Munros at one go, accompanied by his brother Allan, prior to Hamish Brown's more leisurely completion.

Stan had climbed all the Munros and most of the Corbetts, along with all the English, Welsh and Irish 3,000s. He had also walked and climbed all over Europe and Scandinavia, and in South Africa and New Zealand. He did his first rock-climb when he was 62 under the guidance of his good friend, Frank Milner, and the following year



Stan Bradshaw:
Ennerdale, 1972

Photo © Tommy Orr



Stan Bradshaw and Jean Dawes
share a joke after their successful
Bob Graham Rounds in 1977

Photo © Tommy Orr

they made a successful traverse of the Cuillin Ridge on Skye, repeating this epic in 1983 at the age of 71. Stan and Frank were Karrimor partners for many years and also spent every winter for over 15 years walking and climbing together in Scotland. Says Frank, who was some 30 years younger: "One of the most memorable aspects of our winter expeditions was Stan's insistence on keeping fit while we were there. The short days were not enough for him and so we had to do a run of at least 8 miles each evening ... In all the long walks we did together, I never heard Stan complain of being tired. I think he had done on his own, without any fuss, all the big walks before they became popular."

A Gentleman in Our Sport

Apart from the War years, Stan had celebrated all his birthdays from 1930 to 1992, when he turned 80, by walking from his home on the outskirts of Padiham to Morecambe, via the Nick O'Pendle, Waddington Fell, Trough O'Bowland and Lancaster. Ida would meet him on the promenade and they would then go for a meal of egg and chips in a favourite cafe. He enjoyed his cross-country racing and had an impressive record in veterans' events, winning the Lancashire title 17 times, the Northern 10 times, and in 1993, following a hip replacement, the National O/80s title.

When Neil Shuttleworth was a schoolboy, one of his teachers was Stan's sister, whom the children called "Jenny Tripe" because of the family business in nearby Padiham. Many years later, Neil acknowledged Stan's contributions to our sport by including his profile in his fine little book, *Best of British: A Review of Fell Running Champions* (1990). Among those contributions was his seven years' service on the FRA committee during the 1970s.

"Stan is the most genuine person I ever met," said Joss Naylor. "He has been a gentleman in our sport and I think we should all feel very privileged to have known him. His wife Ida was made from the same mould." They were certainly a well-matched couple, sharing the same sense of humour and love of the outdoors. They were particularly well-looked-after in their declining years by former Clayton Harriers Dave Cunningham, John Haworth and Frank Milner.

Almost 30 years ago, John Haworth wrote a short tribute to Stan for the Clayton-le-Moore's journal, *Footnotes*, in which he compared him to Sir John Hunt, who "led from behind," and Sir Edmund Hillary, who "led from the front," adding that "in his own special way, Stan epitomises both sorts of men".

The funeral was held on Thursday, April 15, at Burnley Crematorium and was attended by numerous athletes and mountaineers, with Stan's daughter Carol, who lives in Derbyshire, and Frank Milner delivering eulogies and his grand-daughter Suzanne reciting the poem, "Old Pendle," in tribute to Stan's affection for that hill. At the Higher Trapp Hotel afterwards, not far from the family home, where the speakers included two MBEs, Joss Naylor and



Photo from S. Bradshaw collection

Above: Stan Bradshaw approaching the finish of the Three Peaks Race at the Hill Inn (pre-1975)

Ron Hill, athletics journalist George Kirby, Selwyn Wright (Chairman of the Bob Graham Club), John Richardson (Rucksack Club) and Clayton Harriers Don Barton, John Haworth, Alistair Patten, Robin Price and Dave Scott. Fred Rogerson was unable to attend due to illness.

In the words of John Haworth, the occasion of Stan's death should be "one of celebration, rather than grieving" – a celebration of such a long, adventurous and rewarding life; rewarding not only to Stan himself but also to all who came into contact with him. Our deepest sympathies go to his widow Ida, daughter Carol, son-in-law Andy and grand-daughter Suzanna.

Below: Stan and Ida Bradshaw at home, with the Ben Nevis photograph adorning the wall behind them; January 2002



Photo © Bill Smith

(1949 – 2010) – A TRIBUTE

It would be true to say that fell running has produced its share of characters over the years. It would also be true to say that it can have produced few greater characters than Angus Tait!

Sadly Angus died on 26 February 2010, from a brain tumour diagnosed only some 3 months before.

Angus was well-known as a skilled local builder and stonemason, but so many people came to know him through his running; it was such a large part of his life. He was proud of his Northumbrian and Allen Valley roots and always loved the fells, particularly those on his doorstep in Northumberland, Durham and Cumbria.

We were in a B&B in Hebden Bridge for the Wadsworth Trog, and the landlady asked Angus, "Where are you from?" He replied with his cheeky grin "I was born in a peat bog somewhere near Allendale". Not quite true, but not too far from the truth! He was never happier than when he was running amongst those peat bogs.

Angus was sometimes known as Bill Tait in the fell running chronicles. He started running in 1973 to improve his fitness for football and badminton, and gradually came to enjoy it. I am told he started to train with two well known local Guides' racers, who introduced him to the Alwinton Show fell race in Northumberland, which he has run on a regular basis since. Over the next few years he raced more widely, including Grasmere, Ambleside, Conistown and Yetholm. Although many races only had small fields by modern standards, the quality was high and Angus would be chasing home such famous names as Fred Reeves, Graham Moffat and Kenny Stuart.

By 1978 Angus was reaching his peak. He ran the Skiddaw race in 70mins 10secs, which placed him only 12th, so high was the standard. He was 10th at the Ben Nevis race in 1hr 36mins 34secs, having been second at the top. This was a phenomenal achievement for someone that did not live amongst, and so could not train on, the steep Lakeland or Scottish mountains.

But Angus was not just at home on the fells. He was incredibly versatile. In that same year he also ran the Brampton to Carlisle 10-mile road race in 50mins 6secs, finishing fourth. A certain Steve Cram was one of those that finished ahead of him. Very few athletes can run one mile in exactly 5 minutes, yet alone maintain that pace over a full 10-mile race, particularly one with an east to west route and usually run into a prevailing head-wind!

I specifically mention seconds in all of these results, because with Angus a time was only correct if it was to the second!

William Angus Tait

It is often too easy to dismiss races run a generation ago as somehow not relevant to modern racing. But to put these results into a modern context, in the 2009 races, Angus' times would have placed him 3rd at Skiddaw and 4th at Ben Nevis. The 2009 Brampton to Carlisle was run over a shortened route, and so isn't comparable, but Angus' time in 1978 would have won both the 2008 and 2007 races by more than three clear minutes, and comfortably won 2006 and 2005 by well over a minute. It is a rare fell racer indeed that can record such times in mountain classics such as Skiddaw and the Ben, and then average exactly 5-minute miles in one of Britain's best known, and longest-established, 10-mile road races.

I raced and trained with Angus over many years and he was in so many ways the complete fell runner. He was fast, as his times indicate. He was a great descender, flying down hills as if his life depended on it and spoken of in the same breath by the fell race orator Bill Smith, as other great descenders like Colin Valentine of Keswick, of whom Angus thought so dearly and raced against so often. He was a connoisseur of rough heather, always knowing where to put his feet. He was a great climber too, as he proved at Ben Nevis. When out training Angus never walked a hill. He was a mountain goat, who sailed over the rocks so quickly, a quality recognised in the newspaper report of the Langdale Horseshoe race "... this was a course suited to Angus Tait's natural ability to negotiate steep and rocky descents quickly, particularly off Bow Fell, over the Crinkles and the descent off Pike O'Blisco". And he was a great instinctive navigator too. Even without a map, Angus always found his way.

He was passionate about fell racing and results. He remembered so clearly the results of others to the second, and surprised so many fellow competitors by relaying their race results and times, which they themselves had long forgotten. Whenever he went to a fell race, he was a celebrity, respected and admired. Although Angus was such a talented athlete, he was incredibly modest about his own achievements, and like no one I have known, took such an interest in others. He was, I would say, equally modest with his compliments, but if you received one, you knew it was well earned!

Angus had many race victories and countless other top five finishes. So many that it would be impossible to do him justice in a short article. But he was not just a supreme competitor and talented racer. He put much back into the sport that he loved. He was one of the founder members of Tynedale Harriers and Athletics Club, back in the mid-1970's, and instrumental as a founder member of Northumberland Fell Runners in 1997. Both Clubs are still thriving.

Together with Stewart Beaty, he created the Hexhamshire Hobble fell race, over his much-loved local Allendale fells. This race has

now reached popularity of epic proportions, and Angus and Stewart jointly organised it for its first 15 years. If Angus wasn't running it, he was supporting others. In fact, as a Vet 40, he won the inaugural Hexhamshire Hobble race, as he similarly did the inaugural 1993 Allendale Challenge, a race over 25 miles of whatever wild terrain and weather there was to face on the day over the remote fells around the upper Allen Valley.

Angus' passion for the fells and fell racing was well known. What is less well-known was his passion and love for nature. His knowledge was exceptional. He knew every bird and animal, by sight and sound, as anyone who has run with him would know. Training runs with Angus were an education, extending one's knowledge of wildlife, and his enthusiasm and excitement were infectious.

I have so many memories of running with Angus; so many "just Angus" moments. He had a wonderful sense of humour and if you trained with him, there was always a laugh. Most that knew him will have such memories, but here are just a few of mine ...

... the time on one winter run over The Dodd, when we tried to run in snow up to our thighs. When it proved impossible to continue, Angus led us sledging on our backsides down the hillside.

... the times Angus' dog, Eva, would go missing after a hard training run up Kilhope Law. I would look at Angus in disbelief, knowing what he was thinking. He'd shout "Where is that dog? Eva!! Eva!! Wait till I get hold of that dog!!" Then we'd run back up Kilhope Law, sometimes in the dark, to retrieve Eva. Too often, we would not find her, but would be greeted by Eva waiting on Angus' doorstep when we returned, wagging her tail. He would give her a hug and all was well. Eva was Angus' running partner for many years and was a bona fide paid up member of Northumberland Fell Runners!

... the time Angus was injured and supporting others in Rosthwaite for the Borrowdale Fell race. I reached Great Gable only to see Eva at the checkpoint before me. Eva had run without Angus. She retired at Honister, having been led from Great Gable to Honister by Stewart Beaty using his string and whistle as a lead! A kind lady returned Eva to Angus at Rosthwaite in her car, while Stewart completed the race.

... the time at the Blake Fell Race, when I asked Angus why he was taking his cement bucket into the village hall for the prize giving. He replied quite calmly and logically "My sandwiches and flask of tea are in it."

... that Christmas when a card arrived at my house addressed only to:

"John Humble (fell runner)
Somewhere in deepest Slaley"

I opened it, amazed it had arrived at all, and it said simply ...

"Happy Fell Running, Angus".

... the time we were warming up for the Buttermere Sailbeck race, on a freezing day in early May. Angus didn't have a hat with him. As we were jogging towards the lake, he saw a worse-for-wear colourful ladies' pompom hat on the top of a gatepost. He tried it on, laughed, said it fitted perfectly, and wore it for the race. Afterwards he duly returned it to its gatepost. It was on this same occasion he suggested that we "warm down" after the race – and promptly led me up to the top of Red Pike!

People often say that it is a small world. This story Angus relayed himself. One rough and snowy New Year's Eve in Nenthead, as the beer flowed, someone bet Angus that he wouldn't run naked in the dark from the pub to the top of Flinty Fell. So he did. Some time later he met a helicopter pilot, and whilst chatting, Angus mentioned that he had lived in Nenthead for a while. At which point the helicopter pilot told him about his only link to Nenthead; how one snowy New Year's Eve, he had been hovering above the village searching for broken power lines, when he had spotted a mad naked runner in the snow ... "I was that runner" Angus proudly told him!

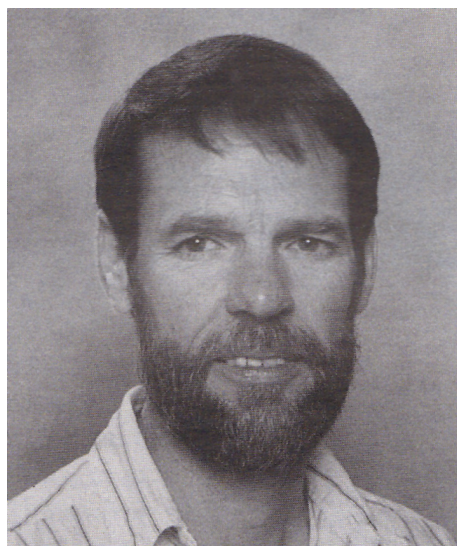
No doubt others will have their own memories. By running and racing with Angus, I have learnt not just about running and racing, but have learnt more of life. To me, Angus was an inspiration. I am certain he will have been to many of you too.



Angus (left) celebrates in colourful style

HE IS NOW IN A PLACE WHERE HE CAN RUN FREE OF INJURY, ILLNESS AND TIME

Dennis Quinlan



On Thursday 18th March 2010 an ex-Bingley Harrier passed away in his late sixties.

Dennis had been hit with the debilitating motor neuron disease which saw him gradually deteriorate.

In his younger days he was an English Schools XC champion, represented Ireland at XC, road and track, as a veteran represented England at XC and was the British 5k veteran champ. In the late 90's Dennis was the British Senior Coach Fell & Hill, and the England Team Senior Coach Fell & Hill (FRA Fellrunner Feb. 1997, p19)

A local hero, he won the Bradford Marathon along with many other road races, and won numerous fell races in his age category.

He was always happy to give advice, encouragement and support to anyone and everyone, no matter race, creed, colour or talent, so they could better themselves! Athletes such as Jimmy Ashworth, Steve Binns, Colin Moore, Steve Brooks, Victoria Wilkinson, Carole Haigh (Greenwood) Robert Jebb, Ian Holmes, Ian Ferguson and Kim Macdonald all benefited from Dennis' wisdom. The success of these athletes led to other runners wanting to join Bingley Harriers, such as Keith Anderson, Mark Croasdale and Jon Solly.

Dennis was a school teacher, but he also ran a sports shop in Bingley and employed the odd athlete to manage it. One was the late Kim Macdonald who went on to become one of the

biggest agents in the UK, who had Steve Ovett, Peter Elliott and many Kenyan runners on his books. Kim also was one of the first to set up training camps for British athletes.

Another was a tenacious runner called Jimmy Ashworth, a dustbin man who ran round with the bin on his back to supplement his training. Dennis got him off that job and into the shop so he could follow a proper training schedule. Jimmy went on to become one of the countries great marathon runners of the time. I think it's true to say through the 60s to the 90s Dennis influenced a great deal of runners, road, track, cross country and fell.

He would always be the first to listen to the winners training schedules to see if he could learn anything, and would arrange to meet up with runners who knew inside knowledge about the various routes of important races. These runs inevitably would turn into a burn up, led by Dennis, who didn't have a clue where he was going. We would always have a laugh about it in the pub afterwards though, and this is how friends were made for life.

All his knowledge he shared with everyone, writing in the local paper, the Telegraph and Argus, plus he was the literal coach in the Up and Down fell magazine. He also co wrote a pioneering book, Fell and Hill Running, which delved into the best training and preparation for racing and also gives a brief history of the sport; if you haven't read it then it's a must for any aspiring athlete.

Dennis was always on the cutting edge of technology and was one of the first athletes I knew to use a heart rate monitor, but was absolutely gutted to find that he had to walk up hills otherwise it beeped too much, so afterwards he only used it for easy runs. He also was one of the initial coaches to advocate the use of cycling to enhance and benefit your running, with sessions on the bike and the use of it for recovery.

Some anecdotes

I remember once at a training night at Nab Wood, one of the Harriers had forgotten his trainers. Dennis, never shy, picked some new shoes up from under the bench and handed them to the runner. These shoes didn't belong to Dennis, but that didn't matter, a run is a run. When the owner returned from his 10 miler he found his new shoes steaming and a bit mucky, he was speechless and just had to laugh at

Dennis.

Dennis always would follow a fad. I remember when the film Fame was all the rage, who turned up for a speed session with woolly leggings? Yes, you've got it, Dennis.

Another time I called at his house, his then wife Julie answered the door shaking her head, pointing to the study, there he was hung upside down in a pair of "inversion boots", the boots being fixed into a frame support in the doorway.

Holidays were always a worry to Dennis, as it gave his wife the opportunity to see just how much he actually ran, which was as you can imagine a heck of a lot!

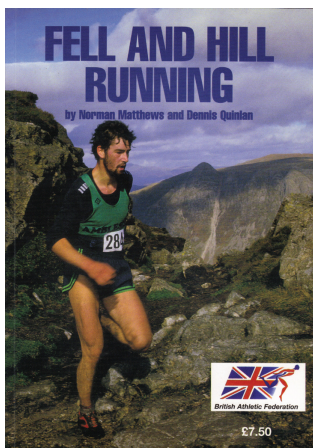
There are many stories I could tell, and I do find it hard to stop, this is but a small tribute to show everyones appreciation and thanks to one of the great genuine characters of our sport.

Typical of Dennis, he donated his body to science (Leeds University) and money was donated to MND association at the memorial service.

We wish his children Michael, Emma and Ben, his wife Rachel and all his family our condolences.

All he ever really looked for was to run free of injury. He was unable to do that in his later years, so he went out of his way to ensure those around him could.

He is now in a place where he can run free of injury, illness and time, go for it Dennis!



Club-XC-Champs

Photos © Peter Jebb



Dennis running the Three Peaks



Pennine Way Team 1985



Haworth Hobble 1989: 1st Vets



2010 Fell Running Championships

English Championship standings after four races

Organised by the Fell Runners Association

  Sponsored by Pete Bland Sports and inov-8

Saturday 27th February	Medium	Noon Stone
Saturday 1st May	Medium	Coniston
Saturday 12th June	Long	Ennerdale
Saturday 26th June	Short	Sedbergh Three Peaks
Sunday 18th July	Long	Holme Moss
Sunday 5th Sept	Short	Shelf Moor

Photos © Pete Hartley



Darren Kay, Steve Hebblethwaite and Pete Vale at Noonstones



Danny Hope at Noonstones

Photos © Pete Hartley

MEN'S OPEN CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Lloyd Taggart Dark Peak FR	44	SEDB	49	NOON	49	ENNE	45	CONI	44	49	49	187
2	Ian Holmes Bingley Harriers	42	SEDB	52	CONI	48	ENNE	37	NOON	42	52	48	179
3=	Rob Hope Pudsey & Bramley	49	SEDB	49	CONI	0	48	NOON	49	49	0	146
3=	Ben Abdelnoor Ambleside AC	24	SEDB	41	CONI	45	ENNE	36	NOON	24	41	45	146
5	Rob Jebb Bingley Harriers	0	47	NOON	52	ENNE	46	CONI	0	47	52	145
6	Danny Hope Pudsey & Bramley	43	SEDB	47	CONI	0	46	NOON	43	47	0	136
7	Stuart Bond Dark Peak FR	47	SEDB	43	NOON	0	38	CONI	47	43	0	128
8	Ben Bardsley Borrowdale FR	36	SEDB	43	CONI	47	ENNE	0	36	43	47	126
9	Steve Hebblethwaite Keswick AC	17	SEDB	40	NOON	40	ENNE	25	CONI	17	40	40	122
10	Mark Roberts Borrowdale FR	33	SEDB	33	CONI	26	ENNE	24	NOON	33	33	26	116
11	Mike Fanning Borrowdale FR	23	SEDB	39	CONI	25	ENNE	27	NOON	23	39	25	114
12	Pete Vale Mercia FR	27	SEDB	39	NOON	43	ENNE	0	27	39	43	109
13	Shaun Godsman Calder Valley	31	SEDB	41	NOON	0	31	CONI	31	41	0	103
14	Mark Palmer Mynydd Du	28	SEDB	27	CONI	44	ENNE	0	28	27	44	99
15	Matt Speake Dark Peak FR	46	SEDB	52	NOON	0	0	46	52	0	98

MEN'S VETS O40 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Lloyd Taggart Dark Peak FR	42	SEDB	42	NOON	42	ENNE	39	CONI	42	42	42	165
2	Ian Holmes Bingley Harriers	39	SEDB	42	CONI	39	ENNE	39	NOON	39	42	39	159
3	Mike Fanning Borrowdale FR	31	SEDB	36	CONI	27	ENNE	33	NOON	31	36	27	127
4	Mark Roberts Borrowdale FR	34	SEDB	32	CONI	28	ENNE	31	NOON	34	32	28	125
5	Mark Palmer Mynydd Du	33	SEDB	28	CONI	37	ENNE	19	NOON	33	28	37	117
6	Jonathan Wright Todmorden Harriers	26	SEDB	29	NOON	34	ENNE	26	CONI	26	29	34	115
7	Jonathan Deegan Ambleside AC	28	SEDB	27	NOON	32	ENNE	23	CONI	28	27	32	110
8	John Hunt Dark Peak FR	27	SEDB	25	CONI	36	ENNE	16	NOON	27	25	36	104
9	Philip Sanderson Northumberland FR	30	SEDB	37	NOON	0	35	CONI	30	37	0	102
10	Mike Johnson Bowland FR	22	SEDB	26	NOON	30	ENNE	22	CONI	22	26	30	100
11	Simon Stainer Ambleside AC	32	SEDB	35	NOON	0	30	CONI	32	35	0	97
12	Rick Stuart U/A	0	30	NOON	29	ENNE	27	CONI	0	30	29	86
13=	James Logue Calder Valley	20	SEDB	34	NOON	23	ENNE	0	20	34	23	77
13=	Paul Cornforth Borrowdale FR	21	SEDB	18	CONI	26	ENNE	12	NOON	21	18	26	77
15	Mike Wallis Clayton le Moors	23	SEDB	23	NOON	16	ENNE	14	CONI	23	23	16	76

MEN'S VETS O45 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Mark Roberts Borrowdale FR	39	SEDB	42	NOON	37	ENNE	42	CONI	39	42	37	160
2	Mark Palmer Mynydd Du	38	SEDB	39	CONI	42	ENNE	33	NOON	38	39	42	152
3	Mike Johnson Bowland FR	34	SEDB	37	NOON	39	ENNE	37	CONI	34	37	39	147
4	Mike Wallis Clayton le Moors	35	SEDB	35	NOON	33	ENNE	32	CONI	35	35	33	135
5	Paul Cornforth Borrowdale FR	33	SEDB	35	CONI	36	ENNE	30	NOON	33	35	36	134
6	Christopher Reade Bowland FR	31	SEDB	30	CONI	35	ENNE	23	NOON	31	30	35	119
7	Rick Stuart U/A	0	39	NOON	38	ENNE	38	CONI	0	39	38	115
8	Michael Green Horwich RMI	16	SEDB	36	NOON	34	ENNE	23	CONI	16	36	34	109
9	Steven Oldfield Calder Valley	36	SEDB	34	NOON	0	33	CONI	36	34	0	103
10	Jackie Winn Ellenborough	9	SEDB	27	CONI	32	ENNE	20	NOON	9	27	32	88
11	Garry Wilkinson Clayton le Moors	12	SEDB	32	NOON	9	ENNE	31	CONI	12	32	9	84
12	Steve Bell Dark Peak FR	32	SEDB	31	NOON	17	ENNE	0	32	31	17	80
13	Philip Taylor Rossendale	22	SEDB	29	CONI	0	27	NOON	22	29	0	78
14	Tom McGaff Cheshire Hill Racers	28	SEDB	21	CONI	23	ENNE	0	28	21	23	72
15=	William Procter Helm Hill	27	SEDB	36	CONI	0	0	27	36	0	63
15=	Dave Taylor Dark Peak FR	0	34	CONI	0	29	NOON	0	34	0	63

MEN'S VETS O50 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Mike Johnson Bowland FR	28	SEDB	32	NOON	32	ENNE	32	CONI	28	32	32	124
2	Mike Wallis Clayton le Moors	29	SEDB	29	NOON	29	ENNE	27	CONI	29	29	29	114
3	Jackie Winn Ellenborough	13	SEDB	26	NOON	28	ENNE	24	CONI	13	26	28	91
4	Steven Oldfield Calder Valley	32	SEDB	28	NOON	0	28	CONI	32	28	0	88
5	Philip Taylor Rossendale	22	SEDB	27	NOON	0	26	CONI	22	27	0	75
6=	Tom McGaff Cheshire Hill Racers	26	SEDB	21	CONI	25	ENNE	0	26	21	25	72
6=	Ken Maynard Durham FR	0	24	NOON	26	ENNE	22	CONI	0	24	26	72
8	Bernard Grant Harrogate	24	SEDB	19	CONI	18	ENNE	5	NOON	24	19	18	66
9	Andy Normandale York Acorn	23	SEDB	20	NOON	0	20	CONI	23	20	0	63
10	Philip Whiting U/A	20	SEDB	23	CONI	19	ENNE	0	20	23	19	62
11	Leigh Warburton Bowland FR	4	SEDB	17	CONI	27	ENNE	13	NOON	4	17	27	61
12	Nick Pearce Ilkey Harriers	6	SEDB	15	NOON	24	ENNE	12	CONI	6	15	24	57
13	William Procter Helm Hill	25	SEDB	29	CONI	0	0	25	29	0	54
14	Dave Collins Todmorden Harriers	14	SEDB	21	NOON	2	ENNE	16	CONI	14	21	2	53
15=	Ian Rowbotham Ilkey Harriers	0	25	NOON	0	25	CONI	0	25	0	50
15=	Kevin Harding Tring	27	SEDB	23	NOON	0	0	27	23	0	50

MEN'S VETS O55 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Jackie Winn Ellenborough	25	SEDB	32	NOON	32	ENNE	32	CONI	25	32	32	121
2	Bernard Grant Harrogate	29	SEDB	28	CONI	25	ENNE	24	NOON	29	28	25	106
3	Nick Pearce Ilkey Harriers	19	SEDB	28	NOON	28	ENNE	25	CONI	19	28	28	100
4=	Tom McGaff Cheshire Hill Racers	32	SEDB	29	CONI	29	ENNE	0	32	29	29	90
4=	Ken Taylor Rossendale	18	SEDB	24	CONI	27	ENNE	21	NOON	18	24	27	90
6	Robert Taylor Pennine FR	21	SEDB	27	NOON	20	ENNE	18	CONI	21	27	20	86
7	Keith G Holmes Dark Peak FR	23	SEDB	23	CONI	24	ENNE	15	NOON	23	23	24	85
8=	Jack Holt Clayton le Moors	22	SEDB	29	NOON	0	26	CONI	22	29	0	77
8=	Mike Walsh Kendal AC	27	SEDB	27	CONI	0	23	NOON	27	27	0	77
10	Nick Hewitt Bowland FR	8	SEDB	25	NOON	22	ENNE	12	CONI	8	25	22	67
11	Richard Bellaries Clayton le Moors	7	SEDB	20	NOON	21	ENNE	16	CONI	7	20	21	64
12	Kieran Carr Clayton le Moors	10	SEDB	18	NOON	19	ENNE	15	CONI	10	18	19	62
13	Michael Crook Horwich RMI	15	SEDB	16	NOON	18	ENNE	10	CONI	15	16	18	59
14	Andrew Robinson Clayton le Moors	0	26	NOON	12	ENNE	17	CONI	0	26	12	55
15	Barry Hodgson Ellenborough	11	SEDB	11	CONI	14	ENNE	10	NOON	11	11	14	46

MEN'S VETS O60 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Bernard Grant Harrogate	22	SEDB	22	CONI	19	ENNE	18	NOON	22	22	19	81
2	Ken Taylor Rossendale	15	SEDB	17	CONI	22	ENNE	16	NOON	15	17	22	70
3	Robert Taylor Pennine FR	17	SEDB	19	NOON	18	ENNE	15	CONI	17	19	18	69
4=	Jack Holt Clayton le Moors	18	SEDB	22	NOON	0	18	CONI	18	22	0	58
4=	Kieran Carr Clayton le Moors	12	SEDB	15	NOON	17	ENNE	14	CONI	12	15	17	58
6	Michael Crook Horwich RMI	14	SEDB	13	NOON	16	ENNE	13	CONI	14	13	16	56
7	Mike Walsh Kendal AC	19	SEDB	19	CONI	0	17	NOON	19	19	0	55
8	Geoffrey Howard Ilkey Harriers	16	SEDB	12	NOON	0	9	CONI	16	12	0	37
9	Norman Bush Ilkey Harriers	8	SEDB	14	NOON	0	11	CONI	8	14	0	33
10	Paul Murray Horwich RMI	7	SEDB	7	CONI	13	ENNE	5	NOON	7	7	13	32
11=	Alan Brentnall Pennine FR	13	SEDB	16	CONI	0	0	13	16	0	29
11=	Brian Horsley Calder Valley	10	SEDB	11	NOON	0	8	CONI	10	11	0	29
13=	David Tait Dark Peak FR	9	SEDB	12	CONI	0	0	9	12	0	21
13=	John Taylor Bowland FR	4	SEDB	3	CONI	14	ENNE	0	4	3	14	21
15	Graham Breeze Ilkey Harriers	0	8	NOON	10	ENNE	0	0	8	10	18

MEN'S VETS O65 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Kieran Carr Clayton le Moors	19	SEDB	22	NOON	22	ENNE	22	CONI	19	22	22	85
2	Paul Murray Horwich RMI	17	SEDB	16	CONI	19	ENNE	15	NOON	17	16	19	67
3	Geoffrey Howard Ilkey Harriers	22	SEDB	18	NOON	0	17	CONI	22	18	0	57
4	Norman Bush Ilkey Harriers	18	SEDB	19	NOON	0	19	CONI	18	19	0	56
5	Raymond Brown Penistone Footpath Runners AC	12	SEDB	11	NOON	16	ENNE	7	CONI	12	11	16	46
6	Colin Williamson Shropshire Shufflers	14	SEDB	16	NOON	0	14	CONI	14	16	0	44
7	Roger Whitaker Cumberland FR	15	SEDB	11	CONI	17	ENNE	0	15	11	17	43
8	Roger Bell Ambleside AC	16	SEDB	14	NOON	0	12	CONI	16	14	0	42
9	John Armistead Dark Peak FR	0	17	NOON	0	13	CONI	0	17	0	30
10	Roger Ashby Sale Harriers	10	SEDB	13	NOON	0	5	CONI	10	13	0	28





Norman Bush
Ilkey Harriers

MEN'S VETS O70 CHAMPIONSHIP										
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	Total
1	Roger Bell Ambleside AC	9	SEDB	12	NOON	8	CONI	9	12	29
2	Norman Bush Ilkey Harriers	12	SEDB	12	CONI	0	12	12	24
3	Steve Davies Accrington Road Runners	5	SEDB	9	NOON	6	CONI	5	9	20
4	Peter Norman Wrexham	7	SEDB	8	NOON	0	7	8	15
5=	Kevin Heywood Kendal AC	6	SEDB	7	NOON	0	6	7	13
5=	Fred Gibbs Bingley Harriers	8	SEDB	5	CONI	0	8	5	13
7	John Swift Chorley AC	0	6	NOON	4	CONI	0	6	10
8=	George Arnold Preston	4	SEDB	5	NOON	0	4	5	9
8=	Peter Covey Bingley Harriers	0	9	CONI	0	0	9	9
10	Ron Smith Ambleside AC	0	7	CONI	0	0	7	7

MEN'S U23 CHAMPIONSHIP										
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	Total
1=	Jack Dugdale Clayton le Moors	7	SEDB	9	NOON	8	CONI	7	9	24
1=	Sam Tosh Rossendale	0	12	NOON	12	CONI	0	12	24
3	Alexander Fowler Preston	5	SEDB	7	NOON	6	CONI	5	7	18
4	Mark Addison Helm Hill	9	SEDB	7	CONI	0	9	7	16
5	Neill Barton Dark Peak FR	6	SEDB	9	CONI	0	6	9	15
6	Tom Addison Helm Hill	12	SEDB	0	0	12	0	12
7=	Sam Fisher Sedbergh School	8	SEDB	0	0	8	0	8
7=	Benjamin Mullard Sheffield University	0	8	NOON	0	0	8	8
9	Tom Watson Knavesmire	0	5	CONI	0	0	5	5
10	Matthew Marston Shrewsbury	4	SEDB	0	0	4	0	4
11	George Philpot Sedbergh School	3	SEDB	0	0	3	0	3



Jack Dugdale
Clayton le Moors

MEN'S OPEN TEAM CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Dark Peak FR	9	SEDB	12	NOON	12	ENNE	9	CONI	9	12	12	42	252
2	Ambleside AC	5	SEDB	9	NOON	8	ENNE	8	CONI	5	9	8	30	580
3	Borrowdale FR	8	SEDB	12	CONI	9	ENNE	0	8	12	9	29	214
4	Pudsey & Bramley	12	SEDB	7	NOON	0	6	CONI	12	7	0	25	364
5	Calder Valley	7	SEDB	8	NOON	0	7	CONI	7	8	0	22	748
6	Clayton le Moors	4	SEDB	5	NOON	7	ENNE	5	CONI	4	5	7	21	961
7	Bingley Harriers	3	SEDB	6	NOON	0	4	CONI	3	6	0	13	1395
8	Todmorden Harriers	1	SEDB	3	NOON	3	ENNE	1	CONI	1	3	3	8	1484
9	Ilkey Harriers	0	0	6	ENNE	0	0	0	6	6	1153
10	Mercia FR	6	SEDB	0	0	0	6	0	0	6	1201

MEN'S VETS O40 TEAM CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Dark Peak FR	8	SEDB	12	NOON	12	ENNE	9	CONI	8	12	12	41	171
2	Borrowdale FR	12	SEDB	12	CONI	9	ENNE	3	NOON	12	12	9	36	366
3	Clayton le Moors	7	SEDB	8	NOON	8	ENNE	8	CONI	7	8	8	31	401
4	Calder Valley	9	SEDB	9	NOON	5	ENNE	7	CONI	9	9	5	30	373
5	Bowland FR	5	SEDB	7	NOON	7	ENNE	4	CONI	5	7	7	23	589
6	Todmorden Harriers	6	SEDB	5	NOON	3	ENNE	5	CONI	6	5	3	19	645
7	Ilkey Harriers	4	SEDB	4	NOON	6	ENNE	3	CONI	4	4	6	17	764
8	Ambleside AC	3	SEDB	6	CONI	0	1	NOON	3	6	0	10	949
9	Bingley Harriers	0	6	NOON	0	0	0	6	0	6	121
10	Cumberland FR	0	0	4	ENNE	0	0	0	4	4	147

MEN'S VETS O50 TEAM CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Clayton le Moors	12	SEDB	12	NOON	9	ENNE	12	CONI	12	12	9	45	116
2	Bowland FR	8	SEDB	9	NOON	12	ENNE	9	CONI	8	9	12	38	160
3	Dark Peak FR	7	SEDB	6	NOON	8	ENNE	4	CONI	7	6	8	25	312
4	Todmorden Harriers	4	SEDB	7	CONI	7	ENNE	5	NOON	4	7	7	23	315
5	Ilkey Harriers	3	SEDB	8	NOON	0	8	CONI	3	8	0	19	228
6	Pennine FR	5	SEDB	7	NOON	0	6	CONI	5	7	0	18	243
7	Horwich RMI	1	SEDB	3	NOON	6	ENNE	1	CONI	1	3	6	11	512
8	Helm Hill	9	SEDB	0	0	0	9	0	0	9	50
9	Calder Valley	2	SEDB	4	NOON	0	3	CONI	2	4	0	9	347
10	Mercia FR	6	SEDB	0	0	0	6	0	0	6	93

WOMEN'S OPEN TEAM CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Dark Peak FR	12	SEDB	12	CONI	8	ENNE	2	NOON	12	12	8	34	196
2	Keswick AC	9	SEDB	7	NOON	12	ENNE	6	CONI	9	7	12	34	228
3	Calder Valley	5	SEDB	12	NOON	6	ENNE	9	CONI	5	12	6	32	189
4	Todmorden Harriers	7	SEDB	7	CONI	7	ENNE	4	NOON	7	7	7	25	258
5	Ambleside AC	3	SEDB	8	NOON	9	ENNE	3	CONI	3	8	9	23	297
6	Wharfedale	8	SEDB	4	CONI	5	ENNE	3	NOON	8	4	5	20	302
7	Bingley Harriers	4	SEDB	9	NOON	0	5	CONI	4	9	0	18	226
8	Clayton le Moors	6	SEDB	5	NOON	0	2	CONI	6	5	0	13	281
9	Ilkey Harriers	0	8	CONI	0	1	NOON	0	8	0	9	167
10	Totley AC	2	SEDB	6	NOON	0	0	2	6	0	8	218

WOMEN'S V40 TEAM CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Aggregate
1	Dark Peak FR	12	SEDB	12	CONI	12	ENNE	9	NOON	12	12	12	45	74
2	Calder Valley	7	SEDB	9	CONI	9	ENNE	8	NOON	7	9	9	33	187
3	Clayton le Moors	9	SEDB	12	NOON	0	7	CONI	9	12	0	28	123
4	Todmorden Harriers	8	SEDB	6	NOON	8	ENNE	4	CONI	8	6	8	26	290
5	Keswick AC	6	SEDB	7	NOON	0	0	6	7	0	13	159
6	Pennine FR	5	SEDB	5	NOON	0	3	CONI	5	5	0	13	292
7	Ambleside AC	4	SEDB	6	CONI	0	0	4	6	0	10	165
8	Ilkey Harriers	0	8	CONI	0	0	0	8	0	8	39
9	Chorley Harriers	0	5	CONI	0	0	0	5	0	5	84
10	Cumberland FR	0	2	CONI	0	0	0	2	0	2	123

Helen Fines at Coniston

Photos © Allan Greenwood



WOMEN'S OPEN CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Lauren Jeska Todmorden Harriers	27	SEDB	28	CONI	26	ENNE	26	NOON	27	28	26	107
2	Helen Fines Calder Valley	26	SEDB	26	CONI	28	ENNE	24	NOON	26	26	28	104
3	Olivia Walwyn Altrincham & District AC	29	SEDB	32	NOON	0	29	CONI	29	32	0	90
4	Tracey Greenway Ilkey Harriers	16	SEDB	25	CONI	25	ENNE	23	NOON	16	25	25	89
5	Emma Clayton Scunthorpe & District	25	SEDB	32	CONI	0	29	NOON	25	32	0	86
6	Jackie Lee Eryri Harriers	24	SEDB	27	NOON	32	ENNE	0	24	27	32	83
7	Liz Batt Dark Peak FR	14	SEDB	24	CONI	21	ENNE	18	NOON	14	24	21	77
8	Anna Lupton Radcliffe	28	SEDB	28	NOON	0	0	28	28	0	56
9	Jane Reedy Ambleside AC	22	SEDB	0	29	ENNE	0	22	0	29	51
10=	Lynne Clough Chorley Harriers	15	SEDB	17	NOON	0	13	CONI	15	17	0	45
10=	Louise Roberts Kendal AC	13	SEDB	19	CONI	0	13	NOON	13	19	0	45
10=	Nicky Spinks Dark Peak FR	0	18	CONI	27	ENNE	0	0	18	27	45
13=	Sally Newman Calder Valley	0	23	CONI	0	21	NOON	0	23	0	44
13=	Ali Raw Bingley Harriers	19	SEDB	6	CONI	19	ENNE	0	19	6	19	44
15	Kirstin Bailey Bingley Harriers	0	22	CONI	0	20	NOON	0	22	0	42

WOMEN'S VETS O40 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Tracey Greenway Ilkey Harriers	16	SEDB	22	NOON	19	ENNE	22	CONI	16	22	19	79
2	Liz Batt Dark Peak FR	14	SEDB	19	CONI	18	ENNE	18	NOON	14	19	18	69
3	Wendy Dodds Clayton le Moors	9	SEDB	11	CONI	17	ENNE	10	NOON	9	11	17	47
4=	Gill Myers Wharfedale	17	SEDB	14	NOON	3	ENNE	10	CONI	17	14	3	44
4=	Lynne Clough Chorley Harriers	15	SEDB	17	NOON	0	12	CONI	15	17	0	44
6	Ali Raw Bingley Harriers	19	SEDB	8	CONI	16	ENNE	0	19	8	16	43
7	Julie Carter Keswick AC	11	SEDB	16	NOON	0	13	CONI	11	16	0	40
8=	Sally Newman Calder Valley	0	19	NOON	0	18	CONI	0	19	0	37
8=	Nicky Spinks Dark Peak FR	0	15	CONI	22	ENNE	0	0	15	22	37
10	Pippa Wilkie Dark Peak FR	18	SEDB	16	CONI	0	0	18	16	0	34
11	Isaline Hughes Burnden Road Runners	8	SEDB	5	NOON	12	ENNE	0	8	5	12	25
12	Helen Lambert Calder Valley	1	SEDB	9	CONI	14	ENNE	0	1	9	14	24
13	Judith Jepson Dark Peak FR	22	SEDB	0	0	0	22	0	0	22
14	Caroline Pollard North Yorks Moors AC	12	SEDB	8	NOON	0	0	12	8	0	20
15=	Susan Burns Clayton le Moors	7	SEDB	12	NOON	0	0	7	12	0	19
15=	Kath Wallis Clayton le Moors	13	SEDB	6	CONI	0	0	13	6	0	19

WOMEN'S VETS O45 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Tracey Greenway Ilkey Harriers	18	SEDB	22	NOON	22	ENNE	22	CONI	18	22	22	84
2	Liz Batt Dark Peak FR	17	SEDB	19	CONI	19	ENNE	18	NOON	17	19	19	73
3	Gill Myers Wharfedale	19	SEDB	16	NOON	9	ENNE	13	CONI	19	16	9	57
4	Wendy Dodds Clayton le Moors	12	SEDB	14	CONI	18	ENNE	12	NOON	12	14	18	56
5	Ali Raw Bingley Harriers	22	SEDB	12	CONI	17	ENNE	0	22	12	17	51
6	Julie Carter Keswick AC	14	SEDB	17	NOON	0	15	CONI	14	17	0	46
7	Sally Newman Calder Valley	0	19	NOON	0	18	CONI	0	19	0	37
8	Caroline Pollard North Yorks Moors AC	15	SEDB	10	NOON	0	5	CONI	15	10	0	30
9	Kathleen Brierley Todmorden Harriers	13	SEDB	6	CONI	10	ENNE	0	13	6	10	29
10	Kath Wallis Clayton le Moors	16	SEDB	10	CONI	0	0	16	10	0	26
11	Susan Burns Clayton le Moors	11	SEDB	14	NOON	0	0	11	14	0	25
12=	Lynn Bland Dark Peak FR	9	SEDB	15	NOON	0	0	9	15	0	24
12=	Deborah Gowans Accrington RR	0	13	NOON	0	11	CONI	0	13	0	24
14	Jane Leonard Todmorden Harriers	7	SEDB	0	16	ENNE	0	7	0	16	23
15=	Anna Kelly Clayton le Moors	10	SEDB	11	NOON	0	0	10	11	0	21

WOMEN'S VETS O50 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Wendy Dodds Clayton le Moors	7	SEDB	12	CONI	12	ENNE	8	NOON	7	12	12	39
2	Gill Myers Wharfedale	12	SEDB	12	NOON	5	ENNE	9	CONI	12	12	5	38
3	Caroline Pollard North Yorks Moors AC	8	SEDB	7	NOON	0	4	CONI	8	7	0	19
4	Kath Wallis Clayton le Moors	9	SEDB	8	CONI	0	0	9	8	0	17
5	Susan Burns Clayton le Moors	6	SEDB	9	NOON	0	0	6	9	0	15
6=	Jane Leonard Todmorden Harriers	4	SEDB	0	9	ENNE	0	4	0	9	13
6=	Jackie Casey Black Combe Runners	0	6	CONI	7	ENNE	0	0	6	7	13
8	Julie Gardner Dark Peak FR	0	6	NOON	6	ENNE	0	0	6	6	12
9	Geraldine Walkington Horwich RMI	0	2	CONI	8	ENNE	0	0	2	8	10
10	Patricia Goodall Totley AC	3	SEDB	5	NOON	0	1	CONI	3	5	0	9
11	Mary Edgerton Pennine FR	5	SEDB	3	CONI	0	0	5	3	0	8
12	Kate Beaty Cumberland FR	0	7	CONI	0	0	0	7	0	7
13	Kate Ayres Ambleside AC	1	SEDB	5	CONI	0	0	1	5	0	6
14=	Sue Haslam Scarborough	0	4	NOON	0	0	0	4	0	4
14=	Clare Kenny Calder Valley	0	0	4	ENNE	0	0	0	4	4

WOMEN'S VETS O55 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Wendy Dodds Clayton le Moors	12	SEDB	12	NOON	12	ENNE	12	CONI	12	12	12	48
2	Katy Thompson Clayton le Moors	5	SEDB	6	NOON	9	ENNE	5	CONI	5	6	9	25
3	Patricia Goodall Totley AC	9	SEDB	9	CONI	0	0	9	9	0	18
4	Gail Tombs Calder Valley	7	SEDB	7	NOON	0	3	CONI	7	7	0	17
5	Allison Brentnall Pennine FR	0	8	NOON	0	8	CONI	0	8	0	16
6	Barbara Haigh Penistone Footpath Runners AC	4	SEDB	6	CONI	0	5	NOON	4	6	0	15
7	Lou Lyness Barrow Striders	8	SEDB	4	CONI	0	0	8	4	0	12
8	Sue Haslam Scarborough	0	9	NOON	0	0	0	9	0	9
9	Linda Lord Clayton le Moors	6	SEDB	2	CONI	0	0	6	2	0	8
10	Jo Anne Prowse Ilkey Harriers	0	7	CONI	0	0	0	7	0	7
11=	Moyra Parfitt Todmorden Harriers	2	SEDB	4	NOON	0	0	2	4	0	6
11=	Alexis Dinsmor Pennine FR	3	SEDB	3	NOON	0	0	3	3	0	6
13	Liz Boothman Baildon Runners	0	2	NOON	0	0	0	2	0	2
14=	Brenda Roberts Saddleworth	1	SEDB	0	0	0	1	0	0	1
14=	Jan Atkins Chorley Harriers	0	1	CONI	0	0	0	1	0	1

WOMEN'S VETS O60 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Barbara Haigh Penistone Footpath Runners AC	8	SEDB	9	NOON	9	CONI	8	9	26			
2	Allison Brentnall Pennine FR	0	12	NOON	12	CONI	0	12	24			
3	Lou Lyness Barrow Striders	12	SEDB	8	CONI	0	12	8	20			
4	Alexis Dinsmor Pennine FR	7	SEDB	7	NOON	5	CONI	7	7	19			
5	Linda Lord Clayton le Moors	9	SEDB	7	CONI	0	9	7	16			
6	Moyra Parfitt Todmorden Harriers	6	SEDB	8	NOON	0	6	8	14			
7	Liz Boothman Baildon Runners	4	SEDB	6	NOON	0	4	6	10			
8	Brenda Roberts Saddleworth	5	SEDB	4	CONI	0	5	4	9			
9	Jan Atkins Chorley Harriers	0	6	CONI	0	0	6	6			

WOMEN'S VETS O65 CHAMPIONSHIP													
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Moyra Parfitt Todmorden Harriers	12	SEDB	12	NOON	0	12	12	24			

WOMEN'S U23 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Emma Clayton Scunthorpe & District	12	SEDB	12	NOON	12	CONI	12	12	36			
2	Liz Britton Dark Peak FR	6	SEDB	9	NOON	7	CONI	6	9	22			
3	Jenny Dybeck Ilkey Harriers	8	SEDB	8	CONI	0	8	8	16			
4=	Mel Hyder Sedbergh School	9	SEDB	0	0	9	0	9			
4=	Lucy Harris Pennine FR	0	9	CONI	0	0	9	9			
6	Rachel Findlay-Robinson Sheffield University	0	8	NOON	0	0	8	8			
7=	Emma Dodd Wharfedale	0	7	NOON	0	0	7	7			
7=	Katie May Sedbergh School	7	SEDB	0	0	7	0	7			
9	Poppy Hilton Sedbergh School	5	SEDB	0	0	5	0	5			
10	Charlotte Bellingham Mansfield Harriers & AC	4	SEDB	0	0	4	0	4			
11	Kate Raynor Mansfield Harriers & AC	3	SEDB	0	0	3	0	3			

Emma Clayton



Lynn Clough



Anna Lupton and
Lauren Jeska at
Noonstones



British Fell Running Championship

STANDINGS AFTER TWO RACES

Organised by UKA Athletics Mountain Running Advisory Group Championship Subcommittee*



Sponsored by Pete Bland Sports and Norman Walsh Footwear

The four races are as follows:-

Saturday 10th April	Medium	Silent Valley
Saturday 26th June	Short	Sedbergh Three Peaks
Saturday 31st July	Medium	Dollar
Saturday 25th Sept	Long	Black Mountains



Mike Fanning & Graham Pearce at Pendle Fell Race



Robbie Simpson at Letty

Photos © Pete Hartley

MEN'S OPEN CHAMPIONSHIP											
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Rob Hope Pudsey & Bramley	49	SEDB	48	SILE	0	49	48	0	97
2	Robbie Simpson Deeside Runners	45	SEDB	47	SILE	0	45	47	0	92
3	Lloyd Taggart Dark Peak FR	43	SEDB	46	SILE	0	43	46	0	89
4	Danny Hope Pudsey & Bramley	42	SEDB	45	SILE	0	42	45	0	87
5	Darren Kay Pudsey & Bramley	44	SEDB	41	SILE	0	44	41	0	85
6	Chris Steele Borrowdale FR	37	SEDB	44	SILE	0	37	44	0	81
7	Jim Davies Borrowdale FR	38	SEDB	39	SILE	0	38	39	0	77
8=	Steven Cale Shrewsbury	33	SEDB	36	SILE	0	33	36	0	69
8=	Graham Pearce Pudsey & Bramley	29	SEDB	40	SILE	0	29	40	0	69
10	Pete Vale Mercia FR	24	SEDB	42	SILE	0	24	42	0	66
11	Mark Roberts Borrowdale FR	31	SEDB	33	SILE	0	31	33	0	64
12	Tim Davies Mercia FR	52	SEDB	9	SILE	0	52	9	0	61
13	Shaun Godsman Calder Valley	28	SEDB	31	SILE	0	28	31	0	59
14	Mike Fanning Borrowdale FR	20	SEDB	38	SILE	0	20	38	0	58
15=	Robert Little Dark Peak FR	27	SEDB	25	SILE	0	27	25	0	52
15=	Andrew Symonds Kendal AC	0	52	SILE	0	0	52	0	52

MEN'S VETS O40 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Lloyd Taggart Dark Peak FR	42	SEDB	42	SILE	0	42	42	0	84
2	Jim Davies Borrowdale FR	37	SEDB	39	SILE	0	37	39	0	76
3	Mark Roberts Borrowdale FR	34	SEDB	37	SILE	0	34	37	0	71
4	Mike Fanning Borrowdale FR	31	SEDB	38	SILE	0	31	38	0	69
5	Paul Cornforth Borrowdale FR	21	SEDB	34	SILE	0	21	34	0	55
6	Stephen Bottomley Pudsey & Bramley	19	SEDB	33	SILE	0	19	33	0	52
7	James Logue Calder Valley	20	SEDB	30	SILE	0	20	30	0	50
8	Jason Stevens Calder Valley	24	SEDB	23	SILE	0	24	23	0	47
9	Ronnie Gallagher Carnethy HRC	18	SEDB	24	SILE	0	18	24	0	42
10	Ian Holmes Bingley Harriers	39	SEDB	0	0	39	0	0	39
11	Craig Roberts Kendal AC	38	SEDB	0	0	38	0	0	38
12=	Karl Gray Calder Valley	36	SEDB	0	0	36	0	0	36
12=	Alan Ward Dark Peak FR	0	36	SILE	0	0	36	0	36
14=	Andrew Peace Bingley Harriers	35	SEDB	0	0	35	0	0	35
14=	Mike Robinson Dark Peak FR	0	35	SILE	0	0	35	0	35

MEN'S VETS O50 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Ronnie Gallagher Carnethy HRC	27	SEDB	32	SILE	0	27	32	0	59
2=	Tom McGaff Cheshire Hill Racers	25	SEDB	24	SILE	0	25	24	0	49
2=	Bernard Grant Harrogate	22	SEDB	27	SILE	0	22	27	0	49
4	Jack Holt Clayton le Moors	7	SEDB	26	SILE	0	7	26	0	33
5	Steven Oldfield Calder Valley	32	SEDB	0	0	32	0	0	32
6	Ken Taylor Rossendale	2	SEDB	28	SILE	0	2	28	0	30
7=	Roy Gibson Dark Peak FR	6	SEDB	23	SILE	0	6	23	0	29
7=	Mike Wallis Clayton le Moors	29	SEDB	0	0	29	0	0	29
7=	Jim Paterson Newcastle AC	0	29	SILE	0	0	29	0	29
10	Mike Johnson Bowland FR	28	SEDB	0	0	28	0	0	28
11	Robert Taylor Pennine FR	5	SEDB	22	SILE	0	5	22	0	27
12	Kevin Harding Tring	26	SEDB	0	0	26	0	0	26
13	Alan Brentnall Pennine FR	0	25	SILE	0	0	25	0	25
14	Alan Smith Deeside Runners	24	SEDB	0	0	24	0	0	24
15	William Procter Helm Hill	23	SEDB	0	0	23	0	0	23

MEN'S VETS O60 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Bernard Grant Harrogate	22	SEDB	18	SILE	0	22	18	0	40
2	Jim Paterson Newcastle AC	14	SEDB	22	SILE	0	14	22	0	36
3	Jack Holt Clayton le Moors	18	SEDB	17	SILE	0	18	17	0	35
4	Ken Taylor Rossendale	15	SEDB	19	SILE	0	15	19	0	34
5	Robert Taylor Pennine FR	17	SEDB	15	SILE	0	17	15	0	32
6	Alan Brentnall Pennine FR	12	SEDB	16	SILE	0	12	16	0	28
7	David Tait Dark Peak FR	8	SEDB	14	SILE	0	8	14	0	22
8	Brian Horsley Calder Valley	9	SEDB	11	SILE	0	9	11	0	20
9	Mike Walsh Kendal AC	19	SEDB	0	0	19	0	0	19
10	Mike Blake Eryri Harriers	5	SEDB	13	SILE	0	5	13	0	18
11	Geoffrey Howard Ilkey Harriers	16	SEDB	0	0	16	0	0	16
12	Michael Crook Horwich RMI	13	SEDB	0	0	13	0	0	13
13	John Nixon Borrowdale FR	0	12	SILE	0	0	12	0	12
14	Kieran Carr Clayton le Moors	11	SEDB	0	0	11	0	0	11
15=	Mike Noble Pennine FR	10	SEDB	0	0	10	0	0	10
15=	Alwyn Oliver Eryri Harriers	0	10	SILE	0	0	10	0	10

MEN'S U23 CHAMPIONSHIP

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Robbie Simpson Deeside Runners	12	SEDB	12	SILE	0	12	12	0	24
2	Tom Addison Helm Hill	9	SEDB	0	0	9	0	0	9
3	Mark Addison Helm Hill	8	SEDB	0	0	8	0	0	8
4	Sam Fisher Sedbergh School	7	SEDB	0	0	7	0	0	7
5	Jack Dugdale Clayton le Moors	6	SEDB	0	0	6	0	0	6
6	Neill Barton Dark Peak FR	5	SEDB	0	0	5	0	0	5
7	Alexander Fowler Preston	4	SEDB	0	0	4	0	0	4
8	Matthew Marston Shrewsbury	3	SEDB	0	0	3	0	0	3
9	George Philpot Sedbergh School	2	SEDB	0	0	2	0	0	2

WOMEN'S OPEN CHAMPIONSHIP											
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Philippa Maddams Keswick AC	32	SEDB	32	SILE	0	32	32	0	64
2	Clare Whitehead Cosmic Hillbashers	29	SEDB	27	SILE	0	29	27	0	56
3	Lauren Jeska Todmorden Harriers	26	SEDB	29	SILE	0	26	29	0	55
4	Helen Fines Calder Valley	25	SEDB	28	SILE	0	25	28	0	53
5=	Jackie Lee Eryri Harriers	22	SEDB	24	SILE	0	22	24	0	46
5=	Sarah Ridgway Eryri Harriers	20	SEDB	26	SILE	0	20	26	0	46
7	Judith Jepson Dark Peak FR	17	SEDB	18	SILE	0	17	18	0	35
8	Olivia Walwyn Altrincham & District AC	28	SEDB	0	0	28	0	0	28
9	Anna Lupton Radcliffe	27	SEDB	0	0	27	0	0	27
10	Liz Batt Dark Peak FR	7	SEDB	19	SILE	0	7	19	0	26
11	Jo Waites Calder Valley	0	25	SILE	0	0	25	0	25
12	Nicola Meekin Lochaber	24	SEDB	0	0	24	0	0	24
13=	Emma Clayton Scunthorpe & District	23	SEDB	0	0	23	0	0	23
13=	Anna Bartlett Shrewsbury	0	23	SILE	0	0	23	0	23
15=	Gill Myers Wharfedale	12	SEDB	10	SILE	0	12	10	0	22
15=	Charlene Haugh Mourne Runners	0	22	SILE	0	0	22	0	22

WOMEN'S VETS O40 CHAMPIONSHIP											
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Judith Jepson Dark Peak FR	22	SEDB	18	SILE	0	22	18	0	40
2	Liz Batt Dark Peak FR	14	SEDB	19	SILE	0	14	19	0	33
3	Gill Myers Wharfedale	17	SEDB	14	SILE	0	17	14	0	31
4	Julie Carter Keswick AC	10	SEDB	15	SILE	0	10	15	0	25
5	Anna Bartlett Shrewsbury	0	22	SILE	0	0	22	0	22
6=	Isaline Hughes Burnden Road Runners	7	SEDB	12	SILE	0	7	12	0	19
6=	Ali Raw Bingley Harriers	19	SEDB	0	0	19	0	0	19
8	Pippa Wilkie Dark Peak FR	18	SEDB	0	0	18	0	0	18
9	Shileen O'Kane BARF	0	17	SILE	0	0	17	0	17
10=	Tracey Greenway Ilkey Harriers	16	SEDB	0	0	16	0	0	16
10=	Alwynne Shannon Mourne Runners	0	16	SILE	0	0	16	0	16
12	Lynne Clough Chorley Harriers	15	SEDB	0	0	15	0	0	15
13=	Helen Lambert Calder Valley	0	13	SILE	0	0	13	0	13
13=	Tami Louis-Jones Eryri Harriers	13	SEDB	0	0	13	0	0	13
15	Kath Wallis Clayton le Moors	12	SEDB	0	0	12	0	0	12

WOMEN'S VETS O50 CHAMPIONSHIP											
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1	Gill Myers Wharfedale	12	SEDB	12	SILE	0	12	12	0	24
2=	Kath Wallis Clayton le Moors	9	SEDB	0	0	9	0	0	9
2=	Thirza Hyde Calder Valley	0	9	SILE	0	0	9	0	9
4=	Caroline Pollard North Yorks Moors AC	8	SEDB	0	0	8	0	0	8
4=	Allison Brentnall Pennine FR	0	8	SILE	0	0	8	0	8
6=	Katy Thompson Clayton le Moors	0	7	SILE	0	0	7	0	7
6=	Wendy Dodds Clayton le Moors	7	SEDB	0	0	7	0	0	7
8=	Susan Burns Clayton le Moors	6	SEDB	0	0	6	0	0	6
8=	Margaret Ann Oliver Eryri Harriers	0	6	SILE	0	0	6	0	6
10=	Kim Clark Keswick AC	0	5	SILE	0	0	5	0	5
10=	Mary Edgerton Pennine FR	5	SEDB	0	0	5	0	0	5
12	Jane Leonard Todmorden Harriers	4	SEDB	0	0	4	0	0	4
13	Patricia Goodall Totley AC	3	SEDB	0	0	3	0	0	3
14	Katherine Harvey Pennine FR	2	SEDB	0	0	2	0	0	2
15	Kate Ayres Ambleside AC	1	SEDB	0	0	1	0	0	1

WOMEN'S U23 CHAMPIONSHIP											
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total
1=	Emma Clayton Scunthorpe & District	12	SEDB	0	0	12	0	0	12
1=	Lucy Harris Pennine FR	0	12	SILE	0	0	12	0	12
3=	Mel Hyder Sedbergh School	9	SEDB	0	0	9	0	0	9
3=	Zanthe Wray Dark Peak FR	0	9	SILE	0	0	9	0	9
5	Christina Rankin Kilbarchan AAC	8	SEDB	0	0	8	0	0	8
6	Jessica Martin Kilbarchan AAC	7	SEDB	0	0	7	0	0	7
7	Jenny Dybeck Ilkey Harriers	6	SEDB	0	0	6	0	0	6
8	Katie May Sedbergh School	5	SEDB	0	0	5	0	0	5
9	Liz Britton Dark Peak FR	4	SEDB	0	0	4	0	0	4
10	Poppy Hilton Sedbergh School	3	SEDB	0	0	3	0	0	3
11	Charlotte Bellingham Mansfield Harriers & ACb	2	SEDB	0	0	2	0	0	2
12	Kate Raynor Mansfield Harriers & AC	1	SEDB	0	0	1	0	0	1

MEN'S OPEN TEAM CHAMPIONSHIP												
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total	Aggregate
1	Borrowdale FR	8	SEDB	12	SILE	0	8	12	0	20	144
2	Pudsey & Bramley	12	SEDB	8	SILE	0	12	8	0	20	150
3	Dark Peak FR	9	SEDB	9	SILE	0	9	9	0	18	166
4	Calder Valley	7	SEDB	6	SILE	0	7	6	0	13	284
5	Eryri Harriers	3	SEDB	5	SILE	0	3	5	0	8	548
6	Mourne Runners	0	7	SILE	0	0	7	0	7	127
7	Mercia FR	6	SEDB	0	0	6	0	0	6	208
8	Ambleside AC	5	SEDB	0	0	5	0	0	5	286
9	Clayton le Moors	4	SEDB	0	0	4	0	0	4	337
10	Keswick AC	0	4	SILE	0	0	4	0	4	752
11	Carnethy HRC	0	3	SILE	0	0	3	0	3	431
12	Bingley Harriers	2	SEDB	0	0	2	0	0	2	389
13	Cheshire Hill Racers	0	2	SILE	0	0	2	0	2	1205
14	Helm Hill	1	SEDB	0	0	1	0	0	1	406
15	BARF	0	1	SILE	0	0	1	0	1	532

MEN'S VETS O40 TEAM CHAMPIONSHIP												
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total	Aggregate
1	Borrowdale FR	12	SEDB	12	SILE	0	12	12	0	24	57
2	Dark Peak FR	8	SEDB	9	SILE	0	8	9	0	17	100
3	Calder Valley	9	SEDB	8	SILE	0	9	8	0	17	129
4	Carnethy HRC	5	SEDB	6	SILE	0	5	6	0	11	314
5	Eryri Harriers	3	SEDB	7	SILE	0	3	7	0	10	319
6	Clayton le Moors	7	SEDB	0	0	7	0	0	7	131
7	Todmorden Harriers	6	SEDB	0	0	6	0	0	6	176
8	Mourne Runners	0	5	SILE	0	0	5	0	5	145
9	Bowland FR	4	SEDB	0	0	4	0	0	4	193
10	Cheshire Hill Racers	0	4	SILE	0	0	4	0	4	464
11	Ilkey Harriers	2	SEDB	0	0	2	0	0	2	248
12	Ambleside AC	1	SEDB	0	0	1	0	0	1	262

WOMEN'S OPEN TEAM CHAMPIONSHIP												
Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Short	Medium	Long	Total	Aggregate
1	Eryri Harriers	12	SEDB	8	SILE	0	12	8	0	20	68
2	Dark Peak FR	9	SEDB	9	SILE	0	9	9	0	18	91
3	Calder Valley	4	SEDB	12	SILE	0	4	12	0	16	138
4	Keswick AC	8	SEDB	7	SILE	0	8	7	0	15	108
5	Wharfedale	7	SEDB	6	SILE	0	7	6	0	13	143
6	Todmorden Harriers	6	SEDB	0	0	6	0	0	6	84
7	Clayton le Moors	5	SEDB	0	0	5	0	0	5	103
8	Ambleside AC	3	SEDB	0	0	3	0	0	3	123
9	Bingley Harriers	2	SEDB	0	0	2	0	0	2	124
10	Totley AC	1	SEDB	0	0	1	0	0	1	165

Junior Fell Running Championship

STANDINGS AFTER FIVE RACES



Sponsored by Norman Walsh Footwear
with Pete Bland Sports

The six races are as follows:

Saturday 24th April	Anniversary Wal, Cumbria
Monday 3rd May	Coiners, Yorkshire
Monday 31st May	Shutlingsloe, Cheshire
Saturday 19th June	Clougha Pike, Lancashire
Sunday 27th June	Arnison (uphill only), Cumbria
<i>Saturday 21st August</i>	<i>Darwen, Lancashire</i>

Elizabeth Greenwood
(Blackburn Harriers)
and Seth Waterman
(Holmfirth Harriers)



Photo © Dave Woodhead www.woodentops.org.uk

Phoebe Howe, Cameron Critchley and
Nathan Townsend (all Horwich RMI)



Shauna Williamson
(Rossendale)



Pos	Name	Club	No of races	Points
U12B				
1	Seth Waterman	Holmfirth Harriers	5	200
2	Nathan Townsend	Horwich RMI	5	184
3	Oliver Dawson	CFR	4	183
3	Christopher Richards	Helm Hill	4	183
3	Matthew Sweeney	Bowland FR	5	183
6	Charlie Lowrie	Wharfedale Harriers	4	169
7	Tiarnan Crocken	Pendle AC	5	168
8	Cameron Critchley	Horwich RMI	4	167
9	Callum Ross	Unattached	5	158
10	Jack Crummett	Todmorden Harriers	4	154

Pos	Name	Club	No of races	Points
U12G				
1	Elizabeth Greenwood	Blackburn Harriers	4	200
2	Lily McGuinness	East Cheshire Harriers	4	194
3	Phoebe Howe	Horwich RMI	4	190
4	Ellie Lambert	Wharfedale Harriers	5	187
5	Shauna Williamson	Rossendale Harriers	4	179
6	Polly Pearse	Blackburn Harriers	5	176
7	Heidi Murray	Helm Hill	4	175
8	Shona Monks	Rossendale Harriers	4	163
9	Rebecca Buchanan	CFR	3	130
10	Olivia Sykes	Holmfirth Harriers	3	122

Pos	Name	Club	No of races	Points
U14B				
1	Max	Wharton	Calder Valley FR	5 200
2	William	Smith	Wharfedale Harriers	4 190
3	James	Hall	Wharfedale Harriers	4 189
4	Jack	Willis	Unattached	5 186
5	Ben	Johnstone	Wharfedale Harriers	5 185
6	Phil	Done	Wharfedale Harriers	5 171
7	Joseph	Howe	Horwich RMI	4 164
7	James	Marchant	Pendle AC	5 164
9	Jack	Hindle	Blackburn Harriers	5 155
10	Callum	Lambert	Wharfedale Harriers	4 153



Max Wharton
(Calder Valley FR)

Photo © Dave Woodhead www.woodentops.org.uk



Jack Willis

Photo © Dave Woodhead www.woodentops.org.uk

Pos	Name	Club	No of races	Points
U14G				
1	Bronwen	Owen	Scarborough AC	5 200
2	Bo	Haywood	Lincoln Wellington	4 193
3	Annabel	Mason	Wakefield Harriers	5 189
4	Sally	Searson	Blackburn Harriers	5 184
5	Louise	Taylor	Scarborough AC	4 172
6	Issy	Wharton	Calder Valley FR	4 169
7	Leah	Ogden	Scarborough AC	4 164
8	Nina	Stirrup	Blackburn Harriers	5 158
9	Chloe	Law	Rossendale Harriers	4 141
10	Harmonie	Waterman	Holmfirth Harriers	3 139



Harmonie Waterman
(Holmfirth Harriers)

Photo © Dave Woodhead www.woodentops.org.uk



Kristian Edwards
(Tamworth AC)



Photos © Dave Woodhead www.woodentops.org.uk

Pos	Name	Club	No of races	Points
U16B				
1	Kristian Edwards	Tamworth AC	5	196
2	Rory Addison	Helm Hill	5	189
3	Anthony Dalton	Rossendale Harriers	5	188
4	Zac Howe	Horwich RMI	4	164
5	Tom Hutton	Hallamshire	4	161
6	Felix McGrath	Westbury Harriers	3	143
7	Tim Orr	Border Harriers	3	134
8	Nathan Thompson	CFR	3	133
9	Elliott Wylie	Rossendale Harriers	3	130
10	Callum Mason	Lancaster & Morecambe	2	94

Pos	Name	Club	No of races	Points
U16G				
1	Shannon Johnson	Leigh Harriers	4	198
2	Hannah Bethwaite	Ellenborough AC	5	191
3	Sarah Hodgson	Lancaster & Morecambe	5	187
4	Lauren Munro-Bennett	Helm Hill	4	181
5	Charlotte Edge	Scarborough AC	4	175
6	Nicola Berry	Stockport Harriers	4	170
7	Emma Spencer	Wharfedale Harriers	4	142
8	Rebecca Mills	Scarborough AC	3	141
9	Katie Ashcroft	Warrington	2	84
9	Nicole Narey	Wharfedale Harriers	2	84

Emma Spencer
(Wharfedale Harriers)



Bethwaite Hannah
(Ellenborough AC)



Pos	Name	Club	No of races	Points
U18B				
1	Joseph	Johnston	Rossendale Harriers	4 194
2	Adam	Bateson	Lancaster & Morecambe	5 181
3	Tom	Doyle	Helm Hill	4 174
4	Jos	Addison	Helm Hill	4 172
5	Tom	Sessford	Keighley & Craven	4 171
6	Scott	Baistow	Wharfedale Harriers	4 149
7	Marc	Scott	Richmond & Zetland	3 147
8	Jonathan	Bradshaw	Wharfedale Harriers	3 142
9	Jamie	Waldie	Cornwall AC	3 139
10	Ashley	Kay	Rossendale Harriers	5 134



Kristian Edwards (405, Tamworth AC), Joseph Johnston (Rossendale), Adam Bateson (Lancaster & Morecambe), Tom Doyle, Rory Addison and Jos Addison (all Helm Hill)

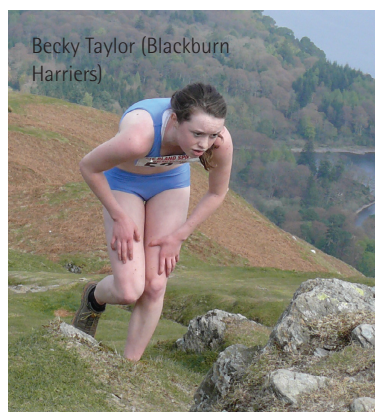


Scott Baistow (Wharfedale Harriers)

Pos	Name	Club	No of races	Points
U18G				
1	Rachel	Jefferson	Warrington	5 194
1	Beckie	Taylor	Blackburn Harriers	4 194
3	Nichola	Jackson	Preston Harriers	5 188
4	Laura	Riches	Leigh Harriers	2 100
5	Lucy	Smith	Unattached	2 91



Rachel Jefferson
(Warrington)



Becky Taylor (Blackburn
Harriers)



Nicola Jackson (Preston
Harriers)



Lucy Smith (ADAC)

A SHORT DISTANCE RACE REVIEW

Coniston fell race

The first lake district fell race of the English championship was fought out from Coniston on May bank holiday Saturday. The nine miler, with the stiff climb of Mouldry Bank, the long slog up onto the Wetherlam massif, and sharp pull up the rocky path to Swirl How via Prison Band and, of course final incline to The Old Man itself is as tough a challenge as any medium race in the calendar and worthy of inclusion in the series. Registration, camping and post-race social were hosted at the football club at Shepherd's Bridge. Organisation appeared very slick with ample car parking, post race dancing in the marquee after the race on Saturday and live music on Sunday for those who had stayed over.

As for the race, the pace was hot at the front as Three Peaks winner of less than a week before Morgan Donnelley (Borrowdale) locked horns with Bingley's Rob Jebb. Though you wouldn't have known it to look at them, one of these two lads hadn't a recent marathon in his legs as they bounded past me up onto Swirl How. Not many runners jogged up this climb like these two - I know who my money was on to win, but how wrong can you be?

A who's who of elite fell runners soon followed; Ben Bardsley, Simon Bailey, Lloyd Taggart, Rob and Danny Hope... Ian Holmes and Jim Davies came along, bent over - hands on knees, stride for stride... Ian made in-roads on this climb and by the top of the race's second peak had all but reeled them all in. Ian commented afterwards that he knew they'd 'gone off too fast'. By the top of Old Man he was only 45 seconds down (on the leaders), and was pretty sure that he could catch them. Danny Hope agreed. "By Old Man me and our Rob were leading and I thought, where are they all? I thought they would all come shooting past, but Ian just flew by and went down that hill. It was such a fast race, I'm really surprised that Ian wasn't closer to the record". Holmes sped into the finish field and crossed the line to win in 68 minutes.

Among the women, Olivia Walwyn (Altrincham) held a clear lead on the rocky traverse of Prison Band between Wetherlam and Swirl How. However, she suffered an unfortunate tumble on the steep descent of the Old Man and was overtaken by Emma Clayton of Scunthorpe who's sure footed descent over the old slate tracks through the copper mines gave her victory in 1 hour 21 minutes, Olivia following in second, ahead of Lauren Jeska (Todmorden Harriers).

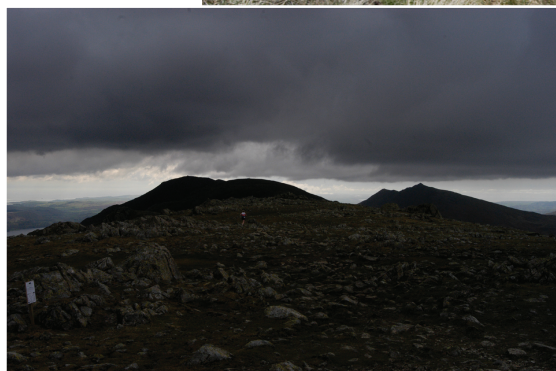
The race had started in very warm, dry conditions with clear tops and panoramic view from the hills. However, conditions on the hills were to change dramatically. Those fast runners

near the sharp end stayed dry. Others further back were caught in a mighty hail shower on Coniston Old Man, or even the torrential rain which swept in and, though it eased, lingered all Saturday night.

Post race hospitality included ample quantities of food, served in the bar area, and music and celidh dancing in the marquee on Saturday. On Sunday evening we were entertained in the bar by Todmorden guitarist and vocalist Mike Blackhirst, then the race organiser Sam Clarke took to the stage as part of a five piece acoustic band playing lively Bluegrass music. A great night was had by all.



Photos © Allan Greenwood



Left to right: Winner Ian Holmes (Bingley) leads Jim Davies of Borrowdale; A hail storm looms over the Old Man at Coniston; Olivia Walwyn leads on the climb to Swirl How

Obsession?

We are not a fashion conscious family. My children wear hand-me-downs from friends. I buy bland t shirts in the supermarket when I do the food shopping. And my husband, well he couldn't be less interested, and if I didn't choose him a couple of shirts every Christmas he'd still be dressed in his 1980s gear. Or at least, that's how it used to be before he took up fell running.

Suddenly his share of the chest of drawers has risen from 10% to 60%. His drawers are stuffed to overflowing with shorts, vests, waterproof jackets and T-shirts and each one is a step up the kitmeister ladder which means more sheer than the last. If you're looking for light and luscious fabrics which drape beautifully over the shoulder and have the sheen of freshly spun gossamer forget Bond Street, it's Pete Bland you need.

And it's not just the clothes. The obsession

is taking over our lives. I bought a calendar for a friend last Christmas. I went to get some wrapping paper from the other room, and when I came back he had already filled it with the date of every scheduled fell race in Derbyshire for the next 12 months. The post is watched with an eagle eye when the fell runners diary or the latest issue of Fell Runner is expected, results are pored over, we even have a dvd in which a gentle voiced chap announces 'Stuart Bond, Dark Peak' as said runner appears at the top of a hill, drinks some water then limps on to be followed by the next.

But the real issue is the shoes. My husband used to have work shoes and a pair of trainers. Now he has road shoes, off-road shoes, trail shoes, fell shoes, wet weather shoes, dry weather shoes, mixed weather shoes, mixed terrain shoes, and then another pair of all of them in

a different colour. He walks about on race days scanning other peoples' feet anxiously in case he's missed some genius of shoe that might give him that extra bit of grip, speed, or balance.

He texts and emails his friends with questions and information about the latest footwear on the market. The other day he went out running after the rain very early in the morning. When I commented on the early hour, he said that Ben had been out already. He hadn't seen him. He'd recognised the footprints of his fancy new shoes in the mud. And to cap it all, last week our seven year old daughter did her first fell run in her flowery fitted trainers from Clarks. Oh dear. The top three were all wearing something called Baby Walshes, so I sense the value of the kids' wardrobe is about to double.

Oh, and don't pretend you're not the same.

"But do they go with the club vest?"



Illustration by Jim Tyson

The 2010 UKA British Fell and Hill Running Relay Championship

SUNDAY 17TH OCTOBER, 2010 – THE LOMOND HILLS, FIFE



**Sponsored by Pete Bland Sports
and Norman Walsh Footwear**

The 2010 UKA British Fell and Hill Running Relay Championship will be held on the Lomond Hills in the Kingdom of Fife. The Lomond Hills (not to be confused with Ben Lomond which overlooks those bonny, bonny banks) are well known to hill runners in Scotland as the location of the popular Devil's Burdens Relay (January), Bishop Hill race (March) and Lomonds of Fife race (August). Fife AC are pleased to welcome you to this picturesque corner of Scotland and this is especially appropriate in 2010 as it coincides with 'Celebrate Fife', a year of events to celebrate all that is good about life in Fife.

The hills may not be particularly high (the highest point is 522m) but provide a panorama over the Firths of Forth and Tay and the hills and mountains beyond. The terrain is a mixture of forest on the lower slopes, steep grassy slopes, crags and open moorland. Each leg will provide a combination of these, starting on forest tracks before heading to the prominent land marks of either East or West Lomond.

Details

The event will start at 10am from the playing fields in the historic village of Falkland. Car parking will be on a field accessible from the A912. Race HQ will be in a marquee in the field where race packs (including numbers and maps) can be collected. Toilets and catering will be available on the race field. Further details will be available on the Fife AC website (www.fifeac.co.uk).

Route Description

The routes are covered by the Ordnance Survey Explorer 370 map and, rather less conveniently, Landranger maps 58 and 59.

All legs will follow the same route into and out of the race field.

Leg 1: AM pairs

Leg 2: AS solo

Leg 3: Navigation pairs

Leg 4: AS solo

The routes will be only partially marked or unmarked so navigation skills will be required. There will be one road crossing on the solo legs and this must be used.

Eligibility

The relay is open to all clubs affiliated to UKA. All competitors must be over 18 and have previously competed in two A category hill races. Each team will consist of 6 runners who must all be first claim members.

Team categories

Open

Ladies

Veteran ladies 40 or over

Veteran men 40 or over

Veteran men 50 or over

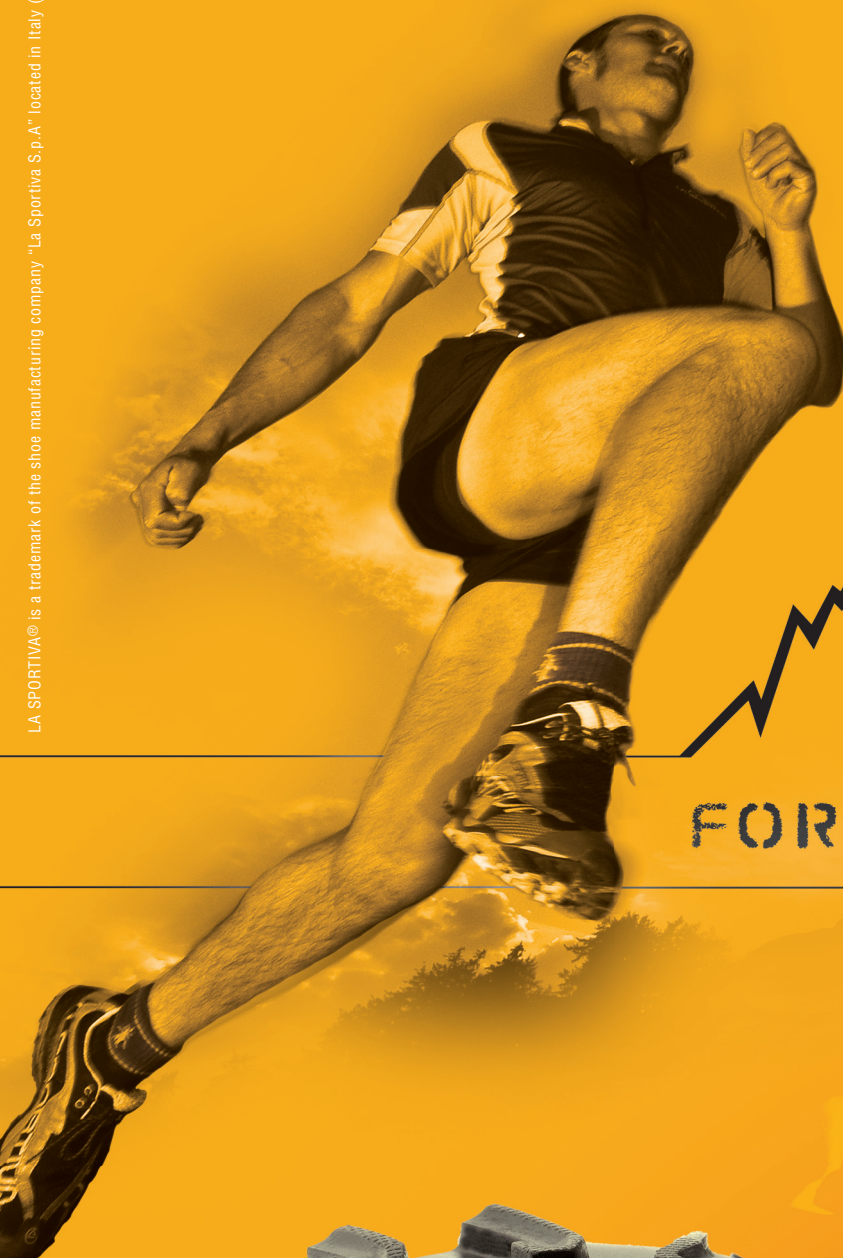
Championship medals will be provided by UKA for the first three teams in the Open, Ladies and Vet. men 40 categories. Fife AC will provide medals for the other categories.

Entries

There will be a limit of 160 teams. Each club will be limited to 5 teams with one team per category. The entry fee will be £66 per team which includes food and race maps. Car parking will be £2 per car on the day.

Entries will be available online and will open in August and all entries must be received by mid September.





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Harry Smith: An Unsung Hero

THE ORGANISER OF THE POPULAR BARNOLDSWICK WEETS FELL RACE FOR 28 YEARS.

One of Shakespeare's memorable lines is "Old men forget: ..." but Harry (not Prince Harry in Henry VI!) had pleasantly forgotten about the fine detail of the races: he had moved on as much water had flowed under the proverbial bridge. Harry Smith, the lead man behind organising the Barnoldswick Weets fell race for the 28 years from 1971 to 1998, said quite candidly that he had forgotten all about it. With a bit of probing he recalled some memorable moments.

Harry's first involvement with fell running began in the 1950s through his friend, the late George Brass, a well-known Clayton-le-Moors Harrier, when they both worked at Rolls Royce at Barnoldswick, near Burnley. Harry was then a successful footballer and George a leading fell runner who by then had placed third in the third-ever Lake District Mountain Trial in 1954, and won the second Three Peaks race in 1955.

Harry, who had Captained Barnoldswick Town, played for Rolls Royce in the Lancashire Combination and then refereed football matches, was finally persuaded by George to enter the 1957 Three Peaks Fell Race. Of the 19 starters he was 16th, next to last; undeterred he did eleven more Three Peaks races including the 1969 race. (Incidentally Harry's 1969 result is on 'page 13' of the "Celebration – 40 years of the FRA".) That year Harry turned 40 and joined the Northern Veterans AC. Being also a member of Clayton-le-Moors Harriers, the Fell Runners Association and the Road Runners Club, he competed in running races of all codes.

One training partner was Mick Meath, a Clayton man who also lives in Barnoldswick, (and later became the 8th man to complete the Bob Graham Round.) Their regular Sunday morning training run took them from Barnoldswick over the Weets summit to the top of Pendle Hill via the "Big End". They would return the same way, and on one such run floated the idea of organising a fell race from the town to the top of Weets.

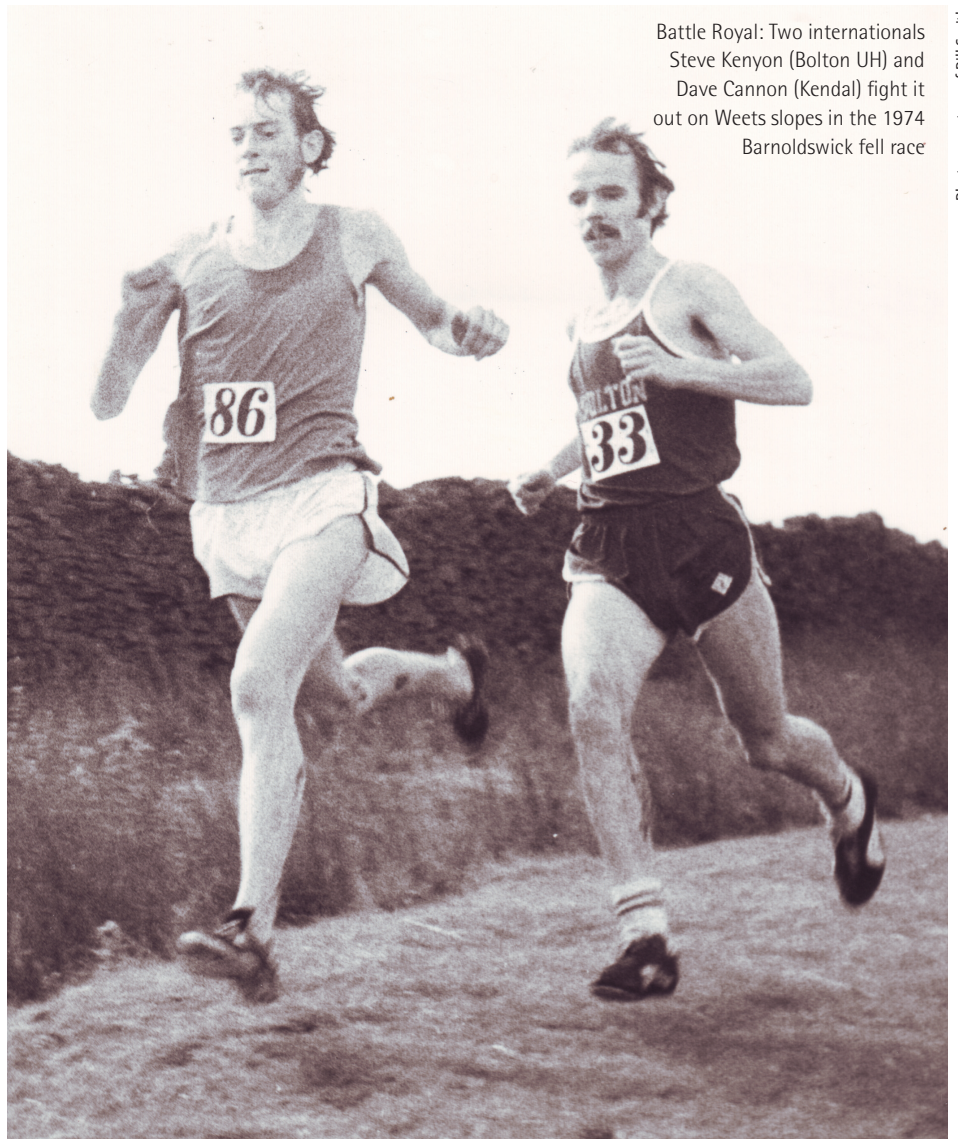
On Sunday 15th August 1971 the first race left the Fosters Arms public house with 101 starters. "Unbelievably," says Harry, "a local runner, Peter Waddington (Liverpool H) won the race in 27 minutes 42.7 seconds with class men like John Calvert (Blackburn), Cyril Leigh (Salford) and Harry Walker (Blackburn/Clayton) in his wake. The race had to use quite a lot of road to get through the town to the moor so it gave the road runners an opportunity to enter because it is an 'easy' fell path. Not only that, it gave

the local people a chance to turn out in their hundreds to watch and cheer the runners." The race soon attracted some of the very best in the sport: internationals and top club runners came to the race during its first decade because word spread that it was not a difficult course.

Many household names of the seventies came, a veritable 'Who's Who': Jeff Norman and Alan Blinston (Altrincham), Mike Baxter (Leeds City), Dave Cannon (Kendal), Ron Hill (Bolton/Clayton), Steve Kenyon (Bolton UH), Colin Robinson (Rochdale), Mike Short (Horwich RMI), Alan Sladen (Salford), John Wild (RAF/Cumberland FR), and Ricky Wilde (Manchester H).

"But alas, after 1976," says Harry, "the race became too popular. With an average of over 200 runners and their supporters, the small town could not cope with the car parking, so a decision was made by the hard-working committee at the club to move the start to a more accessible venue: the Rolls Royce Sports and Social Club on Skipton Road. Bob Harrison of Airedale and Spen Valley held the record from the Fosters Arms for these first six races at 26 minutes and 50 seconds, but as a sign of the times, ladies did not run in these races."

After they changed their headquarters, Bingley's Dave Slater won the first race from



Battle Royal: Two internationals Steve Kenyon (Bolton UH) and Dave Cannon (Kendal) fight it out on Weets slopes in the 1974 Barnoldswick fell race

Photos courtesy of Bill Smith

the new venue in 30 minutes and 34 seconds, a time that stood until 1995. Ladies now entered the race with Loraine King (East Cheshire H) in 48:52 the first winner. The roll call includes Ann Pendlebury (Bolton UH), Jean Lochhead (ASVAC) with two wins, Collette Harkin (Bolton UH) three wins, Carol Haigh (Holmfirth) four wins, and Kath Drake (Spenborough) seven wins.

The 25th anniversary year in 1995 was a very special race with plate mementoes presented to all the 427 finishers. Keith Anderson (Bingley), an international road and fell runner, won in 30 minutes and 30 seconds, a time that cannot now be touched. (The women's record was set in 1984 by Carol Greenwood [nee Haigh] at 34:49.) Bingley took the team with the next three men home – a perfect score – 2nd was Mick Hawkins, 3rd Mark Croasdale and 4th Andy Peace while Janet Kenyon of Horwich RMI was the first woman in the fine time of 37:36.

In 1998 Mark Sandamas of Wharfedale Harriers took over from Harry. With a decline in entries the last race from the Rolls Royce club was in 2000. However, it is now back in the FRA Calendar as a true fell race (5½ miles and 1,800 feet ascent) organised annually by Wharfedale's Kevin Rogan on a mid-week evening in June.

"Local businesses and shops mostly contributed the prizes over the years. It was quite a task at the time. For many years Silentnight always gave a bed or chair to the first man, woman and their employee. Local charities benefited from the surplus money – after a large prize list had been amassed. Usually we went down to the first ten men, women depending on entry and first three vets in age groups as well as the usual team prizes," said Harry.

Being able to handle the numbers that the race attracted clearly shows that Harry was always on the ball. He thanks Sylvia, his ever-helpful wife: "She was brilliant all the way through doing every job possible." Usually the organisation – taking the entries, liaising with the police, ambulance and local farmers – went smoothly, and so Harry competed in it himself for a few years. "The marshals were very forthcoming. Generally we may have had some problems, but they were overcome. The main one was the change of venue to the Rolls Royce Sports and Social Club. Over the years I have been thanked and praised by many people, an honour which gives our Clayton club a good name."

Unfettered by the Weets Fell race Harry was able to continue with his other jobs in athletics. He had retired from Rolls Royce in 1984 after 41 years there (excluding two for his National Service in REME.) With the Road Runners Club he is not only an area representative, he is also a Course Measurer who ultimately joined an elite group of Grade "A" Course Measurers that are recognised by the IAAF and AIMS (Association of International Marathons). He was accredited to measure Olympic and World Championship courses, and measured the 2002 Commonwealth Games course in Manchester: a fitting peak to his major contribution to athletics. Over his 26 years doing the job he has measured 263 courses, which ranged from one mile to the full marathon.



Harry in action at Black Lane Ends

Photos courtesy of Neil Shuttleworth

Praise for Harry's work comes from Ireland's John Walshe, who heads Ballycotton Race Promotions based near Cork, for which his Ballycotton 10 is one of Ireland's biggest races. He spoke of Harry's enthusiasm and grasp of the technical side of course measuring: "On one of my first trips to the UK in the late 1980s, through my good friend Brian McKenna of Runnerprint/ Winner, I made contact with Harry Smith. I was taken by his knowledge and passion for course measuring and I remember he gave me a number of publications on the craft.

I met up with him again at Ron Hill's 60th and 70th birthday races at Littleborough, Rochdale in 1998, and 2008. On the occasion of Hill's 70th on arriving at the Falcon Inn at Littleborough I was

thrilled to see Harry again, still in good health and portraying the same enthusiasm and passion for the sport he loves. To hear that he has measured over 260 courses in his lifetime is a testimony to the man. Road running, and athletics in general, owe a great depth of gratitude to servants of the sport such as Harry Smith."

Harry lives close to the Rolls Royce Weets finish line and can see the Weets Trig point, which must be three miles away. "It is amazing. Quite unbelievable that anyone can run there and back in just over 30 minutes: about 18 up and 12 down." Harry salutes all who have done his race, the great and the good as well as the rank and file. Here I salute Harry whose ilk I hope we do not forget.

Just do as you are told!

Have you ever heard the like of this in the pub, clubhouse or round the dinner table?

"It's Health & Safety gone mad! Have you heard the latest? People are not going to be allowed to put carpet down in the communal area of flats and those that have it have to rip it out. It's Health & Safety gone mad. And another thing, we soon won't be able to buy vitamin tablets, some sort of directive from Brussels. It's Health & Safety gone mad. And it has even got into fell-running: would you believe it? Now the organisers of AL and AM races have to check that runners are carrying all sorts of gear with them and the organisers of even the tidiest races can require the same. It's Health & Safety gone mad, I ask you!"

Well, go on, ask me.

I might have led such a conversation or at least sympathised with it before my experience in what I will call the Fiddler's Elbow race.

It was June, but there was a steady drizzle falling in the village where the race was to start and we can't have been much above sea level. We were going up to over 3200 feet. Someone said, "It's going to be wet up there".

An announcement was made that full

'survival' kit had to be carried and runners whose numbers ended in 5 or 0 had to come forward to be checked. We were soon off through country lanes between stone walls but as soon as we hit the open moor I found out why it was called 'open'. As we climbed the wind increased and the rain got heavier. I put on a rain top on the move. "That should do, I told myself: it is June after all"

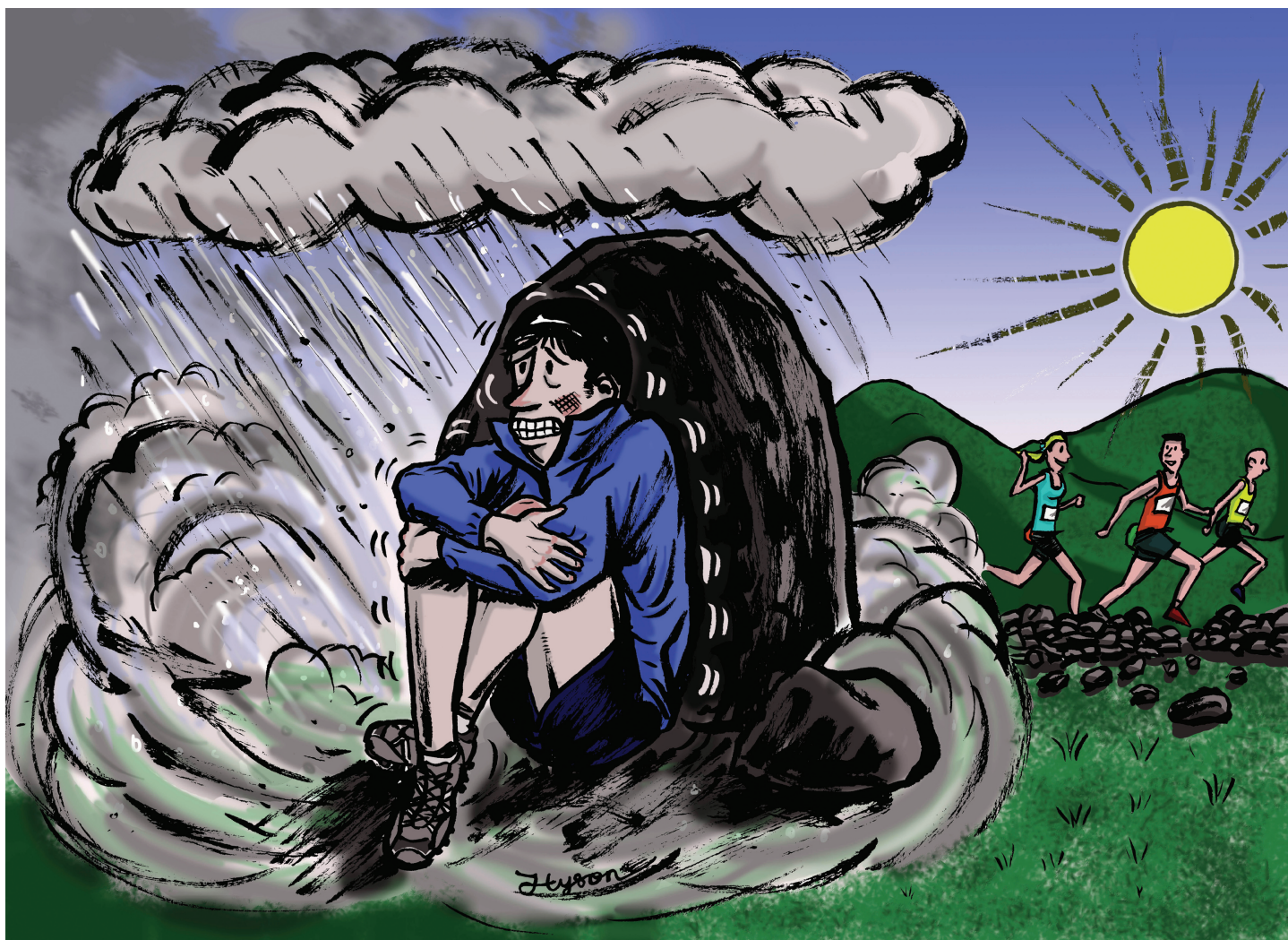
The rain got colder and was hitting me on the horizontal. Soon the gusts actually blew me temporarily off balance. We ran into cloud, but I could make out other runners in front of me and found the marshals at the checkpoints below the summit, but things were getting steadily worse. The wind and rain were increasing and suddenly the visibility was right down. I did find the next checkpoint and the marshal's advice to follow a fence almost to the top was to see me there. On the way I caught up with two runners who had stopped to put on more gear. I thought I'm OK I have just improved by two places and it should be easy from the top.

I actually felt sorry for the summit marshal who looked really fed up, hunched into heavy

duty mountainwear and taking shelter from the cairn and trying to write runners' numbers on a soggy piece of paper.

"Which way down?" I asked and I set off following the direction the marshal pointed out. (The two runners behind me were just coming up to the summit). Within 100 yards I hit a field of huge boulders and decided to skirt it and then pick up the direction again. Did it occur to me to take a bearing? It did, but I was so cold I couldn't be bothered to get my compass out. My thinking was, I have a good sense of direction, I'll soon be back on track beyond the boulders. In the dense cloud I skirted the boulders and found a path heading off and assumed it was the way home. It wasn't and unbeknown to me, it took me off at 90 degrees to the west of the right direction.

It took me about five minutes to realise I was probably on my own and instead of losing height I was actually climbing. As this depressing realisation dawned so my body started going wrong. I was losing feeling in my legs and arms on the windward side and both my hands were frozen. I was still on a path and through the mist three walkers appeared. I



knew that I was going to look and sound pathetic but I explained that I was doing a fell race and had they seen any other runners. I found it difficult to make my mouth work, but they understood and asked if I had a map. I must have looked even more pathetic as I produced a sodden sketch map provided by the race organiser. From this the walkers were able to show me where I was and where I should be. I set off back the way I had come, but the path seemed to peter out and I was lost again. I knew that I had made several mistakes:

I should have taken a bearing at the summit;

I should have teamed up with the other two guys, and

I had left it far too late to put on my trousers, gloves and hat.

I was so cold my teeth had stopped chattering and I had lost all sensation in my arms and hands. I thought the best thing to do was to shelter behind that big boulder there. Something stopped me, was it a distant memory of something I'd read about hypothermia: that it's all over for you when you give in?

I did take shelter behind the boulder but it was to belatedly put on my gloves, hat and trousers. It took me about five minutes for each glove and another five for the trousers. I was totally unable to operate my hands. When I took out my Torq Bar to get some energy I found that my jaws didn't work, I couldn't chew so I had to let the bar melt in my mouth.

I had no idea where I was but had the vague notion that I had to get moving again. I ran along the top of a steep slope falling to my left and as nothing had gone right since the start of the race and, in fact, things had got seriously wrong; after about five minutes I had the best news. I could see the sun shining below me, down the slope.

I didn't care where the sun was shining, I just wanted to be in it. I headed downwards.

I gave a great yell of delight as I came out into the sun, but my judgement was still impaired by the scare I had had. If I'd stayed below the cloud and contoured my way round I would have actually hit the race course but my desire for safety drove me down into the valley. There were some distinctive sheep pens there which I located on the OS map I carried and I realised that I there was now a huge ridge between me and the finish.

"I have to finish" I said to myself "Otherwise they'll send out rescuers, I can't take the escape route down the valley to the main road".

Finish I did, dead last. Sad, exhausted and much, much wiser. You will never find me questioning the need to take full body cover, food, compass and map, and...a whistle, the only thing I didn't need to save my life.

Friends of the Three Peaks

The 56th Three peaks race was run in perfect conditions and left hardly a stud print on the 24 mile route. As many of you are quite aware, this is not always the case. This fragile landscape has taken a real pounding over the years and the 3 peaks route has become desperately eroded. The 3 peaks Race is just one of many organised events which use the route most weekends from April to October every year.

The Yorkshire Dales National Park Authority has employed an Access Ranger (Ian Middleton of Dentdale) to undertake remedial works to the paths with the help of Volunteers. This post can only be sustained in the current economic climate by voluntary donations from user groups and individuals.

You may have noticed that 50p of each entry fee for this year's race was donated by the 3 Peaks Race Association to **The Friends of the Three Peaks** to support this conservation work.

Many of the runners will have appreciated the improvements already achieved on the route in the first year of the project. There is still a vast amount of work to do.

The descent off Whernside on the flagged race route was excruciating due to the extreme erosion. We all cursed as we looked across at the lovely green track we used to follow. However, lovely green tracks soon gather top water and

become eroded gullies. All the runners showed due respect to the organisers and kept to the taped route. The future of the race depends on this kind of co-operation.

Settle Harriers are a local club in the 3 Peaks area. In the months leading up to the race we are out training on the route most weekends. We usually meet sizable groups representing other clubs from all parts of the country doing reconnaissance. We became aware of the impact of all these training miles.

Settle Harriers have chosen to support the Friends of the Three Peaks by making an annual charitable donation and have become Corporate Members of the project. We have always supported local charities such as the Cave Rescue Organisation with our fund raising events as we are also beneficiaries of their services – as are most fell running club members. The Friends of the Three Peaks provide us with equally valuable services.

This is an important project which deserves the support of all fell running clubs which have enjoyed running the 3 Peaks over the last half century.

More information is available at www.yorkshiredales.org.uk/index/looking_after_access_to_the_countryside/threepaks/friendsofthreepaks.htm

Alex Pilkington and Judy Marshall with YDNP project officer Steve Hastie before the three peaks race 2010



Photos courtesy of Kerry Pilkington

Training

For uphill mountain running (or what doesn't kill you makes you stronger)

The great Australian marathon runner Robert de Castella said that you learn a lot more from a bad race than from a good one. Well, let me beg to differ. Earlier this year I celebrated my 40th birthday by running my 859th race – *La Ciaspolada* – a snowshoeing event in Northern Italy. Since my first ever competition was the

1989 Boston marathon, that works out as an impressive 40 races per year. A somewhat more revealing statistic though is that, according to my training diary, I regard 91% of my races as “very poor”. And here’s another telltale piece of information for any lovers of facts and figures out there: my 10km and half-marathon personal

bests have hovered around the 40 and 90 minute marks respectively since 1992.

Clearly I had learned less than Rob de Castella might have hoped for from my 859 races. Fortunately, help was at hand. In his first outing in snowshoes, six times World Mountain Running Champion Jonathan Wyatt won *La Ciaspolada*.

Photo courtesy of Jonathan Wyatt



And in return for a cappuccino and slice of chocolate cake, Jonathan was happy sit down with me and provide some insight as to where exactly I might have been going wrong for all those years.

"There are interesting lessons to be learned if you look back at individual athletes. Especially those that have had long careers. You see how they have developed and remained motivated. For me, keeping a good amount of variety in my training and racing over the years has helped enormously. I am really impressed by the New Zealand runner Rod Dixon. He was outstanding for the length and versatility of his career as a top-flight runner. He ran world-class times from 800m (1'47") to marathon (2:08'59"). He twice picked up bronze medals in the World Cross-Country. He even ran a stair-race at one stage. I am sure it was this variety that allowed him to keep on competing at a high level for so long."

Jonathan is right about looking to the past for inspiration. The Ancient Greeks had a more accurate and realistic view of time than our own. They saw the future as something that came upon them from behind their backs, with the past receding away before their eyes. This means that athletes have no choice but to try to learn from the past and hope for the best, even when the past shows that such lessons are often wrong. All of us must experiment to find what works for us, and what doesn't work, and what our limits are. After year's of testing and refining, Jonathan's training now follows a fairly regular pattern based upon the idea of periodisation. A long period of base training is followed by mountain running-specific speed-endurance work and racing. This approach has given him both longevity and levels of performance that have surpassed all other mountain runners during the last decade.

Without first establishing a sound endurance base, athletes will risk injury when performing tough workouts and struggle to peak for important races. Jonathan advocates LSD (long slow distance) running as the ideal starting point in the competitive mountain runner's training program. LSD training was developed in the 1950s by fellow Kiwi Arthur Lydiard, who was coach to many world-beating athletes including Murray Halberg, Peter Snell, and Barry Magee. To maximise performance, even in middle distance events, Lydiard suggested that runners must train as if preparing for the marathon. Given the high anaerobic and speed components of the 800m and 1500m, this idea appears counter-intuitive. Yet Lydiard found that marathon conditioning gave athletes the necessary endurance to sustain greater levels of speed over middle and long distance races. During LSD training, Lydiard insisted that his athletes – not least Olympic 800m Champion Peter Snell – must run at least 100 miles a week at a steady pace for ten weeks or more.

This is exactly how Jonathan begins his mountain running year, by laying down a solid base of high mileage over a period of four to six months. Yet unlike many distance runners, he will run only once a day, preferably early in the morning. A second session will normally involve

some type of cross-training.

"I have always cross-trained, but for no real reason other than I enjoy doing something different. Running twice a day every day would drive me up the wall! I enjoy to run but I run one good quality session per day. If I feel like doing something else later in the day then I will head out on the bike, go for a walk, cross-country ski in winter, or do some strengthening work in the gym. Both cycling and cross-country skiing strengthen the quadriceps, which are the engine-room muscles for uphill running. I think the all round motivation of the mind is also important and athletes may start to go stale if they train too much just in running. And, of course, there is the injury issue. Replacing running with something else, some kind of low-impact training, helps to keep the body from overuse injury while keeping motivation high. I have never thought of any type of cross-training as a recovery workout though. I think recovery is rest or massage; but training is training even if its biking, skiing, gym work, or walking".

Although Jonathan does a high proportion of his base training off-road on undulating and hilly terrain, it does not consist only of easy running. Jonathan also introduces *threshold running* during this period, which is performed at an intermediate pace somewhere between the extremes of LSD and anaerobic speed work.

"Some of my longer sessions begin with easy running and then in the last 30 minutes of, for example, a 2 hour 30 minute run I make use of the horse to the stable phenomenon and pick up the tempo to my threshold pace while trying to stay relaxed. This helps me get used to running fast while already fatigued. Lactate threshold running is also an effective way to introduce speed and running efficiency into workouts prior to beginning more structured interval training."

The lactate (or anaerobic) threshold relates to the exercise intensity at which lactate molecules start to accumulate in the blood. When running at speeds below the lactate threshold, any lactate produced by the muscles is recycled by the body. Lactate threshold is therefore a useful measure for determining training and racing pace. A threshold run is one that is performed as fast as possible whilst remaining entirely aerobic (that is, the body is being replenished with as much oxygen as is being used). To achieve this is problematic. It is difficult to tell whether you are running aerobically. Threshold running should be hard work, but not so hard that you are unable to hold a conversation. If you are too out of breath to talk properly then you are running too fast! A heart rate monitor may be helpful as lactate threshold is considered to be somewhere between 90% and 95% of maximum heart rate. Threshold pace also approximates to an athlete's 10 mile race pace.

Lactate threshold can be greatly increased with interval training. This phenomenon is the result of the body's ability to temporarily exceed the lactate threshold during a hard effort that exceeds threshold pace, and then recover (that is, reduce blood lactate) while exercising below threshold pace (jogging or walking, for example). Interval training is the most



Photo courtesy of Jonathan Wyatt

potent training technique for improving racing performance.

"My key interval workouts over the years have comprised short, intense 1km repetition sessions, sometimes performed on the track, sometimes not. The recovery time is about two thirds of the time of the interval for the longer reps of 1k or more – if its short 1min stuff then its 1min. Threshold running was also a staple part of my training and included weekly 25 minute runs at around 10 mile race pace. Later in my career, when I was racing marathon, I would do longer threshold runs but at a slightly slower pace than this. These sessions were over two hours in duration due to a long warm up and warm down and were mostly on road and still are. I think the body needs to be trained on hard surfaces if that is what is being raced on. However, I often do my steady running on softer terrain."

Jonathan's successful career as a track, cross-country and road runner, which has seen him compete in two Olympic Games and run under 28 minutes for 10,000m, has given him an advantage over his rivals in many mountain races. Uphill race routes are not always a slog up a continuously steep incline. Courses often include a significant number of flat and gently undulating sections where the quicker athlete will gain an advantage over athletes with inferior flat speed.

"These days I guess that I probably lack a little of my former leg speed because I don't concentrate on flat interval sessions as much as I used to. And in most uphill-only mountain races I can get away with it! I tend to focus more

on uphill interval workouts. That said, I don't ignore speed work completely. When preparing for certain mountain races I will do a 25 minute threshold run on the flat."

"To be honest though, I think I would have been less successful at mountain running if all I had ever done is run in the mountains. When I first started cross country running at the age of ten I was always strong on the uphills. Then my family moved to live on top of a hill with many long hill run options, and I guess this helped to further develop my uphill running potential."

"While strength on the hills was there at the beginning, I am very happy that I came to mountain running later in my career. If I had been a mountain runner from the outset, I think that by now my motivation for the sport wouldn't be so strong. For this reason I always encourage younger runners to first reach their potential on the track before going seriously for longer races on the roads or in the mountains."

Given this perhaps innate talent for running up hills, it is unsurprising that Jonathan rose so rapidly to a position of dominance in the mountains. Since his first full mountain running season in 1999, Jonathan has applied the same rationale and work ethic to training for mountain running as he did to his track and road program. The principles of threshold and interval training apply equally to training for uphill mountain running.

"There are several types of specific hill work, depending on the length of race I'm targeting. I used to do a tough workout on the flat when I was racing track and road. It was 8 by 3 minutes

with a 2 minute float recovery (and that wasn't much of a recovery as I was still moving at a good clip). This session I adapted for mountain running. It involves a 3 minute fast uphill effort and a 2 minute recovery where the first 45 seconds are continuing to run up before dropping back down for the remaining 1 minute and 15 seconds. I have to run some downhill or I go too far up the hill and it becomes too long to run home!"

"I also do threshold work which involves a longer climb of approximately 30 minutes. Here I try keep the pace nice and steady, the same speed all the way, and focus on maintaining a good rhythm. Sometimes I will run to the top of a pass and Antonella [Antonella Confortola: Jonathan's wife, a world-class cross-country skier] will also go up on roller-ski's. Then her dad drives up and collects us from the top. He often hands us a drink out the window on the way. I only do that when we can go together though. Alternatively, I will drive up to the top, ride a bike down to the bottom and then run back up, but it takes a bit longer like that."

"Occasionally I will run a 10 by 1 minute session which is a bit more anaerobic with 1 minute up and 1 minute down a steep gradient. It's a short fast session and the whole thing including warm-up and down takes under an hour. I ran this session regularly earlier on in my mountain running career when I was doing the shorter uphill-only races of an hour or less, but now I am focusing more on the longer races it is less important."

"And this is schedule I have always followed,



Photo courtesy of Salomon Sports



even when I raced on the flat. The only change is that before I started mountain running I did the 8 by 3 minute session on a Saturday morning and the 10 by 1 minute session midweek. Whereas now I do the 8 by 3 minute uphill workout midweek and race on the weekend. Two interval sessions a week are no longer feasible due to the number of races I run and all of the traveling that this often entails. There's simply no chance to recover from a second midweek hill session."

Interestingly, Arthur Lydiard included a period of hill work in all of his six month track and road periodised training programs. Two hill sessions a week for a month were used to develop the flexibility and power needed to make a smooth transition from base training to anaerobic track work. Lydiard-style hill running involves springing up a hill on the toes – not running up – with a high knee lift and a vigorous arm movement that looks a little like sprinting in slow motion. Progression up the hill is slow and the actions must be relaxed, with the head up, the hips slightly forward, and the legs driving down forcefully. The hill may be short and steep, or longer (300 to 600m) and of moderate gradient. For a mountain runner, this type of session may provide a useful stepping stone between base

training and harder interval training in the hills. And although it sounds easy, it's not. Try it for yourself!

Jonathan's attitude towards racing is an interesting one. Throughout the summer he races most weeks and sometimes twice weekly. His schedule involves many tough uphill-only races and many long mountain races. In the 2008 summer season he raced 36 times. Last season, between April and October, he ran 27 mountain races including five mountain marathons. Many athletes would consider this too much – their performance would suffer, something would give. Yet Jonathan suggests that racing regularly uphill in the mountains is possible for a number of reasons.

"There are races that I target and train for, and others that I train through. Sometimes there is the possibility that I can run a little more relaxed in the smaller events, although due to the nature of uphill running you are nearly always working very hard whatever the race. But I really think it's predominantly the rapid recovery that is possible between uphill races that permits me to race a lot. Recovery from the majority of my competitions is much quicker than for a flat road race or a track event because there's a lot less impact involved in uphill running. Races also tend to be run on a variety of soft terrains."

"Another really important reason for being able to sustain such a demanding summer racing calendar is building a solid base of running over the winter. Winter training for me is partly undertaken during summer in the southern hemisphere. That said, in years when my base training has been interrupted (for example, in 2007 after I ruptured knee ligaments) I was still able to run a good number of uphill events. I

think having trained now for over 25 years at a high level with no more than a few months off for injury helps to explain this. An athlete's base is built not just over a season but over all the years of his or her career".

Habit is a great deadener. After talking to Jonathan and writing this article I realise that I am stuck in an age old routine – Tuesday session, Thursday session, Saturday race, Sunday long run or another race. And repeat for 52 weeks of the year! It would have been useful to have known in 1989 what I have recently learned about ideas such as periodisation and LSD and threshold running. I know now that sometimes you must take a break from intense training and racing; and at other times you must take risks and experiment with tougher and more challenging training regimes. It seems that all you hear these days is: *"don't overdo it. Take it easy"*. But I know now that when you run hard, there's pain, and you have to work your way through the pain. For if you push the human body hard it will respond.

Someone much wiser than myself once said that what doesn't kill you makes you stronger. I think it was Frederick Nietzsche; it sounds like the kind of thing he might have said. Taken figuratively, this means you need adversity, need to take chances, need to subject your body to hard work, and need to suffer setbacks and defeats to reach higher levels of performance. Removing adversity will leave you weak and underdeveloped. Without placing obstacles in your path you will fail to improve wherever you are incompetent. Training must become this great big question mark that's standing there before you every day, and it's asking: *"are you going to be a wimp or are you going to be strong today?"*

Strength & Conditioning for fell runners

My name is Byron and I work as a personal trainer & conditioning coach in the Harrogate area, approximately two months ago a friend and work colleague of mine, Ian Rowbotham (experienced Fell runner) approached me in regards to writing an article about conditioning work for improving power output whilst running up steep hill climbs. Over the past 3-4 months I have been advising Ian on the best way to approach strength training and in particular exercises that he could incorporate within his normal training schedule. We have done this in a number of different ways, through plyometrics to strength/endurance exercises, to specific muscle pattern work. All of these are areas that will make Ian stronger and faster when running up hills. Generally most runners will condition themselves to running, through just running and you will, but this is a very small part of it! Working on the following attributes will develop your fell running and reduce the risk of injury;

- Strength
- Endurance
- Speed
- Stamina
- Accuracy
- Agility
- Balance
- Coordination
- Flexibility/elasticity.

A good place to start with your training is writing down all the area's you're strong in (from the list above)? Then from this list you will have area's which need to be focused on within your training and areas that need to be maintained. Ian wanted to focus on developing more strength and speed (power) when working up steep hill climbs so I started by looking at specific muscle recruitment during hill running so that we could develop strength in those key areas.

Muscle Fibres

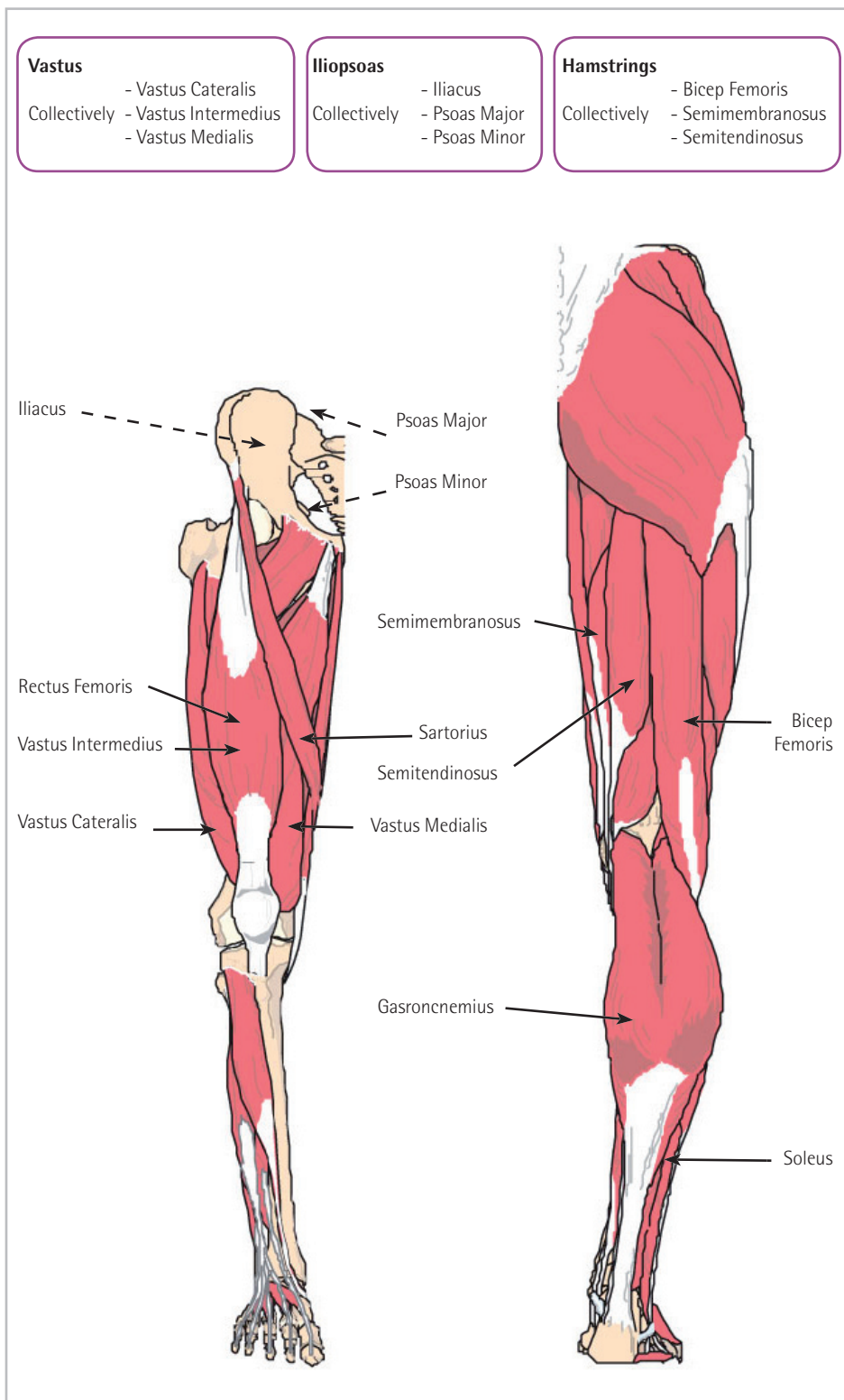
Physiologists generally divide muscle fibres into three basic types – Slow Twitch, Fast Twitch (type 1) and Fast Twitch (type 2).

Slow twitch fibres - the weakest of fibres which contract relatively slowly, and have very high levels of endurance.

Fast Twitch (type 1) fibres - stronger than Slow Twitch fibres which contract relatively fast, and have high levels of endurance.

Fast Twitch (type 2) fibres - the strongest of fibres and have the fastest contraction speed but have the least amount of endurance.

Muscle fibres are recruited based on the amount of force required to complete the task at hand. Every muscle has fibres which have different levels of strength therefore weaker fibres are recruited first for light based tasks



	Strength	Contraction speed	Endurance
Slow twitch	Least	Slowest	Most
Fast twitch (type 1)	More	Faster	More
Fast twitch (type 2)	Most	Fastest	Least



Climbing the steep steps
at Letty (Inter Counties)

then the stronger fibres are recruited as the task becomes heavier i.e. slow twitch + fast twitch (type 1) + fast twitch (type 2).

If you sprint at maximal speed for 200 meters this requires high force output which means it activates Slow + Fast twitch (type 1) + Fast twitch (type 2) fibres. The fibres that you would overload would be your Fast twitch (type 2) fibres. Therefore your slow twitch and fast (type 1) fibres would not be overloaded as they weren't exhausted after 30-40 seconds of exercise and will not really adapt if at all.

In order to overload weak muscle fibres requires long training sessions with low levels of force production.

In order to overload stronger muscle fibres requires moderate duration training sessions with moderate levels of force production.

In order to overload the strongest of muscle fibres requires short duration training sessions with high levels of force production.

Because fast sprinting requires force from your Slow twitch, Fast (type 1) and Fast (type 2) fibres if you overload each set of fibres individually then you will get as fast as you are genetically capable of getting. This will require you to mix and periodically progress your resistance/cardio training so that you target and exhaust all three fibres individually.

Research into muscle contraction during horizontal/hill running

'The percentage of the muscle volume activated increased significantly from horizontal to uphill (10% grade) running for the vastus (front of thigh)(43%) and soleus(back of lower leg) (35%) muscles/muscle groups, whereas the increase for the gastrocnemius (back of lower leg)(11%) was not significant'. (Costill et al & Journal of applied physiology)

To put this in simple terms when you change from horizontal to hill running specific muscle groups/fibres work harder and others work less intensely as the load and resistance has changed.

'At high speed, the activation and muscle torque of the muscle groups surrounding the hip joints, such as the hamstrings (back of thigh) and iliopsoas (top of thigh), during the recovery

phase were significantly greater during uphill running than during level running. Further, the hip flexion and knee extension torques by the rectus femoris (front of thigh) during UR were significantly greater than those during LR at all the speeds'. (Journal of biomechanics)

'We conclude that during high-intensity horizontal and uphill running to exhaustion lasting 2-3 min muscles of the lower extremity are not maximally activated, suggesting there is a limit to the extent to which additional muscle mass recruitment can be utilized to meet the demand for force and energy. Greater total muscle activation during exhaustive uphill than horizontal running is achieved through an altered pattern of muscle activation that involves increased use of some muscles and less use of others'. (Journal of applied physiology)

What the research demonstrates is that we don't work our legs to their maximal when doing hill work but the intensity changes within certain muscle groups.

Remember I mentioned about different muscle fibres been stressed depending on the intensity of the exercise been performed?(muscle fibres section) If we can overload and stress all the different types of muscle fibres through resistance training/ long slow distance aerobic/tempo/intervals/ expletives (maximal) training then this will make the muscle groups (above) a lot more efficient. If we start to mix the different types of intensity training whilst working up hills then we have a recipe for some fantastic fitness gains e.g. wearing a weighted vest while running up steep hill climbs, bounding up hills (short distance), over speed running down hill (basically accelerating as fast as you can down a slight gradient) etc.

Therefore after gathering all the information from the different sources, I have selected a handful of specific resistance exercises that I feel target the areas that Ian and I have discussed. This can be changed to best suit the degree of intensity of the course you are training for as well. Below is an example of exercises that I put together for Ian to focus on within his normal training schedule;

A selection of resistance exercises: (strength/accuracy/coordination/flexibility)

Squats

(Progressing towards - Squats with extension through hip, knee & ankle – weighted squats with triple extension)

Deadlifts

(Progressing towards – deadlifts with extension through hip, knee & ankle/ kettlebells)

A selection of plyometric exercises: (elasticity/strength/power/agility/accuracy)

Ankle jumps

(Progressing towards – jumps with ankle hold)

Squat jumps

Depth jumps/ progression - single leg

Specific movement exercise: (speed/coordination/balance/power)

High step ups with knee follow through

(Progressing towards, 1. weighted lift & knee lift, 2. Weighted lifts with speed)

The exercises above will help Ian with the following attributes:

- Strength
- Speed
- Accuracy
- Agility
- Balance
- Coordination
- Flexibility/elasticity

Obviously this is great to be able to work on a handful of exercises and hit most of your attributes as a fell runner.

To conclude there are many different areas of a conditioning programme but the example of exercises given are literally the tip of the iceberg when it comes to conditioning exercises. The exercises above are a sample that I ran through with Ian based on his goal of improving power output and making him more efficient when working up steep hill climbs. The mixture of explosive, strength/endurance based resistance exercises and specific muscle pattern work lends itself to increased strength/ power output (basically making you faster when running up hills). All the exercises progress periodically as he builds up towards a certain event/competition and also become more specific in terms of power & speed. Ian is a very experienced fell runner who is injury free and competing at the highest level so therefore the exercises may not be appropriate for everyone. If you have any questions in regards to this article then please don't hesitate to contact me.

I want to take this opportunity to thank Ian Rowbotham for his invaluable input and experience in Fell running as this would not have been possible without his participation.

Byron Spence: *B-Physical – Personal Training & Conditioning Service*
www.b-physical.co.uk

All our yesterdays



Kenny Stuart - winner

Blisco Dash 1983

PHOTOS © EILEEN WOODHEAD

1. K Stuart	Keswick	37.29	16. P Stott	Eryri	41.26
2. R Whitfield	Kendal	38.06	17. K Shand	Rochdale	41.29
3. J Broxap	Keswick	39.04	18. P Lambert	Red Rose	41.31
4. H Symonds	Kendal	39.34	19. S Varney	Keswick	41.36
5. W Bland	Keswick	39.43	20. B Brindle	Horwich	41.50
6. D Hall	Kendal	39.48	21. A Sunter	Horwich	41.53
7. C Valentine	Keswick	40.03	22. P Chapman	Kendal	42.04
8. M Bagness	Airienteers	40.12	23. P Murray	Horwich	42.05
9. B Peace	Bingley	40.28	24. C Wilson	Kendal	42.26
10. P Barron	Keswick	40.58	25. M Beddon	Holmfirth	42.27
11. A Hyslop	Kendal	41.01	26. N Lanaghan	Keswick	42.40
12. A Smith	CFRA	41.09	27. D Woodhead	Bingley	42.45
13. P Tuson	Kendal	41.10	28. A Phillipson	Gosforth	42.46
14. G Read	Rochdale	41.20	29. I Appleyard	Leeds City	42.51
15. D Stuart	Keswick	41.25	30. G Wright	Rossendale	43.16



Clockwise from top left: Paul Tuson, Duncan Stuart, Guy Woolner & Geoff Read; Harry Blenkinsop, Alan Bocking & Dave Woodhead; Bob Whitfield of Kendal AC; Dave Hall & Jon Broxap; Pete Lambert, Nigel Lanaghan, Steve Varney, Barry Peace & Pete Chapman ad Brent Brindle

Ladies

1. A Carson	Eryri	53.18
2. G Wilkinson	Keswick	54.23
3. C Walkington	Horwich	56.33

Teams

1. Keswick - 9pts
2. Kendal - 12pts
3. Keswick B - 32 pts

Ed's note

Following the race there were a few grumbles about the entry fee of £1.50 or £2.00 on the day. Brendan Hill has sent the balance sheet for the race - income £306, expenditure £363.74, the deficit being written off as sponsorship by his firm. £100 of the expenditure was for the clock on top of the van. Did you notice it or use it? Do fell runners want to pay higher entry fees so that they can see their time at the end of a race?

Veterans 0/40

1. P Murray	Horwich	42.05
2. A Phillipson	Gosforth	42.46
3. A Peacock	Clayton	43.47

Veterans 0/50

1. D Talbot	Clayton	52.26
2. D Moulding	Clayton	64.11

155 finished

Blisco Dash 1984

PHOTOS © EILEEN WOODHEAD



This page, clockwise from top left: Winner Kenny Stuart; 2nd Jack Maitland; 4th Jon Broxap; 6th Hugh Symonds; 14th Colin Valentine; 25th Nigel Lanaghan

Right: 5th Malcolm Patterson

Page 34, below results, left to right: Alex Smith; Harry Jarrett and Guy Russell; the 1984 Summer Fellrunner Magazine cover

Page 35, clockwise from top left: Daphne Varney & Gillian Wilkinson; Jeff Ememett & Hefin Griffith; 9th Ian Ferguson; 8th Ray Rawlinson; Dave Cartwright & Ray Owen





BLISCO DASHCategory A, 5 miles, 2,000'

15 April

The race gets faster each year as the quality and depth of the field increases, and Kenny Stuart lowered the record for the second successive year. This was Kenny's third successive championship victory and, on the horizon, must be the possibility of the perfect score being achieved. The long races may well be the deciding factor of this.

In the ladies race Pauline Howarth completed a good morning for the Keswick club by gaining her own third successive victory by finishing two minutes clear of Bridget Hogge. Jack Maitland held off Sean Livesey's challenge downhill by a hundred yards to come home second. With Jon Broxap fourth and Colin Valentine fourteenth Keswick won the team prize ahead of Rossendale and Horwich.

The veterans again provided the closest tussles as D. Kay just managed to hold off Ray Aucott and Roger Blamire sneaked third in a blanket finish from Paul Murray, Norman Berry and R Jackson, Cockermouth's G Scott had nearly a minute to spare over Bill Harwood, his nearest super-vet challenger. Brandon Hill should be congratulated for having the results out so quickly. Next year's race will be on 21-4-85 with a 12:00 noon start.

Alan Bocking

1. K Stuart	Keswick	36.28	16. A Smith	CFR	39.53
2. J Maitland	Leeds Univ.	37.00	17. P Irwin	Rossendale	39.57
3. S Livesey	Ribble Valley	37.23	18. D Woodhead	Horwich	40.02
4. J Broxap	Keswick	37.39	19. A Harmer	DPFR	40.06
5. M Patterson	DPFR	37.45	20. K Taylor	Rossendale	40.09
6. H Symonds	Kendal	38.13	21. K West	Border	40.11
7. G Gough	Blackburn	38.28	22. R Owen	Horwich	40.16
8. R Rawlinson	Rossendale	38.52	23. P Tuson	Kendal	40.20
9. I Ferguson	Bingley	39.06	24. G Byers	CFR	40.38
10. A Styan	Holmfirth	39.20	25. R Pilbeam	Keswick	40.39
11. S Parker	Rossendale	39.21	26. A Hulme	Pennine FR	40.40
12. G Griffiths	Eyri	39.22	27. N Lanaghan	Keswick	40.42
13. B Brindle	Horwich	39.31	28. J Emmott	Skipton	40.57
14. C Valentine	Keswick	39.40	29. D Kay	Bolton	40.58
15. H Aspinall	Rossendale	39.49	30. K Mingins	CFR	40.59

Veterans 0/40

1. D Kay	Bolton	40.58	4. P Murray	Horwich	43.34
2. R Aucott	DPFR	41.10	5. N Berry	Holmfirth	43.35
3. R Blamire	Stewartry	43.33	6. R Jackson	Sale	43.38

Veterans 0/50

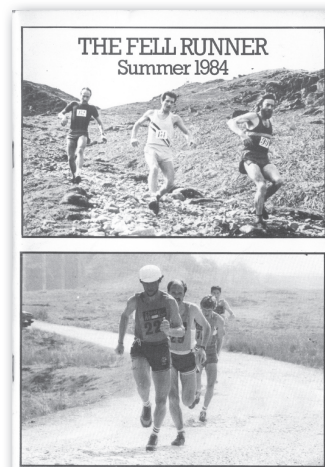
1. G Scott	Cockermouth	46.09	3. G Brass	Clayton-le-Moors	48.10
2. W Harwood	Oldham	46.59			

Ladies

1. P Howarth	Keswick	46.20	4. G Wilkinson	Keswick	50.35
2. B Hogge	Eryri	48.26	5. L Lord	Clayton-le-Moors	51.28
3. D Varney	Keswick	50.26	6. W Lightfoot	DPFR	52.37

Teams

1. Keswick - 19 pts.	2. Rossendale - 34 pts.	3. Horwich - 53 pts.
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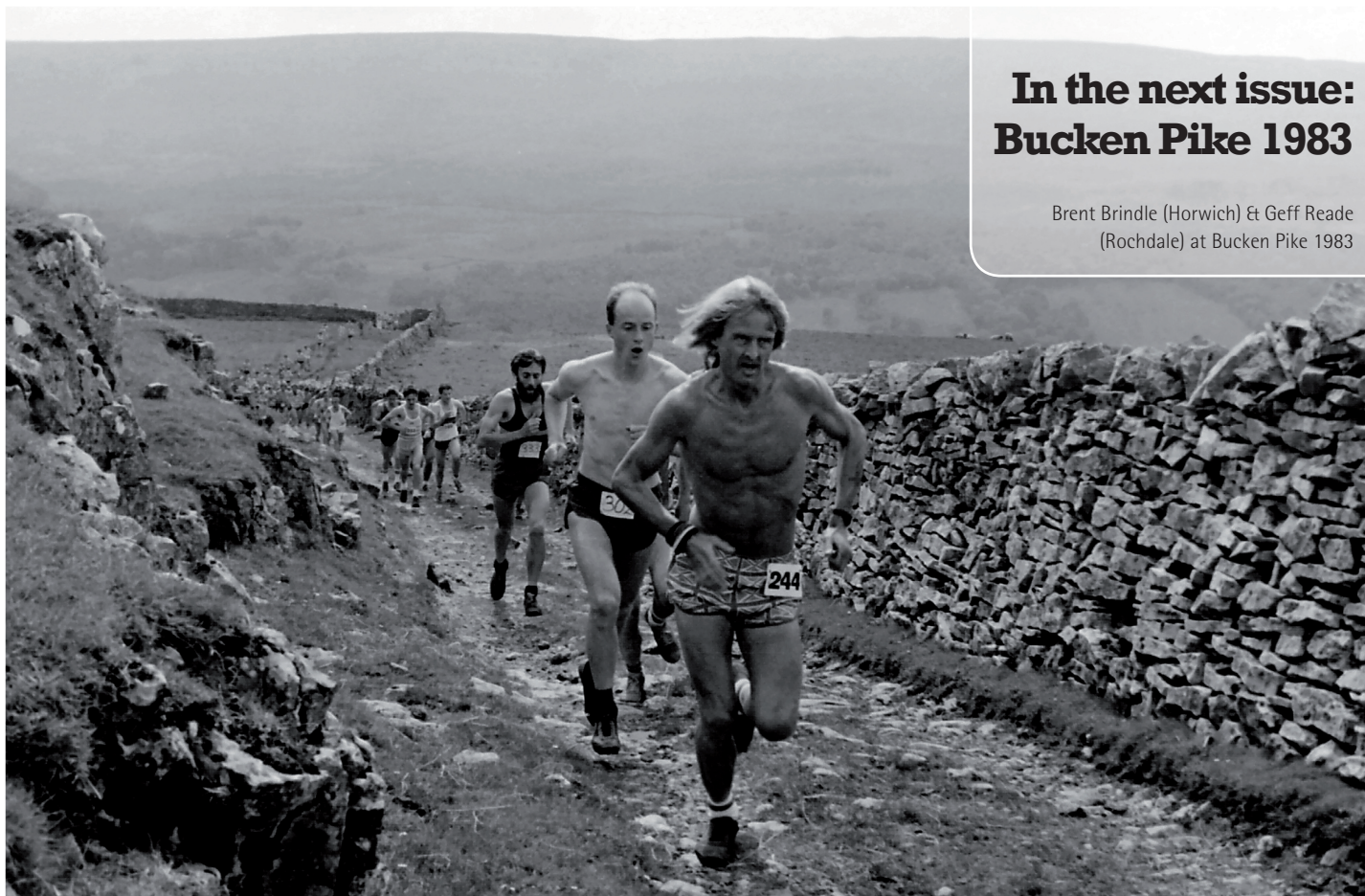




Left hand page, clockwise from top left: Ken West & Dave Woodhead; Rod Pilbeam; Andy Harmer, Pete Irwin & Ken Taylor; Duncan Stuart & Dennis Bland

This page, clockwise from top left: Ray Rawlinson & Rod Pilbeam; Glynn Griffiths; Paul Murray, Len l'Anson and Graham Kirkbright





In the next issue: Bucken Pike 1983

Brent Brindle (Horwich) & Geff Reade
(Rochdale) at Bucken Pike 1983

FRA 40TH ANNIVERSARY T-SHIRTS

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BE A PART OF FRA HISTORY AND DON'T MISS OUT ON THIS FANTASTIC OFFER



The Fellrunner Association 40th Anniversary Presentation & Dinner Dance

Meet Fellrunning Champions past and present

Cost: At a special price £20 per person, on a first come first served basis for the first 200 places.

3 course meal plus live band 'The Fabulous Picasso Brothers. Bar open until midnight.

Location: At the Castle Green Hotel, Sedbergh Road, Kendal.

Date: 13th November 2010.
7.00pm to 7.30pm.

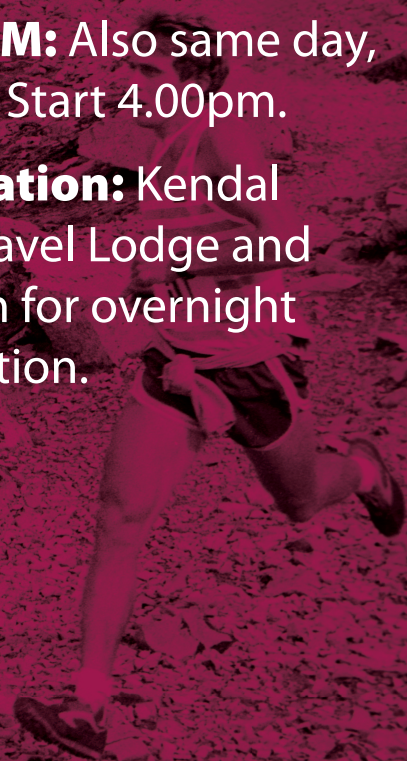
Tickets: by post from: Pete Bland, 12 Danes Road, Staveley, Kendal, Cumbria LA89PW.
Tel: 01539 821688.

Cheques payable to FRA, include SAE and mention which club you are a member of.

Tickets can also be collected from Pete Bland Sports, Kirkland, Kendal or from the Pete Bland Sports Van at events throughout the season.

The FRA AGM: Also same day, same venue. Start 4.00pm.

Accommodation: Kendal now has a Travel Lodge and a Premier Inn for overnight accommodation.



The Eggs Factor

Photo © Dave Woodhead www.woodentops.org.uk





There are some similarities between the X Factor on ITV and the Eggs Factor of the Bunnies: more people than ever take on the challenges they offer. There are the talented and not so talented but all are given a warm welcome. The X Factor may be on the big screen in your living room, while the Eggs Factor is on the big screen in the pub, either way both provide their own unique evening's family entertainment. Excitement in both can reach a screaming fever pitch, at the Eggs Factor this is caused by the chocolate throw out. People do the silliest things in both, some dress up to stand out from the crowd, some paint their faces, either way it's good, clean fun!

The Bunnies have even managed to take to the air waves this year with Leeds Pulse Radio presenter Becky Holmes taking on the challenge, describing the races on radio as 'Despite the cuddly name, the bunny runs are anything but – they are a gruelling 3-mile run up and down hills, quarries and tracks'. Becky however did improve her time by three minutes by the end of the four race series, and even challenged fellow presenter Alex Duffy to an Eggs Factor race. Becky pulled out a minute lead over Alex and raced to victory, but the BIG QUESTION was: did Becky cheat her way to the Pulse Podium? Video evidence seems to suggest that she started before Alex was aware the race had begun, check it out on: www.pulse.co.uk/blog?id=6737



What is it like to run a Bunny?

'I ran and ran until my muscles burned, my veins pumped battery acid... and then I ran some more' says Scott Baistow



Pulse Radio Stars Alex Duffy & Becky Holmes square up

BR1 - IT'S A RECORD!

You'd have thought with the Easter Bunny having just finished his deliveries and been seen hopping into the distance, that runner's addiction for chocolate eggs would have been well and truly satisfied. How wrong could you be, because a record 313 toed the start for the first eggstravaganza. On the line was the biggest chocolate addict out there, Mr. Bunny himself, the legend that is Ian Holmes – the whopping amount of chocolate he has acquired over the years is beyond belief. 44 year old Ian delivered again, winning for the twenty eighth time but he didn't have it all his own way as Ilkley Harrier Tom Adams, recent winner of the Baildon Boundary Way and the Guiseley Gallop, scampered to the Egg Stage in 3-31. Ian didn't make his move until the up and down bit of West End Quarry where he majestically took the lead and easily won in 15-41, with Tom finishing in 16-00 and Tim Midgley third in 16-15. Two cracking U14 runners made the top ten with James Hall finishing sixth and Max Wharton ninth, before Steve Oldfield romped across the line to set a new V50 record of 17-31 beating Andy Normandale's record by ten seconds. Steve must also have a very sweet tooth because he has sixteen V40 titles to his name. But the biggest record breaker was Peter Covey of Bingley Harriers, who astonishingly smashed the V70 record by 8 minutes 53 seconds to finish in one hundred and thirty sixth position with a time of 22-21.

Having been immortalised on the overall Bunny Beer label for having won the series jointly with Vanessa Peacock in 2003, 25 year old Helen Glover finally won a Bunny outright. BR1 is surely the one to win, because this is where the perpetual cuddly bunny rabbit trophy is up for grabs, and now Helen's name is etched forever with the likes of Carol Greenwood, Victoria

Wilkinson, Sarah Rowell, Pauline Munro, Natalie White, Sharon Taylor, Mary Wilkinson, Blue Haywood to name but a few. Helen won in 19-08, with Sally Morley second and Kath Farquhar third. Ilkley Harrier Sally did lead her girls to the team chocolate eggs, with Kelly Harrison thirteenth and Alison Bennett sixteenth, beating the Holmfirth girls by one point! In sixth overall Gill Myers set a new FV50 record of 20-41 beating Mary Green's 2008 time by 12 seconds. Chasing her home were first FU16 Emma Spencer and first FU14 was Harmonie Waterman. Emma an England junior international had earlier in the race displayed a great turn of speed to win the Egg Stage in 4-19.

BR2 – RECORDIFIC!!

With all the chocolate associated with these runs they have always been bunnylicious, but now you could add recordific too. Why because a massive 334 all comers, an improvement of 21 from last weeks turn out, with seven new running records also being set. What an amazing sight it was to witness all ages, sizes and abilities form a multi coloured snake which wound it's way over and around the contours of Penistone Hill. 27 year old Tom Adams had the leg speed to hold off England junior, 17 year old, Thomas Sessford's challenge for the Egg Stage, and with it he equaled the record jointly held by Andi Jones and Jack Thompson at 3-23. As usual Mr. Bunny, Ian Holmes sat off the pace – after all he is 44 now! – and watched on as the lactic acid took its toll on Tom. He then eased past to cruise to his twenty ninth victory. Tom Adams got his second wind – or was it his third? – to hold off the England and GB international Adam Osborne, who two days previously had won the Wardle Skyline race.

25 year old Katie Walshaw took the Bunny by

the ears to win the Egg Stage in 4-08 and the race comfortably in 17-53 to become the third Holmfirth lady to win, Lisa Lacon and Natalie White being the others. Last year's FU14 champ, Bo Bo Haywood returned and finished second overall plus first FU14, with FV40 record breaker, Kath Farquhar finishing third, Holly Williams fourth with FU16 Emma Spencer fifth. The team choc went to Holmfirth ladies with Katie, Kath and FU14 Harmonie Waterman seventh. What a surprise the mild weather has been of late, so you could say the going was, speederific too.

Three record holders from last week went even speedier, V50 Steve Oldfield improved by 38 seconds, V70 Peter Covey improved by 40 seconds and FV50 Gill Myers, fresh from winning in Ireland, improved by 12 seconds. Four more speedy superstars joined them as record breakers. V60 Brian Parkinson took 3 seconds off Dave Tait's 2008 time, BU14, Max Wharton took 23 seconds off Marc Scott's 2007 time, FV40 Kath Farquhar took 47 seconds off Alison Bennett's 2007 time and very recent birthday girl Margaret Jagan who turned 60 in the week took 2 minutes 2 seconds off Jan Atkins 2007 time. Two juniors went one step further and ran in fancy dress, Imogen Bristow donned her Tutu whilst Tommy Thorp put on his best bib and tucker, for their efforts they won Easter eggs, while FU14 Issy Wharton won the free, guess the winning ladies time, Easter egg.



Photo © Stuart James



Photo © David Brett www.photos-dsb.co.uk

Above: Pendle AC with the Eggs Factor.
Main photo, left to right: 73 Ian Nixon, 76 Max Wharton, 283 William Smith, 159 Robin Lawrence, 43 Tom Adams – BR 4 start

Winner of all four Bunnies and series winner Katie Walshaw with Robin Bradbury after the Egg Stage



BR3 – 'EGGPIC STAGE SPRINT'

The sun kept shining and the runners just kept on coming with 296 eager runners not yet being fed up of chasing chocolate. Although shy of last weeks mammoth 334 field this race still bettered previous years records. Quick off the mark was fancy dress bumble bee, Chris Needham, who flew away at the start, although Sam Richards was clipping his wings, but the buzz soon went out of his legs when 18 year old Sam Tosh hammered past at a great 'hare' of knots. Winner of the last two Egg Stage prizes, Tom Adams, gave chase and approaching the Egg Stage sign a fierce 'Eggpic stage sprint' ensued with a frantic race to the post, Tom narrowly won by the width of his Ilkley vest in 3-29, as Sam's poor legs just couldn't carry him through the line – you could see the lactic acid surging through his veins. 33 year old international Adam Osborne, who couldn't stay with this pace finally caught Tom on the gradual climb to Penistone Quarry and with Tom still blowing hard, Adam opened the winning lead to win his first ever Bunny in 15-26. In his first outing since knee surgery Karl Gray surprised himself and others with second overall and first V40. All the biking he's been doing has certainly paid off. Tom finished third. Young talent is aplenty in these races and once again the BU14 record was taken down a notch. Wharfedale's Under 14 Yorkshire Champion, William Smith certainly hit form taking seven seconds off Max Wharton's week old time finishing ninth overall, with Max only eighteen seconds behind!

Three series winners emerged as V50 Steve Oldfield, V60 Brian Parkinson and V70 Peter Covey all won again. The chocoholics of Bingley Harriers dominated the team award again, this week with Chris Edwin in fourth, Martin Peace in sixth and Jamie Robinson eleventh.

Holmfirth Harriers again supplied the ladies

winner with Katie Walshaw winning the Egg Stage again in 4-09 and the race in twenty eighth overall in 17-39, an improvement of nine seconds from last week. Just like BR2 Bo Bo Haywood finished second and first GU14, improving by three seconds. Kath Farquhar finished third and first FV40 with Emma Spencer fourth and first FU16. Kath is leading the series, and no matter what has won the FV40 with three wins, other series winners were Gill Myers FV50, who broke her week old record by 13 seconds and Margaret Jagan, FV60. Holmfirth girlies again won the team prize with Katie, Kath and Lucy Griffiths in fifth overall.

BR4 – 'IT'S THE TAKING PART THAT COUNTS'

This series has been the most successful since it began way back in 1992, with more runners than ever from all walks of life and abilities, the young, the old, the fit, the not so fit, the fast, the not so fast – because it's the taking part that counts.

First to do battle were Pulse Radio presenters, Becky Holmes and Alex Duffy, who were given a minutes head start, it wasn't long before they were swallowed up by the 285 swarm of athletes. Taking the honours in the DJ stakes, in her fastest ever time of 28-05, was 33 year old Becky, with 24 year old Alex finishing in 29-54, some 19 places behind. Fastest off the mark and fleetest of foot however was 15 year old Jack Thorp of Bingley Harriers who had the edge over 17 year old, Joe Johnson to win the Egg Stage in 3-25, he then eased off the pace having done his nights work to finish in sixty fifth position, while Johnson held it together a bit more to finish twenty second.

Recently married top orienteer, Ian Nixon won his first ever Bunny in 15-39, while Chris Edwin had a tremendous tussle, overtaking Tom Adams and Ben Crowther in the last 100 metres to take

second. Three records tumbled in the male categories: William Smith improved the BU14 record to 16-18 which also beat Marc Scott's BU16 record, so William now holds both records and on the night finished sixth overall, chased home by first V40 Zip Jones and Anniversary Wa BU14 winner Max Wharton. Just to prove that it's not only young guns that can run fast and furious, V70 Peter Covey improved his own record to 21-12 taking 29 seconds off, while V60 Brian Parkinson took 18 seconds off his record to return a time of 19-41. Wharfedale Harriers took the team with Jonathan Bradshaw fifth, William Smith sixth and James Hall ninth.

Katie Walshaw didn't disappoint and won the Egg Stage for the third time in 4-04 and the race for the third time in 17-45 finishing in twenty sixth overall, with three wins the series win was completed. Katie along with Tom Adams the mens series winner will now feature on the 2011 Bunny Beer bottle label. 13 year old Bo Bo Haywood is fast becoming a force to be reckoned with and duly obliged by rewriting Mel Hyder's FU14 and FU16 records, taking 25 seconds off Mel's 2007 FU14 time and 9 seconds off her 2009 time to finish thirty fourth overall in 18-10. Another youngster showing her potential was Harmonie Waterman, who featured in the last Fellrunner. This 13 year old finished in third overall, just ahead of Sophie Lovell. Holmfirth Harriers with Katie, Harmonie and Lucy Griffiths in sixth clinched the team chocolate eggs again.

A big thank you must go to Steph Thompson the video girl, the Old Sun Hotel staff, Up & Running for race numbers and the biggest thanks of all to our helpers: Wendy Holder, Linda Hargreaves, Emily Wood, Holly Crossfield, Sam Wood, Paul Wood, Shirley Wood, Paul Crabtree, Lawrence Basham and Carol & Michael Fryer – **you are 'bunny' brilliant!**

'You are living'

By GU14 winner & double record holder - Bo 'Bo' Haywood from Lincoln Wellington AC

Bunnies are what running is all about! I believe that when you are doing a Bunny you are living and when you're not you're waiting for the next one to come.

I look forward to them all year round, so through the cold dark winter I did cross country, which after a really good Northern champs where I finished 5th, the rest of the season didn't go so well. I get asthma and when I get a cold it flares up and affects my breathing particularly when running hard. I decided to start running more for myself and chose to leave my coach so I could run and train as I wished. It also means I can run which ever fell races I want, which is good.

I even did a forty mile run for charity in 5 hours 52 minutes and raised £600 for the charity, One Water.

However I missed Bunny One and so spent the next week pleading with my parents to do the following ones, **I got my own way!**

Although they are always over the same course they are always different - the amount of mud, the wind, the rain, and the competitors! However when you stand on the start line there are always familiar faces, everyone smiling, everyone edging forward, the excitement and nerves building up inside you as you think "who is going to be here this week?, how fast will I run?". Then you get a deafening shout from Dave, '**GET BACK !!!**' which when you start on the his side it really does actually hurt your ears.

The first hill I personally call 'the lactic acid hill', you fly off trying to get to the front, which is far too fast, and your legs die by the time you reach the top, they do have time to recover on a gentle downhill which takes you to the 'double ditches' at the bottom. These make your legs want to give way just before the Egg Stage!

A rapid descent follows, then the 'killer hill' !!! This seems to go on and on and on, but actually it only takes about 20 seconds and you are pushed along by cheering spectators. They think they understand your pain, maybe they've tried it once, and said never again or maybe they just like to see people in pain.

After a zig zaggy path, you are blessed by the best part:- the quarry!!! I love the quarry as I love the challenge of powering up the other side and trying to overtake as many people as I can - the overtaking part never goes quite as planned as I usually get rather tired before I reach the top!

Coming out of the quarry, going down what seems like a slight hill, then along a twisty path, takes you to the over-sized pond and here I try to focus on keeping up the pace - but always I get distracted by the

Bo Bo Haywood GU14 & GU16 champion.
Bottom left: A much younger Bo Bo Haywood competing at Pendle in 2005 by David Brett



picturesque views and also have to concentrate on not falling into the cold water.

A small climb from the pond, a relaxing downhill, and once again over those 'double ditches' past the Egg Stage marker and then another downhill taking you to the 'killer hill' again, this time it really kills you and no one quite knows how bad you feel at this point!! You know you only have one minute left now, but this makes it more challenging losing your legs as you fly down towards the finishing line!! Most people collapse on the floor and if you have come in the top three, you get something that at that point in time is not one of most popular things: a photo call!! Trying to put on your best fake smile, when all you want to do is sit in a heap on the floor and get your lungs back!!!

Heading down the hill to the pub after the race, simply listening to all the mumbling going on, as everyone is discussing how much fun they had - which bits they enjoyed and which bits they wanted to enjoy, but pain got the better of them is more fun.

Then this is where the real crazy chocolate fun starts, I can never believe my eyes at the sight of how much chocolate there is! It's overpowering! There must be over 150 Easter eggs piled up on three pub tables with people crammed oh, so tight in the pub. All with cups of warm soup and a bread roll. There is always a lovely atmosphere as the video of the event plays. Every one happy with their achievements! Most of the people are eyeing up the one Easter egg that they want!

And then..... Dave announces the winners....

They get things ranging from chocolate to chocolate to chocolate ... oh and to garlic bread flavour crisps and flashing teeth!! I don't think I have ever seen a winner who has been able to walk out of the pub without people helping them, as their pile of goodies are dropping around them. Maybe one day soon that could be me. Similarly I don't think I have ever seen anyone who has participated in the event walk out of the pub empty handed because of the throw out!!! Chocolate bars, crisps and even Easter eggs are hurled towards you!! The thing I remember most about a particular throw out is my big bruise on my head!! This was because a hard Creme egg was launched my way!! And as my catching skills are not the best, one hit my head! So watch out!!!

Now can you see why I say that when you are doing a Bunny you are living??? You have to try one for your self!!!!

World Masters V65 podium
L-R Norman Bush, bronze,
Peter Covey, gold
& Kaspar Scheiber, silver



Photo © Dave Woodhead www.woodentops.org.uk

I have a score to settle with the little people...

By Over 70's Bunny Run Series Winner & record holder - Pete Covey of Bingley Harriers

Intro

David Woodhead (D.W): Peter Covey of Bingley, I seem to remember you in Pudsey & Bramley.

Pete Covey (P.C): I was a member of Pudsey & Bramley for 55 years, but unfortunately they don't have any old men running for them and Bingley have a thriving 60+ section, hence the change.

D.W Have you any other involvement in Athletics?

P.C: I am a grade 3 middle distance coach and a grade 2 timekeeper although I don't practice either at the present time. I am also on the Committee of the Yorkshire Veterans Athletic Association.

D.W: How come after all these years this is your first Bunny Run Series?

P.C: Being my first series I wrote a little article which I hoped you might print in which I explain how this happened.

D.W: Having run for so long you must have many memories of races.

P.C: "Running - Yes", "Races - No". Racing has never been the be all and end all for me. In the early years my team mates were Pete Watson, Alan Cocking, Jack McHale and Barry Geldard and we were a team to be reckoned with, certainly up to North of England standard. But over the years my outlook has changed and I get just as much pleasure running with my daughters in the Dales or in the Lakes and lately in the Pyrenees now.

D.W: Apart from this Bunny Run Series win what other race has given you satisfaction?

P.C: Well obviously I have to put Keswick 2005 up there with them. To win the World Masters Age Group was a very rewarding time. It's the first time in my life that I targeted a specific race. It started in the March before, Debbie my daughter and I looked at the course and decided there were three different sections. So I worked on three slightly different programmes each week. The gradual gradient and the steep uphill wasn't a problem as I love running uphill. The hard part was doing two to three miles down hill at full pace. Ironically this was the section that won me the race. But it must be remembered these are age group wins and bear no relationship to the men at the front.

D.W: You have mentioned running with your daughters. Are they in athletics?

P.C: My eldest daughter, Helen, was Yorkshire 800 metres under 15 Champion but now only runs for pleasure. My other daughter, Debbie, is like me in that she loves running for running sake not for the competition. Being married to Gary Devine means that she has plenty of scope to run and to coach.

D.W: How would you sum up your life so far?

P.C: Fantastic. I was born before the war (1939), one of 18 children, 14 boys and 4 girls so have always been part of a caring family. I married Iris, my wife, in 1965 and have two cracking girls. We also have two gorgeous granddaughters and who knows the fell running tradition may run into another generation.

D.W: Any advice for the younger runners of today?

P.C: 1 Enjoy the sport.
2 Never give up (you don't know what's

Photo © Dave Woodhead www.woodentops.org.uk



Bunny girls photo call, left to right: Bo Bo Haywood 2nd, Katie Walshaw 1st & Harmonie Waterman 3rd at BR4

round the corner).

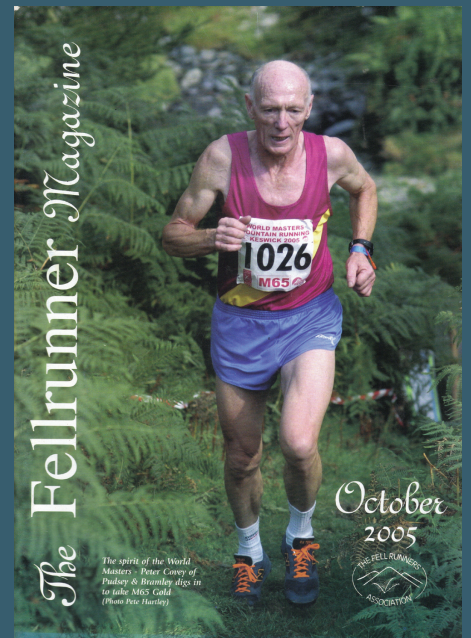
3 Be patient, especially with injuries.

Peter Covey's Story

Following nearly 2 years out of action through injury my daughter Debbie, persuaded me back to running with the words 'it's obvious your running days are numbered, so there is one thing you must do before you hang up your shoes...the Bunny Run Series'. Having run for over 50 years I had done most of the events that interested me, but never a Bunny (that is not to say they didn't interest me!). So along with over 300 other participants I lined up at Haworth for my first. At the start I felt like Gulliver in Lilliput with so many little people around me, but when Dave shouted 'go' all that changed. These little people took on wings and flew up the hill leaving me gasping in their wake. I finally settled

into some kind of rhythm and even managed to pass some of the little people. I was feeling quite good and pleased with myself until the last drop into the quarry to the finish, when once again the little people swarmed past.

Meanwhile up at the front, wonder man, Holmes was doing his usual and winning his 28th Bunny title. So ended my first lesson. The second and third Bunny Runs took a similar theme but I was learning fast. Why should I a ten stone 70 year old be pushed around by a five stone 12 year old girl? No Way! On the fourth Bunny I managed to find some space and zipped round in my fastest time of the series. So was my daughter right in saying what she did? Definitely, the Bunny Series are a 'one off' (thank goodness). A fantastic sense of fun runs throughout. Will I do them again? Definitely, **I have a score to settle with the little people...**



Above: Peter Cover on the October 2005 magazine cover.
V70 Bunny Sries winner Peter Covey





Photo © Dave Woodhead www.woodentops.org.uk

Winner of 3 Egg Stages Tom Adams out kicks Sam Tosh at BR3

Welcome to the world of Bunny Series winner

Tom Adams of Ilkley Harriers

For the majority of my life I have lived in a little seaside resort called Grimsby, and I guess this is where my earliest memory of running began. I was probably about nine years old and I had been challenged to a sprint across the playground at lunchtime. My competitor, David Tanner, he was known for his speed, but after a close race, I was crowned the fastest boy in the playground.

Comprehensive school introduced me to track running and cross country. I started off being a sprinter, but I slowly progressed onto longer distances, which I felt more comfortable doing. I always did really well at running at school, but unfortunately when it came to representing the school, the places always went to the lads on the football team. I have never really been into football, and I think I'll always hold a grudge

against the PE staff for not letting me show my running potential.

College went by in a flash, and some alright A-level results took me to university to study Forestry in Lincoln. Although university was a bit of a boozy affair, I still found time to occasionally run on a morning and do a bit of mountain biking on the weekends. It was in Lincoln where I did my first ever 10k, coming across the line in just under an hour!

After graduating I was successful in getting a job with the Environment Agency in Leeds, and this was how I ended up moving to Yorkshire. I continued to run to keep fit, but running around the streets of Beeston wasn't really what I was looking for, so I ended up training with Leeds City AC. Running with a club was all completely new to me, but I really enjoyed it, and it was a good way to meet new people in a strange city.

It was here where I met a wise man called Greg Hull, who first mentioned a category of running known as 'fell'. I was somewhat intrigued, but wasn't introduced to fell running until a few years later.

I was over the moon

I trained with Leeds for a year or so, being introduced to killer hill reps and speed sessions on the track. Greg entered me into the 2004 Complete Runner XC league, I donned the blue and yellow vest and I just managed to scrape into the top 100. Although this doesn't sound like a brilliant result, I was over the moon with my debut cross country race, and I started to remember faces that I was determined to beat in future races.

I now had the racing bug, and my brother, Ben introduced me to my next challenge called Tough Guy. This event is slightly different to your average cross country, mainly due to the big assault course in the middle of it, which gets you running through fire and bogs, crawling under barbed-wire and jumping into icy cold water, to name but a few of the challenges. I completed

four Tough Guys and then decided to retire when they started to become massively over subscribed and very expensive. My best result was about 50th.

I think it was in 2005 when Tamara Hird, a colleague of mine at the Environment Agency (and a jolly good fell runner) invited me to my first fell race. It started in Addingham and went straight up and down Beamsley Beacon. I absolutely loved it, and the fact that it was straight to the pub afterwards, just topped off a fantastic evening. I had definitely found my calling in life.

It was not too long before I was fed up of living near the city, and I decided to move closer to the hills to a place called Baildon. It was a fantastic decision-perfect for cycling into the Dales and getting out on the moors. I decided to join a more local running club, and on the recommendation of one of my mates, Justin Phillips, I joined Ilkley Harriers. Tuesday night sessions led by Nick Richardson would take us across some amazing trails over Ilkley and Addingham moorside, which I absolutely adored doing.

Since joining Ilkley, I've competed in loads of races, and had the pleasure to race with some classic athletes, such as my old coach Greg Hull. Races completed have included the OMM, Three Peaks, various trail races, Peco and West Yorkshire cross country leagues and numerous fell races. It's really hard to pick a favourite, but my first ever win at the Hebden Fell race in 2008 was one of my all time best. I've always got a real buzz from racing, and I think it's the fact that I always try and push myself as hard as I can that has brought me on so much in the past few years. However, I've had my fair share of poor races, for instance I wasn't at all prepared for the Three Peaks this year and I really struggled round, feeling hideous all the way from the start of Wherside-oh well, there's always next year!

What does the future hold? Well, I'd like to try and complete the English Fell Championship series and get some kind of ranking, and of course **WIN A BUNNY!**



Tom Adams strings the field out at BR 1

Photo © David Brett www.photos-dsb.co.uk



BR2 L-R Tom Adams, 2nd, winner for 29th time
Ian Holmes and Adam Osborne, 3rd

Photo © Dave Woodhead www.woodentops.org.uk



Sophie Lovell of Leeds City

I started running with Leeds University Cross Country Club when I was 18 and have competed mainly in cross country and road events since then. I have only done a few fell races, my first one being Saddleworth last year, which was hard work but good fun and gave me a taste for doing some more. I heard about the Bunnies through various friends, so came along to the second one and loved it! So I had to make sure I could come to the following two and get a team together for the relay. All the races were great fun, with a really friendly atmosphere. The fancy dress costumes throughout the bunny run series also provided sufficient amusement and so dressing up as bunnies for the relay seemed very appropriate. The mountains of chocolate at the presentation and the carnage of all the kids diving to the floor as Creme eggs get thrown out make the Bunnies very unique and definitely worth a try!



Nice ears girls!
Left to right:
Sophie Lovell,
Emma Hall &
Amy Roach

Photo © Dave Woodhead www.woodentops.org.uk



BR 4 Egg Stage winner Jack Thorp (126) with Shaun Pickard (230), Sophie Lovell (235) & Emma Spencer (134)

Emma Hall

My name is Emma, and to be honest I'm not a regular fell runner... The bunny run was my first fell running experience! I do a lot of road running as I find running a really good way to keep fit and I enjoy doing exercise outside rather than stuck in a gym. I tend to just go on my own, but have done a few 10k events and did a half marathon recently! Was pretty pleased with how I did so that has encouraged me to do some more events... I'm doing the Leeds half next! Doing the fell running was a really fun experience. It was quite challenging as I am not used to running on rough terrain but the whole atmosphere and enthusiasm of people attending made a really enjoyable experience. I thought the event was really well run and it has definitely encouraged me to do some more fell running events!

If you want to relive the Bunnies, a DVD is available – contact Dave or Eileen Woodhead on 01535 669100



Emma Hall

Photo © Paul Wood

The Lletty Fell Race

Including the Inter County Fell Race



at Llangynhafal, Denbighshire on Saturday 22 May 2010

British Fell and Mountain Racing got a shock in many guises this weekend at the picturesque setting at Moel Famau in the Clwydian Mountains.

In temperatures close to 30 degrees C the quality of competition was perhaps the highest ever with nearly 200 who pre-entered the UK counties Championship event that was generously supported by McCain and UKA.

Martin Cox who has long been a force to be reckoned with, having previously taken an individual bronze in the CAU cross-country version, topped this with a magnificent gold medal winning performance. He threw down the gauntlet from the start and attacked up the steep mountain from Lletty farm.

Both Rob Hope and Rob Jebb (former British Champions) fell by the wayside as they effectively blew a gasket in the 'el scorchio' conditions. While these were the main top drawer casualties there were others that were forced to slow down and hydrate up.

Gareth Raven after a steadier start had long looked the favourite for silver but the long descent to the finish proved his undoing as he was passed by Congleton Farmer and British Fell Champion, Simon Bailey who looked as good as ever on the fast firm-footed terrain. Orlando Edwards once again showed his ability as he rose to the podium wearing the Stripey vest of the lesser known mountain racing club of Shaftesbury Barnet. Following behind was his team-mate Tom Bedford a 5:44 2000m s/chase English Schools Champion in 2002.

Bedford who recently completed a marathon in 2-24 made his mountain running debut and will look to improve with the experience of this in his next outing. Adam Osborne showed a return to form in 4th and a philosophical Gareth Raven was 5th.

The womens' race was close affair throughout, before Victoria Wilkinson showed her strength in the final half of the race. Exactly a minute behind was British Fell Champion from Cumbria, Pippa Maddams-Jackson. Close behind was Cheshire international Olivia Walwyn taking the bronze. Sula Young (Scotland East) took 4th and Kim Alexander from Northern Ireland was 5th.

Yorkshire dominated both mens and womens team competition with resounding Gold medal performance from Greater Manchester in both instances.

FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time
1	Martin Cox	V40	1 Leicestershire	1:11:34
2	Simon Bailey		Mercia Fr	1:12:53
3	Orlando Edwards		Shaftesbury Barnet Harriers	1:13:25
4	Adam Osborne		Yorkshire	1:13:44
5	Gareth Raven		Greater Manchester	1:13:53
6	Graham Pearce		Yorkshire	1:14:29
7	Matt Speake		Yorkshire	1:14:46
8	John Brown	V40	2 Greater Manchester	1:15:26
9	Robert Baker		Dark Peak Fr	1:16:04
10	Robbie Simpson		Scotland North	1:16:12
11	Richard Roberts		North Wales Region	1:16:31
12	Tom Cornthwaite		Lancashire	1:17:17
13	Alex Pilcher		Derbyshire	1:17:28
14	Tom Owens		Scotland West	1:17:34
15	Richard Burney		Merseyside	1:18:55
16	Mike Fanning	V40	3 Cumbria	1:19:16
17	Matthew Frazer		Cumbria	1:19:38
18	Chris Steele		Cumbria	1:20:05
19	Tim Davies		North Wales Region	1:20:13
20	Steven Cale		Shropshire	1:20:25
21	Shaun Godsman		Lancashire	1:20:51
22	John Hunt	V40	4 Merseyside	1:21:14
23	Ben Cole		Scotland East	1:21:28
24	Jon Bowie		Shropshire	1:21:34
25	Martin Shaw		East Wales	1:21:57
26	Hector Haines		Scotland East	1:22:19
27	Steve Hebblethwaite		Cumbria	1:22:47
28	Chris Birchall		Leeds City Athletic Club	1:22:55
29	Michael Kallenberg		Gorllewin Cymru (W Wales)	1:23:15
30	Kenny Richmond		Scotland West	1:23:21
31	Josh Tighe		Lancashire	1:23:30
32	Tom Bedford		Shaftesbury Barnet Harriers	1:24:16
33	Andy Fallas		Scotland East	1:24:20

34	Alastair Murray		Greater Manchester	1:24:22
35	Tom Bush		Cheshire	1:25:02
36	Andrew Davies		North Wales Region	1:25:42
37	Victoria Wilkinson	L	1 Yorkshire	1:25:53
38	Rob Gordon		East Wales	1:26:47
39	Philippa Maddams	L	2 Cumbria	1:26:53
40	Olivia Walwyn	L	3 Cheshire	1:26:58
41	Crispin Flower	V40	5 East Wales	1:27:08
42	Nat Winfield		Derbyshire	1:27:16
43	Bob Wiseman		Scotland Central	1:27:23
44	Sula Young	L	4 Scotland East	1:27:34
45	Roy Scott		Essex	1:27:47
46	Jez Brown		Buckley Runners	1:28:02
47	Alan Smith	V40	6 Scotland North	1:28:05
48	Kim Alexander	L	5 Northern Ireland	1:28:18
49	Matt Williamson		Scotland West	1:28:37
50	Daniel Chan		Cheshire	1:28:49
51	Philip Leybourne	V40	7 Salford Harriers	1:28:59
52	Tim Hartley	V40	8 Leicestershire	1:29:25
53	Carwyn Thomas		Gorllewin Cymru (W Wales)	1:29:38
54	Claire Whitehead	L	6 Scotland North	1:29:42
55	Craig Mattocks		Dark Peak Fr	1:29:50
56	Simon Edwards		Buckley Runners	1:30:02
57	Adrian Woods	V40	9 Mynydd Du	1:30:06
58	Darren Holloway		Derbyshire	1:30:14
59	Arwel Lewis	V50	1 Eryri Harriers	1:30:32
60	Neil Parry		Clwydian RR	1:31:02
61	Greg Deacon		Essex	1:31:12
62	Lauren Jeska	L	7 Lancashire	1:31:29
63	Anna Lupton	L	8 Greater Manchester	1:31:39
64	Matthew Sutherland		Scotland East	1:31:55
65	Alan Ashton		Merseyside	1:32:02
66	Ifan Richards		North Wales Region	1:32:40
67	Dimitri Vorres	V45	1 East Wales	1:32:47
68	Hellen Fines	L	9 Gloucestershire	1:33:24
69	Andrea Priestley	L40	1 Scotland Central	1:33:33
70	Paul Jones	V40	10 Shropshire	1:33:47
71	Dionne Allen	LJ	1 Greater Manchester	1:33:52
72	Martin Cliff		Cheshire	1:34:15
73	Emma Clayton	L	12 Yorkshire	1:34:24
74	Jo Waites	L	13 Yorkshire	1:34:28
75	Josh Jones		Gorllewin Cymru (W Wales)	1:34:47
76	Peter O'Brien		Eryri Harriers	1:35:08
77	Tom Jackson		Derbyshire	1:35:13
78	Anna Bartlett	L40	2 Shropshire	1:35:28
79	Catriona Buchanan	L	15 Scotland Central	1:35:35
80	Phil Clayton	V40	11 FRA	1:36:01
81	Matthew Marston		Shropshire	1:36:21
82	Jon Philip Seymour		Merseyside	1:36:58
83	Judith Jepson	L40	3 Derbyshire	1:37:15
84	Tom Green		Essex	1:37:18
85	Claire Gordon	L	17 Scotland East	1:37:23
86	Lynne Clough	L40	4 Greater Manchester	1:37:32
87	Mike Link	V40	12 Herefordshire	1:37:44
88	Tim Doran		Leicestershire	1:37:48
89	Andrea Roberts	L	19 North Wales Region	1:38:11
90	Emma O'Shea	L	20 Scotland North	1:38:39
91	Phoebe Webster	L	21 Gorllewin Cymru (W Wales)	1:38:46
92	Stephen Jones	V50	2 Eryri Harriers	1:39:06
93	Neil Hardiman	V40	13 Clayton Le Moors Harriers	1:39:14
94	Val Swingler	L40	5 Shropshire Shufflers	1:39:43
95	Kate Jenkins	L	23 Scotland East	1:39:44
96	Nick White		Essex	1:40:01
97	Ned Lammas	V40	14 Worcestershire	1:40:20
98	Jessica Martin	L	24 Scotland West	1:40:26
99	Donald Williams	V60	1 Eryri Harriers	1:40:37
100	Jeff Kettle		Cheshire	1:40:40
101	Sophie Lovell	L	25 Yorkshire	1:40:40
102	Adair Broughton		Helsby (bicc) Running Club	1:40:57

I/C men -- TEAM RESULTS

NOTE: *Unattached and non-counters are DELETED before teams are calculated*

1 Yorkshire (11)

2, Adam Osborne; 4, Graham Pearce; 5, Matt Speake

2 Greater Manchester (38)

3, Gareth Raven; 6, John Brown; 29, Alastair Murray

3 Cumbria (42)

13, Mike Fanning; 14, Matthew Fraze; 15, Chris Steele

4 Lancashire (54)

9, Tom Cornthwaite; 18, Shaun Godsman; 27, Josh Tighe

5 North Wales Region (55)

8, Richard Roberts; 16, Tim Davies; 31, Andrew Davies

6 Scotland East (71)

20, Ben Cole; 23, Hector Haines; 28, Andy Fallas

7 Scotland West (75)

11, Tom Owens; 26, Kenny Richmond; 38, Matt Williamson

8 Merseyside (76)

12, Richard Burney; 19, John Hunt; 45, Alan Ashton

9 Derbyshire (86)

10, Alex Pilcher; 34, Nat Winfield; 42, Darren Holloway

10 Shropshire (86)

17, Steven Cale; 21, Jon Bowie; 48, Paul Jones

11 East Wales (87)

22, Martin Shaw; 32, Rob Gordon; 33, Crispin Flower

12 Leicestershire (97)

1, Martin Cox; 40, Tim Hartley; 56, Tim Doran

13 Scotland North (104)

7, Robbie Simpson; 37, Alan Smith; 60, Oliver Blomfield

14 Gorllewin Cymru (W Wales) (116)

25, Michael Kallenberg; 41, Carwyn Thomas; 50, Josh Jones

15 Cheshire (118)

30, Tom Bush; 39, Daniel Chan; 49, Martin Cliff

16, Essex (133)

36, Roy Scott; 43, Greg Deacon; 54, Tom Green

17 Herefordshire (182)

55, Mike Link; 61, Neil Lewis; 66, Mike Fawcett

18 South Wales Region (204)

67, Dominic Shields; 68, Lloyd Morgan; 69, Ian McDonald

I/C Ladies -- TEAM RESULTS

NOTE: *Unattached and non-counters are DELETED before teams are calculated*

1, Yorkshire, 26

1, Victoria Wilkinson; 12, Emma Clayton; 13, Jo Waites

2, Greater Manchester, 37

8, Anna Lupton; 11, Dionne Allen; 18, Lynne Clough

3, Scotland East, 44

4, Sula Young; 17, Claire Gordon; 23, Kate Jenkins

4, Scotland North, 54

6, Claire Whitehead; 20, Emma O'Shea; 28, Ruth MacKenzie

5, Scotland Central, 68

10, Andrea Priestley; 15, Catriona Buchanan; 43, Sarah Wiseman

6, North Wales Region, 75

19, Andrea Roberts; 26, Jenny Heming; 30, Ruth Metcalf

7, Lancashire, 81

7, Lauren Jeska; 35, Dawn Atkin; 39, Deborah Wright

8, Scotland West, 89

24, Jessica Martin; 29, Christina Rankin; 36, Simsonjane

9, Cheshire, 98

3, Olivia Walwyn; 47, Laura Bocktock; 48, Clare Riley

10, Gloucestershire, 100

9, Hellen Fines; 37, Gemma Collier; 54, Michelle Stark

11, East Wales, 110

31, Julia Davies; 38, Sharon Woods; 41, Lou Summrs

12, Shropshire Shufflers, 112

22, Val Swingler; 44, Mel Price; 46, Jacki Jarvis

13, Merseyside, 136

32, Liz Whitfield; 51, Michelle Murphy; 53, Michelle Spencer

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Yorkshire in seventh heaven

Yorkshire as usual performed magnificently at the Inter County Fell Championships held at the Letty race in Denbighshire, Wales, and came away with a golden haul. For the Yorkshire girls it was seventh heaven, because this was the seventh time they have taken top team honours in the thirteen runnings of the event.

Victoria Wilkinson, who actually took part in the first Inter Counties in 1998, where she took silver behind Jessica Turnbull, managed to repeat her winning performance from 2008, where she won at Belmont Winter Hill.

At the prize giving cheeky late replacement, Sophie Lovell, thoroughly enjoyed spraying the bubbly over team mates, Victoria, Emma Clayton who finished 12th and Jo Waites who finished 13th. Sophie in her first race of this distance (9m/2900ft), applied herself with true Yorkshire grit to finish 25th – even more impressive as she was literally drafted in that morning as a late replacement for an injured Mary Wilkinson.

Not to be out shone the men's team took gold for the fifth time, with Adam Osborne finishing with an individual silver medal behind Martin Cox. Backing Adam up, fantastically, was in fourth place Graham Pearce and hot on his heels was Matt Speake, winner of the Jan Kjellstrom Trophy – the premier orienteering event this year. It was just an incredible performance by

everyone, the only low point was Rob Jebb having to call it a day on route due to the incessant heat. In the end Yorkshire flags waved everywhere and the only ones drinking bubbly were the so called tight-fisted Yorkshire folk, although we did get a good deal on the bottles!!



Fell And Mountain Running Coaching Qualification

OVERVIEW OF FMR COACH QUALIFICATION

Overview of course

The course is a mix of practical and theory developing generic coaching skills like observation, analysis, communication, demonstration and feedback in a fell and mountain running context. Much of the course will be delivered outside and will involve all candidates acting as coaches and athletes in practical sessions. The course will cover coaching skills, how runners learn skills, safety, nutrition, warm ups, cool downs, the difference between coaching adults and younger athletes, how to deliver a session, plan a yearly programme and more. Coaches will receive a pre course booklet they will need to complete before the first weekend and submit a CRB form to UK Athletics together with a photo. In between the 2 weekends, coaches will have to complete a required number of coaching sessions at their club and a log.

Candidates who complete the course and a CRB check, submit a logbook and pass the final assessment to established criteria will achieve a UK Athletics Fell & Mountain Coach qualification, enabling coaching independently coach off road on fell and mountain terrain. Coaches will benefit from UK Athletics insurance cover and England Athletics / FRA coach development opportunities.

Course structure

The course consists of 2 weekends (0900 -1730) followed by a half day assessment at a venue and date TBC.

The first weekend is based at Brooksbank School, Victoria Road, Elland on the 11th/12th of September, The second at Stockport on the 20th and 21st November. Candidates must attend all 4 days to move to final assessment.

Who is it aimed at?

Anybody who does, or wants to, coach athletes to run or race on fells and mountains and wants a qualification in coaching.

What coaches can expect to happen on the course

A typical day might consist of an introduction to the day's objectives, followed by a series of sessions where the course tutors outline theory and practise on an individual topic eg. uphill technique, followed by a practical session outside where candidates practise coaching. Coaches will receive individual feedback and action points to improve their coaching for later in the course.

Cost

The cost will be £370. FRA members who complete the course will receive a rebate of £20. This includes all pre course and on course documentation, tuition for the 4 days, logbook and assessment.

How do I apply?

Send a completed FMR Coach application form and a cheque payable to ' The Fell Runners Association' to Graeme Woodward, FRA Coaching Coordinator, 16 The Brook, Mytholmroyd, Henden Bridge, West Yorkshire. HX7 5ED.

Further information

Contact Graeme Woodward at the above address, on 01422 885185 or graemewoodward@hotmail.com.

Application form

www.fellrunner.org.uk

English Schools Fell Running Championships 2010

at Sedbergh School

Sunday 26th September 2010 First Race at 11.00am

Closing date for online entry and guaranteed t-shirt is the 14th September 2010



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The Third English Schools Fell Running Championship will be held at Sedbergh School.

Courses will run on to the Howgill Fells and will provide the same true test of fell-running as last year.

There will be a series of races for year 7, years 8/9, years 10/11, and years 12/13, for both boys and girls.

There will be individual and team prizes in each age group for boys and girls, with the first three from a school to count as a team. Schools may enter any number of categories. The FRA Schools Championships Trophy, currently held by Ermysteads will be presented to the best overall School.

Food will be available during the day. Presentations will be made during the day, on the field.

For further details and how to enter visit www.sedberghschool.org or www.esfrc.org

- Entry £5 per athlete
- Free Technical T-Shirt
- After Race Refreshments
- Programmes
- Parking Available On Site
- Individual Prizes in Year Groups
- Year Group Team Prizes (3 to count)
- Overall School Prize
- Changing Facilities
- Fully Flagged Marshalled Course
- Photographs
- Joss Naylor MBE and Ron Hill MBE

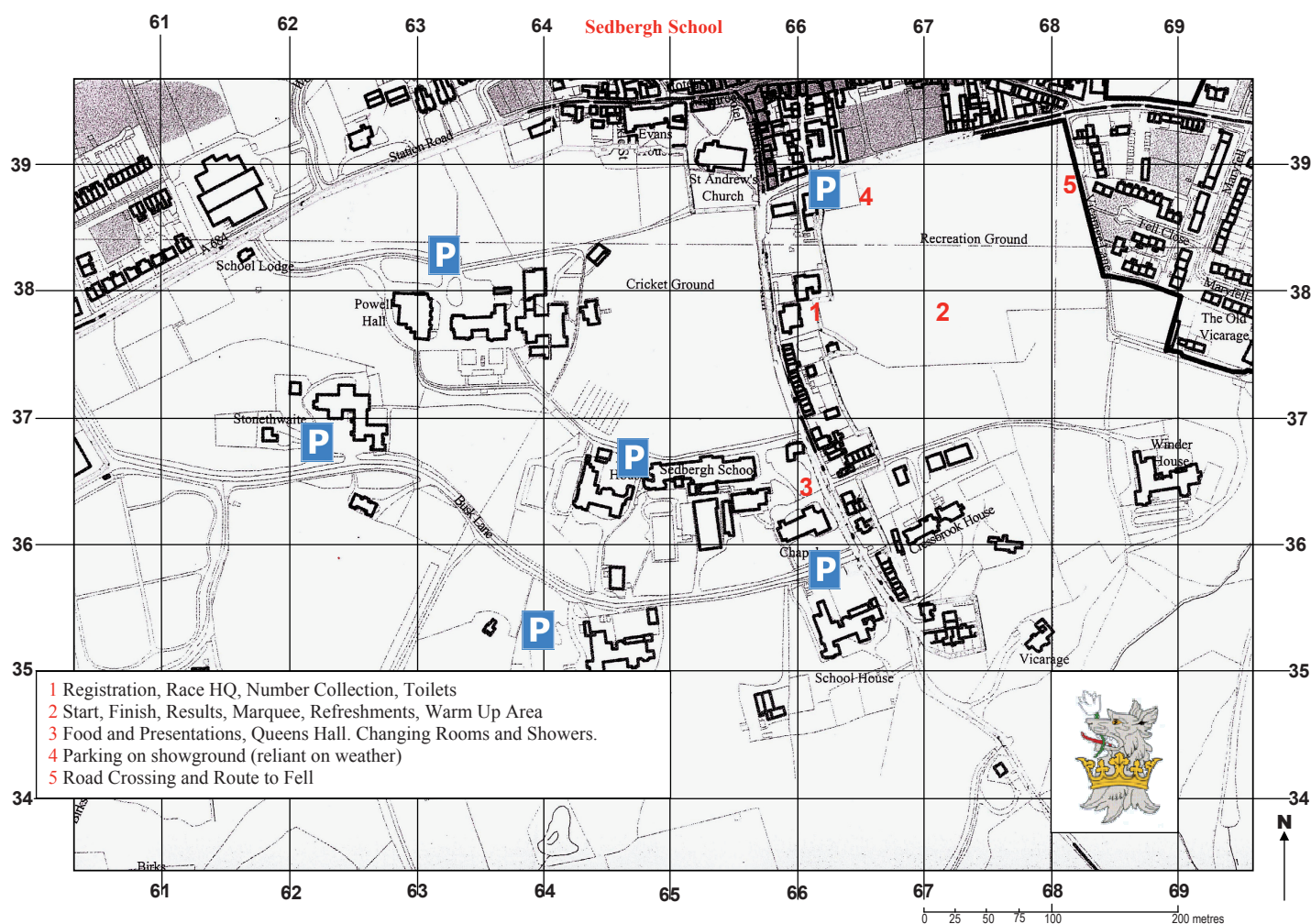
First Race Y7 at 11am. Registration Opens at 10am.

CONTACTS

J Richardson
015396 20535
jdwr@sedberghschool.org

R Lecky-Thompson
FRA Junior Coordinator
01229 716021
RichardLT@esfrc.org

Sedbergh is situated at the South end of the Howgill Fells and can easily be reached from Junction 37 on the M6



Distances, routes, times etc.

Year 7	1.98 miles with 722 feet of climb	11.00am	Boys/Girls
Year 8/9	2.63 miles with 1149 feet of climb	11.30am	Boys/Girls
Year 10/11	3.91 miles with 1315 feet of climb	12.15pm	Boys/Girls
Year 12/13	4.39 miles with 1315 feet of climb	1.00pm	Boys/Girls

Times of races are not exact.

SEDBERGH SCHOOL

Sedbergh School is one of the country's leading independent schools with a international reputation for sport including a long tradition in running on the fell, cross country and road. It has produced many great runners such as the Symonds brothers, Jim Davies and, more recently, Simon Barnby.



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Cumbria LA10 5HG
Phone: 015396 20535
Fax: 015396 20535
www.sedberghschool.org

Pudsey & Bramley: The First 100 Years!

There he goes: dishevelled maroon vest, distinctive gold stripe slashed diagonally across its middle. A pair of Walsh shoes, badly-tied and muddled. A laugh and a joke and a well-aimed insult. A grinning disregard for officialdom, custom and over-politeness; heading for the bar, trophy in hand. Quick, if you offer him the price of a pint he'll probably sell you the cup! If ever fell running had a wayward bastard offspring, then the anonymous Pudsey & Bramley runner is probably it. At least, that's how the mythology goes.

Let me tell you how I first became interested in fell running. Long after I'd left Burnley as a teenager and moved to Leeds, my Dad took up watching the fell races around Lancashire, taking photographs of these wiry blokes racing up and down Hameldon and Thieveley and Pendle. He had a fair old collection of slides (remember them?) and one of those pointer-torches. "See

that? That's a runner called Kenny Stuart. Best mountain runner in Britain. And look, on this one, see – that's him again, at Thieveley, racing a chap called Jon Wild. What a battle they had that day. Let me tell you all about it –"

At some point in the late '80's he convinced me to meet up with him in Skipton and drive out to watch an evening race in the Yorkshire Dales called Simon's Seat. It was raining, cold and dismal. Two hundred runners in vests and shorts huddled together in a farmer's field near Bolton Abbey, men and women of all shapes and sizes – and notably, one of them, probably still in his teens, sporting a pink Mohican haircut. So off they went, up into the clouds, through the woods and out towards the top of the ridge. Mist, gloom and a twisting route up the hillside meant that the runners disappeared from view for around forty minutes.

We waited. And waited. Until someone

shouted, heralding a flurry of activity, claps and calls – and here were the runners now, hurtling down the finishing field, muddled to the eyeballs. And in the lead, bizarrely, was the lad with the pink Mohican, a big grin on his face as he crossed the line, looking like he'd barely broken sweat. That was Gary Devine, who I soon got to know in Leeds as a local punk. He played bass guitar in a band, and wore his fingerless leather gloves even when onstage. I tentatively approached him a few weeks later and asked him about this fell running; he invited me to come along to the club. Tuesday evening, up in Pudsey, 7 o'clock. That was my introduction to both fell running and to Pudsey & Bramley – and as it turned out, an introduction to a place where you could be athletic and fiercely competitive as well as maverick, funny, weird and individual.

Pudsey & Bramley AC began life in a dilapidated wooden hut in the middle of a rutted, patchy

Back then – and for around fifty years – they were known as Bramley Et District Harriers



sportsfield in 1910. Back then – and for around fifty years – they were known as Bramley & District Harriers, heavy-vested track & field athletes with names like Cliff Thorpe and Frank Christmas. Really, Bramley is an industrial area of Leeds, situated well away from the more affluent University-based runners and the famous Leeds City club as well as the (even back at the beginning of the 20th century) towering presence of our big noisy neighbours, Bingley Harriers.

In those days there were very few fell races as such, and it was only with the advent of cars and telephones that 'getting out on the hills' became tenable for most of the Bramley runners. Albert Swainson was one of the first to get involved in competitive racing on the Yorkshire hills, winning the Burnsall Fell Race four times in the 1930s – a connection between the club and that

hated, a chip on its shoulder as big as its Town Hall, and apart from a few municipal parks, not a lot of grass. How come this little running club in Leeds seemed to be capable of winning so much on the fells?

The Club officially became Pudsey & Bramley AC around 1961, when a local Bramley builder offered to buy both hut and playing field, little realising that he would end up being part of athletic history. The Club moved into Pudsey (still half a marathon's distance from a proper fell) and gradually gathered a new crop of runners, inspired in turn by Pete Watson's victories. First Jack Maitland, a refugee from Edinburgh, took on the maroon-and-gold mantle (mainly because, as a student, he could get lifts to races!) followed by Gary Devine (isn't that where this story began?) and then over the years,



Gary Devine

Photo © Allan Greenwood

.....

What I discovered very quickly was an ethos of shrug-your-shoulders nonconformism allied to a will to succeed, a will to do well. Pudsey & Bramley seemed to give off the appearance of not caring while actually being utterly competitive. It's this unspoken, unwritten ethos that still dominates the club's fell running arm two decades later.

.....

Photos courtesy Boff Whalley

short, sharp up-and-down race that has endured through the years. Albert's trailblazing inspired a generation of Bramley runners gathering in the little wooden hut, not least two local lads named Alan Cocking and Pete Watson. It was the fifties, and these two spent a decade or two racing, and winning, on the Yorkshire fells. Cocking had an England vest as a cross country runner, while Watson became famous for winning successive Burnsall Fell Races through the '60s.

Back to the '80s. Having met Gary Devine, I was curious to know what this club was like. What I discovered very quickly was an ethos of shrug-your-shoulders nonconformism allied to a will to succeed, a will to do well. Pudsey & Bramley seemed to give off the appearance of not caring while actually being utterly competitive. It's this unspoken, unwritten ethos that still dominates the club's fell running arm two decades later. I grew up in Burnley, a town surrounded by hills and fells and moorland. The East Lancashire area had Clayton-le-Moors Harriers, a vast and experienced club full of historically great mountain runners. But Leeds? A corrupt Council, a football team everybody



Pete Watson

runners including Sarah Rowell, Ann Buckley and recently Rob Hope – a real lineage of international class athletes who continue to play up the Pudsey & Bramley mythology (Good Time Club! Party Time On The Fells!) while actually winning Championships. It's a delicate balancing act, but someone's got to do it.

Another story. In 1990, Pudsey & Bramley having won the FRA British Team Championship, Gary got a phone call from Danny Hughes, then in charge of the English section of European mountain running. Since we were the winning team, could we select three runners to compete in an international Mountain Race in Italy? Four

.....

No race-offs, no meetings, no coach to make the decision for us. Imagine it – “I could’ve run for England – but I picked the wrong bit of paper out of the ashtray”

.....

of us gathered in a pub on the old Otley Road in Leeds after a Tuesday night training session. Gary obviously had to go – he was British Champion – but the remaining three of us had all competed equally well throughout the season, swapping places at various Championship races. How to resolve the dilemma of which two of us got the trip-of-a-lifetime, running for England in Italy? We wrote three names on bits of paper, folded them, shook them up and put them in an ashtray. Then we chose, eyes shut. No race-offs, no meetings, no coach to make the decision for us. Imagine it – “I could’ve run for England – but I picked the wrong bit of paper out of the ashtray.” I was the runner who lost out, but knew that in the scheme of things this was just another footnote in Pudsey & Bramley’s mythology, filed in chronological order along with Ady Illingworth, the Great Welsh Incident of 1991 (I won’t go into that one until I’ve checked it with the lawyers), Will Ramsbotham, the Ben Nevis flag, the Weirdy Sheardy Brothers, Hughie Devine’s Tug-O-War team and Graham Pearce’s shorts.

Pete Watson – he of the Burnsall victories and until recently the Club President – feels that this strange (and strangely successful) little club – currently around 120 members including our Junior and track & field athletes – somehow carries a torch for that 1950s spirit of cadging a lift out of town, lining up on some village lane and competing on the fells. Current British Champion, Rob Hope, is yet another runner who was attracted to the club by an ethos that lies somewhere between taking-it-very-seriously and not-taking-it-very-seriously-at-all. With brother Danny, John Heneghan, Graham Pearce and Nick Leigh (to name a few), Rob is just the tip of an iceberg of Pudsey’s current city-based fellrunners who enjoy nothing more than competing (and

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Official Programme

BURNSALL FEAST SPORTS CENTENARY FELL RACE



Yorkshire Life photograph

Saturday, 21st August, 1982

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Bradford Harriers – early 1930s



Rob heading home at Stoop
Left: Gary Devine,
3 Peaks winner 1990

often winning) on the fells and outstaying their welcome at prizegivings.

The club is littered with (running, breathing, badly-navigating) examples of its own history. Paul Stevenson joined the club in 1974, while still at school; his brother Brian joined five years later. Both had mullets, both knew little about running up and down mountains (have you ever been to Pudsey or Bramley? A rabbit warren of Yorkshire stone terraces, busy roads and rugby pitches) and yet both have remained active on the fells for over thirty years. What strikes you about the pair is how much they love this sport, how crucial it is in their lives. City blokes out in all weathers, discovering new races and new routes; they'll tell you that between them, in their pursuit of competing on the mountains, they've been arrested, hospitalised, stranded, lost and reduced to tears. They typify P&B in both their long-lasting love affair with the northern hills and in their will to be competitive.

This year Pudsey & Bramley will celebrate its centenary year with a variety of dinners and do's, and will also be having a mass attempt at the Bob Graham 24-hour Round. Partly because it's an epic challenge that many of Pudsey's runners want to have a crack at; and partly because it's a great excuse for another day on the mountains followed by a night out in Keswick. To toast this little club that seems to keep on winning things. And this year, aptly, Pudsey & Bramley are again the reigning FRA British Team Champions and once again Rob Hope is reigning British Champion. It's a myth you couldn't make up.

So. Happy Birthday P&B, especially to all the club faithfuls who've worn their tatty versions of the maroon-and-gold for upwards of a decade or two (or three, or four). Who've been the fifth counters in the Championship races; who've stepped in at the last minute for relays; who've endured five-hour drives in the bare-metal back of Gary's van to compete in obscure Scottish and Welsh races; who've fallen asleep on the table in Yorkshire curry houses after giving their all up and down Britain's biggest peaks. And thanks, too, to all those fellrunners from other clubs up who've travelled with us sometime, somewhere along this long journey. Phew. Now, get them Walshies laced up, you'll be late for the start ...



P&B do the BG

LADIES & GENTLEMEN, WELCOME TO THE PUDSEY & BRAMLEY TRAVELLING BOB GRAHAM CIRCUS!

"Running is not, as it so often seems, only about what you did in your last race or about how many miles you ran last week. It is, in a much more important way, about community, about appreciating all the miles run by other runners, too." (Richard O'Brien)

It was always going to be an entertaining affair. We'd heard about other clubs – Dark Peak, Clayton Harriers – and their super-efficient Bob Graham 'Machines', huge juggernauts of rolling assistance, crack navigation and gourmet refreshment, where a single runner can be supported by up to thirty helpers. Fantastic, obviously, but not Pudsey & Bramley.

It's our centenary year. We've had the T-shirts printed and held the Club Dinner. What else? Well, there's always the Bob Graham Round. The myth, the legend, the once-in-a-lifetime challenge that, in general, Pudsey & Bramley runners just *don't do*. We're a racing club, bred on Yorkshire's short, sharp fell races – in our 100-year history we've had just three Pudsey & Bramley athletes who've completed the Bob Graham. Now this is all going to change. Roll up, roll up.

August 2009 and there's some hesitancy

amongst club runners when the idea is first mooted. Everyone is waiting to see if someone else has put their name down. ("Is Brian doing it? I'm not doing it if Brian doesn't do it.") Not surprising, really – this is a club whose general view of long-distance challenges was once summed up by Paul Stevenson (lifelong Pudsey member) in a letter to the Fell Runner in its September 1988 edition: "The FRA magazine has boring articles on people plodding around mountains or hill ranges, dreaming up obscure events whilst on a wild night on the beer. Let's have articles on short races like Burnsall, Pendle etc. I would like to stress I have very strong backing from my club members."

But as soon as we get a couple of names, the rest follow – only those challenging for the English and British Championships quietly (and rightly) exempt themselves – and what we have left is a fifteen-strong bunch of athletes meeting in pubs and dreaming of a plod around England's highest hill range. Sort of. Most of 'em – from the top runners and race-winners to the novices and enthusiasts – are scared stiff. All of them throw themselves into the challenge knowing that, this being P&B, there won't be

any of that 'machine' support and something will probably go wrong. At our final curry-house meet-up, our Big Top Clown Shane Green likens it to a big party on the mountains, but I know, deep-down, he's bluffing: there's a nervous edge to his laughter. A manic, smile-in-the-face-of-danger laugh. A "Help, what have I let myself in for" laugh that dies away into another mouthful of nan bread.

"Ask yourself: 'Can I give more?' The answer is usually: 'Yes.'"

(Paul Tergat, Kenyan marathon runner)

Many meetings and debates later, we're gathered around Kewick's Moot Hall on a beautiful early-summer Friday evening. The weather forecast's good, there's half a moon about to switch on, and the last of the Vaseline has been applied. Fourteen, not fifteen runners, ready for the off – Jon Aylward's travel plans have failed and he can't make it on time. Watches synchronised (look how organised we are!) and they're off, 7pm on the dot. The food and equipment support team consists of myself, Johnny, Angie, Gillian and Tim, and (I can say in retrospect) we're none of us quite aware of how much of a slog it is to drive around the



Fourteen setting off from Keswick

Changing in the dark at Threlkeld



Shane and the rest set off from Dunmail just before sunrise. Pic by Jean Shotter



Lake District for 24 hours on no sleep seeing to the needs of fourteen knackered runners. Steve Bottomley – dissuaded from setting off on his unicycle – is nevertheless taking it all in his stride. He decides to spend the first section of the Round (Keswick to Threlkeld via Skiddaw and Blencathra) picking up litter. He carries a large black bin bag and stops every few minutes to gather discarded spit-laced chocolate wrappers and walkers' used plasters. By the time he reaches the car-park on the lower slopes of Skiddaw his bag is half-full.

Three mountain peaks conquered and darkness sets in as pacer Charlie Johnson leads the way down Doddick Fell – much quicker in a group than Hall's Fell – from Blencathra. Charlie drags everyone ahead of schedule due to being pumped full of adrenaline from arriving (as sole navigator for the first leg) at Moot Hall with minutes to spare before the off. The fact that the group decide to avoid using headtorches even when it's practically pitch-black makes their appearance at Threlkeld all the more of a surprise for the support team. Just a five-minute stop here and they're off again into the night, the Helvellyn ridge silhouetted in the moonlight. It's perfect weather for night running – well, that's what us non-runners decide, sitting in our

folding-chairs watching the string of lights head off up Clough Head.

Those runners who haven't put in the training or had enough fell experience now begin to understand how hard the Bob Graham Round actually is – it being not only about fitness and stamina but about a mental will; a will that's learned from experience. In the run-up to these long-distance challenges, the body has to get used to being fatigued, being ready to stop – only to have the mind tell it to stop moaning and get on with it. The Bob Graham – home of countless gems of cod-philosophy and running wisdom. What else is there to do up there, in the dark, inching up and along those mountains?

Actually there's plenty going on up there. From nowhere, a bunch of Bingley Harriers appear wearing strange black gear and offering home-made cake to our runners. Richard Pattinson is prepared to believe he's hallucinating, but then realises that the hallucinating comes later, somewhere around Great Gable. From Helvellyn they follow Niall Bourke's navigation onto the last stretch over Fairfield and Seat Sandal. I always thought this detour to Fairfield particularly cruel – the old suggestion to "dump your bag at the bottom, save yourself carrying it up, pick it up on the way back" is scant reward for a mammoth vertical scramble at 2 o'clock in the morning.

At this point some of the runners begin to tire. Charlie Macintosh, fairly new to fell-running, pauses at Grizedale and debates with himself whether he might not be quite ready to complete a Bob Graham. The ayes have it. He heads down the valley to Dunmail, knowing he'll be back for another go next year. Andrew Birkenshaw and Alex Jones are determined, but keeping latched onto the back of the group is getting harder and harder. Colin Walker and Paul Stevenson are pragmatic in defeat and join them in jogging off the back, allowing the main group to keep on schedule. Led down by Alan Greenwood and John Heneghan, they collapse into chairs at Dunmail looking like death warmed-up; though, disappointed as they are, all gather themselves enough to lend support for the rest of the Round.

The schedule! Ah yes. We're on a 23-hour schedule, but obviously with this many runners there's a temptation to split. No two runners are alike, some set off quick, some finish well; some are good descenders, others practically wet their pants at the sight of a scree-run. What to do? We decide, at one of our pre-Round meetings, to stick together. Don't split up. Keep more-or-less to the schedule, don't get too far ahead of it. No good having one runner at the front clipping two hours off the schedule whilst those at the back miss out by five minutes. It's a club run, we stick together. Plus, we simply haven't got the support for more than one group of runners – neither navigators nor roadside support.

So now 9 runners head off from Dunmail up Steel Fell, a mixed bag of optimists and pessimists into the dawn mist, Steve Bottomley by now having abandoned any notions of picking up litter – from now on, as the sun comes up on what looks like being a blazingly sunny

day, it's about survival.

Brian Stevenson is the quiet Ringmaster of the team. He's done the recceing, attended all the meetings and been involved from the off. His calmness and tempered confidence is a boon for the younger runners – baby-faced Ed Melbourne, relatively new to the club, looks like a schoolkid who's sneaked into the Big Top, looking round as if he might be about to get caught. Stuart Walker is the only non-Pudsey & Bramley runner on board. A Pudsey Pacer (don't ask), he suffers the taunts with a smile and faces the long day looking as nonplussed as someone wearing a rival club vest could look.

"There's no such thing as bad weather, just soft people."

(Bill Bowerman)

Halfway along the next leg to Wasdale, supporters Jean and Andy are up at Rossett Ghyll with sacks full of liquid as the sun turns up its temperature to boiling point. It's these mid-leg appearances that the runners love – up there, you begin to think everyone down at ground level might have forgotten about you. Might be sitting in some Keswick pub drinking pints and chatting about what's on telly. "Oh is that the time? Oops, we missed meeting those clowns at Wasdale. Never mind, sure they'll cope. Now as I was saying about Britain's Got Talent..."

Paul Sheard is the next, and last, to call it a day. Admitting to himself that he just hasn't done the miles, he refuses to let the rest of the group talk him into carrying on after Rossett – for someone who gatecrashed the attempt at the last minute, he's done well to get this far. Besides, it's turning out to be one of the hottest days of the year and Paul fears for the suncream supplies. "I'm going for a wee. I may be some time," he says, as he heads off the mountain with Andy and Jean.

Leg 3 navigators Ali, Rhys, Robb and David (we aren't taking any chances on this one – P&B's reputation with a compass is well-known; never, ever follow a Pudsey vest) shepherd everyone around Foxes Tarn, noting that they get round faster than other groups using Broad Stand. See, all the hours of debate we'd had about the choice of routes here paid off! Down the harsh red scree to Wasdale, where the group are divided into three. There are those stocking up on Johnny's infamous Cornish pasties, changing their socks and looking at their watches; those who sit motionless, dazed, ashen-faced and wide-eyed and who have to be force-fed pasta and coffee; and those who jump around, giddy and delirious. Actually there's only Shane in the latter group, and either he's realised they've broken the back of the Bob Graham and now can't fail – or he's suffering the acid-trip-like consequences of heat exhaustion and low blood-sugar. It's hard to tell with Shane, frankly – he's like this most of the time.

There's an amount of care being taken at Wasdale to make sure everyone feeds and drinks and changes. It's at this point that runners can be apt to sit alone, get lost in the group, and forget all about Johnny's pasties, Angie's soup or what day is it and who am I and what am I doing here? Chi Trinh is starting to worry that he's holding everyone back – which isn't the case, since the

Approaching Rossett Ghyll at Dawn.







The finishing eight plus pacers leave Honister

whole group are up on schedule and perfectly willing to make sure Chi gets round. He smiles constantly, as if on an annual kids' seaside trip to Blackpool as opposed to a horrendous climb up the face of Yewbarrow.

Now others might disagree, but I reckon the climb up Yewbarrow is the clincher. It's make-or-break. It's the pivot on which any Bob Graham attempt rests. Sat at its foot in the shade of Wasdale's few trees, trying to force another mouthful of tepid pasta past your bloated tongue and realising you don't actually have the co-ordination to pull off your own sock and examine that two-inch blister, you can look up at Yewbarrow and admit defeat. There's a long way to go. It's hot. And you could just say the word now and you'll be able to lie down, close your eyes and let it all drift away...

Conversely, as you somehow fifty minutes later manage to push your body up onto Yewbarrow's tightrope summit ridge, you can look back and see the incredible distance you've just travelled, and can sense that you've turned a corner, you're on the way home now. Done. Dusted. Just seven hours to go.

"My body is screaming at me to stop – and it would always win if it did not have a mind to play tricks with it, boss it around and delude it."

(Bernd Heinrich)

Somehow they get up, gather and even smile for the cameras as they trot off up the fell and into the distance. From here it's clear that these eight remaining runners will finish the round. If not because of their training and recceing but because they know they've broken the back of this thing, they're up on schedule (almost 30 minutes) and are defiantly part of a group.

According to sources close to those up on the mountains, several of the group take turns in becoming either emotional, delusional, hallucinatory or just plain out-of-it. As they stumble awkwardly down from Grey Knotts behind navigator Jon Wright of Todmorden and towards the final road-crossing at Honister, all this is put away and forgotten as the road-support team has now swelled to around three million strong (well, eight or nine at least) and everyone's too busy forcing yet more of Johnny's pasties down their throats. Scoffer and Danny Hope are buzzing around looking like proper runners whilst those formerly known as proper runners change their socks one last time. Brian Stevenson remains placidly focussed; Steve Bottomley does an impersonation of a ghostly rabbit caught in someone's headlights, somehow plucking up a smile when required by the sudden appearance of various cameras. Nick Hart's carefully-arranged system of gels and tablets gives way to desperate glugs of soup as he whispers something along the lines of, "It's tough. Really tough. Really really tough."

With time to spare, Chi opts to run the last leg with pacer Niall Bourke in order to let the main group steam ahead led by Holmfirth's Jon Ewart. Chi needn't have worried – they're all as knackered as he is. Imagining their collective bambi-legs waddling off the last of the Bob Graham mountains reminds me of the last P & B disco – agadoo, doo, doo all the way down



Ed Melbourne, shortly after passing out in Keswick on finishing the Bob Graham

to the final road section and the crippling last few miles into Keswick. Fortunately Jon knows a pretty-much off-road route and so, 22 hours and 19 minutes after they'd left it, Pudsey & Bramley hit the crowded Keswick market square, battling through the shoppers to touch the Moot Hall wall, acrobats, jugglers, clowns and all.

Predictably, the aftermath is messy – Nick makes the mistake of sitting down in the main street and realising that, no, thank you, he can't get up. He's fine just here and will gladly wait here until next Thursday, or the Thursday after that, or the Thursday after that. Down an alley beside the nearest pub, Brian and Richard drink pints and smile the smiles of people about to be sick. Richard has completed the round on willpower and Red Bull, and is now in danger of a caffeine-induced trip from which there is no return. Meanwhile, Ed collapses spectacularly and doctors and nurses rush up from all sides. Shane takes control: "Stand back! I'm a qualified Idiot!" before stuffing Ed's mouth with a Mars Bar. It does the trick and Ed jumps up, looking at his watch and wondering when the next leg sets off.

Stuart and Chi grin like they've been grinning all day ("this smile masks my inner pain") while Steve Bottomley, revived, goes back to his litter-picking. Mummy, the Circus has come to town.

And there you go. Fourteen starters, eight finishers. A great day (and night) out in the Lakes, and a lovely way for us and our (little) club to celebrate our hundredth birthday. Finally, a brief mention to all the helpers, feeders, navigators, pacers, jugglers, acrobats and stilt-walkers who made it all possible. To name a few: Runners Charlie Johnson, Mick Hill, John Heneghan, Niall Bourke, Alan Greenwood, Jean Shotter, Andy Hauser, Ali Welsh, Rhys Findlay-Robinson, Rob Little, David Alcock, Jon Wright, Danny Hope, Scoffer, John Ewart – and the cooks, cheerleaders and general dogsbodies Gillian Gaskin, Tim Taylor, Angie Pattinson and Johnny Parsons. Oh, and the Bingley lot up on Helvellyn, and all those lovely people on the last leg who I didn't know, and probably various others that I've forgotten.

In the words of Alfred Hitchcock (in the shortest-ever Oscar acceptance speech), "Thank you all very much."

► BY IAN ROBINSON

Black Sail

By Steven Freeman.

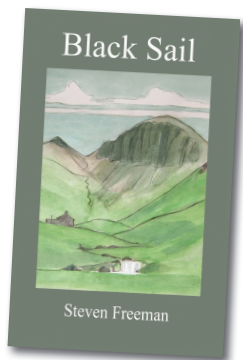
'Black Sail is a fresh and original novel narrated by a self-confessed square peg free spirit who sees the Youth Hostel Association's talismanic Black Sail Hut as a symbolic match for his quirky spiritual outlook. He is also a fell runner, so Black Sail's location high up the Ennerdale valley is a tempting place to live and work. Also the hostel is (or was) run by just one person, who can do as he sees fit – or can he? Sol takes us through a season of running perhaps the most famous and remote of England's youth hostels, but far from being merely a chronological description of the work and the seasons, we have here a more ambitious book that goes on both an inward and outward bound exploration. The striking honesty and depth of feeling in this story will resonate with those who feel at home in the not always hospitable surroundings of the Lakeland fells. There are riffs and rants in equal measure to hymn the fells and nature, and to rail at the 'mainstream monoculture' and the mobius strip treadmill of work, consumption and brief play.

There is plenty of humour and not a little bawdiness from time to time as Sol gives the low-down on the paradox of working in a stunning location, yet struggling with the long hours of cleaning, cooking, shopping expeditions to Whitehaven, and the mountains of bureaucratic paperwork. The self-styled 'ornamental hermit' of Black Sail is, whether he likes it or not, seen as public property, with passers by banging on the windows of his quarters to ask for water or a 'can I just have a look...?' A variety of characters pass through the doors and Sol feels a range of responses to their differing personalities, and some he warms to, as you would on a cold dark night with the rain lashing down...

The book stretches its legs in more ways than one when it comes to the fell running. Fundamentally this is where Sol's higher self kicks in and we get an insight into the physical and spiritual highs of fell running, and the inextricable connections between sweating *homo sapiens* and watchful nature. The simple but compelling motion of fit body over fell and rock opens the valves for that transcendental magic fluid that temporarily replaces blood in the fell runner's veins. A sense of the interconnectedness of all life makes perfect 'common' sense to Sol in the cathedral of the 'fellcosm'.

Black Sail gives a unique insight into the workings of one very famous youth hostel, and a bumpy journey through Sol's honest and feeling interaction with a world forever seeking to shave smooth his wilfully square edges.

To be published in paperback by New Generation Publishing in mid-June, and available to purchase from Fred Holdsworth Bookshop, Ambleside, Cumbria, or on-line from www.fredontheweb.co.uk. Email freemansteve@hotmail.co.uk for details of other stockists.



► BY PAUL BATESON TEAM AXARSPORT, SPAIN

Walsh Spirit Peak

I don't profess to know everything about the development of running shoes but I am pretty sure that 30 years ago there was much less choice available and the majority of running shoes around were angled towards road running. Nowadays the situation is different with a huge range of shoes designed specifically for trail and mountain runners.

Lots of manufacturers offer numerous models, colours, fabrics, outsole designs, lacing methods etc, etc – all backed by colourful advertising campaigns stating why their brand is best 'because it was developed from running in mountains, on trails, in mud etc.' as though all the rest developed their range on pavements and roads!!

One company which has been around for longer than most is Walsh (www.walshsports.com). This company, founded by Norman Walsh back in 1961, is based in Bolton, Lancashire and it is estimated that the Walsh family has actually been involved in footwear production since the late 1800's. It is also a company which has provided running shoes for the British Olympic team in 1948 but more interestingly, it has survived despite producing shoes for what is possibly a niche in a niche market: fell racing.

Despite this comparatively small market, Walsh have stayed true to the sport and continue to produce a small but very popular selection of fell and mountain racing shoes which, despite very little in the way of technical 'enhancements' do the job, and do it well.

I bought my first pair of Walsh's back in 1983. They were a leather bootie style, called Continentals. I didn't do many fell races. I was mainly a racing cyclist, but fell running was good training for cyclo-cross and it was fun. The shoes had served me well, been resoled, (try getting that done nowadays) and in fact I still have them. I also see they are still produced but under the name Fellsman.

Fast forward to 2010 and I now live in Andalucia, Spain. I have been here for 10 years and operate as a trainer/host for runners preparing for multi-stage ultra races, desert, trail and mountain races. I also promote the Al Andalus Ultra Trail, which is the biggest international multi-stage trail race in Spain (www.alandalus-ut.com). I also host training groups from



all over Europe and write reviews on products that my Team Axarsport members test and report on. I also find time to race both road and mountain, so I was very interested to see that Walsh were now producing a new shoe range aimed specifically at trail and ultra running.

Walsh is not a brand available in Spain so I contacted the company and after some helpful discussions I was pleased to receive a pair of Spirit Peak. I thought these may fit the bill for those doing multi stage ultra races which require a shoe to be strong, grip well but also to be comfortable to wear for long periods, in other

words, a bit less fell race specific.

I have now covered around 200km in this shoe and I am very impressed with them. Preparing and planning new sections of mountain single track for Al Andalus is time consuming but after the wetter than usual winter, which saw many tracks destroyed, it was necessary to go out and find alternatives. For much of this work I have worn the Spirit Peaks. The new Walsh Pyra-grip sole unit has been excellent, wear has been barely noticeable and the grip and feel of the shoe is fantastic. I had worried that the low profile sole, which gives the shoe the stability which all fell racing shoes in the range provide, would be too thin to provide any long term comfort and protection from rocks, this hasn't been the case. The uppers are strong, and the nylon used is more closed cell than used in the fractionally lighter Spirit Lite, (a shoe which I also intend to try once we get up to the 35C-45C temperatures of July and August).

For many races what is most important is that a shoe is comfortable over rocky terrain, strong, gives good grip and has an upper which keeps out grit or will take the fitting of gaiters without tearing.

Over the years I have used many makes and types of running shoes, I have generally been happy with them but there is usually some area which could be improved on, no doubt I will try shoes in the future but I think they will be hard pressed to tick all the boxes. At this point the Walsh Spirit Peak will take some beating and if you want a shoe for the majority of multi stage ultra races then this is definitely the one to consider.

West goes East

I'm sure you appreciate that writing these articles takes up quite a bit of my time, so it is always nice to receive positive comments from you at races or at my clinic. It makes it all worthwhile when somebody says they remembered I'd written about an injury they had developed and dug out their old copy of *The Fellrunner* and checked out my advice. I hope these articles give you more of an understanding of fell- and mountain-running related problems and help you to self-treat wherever possible. A number of you commented that you used the advice on sprained ankles in the last magazine, and as a result got back running fairly quickly – without having to seek any further medical intervention – marvelous!

I always try to offer the best available treatment to the runners I see, so consequently attend courses and conferences on a regular basis. This enables me to keep up-to-date, be aware of any new ideas and also means I can keep searching for that elusive 'magical'

treatment.

Since my last article, I have been very lucky to visit China with 5 other physiotherapists on a professional tour. Whilst there, I managed to visit some of the tourist sights, but also went to hospitals, physiotherapy clinics, massage and manipulation centres, (including a massage school for blind and partially sighted masseurs), Beijing's new Rehabilitation Centre, acupuncture clinics, herbal pharmacies and herbal markets - where amongst other things I had a drink made from various berries, snake, lizard, centipedes, ants and select parts of a stags anatomy!!! Physiotherapists have only been trained in China since 1988, so they are currently in huge demand. Most of the musculoskeletal work is still carried out by qualified doctors or professors, and physiotherapists mainly carry out rehabilitation work with individuals who have had spinal injuries, cerebral palsy, suffered a stroke or have had an amputation

I have always been fascinated by Chinese

medicine, and have used acupuncture to supplement my physiotherapy treatments for several years. I first became interested when Jack Holt (Clayton-le-Moors Harriers) had seen me on a few occasions for a recurring hamstring problem. Whilst my treatment always seemed to resolve the problem, it recurred whenever Jack pushed harder in a race. A GP friend of his recommended that I combined my treatment with some acupuncture, but at that time I wasn't a qualified acupuncturist. The GP obliged and he treated him after my usual physiotherapy treatment - Jack had no more hamstring problems and I commenced my acupuncture training shortly after.

Acupuncture stimulates your own body to treat a problem, whereas some western treatments only manage the symptoms and don't address the underlying cause. I recently used acupuncture to treat a runner who had suffered a debilitating virus in December '09. It left him with numbness and some



Herbal Market



Top: Outdoor gym activities
Above right: The neck traction unit at the Barefoot Doctor's Clinic
Above left: The physio delegates on The Great Wall
Below right: Spinal manipulation, Beijing Hospital
Below left: Professor of Acupuncture, Beijing Hospital



paralysis from his knees down and walking was extremely difficult – let alone running. The 'western medical world' said he would get better with time, but after little change in 4 months he approached me for treatment. After 5 acupuncture treatments, the symptoms have almost completely resolved and he is now back running.

Last year, Sarah Tunstall developed a problem in her quadriceps muscle on the outside of her thigh a few days before the inter-counties cross-country race. I didn't want to massage into the area just before the competition in case she felt sore afterwards, so instead I used a particular technique of inserting one needle into the affected area. The problem settled quickly and Sarah raced without any problems.

When I studied for my Masters degree in Sports and Exercise Injury Management in 2002, I opted to review the published research on the effectiveness of acupuncture for the treatment of acute sports injuries. At that time, I struggled to locate *any* published studies to support my work, but now more and more scientific evidence is becoming available. Helene Langevin is carrying out very interesting research showing that an acupuncture needle inserted into an area of soft tissue damage encourages the injured cells to re-align in a more normal, organized parallel formation, rather than the haphazard formation which is normally seen in scar tissue. Some of you may have experienced myofascial release techniques which are manual techniques to release tension in the fascial or connective tissue planes. Langevin has also published an article demonstrating the close link between the position of Chinese acupuncture points, meridian lines and the planes of connective tissue in the body. As all of our structures, including muscles, ligaments, tendons, and bones, are linked by connective tissue, this might be one explanation why acupuncture is now proving to be so effective in the treatment of musculoskeletal and sports related problems. (Helene's research is available on her website – www.Helene.Langevin@uvm.edu).

This ancient Chinese treatment is rapidly being incorporated into sports medicine and it has been recommended that physiotherapists wishing to work at the London 2012 Olympics are registered with the Acupuncture Association of Physiotherapists. It isn't the magical treatment for every condition, but equally it isn't 'mumbo jumbo'. I am sure that as researchers continue to produce the scientific evidence to 'prove' its effectiveness, it will become more accepted as a treatment modality. If you are interested in acupuncture treatment, check out the Acupuncture Association of Chartered Physiotherapists (www.aacp.org.uk). Members are all Chartered Physiotherapists who are closely regulated by the World Health Organisation.

Another aspect of my trip that I would have liked to have brought home with me was the attitude of the Chinese people to exercise and massage. Every morning and evening the parks were full of people carrying out exercise – Tai Chi, waltzing to music from a cd player, work-

outs on the outdoor exercise equipment provided by the park, running, badminton or spinning and playing with diabolos – everywhere you looked there were different activities taking part. Also, it was accepted to have a massage on the way home from work to de-stress from the pressures of the day. Business men and women would call for a half-hour massage of their head, neck and shoulders, or a foot massage working on the reflexology points. What a shame these philosophies haven't yet been introduced to the western world – it would really help to get more people active and also help people unwind more naturally from their stressful busy lives.

The end of my fascinating trip to China finished with a cycle ride through the villages to visit a 'barefoot doctor' based in the paddy fields near Yangshuo. They are referred to as 'barefoot' because they used to go into the wet paddy fields without any footwear in order to treat their patients. The Chinese have strong beliefs in the effectiveness of Traditional Chinese Medicine and will still seek treatment from traditional Chinese practitioners rather than the newer western medicine clinics. The barefoot doctor has a very basic one-roomed clinic, but she still offers highly effective treatment from such rudimentary facilities. Despite being at opposite ends of the world, she thought we were very similar – we both had a private clinic, but had to get good results or we wouldn't be in business.

I travelled over 3000 miles in China, and I know some of my runners were apprehensive that I would return with some weird and wonderful treatments. I didn't discover that 'magical' treatment, but was fascinated how many of the techniques were similar to the ones I already use. As well as the acupuncture, the techniques for spinal problems – manipulation, massage and traction, were very similar to the techniques already used by western, hands-on physiotherapists. Even though these techniques have developed totally independently of each other, the fact that they are so similar suggests they must be effective treatments.

Fell runners on the whole tend to be pretty conservative in their thinking and don't readily accept 'new' ideas, but I hope this article encourages you to remain open-minded. As more evidence is published to support the effectiveness of Chinese treatments methods – I'm sure they will be combined more and more with western techniques. After all, the Chinese haven't been using these techniques for thousands of years for nothing.

Bird's Nest Stadium



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Geoff Gough at the
1984 Blisco Dash

BY PETER TRAVIS

Remember

Remember me when you walk on Lakeland fells
or slate-capped summits in misty Wales.
I am there, always; I have not departed
these sacred places, nor ever will.
Speak and I will listen to you
and if YOU listen you will hear
my words in the gentle rain
or on the softness of a cooling breeze

Sit by a mountain rill and hear
the talk of mountain folk.
They chatter though unseen.
Close your eyes
and voices take on forms
you will remember well, for we remain,
a sustained consciousness.

A sunrise declares our immortality,
and like you a sunset is our rest.
The soft warmth of rock is our closeness,
an embrace that lies so deep within the spirit.
Do not forget the times
we walked and ran the hills.
Remember well the bond we forged.
This is our closeness that is forever.

BY DAVID SIMMONS

The Fell Runner

Over green ways my shadow racing,
pacing rutted mounds I strain,
coarsing muddled streams at will,
to claim by force the muscled hill.
And down the brown
fern-stretched-out ground,
with wet-laced calf
cross spongy marsh.
Through clouds of waspy flies
on nettled thighs,
to softened grass
and swiftening path.
Easy striding gliding now,
chance to wipe a sweaty brow,
through the cattle-minded gate
in hope to shower, then partake!

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SUMMER 2010 THE FELLRUNNER 95

Welsh Fell Runners Association

WFRA Open/Welsh Championships and Series 2010

The Championship and Series positions at the time of writing (25th May) are given below.

inov-8 WFRA Open/Welsh Championships 2010

With 2 of the 6 Championship races having taken place, Tim Davies of Mercia is leading the male category and Phoebe Webster of Aberystwyth is first lady. Other category leaders : MU23 – James Blore (Chepstow), MO40 – Kevin Hagley (SWRR), MO50 – Peter Williams (MDC), MO60 – John Morris (Buckley), MO70 – Peter Norman (Wrexham). FO40 – Sandra Rowlands (Clwydian), FO50 – Annie Williams (Eryri), FO60 – Maggie Oliver (Eryri).

WFRA North Wales Series 2010

After 4 races the category leaders are as follows : MU40 – Ifan Richards (Meirionnydd), MO40 – Glyn Fletcher (Maldwyn), MO50 – Stephen Bajic (Telford), MO60 – Don Williams (Eryri), MO70 – Barrie Jackson (Meirionnydd), FU40 – Andrea Rowlands (Eryri), FO40 – Sandra Rowlands (Clwydian), FO50 – Annie Williams (Eryri), FO60 – Maggie Oliver (Eryri).

WFRA Snowdonia Junior Series 2010

Two races in the 5 race series have taken place.

Current leading positions as follows :

MU18 : Tecwyn Evans (Eryri)
MU16 : George Oliver (Deeside).
MU14 : Gerwyn Roberts (U/A)
MU12 : Mael Evans (U/A)
FU16 : Megan Withers (Pembrokeshire)
FU14 : Bronwen Jenkinson (Eryri)
FU12 : Elen Morris (U/A).

For more details of the WFRA Championships / Series and up to date results tables visit the WFRA website (www.wfra.org.uk).

Navigation Courses

Names are now being taken for the next WFRA Navigation Courses (North and South Wales). Dates will be arranged when we have sufficient numbers. For more details visit WFRA website or contact Ross Powell (Email: ross@wfra.org.uk or Tel: 01286 881491) for north Wales courses or John Sweeting (Email: john@wfra.org.uk or Tel: 01550 721086) for south Wales.

2010 WFRA Wales and Borders Race Calendar

This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders that were available at the time of publication. It includes some races not in the FRA Calendar.

The Calendar is free to paid-up members. Non members can obtain a copy for £3.00p from Geoff Clegg. Cheques payable to 'Welsh Fell Runners Association'. Please enclose a C5 size (162mm x 229mm) SAE with standard first or second class postage.

Membership

The Welsh Fell Runners Association is an independent Organisation providing the following services for fell runners in Wales –

- An annual Race Calendar
- Regular Newsletters (minimum 3 per year)
- Website
- Open Championships
- Civil Liability Insurance for members (including Race Organisers).

Membership costs £10 per year.

Membership forms are available on the WFRA website – www.wfra.org.uk.

Alternatively, contact the Membership Secretary – Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL. Tel 01492 582631. E mail geoff@wfra.org.uk.



Start at Cribyn, 2nd race in the inov-8 WFRA Open / Welsh Championships

News from the Isle of Man

The fell scene continues to develop and grow here on the Isle of Man, with the first six races of the 2010 Fell League attracting big fields and a good number of newcomers. The Manx Fell Runners are a close-knit club with a progressive committee who, certainly in recent years, have been happy to embrace new ideas to develop their sport. A good example of this is the recent policy of using specific long courses on alternate years - giving the club the chance to try out new routes while retaining old favourites in a bi-annual calendar, while other traditional courses have been reversed - giving a totally different race experience without sourcing a new route. Also proving very popular is the 'early start' option that has been introduced in all the medium and long races. Aimed at novices and more leisurely entrants, they are set off 30 minutes ahead of the main field.

However, on top of these on-going tweaks, this year the club have decided to alter the calendar quite radically. The League has traditionally run from January to October, to be followed by a three-race Hill League during November and December. For 2010, the Race Committee of the Manx Fell Runners have decided to condense the nine-race League and finish by late July. This is a bold move and is aimed at retaining the interest of newcomers with shorter gaps between races and in lessening the seasonal drop-off in numbers caused by summer holidays in August. It should also provide a natural gap in the calendar before the Hill League starts.

Local-boy-made-good Lloyd Taggart has returned to live on the Island along with partner Jackie Lee, and they have wasted no time in making their mark. Record-breaking fell runs have been supplemented with wins in XC and road runs, mountain bike races, trailquests, and duathlons. Jackie even won a 10km race walk! Their easy-going approach belies the hard work they both put in to their training and their presence can only be positive for the local runners. They've even started getting everyone going to the pub after races!

As we say hello to them, we have had to say goodbye to Dave and Lynne Quine. After a number of years on the Island, the likeable couple have returned to their Bolton roots. In their time here, both made a tremendous contribution to the local fell scene, and will be greatly missed. Good luck to them both from all their friends on the Island.

Dave and Lynn Quine



For anyone looking for a short hill-running break in the British Isles, don't forget the Isle of Man. We may be small, but there is a tremendous variety of scenery and terrain and few restrictions on access. For details of races and local advice, have a browse at manxfellrunners.org or manxathletics.com

So I did it!

MY 65 FELL RACES @ 65

I've done it. My 65th fell race in my 65th year. Stanbury Splash fell race from Penistone Hill quarry, above Haworth this Sunday 24th January. Despite all the cancellations because of snow and ice, I managed to complete all 65 fell races before my 65th birthday on 7 February.

Although the first fell race of my challenge was the Ilkley Moor Fell Race in Feb 9 after my birthday (7 February) my races didn't really start in earnest until April, when I decided to take it all seriously.

At that time I wasn't aware of the commitment required of both my husband and me over our year of racing on the Northern fells of England. It was important to me to not only run all the fell races but to enjoy them as well.

It was when running Waugh's Well in Lancashire that I wondered just WHY was I doing this. Basically I knew why. My mind went back to August 1992, when I was admitted to Ward 26, Leeds General Infirmary, having



collapsed with a brain haemorrhage, and was told by a doctor that I would never walk to the end of the street again, never mind run. His words still stay with me, and every time I run, wherever it is, I feel tremendous gratitude towards the consultant and doctor who later helped me in March 1993, back to full and complete health with balloon embolisation, then a ground-breaking operation where two little balloons were inserted into my brain to seal off the bleeding

artery situated next to my brain stem.

So to run is an exceptional privilege to me. Now, no matter how hard the race, I feel such a joy just to be there, running, albeit slow. With two balloons in my head I ought to be able to float around them.

Although the weather late December and January deteriorated with snow to such an extent that all fell races were cancelled I found enough races to ensure that I completed my

65th race at Stanbury Splash as planned on Sunday 24th January.

Dave and Eileen Woodhead's races at Penistone Hill above Haworth are closest to my heart. They offer everyone everything. I cannot express the atmosphere at the race venue, the enthusiasm of everyone racing them, the challenges they offer and, most of all, the fun element, without losing the fact that some of the races are serious fell races over moorland often in inclement weather conditions.

Most of all I owe special thanks to my patient husband, Jim for his uncomplaining help over the year, journey planning and ensuring that we arrived at the races, wherever they were, in good time, and being there at the end of each race to either run me in or cheer me on.

I just love the experience of racing on the fells, and as long as I am able will continue, and this year February 2009 to Jan 2010 has given me so many memories. Especially wonderful was completing my 65th race, to be greeted by members of Ilkley Harriers, my running club who had gathered to cheer me in with champagne, flowers. Dave and Eileen also presented me with a cake. What a wonderful way to celebrate my 65th fell race. And what's more, I achieved my aim to enjoy every race I ran.

FELLRACES FEB 2009 TO END JAN 2010

No	Date	Race		Distance	Climb	Time
1	22-Feb	Ilkley Moor	Ilkley	5m	1260	86.49
2	4-Apr	Pendle	Barley, Lancs	4.5m	1500	71.53
3	7-Apr	Bunny Run 1	Haworth, Yorks	3m	300	31.45
4	3-May	Great Hameldon Hill Race	Accrington Lancs	6m	1100	74.37
5	6-May	Lothersdale,	Yorks	3.6m	600	47.52
6	9-May	Pinhaw Moor	Earby	5m	700	58.07
7	30-May	Duddon Valley Short	Seathwaite	9m	3000	3:41.39
8	3-Jun	Otley Chevin	Otley, W Yorks	3.5m	900	35.54
9	10-Jun	Bingley St Ives	Bingley, W Yorks	4.5m	450	62.06
10	12-Jun	Barley	Barley, Lancs	5m	900	59.36
11	17-Jun	Kettlewell	Kettlewell	5m	1800	75.52
12	21-Jun	Tom Tittiman	Chiserley, Hebden B	4m	700	54.30
13	22-Jun	Trunce	Oxspring, Sheffield	4.25m	550	50.27
14	24-Jun	Beamsley Beacon	Addingham W. Yorks, BOFRA	5.5m	500	78.39
15	25-Jun	Blackamoor Chase	Totley	6m	1450	89.26
16	27-Jun	Eldwick Gala	Eldwick	3m	550	34.14
17	1-Jul	Danefield Relays	Otley, W Yorks	3m	450	34.40
18	2-Jul	Murder Mile	Silsden, BOFRA	1m	950	14.30

19	3-Jul	Wharfedale TTT Uphill Race	Kettlewell	3m	950	33.58	
20	4-Jul	Oakworth Haul	Oakworth	5m	650	68.51	
21	5-Jul	Wharfedale TTT Fell	Kettlewell	1.4m	500	27.49	
22	8-Jul	Stirton Fell Race	Stirton, Skipton	5.5m	1200	71.02	
23	11-Jul	Baildon Gala Fell race	Baildon, West Yorks	3.5m	550	33.48	
24	12-Jul	Morton Gala Fell Race	West Yorks	2m	300	31.46	
25	13-Jul	Trunce 6	Oxspring, Sheffield	4.25m	550	49.07	
26	14-Jul	Waugh's Well	Edenfield, Lancs, 1st Rossendale Series	4m	1200	69.53	
27	18-Jul	Oxenhope Gala Fell Race	Oxenhope, West Yorks	3.25m	300	40.00	
28	19-Jul	Hawkswick Dash	Hawkswick, Littondale, BOFRA	1.2m	600	25.54	
29	22-Jul	Gargrave	Gargrave BOFRA	5m	300	62.47	
30	25-Jul	Cowling Gala Fell Race	Cowling BOFRA	2.75m	475	35.38	
31	26-Jul	Cracoe Fell Race	Cracoe BOFRA	5m	900	99.23	
32	1-Aug	Hellifield Gala Fell Race	Hellifield	3.5m	860	48.28	
33	2-Aug	Round Hill Fell Race,	Timble West Yorks	9m	1100	117.01	
34	3-Aug	Trunce 7	Oxspring, Sheffield	4.25m	550	49.55	
35	4-Aug	Crow Hill Reverse	Mytholmroyd	5m	1000	64.41	
36	5-Aug	Whittle Pike	Rossendale, 2nd Rossendale Series	4.5m	1400	91.03	
37	8-Aug	Arncliffe Gala Fell Race	Arncliffe, Yorkshire, BOFRA	1.8m	443	23.48	
38	9-Aug	Bingley Show Fell Race	Bingley, West Yorks	3m	575	28.33	
39	12-Aug	Pilgrims Cross	Helmshore, Rossendale, 3rd Rossendale.	6m	1100	79.23	
40	16-Aug	Worsthorne Moor	Worsthorne, Burnley	7m	900	77.02	
41	17-Aug	Trunce 8	Oxspring, Sheffield	4.25m	550	47.55	
42	19-Aug	Golf Ball	Crawshaw Booth, 4th Rossendale	5.5m	800	76.04	
43	7-Sep	Bradley Family Fell Race	Bradley, West Yorks, BOFRA	3.5m	750	46.47	
44	8-Sep	Trunce 9	Oxspring, Sheffield	4.25m	550	48.31	
45	12-Sep	Hodder Valley Show Fell Race	Slaidburn, Lancs	7m	1100	96.57	
46	13-Sep	Settle Loop Tough Trail	Settle, Yorks	9.5m	1500	113.2	
47	19-Sep	Lantern Pike Fell Race	Little Hayfield, High Peak, Derbysh	5m	1050	66.04	
48	20-Sep	Embsay Fell Race	Embsay,	2.75m	800	40.23	
49	26-Sep	Thieveley Pike Fell Race	Burnley, Lancs	4.25m	1300	67.44	
50	27-Sep	Norland Fell Race	Copley, Halifax, West Yorks	6.3m	800	75.33	1st /60
51	3-Oct	Autumn Leaves Fell Race	Diggie, Saddleworth	8.5m	1700	124.49	1st 0/60, Gales
52	4-Oct	Malham Relay	Malham, Yorks BOFRA	1.75m	300	18.17	
53	11-Oct	Beefy's Nab	Oxenhope, West Yorks	3m	650	47.23	
54	24-Oct	Race You To The Summit	Summit Inn, Nr Littleborough	4m	800	54.22	
55	25-Oct	Withins Skyline	Penistone Hill, Nr Haworth	7m	1000	99.34	Tough, peat bog, gales and rain
56	31-Oct	Great Whernside Fell rce	Kettlewell Campsite	4m	1555	66.44	
57	7-Nov	Shepherds Skyline	Shepherds Rest Inn,Todmorden	6m	1150	98.48	Tough, cold, boggy, squally rain
58	8-Nov	Cop Hill, Meltham	Meltham Community Hall	7m	900	74.14	
59	22-Nov	Rivock Edge Fell Race	Bridge Pub, Silsden	6.3m	835	97.12	
60	29-Nov	David Staff Memorial Fell Race	Bandstand, Sunnyhurst Woods, Darwen	5.1m	1200	66.47	1st 0/60
61	20-Dec	The Stoop,	Penistone Hill, Haworth	5m	800	72.14	Sweeper up (requested by Dave Woodhead)
62	31-Dec	Auld Lang Syne	Penistone Hill, Haworth	6m	900	81.11	Course altered to original course. Thick snow on skyline.
63	1-Jan-10	Giant's Tooth	Ogden Reservoir, GR 064306	3m	400	35.17	Jim ran with me because course was icy.
64	17-Jan-10	Firbank Fell Race	Howgills, Cumbria	4m	300	42.15	
65	24-Jan-10	Stanbury Splash	Penistone Hill, Nr Haworth	7m	1200	94.44	



UK

....one series,
....12 races,
....step beyond

2010

UK ultra-running championships

DATE	RACE NAME	MILES	LOCATION
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SHORT

13 Mar	Wuthering Hike	31	Yorkshire
3 Apr	Manx MM	31.5	Isle of Man
8 Aug	Long Tour of Bradwell	32	Peak District
11 Sept	Pumlumon	26	Wales

MEDIUM

10 Apr	Calderdale	37	Yorkshire
15 May	Malborough Downs	33	Wiltshire
3 Jul	Osmotherley Phoenix	33	North Yorkshire
18 Sep	High Peak 40	40	Derbyshire

LONG

20 Mar	Hardmoors 55	55	North Yorks
8 May	Fellsman	61	Yorkshire
24 Jul	Lakeland 100 & 50	100 & 50	Lake District
16 Oct	Round Rotherham	50	Yorkshire

- Is free to register for the series (standard race fees apply)
- Prizes for men's and women's overall, 50+, 60+ and teams
- Loads of spot prizes up for grabs to registered runners
- 1 race from each distance plus 1 other to count to the championship.
- Event details, prize info, runner profiles and more at www.runfurther.com

....Register free at
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Summer 2008. Late evening after a long day at work. I have a swig of red wine to steady my nerves and hit the 'send' button on an email that I've spent hours composing, editing, deleting and recomposing. It's a nerve-wracking moment – I'm about to test an idea for a book that I've been working on for months on the real world. Worse than that, on the real world of fell-runners, where a spade is definitely a spade and probably a cast iron spade at that. My dream could be cast into oblivion very quickly. As my wife would point out, I'm a bit of a glass half empty kind of guy, and I'm worried my idea of a book will simply not resonate with fellow runners. Also, there's a bit of a credibility thing, since I'm not really a proper fell runner – more of an ageing road runner looking for softer surfaces to run on and better views – and I don't have a huge number of fell races to my name. The M45 class at the 5th World Masters Mountain Running Championships in Keswick in 2005 sounds impressive but it was an open entry and I finished well back in the pack. I was a resounding last in the Calderdale Hike the year I tried it (shin splints), clocked a 22 hr Fellsman (my excuse is that I was held back by a running companion whose piles prolapsed spectacularly as we came off Great Whernside) and baled out very early into a LDWA '100'. I am a member of the Fell Ponies running club, but not exactly a prolific competitor, having only worn the vest a couple of times.

I reread the email – too late now to amend it, it's in the ether and hitting the inboxes of club chairmen, webmasters and numerous fellrunners of a literary bent. It went something like this:

"Hi

I'm a sometime runner/writer based in Staffordshire and I'm putting together a collection of writing on fell and off-road running, made up of race accounts written by club runners. I've identified some great race stories on a number of fell and running club websites, including yours, and would love to bring them to a wider audience.

As well as getting some really entertaining and/or informative reports into a book form I'll also be pointing readers to the contributor clubs' websites. A couple of questions – could I use Lisa Spencer's race report of the Wharfedale TTT 2008 from your website (<http://www.bingleyharriers.org.uk/html/ttt/ttt.htm>) and also publish a link to the article and to your club's site in the book? And do you have an email address for Lisa so I can clear copyright with her? Alternatively, could you pass Lisa this email and ask her to contact me?

I've had an enthusiastic response from people I've approached so far and would be really pleased to include something from Bingley in the book.

All contributors and clubs will be fully acknowledged and any proceeds will go to charity – Mountain Rescue is my first choice.

Look forward to hearing from you.

Regards

Pete Hooper"



I needn't have worried. Alan Oates at Bingley bounced my email to Lisa and Lisa replied almost immediately to me saying she'd be delighted for me to use her article and what a great event the Wharfedale TTTs was. Similar responses from a further 35 clubs and 50 runners and suddenly the dream – a compilation of 60 fell running race accounts, written by fell runners for fell runners – was a reality. What I hadn't quite appreciated was how long it would take to turn the 'reality' into a proper book. The editing and formatting was easy, but getting the book published in an affordable format was more challenging. In the end I went to lulu.com at the start of this year and self-published. And I've become a 'glass half full' person – since the book went 'live' on 6th February it has sold (to date) over 400 copies, consistently been in the top 5 of lulu.com's Sports and Adventure books and has had some great reviews. More importantly, it has raised over £1400 for Mountain Rescue. The first royalty cheque arrived recently and will shortly be paid over to MR. I'm still hopeful that a UK publisher will pick the book up, so it hits the shelves of more bookshops and my thoughts are turning towards volume two...

Buy 'The Best of the Fells', edited by Peter Hooper, at lulu.com £9.95 plus P&P.



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No man or woman has yet been able to retain or regain the overall UK Ultra-running Championships title and the series is now in its fifth year.

Making a very strong bid to achieve just that though, is the 2008 champion Nicky Spinks. Nicky ran strongly at the Manx Mountain Marathon but her performance at Fellsman this year was exceptional – in cool and dry conditions but with a strong headwind she slowly worked her way through the field to finish 6th overall and set a new ladies record time of 12 hours and 39 minutes. When you consider that the previous two fastest times were those of Anne Johnson (nee Stentiford): holder of the Lakes 24 hour record and fastest BG and Sarah Rowell: full international and holder of numerous other records, you realize just what a performance that was. Nicky ran a blinder in 2008 at Pumlumon to win the series and says that it's only about half way round a race that she knows it's one of those great days where she can turn up the jets.

The ladies title will not be won without a hard fight though. New to the long distance scene this year is Kate Bailey – yes, sister of Simon and ex junior International. Kate ran two races this year and broke the record at both of them. Again, consider that the Wuthering Hike time was set by world 100km champion Lizzie Hawker and you get an idea of the talent we are talking about. Kate's time at the Marlborough Challenge earned her almost 900 series points. Just wait until these two go head to head – there will be fireworks!!

With half the series races done, though, it's neither Kate nor Nicky at the top of the leaderboard, it's Karen Nash from team Kryptonettes. Karen has four fairly consistent scores on the board and now it's up to the others to do better if they can. Just 23 points behind though is Wendy Dodds; Wendy has consistently won her category every year of the series and has been in the top three ladies overall. Just about anyone in the fell and distance running world knows

of Wendy but what you might not appreciate is just how consistent, tough and competitive she still is. Basically, as the terrain gets worse, the weather deteriorates and the distance increases, Wendy gets stronger until she is dominating women half her age and most of the male competitors too. Her best score this year? Hardmoors – 50 miles run in freezing, driving rain and an event where half the field retired hypothermic.

The M50 category is shaping up with some familiar faces – Phil Hodgson, John Vernon and Jess Palmer amongst them but look-out for newcomer to the series Les Hill – he has completed only two races so far but got great scores at Wuthering Hike and Calderdale and if he can repeat those kinds of scores he will be the man to beat.

In M60, Dick Scroop was oh so close last year for the Grand Slam – he completed 11 of the 12 races in his first real year at long distance and is back again with all that learning and experience



Steve and Mark off Ingleborough



Jayne Angille running the South Devon Coastal marathon



Martin Beale chasing the lead



Sarah Rowell romps home as first lady

under his belt. Everything is going well so far for Dick and he is using the challenge to raise funds for a health and education charity in Nepal.


In most years, by the halfway point it starts to become obvious who the top 3 contenders are for the overall Championships. That's true in the Ladies category but the men's is wide open. 2009 champion, Andy Rankin, has been sidelined with a stress fracture in the hip and 2009 runner-up, Jez Bragg, has been sidelined with a stress fracture in the heel (and I thought distance running was supposed to be good for you!!). 2007 champion, Allen Smalls, just won Marlborough Challenge but it was his first race of the series and it's not clear whether he will complete four counters. 2006 champion, Spyke, has been a little busy elsewhere – smashing the Munros record and setting a new sub-40 day target that will be very hard to beat. Despite a winter of nearly no running and protestations of dodgy knees, 2008 champion Mark Hartell might still be in with an outside chance as he took second place in Calderdale and Fellsman and just won the Scottish Islands Peaks race. The shortest odds though, probably go to Simon Deakin – currently topping the leader-board, Stuart Mills – with a win at Hardmoors and close third place

at Marlborough, Adam Perry/Ian Phillips – who won Wuthering and seem to stick together come thick or thin and Jon Morgan, winner at Calderdale. Yes, it's anyone's championship right now and not too late to enter if you are reading this and getting tempted by some Ultra-running fun. As ever, being part of the series costs nothing – you simply enter and pay for your chosen races – and opens you up to a prize fund worth almost £10,000 with much of this given away as spot prizes, so you don't have to be Elite to be a winner.

Ultra-running is a fast growing sport and, with over 1000 registered runners in the series, many of the races this year are filling early. It is also a sport with great camaraderie and the team at runfurther.com are very keen to encourage teams – running clubs or just mates, serious names or daft. As part of that, we ran a competition this year to select two team members for the runfurther team. The response was amazing with over 80 applicants and some hugely impressive and moving stories, explaining their motivation and their introduction to the sport. There is no doubt that learning to run long in the hills and mountains changes your outlook on life and

that the positive aspects far outweigh the odd lost toenail and cold epic. Our male winner – Martyn Turner is just starting out on that road of discovery as he moves from road marathons to the hills and, ultimately, a 50 mile challenge. Our female winner, Jayne Angille is already a veteran of the long stuff though and joins Sarah Rowell and Kate Bailey to form a formidable women's team for 2010.

Next up? Osmotherley which offers a great family day out with races at 17 miles and up and then, rapidly becoming a classic, the UTLD 50 and 100 milers. Maybe after those two we will start to see just who really has their eyes set on the stag trophies for 2010.

 runfurther.com The home of ultra-running				The UK ultra-running championships 2010 Leader Board		
Category	Male			Female		
	Name	Club	Points	Name	Club	Points
Overall						
First	Simon Deakin		3638	Karen Nash	Kryptonettes	3114
Second	Rick Ansell	Tring RC	3349	Sarah Rowell	Team runfurther	2501
Third	Martin Deitrich		3338	Anne Green		2376
Over 50						
First	Phil Hodgson	Team Krypton	2500	Wendy Dodds	Peak Bog Fairies	3091
Second	Mark Townsend		2333	Julie Gardner	Peak Bog Fairies	2190
Third	Glyn Sawford	Holme Pierrepont	2058	Shirley Colqhoun		1882
Over 60						
First	Dick Scroop	Mercia Fell Runner	2438			
Second	Adrian Dixon	Team Krypton	2239			
Third	Peter Hamson	Tring RC	1210			
Most points in the series						
First	Simon Deakin		3638	Wendy Dodds	Peak Bog Fairies	3836
Second	Dick Scroop	Mercia Fell Runner	3506	Karen Nash	Kryptonettes	3114
Third	Rick Ansell	Tring RC	3349	Sarah Rowell	Team runfurther	2501

Series presented by: SE² - Sports Endurance Events

Martin Stone's LONG DISTANCE

NEWS SUMMARY – JUNE 2010

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel/FAX: 01931 714106, EMAIL: martin.stone@sportident.co.uk*

STEPHEN PYKE – SCOTTISH MUNROS RECORD

At 3.06pm on 3rd June, Stephen set an astonishing new record for the traverse of the Scottish Munros. He reached the summit of Ben Hope, the most northerly of Scotland's 3,000 ft peaks, 39 days nine hours and six minutes after setting off to climb Ben More on Mull on 25 April. This completed the fastest round of the Munros beating the previous record of 48 days twelve hours set by Charlie Campbell in the summer of 2000. Steve completed the route 20% faster than the previous record. You can read more see some photos elsewhere in this magazine. Steve's amazing achievement is also chronicled on the excellent blog that his team maintained throughout the challenge at <http://munros2010.blogspot.com/>.

STEVE BIRKINSHAW – 2nd ATTEMPT ON LAKELAND 24 HOUR RECORD

On Saturday 19th June, Steve made his 2nd attempt to beat Mark Hartell's 77 peaks record which has stood since 1997. He set off at 03:00 from Braithwaite, the same time as on his previous attempt a year earlier. Unfortunately Steve ran into problems throughout the day and retired at about 22:00 during the section from Wasdale to Honister. He had been losing bits of time on the schedule for much of the run and then lost significant amounts of time on the climb up Yewbarrow from Wasdale and also on Red Pike. The last summit he climbed was

Pillar, which left 23 peaks to complete before returning to Braithwaite. He was supported by a team of about 20 runners and the current record holder, Mark Hartell, paced him on the first very fast section that crosses the Northern Fells. Two failures must be very disappointing for Steve but there is a precedent for this as Mark Hartell only succeeded on his 3rd attempt as he was thwarted by bad weather on two previous occasions.

Steve writes "I gave up on the way between Wasdale and Honister. I am so disappointed; I tried really hard but in the end it was not good enough. I was losing bits of time all the way to Wasdale and then big chunks going up Yewbarrow and Red Pike. Once I knew the record was out of reach I lost all motivation and started to feel all dizzy. The weather was as good as you could hope for on the day but I got my eating and drinking wrong again. After five hours my stomach was really bloated and I felt sick. I was getting sweet stuff down but anything else was just sitting there. Eventually after 12 hours it all came up - around three pints of liquid and food. I felt lighter but by then the damage was done. It is a great record with no slack in it for things to go wrong. Thanks to my pacers and support team who did a great job."

TOM GIBBS – SOUTH WALES TRAVERSE. 3rd FASTEST TIME

On 12th June, Tom completed the South Wales Traverse (75 miles and 5,500M ascent) in 15 hrs 5 mins. This was the 3rd fastest time - 20 minutes outside Mark Hartell's record and 10 minutes slower than Martin Stone. It was the fastest time by a Welsh resident and the fastest in nearly 20 years. Conditions were very dry which was good, but hot and muggy on a few climbs and the road section. Tom was ably supported by MDC stalwarts - Jules Carter, John & Hugh Aggleton, Keri & Pauline James, Mark Saunders & Alice Bedwell, Martyn Green and Phill "The Drive" Brown. You can read a full article elsewhere in this magazine.

ROB WOODALL & MARY GILLIE – DARK PEAK 15 TRIGS

On Sunday 11th April, Rob and Mary completed

the 55 mile route with 8,500ft ascent as a loop from Hayfield. Their journey took them a creditable 13hrs 7 mins and you can read a full article elsewhere in this magazine.

DUNCAN ELLIOTT & ANDY CROOK – DALES SKYLINE

During 2009, Duncan devised a 36 miles, 10,600ft ascent route from Barbon to Settle. It was a skyline route that joined together some fine summits in the Dales in a linear journey. Duncan and Andy attempted the route on Easter Sunday, 4th April and completed it in 11hrs 50mins. You can read a full article elsewhere in this magazine.

CHRIS NEAR – FASTEST CUMULATIVE TIME FOR 3 BRITISH ROUNDS

On 2nd May, Chris completed a fast Bob Graham Round. He aimed to break 17hrs 40mins which would give him a lower cumulative time than Mark Hartell for the 3 British rounds - BG, Ramsay's Round and the Welsh Classical Round. His time was 17hrs 23mins despite an extremely painful right knee which left him hobbling up and then downhill for the last 6 hours. Until then he was hoping to complete in a time between 16hrs - 16hrs 30mins. The weather was good as were conditions underfoot and he was supported by a fantastic team of pacers.

JOHNNIE WATSON – YORKSHIRE DALES TOP 10

The Yorkshire Dales top 10 is a 74 mile route with about 3200m of climb. It takes in the 10 highest peaks in the national park. Johnnie got the idea for the route from a book of the same name by Brian Smailes. He had run the route a few years ago but over two days, with an overnight bivvy near High Seat. He decided to make a 24 hour attempt, starting and finishing in Horton, travelling solo unsupported.

He set off from Horton on a cloudy Saturday afternoon, Saturday 6th March. The first top was Pen Y Ghent. The steps up were clear of ice and there wasn't a great deal of snow on the top. He dropped down the back of Pen Y Ghent and straight over Fountains Fell. The route then took him via Arncliffe and Kettlewell, heading for his second top, Great Whernside. Much more snow here and there was snow on the ground from the scout hut onwards. The sun had set, the sky had cleared and the temperature was dropping very quickly. The climb up Buckden Pike (3rd top) was a slog, the snow hadn't frozen solid yet, so he trudged up with feet going through the ice every few steps. This was his low point.

Johnnie ran through Hawes at about 01:30, very quiet and still! The moon came up as he started up Great Shunner Fell (4th), the top is a desolate place on a good day. The temperature had dropped enough for the snow to freeze solid all the way to High Seat (5th). This section was fantastic on such a still, cold, quiet and clear night. He could see the lights, probably of

Middlesbrough, in the distance. The sky lightened as he came down from High Seat and the sun was up by the time he reached the top of Swarth Fell (6th). At this point the route turns roughly south and starts heading for Horton. He had a good last few hours and was in great spirits, eating well and feeling strong.

There are a couple of quite long road sections before Dent; even these were good in the morning sun. He chatted to a cyclist, the first person seen since Pen Y Ghent. The climb up to Crag Hill (7th) and Great Coum (8th) were slow, but they are really the same hill with only a flat ½ mile between tops. This left only 2 descents and 2 ascents over Whernside (9th) and Ingleborough (10th). He had well over 5 hours left but still felt the need to push. It was turning into a lovely day and Whernside was predictably busy. The zig zag path up Ingleborough was a wall of ice, with only toe holes for feet. This was the only time when he thought a fall could have been serious. Thirza and Dave were on the top enjoying a good day. He trotted down feeling pretty good, taking time to enjoy the great day. He finished in a time of 22 hours 33 minutes. He felt very lucky to have such good weather so early in the year. The good visibility meant navigation was not really a factor.

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. The award year ends on 30th September and in the first part of October, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award is chosen. Please send a schedule and brief details of any record-breaking run to: **Martin Stone**

**Sleagill Head Farm, SLEAGILL,
PENRITH CA10 3HD,
Tel: 01931 714106, EMAIL:
martin.stone@sportident.co.uk**

WWW.GOFAR.ORG.UK

Tony Wimbush has setup an excellent website that documents long distance routes. If you have completed a new route or have something newsworthy about the long distance scene, please help Tony to keep the website up-to-date by also sending an email to info@gofar.org.uk.

Stephen Pyke during his
record breaking traverse
of the Scottish Munros



Photo © Digby Harris

Dark Peak 15 Trigs

11 APRIL 2010

Ancient sources state: The 'rules' are simple enough: to visit on foot, in less than 15 hours and without support en route, all 15 trig pillars marked on the Harvey (KIMM 1984) Peak District map, beginning and ending at either The Sportsman at Redmires or The Royal at Hayfield. Total stats are 55 miles and 8500 ft of ascent.

Being a collector of trig pillars and long distance challenges, I was bound to do this one eventually. Mary Gillie my OMM partner also fancied the route and has friends in Glossop, so we started at the west end of the route ("illegally" as it turns out – check the rules!), 05:33 on a cool dry Sunday morning.

MG's comments - in girlie pink. A few months ago I blithely said I'd have a go. The week before, I suddenly realised that this was a pretty serious undertaking and didn't have much time to

organise. Recovering from a back injury didn't boost my confidence but the physio had given me a clean(ish) bill of health so that was no excuse. Day 6 I'd got round to ordering the map and getting provisions in and day 3 I suddenly realised tapering was in order. I got the rough route pictured in my head studying the map on the train and in discussion with Rob. I could at least sanity check Rob's GPS work as we went. Relaxing with my longstanding friend Mel and her delightful children the evening before was a great way to calm the nerves. At 4:40am I managed to trip the electrics so we had breakfast by torchlight – great start!

MG: Starting from Glossop you get the benefit of the faster running sections first.

Between us we had been on most of the route over the years but had done no specific recceing. I'd put together a detailed GPS track but my concentration must

have lapsed when I planned the first leg to Harry Hut as we take the wrong lane and make a brief detour via Moorside and Bray Clough. From the trig, things go more smoothly; nice sunrise from Mill Hill (*MG:..it was gorgeous*) and a lovely run along the edge of Kinder with a few pockets of mist in the valleys. After Kinder Low we leave our packs at the fork for the Brown Knoll out-and-back. Considering the recent snow, the peat isn't as soggy as we'd feared (*MG: a state like gloopy treacle, once or twice I was clinging to the trig points in a bit of a morass, hoping Rob would take a photo before I was up to my waist*). Retrieve the packs, a quick feed; en route to Edale Moor (Blackden) we pass the first walkers of the day. (*MG: I was reminiscing about happy bog hopping days as a teenager, a great escape from teenage angst*). Soggy descent, managing to keep to the trods I'd spotted on Google Earth. Then the motorway leading down past Crookstone and up Win Hill – Lapwings and Curlew; brief disturbance of a trail bike going up; 2 runners coming down. (*MG: The vale of Edale laid out before us - stunning*). A group of walkers just beat us to the summit; they probably wonder what's going on as we turn up, take a quick photo then run off. Route choice on descent – we go for simplicity: Yorkshire Bridge instead of Ladybower dam. At the start of New Road we've left a water stash (*MG: I left some nuts and raisins but the mice got there first...*). Then another route choice, which we noticed the previous afternoon: over the shoulder of Bamford Moor (first Ring Ouzel of the day) and



across the boggy saddle to reach High Neb. *(MG: I love wildlife but can never remember the names – having a self-propelled reference book alongside me is great).* Probably similar in terms of time but neither of us like tarmac and it does our feet no harm to get a proper wetting before the next few miles of hard dry surfaces *(MG: absolutely...)*. We stop for a photo of Stanedged Pole (a bonus trig point, albeit not a trig pillar), then round the S side of Redmire Resrs and on to The Sportsman pub, where we'd left our halfway food bags the previous afternoon. *MG: The landlady was great but shooed us out quickly as Sunday Lunches were obviously the priority. The simple joy of a nice juicy apple.*

Restocked, we find the path behind the Three Merry Lads and thread the network of paths to the A57 crossing. Partway up Rod Moor the phone rings – Ian Winterburn had mentioned he might meet us if he had time, and we agree a rendezvous for just before Emlin. We're a bit nervous about the Gibraltar Rocks "trespass", but we see no-one (other than on the road, where we meet a group of walkers who recognised us from Stanage a couple of hours ago!). *MG: We definitely weren't the first trespassers – it looks like a picnic spot.* We go straight over this nice little rocky top, drop down across the pasture and through the wood to Dale Dike Resr, across the dam and through the wood. Ian is waiting for us just before the upper road, and immediately shows us a neat shortcut to the start of the Emlin ascent. Emlin Ridge is well kept grouse moor, heather ranging from runnable to kneedeep – catching up on local news from Ian is a welcome diversion from *Calluna vulgaris*. *MG: I'd been dreading the heather bash and building it up in my mind, so actually when it arrived, weaving through the undergrowth wasn't too bad – a good expectation management technique. Later in the year it may have been worse. The day was glorious and the moors laid out before us, the rocky tops clear on the sky line. The variation in colour from dead bracken, to new heather and heather in bloom over the moors was wonderful.* Leaving our packs at Cartledge Rocks we jog to Back Tor (a favourite trig, perched on a scrambly tor) *MG: The path has fairly new stone slabs, as Ian said – its amazing there are any old mills to retrieve any more stone slabs from.* Then retrieve the packs for the traverse to Margery. I'd pretty much figured out the route from the FRA Forum thread and Google Earth but it's good to do it with the Master! We make the minor diversion to High Stones (South Yorks County Top – in my County Highpointing days I think Margery Hill took the honours). *MG: Wasn't sure initially about this diversion but it was worth it for the run along the edge. Great to have Ian to point the local features out.*

En route to Outer Edge we find Alan Knox (Penistone) doing battle with the bogmonster; making a small detour Ian sidesteps the beast then shows us the remains of the Oxford LX518 aircraft a little way before the summit. We follow Ian and Alan down to another wreck (Consul TF-RPM, ex Oxford HN471 RAF) then as they head home, we continue descending Broadhead Clough then along to Derwent Resr. *MG: Having wreck hunted as a teenager I wasn't that interested in them but there is something very poignant about them, a reminder of the awesome power of the hills. It is nice to see all these years later people still remembering and leaving poppies.* The tarmac road soon loses its appeal *MG: I knew this was going to be bad, with every step my hamstrings seemed to get an inch*



Trig #4 Brown Knoll



Trig #5 Edale Moor (Blackden)



Trig #7 High Neb



shorter... and we plod up through Ditch Clough Plantation. I'd spied a neat-looking shortcut via Fagney Clough but at this late stage with plenty of time we're happy to just follow the big path up then along the brink of wonderful wild secluded Alport Dale. **MG: It is beautiful but I think I may come back to explore it more some other time when I'm not knackered. At this point I was going through the 'concentrate on what would be nice to eat next to avoid thinking about running and the pain' stage.** After the boggy trigged summit we return to the rim, picking up the high contouring path at Glethering Clough and we follow this lovely path (mostly successfully!) to Grains in the Water, the Dale's wild beauty helping take our minds off our increasing tiredness. **MG: Being up on remote Bleaklow as the evening gathers and the hills to ourselves is lovely even when tired.**

Heading up the Hern Clough path we're in for a nice surprise – Yiannis Tridimas has read on the Forum of our proposed attempt and has turned out to help us through our last 2 hours – fantastic! **MG: I knew before I recognised him it could only be a mad fellow fell runner, off the path at 16:40 on Bleaklow, the running style rucsac and cheerful wave confirmed this.** A good trod leads up through the B29 Superfortress wreck (big plane landed on a hard surface and it covers a substantial area). At Higher Shelf Stones there's some evening colour in the sky but plenty of daylight yet. Yiannis takes us on a fast descent (Shelf Moor Race route I think he says), crossing near the top of Dowstone Clough, **(MG: me frantically trying to keep up, my hamstrings really complaining.... Yiannis' joyful enthusiasm keeping my spirits up...)** then shortish heather to Small Clough and Cock Hill. **MG: I know the end is in sight and find some new strength (or was it just the marzipan?).** This is our last trig, with Glossop spread below, the weather clear dry and cool as it's been virtually all day, and an easy descent back to Old Glossop. We finish in 13h 07, nicely inside the 15 hour time limit. **MG: The last little climb beside Shire Hill felt like the north face of**



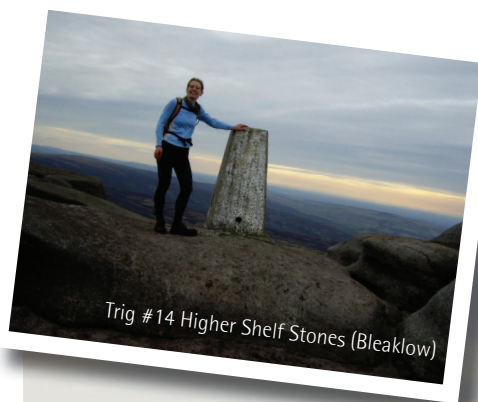
A triangulation point but not a trig pillar in the usual sense. The OS will have sighted to it but (obviously) not set up a theodolite and sighted from it!

Everest, I don't think I'll ever be so glad to see a red Clio. A shower and baked beans on toast at Mel's was just the ticket. A few days later my feet are still a shade of peat brown but getting lighter. My back has survived – just.

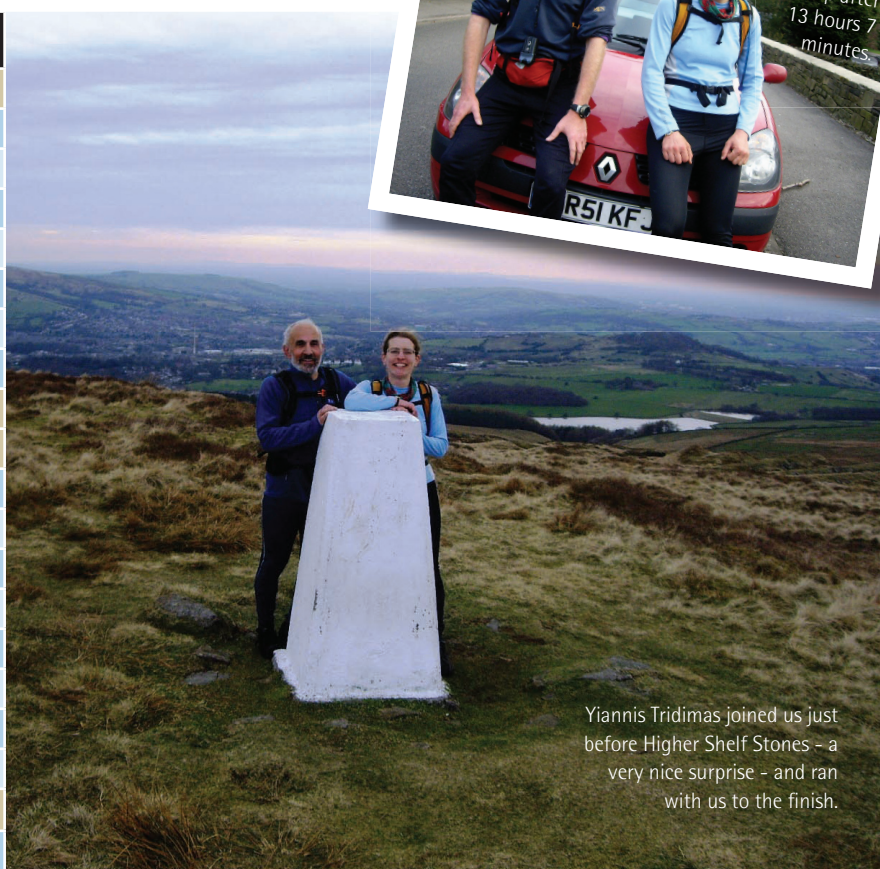
It's a pleasure to have completed this nice route in perfect conditions - in the 25th

anniversary year of the route's creation as it turns out. Thanks to Alan Yates and the Dark Peakers for devising it, and to Ian and Yiannis for turning out to meet us. A memorable day.

Photos: www.flickr.com/photos/8589216@N06/sets/72157623715591989/



		BST	Split
	Old Glossop	05:33	
1	Harry Hut	06:15	00:42
2	The Edge (Kinder West)	06:47	00:32
3	Kinder Low	07:10	00:23
4	Brown Knoll	07:27	00:17
5	Edale Moor (Blackden)	08:30	01:03
6	Win Hill	09:24	00:54
7	High Neb	10:29	01:05
	Sportsman	11:13	00:44
	rest	11:22	00:09
8	Rod Moor	12:11	00:49
9	Emlin Ridge	13:12	01:01
10	Back Tor	14:05	00:53
11	Margery Hill	15:03	00:58
12	Outer Edge	15:24	00:21
13	West End Moor (Alport)	16:51	01:27
14	Higher Shelf Stones	17:45	00:54
15	Cock Hill	18:17	00:32
	Old Glossop	18:40	00:23
			13:07



A new Munros record

At 3.06pm on 3 June, I reached the summit of Ben Hope, the most northerly of Scotland's 3,000 ft peaks, 39 days nine hours and six minutes after setting off to climb Ben More on Mull on 25 April. This completed the fastest round of the Munros beating the previous record of 48 days twelve hours set by Charlie Campbell in the summer of 2000.

The round was completed under my own steam using a bike to link the various mountain ranges and a couple of stretches of kayaking. I am very grateful to John Clemens of Mercia Fell Runners who provided wide-ranging support from a VW campervan for the duration of the round and kept a lot of people entertained with regular blog updates (<http://munros2010.blogspot.com/>). A great many hill running friends also came up to support and provided company on just under half the hills.

With 283 Munros to climb, the average was just over seven Munros a day and, inevitably,

included some pretty big days out. There were three twelve Munro days, three elevens and five tens. The dozens were a long trek over Schiehallion and south over the Glen Lyon and Lawers ranges, a traverse of the ten Mamores familiar to Ramsay rounders but this time preceded by a morning ascent of the Beinn a'Bheithir pair south of Ballachulish and, towards the end of the round, a crossing of the three eastern-most Fisherfield Munros followed by the nine Fannaich hills. In terms of time the longest days were a traverse of the Cruachan four, the Etive five, then Stob Ghabhar and Stob a'Choire Odhair and an outing to take in the eight Munros in the rough bounds of Knoydart.

I have been using the round to raise awareness of the work of the John Muir Trust, the UK's leading wildlands charity, and aim to persuade one hundred new people to join the Trust. Donations to the Trust can also be made at www.justgiving.com/spykes-munro-round.

Day 8 Cairngorms



Photos © Tom Brunt

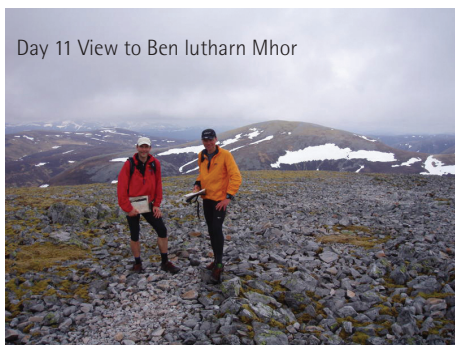


Photo © Digby Harris

Day 9 Lochnagar



Day 11 View to Ben lutharn Mhor



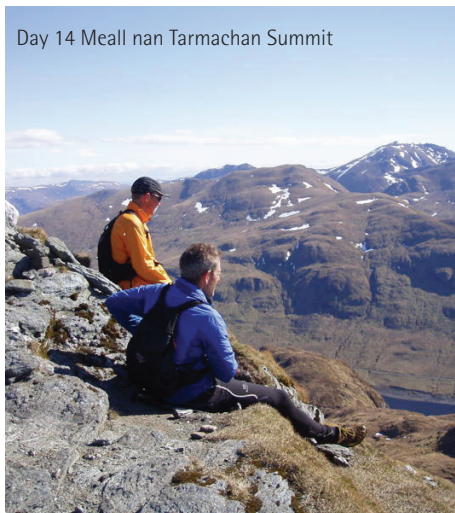
Day 12 Overnight Camp 5th May



Day 13 Ben Lawers & An Stuc



Day 14 Meall nan Tarmachan Summit



The Joss Naylor Lakeland Challenge

Compared to previous years, contenders have been a bit slow to commit themselves to this. Perhaps the wonderful snow conditions this winter – or appalling winter weather – depending on your personal view – has had something to do with the sluggish mood.

As yet, we still only have Wendy Dodds completing a winter traverse of the route, in 2002 and I was hoping for, say, an attempt on Nordic skis this year. Carrying such lightweight skis is no problem and would have been permitted over the rocky sections, but fast times could have been recorded on much of legs 1, 2 and 3, as well as on the final stretch after Steeple. Just pray for another such winter on the fells!

We have already had the first success of the year with Julie Gardner, W50, having had a very good run on May 15th. Moreover, she greatly enjoyed the day on the fells and was accompanied by her small dog, 'Little Johnny', a Jack Russel, who was bursting with energy at the end and tried to pick a fight with Joss' 'Titch'! He is the second dog to run Joss' challenge, the first being Wendy Dodd's 'Sally', a Rough Collie. Not only was Julie's run very good, but her

organisation of the whole week-end included offering her supporters accommodation in a flat at Greendale, food at The Screes and a Beer Fest at The Strand for any who wished. I think there was also a Jazz group.

We have more contenders committed in June and more later on, from whom I await details and schedules. In June there is one M75 who is doing the run as his first attempt and a trio of V60s, all with separate pacers. Dare I say it? – one of the trio has to be the 100th successful contender. I am looking forward to meeting all these en route. Thanks are due to all pacers, supporters and drivers who work hard for contenders both during training and on the day. Without their support numbers would rapidly diminish.

Information.

An Information Sheet and Outline Schedules for all age groups are available on request.

Please contact: Monica Shone, Swn y Gwynt, Penmynydd, MENAI BRIDGE, Ynys Mon LL59 5RX. SAE please.

Or by e-mail to : tyshone@btinternet.com

The Dales Skyline

The route of the Dales Skyline

Thou shall not covet thy neighbour's mountains! But I had done for some time. Bowland is a brilliant place for solitude, emptiness and peat but it lacks in altitude. Often I had glanced across, perhaps leered, at the peaks of the Dales. East from the 1707ft pinnacle of Fairsnape Fell, the tops of Crag Hill, Gragareth, Whernside, Ingleborough, Pen y Ghent and Fountains Fell always looked inviting – a land of eastern promise!

To the south of Fountains a less conspicuous skyline lurked behind Settle and around Malham. South of Settle the skyline dwindles into the Aire valley and then continues south along the Pennine way into Ickornshaw Moor. Running on the summit of Bowland at Wards Stone the same skyline loomed north and eastwards and a route idea began to beckon!

After a lot of map fondling the structure of the route began to form. The logistics also began to gel. I really enjoy linear routes and have used buses a lot in Wales when reccying the Paddy Buckley. Despite being a linear route I could not get to Barbon Church from Settle so it would have to be a two car route, but an easy one. I mentioned the idea to Andy Crook and we agreed to have a go. August 2009 and the western monsoon together with an operation for Andy and a quad injury to me left 2009 unfulfilled.

In October I had a reccy of the last section of the route by catching the train from Settle to Horton and then running back over Pen y Ghent, Fountains, and the lonely trig point on Malham Moor, Capon Hall and instead of taking the Settle Loop bridleway into Settle had continued to Ryeloaf Hill. Wainwright included it in his 'Walks in Limestone Country' and once at the summit it was an obvious top to finish on and I descended along the wall towards the old radio station at High Greet. Unfortunately the wall was 4ft high with barbed wire and no stile. This would not be a good route after 30 miles of running. Another wall at the broken down radio station was also precarious to cross without the damage inflicted by a lumbering fell runner. So I planned a descent off Ryeloaf down to Stockdale Lane. That was until I mentioned it to Ian Roberts the week before and he reckoned we should include the trig point near Attermire Scar. It seemed like a

good idea, so Warrendale Knotts trig point went into the route.

On Easter Sunday we met in Settle at 7am and drove to Barbon.

It was a lovely spring day as we set off up the grassy trods to Calf Top. To the west winter still clung to the Lakes and snow neck laced the far eastern fells. We took it steady to the summit and then plummeted down to the Barbon Road crossing the dried up stream bed at Short Gill Bridge. Up the wall on the northern side was the best going and we followed a good path to the waterfalls at Short Gill. After this we gradually ascended into sedge. Strangely subdued and flattened almost to a carpet. – not the result of ovine hyper obesity but more likely the weight of three months of snow patches – it made the going easier and we were soon at the top.

I had last been here on Bowland Exploration Group run and further down we had winched Ian Roberts up onto the County Stone. Ahead lay Gragareth wreathed in clag and not an objective. Although Gragareth is generally regarded as the highest point in Lancashire, Green Hill is actually one metre higher. So inconspicuous is Green Hill, that we ran past and had to use the GPS to locate it and its token cairn.

From here an easy descent on snow squashed sedge brought us to the Kingdale road and a steady climb up into the claggy ridge and Whernside. Andy was impressed with my bearing, which brought us out between the snowdrifts, bob on the summit. Now the weather had decided to throw the frozen equivalent of peppercorns at us and we soon departed mentioning the BBC forecast and a word sounding similar to one used for young male cattle. No one cowering in the wind shelter seemed to object!

It was a pleasure to run along the ridge without the usual spasms of cramp that I always seem to get in the Three Peaks race and we were soon running down towards Bruntscar keeping right off the mud of the path. Still no cramp so I made the most of it and kept up a good pace.

At the Hill Inn we filled up with water from the caravan pitch and Andy plodded on, whilst I ran across to the limekiln to retrieve the can of rice pudding that I had stashed the week before. We ate it on the move, plodding up for what seemed the steepest climb of the day.

The top of the zigzags was still under snow and we wondered how the Bowland Bat Runners had got up here in the sheet ice of February. Today it was just cold, with a sifting wind blowing over the trig and harvesting the walkers into the wind shelter

By Swine Tail I have normally skinned my feet so today was a pleasure and I set off at a fast pace to enjoy what is normally a painful trudge. A digger had been used to scrape the tops off the protruding stones and it made the path a lot

easier to run on. We still kept to the grass and at Sulber, just splashed through the ponds that carpeted the path. It was unusual not to feel knackered as I always have done in the race at this point and we ran off fast – Andy later said that he had hung on as I ran off like a whippet! A whippet that was about to have its legs put down at the vets!

We ran into Horton and Andy spotted a tap outside the public toilets. I had reccied this last weekend to find that there was only hot water to fill up with so I had decided we would use the farm tap if the farmer was not on the prowl. After a pit stop and feed we were off. Up the lane to Brackenclough I plodded and tailed Andy all the way up, with my quads becoming very sore. Nurofen eventually helped but not in negotiating the sea of mud that we slithered up in all the way to the base of the cliffs. I rallied here at the sight of two terminal smokers, who had probably spent most of the day getting here. At least I got past them. Finally we were at the wind blasted cairn and cutting left after the first crags to descend and traverse through lapin sheltered housing.

I have always really enjoyed this section to the road at Dale Head but today it was tedious and we plodded up the road and the last big trudge up Fountains.

At the top the route off to the south summit, to the west of the tarn, can be difficult to spot but today we followed the markers and were soon descending above Tennant Gill farm. This was the site of another winter bat run where the 'Reverend' Roberts had been forced to give up in the drifts even with his natural talents as a human snowplough!

The next trig point on Malham Moor is a lovely lonely outpost looking west towards Stainforth and we were soon here keeping up a good trot on clear trods around the sinkholes. As the footpath goes right we cut left across the field to the lane by Capon Hall. Here we stopped and ate, watching the steady stream on Bank Holiday meanderers passing in their cars. Some form of communal ovine enjoyment!

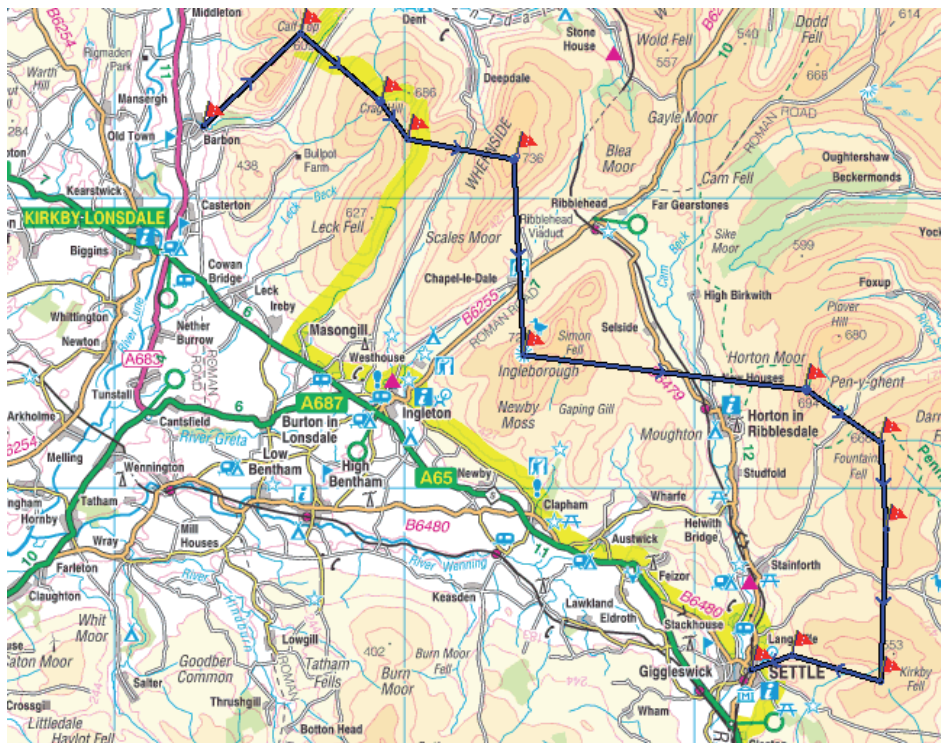
Then we were off skirting Black Hill on a good trod and down to cross the Settle Loop. This next section eventually has a good trod to the west of the fallen wall but you need to climb over at the wall junction north east of Back Scar – most other sections require scaling ladders. Then it's just a short section in a limestone valley to the gate on the Settle Loop.

We contoured round, following the wall on what in Wainwrights Guide had been a trespass but now is a good trod. Finally we are at our last summit, looking down to Stockdale Lane and the route to Settle and the pub.

Off the nose, slightly right, we descended to the stream and easily crossed the wall where the bridleway descends. Then on along the lane



Malham Moor Trig



Andy and me on Warrendale Knotts summit



where Andy had another tale of Ian getting lost in the snow and them sitting it out in the pub until he made an appearance (there's a lesson in here somewhere!)

And now for the last summit. Off the lane and we slithered through a field choreographed by Galloways with boots on. If they were not the culprits then we were looking for the contents of the Serengeti to reach this level of

bombardment.

The crenellated skyline of Attermire and Warrendale Knotts was above us as we reached the last climb.

I plodded up the last steep climb and thanked Ian for suggesting such a lovely top to finish with. It was the last nail in a long day and my calf's feel like a nail gun has attacked them.

Finally I join Andy at the summit trig and it's

worth it for the view. Andy suggests it would be good to get under 12 hours, so the gap down through the crags we find is a welcome surprise. It leads down onto grass and then a lovely plummet down into the town, to touch the Market Cross and finish in 11 hours 50 minutes.

A dream had been run and it had not been a bad one. This is a lovely natural line covering all the tops that can be seen along the southern skyline of the Dales and is much better run than just leered at!

Then it was down to the Golden Lion where some strange event, known as a bank holiday weekend, had been taking place.

The route should be going on the 'GoFar' site but the details for now are: 36 miles and 10,600 feet of ascent.



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South Wales Traverse

A TALE OF THE DRAGON'S TAIL

Living in South Wales, the South Wales Traverse has always been on the to do list, but each year it got put back to do something else. After doing the Paddy Buckley last year I decided that this was the year to give it a go.

With the route being local, support was always going to be easier to arrange, but I wasn't prepared for the awesome level of support provided by my crew – Phill, Jules, John, Hugh, Mark, Alice, Keri, Pauline and Martyn.

The week before I had run a leg of the local Rack Raid Road Running Relay for my other club, Chepstow Harriers. This was not just a tongue twister, but a tarmac hell that left my hamstrings cramped and knotted. The idea I had for getting some speed in the legs and a bit of tarmac proofing was looking rather stupid and I was seriously considering postponing my attempt. Only having the support in place made me carry on with the plan and see what would happen.

We parked the camper at western end of the route on the top of the Mountain Road and had a good night's kip, awakening at just after 4am. After my Paddy Buckley heat fest last year I was hoping for cooler, more comfortable conditions. At first light it looked like another scorcher. 5:05 saw me leave the tarmac on my journey over the 32 tops above 2000 foot in South Wales, Llanthony Abbey sitting a distant 75 miles away. Jules ably supported me on the first section, where dry conditions and stunning weather allowed speedy progress over the Black Mountain. This was great running in great conditions, probably the nicest part of the range, quiet and wild. A couple of hours later and we had got to the bottom of Fan Gyhirch, the steepest climb of the route. After a quick sip of tea and a short sleeved top I set off eastwards. Soon we popped out right at the trig, saw our first people of the day, which at 7am was unexpected.

Soon we were at the Maen Llia road and we were met by John & Hugh Aggleton. John joined us for the section to Storey Arms, whilst Hugh was on driving duty, due to an injury. John was soon telling us about all the birds we could see (and not see), which was perfect motivation to knock off the section as quick as possible! Soon we were down to Storey Arms, 4 hrs 35mins gone, 3 minutes down on the record and the first third (roughly) in the bag. I was feeling pretty good, but concerned about the sunshine and temperatures. There was a cooling breeze on the tops, but nothing in the valleys.

Next up was Pen-y-Fan. Here I was joined by Mark Saunders and hordes of tourists and the whole of the Army. Such a shame that

Southern Britain's highest mountain is so damn busy, but it does keep the other hills quiet. Once east of the Roman Road, we left the crowds behind and running round the superb escarpment leading to Waun Rydd. A bit of cloud cover made this a very pleasant section.

Soon we met Alice and were descending down to Abercynafon. This was the first time I had dropped below 350m from the start and the climb out of the valley was very hot and humid. John was back with me and duly spotted a Red Kite soaring above us. Next was the quarries of Trefil – used as a location for many of the planets that Dr Who visits, the lunar landscape is quite bizarre and I kept an eye open for a police box or Amy Pond with no success. This is a tricky section and one I had reced beforehand, a twisty route through the quarries with some steep loose descents and rabid sheep led down to the final drop into Cwm Cwannon.

Next up was the nasty road section, 12km of tarmac through Llangynidr and the Glan Usk estate. It wasn't as bad as I expected and was broken up with a short cut through Llangynidr Churchyard. Many Rice Puddings were consumed along this road as my tactic was to eat lots along this bit. With a huge entourage of 2 runners (Keri & Pauline), Hugh on his bike and 2 cars following I felt like Eddie Izzard, but without the Ice-cream van.

An ice-cream would have been perfect, as it was the hottest part of the day and next up was the biggest climb of the route, Pen Cerrig Calch. Martyn and I sweated our way up this 2000ft climb and I was so glad to get back to the cooler air and breeze of the ridgeline.

The rest of the route lay ahead of me and as time went on I felt better on this section, though struggled with eating a lot. After a couple of hours we were descending the forested slopes of Pen Twyn Mawr and into the Gwynne Valley. Phill and I had done some extensive landscaping here on the previous day and this helped speed up the descent.

I knew I was doing a pretty quick time, but realised at the next changeover that the record was probably just out of reach. Mark soon had me sweating buckets up the climb to Chwarel y Fan, the highest point in Monmouthshire and a lovely top. Next was a ridge that I really dislike – the 4 km slight uphill slog to Rhos Dirion. Beforehand, I knew I needed to run this part to do a reasonable time, but didn't know how I would be feeling. As it was I ran nearly all of it, but still dropped a few minutes more behind record pace. This was a turning point as I knew a good time was in the bag and then started speeding up, soon mounting Lord Hereford's Knob (fnarr) before descending to

	SPLIT	CUMUL	ACTUAL TIME OF DAY
Pen Rhiw-Wen			5:05
Garreg Lwyd	0:10	0:10	5:15
Garreg-Las	0:34	0:45	5:50
Bannau Sir Gaer	0:32	1:17	6:22
Bannau Brycheiniog	0:11	1:29	6:34
Fan Hir	0:06	1:35	6:40
A 4067 In	0:35	2:10	7:15
A 4067 Out	0:00	2:11	7:16
Fan Gihirych	0:20	2:31	7:36
Fan Nedd	0:27	2:59	8:04
Fan Llia	0:24	3:24	8:29
Fan Frynych	0:32	3:57	9:02
Rhos Dringarh	0:07	4:04	9:09
Fan Fawr	0:22	4:26	9:31
Storey Arms In	0:08	4:35	9:40
Storey Arms Out	0:01	4:36	9:41
Y Gyrn	0:16	4:52	9:57
Duwynt	0:24	5:17	10:22
Corn Du	0:05	5:22	10:27
Pen y Fan	0:04	5:27	10:32
Cribin	0:13	5:40	10:45
Waen-Rydd	0:39	6:20	11:25
Allt Lwyd	0:15	6:35	11:40
Abercynafon In	0:13	6:48	11:53
Abercynafon Out	0:01	6:49	11:54
Cefn Yr Ystrad	0:46	7:35	12:40
A40 In	1:41	9:17	14:22
A40 Out	0:02	9:20	14:25
Pen Carrig-Calch	0:39	9:59	15:04
Pen Allt Mawr	0:18	10:18	15:23
Mynydd Llysiau	0:27	10:46	15:51
Waun Fach	0:24	11:11	16:16
Pen y Gader-Fawr	0:13	11:24	16:29
Pen-Twyn-Mawr	0:15	11:39	16:44
Grwyne Valley In	0:23	12:03	17:08
Grwyne Valley Out	0:02	12:06	17:11
Chwarel y Fan	0:24	12:30	17:35
Rhos Dirion	0:45	13:15	18:20
The Tumpa	0:16	13:32	18:37
Gospel Pass In	0:07	13:39	18:44
Gospel Pass Out	0:00	13:39	18:44
Pen y Beacon	0:16	13:55	19:00
Black Mountain	0:14	14:09	19:14
Pen y Garn Fawr	0:32	14:42	19:47
Llanthony Abbey	0:22	15:04	20:09

the last changeover at the Highest Road in Wales – The Gospel Pass.

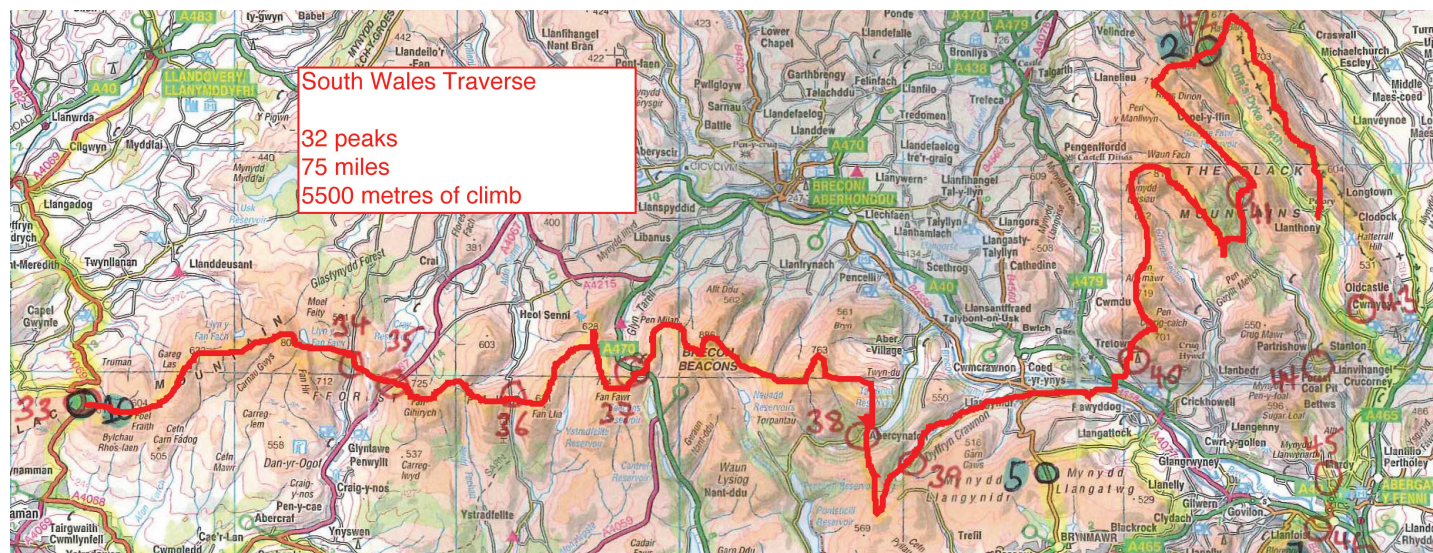
Here Keri was ready to run with me for the glory leg to Llanthony, it is also a massive net downhill. Much to his disappointment I was feeling ok (I think he wanted to see me suffer) and we had a cracking run along the ridge, only disturbed by a tourist telling me to run fast and sprint. I hope the glare I gave him

conveyed the fact I had run 70 miles at that point and wasn't amused.

It was a great end to the day, and Llanthony Abbey was quite a sight, truly a great spot to finish this traverse. Soon I was standing at the finish, very happy having finished in 15 hrs and 4 mins, the 3rd fastest ever, some 20 minutes behind Mark Hartell's 1993 record.

must admit to feeling a bit sad that it had

finished as I was really in a good groove at the end, but this soon passed when I sat by the Abbey eating an ice-cream and knocking back a (ginger) beer, It's a superb mountain run and one not done nearly enough. The fact it is a traverse rather than a loop really gives a sense of a journey, the scale of which is only bought home when you look at a map and see how far you have come.



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Devine running



March this year saw Andy (Peace, a good runner before old age and injuries caught up with him, now more likely to be found on a bike) and I heading over to sample the delights of the new Devine empire in the Ariege region of the Pyrenees.

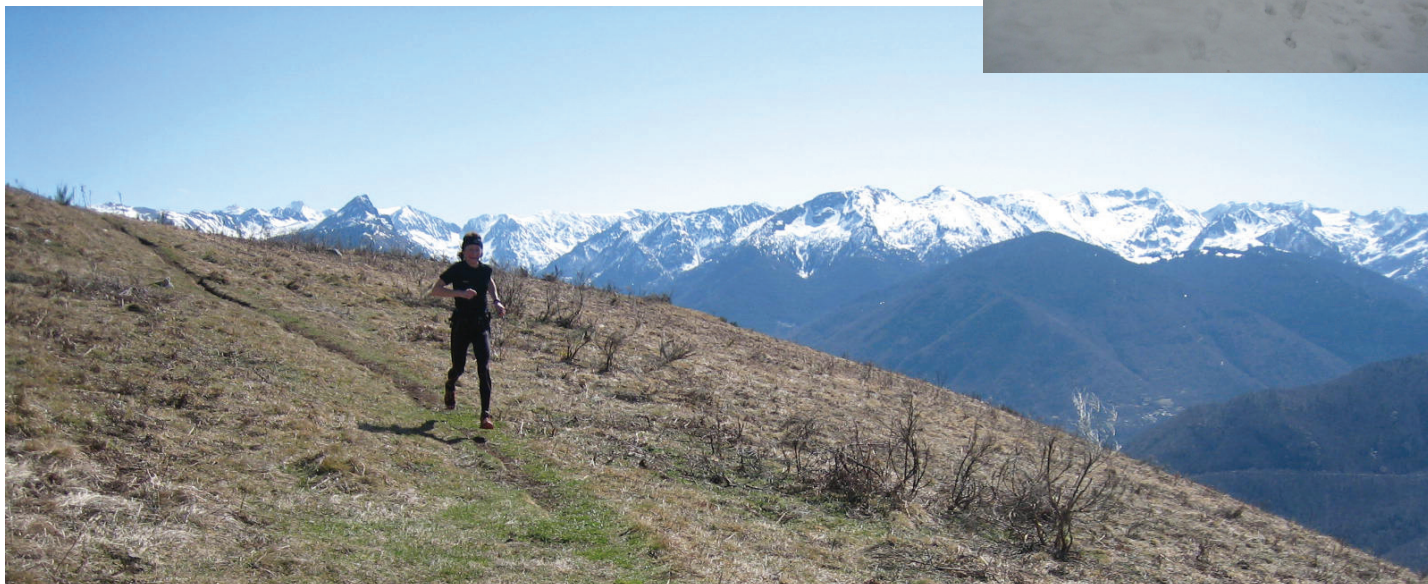
The journey over was one of mainly anticipation but also much wondering – some of this about the normal holiday stuff - would there still be snow? And (my normal dilemma) had I packed the right stuff? More time however was spent trying in my mind to convert the Garry Devine of a previous era - the infamous punk fell running champion, consumer of cider, curry and other dodgy substances, owner of the only house in Leeds with a built in climbing wall courtesy of one of the lodgers and lover of music of dubious noise; into the typical B&B owner....it was struggling to happen.

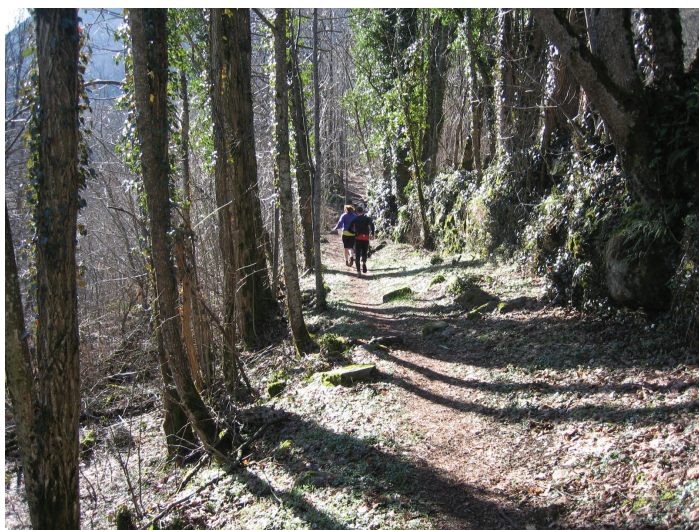
And I guess in some ways that struggle was correct – Gary and Debbie (G&D) are not your

typical B&B owners – 2 hours after first arriving at the delightful guest house that they have fully converted I was struggling ever upwards, long having given up on providing any answer other than ‘ugggh’ as Gary optimistically took me on a run up to admire the view from Lake Etang d’Appy. Optimistic because while it was gently raining when we sent off, it was thigh deep snow on the ground with more coming out of the sky by the time we reached the Lake, so I am sure there is a fine view up there, but it will take a second trip back for me to see it.

While we on our return to the house did the decent thing and jumped straight in to the showers to warm up before tucking into the home made cake – Gary was on with the chef’s role (don’t you just love a man in an apron) and proving pretty good at it as well.

Luckily for us the weather perked up after that (no, I did not pack the right gear, not enough warm weather stuff), but my ability in any way





to be able to keep up with Gary did not – something not helped by Andy being restricted to cycling due to injury – otherwise the two could have happily played games trying to out run each other to the top of numerous climbs. As it was Gary just had Stan the dog for company up front, I on the other hand adopted the trick of a very good friend, namely taking various stops to admire the view and ‘take pictures for posterity’.

Here lies for me one of the great attractions of our trip - how often as a runner do you go on holiday and spend all the time exploring to find decent places to run? How often do things look promising on the map but on the ground the path is 1) not there, 2) blocked 3) a boulder field 4) runs out after 5 miles, 6) converted into road.... Going some-where owned by runners means you still get all the fun of new and unknown routes, but you can be guided as to runs that fit what you want, whether it be by time, surface or gradient.

As a region the Ariège is hard to beat for those who prefer not to run on tarmac – as long as you do not want to run on a track or at altitude all the time – there is decent flat running if you want it (apparently, but Gary ‘forgot’ to show me this) along the river and valley floors, definitely hills, and an abundance of gently undulating trails in the forest, four wheel drive tracks, single track trails and on the cross country ski trails. Quality rocky, scree like descents and ascents can also be found for those who require such.

After which – what better than a trip to the thermal baths of Ax-Les Thermes – the sulphur ridden ‘stinky pool’ can be enjoyed for free, if you can bear its totally natural heat, while those wanting a more pampered experience can enjoy sauna, hot and cold plunge pools, hydro massage, geysers and the vaporarium.

The area is not all about running though – there is cycling in abundance with plenty of cols to bag either on or off road, while outdoor swimming, via ferrata, climbing, caving, canyoning, canoeing, para gliding, horse riding, water skiing, tennis and adventure/activity parks should keep all kids and adults fully entertained – plus of course checking out the occasional vin du cave to taste the local offerings – certainly for the adults anyway.

As a region the Ariège is still very French with little evidence of English

menus or even literature in the tourist office, and, lacking the altitude of say Front Romeu; the Tour du France climbs such the Tourmalet, Hautacam or the dramatic high 4000m+ snowy covered peaks of say the Chamonix area, it is wonderfully off the main tourist trail.

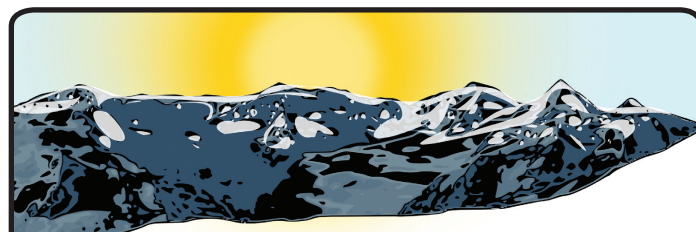
Iconism may be missing but that has its pluses – fewer people; everyone very friendly and welcoming in a way tourist spots can often lack; numerous peaks of 2000m -3000m which are easily accessible to the walker/runner and can be reached without the need for climbing experience or hiring a guide; and bike rides which required even Andy to use the granny ring..

Back to the G&D empire – no its not a normal B&B, but who wants that? It’s a place run by those who love the outdoors and who run – it was no problem for Andy plus bike, both soaking wet and muddy, to be hauled into the van at the end of one ride, or for the garden and hall to be left littered with the exploding debris that comes out of rucksacks after a long day on the hills.

Perhaps of greater importance is that Gary’s cooking has come on a treat, although it is still not quite as good as chief cook Debbie’s – whose repertoire of cakes is reason enough to go out and exercise. The semi cultured will also be pleased to hear that Garry is now a converted wine drinker, a hobby he happily shares with guests.

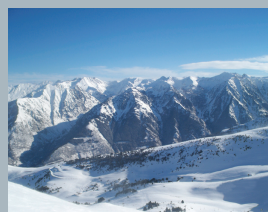
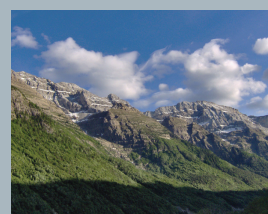
Hummm, this reads a bit like an advert...so what if it does, the business is worth it.

(For those wanting a bit of competition to spice up their holiday there are numerous off road races on offer over various distances (some of which have featured in a previous issue of the Fellrunner), which provide the runner with the full European race experience – pick the right one and you can enjoy post race free food and wine and entertainment from men on stilts.)



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Bangor Training Camp 2010

The second of our squad testing sessions this year lead us to Bangor University, next to the Welsh coast, for a range of physiological tests and training sessions that would fill our next three days. On the Tuesday eight of us were lucky enough to be put through our paces with a range of physiological assessments. These included resting lung function, general body composition and a VO_2 Max test which also included several blood tests. To say this was difficult was an understatement, given we were aiming to run until we were literally falling off the treadmill!

The facilities were fantastic giving us access to machines which were far beyond what we would ever normally get to use and giving us the opportunity for exceptionally detailed tests that went much further than any of us expected. The students who carried them out were very welcoming and after a few introductions we found one of our testers, Rob Samuels, ran for Wales at last year's Commonwealth Championships – so they certainly understood the sport of mountain running! The athletes in the morning session all knew each other fairly well, with the usual group banter not taking long to get going. As when any bunch of runners get together, the topics of conversation were pretty predictable... The four present were myself and Rachel Jefferson from Warrington AC, Laura Riches from Leigh Harriers and Becky Taylor from

Blackburn Harriers. After first surviving a series of three minute runs at increasing speed, with lactate levels taken at every interval, followed by a 'run till you drop' test on an increasing gradient, we each took our turn. Laura (pictured below) was clearly in good form, having just recently been selected to run at the World Schools Cross Country in Slovakia.

Around lunch time the other four, Kyle Fowler, Alec Duffield, Lizzie Adams and Gary Priestly, arrived for the afternoon testing session. They were all complete strangers to the four of us already there but, in typical fell runner's style, everyone was keen to meet new people. Apart from the obvious benefits to our running from these camps, the opportunity to meet new, like-minded, people is one of the biggest things we all get out of it, as everyone is always very open and relaxed.

After watching the first couple of 'victims' from this group, Jackie showed us to our accommodation where we dumped our bags before being told we had the rest of the day free. Out of all of the universities I've been to this student accommodation was by far the best, with comfortable, modern rooms and even en-suite showers! Later that afternoon the rest of the group joined us after completing their testing. The day had one surprise left in it however, as Bashir and Jackie informed us that we would be cooking that night!



This provided a good laugh, with the boys doing a minestrone soup starter and the girl a pasta bake main. Now I couldn't comment on any difficulties faced by the girls, but for us boys this might have been a challenge... Yet with Kyle, a budding chef in the making, in our ranks the 'soup' was an instant success and with volume as important as style, no-one was left still feeling hungry by the end of the night! All eating together also helped us get to know each other a bit better and build team morale. We were also lucky enough to be joined by Rob and Nick Swinburn (GB World Championship team member) who braved our cuisine! The rest of the evening was spent recounting stories ranging from the funny to just the plain weird... Several cups of tea later and we all departed to our rooms, with the joys of an early morning run, pre breakfast, to look forward to the next day, before the 'training proper' would begin.

For the eight of us who arrived on the Tuesday, our day began with a run on the muddy trails next to the Menai straights. Blue skies and great surroundings – it was a perfect example of the kind of day that makes running so special. Following on from a sizeable breakfast, the rest of the squad arrived for the next two days training. Ash Kay (Rossendale), Adam Bateson (Lancaster and Morecambe) and two very talented Welsh girls, Sarah Livett (Menai) and Lauren Harries (Ceredigion). Our first activity





of the day involved team building and athlete profiling. This was aimed at identifying strengths and weaknesses so that we could perform better as athletes in both training and race situations. Both enjoyable, largely due to Alec's antics, and productive, we were able to use the experience of other athletes and of course the vast knowledge of Bashir and Jackie. Having people who have performed themselves at the highest level is inspiring and makes you sit up and listen, for clearly they know what they are talking about!

Activity 2 for the day took us the University sports hall where Mike Hancock (Coach), rumoured to be as old as fell running itself, was unleashed upon us. For the athletes who didn't know Mike, an hour's gym and drills work was plenty of time for their bodies to find out! Everything from fast feet through cones to contorted poses – every facet of our balance, co-ordination and core stability was tested to the limit. This was targeted at general running efficiency, strength/conditioning and balance, all vital areas for mountain runners.

After a quick lunch we went back to our

meeting room where we had several more talks whilst our legs were given a rest. This time we were talked through the various international opportunities available this summer and what races were required to gain selection. Bashir also stressed some important issues which often come up when racing abroad and how to get the very best out of ourselves when it matters most. Jackie, then with her Puma marketing hat on, ran a very useful discussion about sponsorship with a mixture of what was available, how to go about getting it and what was required. To get first hand knowledge from someone in the market is another example of the great opportunities we got on the camp.

The final physical session of the day was a hills reps session on a grassy slope next to the straight. The aim was not only to have a good training session, but to look at efficiency of running. There were three routes up the slope with a very steep, rough one, a slightly longer but less steep one and a much longer but less steep and smooth path. Running up these multiple times showed us the differences, not only in times for each route, but also the effort

it took so that in races we could take the best decisions on race line. Finished off by some strides, we all felt thoroughly worn out after a hard days training. Possibly the level of physical activity affected the thought processes of several in our group, as we then traipsed down the water's edge before some hardy/stupid people braved the cold and had the equivalent of an ice bath!

After cleaning ourselves up and adding yet another pair of dirty socks and shorts to the growing piles in our rooms we ate dinner together before being given the rest of the evening to do as we pleased. For a large group of us this basically meant finding a place to watch the United – Bayern Champions League second leg, which for some was a painful 90 minutes...

Next morning was a slightly more relaxed start, as no-one fancied doing a morning run before the rather daunting task of 'running up Snowden!' As the course for the World Championship trial later in August we were all getting an early chance to recce our respective routes. Luckily for us, Arewel Lewis, organiser of the trial gave up his morning to show us the route. For a climb of that length it was inevitable that we would split up for obviously people were going to climb at different speeds but we all finished at our respective points at roughly the same time. Incredibly there was still fairly thick snow in places near the top! Again we were blessed with glorious weather making the experience all the more enjoyable. Upon meeting back down in the car park at the bottom we all received Bashir's generous Easter gift (1 mini egg!) before heading our separate ways home.

Yet again these three days were incredibly valuable, with everyone gaining hugely from them in a range of areas. Our thanks go to Bangor University for giving us the privilege of using their facilities and expertise and the FRA for helping subsidise the camp. And of course we cannot forget Bashir and Jackie, who must take a lot of credit for all the time and effort they put in, for without them it simply would not have happened. As a group we all got on fantastically well which made the experience all the more enjoyable and I for one cannot wait to get the opportunity to do it again!



5TH WMRA Youth Mountain Running Challenge 2010



Team England relaxing
Prior to the start

+ 11th Marco Germanetto Memorial, in Sauze d'Oulx (Turin), Italy

Saturday 26th June 2010

ENGLAND TEAM

Junior Men (93/94)

Joe Johnston (Rossendale), Marc Scott (Richmond + Zetland), Tim Orr (Border)

Junior Women (93/94)

Laura Riches (Leigh), Emma Spencer (Wharfedale), Beckie Taylor (Blackburn)

The International Youth Challenge in Sauze d'Oulx was a tremendous success in terms of providing the experience of championship preparations for the 16 and 17-year-old youngsters from around Europe. 12 Teams were on the entry sheet and the quality of performance bodes well for the future of Mountain running.

This even was also part of the Marco Germanetto Memorial, A local elite athlete whose life was tragically cut short.

The teenagers stayed in the unique La Torre Hotel that sits aloft on the Susa valley in the town of Sauze d'Oulx.

Girls 1993 + 1994

The first race under way was for girls born in 1993 and 1994. After a comfortable start for many the thin air at 5000 feet altitude soon kicked in and those experiencing this for the

first time had more than just the hilly terrain to contend with as oxygen debt was apparent in many of the elite athletes.

Well-paced and economic racing was the order of the day. This was very apparent observing Ffion Price from Wales who timed her final push perfectly to come home 7 seconds ahead of the strong Russian team. England were impressive in their packing with Laura Riches (Coach Joe Galvin) 5th, Beckie Taylor (Coach Richard Taylor) 6th and Emma Spencer Taylor (Coach David Hird) 10th.

The team were Silver medal winners behind a strong trio of Russians with Ireland taking the Bronze medals.

Boys

Half an hour later the boys took to the narrow Roads of Sauze d'Oulx before climbing up the ski slope of this beautiful Italian village.

Marc Scott (Coach Ken Harker), like Laura Riches previously, started positively and was heading the race after one lap, but as the long climbs started, so too did the oxygen debt. Marc rallied well and finished strongly for 9th place behind the very impressive Turkish athlete Dag.

The conditions proved more difficult for Joe Johnston (Coach Phil Bolton) and Tim Orr (Coach Peter Orr) who acquitted themselves well with 19th and 22nd respectively.

The England Team were 5th behind a delighted and impressive Irish team who topped the podium to take team Gold.

Boys (93/94) Results

1	S DAG	Turkey	19-12
2	G OLOCCO	Italy	19-38
3	N KOMUR	Turkey	19-43
4	Eoghan Totten	Ireland	20-04
6	Kevin Dooney	Ireland	20-20
9	Marc Scott	England	20-25
10	Carl Dunne	Ireland	20-28
19	Joe Johnston	England	21-41
22	Tim Orr	England	21-59

BOYS TEAMS

1	Ireland	17
2	Russia	23
3	Italy	27
4	Turkey	27
5	England	47
6	Scotland	48

GIRLS TEAMS

1	Russia	9
2	England	21
3	Ireland	35
4	Scotland	41
5	Wales	42



Emma Spencer, Beckie Taylor Laura Riches

Girls (93/94) Results

1	Ffion PRICE	Wales	16-32
2	E Ivonina	Russia	16-39
3	A Khryasheva	Russia	16-47
4	A Bogatireva	Russia	16-49
5	Laura Riches	England	16-53
6	Beckie Taylor	England	16-58
7	Halina Rees	Scotland	17-09
9	Meghan Ryan	Ireland	17-18
10	Emma Spencer	England	17-32

Results

JANUARY 1 – JUNE 15, 2010

BY DAVE WEATHERHEAD & BARBARA CARNEY



Photo courtesy of Pete Hartley



Wardle Skyline: Victoria
Stevens (Ilkley Harriers)
1st LU23 & 4th lady

ST JOHN'S FELL RACE

Isle of Man

AS/3m/900ft 01.01.10

There was a record equalling number of entries for the first fell race of 2010 held at St John's in crisp and cold conditions.

Lloyd Taggart took a resounding victory in the race from Ian Gale and Nigel Armstrong, with the ladies' win going to Jackie Lee. Top junior was Oliver Lockley with a victory equally as impressive as Lloyd's finishing 8th overall and almost 4 minutes clear of second junior, Shaun Moor

Steve Partington

GREEBA FELL RACE

Isle of Man

AM/9m/2300ft 16.01.10

After the very bad predicted forecasts, conditions turned out to be excellent for the Greeba race with even a bit of sunshine! The melting snow however had made the going very wet and muddy and tough underfoot.

Lloyd Taggart continued his dominance of the Manx fells taking the win in an excellent time of 1.11.00 (just a minute outside the course record!). He was just under 6 minutes clear of Tom Cringle in second with Nigel Armstrong once again running well wrapping up the top three.

Leading lady was Jackie Lee who also

continued her unbeaten form. She finished ahead of Rachel Holden who took the second ladies' spot from Bridget Kaneen, returning to the fells, in third.

Thanks to all the marshals who braved the hill tops in still fairly chilly conditions and to Cronk Dhoo campsite for the use of their facilities.

Steve Partington

TIGGER TOR

Derbyshire

BM/9.5m/1750ft 31.01.10

After more than our fair share of snow wind and rain in the weeks previous, everything came good on the day for this the 25th Tigger Tor race. We had bright sun, cold frozen ground with no wind.

I promised a route change off Houndkirk Hill to avoid as much road as possible and the hazardous bend back onto Hathersage Road. So, with the local land owner's permission, it happened. He even donated a magnum of champagne for the last female runner. We crossed from Houndkirk Hill to Gods Spring (no one stopped for a drink! I think the beer at Tigers was more appealing), followed by a fast decent to the fell gate. This route proved popular even though it involved more climb.

Stuart Bond, now running for Dark Peak, won his first Tigger Tor after two close second places previously, in a very fast time of 65.49. Callum

Gillhooley also a new Dark Peaker, came second, just 33 seconds behind.

In the female race, Christine Howard had an excellent run finishing in first place in 78.39.

I didn't see much of the finish this year because of my involvement in rescuing Richard White, who dislocated his ankle (all in a race organizer's day!) but we all wish him a speedy recovery. Certainly the course was fast but icy, especially in the short grassy areas.

My wife, Glennis, and I have organized this race over its 25 years and over the years many more people have been involved. The numerous route changes due to bad weather/land owners/erosion issues etc., all have fond and frantic memories. Long may they continue.

To all who helped on the day, have helped over these years and all the runners - a big thank you.

Hope to see you all next year.

Don & Glennis Longley

1. S Bond	DkPk	1.05.49
2. C. Gilhooey	DkPk	1.06.22
3. C. Mattocks	DkPk	1.10.55
4. A. Wainwright O/40	Unatt	1.11.11
5. K. Webster O/40	Matlock	1.11.46
6. R. Little	DkPk	1.11.49
7. M. Nolan O/40	DkPk	1.11.50
8. L. Banton	Clowne	1.12.06
9. M. Ollerneshaw	Gloss	1.12.12
10. H. O'Donnell	Amble	1.12.28

Richie Stevenson traverses Slieu Whallian in the StJohns Race



VETERANS O/50

1. (34) A. Moore	DkPk	1.19.00
2. (47) M. Salkild	DkPk	1.20.38
3. (56) A. Kay	DkPk	1.22.51

VETERANS O/60

1. (100) M. Cochrane	DkPk	1.30.14
2. (116) G. Scott	Penn	1.32.10
3. (126) S. Presley	WoldsV	1.33.34

LADIES

1. (29) C. Howard	Matlock	1.18.39
2. (38) L. Gibson	Totley	1.19.32
3. (66) H. Gilbert	Totley	1.24.24
4. (72) S. McCormack	SheffUni	1.25.55
5. (86) B. Harper	Totley	1.28.47
(128) P. Weir O/40	Totley	1.33.37
(138) J. Crowson O/40	DkPk	1.34.30
(185) K. Reece O/50	Unatt	1.38.10
(190) P. Goodall O/50	Totley	1.38.10

PENNINE BRIDLEWAY RELAY

Lancashire

R/47m/6300ft 31.01.10

I must admit to having had a few sleepless nights in the weeks leading up to the event as several fell races were called off due to the deep snow and ice covering the route. Some sections of the route were unrunnable due to deep snowdrifts whilst others had long sections of dangerous ice. We had several reports from runners out on a leg recce' of epic runs taking 2 hours to complete 5 miles whilst my daily forays out onto my local section of leg 5 failed to fill me with optimism. Slowly, very slowly, though conditions underfoot began to improve and with only just over a week to go, I was able to declare the event would be able to go ahead.

Overnight freezing conditions however meant that any standing water turned to ice making conditions "tricky" on the day. Unfortunately, we had several mishaps which proves the point about not being too complacent at this time of year. We are fortunate to have the services of the Rossendale and Pendle Mountain Rescue Team without whom we could not consider staging an event of this kind at this time of year.

We had a record entry once again this year. We had originally imposed a limit of 90 teams although after extra parking was secured at Callis Bridge (for which we had to pay a fee), we increased the limit to 95 which will remain for next year's event. Three teams failed to register leaving 92 teams (920 runners) to battle it for the honours. Several teams failed to complete various legs with 2 runners, and 1 team only had runners on the first leg which eventually saw 87 teams complete the day. Incomplete teams however are allowed to continue so that everyone gets a run and are provided with a time.

There were several new teams entered this year including Salford Harriers, winners of the recent Calderdale Way Relay, and along with Horwich, (course record holders), were pre-race favourites. The overall record set by a superb Horwich team in 2007 is a good one and we doubted, given the conditions underfoot, that this would be broken this year. This was put in doubt however when the Horwich pairing of Gary Priestley and Darren Kay smashed the leg

1 record. This was previously held by a Horwich pairing so it stays within the club. With this in mind and a Salford pairing of Andi Jones and John Brown on the second leg talk was of the second leg record from 2006 by Ian Holmes and Robb Jebb being in danger. Tricky conditions prevailed however and the Salford pair were to finish slightly less than a minute short of the record time, although snatching the overall lead from Horwich on the day. This was to prove the order of the day with two teams on top form and star runners battling it out for the overall win over the final 3 legs.

Horwich were to prevail however but by only 59 seconds after five legs and 47 miles of effort. The total time was 4.53.47 the record of 4.48.16 from 2007 remaining intact.

It was though a fine effort by Salford in their very first outing and a vow from them to return to do battle once again next year.

As ever the tussle for the other category prizes were equally intense with perpetual Vets' winners, Clayton-Le-Moors Harriers, winning that title once again in overall 6th place. Last year's ladies team winners, Calder Valley Ladies, were to emerge victorious once again this year with rivals Clayton-Le-Moors Ladies some 6 minutes adrift. The mixed category, in the past the domain of Pudsey and Bramley, the mixed category course record holders, was won for the second year running by an excellent Chorley Harriers team in 16th spot overall.

Only 1 leg record for this year which perhaps reflects the conditions underfoot. The day itself however was ideal for running being bright but cold for the later legs at least.

The logistics for this type of event are difficult for the team organisers and runners as well as the organisers, although things seemed to work relatively well for everyone in the end, parking at the changeover points posing the biggest problem. Hence the need for an entry limit. One of the main problems with parking is the insistence by spectators on viewing the progress of the race at the changeovers.

Kit checks are something we are keen on and we insist on kit checking every runner at the start of each leg. Some runners still manage to evade to the kit checks and some still turn up with no kit or incorrect kit. The race rules and details are sent out to the club/team contact and he or she has to sign and return a form to confirm that the rules have been passed on to all of the individuals in his or her team. I would like to think that this happens in every case although given the number of "unsure" individuals at the kit checks I sometimes wonder! Everything anyone needs to know is there for everyone to see on the event website.

For next year we will be introducing a new procedure for the distribution of race numbers. These have been previously posted out to the club contact. For next year these will be collected by the runners at the start of their leg where they will register, collect their race numbers and get their kit checked. Safety pins will be provided. An emergency telephone contact number for use by runners on the day will be printed onto the front of the race number.

A big thank you to all of the club/team contact/captains. It can prove to be a difficult job especially with multiple teams entered. Thanks also for the invaluable help and support of the Rossendale and Pendle Mountain Rescue Team, to Fearn Community Sports College for an excellent Event base and to all of those Rossendale Harriers and helpers from other local clubs who turned out to help on the day. Thanks also to Martin Stone at Sportident for timing on the day and online entry and to Pete and Mathew from Pete Bland Sports for their support.

The event website has been updated for next year, Sunday 30 January 2011, online entries will open 1 November 2010, limit 95 teams.

Graham Wright

1. Horwich	4.53.47
2. Salford	4.54.46
3. Calder Valley	5.02.39
4. Blackburn	5.06.36
5. Rossendale	5.12.10
6. Clayton-le-Moors	5.14.45
7. Wharfedale	5.17.37
8. Sale	5.19.07
9. Clayton-le-Moors Vets	5.22.09
10. Bowland Vets	5.22.29

VETERANS

1. (9) Clayton	5.22.09
2. (10) Bowland	5.22.29
3. (11) Rossendale	5.25.49

LADIES

1. (34) Calder Valley	6.15.01
2. (38) Clayton	6.21.12
3. (41) Todmorden	6.22.24

MIXED

1. (16) Chorley	5.46.59
2. (20) Accrington	5.52.20
3. (22) Pudsey & Bramley	5.54.06

TITTERSTONE CLEE

Shropshire

AS/2.5m/750ft 06.02.10

1. T. Werrett	Mercia	20.16
2. C. Edis	Kesw	20.18
3. M. Fenn	Unatt	21.41
4. R. Hughes	Mercia	22.06
5. A. Primrose	Mercia	22.43
6. T. Lefroy Jun	Unatt	24.12
7. D. Colclough O/50	Trenth	24.20
8. S. leachman	Unatt	24.23
9. K. Bailey Lady	Merionydd	24.25
10. S. Storey O/50	DkPk	24.31

VETERANS O/60

1. (16) M. Blake	Eryri	26.11
2. (17) G. Gunner	CroftA	26.13

LADIES

1. (9) K. Bailey	Merionydd	24.25
2. (27) K. Braznell	Hales	28.42

41 finishers

JARRETT JAUNT (HANDICAP EVENT)

Cumbria

AS/4.5m/1500ft 06.02.10

After weeks of hard frost and snow, we were eventually extremely lucky to have a warm sunny day for this year's Jaunt which, again, went down really well. The handicap format worked well with most of the runners finishing within



Pennine Bridleway Relay. Above: James Baldwin & Andy Orr (Clayton A). Below left: Richard Haworth & Alastair Murray (Horwich). Below right: Carl Cleghorn & Mike Wharton (Sale Harriers B)



Pennine Bridleway Relay
Clare Kenny &
Sharon Godsmen (CVFR Ladies A)

Photos © Pete Hartley



a three minute block, which makes it quite exciting to watch.

As usual with the Handicap, we had a new face leading the field in CFR's new lady member, Kate Whitemarsh, with Tony Jewell in second.

The actual times were quite fast with Russell Maddams of Keswick taking fastest prize in 34.54. Russell was 16th in the Handicap race. Russell's wife, past year's England Champion, Pippa, made it a double celebration by being fastest lady in a fantastic 38.00 and 6th overall.

CFR Vet, MArtin Amor, showed signs of a return to fitness finishing second fastest, only 28 seconds behind Russell. Martin was 24th in the Handicap.

Newcomer to CFR, Darren Block (son of Irvine), continued his successful venture into fell running after a promising rugby career ended through injury, taking fourth fastest in 37.20. Darren finished 29th in the Handicap.

Everyone enjoyed soup, cake and tea and all who stayed for presentation received a prize. All in all a very good day.

H. Jarrett

1. R. Maddams	Kesw	34.54
2. M. Amor O/40	CFR	35.22
3. B. Taylor O/40	Ellenb	36.53
4. D. Block	CFR	37.20
5. J. Winn	Ellenb	37.36

VETERANS O/50

1. J. Winn	Ellenb	37.36
2. P. Crompton	CFR	41.34

VETERANS O/60

1. D. Fell	CFR	48.42
2. R. Whittaker	CFR	49.20

LADIES

1. P. Maddams	Kesw	38.00
2. S. Ayres	CFR	45.27
3. S. Schofield	Borr	46.59

SIDMOUTH 4 TRIGS CHALLENGE Devon

BL/16m/3000ft 07.02.10

101 intrepid runners took to the start line for the Tenth Four Trigs Challenge. The first 4 Trigs race had just 18 starters but has gradually increased in popularity over the years. In fact, entries for this year's event had to be closed a week before the start and sadly a number of runners were disappointed. Stewart Hayman of Hayman's Butchers and Neil Tubbs of the Crusty Cobb kindly sponsored the event once again – the pasties and cakes are a significant attraction which the calorie depleted runners devour at the finish. Their continued support to the event has enabled the organisers to donate more than £3,000 to local charities over the years. Taking to the start line for their tenth 4 Trigs were three distinguished runners. Locals John Keast (19th) and Ian Voce (72nd) along with Stuart Bondi (55th) are the only ones to have completed in all ten 4 Trigs! One thing is for sure, as the event's popularity has increased so have their times (and waists)!

Tradition now dictates that the challenge is run in an alternate direction each year. Starting from the sailing club the competitors visit Trigs at High Peak, Fire Beacon, Buckton Hill and Weston Cliff. This year's route was run in a clockwise direction and stats show that it takes almost 10 minutes more than the anti-clockwise direction, additionally conditions underfoot

were incredibly sticky. Local James Jackson romped around in an incredible 2.25.00. Royal Marine Gaz Hurst, was next just ahead of another local Justin Ashby. Justin used every ounce of his strength and stamina to stay ahead of 1st lady, Lizzi Kendon.

For two runners, 4 Trigs covering a distance of almost 18 miles was not enough. Dan Booth and Garry Perratt set out earlier than the rest at 6 00a.m. and ran the course in an anti-clockwise direction before breakfast and then joined the main race. Dan's time of just under 3 hours and in 18th position was quite incredible and he even managed a little sprint to nip ahead of veteran trigger, John Keast. Garry, who holds the Trigs course record of 2.09.00 suffered somewhat second time around and somehow managed to drag himself around in a credible 3.12.00 in 39th.

One big difference between the first 4 Trigs and this year's race is the way in which the results and photos appear on the Club's website. Sidmouth running club's web master, Chris Woodcock, has photos up on the web before the first person has even finished!

This year the 4 Trigs Challenge raised over £700 which will be split between St Nicholas at 100 Project and the Royal Marines Charitable Trust. Once again a massive thank you to Hayman's Butchers, the Crusty Cobb and to the Hair Temple who made a rather special donation. Thanks also to everyone involved - here's to another 10 years' of 4 Trigs.

Photo © Will Horsley



Steve Gustard and Matt Lunn (both Durham FR) do battle on top of Grey's Pike

1. J. Jackson	2.25.05
2. G. Hurst	2.27.48
3. J. Ashby	2.36.54
4. J. Croome	2.37.00
5. L. Kendon Lady	2.37.05
6. B. Chesters	2.38.00
7. G. Lavender	2.40.10
8. T. Mitchell	2.46.30
9. R. Bishop	2.46.55
10. M. Kendon	2.49.00

KIELDER GREY'S SUMMIT RACE Northumberland BM/6m/1300ft 07.02.10

Finally the postponed Kielder Grey's Summit race went ahead on Sunday 7th February. Could this be England's remotest fell race? Well, 55 runners plus marshals and supporters were not deterred. The weather was fair for the race itself although there was still up to two feet of freeze-thawed crunchy snow on the Pikes ridge, of which many a bloodied shin and ankle would later testify (note: wear leggings in these conditions). Despite a persistently yapping little dog the organiser got the race underway in front of the Castle gates. Phil Sanderson (V40, NFR) made his characteristic sprint start and went on to make a total mockery of the course and conditions by finishing in 54 minutes, over 7 minutes ahead of anyone else (literally a mile in front). Karen Robertson (NFR) performed equally as strongly by finishing 8th overall and more than six minutes ahead of the second placed lady. Several GPS devices concurred that the route was actually 7.6 miles long and not the six advertised (suckers!). Afterwards there was a brief awards ceremony in the Castle which was again sabotaged by same yapping dog (incidentally, this dog belongs to the race organiser). With it being the first race in the 2010 North East Fell Running Championship the opportunity was taken to present medals from the 2009 series meaning Sanderson and Robertson went home with triple prizes (race, 2009 open and 2009 V40).

Photo © Rob Stephens



George Nicholson (NFR) crossing the burn at the Kielder Fell Race

There are numerous photos, including some taken by a runner on his way round, on the www.northumberlandfellrunners.co.uk website. These make good viewing for anyone with a love of tough, bleak and remote fell races.

We raised £260 for the local mountain rescue team and north air ambulance, an impressive amount that was significantly boosted by an anonymous participant after the race.

Many thanks to my marshals and helpers (Graham, Phil G, Phil J, Flip & Anna, The Green Family, Louise, Yvonne at the Pantry, and Casper) and also to the Forestry Commission and local farmers for their tolerance.

Next year's Kielder Fell Race will be the classic Borderer (17 miles) which is only held once every two years. This is a race that participants love to hate and yet they keep coming back.

Will Horsley

1. P. Sanderson O/40	NFR	0.53.55
2. L. Bennett O/40	NFR	1.01.20
3. C. Edis	Kesw	1.03.08
4. S. Gibson	NFR	1.03.39
5. J. Mann	Durham	1.06.58
6. G. Burns O/40	Durham	1.08.43
7. L. Johnson O/40	LowF	1.08.54
8. K. Robertson Lady O/40	NFR	1.09.02
9. S. Prentice	Unatt	1.09.03
10. B. Fraser O/40	Nfr	1.09.54

VETERANS O/50

1. (13) L. Turnbull	Norham	1.12.27
2. (21) B. Kivlehan	NFR	1.17.02
3. (30H) Jones	Unatt	1.20.35

VETERANS O/60

1. (25) L. Stephenson	Kend	1.18.18
2. (38) T. Hart	NFR	1.23.59
3. (41) G. Feaser	AllenV	1.25.35

LADIES

1. (8) K. Roberson O/40	NFR	1.09.02
2. (19) S. Lister	BI'hillB	1.13.47
3. (22) S. Mitchell O/40	NFR	1.17.46
4. (27) S. Scott	NFR	1.19.20
5. (29) R. Kelsey	Durham	1.20.34

55 finisher

CHARNWOOD HILLS RACE

Leicestershire

CL/14.1m/1240ft 07.02.10

Pete Swaine is the new king of the Charnwood Hills having had a second, two thirds and a fourth in the last four years. Unavoidable changes to the course meant it was longest in the 24 years of the Bowline Climbing Club's race.

Loughborough triathlete Joel Jameson led the runners out on to the fields in heavy going with Swaine in close pursuit and they soon opened up a gap. Jameson led through Bradgate Park, over Broombriggs Hill and around Beacon Hill with Swain only 10 yards behind. On the return through Bradgate Park the heavy going took its toll on Jameson and Swaine passed him and held on for a well deserved win in 1.27.22, with Jameson second in 1.27.53. Craig Mattocks third, whilst his team mate, Kate Jenkins, took the women's race in 1.40.25, with Emily Ault second and Sally Newman running for Calder Valley third.

A record number of 436 finished.

Howard Pymm

1. P. Swain	Charwood	1.27.22
2. J. Jameson	RunnFox	1.27.53

3. C. Mattocks	Wooton	1.31.34
4. D. Cross O/40	SuttonA	1.31.50
5. S. Newport O/40	BI'heathB	1.34.19
6. A. Webster O/40	WestE	1.34.46
7. G. Moffatt O/40	DkPk	1.35.23
8. N. Cobley	RoadH	1.35.35
9. R. Sheen	LeicsCor	1.36.43
10. J. Folland	Unatt	1.37.32

VETERANS O/50

1. D. Wilkinson	FRA	1.39.33
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VETERANS O/60

1. T. Challoner	FleckneyK	1.55.45
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VETERANS O/70

1. G. Oliver	Hinckley	2.12.50
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LADIES

1. K. Jenkins O/35	Wooton	1.40.25
2. E. Ault	Barrow	1.45.46
3. S. Newman O/45	CaldV	1.46.16
4. L. Porter O/45	WestE	1.46.16
5. G. Vaughan O/45	LeicsTri	1.50.12
C. Wright O/55	Corby	2.08.28

436 finishers

LONGMYND VALLEYS

Shropshire

AM/11.5m/4500ft 09.02.10

A fairly nice day on the Longmynd, if you could have seen it!! Strident kit check was going on, happily everyone was playing by the rules and 212 souls set off on what was the 24th running of the Longmynd Valley's Race.

As usual, a few had to retire for various reasons but luckily there were no incidents to mar what was a good day's racing. The finish was a close call with eight seconds separating the winner, Andrew Davies, from Simon Bailey. Pete Vale was a further five seconds behind Simon making it a one, two, three for Mercia Fellrunners. Also in the leading group within a minute of the winner was Hugh Aggleton, Richard Roberts and Steven Cale. Nine minutes passed before the next runners began to appear, and a trickle became a flood.

The combined event brought together two races - the Titterstone Clee and the Longmynd Valleys - in a challenging back to back weekend of racing, which was won by Tim Werrett of Mercia and the top 25 runners which took part in both these events received one of the much sought after T-shirts. Well done to all who took part in both races! The special challenge of the combined event adds a flavour to the Longmynd Valleys race that is hard to find elsewhere.

20 outdoor staff and 10 indoors made this a splendid weekend with no hiccups - praise is not great enough for all the help received - thank you.

Next year will be the 25th running of the Longmynd Valleys Race. Are you man (or woman) enough to take on both races? As it is a special year, there will be plenty of surprises - don't miss it - put it in your diary now!

Pauline Richards

1. A. Davies	Mercia	1.39.41
2. S. Bailey	Mercia	1.39.49
3. P. Vale	Mercia	1.40.04
4. H. Aggleton	MDC	1.40.07
5. R. Roberts	Eryri	1.40.19
6. S. Cale	Shrews	1.40.38
7. T. Gibbs	MDC	1.49.54
8. T. Werrett	Mercia	1.56.06
9. J. Bowie	Trismart	1.56.27

10. C. Flower O/40	Mynydd	1.56.48
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VETERANS O/40

1. C. Flower	Mynydd	1.56.48
2. (11) S. Willis	Saddle	1.57.51
3. (17) Andy Davies	Mercia	1.59.56

VETERANS O/50

1. (15) C. Davies	Saddle	1.59.12
2. (31) D. Colclough	Trenth	2.05.47
3. (34) S. Storey	DkPk	2.06.09

VETERANS O/60

1. (64) R. Taylor	Penn	2.16.13
2. (83) J. Marsh	TarrenH	2.22.55
3. (101) J. Nixon	Borr	2.27.26

LADIES

1. (23) Kate Bailey	Merionydd	2.02.08
2. (33) V. Swingler O/40	ShropShuff	2.05.56
3. (40) T. Greenway O/45	Ilk	2.07.30
4. (42) A. Bartlett	Shrews	2.07.59
5. (49) A. Rowlands	Eryri	2.10.42
(136) K. Braznell O/50	Hales	2.36.09
(192) J. Davies O/55	Saddle	3.19.18

205 finishers

'TISO' CARNETHY 5 HILL RACE

Edinburgh

AM/6.2m/2500ft 13.02.10

No records were broken but near perfect conditions for the race, though there was some hard ground on the course and a decent snow patch to help the final descent. 488 people started and 485 finished - slightly down on last year, but still the second largest field ever... and they all got 40th anniversary mugs !! If you missed collecting yours, please contact the organiser on the Carnethy 5 race page on www.carnethy.com.

Actually there was a record broken and that was by the race winner, Rob Jebb. He became the first man to win 5 times! Rob won in 48:41, but he was chased hard by Andrew Symonds 48:58 with Prasad Prasad 3rd and just sneaking under 50 minutes. In 4th place was 18 year old Robbie Simpson - surely someone capable of winning in a year or so! First over 40 was Mark Harris in an excellent 12th place, while the latest recruit to the ranks of the "old men", Ronnie Gallagher, was first V50. Successfully defending his V60 title was Jack Holt, while first V70 was Bill Gauld (he is 77 in a few days!). First woman was Claire Gordon in 65:12; first F40 (and 4th woman) was Shileen O'Kane in 67:56 (one of our welcome Northern Ireland visitors) and first F50 was Jocelyn Scott.

The team race for the Claymore was very hard fought but organisers, Carnethy, just got it by 4 points from HBT - to win it for the 3rd year running...and sent HBT home to think again! Lochaber made the most of their long journey down to the race by not only bringing Jimmy Jardine, who completed his 40th race - i.e. he has never missed one !! - but they also won the women's team prize - well done! Among the 5 new members of the 21 Race Club, was the first woman to join this exclusive club ... Pat McLaughlin of Westerlands - congratulations, Pat!

Andy Spenceley,

1. R. Jebb	Bing	48.41
2. A. Symonds	Carnegie	48.58
3. P. Prasad	Clydes	49.53
4. R. Simpson	Deeside	50.09
5. A. Anthony	Ochil	51.02

6. D. Gay	HBT	52.37
7. M. Sullivan	Shettle	52.57
8. M. Addison	HelmH	53.36
9. S. Peachey	Cosmic	53.55
10. M. Roberts	Eryri	54.24

VETERANS O/40

1. (12) M. Harris	Fife	54.49
2. (16) S. Whitlie	Carn	55.40
3. (24) S. Fallon	Carn	57.19

VETERANS O/50

1. (34) R. Gallagher	Carn	58.32
2. (49) M. Laing	Fife	60.29
3. P. Simpson	Carnegie	61.07

VETERANS O/60

1. (68) J. Holt	Clay	62.51
2. (112) T. Scott	Fife	66.17
3. (128) M. Hulme	Corsto	67.06

VETERANS O/70

1. (393) B. Gauld	Carn	89.31
2. (421) K. Daniels	Carnegie	92.58
3. (484) W. Drysdale	Law	137.05

485 finishers

WINTER HILL

Lancashire

AM/11m/2750ft 14.02.10

On the principle of starting with the bad news and finishing on a high. Apart from one idiot, Alan Moore, who retired and did not report to the finish marshals, the race went very well. This obviously led to both the later checkpoint marshals and Bolton Mountain Rescue having to remain at their posts for an hour longer than necessary.

Rob Hope not only returned to winning ways after having to settle for second place last year, but he also set a new course record of 1:26:24. He had the added satisfaction of also beating his brother, Danny, by 42 seconds. With Graham Pearce claiming third spot a further 55 seconds back. Pudsey & Bramley were convincing winners of the team prize. The vets team was won by Burnden RR. Sean Willis was first vet in 8th place overall.

The ladies race was a much more one sided event with Anna Lupton winning in 1:45:14, almost 21 minutes in front of Suzanne Budget, who was also the first vet. Only one club managed to enter a team and Chorley Harriers claimed this prize.

This was the 21st time that I have organised the race and I now feel that it is time for somebody else to take over the reins and hopefully I can have a run next year. I am pleased that Colin Jones, who organises the Two Lads race has agreed to also take on this race.

I would like as usual to thank the marshals, Bolton Mountain Rescue, Walsh Sports, Hilly Clothing, Pete Bland Sports and Rivington Barn for their help and support.

Tony Varley

1. R. Hope	P&B	1.26.54
2. D. Hope	P&B	1.27.36
3. G. Pearce	P&B	1.28.31
4. D. Kay	Horw	1.29.22
5. H. Jansson	IKHP	1.35.00
6. S. Harding	Macc	1.35.16
7. A. Breaks	CaldV	1.37.20
8. S. Willis O/40	Sadd	1.37.25
9. G. Mulholland	CaldV	1.37.27
10. D. Aucott	DkPk	1.38.00

VETERANS O/50

1. (20) G. Schofield	Horw	1.44.19
2. (34) K. Thomas	Burnd	1.49.12
3. (42) T. Hargreaves	Stockp	1.52.39

VETERANS O/60

1. (90) B. Rawlinson	Ross	2.07.29
2. (106) S. Presly	WoldsV	2.11.25
3. (119) G. Breeze	Ilk	2.17.01

LADIES

1. (24) A. Lupton	Radc	1.45.14
2. (83) S. Budgett O/45	Horw	2.06.01
3. (84) D. Atkins	Chorl	2.06.02
4. (87) V. Mousley	Accring	2.07.16
5. (88) D. Gowans O/45	Accring	2.07.19

196 finishers

RAS MOELY CI

North Wales

BS/5m/950ft 20.02.10

While deep, fresh snow and bright sunshine make for a fantastic hill run, they cast fear into the heart of the race organizer! Sure enough, lots of early phone calls to ask if the race is still on – it was. On the way to the venue at 08 30 a.m., there was a Police road closure blocking all those coming in from Llanberis. Fortunately this opened again soon enough. Sun, snow and the reputation of post-race soup and cakes brought 101 runners to the Moelyci Environmental Centre this year.

Congratulations to Richard Roberts, taking his second win on this course in 36.50, and to Anna Bartlett leading the women round in 46.14 at 20th overall. Matthew Fortes was 2nd and Steve Jones cruised round into 3rd place and 1st MV50. David Carson was 1st MV40 and 5th, Don Williams 1st MV60, and of the two MV70s Ron Hird was first back.

The junior race winner was Bronwen Jenkinson of Eryri in 11.53 with Leo Dearden of Achille Ratti first boy at 2nd overall in 12.25.

Many thanks go to the Centre staff, marshals, Team Dolly' radio network, the registration and finish team and prize donators. Projects at the Moelyci Environmental Centre focus on sustainability, local produce and local crafts. The soup and cakes were from organic local suppliers accompanied by Fair Trade tea and coffee.

Jeremy Williams

1. R. Roberts	Eryri	36.50
2. M. Fortes	Unatt	42.39
3. S. Jones O/50	Eryri	42.53
4. P. O'Brien	Eryri	43.18
5. D. Carson O/40	ShrShuff	43.24
6. C. Pender	Newburgh	43.29
7. G. Williams	Eryri	43.34
8. A. Lewis O/50	Eryri	43.36
9. G. Edwards	Menai	43.40
10. A. Edwards	Eryri	43.48

VETERANS O/40

1. (5) D. Carson	ShrShuff	43.24
2. (11) P. Jenkinson	Eryri	44.16
3. (12) T. Lloyd	Menai	44.29

VETERANS O/60

1. (31) D. Williams	Eryri	48.35
2. (51) M. Blake	Eryri	52.58
3. (74) B. Robbins	Eryri	60.36

LADIES

1. (20) A. Bartlett	Shrews	46.14
2. (23) J. Hemming	Eryri	47.35
3. (24) R. Law	Eryri	47.40
(46) A. Williams O/40	Eryri	51.44
(60) E. Collins O/40	Denbigh	54.35

98 finishers

GLEN MONA HORSESHOE

Isle of Man

AM/7m/2150ft 20.02.10

Fantastic scenic conditions greeted the competitors for the Glen Mona Fell with the morning ice and snow having mostly cleared leaving a sunny but cold afternoon for the race.

The win was taken by Lloyd Taggart, setting a new course record in the process. Second place went to Tom Cringle, also breaking the old course record but 2.5 minutes behind Lloyd! Simon Skillicorn wrapped up the top three about two minutes behind Tom with fourth place going to Ian Gale, fifth to Peter Bradley and sixth to Dave Gelling. Leading vet 50 was Rob Webb, and making a welcome return to the fells, top vet 60 was Dave Young finishing 19th overall.

The ladies' win went to Jackie Lee finishing 8th overall in a time of 1.11.45, also setting a new course record. Second lady was Caroline Caren. *Steve Partington*

ILKLEY MOOR FELL RACE

West Yorkshire

AS/5m/1260ft 21.02.10

The 21st Ilkley Moor Fell Race had reduced numbers (215 finishers) as unexpectedly early morning snow made travel difficult for many. However, those who made it to the venue enjoyed a challenging race with fine wins by local hero, Graham Pearce, and Yorkshire Champion, Emma Clayton.

The junior race numbers were similarly affected with 80 youngsters braving the worst of the day's weather.

Paul Wood

1. G. Pearce	P&B	39.52
2. R. Lawrence	Bing	42.16
3. T. Adams	Ilk	43.04
4. M. Roberts	Eryri	43.13
5. C. Bishop	Sadde	43.14
6. J. Dugdale	Clay	43.16
7. S. Willis O/40	Sadd	43.17
8. S. Brock	Kghly	43.40
9. D. Wilby	Ilk	43.42
10. T. Mason	Wharfe	43.52

VETERANS O/40

1. (7) S. Willis	Sadd	43.17
2. (12) P. Crabtree	Wharfe	44.47
3. (15) J. Hemsley	Wharfe	45.54

VETERANS O/50

1. (29) R. Crossland	Unatt	48.17
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VETERANS O/60

1. (56) P. Bramham	Kghly	54.06
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LADIES

1. (38) E. Clayton	Scunth	49.46
2. (43) P. Munro O/40	Bing	50.52
3. (45) H. Williams	Kghly	52.11
4. (62) A. Eagle	Ilk	54.19
5. (68) H. Dawe	Ilk	54.38
(78) G. Myers O/50	Wharfe	55.21

215 finishers

BLEASDALE CIRCLE

Lancashire

AS/5m/1250ft 27.02.10

Spring was just around the corner but winter was still holding on. Many thanks to our heroic marker, Leigh Warburton, for braving the conditions. That afternoon it snowed for several hours, covering the course in a couple of inches of snow for race day.

Race day dawned and the sun was shining and this set the scene for the day. The combination of fresh snow on the Bleasdale fells and well earned sunshine made for a memorable day for many of the competitors.

As race organisers, it is very satisfying to hear so many stories from finishers about their awesome experiences descending in the snow on the ridge from Fairsnape to Parlick. One runner couldn't contain himself and expressed and explained that he would have liked to have bottled the experience and shared it with those who missed it!

Hope to see you all again next year but don't tell everyone what a great little race it is!!

Les Orr

1. I. C. Smale O/40	Unatt	41.34
2. S. Swarbrick	Bowland	41.47
3. M. Chippendale O/40	Bowland	41.53
4. D. Nuttall O/40	Clay	42.16
5. M. Laithwaite	AchR	42.29
6. M. Cliffe	Eryri	42.41
7. S. Clawson O/40	Ross	42.46
8. S. Fogg	Clay	43.05
9. C. Edis	Kesw	43.43

10. J. Balwin Clay 45.00

VETERANS O/50

1. (24) B. Davey	SthportW	50.07
2. (27) S. Cliffe	Bowland	51.53
3. (30) I. Cookson	Bowland	52.28

VETERANS O/60

1. (19) T. Hesketh	Horw	49.05
2. (60) B. Grant	Unatt	59.25
3. (61) D. Munroe	Clay	59.47

LADIES

1. (28) R. Browne O/40	Bowland	52.03
2. (37) M. Divine	Horw	54.12
3. (39) J. Robinson O/50	Settle	55.07
(69) K. Goss O/60	Clay	67.58

71 finishers

SEDBERGH SCHOOL - 3 PEAKS

RACE

Cumbria

AS/3.6m/1515ft 02.03.10

1. M. Donnelly	Borr	28.49
2. D. Kay	Horw	30.31
3. C. Waters	Amble	31.25
4. B. Abdelnoor	Amble	31.42
5. S. Fisher	Sed 1stVIII	31.47

6. J. Addison	HelmH	32.37
7. P. Harrison	Sed 1stVIII	33.03
8. A. Sinclair	EGS	33.27
9. A. Perry	Penn	34.05
10. S. Till	Dallam	34.14
11. N. Till	HelmH	34.18
12. S. Sillito	HelmH	34.26
13. B. Proctor	HelmH	34.27
14. M. Morton	Penn	34.33
15. B. Johnstone	Wharfe	35.16
16. J. Hall	Wharfe	35.16
17. W. Crisp	EGS	35.22
18. J. Thompson	Sed 1stVIII	35.37
19. H. Thomson	Sed 1stVIII	35.47
20. I. Barnes	Amble	36.02

114 finishers

BLACK COMBE FELL RACE

Cumbria

AM/8m/3400ft 06.03.10

The Black Combe Fell Race from Silecroft, was the first tester for many of the country's leading fellmen and women as they aim to get themselves fully fit for the major races and National Champs events during 2010. The 122 runners who toed the line for the noon start had to call at Seaness, Black Combe, White Combe then the sting in the tail: from a checkpoint at a stream at the base of the Combe, everyone had to climb back up Black Combe to visit the last checkpoint at South summit before the fast downhill back to the finish.

The weather was excellent. Clear skies and superb visibility made for some good times, but neither the men's or ladies' records went.

Fastest, but outside the course record, was Rob Jebb in 68:09. Ricky Lightfoot (Ellenborough AC, Maryport) returned for second place in 69:57, and Borrowdale Fell Runner, Jim Davis, was well happy with his third place in 74:46.

The lady victor was Natalie White, clocking a pleasing 91:51, just managing to hold off Ambleside AC's Hazel Robinson during the latter stages by 38 seconds. Third female was Lou Roberts in 95:45.

Men's team prize went to Borrowdale, whilst a special prize went to holidaymaker Sonja Veitoris, who finished last in 3:04.00, this being her first fell race.

Although not a club championship counter race, the event was well supported by BCRs. First back was Peter Tayler clocking 94:57.

Special thanks goes to all who helped organise the event, and for being given permission to use farmers' land, for which without this the race would not have been possible.

Provisional only date for next year's race is Saturday, 12 March.

Penny Moreton

PIPE DREAM

North Wales

AS/5m/1700ft 06.03.10

Fifty-one athletes from various clubs across North Wales and beyond lined up for the 6th annual running of the Pipe Dream Fellrace at Dolgarrog. With clear skies, cool air and firm ground, the conditions were as good as perfect,

For a change this year, and for a personal laugh at the last minute, I decided to announce in the brief that the race would for the first time negotiate the steps which sit between the two

Photo © Bill Smith

Wendy Dodds approaching the top of the second climb at Black Combe



great water-pipes which we normally run a lot of the race alongside. After the last of the 496 of them you know about it, leading to some pitiful moans and groans in the quiet of the woodland climb!

Coming off the back of an excellent win at Moel Y Cîc a fortnight earlier, Menai Track & Field runner, Tim Lloyd, showed his strong recent form by forging a clear lead from the rest of the field as they climbed. Despite a strong run by second placed Matthew Fortes, he led throughout the race to take the win in 37.25. Neal Hockley followed up a minute later in third slot. Being over 40years, Tim was also the veteran winner, comfortably beating vet clubmates, Craig Jones and Paul Jenkinson, finishing 4th and 5th overall respectively.

The ladies' turnout was low this year, but that didn't stop a solid performance from previous three times race winner, Andrea Rowlands in 41.19. However, the result wasn't exactly guaranteed as she was beaten to the summit by Eryri newcomer, Tammy Lewis-Jones who, despite many years' experience as a runner, was taking part in her first fell race. The downhill experience of Andrea shone through as she overtook and

opened up almost a minute gap by the end. Ellie Salisbury followed up in third, also taking the 1st veteran slot, with Melanie Williams in 2nd.

The race was sponsored by RWEpower at Dolgarrog Power Station. All proceeds from the race to go to the Dolgarrog Community Centre.

Craig Jones

1. T. Lloyd O/40	Menai	37.25
2. M. Fortes	Eryri	37.41
3. N. Hickley	WFRA	38.24
4. C. Jones O/40	Eryri	38.53
5. P. Jenkinson O/40	Eryri	38.56
6. E. Loffill	Unatt	39.01
7. M. Ward O/40	Eryri	39.36
8. A. Lewis O/50	Eryri	39.42
9. G. Briggs	StaffsM	40.16
10. J. Kelly	Eryri	40.59

VETERANS O/50

1. A. Lewis	Eryri	39.42
2. R. Powell	WFRA	45.19
3. B. Wells	NWRRC	45.43

VETERANS O/60

1. D. Williams	Eryri	43.27
2. M. Blake	Eryri	45.25
3. F. Uhlman	WFRA	54.44

VETERANS O/70

1. R. Hird	Eryri	63.24
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LADIES

1. A. Rowlands	Eryri	41.19
2. T. Lewis-Jones	Eryri	42.10
3. E. Salisbury O/40	Eryri	49.29

51 finishers

HALF TOUR OF PENDLE

Lancashire

AM/9m/2250ft 06.03.10

A few days of sunshine had helped the snow on the top of Pendle to thaw giving us a cold, dry day with some icy patches and pockets of snow here and there, giving good running especially on what had been very slippery descents a few days earlier.

The 20th running, since splitting from the Full Tour in 1970 (no race in 2001 due to Foot and Mouth) resulted in another fine win for Ian Holmes with a comfortable lead of 4.06 over Richard Pattinson in 2nd spot with Jon Wright a further 1.15 back in 3rd, all of whom are V40s. Ian's win was his 6th in the last 9 years and took him into the lead of most wins over the 5 of Shaun Livesey. Mike Wallis. Clayton took victory in the V50 with an excellent 13th position. Mike



Half Tour of Pendle: Jack Dugdale (CLM) & Andy Thorpe (Halifax)

McKenna was first V60 in 68th position and Steve Davies winner of the V70 in 206th place.

In the ladies' race Jo Waites in 42nd spot won by 2.05 from Dionne Allen with Laura Martin in 3rd. Laura was also the lady vet winner finishing in 90th position overall. *Barrie Walmsley*

1. I Holmes O/40	Bing	1.03.50
2. R. Pattinson O/40	P&B	1.07.56
3. J. Wright O/40	Tod	1.09.11
4. T. Mason	Wharfe	1.10.28
5. M. Fanning O/40	Borr	1.10.48
6. S. Fogg	Clay	1.10.55
7. A. Wrench O/40	Tod	1.11.22
8. K. Livesey O/40	Wharfe	1.11.42
9. A. Murray	Horw	1.11.48
10. J. Newey	Malvern	1.12.30

VETERANS O/50

1. (13) M. Wallis	Clay	1.13.19
2. (17) P. Taylor	Ross	1.14.45
3. (27) N. Holding	WestPenn	1.16.41

VETERANS O/60

1. (68) M. McKenna	Dallam	1.22.15
2. M. Crook	Horw	1.27.06
3. N. Bush	Ilk	1.29.09

VETERANS O/70

1. (206) S. Davies	Accring	1.47.18
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LADIES

1. (42) J. Waites	CaldV	1.18.42
2. (64) D. Allen	Horw	1.21.36
3. (90) L. Martin O/40	Otley	1.26.10
4. T. Hird	Wharfe	1.28.44
5. M. Ralphson	Trawden	1.29.31
6. (112) D. Gowans O/40	Accring	1.29.34
(150) C. Pollard O/50	NYM	1.34.16
(229) K. Goss O/60	Clay	1.55.59

243 finishers

BISHOP HILL

Scotland

AS/2.5m/1000ft 07.03.10

Concern midweek had been the quantity of hard snow-ice on the hill. A timely thaw allowed us to run the normal course. Deep slushy snow on the upper slopes made for strenuous progress uphill and some slippery bum sliding on the descent but all the runners returned unscathed having had a good afternoon's exercise. Overhead conditions were excellent, if a little hazy. Also on the hill were walkers, paragliders, mountain bikers, a micro-light and gliders - clearly a good day to be out!

Prasad Prasad made light of the heavy going and ran in a clear winner. Not far behind were Adam and Mark Harris. Adam pipped Mark by 9 seconds to be first junior and second overall. Second junior was Thomas Knox in 13th position overall. Mark was first vet, just one place in front of Donald MacKenzie. In sixth overall was first supervet Peter Simpson. First man over 60 was Hugh McPherson.

The ladies had a close tussle as well. Sarah Legge came in first but was not far in front of two juniors who had a great head-to-head. Robyn Graham beat her fellow Fife AC rival Lucy Duff by one second! Phyllis Mitchell was first lady super-vet and Joan Wilson first vet.

First team was Fife AC (17 points) followed by Carnegie Harriers (21) and Lomond (44).

There was also a junior race over the lower half of the course. This was won by Ruari Jardine, ahead of Matthew Legge and Lizzie Knox.

Thanks to the marshals, timekeepers and

spectators - yes, we had quite a few! At the prize giving I omitted, disgracefully, to thank the caterers who provided rolls and soup, one of them a very spicy concoction ideal for a wintry day! Thanks very much.

Thanks also to the competitors who turned out. A remarkable number of clubs were represented on the day.

Richard Gatehouse

1. P. Prasad	Clydes	20.12
2. A. Harris Jun	Fife	20.46
3. M. Harris O/40	Fife	20.55
4. D. McKenzie O/40	Lomond	21.22
5. S. Bennet O/40	Carnegie	21.45
6. P. Simpson O/40	Carnegie	21.52
7. J. Knox O/40	Anster	22.07
8. J. Stevenson O/40	Ochil	23.02
9. T. Allan	Lomond	23.06
10. R. Cunningham O/40	Carnegie	23.30

VETERANS O/50

1. (19) T. Brannan	Lothian	24.51
2. (20) J. Gallacher	Ochil	24.53
3. (21) C. Roberts	Unatt	24.54

VETERANS O/60

1. (57) H. McPherson	Unatt	31.57
2. (60) B. Beveridge	Lomond	33.12
3. (62) T. Stapley	Portobello	35.27

LADIES

1. (40) S. Legge	Fife	28.43
2. (44) R. Graham Jun	Fife	28.54
3. (45) L. Duff Jun	Fife	28.55
4. (48) P. Mitchell O/50	HBT	29.35
5. (52) J. Gibson O/50	Kinross	30.36
6. (56) J. Wilson O/40	Carn	31.39

67 finishers

SNAEFELL FELL RACE

Isle of Man

AS/5m/1900ft 13.03.10

The excellent turnout of 46 runners who took on the challenge of the Snaefell fell race, contended with a strong headwind in places and mist and snow.

The race was won in fine style by Lloyd Taggart who broke Tony Rowley's long standing (1987) course record by 18 seconds raising the bar to 40. 27. Second place went to Tom Cringle three and a half minutes behind with Ian Gale having an excellent race wrapping up the top 3 a further minute back.

Of the seven ladies who raced, the win went to Jackie Lee finishing in 10th in a fine time of 50.08. Second slot went to Rachel Holden with Caroline Caren in third.

It was good to see Phil 'Nipper' Cain back on the fells, he took the Vet 50 prize finishing in 11th overall, the vet 60 prize went to Dave Young once again having an excellent race and finishing 16th overall.

Thanks to all the marshals and supporters out on the course braving the chilly weather.

Steve Partington

WINDMILLS WHIZZ

West Yorkshire

CM/7m/800ft 13.03.10

After the confusion (and adverse publicity in the national press!) we suffered at this event 12 months ago, when someone had mindlessly turned an arrow and re-sited some of my route markers, this year's Windmills Whizz went without a hitch. My pre-race chat on the

reservoir-side track, advising everyone to turn left, left and left again was received with good humour and soon the field of one hundred and seventeen runners were making their way across the moors on a perfect morning for running - thank you all for turning out and making it a success.

Tom Adams certainly found his way around the scenic route and he ran away from the rest to win in a time just three seconds outside Adam Osbourne's six year old course record of 37.12. Chris Miller had been leading at last year's race before it all went pear-shaped. However, he very sportingly returned to the venue and placed second on this occasion ahead of local youngster, Ben Crowther.

Well done to Claire Hanson from the local Calder Valley club for a well earned win, just four seconds ahead of Kate Archer. Jon Wright and Sarah Grant won the veteran prizes, while Phil and Karen Taylor took the respective over 50s' awards. Jeff Norman has won my all time favourite race, The Yorkshire Three Peaks, a record **eight** times. It is always a thrill to have him at my events, and Jeff romped round to win the over 60s' prize, while Pam Mcloed won the corresponding age category prize.

Ilkley Harriers and Calder Valley ladies won the team prizes. Furthest travelled runner at this year's race was Saddleworth's Harry Waterhouse of St Agnes, Australia, via Oldham!!

Thanks as usual to all my happy band of marshals and helpers, in particular Peter McCormick who swept around and gathered all the markers in, saving me the best part of two hours. Special thanks must go to Bill Smith who again travelled over from Liverpool by public transport to marshal, gather markers and help compile our results boards. And of course, my Mum and Dad who provided refreshments at the finish, as they have at almost every race I've organised over the past **19 years**. Everyone else who helped with marshalling and finish recording etc., and made the race run smoothly - thank you. You all know who you are - I couldn't do it without you.

Proceeds from this race have been "Gift Aided" to the Jane Tomlinson Cancer fund via a donation to Steven Fry and Andy Nicholl's amazing (crazy!) **Triple Yorkshire Three Peaks charity run** on Three Peaks race day in April. Well done lads!

Allan Greenwood

1. T. Adams	Ilk	37.15
2. C. Miller	Hgte	38.32
3. B. Crowther	Hfx	38.45
4. J. Wright O/40	Tod	38.57
5. A. Breaks	CaldV	39.05
6. S. Smithies O/40	Unatt	40.24
7. O. Beilby	Wharfe	40.48
8. P. Taylor O/50	Ross	40.52
9. G. Briggs	StaffsM	40.54
10. M. Archer	Ilk	41.09

VETERANS O/50

1. (8) P. Taylor	Ross	40.52
2. (12) N. Holding	WPenn	41.29
3. (13) A. Pickles	Settle	41.39

VETERANS O/60

1. (44) J. Norman	Altrinch	47.47
2. (47) K. Watson	Horsf	48.16
3. (59) G. Breeze	Ilk	49.30

LADIES

1. (55) C. Hanson	CaldV	48.54
2. (56) K. Archer	Ilk	48.58
3. (65) S. Grant O/40	Abbey	50.16
4. (70) H. Thorburn	DkPk	50.57
5. (74) J. Wood	Totley	51.50
6. (76) K. Taylor O/50	Ross	52.08
(117) P. Mc Leod O/60	VallH	70.50

117 finishers

WOLF'S PIT Derbyshire

AS/5.9m/1610ft 14.03.10

It's not the initial 1000 ft climb that everyone is talking about, but the final sting in the tail back up toward Shatton Mast just as the finishing field comes into site. We chose the most thick-skinned Bradda Dad to turn the runners back up the hill at this point, and it's a good job we did, for he received plenty of good humoured insults from the weary runners. The climb is worth it as it takes you back to the head of what must be one of the fastest descents in the Peak; around 800ft of quad pounding cropped grass.

The race, which is the first in the Accelerate Gritstone series, was once again well supported with Stuart Bond leading strongly from the off to finish just 10 seconds away from John Henegan's 2009 record. In the ladies' race it was a similar story with Helen Elmore missing out by just 12 seconds.

The organisers, would like to thank all the people who helped make the event a success. The landowners and farmers whose permissions are invaluable, St John's, the time keepers, the results team of Lorraine, Sue & Graham. Accelerate for help with the prizes, plus of course all the Bradda Dads and their wives, family and friends who marshal and provide the welcome on the field catering. We hope to have raised around £650 which will be split between Hope Valley Young Farmers and Groups supported by Bradda Dads.

John Boyle

1. S. Bond	DkPk	40.27
2. R. Little	DkPk	42.30
3. A. McCullough	NFR	45.18
4. M. Nolan O/40	DkPk	45.51
5. T. Heron	DkPk	46.03
6. J. Boyle O/40	DkPk	46.10
7. N. Penn	Wakef	46.19
8. G. Moffatt O/40	DkPk	46.22
9. A. Wainwright O/40	Unatt	46.27
10. M. Green O/40	Wakef	47.17

VETERANS O/50

1. (19) S. Storey	DkPk	49.36
2. (26) J. Mooney	Macc	50.16

VETERANS O/70

1. (160) F. Makin	HolmeP	70.54
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LADIES

1. (30) H. Elmore	DkPk	50.35
2. (48) L. Gibson	Totley	53.03
3. (59) S. Curtis O/40	FatB	54.05
4. (72) R. Horn O/40	DkPk	55.18
5. (96) S. Barboor	Evesham	58.34
(97) P. Goodall O/50	Totley	58.41

CHAPELGILL Peeblesshire

AS/2m/1500ft 20.03.10

1. P. Prasad	Clydes	19.14
2. R. Simpson	Deeside	19.40
3. A. Anthony	Ochil	20.06

4. S. Hesling	Carn	20.27
5. D. Rodgers O/40	Lochab	20.40
6. A. Schofield O/40	Borr	20.46
7. B. Marshall O/40	HELP	21.00
8. S. Fallon	Carn	21.11
9. T. Smith	Lochab	21.20
10. S. Whitlie O/40	Carn	21.27

VETERANS O/50

1. (13) R. Gallagher	Carn	21.57
2. (24) P. Simpson	Carnegie	23.12
3. (29) M. Laing	Fife	23.42

VETERANS O/60

1. (52) M. Hume	Corsto	25.26
2. (60) D. Milligan	Solway	26.08
3. (84) T. Scott	Fife	27.50

LADIES

1. (33) F. Maxwell O/40	Shettle	23.59
2. (51) C. Buchan Junior	Ochil	25.26
3. (62) V. Oldham O/40	Cosmic	26.16
(80) S. Bryne	Lochab	27.37
(81) A. Hamilton O/50	Cosmic	27.39
(86) A. Finlay	Ochil	27.57
(112) J. Scott O/50	Fife	29.54

177 finishers

FIENDSDALE

Lancashire

AM/6.5m/2400ft 20.03.10

Once again, this year's Fiendsdale Fell Race became a complex affair due to access issues. We had to negotiate a new route to avoid sensitive areas on the original course. Natural England and the landowners are now limiting the number of runners in all the races in the Bowland fells around Chipping and there are already indications that next year will be just as difficult.

As for the race, just 70 runners set off on the new, shortened route. At just under 6.5 miles and with 2,400 feet of climbing, it turned out to be very tough but popular with all runners.

Mike Johnson, from local club Bowland Fell Runners, just held off Andy Brown to win in 58.59. Lauren Teska easily won the ladies' race by ten minutes to finish in an impressive 8th overall.

Thanks to all members of Bowland Fell Runners for their assistance on the day and also to the Pennine and Bowland Mountain Rescue

for their presence on the fells, which gives added security to all. Proceeds from the race go to the Mountain Rescue team.

Andrew Farmer

1. M. Johnson O/50	Bowland	0.58.59
2. A. Brown	Clay	0.59.01
3. R. Mellon	Bowland	1.00.00
4. M. Chippendale O/40	Bowland	1.01.21
5. C. Reade O/40	Bowland	1.02.23
6. M. Green O/40	Horw	1.03.12
7. D. Nuttall O/40	Clay	1.03.20
8. L. Jeska Lady	Tod	1.04.11
9. J. Helmsley O/40	Wharfe	1.04.12
10. G. Schofield O/50	Horw	1.04.59

VETERANS O/60

1. (36) B. Rawlinson	Ross	1.17.37
2. (40) G. Scott	Penn	1.19.17

LADIES

1. (8) L. Jeska	Tod	1.04.11
2. (23) E. Clayton	Scunth	1.14.08
3. (34) T. Hird	Wharfe	1.17.01
4. (45) J. Horrocks O/40	Clay	1.20.45
(59) J. Leonard O/50	Tod	1.27.53
(66) L. Lord O/60	Clay	1.33.52

70 finishers

BROUGH LAW

Northumberland

AS/5m/1250ft 21.03.10

Beautiful weather and a record turnout made for a wonderful Brough Law fell race in the Ingram valley of the Cheviot foothills.

Sixty-seven runners started with many making a long journey to get there.

It was a day for the veteran runners with the first four places going to V40s, the 1st placed V50 in 8th overall and the women's winner also a V40. Phil Sanderson underlined his position as the North East champion by winning the race despite an eight mile warm-up run minutes before the start. Lee Bennett gets quicker with every race and was less than a minute behind in second. Karen Robertson led the ladies home with a comfortable margin.

It was good to have three juniors on the course amongst the old gadgies including 18-yr old Rory Anderson in 6th place overall.



Brough Law - the steep start

Photo © Rob Stephens

Wooler RC turned out in force but they weren't strong enough to take the team wins from NFR.

Over £200 was raised for the North Air Ambulance and local mountain rescue teams. Many thanks to Ray, Garry, Team Green, Richard, Pat, Casper, and the land owners.

Keith Cooper & Will Horsley

1. P. Sanderson O/40	NFR	37.52
2. L. Bennett O/40	NFR	38.35
3. T. Edward O/40	Clay	39.10
4. A. Fletcher O/40	Wooler	39.48
5. L. Grant	Unatt	40.27
6. R. Anderson Jun	TeriT	40.30
7. B. Crombie	Unatt	40.46
8. P. Wilkin O/50	ThirskS	40.50
9. S. Gibson	NFR	40.51
10. K Murray O/40	TeriT	42.39

VETERANS O/50

1. (8) P. Wilkin	ThirskS	40.50
2. (19) L. Turnbull	Norham	44.52
3. (27) J. metson	NFR	47.25

VETERANS O/60

1. (55) R. Gray	NFR	55.07
2. (56) E. Whittaker	NEVAC	55.13
3. (58) T. Hart	NFR	56.11

LADIES

1. (16) K. Robertson O/40	NFR	43.56
2. (25) S. Lister	BlhillB	47.09
3. (36) C. Bagness O/40	Wooler	48.42
4. (38) R. Steel Jun	Morpeth	48.46
(60) R. Fletcher O/50	NFR	58.15

67 finishers

RUN AROUND RHESY CAE (Clwydian Junior race series)

**Clwyd
21.03.10**

We had bright sunny weather for the first of the three Clwydian junior series at Rhes y Cae. It was great to welcome new runners and see previous runners tackling longer runs as they go up the age groups. Freya Davis stormed home 3:31 in an all female field. In the 8-9 year old race, Kes Thomas just beat Martha Owens who took the girl's prize. There was a fight to the finish between Tom James and Tom Holmes in the 10-11 year olds' race, Tom James coming in first. Lily Davis' time was very impressive given her rather circuitous route choice. Eleanor Partington did very well in her first fell run but didn't quite do the full route so first prize went to Madison Davis in the 12-13 category.

Points are awarded for each race in the series of three.

Mary Gillie

6-7 years - 0.73km/10 metres

1. F. Davies Girl	3.31.00
2. I. Owen Girl	4.35.00
3. C. Pears Girl	4.59.00

8-9 years - 1.6km/30 metres

1. K. Thomas Boy	7.22.00
2. M. Owen Girl	7.25.00
3. B. McCorkell Boy	8.23.00

10-11 years - 2.88km/40 metres

1. T. James Boy	8.40.00
2. T. Holmes Boy	8.42.00
3. L. Davis Girl	12.57.00

12-13 years - 3.61km/70 metres

1. M. Davis Girl	16.28.00
2. E. Partington Girl	14.08.00

LLANGYNHAFAL LOOP FELL RACE

Denbighshire

AS/4.7m/1750ft 27.03.10

Borrowdale runner, Morgan Donnelly, escaped from the Lake District to knock over a minute off Tim Davies' record to win from Anthony Smith and Martin Cliffe. A great run from junior Rachel Jefferson gave her the ladie' title and a fine run from junior James Ellis brought him home in 8th place overall.

There were more runners than expected and we ran out of entry forms and numbers but managed to improvise. Prize giving back at the pub was the usual fun with Rhian Pierce nabbing the gooseberry bush as her prize before I'd even taken it out of the car boot!, John Morris won the garden gnome but then tried unsuccessfully to swap it with several other prizewinners.

Thanks to all the runners from near and far! Table overflowing with of prizes back at the pub, thanks to all the very helpful marshals and officials who all got an Easter egg (I hope!) and a large donation has been made to St Kentigern's Hospice.

Martin Cortvriend

1. M Donnelly	Borr	37.18
2. A. Smith	Amble	41.07
3. M. Cliffe	Eryri	42.01
4. J. Brown	Buckley	42.53
5. N. Parry	Clwyd	43.03
6. N. Ashcroft O/40	Amble	43.06
7. D. Chan	Heldby	43.38
8. J. Ellis Junior	Warr	44.41
9. T. Hiles	Unatt	44.59
10. S. Jones O/50	Eryri	45.25

VETERANS O/40

1. (6) N. Ashcroft	Amble	43.06
2. (13) M. Ward	Eryri	46.14
3. (16) S. Ellis	Tatten	46.55

VETERANS O/50

1. (10) S. Jones	Eryri	45.25
2. (11) A. Lewis	Eryri	45.36
3. (19) A. Duncan	Eryri	45.36

VETERANS O/60

1. (25) D. Williams	Eryri	48.56
2. (39) J. Morris	Penn	51.45
3. (67) E. Davies	Buckley	56.52

VETERANS O/70

1. (87) P. Norman	Wrex	61.27
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LADIES

1. (17) R. Jefferson Junior	Warr	45.22
2. (27) A. Rowlands	Eryri	51.49
3. (30) R. Pierce	Denbigh	52.28
(54) S. Rowlands O/40	Clwyd	54.49
(55) K. Harvey O/50	Penn	54.51
(97) M. Oliver O/60	Eryri	64.35

108 finishers

MIDGLEY MOOR

West Yorkshire

AS/5m/1250ft 27.03.10

Midgley Moor is a navigational race with six checkpoints. All of these can be reached on paths, but a direct route through the heather can be quicker. Although the location of the checkpoints has not changed over the years, the way that the heather grows in some areas while other patches are burnt off leads to the optimal routes changing from year to year.

Calder Valley really took the race by storm this year. With the race being a club counter, 49

members turned out to dominate the event. Ben Mounsey was in front from the start, leading the Calder team to the men's prizes, whilst Jo Waites cruised to victory in the women's individual and team categories. Steve Oldfield, who has won the race many times, now dominates the veteran categories, and Ann Johnson had an easy win in the women's vets.

Rod Sutcliffe

1. B. Mounsey	CaldV	39.27
2. A. Whittam	CaldV	39.40
3. S. Tosh	Ross	39.41
4. C. Bishop	Saddle	41.20
5. G. Mulholland	CaldV	41.23
6. S. Oldfield O/50	CaldV	41.26
7. A. Murray	Horw	41.28
8. J. Stevens O/40	CaldV	42.47
9. A. Breaks	CaldV	42.49
10. A. Jebb	Bing	43.19

VETERANS O/40

1. (8) J. Stevens	CaldV	42.47
2. (11) S. Smithies	CaldV	43.26
3. (14) J. Emberton	CaldV	44.43

VETERANS O/50

1. (6) S. Oldfield	CaldV	41.26
2. (13) P. Taylor	Ross	44.09
3. (26) B. Johnson	CaldV	47.00

VETERANS O/60

1. (43) B. Horsley	CaldV	52.36
2. (46) D. Tait	DkPk	53.02
3. (68) K. Watson	Horsforth	56.13

LADIES

1. (20) J. Waites	CaldV	45.41
2. (33) H. Page	DurhamUni	49.43
3. (34) A. Johnson O/45	CaldV	49.32
4. (58) R. Whitehead	Bing	54.13
5. (60) C. Hanson	CaldV	54.32
6. (63) S. Grant O/40	Abbey	54.56
(80) K. Taylor O/50	Ross	58.43
(114) B. Roberts O/60	Saddle	76.18

118 finishers

HARRY ASPINALL LIVER HILL

Lancashire

BS/5m/800ft 30.03.10

Now that the memorial race for founder club member, Harry Aspinall, the Stacksteads Fair Race, has been dropped from the calendar due to dwindling numbers, the Liver Hill Race has been renamed in Harry's honour. Traditionally held on the first Tuesday evening after the clocks go forward to give an extra hour of daylight, the tail enders still found themselves finishing in the dark.

The popularity of this race never fails to amaze, most probably due to it being the first of the evening fell races in the year.

141 brave souls towed the line in far from ideal conditions.

Once again the honours went to a homegrown runner, Ashley Holton, who romped home to notch up another win in a race hosted by his home club. Juniors Sean Carey and Joe Johnston battled it out for the remaining podium places, Sean eventually taking second spot. The podium, though, was nowhere in sight as this race is no entry fee and no prizes - a format I am particularly fond of and would like to see more of.

The ladies' race was also a close affair, Katie Trickett eventually taking the honours in 35th spot overall and Emma Flanagan two places

behind in 37th.

Graham Wright

1. A. Holt	Ross	34.56
2. S. Carey U/18	Tod	35.10
3. J. Johnston U/18	Ross	35.20
4. S. Fogg	Clay	35.32
5. S. Smithies O/40	CaldV	36.08
6. J. Dugdale	Clay	36.22
7. G. Schofield O/50	Horw	37.36
8. P. Bolton	Ross	37.44
9. D. Chan	Heslby	37.50
10. D. Walsh U/16	Ross	37.57

VETERANS O/40

1. (5) S. Smithies	CaldV	36.08
2. (11) S. Molloy	Ross	37.59
3. (15) D. Haygarth	Unatt	38.49

VETERANS O/50

1. (7) G. Schofield	Horw	37.36
2. (13) M. Keys	Ross	38.21
3. (21) T. Taylor	Ross	40.21

VETERANS O/60

1. (85) B. Rawlinson	Ross	48.52
2. (94) G. Large	NthnV	50.27
3. (102) R. Catlow	PendleFO	52.06

LADIES

1. (35) K. Trickett	Clay	42.22
2. (37) E. Flanagan	Ross	42.33
3. (63) M. Davies U/16	Ross	45.38
4. (76) J. Haslam O/35	Darwen	48.08
5. (77) N. Wood	Accring	48.09
(79) K. Brierley O/45	Tod	48.31
(115) J. Rawlinson O/55	Clay	55.00
(117) N. Horsfall O/50	Clay	55.08

142 finishers

PENDLE - SENIOR FELL RACE

Lancashire

AS/4.5m/1500ft 03.04.10

With the race being held on Easter Saturday and clashing with other local races, we still attracted the usual number of runners. This, one of a number of races that Clayton Harriers organise on Pendle Hill, is the shortest race and contains two climbs up the hill, the second being a scramble straight up the middle. Conditions were cool, cloudy and wet underfoot.

With Clayton Harriers using the race as a club championship counter, would this be the year that a Clayton member won the race?

John Brown from Salford Harriers, a club not known that well for fell running, powered through the race to finish first and first V40, 30 seconds ahead of Graham Pearce, a former winner, and with Michael Fanning third and second V40. First Clayton man home was Jack Dugdale with an excellent run to finish 5th overall.

Lauren Jewska was the first lady home in 25th

place, followed one minute behind by Anna Lupton for another Manchester club, Radcliffe.

Many thanks to all the helpers and marshals and also to the ladies in the village hall for the hot and cold refreshments.

See you all next year.

David P Bailey

1. J. Brown O/40	Salf	33.12
2. G. Pearce	P&B	33.38
3. M. Fannine O/40	Borr	33.54
4. T. Addison	HelmH	34.27
5. J. Dugdale	Clay	35.43
6. J. Bradshaw	Wharfe	36.17
7. J. Johnston	Ross	36.29
8. M. Wallis O/50	Clay	36.37
9. M. Cliffe	Eryri	36.51
10. G. Wilkinson O/40	Clay	36.54

VETERANS O/50

1. (8) M. Wallis	Clay	36.29
2. (26) R. Owen	Eryri	38.50
3. (27) N. Holding	WPenn	38.55

VETERANS O/60

1. (35) B. Grant	H'gate	40.01
2. (66) K. Taylor	Ross	42.39
3. (122) P. Murray	Horw	47.13

VETERANS O/70

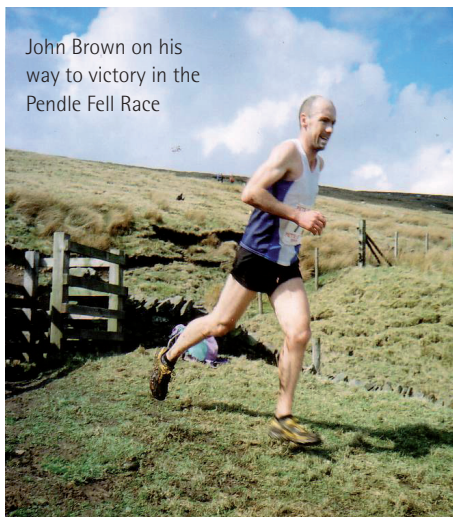
1. (87) N. Bush	Ilk	44.29
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LADIES

1. (25) L. Jewska	Tod	38.40
2. (33) A. Lupton	Radcl	39.37
3. (57) L. Clough O/40	Chor	41.57
4. (76) H. Page	DurhUni	43.39
5. (80) M. Ralphson	Trawden	44.08
6. (102) J. Horrocks O/40	Clay	45.50
(157) J. Rawlinson O/50	Unatt	51.01
(158) J. Leonard O/50	Tod	51.17
(190) K. Goss O/60	Clay	56.36

210 finishers

Photo © Bill Smith



John Brown on his way to victory in the Pendle Fell Race



Pendle Fell Race:
Josie Holdsworth (CLM)

Photo © Pete Hartley

Pendle Junior Fell Race



PENDLE - JUNIOR FELL RACE Lancashire AS/4.5m/1500ft 03.04.10

Easter Saturday - dark cloud and a cool wind but still over 100 junior racers came to enjoy the Easter Egg prizes, goody bags and hot dogs in the village hall.

Wet underfoot conditions meant shortening the U12s' route slightly. All the runners seemed to enjoy the routes though some of the U12s found the heavy going a little tiring.

Two clubs used the races as part of their club championships. It was also nice to see a number of Clayton juniors running. Marion Wilkinson has been putting in a lot of time and effort into building up the once neglected junior section of Clayton Harriers. Thanks and good luck in the future.

Many thanks to all the marshals and helpers without whom I would not be able to organise the run the race. Also thanks to the village hall for providing hot and cold refreshments. They apologise for running out of hot dogs.

See you all next year.

David P Bailey

Under 8s

1. G. Hobbs	HuddsGr	2.09
2. I. Wilkinson	Clay	2.11
3. D. Charlesworth	Unatt	2.15
4. K. Nelson Girl	CaldV	2.26
5. M. Tiffany	Unatt	2.31
6. C. Crabtree	Wharfe	2.37
7. K-R. Arkwright	Kghly	2.40
8. F. Knappy	Kghly	2.47
9. E. Atkins Girl	Pendle	2.50
10. S. Richards Girl	Kghly	2.51

22 finishers

Under 10s

1. C. Smith	Ilk	4.06
2. T. Nelson	CaldV	4.18
3. K. Atkins	Pendle	4.20
4. J. Lonsdale	Pendle	4.26
5. G. Baker	Pendle	4.29
6. J. Alderman	Pendle	4.30
7. W. Bellard	Clay	4.32
8. L. Hargreaves	Wharfe	4.42

9. H. Place	Ross	4.44
10. L. Horrocks Girl	Wharfe	4.48
11. E. Pearse Girl	B'burn	4.50
12. N. Irvine Girl	Clay	4.55

29 finishers

Under 12s

1. E. Greenwood Girl	B'burn	11.42
2. L. Davis	Wharfe	11.47
3. M. Barnes	Pendle	12.35
4. T. Corken	Pendle	12.45
5. H. Rushton	B'burn	12.50
6. M. Thompson	Pendle	12.54
7. O. Spencer	Wharfe	13.00
8. A. Farquhar	Holf	13.05
9. A. Rushton	B'burn	13.15
10. J. Crummett	Tod	13.20
(17) P. Pearse	B'burn	14.18
(18) S. Williamson	Ross	14.33

31 finishers

Under 14s

1. J. Hall	Wharfe	15.09
2. J. Marchant	Pendle	16.16
3. J. Pearse	B'burn	16.46
4. J. Hindle	B'burn	17.22
5. R. Sykes Girl	Holmf	17.38
6. L. Williamson Girl	Ross	17.40
(10) B. Jenkinson Girl	Eryri	19.14

14 finishers

Under 16s

1. D. Bulmer	Unatt	16.10
2. P. Barrett Girl	Kghly	17.31
3. S. Haggard	Ilk	18.19

7 finishers

MANX MOUNTAIN MARATHON Isle of Man

AL/31.5m/8000ft 03.04.10

The 40th Manx Mountain Marathon, saw snow on the northern summits and very wet underfoot conditions, but neither caused Paul Thompson any trouble. The Clayton le Moors man retained his Manx Mountain Marathon title bringing his tally of wins up to six. He was challenged in the early stages by Dan Gay with the two runners going through the half way point together but Gay suffered in the second half and was forced to retire leaving the way clear for experienced Thompson to take the win in 5.13.27. Second man home was Ian Ridgeway only five minutes down on Thompson and who ran an excellent race in his first time at the event. Wrapping up the top three was leading Manx man and previous race winner, Ian Gale. Super strong over the 31 miles course, Ian showed his experience at the event finishing in 5.29.20, also taking the vet 40 prize. He finished almost 10 minutes clear of 4th paced and fellow Vet 40, Martin Pollitt.

Of the other category results Pete Booth took the vet 50 prize finishing 20th overall and Dave Ashton took the vet 60 win finishing 27th overall. Top lady was once again Jackie Lee finishing as impressive 9th overall, just getting under the six hour mark and 14 minutes clear of second Nicky Spinks finishing 15th overall with Hayley Kuter wrapping up the top three.

Steve Partington

1. P. Thompson	Clay	5.13.27
2. I. Ridgeway	Eryri	5.18.23
3. I. Gale O/40	MFR	5.29.20
4. M. Pollitt O/40	Burnden	5.38.16
5. J. Minshull O/40	Gloss	5.45.28

6. A. Davies O/40	Mercia	5.45.46
7. J. Hewitt O/40	Gloss	5.52.02
8. S. Green O/40	Doss	5.54.01
9. J. Lee Lady	Eryri	5.57.40
10. S. Walker	PudP	6.03.50

VETERANS O/50

1. (20) P. Booth	Clay	6.26.20
2. (21) D. Wilkinson	DkPk	6.27.54
3. (29) D. Allen	DkPk	6.46.52

VETERANS O/60

1. (27) D. Ashton	ManYMCA	6.40.21
2. (40) A. Dixon	TKrypton	7.11.49
3. (47) M. McKenna	Dallam	7.27.31

LADIES

1. (9) J. Lee	Eryri	5.57.40
2. (15) N. Spinks O/40	Dk.Pk	6.11.07
3. (26) H. Kuter	ManYMCA	6.40.02
4. (28) W. Dodds O/50	Clay	6.42.26
5. (39) I. Hughes O/40	Burnden	7.09.13
6. (42) J. Gardner O/50	DkPk	7.16.06

93 finishers

MANX HALF MOUNTAIN MARATHON Isle of Man BL/13m/2600ft 03.04.10

There was also some excellent tight racing in the half MMM. Lloyd Taggart took the win and the new course record but was pushed hard in the early stages by newcomer, Adam Osborne, who ran for the GB team in last year's European Mountain running championships. By the end Taggart showed his strength on the fells and finished six minutes clear of Osborne setting a new course record of 1.37.24 in all round slower conditions. Third place went to Tom Cringle finishing just over three minutes down on Osborne after a race long battle, with 4th place Matthew John and only 20 seconds separating them at the end.

Tamara Hird took the ladies' win in the half finishing 19th overall. She was three minutes clear of second place Jennie Guard, who was in turn three minutes clear of 3rd lady, Lucy Griffiths.

MFR would like to thank all of the sponsors, helpers, marshals, time keepers and organisers, without whose help the race would definitely not be able to go ahead and certainly not be able to maintain the excellent race entries that we have seen this year in these more testing financial times.

Steve Partington

1. L. Taggart O/40	MFR	1.37.24
2. A. Osborne	Leeds	1.43.59
3. T. Cringle	MFR	1.47.35
4. M. John	Abbey	1.47.55
5. P. Sheard O/40	MFR	1.52.40
6. D. Wilby	Ilk	1.53.51
7. J. Hemsley O/40	Wharfe	1.54.04
8. S. Skillicorn	MFR	1.54.29
9. J. Raven	Unatt	1.57.11
10. A. Brierley O/40	Fife	1.59.07

VETERANS O/50

1. (15) A. Hauser	Holmf	2.11.06
2. (21) J. Quine	Kend	2.17.38
3. (36) P. Jones	Bing	2.35.13

VETERANS O/60

1. (26) D. Young	MFR	2.21.59
2. (68) G. James	Mercia	3.45.50
3. (76) C. Quirk	Unatt	4.23.40

VETERANS O/70

1. (40) P. Collins	BromleyV	2.48.13
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LADIES

1. (19) T. Hird	Wharfe	2.14.36
2. (20) J. Guard	Doss	2.17.00
3. (24) L. Griffiths	Holmf	2.20.52
4. (30) K. Harrison	Ilk	2.25.32
5. (41) J. Shotter O/40	Holmf	2.48.38
(46) H. Tayler O/50	BlCoombeR	2.59.28

78 finishers

RIVINGTON PIKE Lancashire BS/3.25m/700ft 03.04.10

The 55th running of the Rivington Pike Race as an open race took place on a beautiful spring afternoon, with a superb entry once again of over 200 runners. The winner Tom Cornthwaite was delighted to win his first ever Pike race and finished a comfortable 19 secs in front of 2nd placer Ricky Lightfoot. Rob Hope and Danny Hope completed the race in 3rd and 4th place with only 12 seconds separating them in the end.

First local Horwich runner was Alastair Murray in 7th place, outspringing 6 times Pike winner and local legend, Paul Dugdale, who was first vet 40. First lady home in a superb time of 21.46 was Laura Riches, closely followed by Liz Whitfield and Gemma Jones.

I would like to thank our sponsors 'Walsh Sports' for once again supporting the race, and Bolton mountain Rescue, who provided safety cover out on the fell.

As usual a huge thank you to everybody who supported the race, including organisers, marshals, time keepers and Garry and Bev from the Crown Hotel in Horwich.

Peter Bland

1. T. Cornthwaite	B'burn	17.31
2. R. Lightfoot	Ellenb	17.50
3. R. Hope	P&B	17.54
4. D. Hope	P&B	18.06
5. J. Tighe	B'burn	18.24
6. C. Roberts O/45	Kend	18.36
7. A. Murray	Horw	18.59
8. P. Dugdale O/40	Kend	19.15
9. K. Fowler	Staffs	19.20
10. J. Titmus	P&B	19.31

VETERANS O/50

1. (15) G. Schofield	Horw	20.04
2. (16) R. Owen	B'burn	20.14

VETERANS O/60

1. (49) T. Hesketh	Clay	27.51
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VETERANS O/70

1. (115) T. Orrell	Clay	27.51
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LADIES

1. L. Riches	Leigh	21.46
2. L. Whitfield	Spect	22.14
3. G. Jones	Horw	22.48
4. B. Taylor	B'burn	23.09
5. Y. Wyke O/40	Parb	23.47

207 finishers

SHINING CLIFFS Derbyshire BS/4.9m/1059ft 04.04.10

1. G. Briggs	Staffs	37.34
2. M. Beighton	Derby	38.02
3. J. Maxfield	Rother	38.28
4. R. Mitton	Penn	38.40
5. E. James	Belper	38.44
6. T. Raynor O/40	Mansf	38.46
7. K. Perry O/40	Unatt	38.50

8. S. Lindridge	Utttox	39.10
9. R. Donald	Shelt	39.18
10. M. Darling	Shelt	39.28

VETERANS O/50

1. (17) N. Lander	Erew	41.18
2. (38) T. Stevens	Unatt	45.12
3. (42) R. Cooper	Unatt	45.43

VETERANS O/60

1. (28) M. Cochrane	DkPk	42.49
2. (41) T. Press	Hatton	45.42
3. (50) B. Warwick	Derwent	46.54

LADIES

1. (16) K. Bailey	Bing	41.08
2. (25) H. Skelton	Newp	42.14
3. (29) L. Hill	Shelt	43.22
4. (39) C. Burrell	Trail	45.13
5. (48) J. Marriott O/40	Shelt	46.31
(76) S. Attfield O/40	Derwent	52.25
(78) C. Sharratt O/50	Ilkest	52.51
(90) C. Rowe O/50	LongE	57.14

108 finishers

BUNNY RUN ONE West Yorkshire CS/3m/300ft 06.04.10

1. I. Holmes O/40	Bing	15.41
2. T. Adams	Ilk	16.00
3. T. Midgeley	Bing	16.15
4. J. Johnston	Ross	16.45
5. M. Peace O/40	Bing	16.52
6. J. Hall U/14	Wharfe	17.08
7. J. Bradshaw	Wharfe	17.14
8. J. Throup U/16	Bing	17.24
9. M. Wharton U/14	Caldv	17.26
10. S. Oldfield O/50	Caldv	17.31

VETERANS O/50

1. (10) S. Oldfield	Caldv	17.31
2. (16) P. Taylor	Ross	17.52
3. (27) B. Goodison	Abbey	18.24

VETERANS O/60

1. (75) B. Parkinson	Bing	20.32
2. (124) G. Breeze	Ilk	21.58
3. (135) S. Thompson	Bing	22.18

VETERANS O/70

1. (136) P. Covey	Bing	22.21
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LADIES

1. (39) H. Glover	Kghly	19.08
2. (54) S. Morley	Ilk	19.38
3. (56) K. Farquhar O/40	Holmf	19.53
4. (68) H. Page	DurUni	20.12
5. (78) R. Whitehead	Bing	20.39
(79) G. Myers O/50	Wharfe	20.41
(120) A. Bennett O/40	Ilk	21.50
(128) E. Tones O/50	Kghly	22.04
(251) J. Atkins O/60	Chorl	26.57
(301) L. Eden O/60	Ilk	32.07

308 finishers

LOUGHRIGG FELL RACE Cumbria AS/4m/1000ft 07.04.10

1. S. Bond	DkPk	27.14
2. C. Waters	Amble	27.54
3. P. Winskill	DkPk	28.04
4. I. Nixon	P&B	28.16
5. R. Findlay-Robinson	DkPk	29.14
6. R. Stuart O/40	Kend	29.22
7. C. Newman	Penrith	29.45
8. J. Addison	HelmH	29.49
9. R. Addison	HelmH	29.57
10. S. Swarbrick	Bowl	29.57

VETERANS O/50

1. (39) C. Speight	Helm	32.35
2. (72) A. Miller	Kend	36.15
3. (74) U. Balfour	Dulwich	36.20

VETERANS O/60

1. (52) M. Walsh	Kend	33.55
2. (60) S. Brister	YHA	34.41
3. (119) C. Clark	Kesw	41.56

VETERANS O/70

1. (114) R. Bell	Amble	41.30
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LADIES

1. (25) E. Clayton	Scunth	31.27
2. (50) J. Reedy	Amble	33.51
3. (53) M. Hyder	HelmH	33.58
4. (57). H. Page	Durham	34.17
5. (90) K. Ayers O/50	Amble	38.34
(96) K. Aubrey O/40	HelmH	39.05
(104) J. Jackson O/40	Carneth	40.15
(123) K. Clark O/50	Kesw	43.43

139 finishers

WARDLE SKYLINE

Lancashire

BM/7m/1250ft 10.04.10

The largest field for 16 years started this popular South Pennine race.

About half of the starters indicated that this was their first Wardle Skyline, whilst the spring sunshine helped everyone forget the winter.

A strong team of officials and marshals made my job easy, with refreshments provided by the ladies from Calderbrook Church.

Race income generated £240 for the scouts whose HQ we used, and £50 for Calderbrook Church funds.

Remaining proceeds went to Rossendale MRT who were in attendance on Rough Hill.

I was glad that they were there as they dealt with a suspected fractured ankle on the most remote part of the course, bringing the runner off the hill and transporting her to the local A&E. Many thanks to Dave Woodhead for his prompt initial action on the hill.

I have booked similar good weather for the race on the second Saturday in April next year. See you there.

John Armstrong

1. A. Osborne	Leeds	45.41
2. J. Hunt O/40	DkPk	47.47
3. A. Holt	Ross	48.11
4. P. Bolton	Ross	48.25
5. C. Smale O/45	Unatt	48.34
6. C. Miller	H'gate	48.47
7. C. Walker	P&B	48.58
8. C. Fell	Ross	49.28
9. G. Webb O/50	CaldV	49.45
10. P. Taylor O/50	Ross	49.54
(17) R. Haworth O/50	Horw	51.03

VETERANS O/60

1. (55) T. Hesketh	Horw	56.00
2. (59) J. Norman	Altrinch	56.39
3. (73) R. Britton	StaffsM	57.49

VETERANS O/70

1. (227) B. Pycroft	FRA	88.00
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LADIES

1. (45) L. Clough O/40	Chorl	54.13
2. (67) D. Atkins	Chorl	57.36
3. (70) K. Bailey	Bing	57.43
4. (112) V. Stevens	Ilk	62.02
5. (123) D. Raidy O/40	Ross	63.11
(129) K. Taylor O/50	Ross	63.37
(139) J. Rawlinson O/55	Clay	64.34

236 finishers

BUNNY RUN TWO RECORDIFICIL

WestYorks

CS/3m/300ft 13.04.10

1. I. Homes O/40	Bing	15.10
2. T. Adams	Ilk	15.26
3. A. Osbourne	Leeds	15.30
4. T. Midgeley	Bing	15.31
5. B. Crowther	H'fax	15.55
6. M. Hartley	StaffsM	16.03
7. J. Johnston	Ross	16.08
8. J. Convery O/40	Unatt	16.22
9. S. Carey	Tod	16.26
10. M. Peace O/40	Bing	16.28

VETERANS O/50

1. (18) S. Oldfield	Cald	16.52
2. (45) M. Springer	Horsf	18.16
3. (54) R. Samuels	PudP	18.36

VETERANS O/60

1. (94) B. Parkinson	Bing	19.59
2. (177) S. Thompson	Bing	22.12
3 (182) B. Lerner	StBeds	22.17

VETERANS O/70

1. (157) P. Covey	Bing	21.41
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LADIES

1. (35) K. Walshaw	Holmf	17.53
2. (60) B. Haywood	Linc	18.47

3. (64) K. Farquhar O/40	Holmf	18.58
4. (65) H. Williams	Kghly	19.03
5. (68) E. Spencer U/16	Unatt	19.10
(114) G. Myers O/50	Wharfe	20.29
(154) D. Haggart O/40	Ilk	21.36
(198) M. Jagan O/60	Unatt	22.50
(214) S. Fulton O/50	Bing	23.36
(305) L. Boothman O/60	Baild	29.07

329 finishers

JOE BARBER HEROD FARM

Derbyshire

AS/3m/1100ft 14.04.10

A record turnout of 139 runners contested the 'Joe Barber' Herod Farm Hill race on a fine April evening in ideal running conditions. This popular race, the first of the local summer evening fell races, was organised by Glossopdale Harriers.

First man home was Stuart Bond in 23:04, half a minute quicker than his previous winning time in 2008 but still outside Lloyd Taggart's record of 22:19. Rob Little was second and Tom Brunt third. The ladies' race was won by Zanthé Wray in 28:56. Zanthé who had previously run in the race as a student at Sheffield University, took home the Stella Judd Memorial Shield.



Neil Shuttleworth
(Glossopdale) in the closing
stages of the Wardle Skyline.

Photo © Bill Smith

Two outstanding juniors finished in the top ten, Kristian Edwards was 7th, with Ryan Gould finishing 8th overall.

Glossopdale Harriers, the host club, had 12 members competing, with Mark Ollerenshaw in 11th place leading them home.

Dark Peak were actually the first men's team, although on the night I managed to get my sums wrong and gave the team prize to Macclesfield instead. So apologies are due to Dark Peak for that oversight. The ladies' team prize was hotly contested, with Pennine and Holmfirth level on points. But it was Pennine ladies who were delighted to go home with the team prize Easter Eggs, as they had a higher third finisher.

To organise this race requires more than twenty helpers, a generous sponsor in John Barber and an accommodating pub, the 'Drovers' for our race HQ. I would like to say a huge thank you to everyone who provided support. You may have possibly noticed however that, like so many others in difficult times, the pub is up for sale, its future is uncertain and there may be implications as well for the Herod Farm race, which has been based there for over twenty years. Needless to say we will be keeping a watchful eye on any developments.

But to finish on a more positive note, I'll leave the last word to Anne, the landlady at the Drovers who has been so tolerant and accommodating towards the Herod Farm race over the years. At the end of a long and profitable evening behind the bar on race night last year, as I finally managed to get a drink after the prizegiving, she leaned over and said to me "You runners - you're a good lot you know!" *Andy Wilkins.*

1. S. Bond	DkPk	23.04
2. R. Little	DkPk	24.09
3. T. Brunt	Holmf	24.25
4. G. Knott	Harw	24.31
5. B. Stewart	Holmf	25.01

VETERANS O/40

1. (14) A. Rees	DenbyD	26.57
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VETERANS O/50

1. (24) D. Gartley	FRA	28.10
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VETERANS O/60

1. (33) R. Taylor	Penn	29.08
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LADIES

1. (31) Z. Wray	DkPk	28.56
2. (38) H. Berry	Holmf	29.48
3. (47) S. Curtis O/40	FatB	30.31
4. (91) J. Gardner O/50	DkPk	34.39

139 finishers

CIOCH MHOR Highland

AM/8.5/2250ft 17.04.10

Another win for Alec Keith just outside his own record, and Roxy Bannerman sets new ladies' record. Inverness Harriers sneaked in to win the men's team prize, however our ladies took the women's team prize!

Good running conditions with a strong wind on the way to the summit which helped the runners. A record turn out with some sampling hill racing for the first time.

Many thanks to marshals, time keepers and all those who contributed to the post race spread in the local sports centre. Also to sponsors of locally produced haggis and black pudding.

Alex Brett

1. A. Keith O/40	HBT	1.09.50
2. D. Cummins O/40	H'land	1.15.40
3. P. McLean	Lochab	1.16.35
4. D. Gallie O/40	Inverness	1.16.39
5. J. Muir	Inveness	1.17.00
6. S. Craighead	Unatt	1.17.04
7. J. Jarvis	HBT	1.18.07
8. D. McDonald	Inverness	1.18.57
9. C. Green	Moray	1.19.25
10. N. Kelman O/40	Unatt	1.19.34

VETERANS O/50

1. (12) G. Stewart	Unatt	1.20.25
2. (27) D. Duncan	Ochil	1.28.52
3. (31) A. Brett	H'land	1.30.33

VETERANS O/60

1. (23) G. Mitchell	Invern	1.27.51
2. (33) A. Sutherland	Sutherland	1.35.02

LADIES

1. (21) R. Bannerman	H'land	1.27.13
2. (26) S. Blackwood	O/40	Unatt 1.28.38
3. (29) G. Irvine O/40	H'land	1.29.07
4. (36) D. Campbell O/40	Invern	1.36.56

44 finishers

MOELWYN THREE PEAKS Gwynedd

AM/10.5m/2800ft 17.04.10

Who said it always rains in Blaenau Ffestiniog?! Yet again fabulous sunny weather and a carnival atmosphere greeted the 102 senior competitors for the annual "Ras Y Moelwyns," which this year incorporated the first race in the Welsh Athletics Mountain Running Championships.

The whole day is turning into an important community event with climbing walls, a samba band and bouncy castles on the fields to keep the whole family entertained and the runners on their toes!

Once again the race was well marshalled and the feedback from the runners was enthusiastic, with all enjoying their free 'lob scows' (traditional Welsh soup) at the end of the race!

There were a few technical hitches with times and finishing positions due to a power failure but this will no doubt be resolved by next year, and the hard working volunteers from Blaenau Amateurs football club, who organize the race every year, did their utmost to make sure there was minimal disruption. However, they do apologize for any inconvenience caused and hope it will not put you off running this fabulous race again next year, and maybe bring the family!

Welwn I chi flydydyn nesaf! (see you all next year!)

Ceri Cunningham

1. R. Roberts	Eryri	1.19.20
2. I. Richards	Merion	1.26.58
3. M. Cliffe	Eryri	1.27.45
4. E. Laffill	Clwyd	1.30.30
5. J. Dugdde	Clay	1.31.07
6. R. Lamb O/40	Mercia	1.31.50
7. D. Wilcox O/40	FRA	1.32.13
8. A. Lewis O/50	Eryri	1.32.39
9. D. Jones	Eryri	1.33.09
10. S. Bellamy	Mercia	1.33.19

VETERANS O/50

1. (8) A. Lewis	Eryri	1.32.39
2. (19) A. Duncan	Bowl	1.38.17
3. (20) I. Edgar	Eryri	1.38.17

VETERANS O/60

1. (33) D. Williams	Eryri	1.44.56
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2. (43) M. Blake	Eryri	1.48.18
3. (54) Y. Tridman	Bowl	1.53.00

LADIES

1. (18) A. Rowlands	Eryri	1.38.05
2. (35) B. Law	Eryri	1.45.18
3. (40) J. Moore	Unatt	1.47.30
4. (50) A. Thomas O/40	Eryri	1.50.56
5. (58) E. Adllus	Denbigh	1.54.10
(72) A. Wilde O/40	Harlech	1.59.47
(94) M. Oliver O/60	Eryri	2.19.20

COLEDALE HORSESHOE Cumbria

AM/9m/3000ft 17.04.10

1. R. Jebb	Bing	1.13.29
2. M. Fraser	Kesw	1.13.42
3. B. Bardsley	Borr	1.14.27
4. S. Booth O/40	Borr	1.15.23
5. S. Hebblethwaite	Kesw	1.17.16
6. P. Sanderson O/40	NFR	1.17.45
7. M. Fanning O/40	Borr	1.18.08
8. B. Abdelnoor	Amble	1.19.13
9. D. Aucott	DkPk	1.19.38
10. R. Stewart O/40	Unatt	1.19.56

VETERANS O/50

1. A. Northendale	YorkA	1.30.36
2. (39) L. Warburton	Bowland	1.30.43
3. (46) D. Collins	Tod	1.31.52

VETERANS O/60

1. (37) B. Grant	H'gate	1.30.39
2. (45) J. Holt	Clay	1.31.41
3. (47) M. Walsh	Ken	1.32.03

LADIES

1. (85) H. Whittaker O/40	Ilk	1.39.04
2. (114) S. Schofield O/40	Borr	1.46.03
3. (119) D. Atkins	Chor	1.46.58
4. (124) R. Anderson	Prest	1.47.42
5. (126) S. Warburton	Tod	1.48.32
6. (129) K. Brierley O/40	Tod	1.49.03

252 finishers

MOW COP HILL RACE Staffordshire

BM/6.6m/1260ft 18.04.10

Seventy competitors took part in the first Mow Cop Hill Race organised by Mow Cop Runners. The race attracted runners from Lancashire, Yorkshire, Birmingham and Bristol as well as the usual suspects based locally. The day was a beautiful sunny one, not too warm but unusually for this course, very dry underfoot.

Mow Cop is a gritstone village perched on top of a 1100 ft hill of the same name, the village is bisected by the Cheshire/Staffordshire county boundary and the race spends time in both counties, the majority of it being in Cheshire. The Cheshire plain lies immediately to the west and the southern Pennines in Derbyshire and south east Cheshire lie to the north. Mow Cop has a strong claim to be the most southerly Pennine hill. Mow Cop is famous among runners for the 'Killer Mile' road race, but as the fell race competitors found out, the Hill Race has its own off road version of the Killer Mile four miles into the race with a climb of 680 feet in three quarters of a mile from Acker's Crossing to the communications mast near the top.

From the Village Hall start the runners climbed up 'the Brake' steeply to the famous Mow Cop Castle. The early pace was set by Stuart Fogg and young Jack Ross, and indeed

this is how it stayed right to the end with Stuart winning comfortably in 46.29 and Jack placing second in 47.46.

The runners were 'piped' back in past the Castle on the return leg by competition bagpiper, Jessica Whilock, whose dad Jonathon, came in 10th overall and 4th V40.

The ladies' race was won by Kirstin Bailey in 55.41 with Ruth Barry running strongly to finish second in 57.16.

Thanks to all runners for supporting the event and especially to Mow Cop Runners and friends who helped with the organisation.

Geoff Pettengell

1. S Fogg	Clay	46.29
2. J. Ross	StaffsM	47.46
3. C. Steele	Clay	48.21
4. M. Messenger O/40	Macc	48.27
5. G. Briggs	StaffsM	49.42
6. B. Lomas O/40	Congle	49.52
7. M. Brennan	Erewash	50.02
8. P.Newham O/40	Congle	50.09
9. J. Mooney O/50	Macc	50.16
10. J. Whilock O/40`	StaffsM	50.24

VETERANS O/50

1. J. Mooney	Macc	50.16
2. S. Wickham	Erewash	55.48

VETERANS O/60

1. I. Ankers	SChesh	58.42
2. T. Keatman	Unatt	61.16

LADIES

1. K. Bailey	Bing	55.41
2. R. Barry	Congle	57.16
3. D. Hill O/50	Congle	61.18
4. S. Kenny	Cheadle	62.13
5. A. Jaquemark	StaffsM	63.57

70 finishers

BUNNY RUN THREE-EGGPIC STAGE SPRINT

West Yorkshire

CS/3m/300ft 20.04.10

1. A. Osbourne	Leeds	15.26
2. K. Gray O/40	CaldV	15.40
3. T. Adams	Ilk	15.47
4. C. Edwin	Bing	16.05
5. J. Johnston	Ross	16.11
6. M. Peace O/40	Bing	16.15
7. J. Bradshaw	Wharfe	16.21
8. A. Kay	Ross	16.27
9. W. Smith U/14	Wharfe	16.28
10. S. Brown	Kghly	16.30

VETERANS O/50

1. (16) S. Oldfield	CaldV	16.54
2. (45) M. Springer	Horsf	18.37
3. (46) R. Samuels	PudP	18.41

VETERANS O/60

1. (82) B. Parkinson	Bing	20.02
2. (120) S.Thompson	Bing	21.17
3. (152) B. Duncan	Bing	22.01

LADIES

1. (28) K. Walshaw	Holmf	17.39
2. (48) B. Haywood U/14	Lincoln	18.44
3. (56) K. Farquhar O/40	Holmf	19.07
4. (68) E. Spencer U/18	Unatt	19.30
5. (71) I. Griffiths	Holmf	19.34
(93) G. Myers O/50	Wharfe	20.16
(119) A. Bennett O/40	Ilk	21.12
(174) M. Jagan O/60	Unatt	22.58
(190) S. Fulton O/50	Bing	23.38
(244) J. Atkins O/60	Chorl	26.21

292 finishers

GRISEDAL GRIND

Cumbria

AS/2.5m/1560ft 21.04.10

A fine evening with weather and underfoot conditions making it a record breaking night. Unfortunately, the fell access gate from the forestry had been damaged recently and then repaired with so much wire that it could not be undone. Thankfully, this did not seem to slow the runners down and both Martin and Pippa re-wrote the record books.

The photos taken by the summit marshals highlight just what a superb vantage point Grisedale Pike can be. These marshals also have the advantage of being in the evening sun for alot longer than those back at the base whose fingers were struggling to hold pens and push stopwatch buttons!

Angela and Tony Brand-Barker

1. M. Mikkelsen-Barron	Borr	25.26
2. C. Steele O/40	Borr	25.35
3. A. Bowness O/40	CaldV	25.44
4. M. Fanning O/40	Borr	27.09
5. S. Birkinshaw O/40	Borr	28.12
6. C. Knowles O/40	CaldV	28.21
7. P. Winskill	Kesw	28.37
8. M. Amor O/40	CaldV	28.42
9. P. Maddams	Kesw	28.47
10. S. Hunter O/40	CaldV	29.37

VETERANS O/50

1. (15) P. Crompton	CaldV	30.37
2. (18) A. Beaty	CaldV	31.41
3. (21) H. Jarrett	CaldV	32.37

VETERANS O/60

1. (34) J. Downie	Kesw	35.15
2. (50) D. Fell	CaldV	38.11
3. (51) D. Harrison	Kesw	38.18

LADIES

1. (9) P. Maddams	Kesw	28.47
2. (31) J. Carter O/40	Kesw	34.52
3. (40) S. Schofield O/40	Borr	36.14
4. (43) K. Beaty O/50	CaldV	36.53
5. (45) J. Tucker O/40	Borr	37.35
(64) K. Clark O/50	Kesw	43.29

74 finishers

WREKIN STREAK

Shropshire

AS/2.75m/810 ft 21.04.10

Lovely and dry for this year's Streak but a very cold evening for those not racing!

Once again the first race in the popular Shropshire Summer Series attracted a field of over 100 runners. Although down on the record entry, an indication of the strength of fell running in the county.

Shrewsbury AC completed the double with Steven Cale well ahead in the men's race and Anna Bartlett completing the double in the ladies' event. The first V40 home was Ian Grindley in second spot shows he is running as well as ever. Matthew Clewes continued his "purple patch" winning the competitive V50 race from rival Graham Jones. It was good to see John Coombes returning to win the V60 race as well as the raffle.

The race again raised over £400 for local charities.

Simon Daws

1. S Cale	Shrews	18.05
2. I. Grindley O/40	WolvsB	18.39
3. P.Jones O/40	Oswestry	18.44

4. K. Edwards Junior	Tamworth	18.50
5. M. Marston	Mercia	18.54
6. J. Morris Junior	OswestO	19.18
7. M. Giles	BromsgSch	19.26
8. S. White	Mercia	20.05
9. T. Werrett	Mercia	20.12
10. M. Fenn	Mercia	20.17

VETERANS O/50

1. (13) M. Clewes	Mercia	20.31
2. (18) G. Jones	Shrews	21.06
3. (33) S. Bajic	Telf	22.40

VETERANS O/60

1. (62) J. Coombes	Mercia	25.43
2. (83) D. Jones	DkPk	27.06
3. (87) D. Edwards	Telf	28.02

LADIES

1. (27) A. Bartlett O/40	Shrews	21.53
2. (55) G. Chillingworth	Shrews	25.00
3. (58) D. Tickner Junior	OswestO	25.14
4. (59) A. Tickner O/40	OswestO	25.16
(103) N. Wrighton O/60	Telf	35.44
107) P. Richards O/60	Mercia	39.55

108 finishers

HARTCLIFF HILL

South Yorkshire

BS/2.5m/500ft 22.04.10

On a perfect spring evening with almost dry underfoot conditions, Stuart Bond missed breaking his own course record by a mere two seconds. He was so close that he was convinced he was inside it as he crossed the line. The timekeeper's watch, however, never lies!!

Over a minute behind, Shaun Dimelow improved on both his placing and his 2007 time to claim second place. Lucy Hallis was first lady home but she was well outside Natalie White's course record set in 2006.

Surprisingly, for the first time in living memory, Sheffield University did not win the lion's share of the cakes, this honour going to Dark Peak. Special mention must be made to Mr & Mrs Morris's cake which set a new standard of excellence in cakes for the race with its 3D depiction of Hartcliff Hill with two runners ascending. As a result of having raised the bar in cake excellence, from now on there will be a trophy awarded annually for "The Best Cake in the Race". It goes without saying that this year it will be awarded to the Morris's.

A big thank you as always to all the marshals and officials and those of you who brought cakes along too. The race wouldn't be the same without you.

Pete McLeod

1. S Bond	DkPk	14.56
2. S. Dimelow	DkPk	16.01
3. T. Beasant	SheffUni	16.06
4. B. Stewart	Holmf	16.08
5. M. Stenton O/40	DkPk	16.47
6. N. Barber	SheffUni	16.51
7. D. Stewart	Spen	16.58
8. A. Rees	DenbyD	17.05
9. S. Roebuck	P'stone	17.10
10. D. Kilpin	P'stone	17.13

VETERANS O/40

1. (5) M. Stenton	DkPk	16.47
2. (12) I. Winterburn	DkPk	17.33
3. (13) S. Rippon	P'stone	17.37

VETERANS O/50

1. (14) S. Storey	DkPk	17.37
2. (24) S. Entwisle	Penn	19.13

Lloyd Taggart
climbs Carraghyn

3. (29) R. Hutton	DkPk	19.45
VETERANS O/60		
1. (68) M. Horsfall	DenbyD	23.37
2. (74) S. Millward	P'stone	23.55
3. (81) S. Higham	P'stone	26.49
LADIES		
1. (35) L. Hallis	SheffUni	20.10
2. (44) J. Gardner O/50	DkPk	21.28
3. (57) J. Warboys O/40	DenbyD	22.53
4. (58) R. Findlay-		
Robinson	SheffUni	22.57
5. (60) A. Middleton O/40	DenbyD	23.00

85 finishers

CARRAGHYN FELL RACE **Isle of Man** **AS/3m/1100ft 23.04.10**

Lloyd Taggart broke another race record and increased his dominance of the Manx fells, with a powerful display at Carraghyn. 1100ft of tough climbing from the road at Injerbreck, seemed to afford little challenge for the 40 year old Manxman, who even opted to undertake a full practice run of the course 30 minutes before the race began to ensure familiarity of the route.

Current Manx fell running champion, Simon

Skillicorn, showing a welcome return to form, took second place 45 seconds clear of Tom Cringle.

Jackie Lee continued to demonstrate her talent and expertise on the fells in smashing Cal Partington's 2005 women's course record. Lee produced a splendid time of 23.29, which afforded her 7th place overall. Second place went to Caroline Caren with Christine O'Shea taking third.

Steve Partington

THREE PEAKS **North Yorkshire** **AL/24m/4500ft 24.04.10**

This year was the 56th Three Peaks Race and the popularity of this long established event remains undiminished as indicated by the number of entries and over seven hundred starters on the day. Although the course has changed over the years, both in terms of the route and the underfoot conditions it is still considered a tough event with the three peaks offering challenging climbs (and descents), and the paths allowing fast running not to mention the small matter of the distance..... 24 miles. The event organisation has also evolved with safety, as always, paramount but in recent years the change from

the traditional date of the last Sunday in April, to Saturday, combined with the enhanced race facilities have been well received to provide a very convivial post-race social atmosphere with plenty of undercover area with bar and food.

After a few years of good days, the forecast a week before this year's race was not too good, however as the day approached the weather pattern changed to give a very warm and sunny day, with very hard dry ground, which augured well for a fast race.

Ex President, George Kirby, addressed the massed competitors at the start and announced, with sadness, the recent deaths of Stan Bradshaw, aged 97 and Peter Dugdale, aged 76. Stan was one of a small group of Clayton-le-Moors Harriers who organised the first Three Peaks Race in 1954. On that occasion Stan finished second behind Fred Bagley of Preston Harriers and ahead of his team-mate Alf Case (who subsequently became the first FRA chairman). Stan continued to take part in the race until 1980 when he recorded his 23rd finish. He was a past president and a life vice president of the Three Peaks Race Association. Stan donated our trophy for the First Veteran over 40. Former winner of the Three Peaks Race, Peter Dugdale, passed away on 22 January 2010 aged 76. As a member of the Clayton-le-Moors team, Peter won the 1957 race when he finished ahead of some famous names in the history of fell running, including Alan and Ken Heaton, Stan Bradshaw, Jack Bloor and Eric Beard. Peter's grandson, Jack Dugdale, took part in this year's race.

The race itself was won by Morgan Donnelly with Anna Lupton winning the ladies' race and also finishing a very creditable 22nd overall.

Seconds separated the leading men on Pen Y Ghent, while the ladies' race was led by Victoria Wilkinson over two minutes ahead of Anna. The long run off Pen Y Ghent and across to Ribbleshead can be quite searching and it was on this stretch that Morgan started to gain a lead on second man and veteran, John Brown (MV40), with Pete Vale and Chris Birchall a couple of minutes behind. At this stage, Victoria maintained a comfortable lead on Anna with Jo Waites and veteran Lyn Clough (FV40) just starting to lose contact.

By the summit of Whernside the men's leading positions remained unchanged as did the first two ladies. However, Lyn made up ground to have a slight advantage over Jo.

Jackie Winn and Adrian Pickles were having a close fought battle in the MV50s category with Jackie just over a minute ahead of Adrian with Brian Horrocks a few minutes adrift. Kieran Carr had what appeared to be a comfortable four minute lead on Robin Britton in the MV60s category with Sandy Presly and Pete Bramham close together but a few minutes behind. In the ladies FV50s, the ever youthful Wendy Dodds had developed a comfortable lead over Sue Haslam with Amanda Dean and Val Kerr a further few minutes behind.

With a fast descent to Hill Inn checkpoint and a sharp climb to achieve the summit of Ingleborough, potential changes to the positions could happen. Sure enough, Anna overhauled Victoria to have about a minute's advantage on the final summit and extended this lead at the

Three Peaks: Andy Orr nearing the top of Ingleborough with Wharfedale in the background



Three Peaks: Dominic Raby (Chorley Harriers), 14th overall



finish. The first four men's positions remained the same at the summit and right on to the finish. Seconds separated Jackie and Adrian (MV50s), so the run off to the finish was going to be close..... Adrian finished first with a six seconds to spare. Graham Schofield turned the tables on Brian Horrocks (MV50s) from Wharfedale onwards to have a three minute advantage at the finish.

On the descent of Ingleborough to the finish, Robin Britton stormed through to overtake Kieran to win the MV60s' category. Wendy maintained her lead to the finish (FV50), Sue Haslam, Val Kerr and Amanda Dean were all within five minutes of each other but well behind Wendy. Lyn Clough easily won the FV40s' category, with Carol Evans and Ali Raw within three minutes of each other to finish second and third in this category.

Congratulations to all who took part and especially the overall and category winners. Thanks also to our sponsors for their co-operation and support in making the event successful and not forgetting all those who give up their time to help on the day with marshalling and administrative duties for the event.

David Weatherhead

1. M. Donnelly	Borr	3.02.34
2. J. Brown O/40	Salf	3.06.37
3. P. Vale	Mercia	3.08.31
4. C. Birchall	Leeds	3.11.49
5. N. Leigh	P&B	3.13.26
6. J. Junt O/40	DkPK	3.13.27
7. R. Pattinson O/40	P&B	3.14.29
8. G. Jones	NFR	3.17.45
9. C. Waters	Amble	3.17.56
10. M. Roberts	Eryri	3.21.30
11. R. Lawrence	Bing	3.21.33
12. P. Thompson	Clay	3.22.11
13. S. Harding	Macc	3.24.58
14. D. Raby	Chor	3.26.05
15. G. Devine O/40	P&B	3.26.11
16. M. Nuttall O/40	B'burn	3.27.04
17. J. Stevens O/40	CaldV	3.27.05

18. P. Mitchell	Bing	3.27.38
19. A. Breaks	CaldV	3.27.47
20. T. Midgley	Bing	3.30.04

VETERANS O/50

1. (25) A. Pickles	Settle	3.32.21
2. (26) J. Winn	Ellenb	3.32.27
3. (47) G. Schofield	Horw	3.44.46

VETERANS O/60

1. (162) R. Britton	StaffsM	4.12.06
2. (184) K. Carr	Clay	4.15.54
3. (220) P. Bramham	Kghly	4.20.09

LADIES

1. (22) A. Lupton	Radcl	3.30.45
2. (33) V. Wilkinson	Bing	3.37.58
3. (56) L. Clough O/40	Chor	3.45.45
4. (73) J. Waites	CaldV	3.49.28
5. (100) J. Reedy	Amble	3.56.59
6. (114) H. Berry	Holmf	3.58.35
7. (117) T. Hird	Wharfe	3.59.41
8. (120) C. Evans O/40	Settle	4.00.21
9. (130) P. Webster	Aberyst	4.02.11
10. (134) A. Raw O/40	Bing	4.03.37
(231) W. Dodds O/50	Clay	4.20.42
(416) S. Haslam O/50	Scarb	4.49.24

602 finishers

LLANTYSILLO MOUNTAIN RACE

Clwyd

AM/6.2m/2100ft 24.04.10

The Llantysilio race was the third counter in the WFRA North Wales Series and, perhaps due to this, we saw a record number of runners (104), as well as our first VFF (Vibram five fingers) runners.

A gloriously sunny and hot day turned this into a tough race which was won by Ifan Roberts, who led most of the way, in a time of 51 17, followed by Anthony Smith, who was in 4th place at the start of the last climb up Moel y Gamelin.

The O/40 category was won by Paul Jones and the O/50 by John Adair. The O/60 race was won, as it was last year, by Don Williams. Barrie Jackson put in a fantastic time of 89 16 to win the O/70 prize.

Andrea Rowlands, repeated her win here last year, finishing in 59 10 from Lisa Lacon in 60' 13". The ladies' O/40 category was won by Val Swingle in 6.33, knocking nearly 6 minutes off her time from last year. Annie Williams won the O/50 and the O/60 ladies' category was won by Margaret Oliver.

Nick Holmes

1. I. Rhys Richards	Meirion	51.17
2. A. Smith	Amble	52.44
3. M. Cliffe	Eryri	52.59
4. P. Jones O/40	Oswest	53.38
5. M. Johnson O/40	Kenil	54.13
6. D. Chan	Helsby	54.43
7. S. Edwards	Buckley	56.18
8. C. Jones O/40	Eryri	57.20
9. M. Calatafimi O/40	Unatt	57.26
10. J. Jones	Aberyst	58.48

VETERANS O/50

1. (19) J. Adair	Holmf	61.22
2. (25) P. Browning	Clay	62.33
3. (29) K. Rowlands	Clwyd	64.03

VETERANS O/60

1. (28) D. Williams	Eryri	63.50
2. (43) M. Blake	Eryri	66.06
3. (47) J. Morris	Buckley	67.22

VETERANS O/70

1. (97) B. Jackson	Meirion	89.16
2. (103) R. Webster	Helsby	99.07

LADIES

1. (11) A. Rowlands	Eryri	59.10
2. (14) L. Lacon	Holmf	60.13
3. (20) V. Swingle O/40	Shrop	61.33
4. (34) A. Williams O/50	Eryri	64.52
5. (39) J. Moore	Unatt	66.35
(48) S. Rowlands O/40	Clwyd	68.06
(92) M. Oliver O/60	Eryri	81.58

104 finishers

KINDER DOWNFALL

Derbyshire

BM/9.6m/1970ft 25.04.10

Despite a clash with both the Anniversary Waltz and the Three Peaks, the 2010 Kinder Downfall

race was full before the closing date for entries. On the bridge at the village centre the 275 starters made an impressive sight. All but one completed the route successfully. The race was well supported by local clubs Pennine, Dark Peak and Glossopdale, and it was good to see the regulars from further afield too.

Dry, fine weather leading up to the race and on the day meant that conditions on the plateau were very good. Dave Aucott, after a 5th place in 2009, led the race from the start to win in fine style. Team mates Es and Richard made it a 1, 2, 3 for Dark Peak and Richard was also first V40. In the ladies' race Sandra Cooper and Sally Newman must have had a good tussle, finishing only 15 seconds apart, but with Sandra eventually victorious.

There were particularly notable performances from locals Alan Brentnall (1st vet 60 and 43rd overall) and Alison Brentnall 1st FV60.

Thanks to all the marshals, all the runners for turning out, Brownies for an exceptional selection of cakes (coffee was my favourite) and KMRT for their usual excellent support. Proceeds from the race will go to Hayfield Scouts and KMRT.

D. Siles

1. D. Aucott	DkPk	1.08.57
2. E. Tressider	DkPk	1.09.25
3. R. Patton O/40	DkPk	1.11.54
S. Storey O/50	DkPk	1.17.51
A. Brentnall	Penn	1.22.51

LADIES

1. S. Cooper O/40	Gloss	1.23.21
2. S. Newman O/45	CaldV	1.23.36
3. G. Sugden	CaldV	1.25.41

274 finishers

THE PENTYRCH HILL RACE South Wales

BM/7m/1600ft 27.04.10

A record 141 athletes set out on this 7 miles course on a dry, beautiful evening, quite a contrast to the conditions of the last few years.

Given the firm underfoot conditions after a month of virtually no rain, there was an expectation that the course record of 42.46, set by Matthew Collins in 2006, could be broken. Certainly, local athlete, Peter Ryder thought it was within his grasp as he set the pace from the start. Leading throughout the race, he finished nearly a minute slower than his time in the less favourable conditions of 2009 (44:19), something he was unable to account for in his discussions after the race.

Just over a minute behind, Tom Gibbs was second while another local athlete, Peter Coles, (M45), who lives in Taffs Well and trains on the mountain, continued his impressive record in this race, finishing third for the second year, and in a personal best time. The Pontypridd Roadent has been the leading Master for the last seven years.

Sandra Pinkham (W45) was the first lady finisher, while regular competitor, Alice Bedwell claimed the leading Master Women award for the sixth time.

A recent request from the Regional Athletics Council resulted in the South Wales Regional Hill Running Championships being superimposed on this event for the second successive year.

Next year's race will take place on Tuesday 26

April 2011

John Gough

1. P Ryder	Cardiff	45.17
2. T. Gibbs	Chepstow	46.21
3. P. Coles O/40	Pontypridd	47.19
4. H. Aggleton	MDC	47.30
5. S. Simms O/40	Griffiths	48.20
6. B. Griffiths	Bridgend	49.56
7. J. Carter O/40	MDC	49.59
8. S. Ryall	MynyddD	50.15
9. D. Lambeth	Islwyn	50.52
10. D. Williams	ParcBB	51.06

VETERANS O/50

1. (16) S. Davies	Griffiths	52.50
2. (17) J. Aggleton	MDC	53.09
3. (32) M. Saunders	Islwyn	56.00

LADIES

1. (44) S. Pinkham O/45	PortTal	58.00
2. (54) A. Bedwell	Islwyn	59.33
3. (59) C. Hudgell	LesCroup	59.53
4. (72) L. Merrifield	LesCroup	62.15
(74) S. Woods O/50	MynyddD	62.49
(90) C. Dallimore O/50	LesCroup	65.12

139 finishers

BUNNY RUN FOUR – IT'S THE TAKING PART THAT COUNTS

**West Yorkshire
CS/3m/300ft 27.04.10**

1. I. Nixon	P&B	15.39
2. C. Edwin	Bing	15.51
3. T. Adams	Ilk	15.54
4. B. Crowther	Hfax	16.01
5. J. Bradshaw	Wharfe	16.13
6. W. Smith U/14	Wharfe	16.18
7. Z. Jones O/40	Kghly	16.24
8. M. Wharton U/14	CaldV	16.35
9. J. Hall U/14	Wharfe	16.40
10. M. Peace O/40	Bing	16.46

VETERANS O/50

1. (36) R. Samuels	PudP	18.13
2. (39) M. Springer	Horsf	18.22
3. (74) D. Young	FRA	19.29

VETERANS O/60

1. (80) B. Parkinson	Bing	19.41
2. (100) S. Thompson	Bing	20.26
3. (148) P. Jagan	Bing	22.03

VETERANS O/70

1. (124) P. Covey	Bing	21.12
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LADIES

1. (26) K. Walshaw	Holmf	17.45
2. (34) B. Haywood U/14	Linc	18.10
3. (67) H. Waterman U/14	Holmf	19.20
4. (70) S. Lovell	Leeds	19.23
5. (75) E. Spencer U/16	Wharfe	19.32
(97) G. Myers O/50	Wharfe	20.23
(121) K. Ballantine O/40	Kghly	21.07
(127) R. Mon-Williams	O/40	21.15
(164) M. Jagan O/50	Unatt	22.42
(174) S. Fulton O/50	Bing	23.00
(223) J. Atkins O/60	Chorl	25.45

280 finishers

LORDS SEAT Cumbria

AS/5m/1400ft 28.04.10

The second mid-week Lord of the Forest Series provided a fine evening for racing with clear summits and a breeze that did not impede the runners as they traversed the summits of

Barf and Lords Seat above Whinlatter. Ricky Lightfoot's record from 2009 was safe but Pippa Maddams was on a mission and by finishing in 6th place overall smashed the ladies' record by over 7 minutes. All runners traversed the fells but the network of forest tracks and paths confused a few on the descent.

Combining times from both Whinlatter races resulted in Steve Birkinshaw being awarded the title of "Lord of the Forest" and Pippa Maddams receiving the "Lady of the Forest" award. The Forestry Commission are reviewing their permit fees for 2011 so we hope we can still provide low cost, informal races next year. Watch for new in the FRA calendar!

Angela BB

1. R. Maddams	Kesw	34.03
2. S. Birkinshaw O/40	Borr	34.53
3. A. Schofield O/40	Borr	35.19
4. C. Knowles O/40	CFR	35.32
5. D. Sargent O/40	Eden	36.46
6. P. Maddams	Kesw	36.55
7. R. Stones	Unatt	37.19
8. A. Emmet	HelmH	37.24
9. S. Hunter O/40	CFR	37.33
10. J. Winn O/50	Ellenb	38.00

VETERANS O/50

1. (10) J. Winn	Ellenb	38.00
2. (25) B. Hodgson	Ellenb	41.40
3. (34) D. Burton	Stroud	43.36

VETERANS O/60

1. (37) J. Downie	Kesw	44.06
2. (42) M. Litt	CFR	46.00
3. (43) G. Davidson	Unatt	46.05

LADIES

1. (6) P. Maddams	Kesw	36.55
2. (29) K. Parke O/40	Unatt	42.30
3. (51) H. Horne O/40	Kesw	47.20
4. (53) D. Edginton	Kesw	47.46
5. (57) K. Clark O/50	Kesw	49.12

83 finishers

ASHURST BEACON Lancashire

BS/5.9m/950ft 28.04.10

1. R. Burney	LivpoolH	35.42
2. D. Chan	Helsby	39.05
3. R. Owen O/50	B'burn	39.22
4. S. Parkinson	Horw	40.05
5. M. Pollitt O/40	Skelmers	40.15
6. D. Townsend O/40	WiganP	40.26
7. S. Nickollis	WiganP	40.41
8. R. Ashworth O/40	SouthpW	40.55
9. R. Bardon	ABC	41.02
10. C. Wilson O/40	WiganP	41.21

VETERANS O/50

1. (3) R. Owen	B'burn	39.22
2. (20) D. Fleming	Horw	43.37
3. (27) B. Davey	SouthpW	45.07

VETERANS O/60

1. (28) T. Hesketh	Horw	45.10
2. (53) P. Bland	Horw	49.27
3. (67) G. Large	NthnV	51.11

LADIES

1. (15) L. Whitfield	Spectrum	42.54
2. (25) Y. Wyke O/40	PinkP	44.48
3. (33) L. Heyes	Horw	45.39
4. (37) I. Hughes O/40	Skelmers	46.31
(83) K. Hoyer O/50	Wesham	54.30
(94) C. Cutner	SouthpW	57.01
(121) D. Lock O/60	Lytham	76.51

121 finishers

CROWDEN HORSESHOE

Derbyshire

BM/8m/1700ft 02.05.10

The race incorporated the Derbyshire fell championships, but with the usual facility for parking unavailable meant 150 runners struggling to find easy parking! We have been assured that the campsite will be available next year!

The weather was kind once again with just an easterly wind to contend with!! predicted a winning time of 65 minutes and Tom Bracegirdle found the going to his liking finishing in 65.55 with Shaun Dimelow 30 seconds adrift.

Helen Thorburn had a welcome return to racing, beating Emma Gregory by just two minutes and who were both well ahead of the rest of the ladies' field.

Tom Jacksonis certainly a name to watch out for winning the Junior category and 11th overall.

Derbyshire champions are Darren Holloway in a strongly run 9th spot and, of course, Helen Thorburn the ladies' champion.

Both will represent Derbyshire, along with the rest of the teams, at the inter-counties later in the month at Lletty fell race.

Thanks to all the helpers on the day, and a special thanks to John Bland, the Caravan and Camping club, Crowden outdoor centre, and United Utilities.

Des Gibbons

1. T. Bracegirdle	MMMonk	65.55
2. S. Dimelow	DkPk	66.36
3. R. Bradbury	Mat	68.13
4. A. Rees O/40	Unatt	68.23
5. N. Curtis	FatB	68.46
6. M. Green O/45	Wakef	68.48
7. N. Penn	Wakef	69.11
8. S. Roebuck	P'stone	69.21
9. D. Holloway	Penn	69.35
10. L. Storey	P'stone	70.00

VETERANS O/50

1. (12) S. Storey	DkPk	70.10
2. (20) R. Haworth	Horw	73.24
3. (27) S. Entwistle	Penn	76.45

VETERANS O/60

1. (45) M. Cochrane	DkPk	80.55
2. (75) Y. Tridimas	Bowl	87.47
3. (83) R. Hopkinson	DkPk	90.41

LADIES

1. (67) H. Thorburn	DkPk	85.39
2. (74) E. Gregory	Prest	87.43
3. (82) J. Haworth O/40	Horw	90.34
4. (93) C. Blackroyd O/50	DenbyD	93.27
5. (99) J. Worboys-		
Hodgson	DenbyD	95.07
(102) J. Yates O/45	DenbyD	96.00
(120) J. Waller O/50	DkPk	101.00
(143) B. Buckley O/60	Gloss	113.51

WRAY CATON MOOR FELL RACE

Lancashire

BM/6.7m/1100ft 03.05.10

Well what a perfect day it was and one in which we were honoured to receive a visit from a top Lake District runner. The fell was a lot drier than usual and in near perfect conditions, Chris Steele came back first in 41:30 to easily beat Mark Croasdale's record of 42:20 in 2006. Local Bowland runner, Steve Swarbrick, came in second in 43:38. The entry was 139 in the senior race, which is up on the last few years. The junior

races continued to be well supported with 91 entries.

Plenty of entertainment was provided by the Wray Fair that was taking place and I hope our visitors managed a leisurely preamble around the village to gain amusement from the scarecrows, though I know that some competitors were more interested in the tea and cakes in the marquee.

Our thanks must go particularly to our main sponsors, Nippon UK Professional Martial Arts, who provided tee-shirts for all the juniors as well as some of the senior prizes. The numbers were from Pete Bland Sports of Kendal and the tape on the course from the Runners Centre in Lancaster.

It may be of interest to readers who don't already know; that the application for 20 wind turbines 123 metres high was turned down. Some of these would have been on the race route itself. They would have been about one third higher than the present 8 and some would have had permanent flashing lights on.

Peter Edge

1. C Steele	Borr	41.30
2. S. Swarbrick	Bowl	43.38
3. G. Watson O/40	Unatt	43.50
4. J. Deegan O/40	Amble	44.25
5. C. Bell	Howgill	44.42
6. J. Mitcham O/50	Skip	46.18
7. J. Luxmoore	Kesw	46.31
8. M. McGoldrick	Wharfe	46.38
9. J. Bagge O/40	HelmH	46.38
10. A. Mouncey O/40	Settle	46.51

VETERANS O/50

1. (6) J. Mitcham	Skip	46.18
2. (20) R. Davies	Bowl	49.59
3. D. Fleming	Horw	50.52

VETERANS O/60

1. (57) L. Stephenson	Kend	56.13
2. (82) G. Woolnough	Kend	58.56
3. (87) I. Hayward	Bowl	59.45

LADIES

1. (27) L. Whitfield	Spect	51.12
2. (44) R. Browne O/40	Croc	53.53
3. (50) I. Hughes O/40	Burden	55.41
4. M. Simey	Unatt	56.04
5. K. Gray	Lonsdale	56.55
(128) S Chapman O/50	Spect	70.20

139 finishers

BUNNY RUN RELAY

West Yorkshire

3 legs x 1.5m/200ft 04.05.10

1. Runny Eggs	29.03
2. Matt 1 Man Mission	29.32
3. Wharfedale Massive	31.40
4. Bingley 6	31.47
5. Where is Colin Moses?	32.34
6. Good, Bad & Ugly	32.42
7. Lanky Hotpots	32.55
8. The Loner	33.02
9. Heptonstall Hillbillies	33.26
10. Over the Hill	33.41
11. Fist of Eggs	34.26
12. Nifty, Swiftly & Shifty	34.28
13. Drunk Skunks	34.43
14. Rossendale Miss-fits	34.45
15. 2 Robs & a Bird	35.00
16. 2 Gingers & 1 Blonde	35.37
17. Idle Fatherless Kids	35.58
18. Let Rip	36.06

19. Multi coloured Zebras

36.12

20. Burka Boys Z

36.13

89 teams

CAW

Cumbria

AM/6m/1800ft 05.05.10

We had good weather and visibility for this evening race.

Ben Abdelnoor won for the second year running. Rhys Findlay-Robinson had a ten yard lead after the first climb up The Knott and kept this lead to the top of Caw, but Abdelnoor overtook Rhys on the way back to the The Knott, and then maintained a twenty second gap on the descent to the finish.

The ladies' race was dominated by Ambleside with Kate Ayres and Anna Forrest battling it out for first place.

A newcomer to fell running, Nick Vaughan from Norfolk, did well to finish in eighth. Three members of the local fire brigade were also trying out fell running for the first time and they reckoned that Caw was a tough workout.....!

Mike Berry

1. B. Abdelnoor	Amble	50.04
2. R. Findlay-Robinson	DkPk	50.23
3. T. Doyle	HelmH	52.42
4. N. Till	HelmH	56.29
5. G. Thorpe O/40	Amble	57.07
6. P. Knowles O/40	Amble	57.27
7. H. Grayson	Amble	57.39
8. N. Vaughan	Unatt	58.35
9. P. Taylor O/40	BlCombe	58.43
10. A. Patton	Morning	59.04

VETERANS O/50

1. (12) A. Miller	Kend	61.18
2. (15) M. Knowles	BlCombe	63.07

LADIES

1. (20) K. Ayres O/50	Amble	66.35
2. (21) A. Forrest O/40	Amble	67.05
3. (27) C. Musotti O/40	Amble	72.11

37 finishers

DOCKRAY-HARTSIDE FELL RACE

Cumbria

AM/6m/2000ft 05.05.10

We don't make a huge song and dance about stuff at Dockray, but thanks to you all for running.

I think everyone had fun, and I thank you for enjoying your race. There were some impressive performances amongst you, especially the more 'mature runners.' Age is just a number, which we don't dwell on and having no prizes, age is irrelevant, but Dave Tait had a storming run as did Patrick Gilchrist in the older age group.

There was a great mix of people from all over the country; Dave from Dark Peak and Peter Hague from the Cairngorm Club. Local lass Karen Bride-Heaviside, did not get lost, despite her fears, age and post-London recovery, and was a clear female runner despite her lack of downhill skills and impending middle age.

There are loads of little route choices at Dockray, and many stories of poor lines. Indeed, the first two runners were seen racing at 90 degrees from the optimum line from the final summit. There were quite a few new young faces at the front with Kim Collinson guiding the top runners around for third place, whilst

Chris Waters and Chris Newman appeared to out sprint him on the long final descent.

Seriously, well done for everyone for venturing out and taking on Dockray-Hartside; it is not an easy race and takes you into some tough terrain, and everyone seems to appreciate our '£1 no frills' entry fee. You'll appreciate your fell racing kit next time when the greyness turns to dank wetness – a wind/waterproof jacket should be the minimum for any race or run in such terrain, regardless of race rules.

Very, seriously, well done to anyone who thought, 'Bloody hell that was rough, but I survived!' This is fell running.

Joe Faulkner

1. C. Waters	Amble	51.45
2. C. Newman	Wharfe	52.32
3. K. Collinson	Eden	52.24
4. I. Davies	Kesw	55.09
5. C. Knowles O/40	CFR	55.18
6. L. Horsfall	Unatt	55.29
7. D. Nute	Kend	60.29
8. A. Logan	Amble	60.44
9. D. Prosser O/40	Kesw	61.12
10. C. Harling	Unatt	61.36

VETERANS O/60

1. (19) D. Tait	DkPk	66.37
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LADIES

1. (17) K. Bridge	Eden	64.46
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40 finishers

BUTTERMERE SAILBECK

Cumbria

AM/9.5m/4650ft 08.05.10

1. J. Davies O/40	Borr	1.29.14
2. S. Booth O/40	Borr	1.29.33
3. M. Fanning O/40	Borr	1.29.47
4. A. Schofield O/40	Borr	1.33.28
5. C. Bell	Howgill	1.35.22
6. T. Austin	Unatt	1.35.37
7. P. Cornforth O/40	Borr	1.35.50
8. P. Thompson	Clay	1.36.28
9. T. Brunt	Holmf	1.36.52
10. C. Newman	Wharfe	1.37.44

VETERANS O/50

1. (23) J. Winn	Ellenb	1.42.25
2. (47) L. Warburton	Bowland	1.52.33
3. (31) A. Kay	DkPk	1.48.38

VETERANS O/60

1. (35) J. Holt	Clay	1.49.27
2. (69) A. Brentnall	Penn	1.59.14
3. (98) J. Nixon	Borr	2.07.21

LADIES

1. (44) J. Waites	CaldV	1.5.31
2. (51) N. White	Kend	1.53.09
3. (61) A. Raw O/40	Bing	1.57.06
4. (68) H. Berry	Holmf	1.59.07
5. (84) R. Vincent	Tyne	2.03.22
6. (86) G. Myers O/50	Wharfe	2.04.28

183 finishers

CARNEDDAU

Gwynedd

AM/9.2m/4200ft 08.05.10

The Sinclair Steel Carneddau race was a little earlier this year as this was the only May weekend free of other local races. I had been apprehensive during the week before race day as the weather forecast was bad - cold, wet, gales and snow above 2,000 feet! Because of this, I felt that I could not commit to the post-race buffet until I was sure that the race would go ahead.

However, by Friday, the forecast had changed completely and it looked like it would be a fine day. Thanks to Maureen in the George Inn who still managed to put on a good spread with only one day's notice.

The weather on the day was perfect for running, being dry, overcast and the summits were clear, but with a cold north easterly wind. After the long dry spell, conditions were good underfoot resulting in fast times.

The race was dominated by Dark Peak Fell Runners who took the first four places. First home was Es Tresidder in a time of 1.36.15, more than 5 minutes inside the old record! The ladies' race was won by Andrea Rowlands, also in a new record time of 1.57.01.

It was an eventful race. Don Williams fell coming off Carnedd Dafydd, breaking a tooth and sustaining cuts and grazes - but still went on to win the over 60 category! Alwyn Oliver slipped descending Yr Elen, resulting in a deep gash to his leg. It was a serious injury requiring quick action to stem the bleeding. Thanks to the runners who gave up their race, to go to his assistance - Stel Farrar, Wendy Trimbrel, Maggie Oliver, Megan Hughes and Graham McVey. Thanks also to Ogwen Mountain Rescue who had to carry Alwyn off on a stretcher. Alwyn had to have stitches to the leg wound, but is now on the road to recovery. Thanks to Emlyn Roberts (Nurse Practitioner) who, despite having run the race, was on hand to patch up Don at the finish and to check that Alwyn was stable on the hill. Because of these events, the prizegiving was delayed and most prizewinners received their prizes at the following Tuesday night race.

Thanks to Dewi Sinclair, Team Dolly, George Inn and everyone who helped on the day.

Ross Powell

1. E. Tresidder	DkPk	1.36.15
2. D. Aucott	DkPk	1.38.21
3. A. Ward O/40	DkPk	1.39.33
4. J. Boyle O/40	DkPk	1.41.11
5. J. McQueen O/40	Eryri	1.41.45
6. J. Coe	DkPk	1.44.03
7. M. Fortes	Eryri	1.47.05
8. D. Jones	Eryri	1.49.42
9. S. Jones o/50	Eryri	1.50.18
10. A. Lewis O/50	Eryri	1.53.43

VETERANS O/60

1. (38) D. Williams	Eryri	2.09.43
2. (41) Y. Tridimas	Bowland	2.12.13
(54) M. Blake	Eryri	2.22.06

LADIES

1. (16) A. Rowlands	Eryri	1.57.01
2. (21) J. Heming	Eryri	1.58.22
3. (29) K. Spinney	Eryri	2.05.32
4. (37) R. Law	Eryri	2.08.47
5. (52) A. Thomas O/40	Eryri	2.20.50

68 finishers

JUNIOR RACE- 2m/360ft

1. G. Oliver U/16	Deeside	10.28
2. R. James U/14	Menai	11.13
3. M. Evans U/16	Menai	11.32
4. D. Roberts U/16	BroDys	11.41
5. G. Roberts U/14	Unatt	12.30

BELMONT WINTER HILL

Lancashire

BS/4.5m/1000ft 08.05.10

There were excellent fields of 119 in the senior race and 22 in the junior races. There were

particularly strong performances by the ladies this year.

Many thanks to all who helped on the day. Thanks particularly to the Police and Bolton Mountain Rescue.

A donation of £300 has been made to Bolton Mountain Rescue.

Dave Bateson

1. A. Murray	Horw	35.22
2. J. Titmuss	P&B	35.57
3. S. Parkinson	Horw	37.58
4. A. Lupton Lady	Radc	38.02
5. S. Nicholls	Wigan	38.27
6. M. Hetherington O/40	FRA	38.52
7. R. Moore U/18	Leigh	39.14
8. A. Sunter O/50	Horw	39.16
9. D. Allen Lady U/23	Horw	39.20
10. I. Hamer O/40	Horw	39.29

VETERANS O/50

1. (8) A. Sunter	Horw	39.16
2. (15) D. Fleming	Horw	40.39
3. (17) B. Walton	Horw	40.41

VETERANS O/60

1. (21) T. Hesketh	Horw	41.30
2. (64) T. Varley	Horw	47.03
3. (66) P. Jackson	Tod	47.09

VETERANS O/70

1. (115) G. Arnold	Prest	60.20
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LADIES

1. (4) A. Lupton	Radc	38.02
2. (9) D. Allen U/23	Horw	39.20
3. (11) L. Riches U/18	Leigh	39.43
4. (12) L. Clough O/40	Chorley	39.58
(40) M. Laney	CaldV	43.28

INTERMEDIATES (U/23)

1. (9) D. Allen	Horw	39.20
2. (91) D. Roberts	Unatt	51.22
3. (94) A. Fowler Lady	Chorley	52.14

JUNIORS (U/18)

1. (7) R. Moore	Leigh	39.14
2. (11) L. Riches Lady	Leigh	39.43
3. (23) A. Downs	Chorley	41.40

118 finishers



Rob and Danny Hope - 1st and 2nd at Winter Hill

Photo © Kevin Morgan

Pendle Cloughs: Rush-hour
at checkpoint 1

CRESSBROOK CRAWL Derbyshire BM/5m/1100ft 08.05.10

1. G. Moffatt O/40	DkPk	45.24
2. M. Nolan O/40	DkPk	46.38
3. S. Linch	DkPk	46.50
4. N. Windfield	Penn	47.15
5. M. Stenton O/40	DkPk	48.04
6. D. Holloway	Penn	48.08
7. M. Green O/40	Wakef	48.44
8. S. Rich	HandsR	48.51
9. M. Jones	Unatt	48.57
10. N. Penn	Wakef	49/06

VETERANS O/50

1. (22) S. Bennett	NthDerby	52.46
2. (27) C. Harding	GoytV	53.31
3. M. Morehouse	Matlock	55.08

VETERANS O/60

1. (74) R. Hopkinson	DkPk	62.55
2. (88) J. Brayshaw	Unatt	65.41
3. (100) A. Ashforth	HandsR	68.37

LADIES

1. (39) L. Griffiths	Holmf	55.40
2. (44) H. Marshall	Angels	56.15
3. (60) J. Gardener O/50	DkPk	59.36
4. (62) P. Goodall O/50	Totley	60.09
(79) C. McKay O/40	Unatt	64.12

126 finishers

BOLLINGTON FESTIVAL 3 PEAKS FELL RACE Derbyshire BS/5.6m/1200ft 08.05.10

A great day out was had at the second Bollington 3 Peaks Fell Race, Family Fun Day and Brewery Open Day. The race attracted 107 runners this year, with strong showing of Macclesfield and Glossopdale Harriers.

A new course record of 37.09 was taken by Simon Bailey, as he sailed home with over 6 minutes to spare. Sally Newman took the ladies' prize in 46.58, and all finished in good time.

Food and drink followed, and festivities continued into the early hours. Thanks go to the Vale Inn / Bollington Brewing Co. for their excellent facilities and prizes and to Camp 4 for their sponsorship, but especially to all the marshals and helpers for their time, enthusiasm and ability, without whom none of this could have happened. And over £300 was raised towards the next Bollington festival.

Andrew Skelhorn

1. S. Bailey	StaffsM	37.09
2. M. Salt	Camb	43.33
3. M. Messenger O/40	Macc	43.48
4. D. Chan	Helsby	43.58
5. K. Garner O/40	Stockp	44.04

6. N. Curtis	FatB	44.06
7. M. Horsley-Frost O/40	Unatt	44.07
8. D. Gartley O/50	FRA	44.21
9. J. Stockdale	Altrinch	44.29
10. J. Hewitt O/40	Gloss	44.39

VETERANS O/50

1. (8) D. Gartley	FRA	44.21
2. (13) J. Mooney	Macc	44.51
3. (16) D. Collins	Tod	45.20

VETERANS O/60

1. (11) R. Taylor	Penn	44.40
2. (32) T. Hulme	Wilms	49.05
3. (70) R. Campbell	StaffsM	55.59

LADIES

1. (22) S. Newman O/40	Caldv	46.58
2. (50) M. Whittall Local	Unatt	52.27
3. (51) S. Clapham O/40	Gloss	52.28
4. (56) K. Johnson	Gloss	54.17
(86) A. Dinsmor O/60	Penn	59.42
(96) B. Buckley O/60	Macc	65.07

107 finishers

PENDLE CLOUGH FELL RACE Lancashire AL/14m/3900 ft 08.05.10

This, the third year of the race and proving its growing popularity, was chosen as a Championship race by Preston Harriers and also

a round of the Local Area Fell Race Grand prix. Clayton again bolstered the numbers fielding 17 runners, and two runners coming all the way from Newbury running the Pinhaw race the night before.

83 runners started
The race was run in fine conditions but with a cold breeze on the tops and very dry under foot. The record was again broken by the first three runners with Andy Orr taking the honours and Pewter tankard in a winning time of 2.14.18, followed closely by Andy Brown and Roger Taylor.finishing 3rd and 1st Vet 40. A good day for the Taylors with Robyn Taylor finishing 1st lady, Davina Raidy was 2nd and 1st LV40.

For the second year running, Ian Rowbotham won the MV50 and Dave Tait MV60. For next year I will have to add a MV70 to the prize list with two runners from this category taking part this year, one DNF'ed but Norman Bush came home a very respectable 44th place - luckily I had a few spare bottles of wine.

Team prize for the 3rd year running went to Clayton.

I forgot to announce it at the prize giving, so the 1st MV45 and winner of the 1st Pendle Cloughs race, was Alan Life, (sorry Alan you did get your wine though).

Sam Watson had a strong run leading at CP 3 unfortunately, due to circumstances beyond his control, he lost a few minutes at one of the CPs but still managed a respectable 4th, followed by clubmate, Paul Crabtree.

Next year I may raise the feet of ascent from 3900ft to 4100ft due to most runners favouring a higher line between one of the Check Points but the optimum line is still under debate.

Lastly, I would like to give thanks to all the volunteers and marshals for their help., all the runners for supporting the race, and the Asherton Estate, without whose cooperation the race wouldn't take place.

Andrew Hirst

1. A. Orr	Clay	2.14.18
2. A. Brown	Clay	2.14.30
3. R. Taylor O/40	Prest	2.16.27
4. S. Watson	Wharfe	2.21.14
5. P. Crabtree O/40	Wharfe	2.24.59
6. I. Rowbotham O/50	Ilk	2.25.03
7. G. Schofield O/50	Horw	2.25.53
8. S. Turland O/40	Ilk	2.26.09
9. A. Life O/40	Clay	2.26.13
10. S. Whitaker O/40	Clay	2.26.23

VETERANS O/60

1. (26) D. Tait	DkPk	2.42.15
2. (35) B. Rawlinson	Ross	2.54.59
3. (41) D. Ashton	M/cYMCA	2.56.38

LADIES

1. R. Taylor	Prest	2.53.53
2. D. Raidy O/40	Ross	3.09.38
3. C. Kenny O/40	CaldV	3.10.42
4. C. Life O/40	Clay	3.12.05
(10) K. Goss	Clay	3.57.20

78 finishers

**MYTHOLMROYD FELL RACE
West Yorkshire
BM/7m/1350ft 09.05.10**

James Logue led home a field of 106 competitors in an impressive 46.27. He was closely followed by Colin Walker and Walker's team mate, Paul Stevenson but it was Calder

Valley who ran away with the team prize.
Philip Taylor was first V50 and Dick Spendlove was fist V60.
Karen Pickles finished first lady in a new record time of 54.29 knocking just one second off the previous record held by Sue Beconsall, set in 2006.
Gillian Wisbey was first V40 and team mate Thirza Hyde was first V50.

Richard Corney

1. J. Logue O/40	CaldV	46.27
2. C. Walker	P&B	46.51
3. P. Stevenson O/40	P&B	49.09
4. A. Thorpe O/40	Hfx	49.27
5. S. Smithies O/40	CaldV	49.47
6. P. Taylor O/50	Ross	49.51
7. P. Mitchell O/40	Bing	50.52
8. P. Targett O/40	FellP	51.53
9. D. McNeely	Serpent	52.03
10. J. Emberton O/40	CaldV	52.30

VETERANS O/50

1. (6) P. Taylor	Ross	49.51
2. (22) D. Beels	CaldV	56.13
3. (29) T. Clegg	Kghly	57.17

VETERANS O/60

1. (43) D. Spendlove	CaldV	60.23
2. (46) B. Horsley	CaldV	60.51
3. (79) D. lerner	StBedes	68.35

LADIES

1. (16) K. Pickles	PudP	54.29
2. (19) G. Sugden	CaldV	55.44
3. (41) C. Hanson	CaldV	59.47
4. (58) J. Scarf O/45	CaldV	62.46
(66) G. Wisbey O/40	CaldV	66.09
(75) T Hyde O/50	CaldV	67.21

105 finishers

**JACK BLOOR RACE
West Yorkshire
BS/5.2m/1150ft 11.05.10**

1. P. Hodkinson U/23	Erewash	39.42
2. C. Birchell	Leeds	39.54
3. G. Pearce	P&B	40.22
4. G. Hull O/40	Leeds	40.42
5. T. Adams	Ilk	40.44
6. G. Devine O/40	P&B	41.56
7. M. Lockyer	P&B	42.01
8. N. Crampton	Unatt	42.31
9. J. Bradshaw	Wharfe	43.18
10. A. Sinclair	Skip	44.26

VETERANS O/50

1. (27) I. Rowbotham	Ilk	43.39
2. (34) B. Goodison	Abbey	47.00
3. (51) P. Wilken	ThirskS	50.04

VETERANS O/60

1. (76) P. Bramham	Kghly	52.53
2. (85) D, Tait	DkPk	53.43
3. (101 R. Britton	StaffsM	55.02

LADIES

1. V. Wilkinson	Bing	45.28
2. (58) L. Griffiths	Holmf	50.40
3. (61) L. Martin O/40	Otley	50.45
4. (72) C. Evans O/40	Settle	52.18
5. (78) K. Harrison	Ilk	53.01
6. (82) P. Hindle O/40	Kghly	53.32

214 finishers

JUNIORS

6-7 years - 0.5m/180ft

1. J. Muir	Wharfe	4.05
2. N. Cheetham	Ilk	4.08
3. M. Holroyd	Settle	4.14
(15) K. Cox Girl	Kghly	5.15

(19) A. White Girl	Unatt	5.24
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25 finishers
8-9 years - 0.5m/180ft

1. C. Hargreaves	Wharfe	3.30
2. A. Stewart	Bing	3.35
3. S. McKinnon-Evans	Ilk	3.38
(8) S. Bent Girl	Wharfe	3.55
(9) B. Morley Girl	Ilk	3.56

37 finishers

10-13 years - 1.0m/300ft

1. P. Done	Wharfe	7.44
2. J. Newbold	Wharfe	8.15
3. C. Lambert	Wharfe	8.31

14-16 - 1.5m/600ft

1. L. Chechik	EBOR	13.57
2. J. Woodley	Skyrac	14.17
3. F. Haines Girl	Ilk	14.25
4. N. Harvey Girl	Wharfe	15.00

6 finishers

**BURBAGE SKYLINE
Derbyshire
BS/5.75m/1200ft 11.05.10**

This year's Burbage race again forms a part of the very popular Accelerate Gritstone Series and with such hands on support, the sport's future appears very healthy in our region.

After an impressive 10 years organising this fine race, Andrew & Mandy Moore finally handed things over advising that the entry record of 275 from a perfect evening some years ago was very exceptional. Thus, imagine the potential chaos when on a bitterly cold, overcast and damp night 324 turned up for a run! Thanks to the remarkable patience of both runners and helpers, all went off smoothly however, despite a dozen or so poor folk who were forced to register on beer mats and old fag packets!

A fantastic race ensued with local flyers making it an almost, but not quite, Dark Peak clean sweep.

This race is remarkable for its inspiring trophies, Stuart Bond was a clear winner and retained the unique male fertility statue 1st prize whilst the communal whisky trough went to worthy new 1st Lady, Helen Elmore.

Some fantastic battles were played out right through the field and it was great to notice how far some runners had travelled to be with us on the night. Fortunately, all managed to negotiate this race's high speed mixture of moorland, rock & trail without any serious incident

Truly, though, without the continuing assistance of Edale MRT, St John's, Neil the local farmer, the Fox House pub and our loyal gang of helpers, the event wouldn't continue to yield such fond memories for all.

Finally, as darkness began to gather around us, all present were once again treated to that magnificent sunset over Higger Tor.

Roy Gibson

1. S. Bond	DkPk	35.45
2. R. Little	DkPk	37.38
3. N. Northrop	DkPk	38.51
4. P. Hodges	DkPk	39.25
5. C. Gilhooley	DkPk	39.40
6. M. Tuckett	ThamesHH	40.12
7. S. Lynch	DkPk	40.17
8. J. Morgan O/40	DkPk	40.40
9. T. Beasant	SheffUni	41.02
10. Angus	NFR	41.04

VETERANS O/40

1. (8) J. Morgan	DkPk	40.40
2. (11) G. Moffatt	DkPk	41.06
3. (12) M. Nolan	DkPk	41.06

VETERANS O/50

1. (13) M. Wallis	Clay	41.18
2. (43) A. Moore	DkPk	46.16
3. (51) K. Holmes	DkPk	46.49

VETERANS O/60

1. (100) N. Boler	WFRA	50.04
2. (107) A. Brentnall	Penn	50.22
3. (216) R. Mansfield	Unatt	58.58

LADIES

1. (48) H. Elmore	DkPk	46.34
2. (84) J. Jepson O/40	FatB	48.22
3. (88) S. Curtis O/40	FatB	48.38
4. (89) P. Wilkie O/40	DkPk	48.44
(156) P. Goodall O/50	Totley	54.18
(273) B. Haigh O/60	P'stone	63.24

323 finishers**CARADOC CLASSIC****Shropshire****AS/3.5m/880ft 12.05.10**

Another cracking evening for our most popular race of the summer series. Although it was a bit cold standing around marshalling, it was perfect for running with great views over the Long Mynd. Of course, those in the lead are probably not taking in the views but rather having their head down pelting up the hill!

Steven Cale continued his good form after winning the Streak finishing well clear of Richard Roberts. Ian Grindley placed an excellent third. Close on his heels was Paul Jones. Ed Davies had a brilliant run finishing 8th overall proving that longevity is alive and well in fell running.

The ladies' race was dominated by Anna Bartlett, who provided Shrewsbury AC with a clean sweep of the titles and was also first V40. Mel Price was second with Helen Skelton in third.

A big thanks for those who make the Shropshire Series such a great event. A truly collaborative effort by all the local clubs.

Simon Daws

1. S. Cale	Shrews	23.07
2. R. Roberts	Eryri	23.27
3. I. Grindley O/40	WolvsB	24.49
4. P. Jones O/40	Unatt	24.59
5. M. Marston	Mercia	25.25
6. R. Lamb O/40	Mercia	25.41
7. R. Stones	Unatt	25.57
8. E. Davies O/50	Mercia	26.35
9. P. Beeson O/40	Maldwyn	26.53
10. K. Francis O/40	Shrews	26.56

VETERANS O/50

1. (8) E. Davies	Mercia	26.35
2. (11) G. Jones	Shrews	27.03
3. (18) C. Penny	Mercia	27.41

VETERANS O/60

1. (49) G. Gunner	CroftA	31.36
2. (72) C. Williamson	ShropsShuff	33.34

3. (77) J. Coombes	Mercia	34.16
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LADIES

1. (25) A. Bartlett O/40	Shrews	28.22
2. (30) M. Price	Mercia	28.57
3. (38) H. Skelton	Newport	30.09
4. (75) N. Turvey O/50	CroftA	33.53
5. (80) B. James	Unatt	34.31

(117) P. Richards O/60 Mercia 54.39

395 finishers**RAINOW****Cheshire****BS/5m/750ft 12.05.10**

136 competitors enjoyed a cloudless evening run over very dry ground.

Olivia Welwyn smashed the 16-year old course record with a very fast time of 36.07.

The men were a little slower than last year. However, this did not detract from some very close racing.

Colin Fray

1. A. Lamont	Macc	32.41
2. T. Bush	Accring	33.57
3. S. Harding	Macc	34.12
4. J. Ross	StaffsM	34.38
5. N. Ashcroft O/40	Amble	34.38
6. M. Fowler O/40	Chesh	35.12
7. J. Stockdale	Altrinch	35.16
8. T. McGaff O/50	Chesh	35.21
9. S. Watts O/40	Macc	35.37
10. N. Curtis	FatB	36.00

VETERANS O/50

1. (8) T. McGaff	Chesh	35.21
2. (18) J. Mooney	Macc	37.48
3. (27) B. Holland	GoytV	39.12

VETERANS O/60

1. G. Scott	Penn	43.45
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LADIES

1. (11) O. Walwyn	Altrinch	36.07
2. (19) R. Jefferson Jun	Warring	37.58
3. (32) K. Titlow Jun	Warring	39.20
4. (36) L. Batt O/40	DkPk	39.57

136 finishers**FAIRFIELD HORSESHOE****Cumbria****AM/9m/3000ft 15.05.10**

Once again Rydal Hall provided a stunning backdrop to the annual Fairfield Horseshoe fell race. The conditions underfoot were nearly perfect as the recent dry spell had made for good running and the visibility was excellent with the wind not too strong.

The turnout for the race was exceptional. A total of 383 runners set off, which was a few more than expected! We had only catered for approximately 350 with actual race numbers so the last 31 runners to register had to make do with sticky labels!! While the sticky labels were hard to read by the marshals at the various checkpoints, they all commented on how good the runners were at shouting out their number as they ran past.

Once again, Rob Jebb showed his ability by winning the race for the second year in succession, 76.00, even beating his previous year by a whole one second!! Following him into second place was Ben Bardsley, who was closely followed by Graham Pearce. Borrowdale showed their strength in numbers by taking the team prize ahead of Pudsey & Bramley, who narrowly beat Helm Hill.

The ladies' race was won by Jane Reedy in a winning time of 96.19, who was closely followed by Sarah McCormack. The ladies' team prize was won by Ambleside.

Eddie & Linda Bland

1. R. Jebb	Bing	1.16.00
2. B. Bardsley	Borr	1.18.11

3. G. Pearce	P&B	1.18.25
4. J. Davies O/40	Borr	1.18.35
5. D. Hope	P&B	1.19.03
6. T. Addison	HelmH	1.19.10
7. C. Roberts O/40	Kend	1.20.55
8. M. Roberts O/40	Borr	1.21.13
9. P. Sanderson	NFR	1.23.05
10. J. Deegan O/40	Amble	1.23.30

VETERANS O/50

1. (28) B. Proctor	HelmH	1.29.21
2. (46) R. Owen	Eryri	1.35.11
3. (61) N. Pearce	Ilk	1.36.30

VETERANS O/60

1. (67) M. Walsh	Kend	1.37.22
2. (148) S. Brister	Matlock	1.49.58
3. (157) S. Presly	Wolds	1.50.47

VETERANS O/70

1. (256) R. Bell	Amble	2.01.55
2. (330) R. Smith	Amble	2.14.54
3. (363) K. Heywood	Kend	2.27.52

LADIES

1. (55) J. Reedy	Amble	1.36.19
2. (70) S. McCormack	SheffUni	1.37.44
3. (85) L. Roberts	Kend	1.41.35
4. (117) T. Hird	Wharfe	1.45.46
(121) G. Myers O/50	Wharfe	1.46.16
(122) E. Dugdale O/40	Kend	1.46.22
(332) L. Lord	Clay	2.15.14

379 finishers**CRIBYN****Brecon Beacons****AS/5.5M/3100FT 15.05.10**

The second race in the Inov8/WFRA Welsh Open Championships was the Cribyn Fell Race. Although a short race at 5.5m, with 3100 feet of ascent, it's a tough one. The sun came out and a quality field of 97 runners started the race.

Tim and Andrew Davies finished 1st and 2nd respectively for Mercia, depriving last year's winner, Shaun Godsman of a double. They were closely followed by a group of Welsh runners from North and South, with local runner, Crispin Flower, coming home first MV40.

WFRA secretary, Ross Powell, won the MV50 category, with first MV60 Don Williams just a few minutes behind, sporting bandages from the previous week's Carneddau race. Pete Norman won the MV70 category.

The women's race was close, with Jenny Heming sealing a good win from Phoebe Webster. Helen Marshall, was 3rd.

Thanks to everyone who helped on the day, and everyone who travelled down to race. Greyhound Rescue West of England will be getting a useful donation from the race entries.

Finally, A special award for World Class numptiness goes to the anonymous caller who followed his satnav to my home address instead of the race venue. Not sure at what point he realised there are no fells in Gloucester!

Helen Fines

1. T. Davies	Mercia	54.40
2. A. Davies	Mercia	55.38
3. S. Godsman	CaldV	55.43
4. M. Shaw	MynyddD	57.32
5. M. Roberts	Eryri	60.27
6. R. Gordon	MynyddD	60.31
7. C. Flower O/40	MynyddD	63.01
8. P. Jenkinson O/40	Eryri	63.05
9. J. Blore U/23	Chepstow	66.16
10. J. Jones	Aberyst	67.10

VETERANS O/50

1. (19) R. Powell	WFRA	70.26
2. (24) P. Williams	MDC	72.57
3. (27) B. Hardcastle	MDC	74.01

VETERANS O/60

1. (25) D. Williams	Eryri	73.24
2. (38) J. Morris	Buckley	76.34
3. (39) P. Roberts	Buckley	76.34

VETERANS O/70

1. (87) P. Norman	Wrex	102.46
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LADIES

1. (14) J. Heming	Eryri	69.00
2. (16) P. Webster	Aberyst	69.32
3. (48) H. Marshall	Aberyst	79.33
(56) S. Rowlands	Clwydian	82.08
(66) E. Salisbury O/40	Eryri	86.34
(68) G. Scott O/50	MDC	87.45

96 finishers

CREG NY BAA

Isle of Man

AM/10m/2700ft 16.05.10

A resounding victory for Lloyd Taggart in the Manx Fell Runner's race at Creg Ny Baa brings the number of victories earned by him to a

perfect 6 out of 6 in this season's league. Taggart made short work of the 8.5 mile course and over 2,700 feet of ascent, finishing in 1.08.22 and also taking the course record away from Simon Skillicorn (1:17:55 in 2007 over the same 'reverse' route). Taggart's time today was 8 minutes ahead of second place Skillicorn, who fought hard with Nigel Armstrong, himself having to be content with third place. Good solid performances from Ian Gale, Peter Bradley, Brian Osborne (who took the over 50s' prize in spite of overcoming injuries) and Jackie Lee, provided a good competition for these experienced athletes with close finishes. Newcomer to the fells, Paul Sykes, together with Steve Partington and Rob Sellors fought hard together during the final ascent up Snaefell and completed the top 10 positions.

A tremendously powerful display of fell running from Lee was rewarded with an impressive 7th place overall, winner of the ladies' race and also seizing the women's record, held by Cal Partington (1:40:11 in 2007). There were good races too from Rachel Holden and Caroline Caren, who came 2nd and 3rd respectively in the ladies.

Runner up after Osborne in the over 50s' race was Rob Webb, following a very strong race, 13 minutes ahead of MFR chairman, Richie Stevenson in third spot.

In spite of cold conditions, the lifting cloud and sunny periods meant hopes were high for the 44 runners who limbered up at the Bungalow for the start, and good visibility (which was denied in this same race last year) meant navigation was not a barrier to fast times, aided also by fairly dry slopes underfoot. Scaling the summits of Mullagh Ouyr, Slieau Lhost, Beinn-y-Phott, Carraghan and Snaefell provided a challenging course with two gruelling climbs, the second from the footbridge over the Sulby River and up to Snaefell summit which proved a real test in the latter stages, but all runners enjoyed the long descents and comfortable running flatter sections which the course offered.

Rob Sellors

1. L. Taggart O/40	MFR	1.08.22
2. S. Skillicorn	MFR	1.16.49
3. N. Armstrong O/40	ManxH	1.17.21
4. I. Gale O/40	MFR	1.20.16
5. P. Bradley	MFR	1.21.07
6. B. Osborne O/50	MFR	1.23.12
7. J. Lee Lady	MFR	1.24.55
8. P. Sykes	MFR	1.28.05
9. S. Partington O/40	ManxH	1.29.47
10. R. Sellors O/40	MFR	1.30.23

VETERANS O/50

1. (6) B. Osborne	MFR	1.23.12
2. (15) R. Webb	IOMVAC	1.33.52
3. (22) R. Stevenson	MFR	1.46.59

LADIES

1. (7) J. Lee	MFR	1.24.55
2. (35) R. Holden	MFR	1.57.43
3. (38) C. Caren	MFR	2.00.29

43 finishers

SURREY HILLS RACE

Surrey

16.05.10

In this my 6th year as Organiser I am sad to report that numbers are down from last year – 78 runners as opposed to 99. We had hoped that by switching from the Bank Holiday Monday to a Sunday, numbers would improve; but this was not the case. However, it was easier to find helpers within the club – very important, in view of how 'helper-heavy' this event is.

Noteworthy were the father-son winners of the men's trophies on the 'B' and 'C' races: Pete and Chris Nicholls; and mother-son winners of the men's junior and ladies' 40 classes on the 'B' race: Rob and Karen Jones.

We had the usual crop of runners who assumed they'd be able to navigate the 'A' race (30 km) without having reconnoitred the route. One, sensibly, switched to the 'B' race (16 km) after about 6 miles; another was persuaded to get a lift back with one of the water point marshals after 2 hours and 40 minutes, by which time he'd reached Control 8, with another 10 miles to go, having spent over an hour on each of legs 5 to 6 and 7 to 8.

This year we gave runners on the 'A' and 'B' courses bibs with their race numbers, so that the marshals on the water points could plot their progress. This worked fairly well, and will work better next year, when we will give 'C' course runners race numbers too (some who started on

Photo © Paul Sheard



Peter Bradley leaping the wall at Windy Corner in the Creg ny Baa race

the 'C' race switched to the 'B' race!).

This year, for the fourth time, we organised 'Recce' runs a month before the race – 6 attended. Those who took part found it very helpful and we would urge all to recce the route with us in this way. The date of the recce run is always published with the race details.

As regards statistics: 78 started the races, 71 finished.

Finally, thanks as ever to all the helpers from SLOW, to the landowners (Surrey Wildlife Trust, Wotton Estate, The Hurtwood, Alex Brodie of Squires Farm) and to the staff of Priory School. *Ginny Catmur*

'A' RACE

1. J. Dewey	Guild&G	123.49
2. E. Catmur	ThamesH&H	127.21
3. A. Henderson O/40	Durham	140.57
4. K. Leitch O/40	SO	149.43=
4. K. Masson O/50	MV	149.43=
6. G. Burns O/40	Unatt	159.02
7. A. Doyle O/50	GO	159.43
8. J. MArtsden	Oxford	160.29
9. T. Beale	SN	162.49
10. S. Collier	Kerno	166.11

LADIES

1. (19) W. Mountford O/40	Dorking	180.02=
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1. (19) R Black	DMVAC	180.02=
3. (28) B. Esterhuyse	Unatt	285.40

28 finishers

'B' RACE

1. P. Nicholls O/50	GO	69.19
2. N. Green O/40	Guild&G	75.41
3. R. Jones	SLOW	80.25
4. A. Hickling O/40	SAX	84.59
5. S. Holford	TunbW	85.24
6. R. Skripek O/40	Fleet&C	85.34
7. B. McElearney O/40	SO	86.02
8. N. Wates	DFOK	86.07
9. M. Garvin	Serpent	90.12=
9. S. Bush O/50	Unatt	90.12=

LADIES

1. (11) C. Court	Dorking	91.50
2. (12) J. Holford	SAX	93.17
14. K. Jones O/40	SLOW	94.05

32 finishers

'C' RACE

1. C. Nicholls	GO	65.00
2. B. Rainczuk O/40	SAX	66.06
3. C. Moon O/40	MV	70.29
4. N. Saker O/60	SLOW	78.38

4 finishers

CHEDDAR CHASE Cheddar Gorge 16.05.10

The first 'Cheddar Chase' fell run took place on Sunday 16 May. The event was organised as part of the 'Cheddar Gorge Challenges', which included speed climbing events and several on and off-road cycle races. The damp start to the day didn't seem to deter the 82 runners, some of whom had travelled from as far as Epsom and Bournemouth and who arrived at High Rock in Cheddar Gorge to be greeted by a serene silence thanks to the B3135, up through the Gorge, being closed for the day.

The scenic race started at High Rock, beneath the highest cliffs in Cheddar Gorge and soon led runners up the punishing 274 Steps of Jacobs

Ladder to the top of the Gorge. It then followed a figure of 8 route through an area of Outstanding Natural Beauty, across fields and along tracks to the Roman lead mines at Charterhouse and back along the cliff top on the north side of Cheddar Gorge before dropping steeply back down to the road to finish opposite Gough's Cave entrance.

Despite the mischievous misplacement of one direction sign earlier that morning, and the runners taking a slightly longer route as a result, the first runner, John Rance from Cheddar, returned to the finish in 1.06.06. The first lady home was Yvonne Cox from Bristol in 1.19.06. *Elly Milln*

Photo © Elly Milln



LATRIGG Cumbria AS/3m/950ft 19.05.10

On a warm and sultry evening, 86 runners took on the Latrigg fell race organised by Keswick Athletic Club and sponsored by Ron Hill and Silva. With the race falling within the Keswick Mountain Festival there were a number of unattached runners taking part. For the uninitiated, the Latrigg race provides great experience of the grand traditions of Lakeland fell-racing. There are lung-bursting climbs and heart-pounding descents after which the competitors can collapse at the finish in Fitz Park safe in the knowledge they have just experienced one of the area's unique sports.

As the evening's temperature rose and the clouds gathered over the fells there was a danger of heavy showers just prior to the race. But the wet weather did not arrive and underfoot conditions were perfect for racing providing ample grip on both the ups and downs.

There were some fine performances from the local Club, with Keswick's Matt Fraser taking the lead on the steep climb and holding his position to win. Matt is in top form and will be representing Cumbria at the Inter-counties Fell Championship taking place in North Wales. Hot on the heels of Matt was Club Captain, Steve Hebblethwaite, who secured second place. Put into context this is a mighty effort considering Steve had broken 34 minutes at a 10K in Workington the evening before. Taking third place was another local runner, Mike Fanning, another in excellent form and also the first veteran to finish.

The first lady to finish was Kelly Harrison, followed closely by Judy Howells. There then followed a number of Keswick ladies with new member Helen Winskill edging out Club Captain, Jo Gillyon, in a close finish. These two, along with Maureen Bridge, saw the Keswick ladies' first in the team honours and Maureen collected a

second prize as she was first FV60.

Not to be outdone the men also collected the team prize for Keswick with John Nicoll joining Matt and Steve high up the field.

Pete Richards

1. M. Fraser	Kesw	18.08
2. S. Hebblethwaite	Kesw	18.31
3. M. Fanning O/40	Borr	18.41
4. C. Waters	Amble	19.19
5. A. Schofield O/40	Borr	19.36
6. C. Bell	Howgill	19.55
7. T. Doyle O/40	HelmH	20.04
8. S. Birkinshaw O/40	Borr	20.10
9. P. Thompson	Clay	20.25
10. C. Knowles O/40	CFR	20.33

VETERANS O/50

1. (23) D. Loan	Kesw	23.20
2. (26) T. Kelly	Kesw	23.45
3. (31) N. Hindle	FRA	24.27

VETERANS O/60

1. (21) M. Walsh	Kend	22.51
2. (46) J. Dowie	Kesw	25.32
3. (58) D. Harrison	Kesw	27.12

LADIES

1. (33) K. Harrison	Ilk	24.44
2. (37) J. Howells	Wharfe	24.57
3. (40) J. Ransome O/40	RRC	25.09
4. (41) H. Winskill	Kesw	25.16
5. J. Gillyon	Kesw	25.21
(78) M. Bridge O/60	Kesw	29.57
(79) L. Malarkey O/60	Kesw	30.00
(80) A. Cummings	WCOC	30.01

86 finishers

DURRIS MAST RACE Aberdeen

BS/5.5m/1000ft 20.05.10

41 runners turned up for the first in this year's Cosmic Summer Series races. The course was much drier this year with the boggy areas only ankle deep instead of thigh deep like last year. As usual, there was a strong Cosmic turn out, and quite a number from Stonehaven Running Club this year but, disappointingly, no takers for the Junior race.

The two leaders Simon Peachey and Dan Whitehead, ran a close race and entered the 'Tunnel of Doom' neck and neck. But Simon snatched the lead when Dan made a split second error in the dim light and held Dan off for the last half kilometre finishing in new record time of 38.15. First female was Sally Wallis in a time of 49.39.

A big thank you to all the marshals, Fountains Forestry and all the people who helped on the night. I'd also like to thank Ian Wilson who, armed with a chain saw, helped me to move the bulk of the fallen trees around in the race finish.

Dennis McDonald.

1. S. Peachey	Cosmics	38.15
2. D. Whitehead	Deeside	38.59
3. Steve T	Stoneh	42.33
4. C. Hill	Unatt	43.88
5. D. McDonald O/40	Cosmics	44.31
6. D. Kerridge O/40	Deeside	45.14
7. N. Easton	Unatt	46.44
8. S. Smith	Unatt	47.11
9. C. Lar	Cosmics	48.09
10. P. Henry	Deeside	48.53

VETERANS O/50

1. (16) G. Reid	Unatt	49.59
2. (24) M. Bryce	Cosmics	55.58

3. (25) J. Colegrave Unatt 56.05

VETERANS O/60

1. (40) A. McKay Cosmics 72.45

LADIES

1. (15) S. Wallis Unatt 49.39

2. (21) A. Hamilton O/50 Cosmics 54.18

3. (27) P. Larmour O/40 Cosmics 57.27

4. (29) G. Clunas O/40 Cosmics 57.58

40 finishers

THE LLETTY FELL RACE (Inter-Counties)

Denbighshire

AM/9.5m/2900ft 22.05.10

It was hard going on a hot, humid day and quite a number of DNFs with some big names retiring. Having held this race in August last year on a hot and humid day, we decided to move it to an earlier date for some fresher spring weather. No such luck and the NEWSAR mountain rescue team were thankfully stationed on the course and at the finish on to deal with several participants who had succumbed to the heat.

The fact that this was an Inter-counties championship race made the organisation somewhat more complex. A record number of counties entered and many travelled quite a distance – the strong Scottish presence was particularly evident. In addition, there was an interesting bonus for the front runners since this race had been nominated as the first event in the newly created McCain's Mountain Challenge with prize money up for grabs.

On the day, Martin Cox representing Leicestershire, led Simon Bailey home by well over a minute, both runners seemingly coping very well with the high temperatures. Not much further down the field there was mayhem with some big names falling by the wayside and others uncharacteristically further back than perhaps they should have been. Despite the loss of one of their runners early on, Yorkshire's remaining three counters packed well in 2nd, 4th and 5th to take the Inter-counties team title convincingly. Victoria Wilkinson charged home to lead Yorkshire to the ladies' title. Interestingly, most of the ladies seemed to cope much better

than the men with the heat.

Much thanks to all the helpers, marshals, Army cadets, farmer and his wife and everyone else who contributed to the event's success.

Martin Cortvriend

1. M. Cox O/40 Leics 1.11.34

2. S. Bailey Mercia 1.12.53

3. O. Edwards ShaftsB 1.13.25

4. A. Osborne Yorks 1.13.44

5. G. Raven GtrManch 1.13.53

6. G. Pearce Yorks 1.14.29

7. M. Speake Yorks 1.14.46

8. J. Brown O/40 GtrManch 1.15.26

9. R. Baker DkPk 1.16.04

10. R. Simpson ScotlandN 1.16.12

VETERANS O/50

1. (59) A. Lewis Eryri 1.30.32

2. (92) S. Jones Eryri 1.39.06

3. (109) P. Browning Clay 1.42.25

VETERANS O/60

1. (99) D. Williams Eryri 1.40.37

2. (104) J. Norman Altrinch 1.41.26

3. (127) P. Roberts Buckley 1.47.49

LADIES

1. (37) V. Wilkinson Yorks 1.25.53

2. (39) P. Maddams Cumbria 1.26.53

3. (40) O. Walwyn Chesh 1.26.58

4. (44) S. Young ScotlandE 1.27.34

5. (48) K. Alexander Nthnlre 1.28.18

(69) A Priestley O/40 ScotlandC 1.33.33

(71) D. Allen Jun GtrManch 1.33.52

(125) A. Williams O/50 NWales 1.47.12

(203) M. Oliver O/60 Eryri 2.27.05

211 finishers

GLARAMARA FELL RACE

Cumbria

AS/5m/2100ft 23.05.10

It was a hot and sunny day for the race which is run from the glorious setting of the Glaramara Centre in Borrowdale.

After assisting with a mass attempt on the Bob Graham Round by his club on the previous day, Danny Hope was the untroubled race winner. There was a closer contest among the women as the first three finished within thirty seconds of each other.

Len L'Anson

1. D. Hope P&B 48.53

2. P. Cornforth O/40 Borr 51.36

3. S. Birkinshaw O/40 Borr 52.52

4. A. Fowler Prest 53.16

5. A. Smith O/40 Deeside 55.12

6. N. Tate Durham 56.27

7. J. Rainford O/40 Prest 58.22

8. C. Valentine O/40 Kesw 58.33

9. C. Smith O/40 Kesw 58.34

10. D. Armstrong O/50 NFR 60.10

Photo © Pete Hartley



Sula Young
(Scotland East)
4th lady



Letty Fell Race (Inter Counties): Winner
Martin Cox descending Moel Arthur

VETERANS O/50

1. (10) D. Armstrong	NFR	60.10
2. (20) R. Unwin	Kesw	65.44
3. (22) B. Dredge	Mercia	65.56

VETERANS O/60

1. (13) M. Walsh	Kend	60.53
2. (24) J. Downie	Kesw	67.00
3. (30) D. Fell	CFR	69.52

LADIES

1. (25) J. Howells	Wharfe	67.03
2. (26) S. Schofield O/40	Borr	67.19
3. (27) J. Gillyon	Kesw	67.28
4. (34) C. Fryer O/40	Hfx	72.21
5. (36) J. Brown O/40	Clay	73.16

62 finishers

WILL RAMSBOTHAM BADGERSTONE RELAY West Yorkshire

3 legs/2m/400ft 26.05.10

There were some changes to these relays for 2010, with new organisers Ilkley Harriers, revised courses and additional junior and family categories, plus a return to the original mid-week slot.

51 teams, including 14 junior and family teams took part and despite unseasona; weather, everyone had a great time.

Paul Wood

1. Pudsey & Bramley Team Late	44.43
2. The Wrong Holmes	46.36
3. 2/3 BG	48.03
4. Fell Boys 3	49.06
5. Howells Harriers	49.14
6. Big & Scary	50.33
7. JAJ	50.41
8. Scary Plus	50.52
9. Last Minute Loners	51.24
10. Doss X	51.47

LADIES

1. (14) Wharfedale Lovely Ladies	55.34
2. (21) Ilkley Alisons	57.58
3. (24) OtBing	59.08
4. (25) Yorkshire Grit	59.52
5. (30) The 3 Js	61.58

37 team finishers

JUNIOR AND FAMILY TEAMS

2 x 2m (U14 & U16) 2 x 1m (U12 & U14)

1. JMP (JB)	32.03
2. The Sponge Cakes (F1)	34.17
3. Junior Flyers (JM)	39.35
4. Noname (JM)	39.36
5. Bingley Bottoms (JB)	39.52
6. Bingley Tops (JM)	40.03

14 team finishers

HARROCK HILL RACE 1 Lancashire

BS/5.2m/900ft 26.05.10

1. J. Kevan	Horw	30.57
2. M. Bell O/40	Horw	31.48
3. A. Murray	Horw	32.24
4. D. Hamilton O/40	SthportW	33.46
5. P. Muller O/50	Horw	33.56
6. D. Townsend O/40	WiganP	34.26
7. S. Smithies O/40	CaldV	34.58
8. J. Sutton	B'burn	35.06
9. J. Barlow O/40	Wesham	35.09
10. B. Johnson	SthportW	35.25

VETERANS O/50

1. (5) P. Muller	Horw	33.56
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2. (13) G. Pendlebury	Wesham	35.28
3. (20) R. Davies	Wesham	37.02

VETERANS O/60

1. (52) T. Hesketh	SthportW	40.00
2. (58) M. Crook	Horw	40.17
3. (89) P. Bland	Horw	42.56

LADIES

1. (28) R. Jefferson U/18	Warring	37.36
2. (37) J. Goorney O/40	Wesham	38.28
3. (38) S. Samme O/40	Lytham	38.30
4. (40) N. Jackson U/18	Prest	38.54
5. (47) D. Atkins	Chor	39.45
(130) G. Dobie O/50	RedR	47.17
(179) H. Goorney	B'pool	59.38

189 finishers

25th HUTTON ROOF CRAGS RACE Cumbria

BM/7m/1300ft 29.05.10

The only wet and drizzly day this year threatened to put a dampener on this year's race. By 2:30pm, however 239 stalwarts had lined up on the start line. Conditions were generally good for running, the ground was hard as we have had so little rain but the limestone was very slippery and the wet grass made progress even more hazardous at times.

After the start, a mass of runners motored round the first bend and out of the field. Spectators watched as this field of runners sped across Hutton Roof Crag on route for Farleton Knott and our famous Scree slope climb.

At the front the good local runners battled it out over the grass and limestone outcrops that make up our beautiful landscape. Some even commented on the numerous early purple orchids that they tried to avoid trampling. As the weather worsened with more rain and stronger winds, the runners began to suffer and struggled to run as fast as in previous years but only two suffered injuries and had to pull out. Tom Addison, still recovering from a virus, seemed to relish the conditions and pushed hard to win in 48:50. Then Craig Roberts and Paul Dugdale packed tightly to produce an exciting finish to the team event which was one by Helm Hill's Tom Addison, Mark Addison and Billy Proctor. Adrian Pickles pipped Billy Proctor by just two seconds for 1stV50 and Mike Meckenna continued his good form in this race with 1stV60 in 1:01.00.

There seemed to be more ladies racing this year and six teams entered with Settle emerging as winners: Carol Evans, Jill Robinson and Sharon McDonald. Laura Bestow was 1st lady ahead of Dawn Atkins and Tamara Hird. 1st LV40 was Carol Evans followed in by Jacky Casey and 1st V60, Jan Atkins.

Unfortunately the junior races were poorly attended because of the weather. This was a shame because Simon Schofield, our course builder, had put a lot of hard work in trying to make some new and exciting courses. The youngsters that took part enjoyed the new event and Simon has said he is thinking about the possibility of U10s and even U8s next year. The U12s race was won by Joshua Newbold, Wharfedale. The Cup for First Local went to Sam Schofield in the U16 race. The U14s' race was won by Callum Lambert and the U16s' race was won by Nathan Milligan.

In the main race, from 365 entries we had 347 runners completing the course, more than a

hundred up on last year.

We have some new houses in Hutton Roof and the fell race with its country fair raises proceeds to maintain and insure our village hall where we have a great community spirit. This was very much in evidence as all our neighbours, new and old, mucked in to help make the event a success despite the weather.

Don't miss next year's 'cake race' on the 28 May 2011.

John Dickinson

1. T. Addison	HelmH	48.50
2. C. Roberts O/40	Kend	49.23
3. P. Dugdale O/40	Kend	50.22
4. M. Lockyer	P&B	50.30
5. M. Addison	HelmH	50.32
6. C. Bell	Howgill	50.53
7. S. Deauin	Leeds	51.36
8. C. Pass	Wesham	51.44
9. N. Charlesworth O/40	Wharfe	52.35
10. M. McGoldrick	Wharfe	53.51

VETERANS O/50

1. (17) A. Pickles	Settle	55.10
2. (18) B. Proctor	HelmH	55.12
3. (22) M. Springer	Horsforth	56.54

VETERANS O/60

1. (49) M. McKenna	Dallam	61.09
2. (113) G. Wright	Ross	68.10
3. D Scott	Clay	70.44

VETERANS O/70

1. (206) P. Taylor	CFR	80.08
2. (234) G. Arnold	Prest	93.09
3. (235) B. Pycroft	FRA	94.20

LADIES

1. (36) L. Bestow	WChesh	58.52
2. (52) D. Atkins	Chor	61.33
3. (63) T. Hird	Wharfe	62.13
4. (68) S. Lovell	Leeds	62.26
(80) C. Evans O/40	Settle	63.57
(81) J. Casey O/50	BlCombe	64.02
(219) J. Atkins O/60	Chor	81.56

237 finishers

JUNIORS

1. J. Newbold Boy U12	Wharfe	10.14
2. R. Lambert Boy U12	Settle	10.45
3. J. Alderman Boy U12	Unatt	10.55
4. E. Lambert Girl U12	Wharfe	11.00



Hutton Roof: Joe Alderman finishing third in the new U12's race

5. J. Steele Boy U12	Dallam	11.06
6. J. Schofield Boy U12	Unatt	12.42
7. N. Milligan Boy U16	Bury	13.35
8. C. Lambert Boy U14	Wharfe	14.00
9. D. Whitlock Boy U14	Prest	14.23
10. S. Schofield Boy U16	Unatt	14.55
11. L. Alderman Girl U16	Pendle	16.42

SHUTLINGSLOE FELL RACE

Cheshire

AS/2m/900ft 31.05.10

This year we were again privileged to host a round of the English Junior Championships, with 163 junior runners coming from as far as Cornwall and the Borders. The U8 and U10 races followed a course through the fields facing Shutlingsloe and provided an opportunity for local children to compete against club members from further afield. The English Junior Championship courses followed elements of the field course before joining the testing Open course through the stream and up onto Shutlingsloe through the steep and slippery bluebell wood; the U16 and U18s completing the climb to the summit.

In the U12s' race Championship leader, Seth Waterman, won his third straight Championship race, while Lily McGuinness took advantage of Elizabeth Greenwood's absence to take the lead in the Championship with the win. In a tight U14 race Max Wharton proved stronger than Will Smith on the final climb to the finish to clinch a third successive Championship win by 6 seconds, while Bronwen Owen reversed the result at Mytholmroyd by beating Bo Haywood into second place and extending her Championship lead. With all the U16 Championship contenders competing, there was some tight racing with Felix McGrath and Shannon Johnson coming out on top in their respective categories. In one of the races of the day Jonny Bradshaw overhauled U18 Championship leader Joe Johnston on the climb to the finish to win by 6 seconds, while Laura Riches had a more comfortable victory, repeating the result at Mytholmroyd.

Watched by a large crowd attending the Wildboardclough Rose Queen fete, Simon Bailey led the Open race from the start and was never in any danger of missing out on his tenth win over the course. Simon's finishing time of 15:15 was 4 seconds outside his own record from 2004. Last year's second placed lady, Steph Curtis, went one better, winning in a time of 21:30 and only losing out on the Local trophy to husband Noel, who was fourth overall.

The undoubted stars of the race were the Wharfedale juniors who ran in the Open race less than 90 minutes after the U14 Championship race and walked away with the team prize. Will Smith's overall third place was remarkable and is evidence that the future of English fell racing is in good hands.

My sincere thanks go to all those who helped with marshalling as well as those who ran. We hope to see you all back again next year!

Jon Mayne

1. S. Bailey	StaffsM	15.15
2. S. Harding	Macc	17.26
3. W. Smith	Wharfe	18.03
4. N. Curtis	Penn	18.11
5. J. Ross	StaffsM	18.33
6. M. Wharton	CaldV	18.54

7. A. preedy	Ross	19.02
8. P. Hobbs	Tod	19.07
9. J. Pearce O/40	Congle	19.15
10. B. Johnstone	Wharfe	19.32

VETERANS O/40

1. (9) J. Pearce	Congle	19.15
2. (12) S. Bell	DkPk	19.39
3. (13) S. Sweeney	Bowland	19.47

VETERANS O/50

1. (19) D. Gartley	FRA	20.15
2. (22) J. Mooney	Macc	20.27
3. (28) P. Thompson	Clay	20.55

VETERANS O/60

1. (54) G. Breeze	Ilk	23.52
2. (84) R. Hall	Wharfe	29.07
3. (100) P. Mountfort	Unatt	32.47

LADIES

1. (33) S. Curtis	Penn	21.30
2. (41) V. Harding	Unatt	22.20
3. (50) R. Highton U/16	StaffsM	23.09
4. (74) B. Thompson O/40	Clay	25.49
5. I. Wharton U/16	CaldV	26.14

JUNIORS

U8 Boys

1. J. Whitehead	Ross	2.48
2. G. Hobbs	Hudds	2.52
3. R. Done	Wharfe	2.53

U8 Girls

1. A. Smith	CityYork	2.58
2. A. Shelbourne	P'stone	3.05
3. E. Waterman	Holmf	3.20

U10 Boys

1. C. Smith	Ilk	5.15
2. N. Smith	CityYork	5.18
3. T. Nelson	CaldV	5.19

U10 Girls

1. E. Pearse	B'burn	5.55
2. S. Waterman	Holmf	6.22
3. L. Brackmann	Unatt	6.24

U12 Boys

1. S. Waterman	Holmf	9.26
2. J. Weston	Rother	9.37
3. O. Dawson	CFR	9.43

U12 Girls

1. L. McGuinness	EChesh	10.08
2. P. Howe	Horw	10.38
3. E. Lambert	Wharfe	10.54

U14 Boys

1. M. Wharton	CaldV	11.11
2. W Smith	Wharfe	11.17
3. B. Johnstone	Wharfe	11.25

U14 Girls

1. B. Owen	Scarb	12.29
2. B. Haywood	LincW	12.55
3. A. mason	Wakef	13.03

U16 Boys

1. F. McGrath	Westb	17.44
2. K. Edwards	Tamw	17.54
3. R. Addison	HelmH	17.59

U16 Girls

1. S. Johnson	Leigh	20.45
2. E. Spencer	Wharfe	21.12
3. S. Hodgson	LancsM	21.37

U18 Boys

1. J. Bradshaw	Wharfe	17.00
2. J. Johnston	Ross	17.06
3. M. Scott	RichZ	17.11

U18 Girls

1. L. Riches	Leigh	19.47
2. R. Jefferson	Warring	20.29
3. B. Taylor	B'burn	20.50

PADDY'S POLE

Lancashire

AS/3.7m/1100ft 01.06.10

Hopefully, we have resolved access with Natural England by avoiding the top of Holme House Fell and agreed to a new route which we ran on the night and it seemed to go down well with everyone.

The race got a great boost with Rob and Danny Hope entering on the night, along with Jackie Lee, which meant we were assured of fast times and they didn't disappoint.

Rob led from the start closely followed by Danny and this continued to the finish with Jackie winning the ladies by a fair margin, both setting new records for the new course.

The men's team prizes went to Preston and the ladies to Clayton. According to runners GPSs the new course is 3.7m/1100' and we will use it from now on with a limit of 125 runners which is around our old route average so next year, with permission, we will return to entry on the day and hopefully boost numbers.

Thanks to the land owners and Natural England for permission to run the race, Sweatshop for the vouchers and members of Preston Harriers for help on the night.

Michael McLoughlin.

1. R. Hope	P&B	25.37
2. D. Hope	P&B	25.50
3. M. Bell O/40	Horw	27.53
4. A. Fowler U/23	Prest	29.05
5. D. Nuttall O/40	Clay	30.05
6. J. Green	Prest	30.12
7. I. Greenwood O/40	Clay	31.07
8. C. Jennings	Garstang	32.06
9. J. Haines	Unatt	32.10
10. D. Parkington O/40	Prest	32.13

VETERANS O/50

1. (11) R. Davies	Bowland	32.20
2. (16) L. Warburton	Bowland	32.56
3. (18) P. Thompson	Clay	33.38

VETERANS O/60

1. (41) D. Munroe	Clay	41.24
2. (49) G. James	B'pool	43.12
3. (54) P. McDermott	Prest	44.35

LADIES

1. (13) J. Lee	Eryri	32.26
2. (24) K. Wallis O/50	Clay	35.55
3. (25) P. Walsh O/40	Prest	36.20
4. (35) B. Thompson O/40	Clay	40.04
5. (37) S. Cottam O/40	Garstang	41.02
6. (40) L. Lord O/60	Clay	41.22

61 finishers

DUDDONVALLEY FELL RACE

Cumbria

AL/18m/6000ft 05.06.10

There may have been some championship contenders who were saving themselves for Ennerdale the following week but although down on last year's numbers, we still managed 183 runners tackling the arduous 18 mile long race which includes the ascent of Harter Fell, Hardknott, Little Stand, Three Shires, Swirl How, Dow Crag and Caw in a hot sultry conditions.

It was won for the third year running by by Simon Booth in a time of 2.57.26 ahead of Scottish raider, Tom Owens. with Lloyd Taggart third.

The ladies' race was won by Jane Reedy, who was also 20th overall ahead of Kate Jenkins and

Jackie Lee third. The team prize was won by Dark Peak.

The short race was won by Jamie Luxmore in 1.36.53 ahead of veteran, Steve Storey.

This was the third race in the fell championship for local club Black Combe Runners who also provided assistance with the electronic time keeping.

The evening concluded with a music evening at the Newfield Inn with many of the runners and supporters staying on to enjoy the music evening with bands playing in the beer garden and inside the Pub.

As usual the race could not be run without the invaluable help and support of the army of marshals and volunteers many of whom travel great distances to help.

Thanks also to the local landowners for their support.

James Goffe

1. S. Booth O/40	Borr	2.57.26
2. T. Owens	Shettle	2.59.17
3. L. Taggart O/40	DkPk	2.59.38
4. J. Hunt O/40	DkPk	3.07.08
5. M. Johnson O/50	Bowland	3.10.58
6. R. Findlay-Robinson	DkPk	3.11.36

VETERANS O/50

1. M. Johnson	Bowland	3.10.58
2. M. Wallis	Clay	3.30.46
3. L. Warburton	Bowland	3.35.37

VETERANS O/60

1. A. Brentnall	Penn	4.00.40
2. D. Tait	DkPk	4.07.21

VETERANS O/70

1. M. Breslyn	Bailrigg	5.27.00
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LADIES

1. J. Reedy	Amble	3.34.58
2. K. Jenkins	HBT	3.41.40
3. J. Lee	Eryri	3.49.26
4. N. Spinks O/40	DkPk	3.53.07
W Dodds O/50	Clay	4.02.59

SHORT RACE

1. J. Luxmoore	Kesw	1.36.53
2. S. Storey O/50	DkPk	1.40.13
3. J. Murfin O/40	Settle	1.41.15
4. M. Pollott O/40	Burnden	1.41.46
5. J. Dawson O/40	CFR	1.46.16
6. T. Hall O/40	Unatt	1.50.10
7. S. Williams O/40	B'pool	1.52.15
8. P. Archer O/40	Clay	1.52.38
9. H. Robinson Lady	Amble	1.55.38
10. S. Coles	Unatt	1.55.39

WINCLE TROUT RUN

Cheshire

BS/5.5m/900ft 05.06.10

1. S. Harding	Macc	34.51
2. N. Winfield	Penn	36.48
3. K. Garner O/40	Stockp	37.25
4. J. Wood	Congle	37.37
5. T. Annable O/40	ValeR	37.43
6. N. Curtis	FatB	37.55
7. M. Cliffe	Eryri	38.10
8. S. Alston O/50	Unatt	38.39
9. R. Barron	StaffH	38.44
10. Y. Benoit	Bolt	38.56

VETERANS O/50

1. (8) S. Alston	Unatt	38.39
2. (13) J. Mooney	Macc	39.46
3. (28) W. Alves	Totley	43.03

VETERANS O/60

1. (37) R. Britton	StaffsM	43.58
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2. (42) B. Boynton	Congle	44.38
3. (59) P. Roberts	Buckley	46.31

LADIES

1. (34) R. Barry	Congle	43.48
2. (43) V. Harding	Unatt	44.39
3. (44) V. Skelton O/40	NDevon	44.48
3. (45) E. Reeves	Congle	44.53
4. (51) J. Lawton O/40	Stockp	45.25
5. (65) D. Urquhart	Buckley	46.47
(93) D. Hill O/50	Congle	49.13
(96) K. Shaw	Cherwell	49.24

283 finishers

JUNIOR RACE

1. C. Mason (16)	LancsM	12.14
2. A. Thornton (13)	MDOC	12.43
3. C. Smith (15)	Unatt	12.54
4. A. Miles (15)	ValeR	13.44
5. J. Stewart (14)	ManchH	13.45
6. D. Maguire (12)	ManchH	13.54
7. F. Doyle (15)	Bolt	13.57
8. I. Nutter (Female 15)	Stockp	13.58
9. T. Taylor (12)	ManchH	14.00
10. M. Williams (Female 12)	Stockp	14.01

65 finishers

WHARFEDALE OFF ROAD MARATHON & HALF MARATHON North Yorkshire 05.06.10

Once again there were record entries at the 8th Wharfedale Off Road Marathon and Half Marathon set in the scenic Yorkshire Dales. From humble beginnings where 39 runners competed, year on year the event goes from strength to strength becoming ever more popular with over 110 hardy souls entering the marathon and over 240 entering the half.

The runners were met with very dry under foot conditions and mid 20s' temperatures which, although great for the spectators, certainly took it toll on the competitors as all the races were considerably slower than previous years' records.

In the half marathon, there were some unfortunate stories as long term leaders, Jon Morgan and Matthew John, took a wrong turn missing the final check point arriving at the finish line together realising they had cut out 2 miles and leaving the way open for Bob Addey and Owen Beilby to race it out, with Bob coming out on top as Owen took a wrong turn with the finish line in sight. (What happened to the old rule that you should always know your course?) Richard Barrett once again ran well to take third place and first local for the fourth year in a row.

The ladies' race was a very close affair with Holly Williams winning closely followed by Renee Saxton and Stefanie Gilbert. However, the star performance came from vet 50, Sandy Grimes, in fourth place in a very respectable 1.55.00 on this very tough course.

In the marathon Andrew Cottier won the race for a second time in a very consistent 3.07.15. Shaun Wilkinson took second and Steve Jackson a distant third. Rachel Hill from Settle was a highly delighted first time winner of the marathon confessing that this was her first ever race win—so well done Rachel!!

Thanks must go to our main sponsors, Malhamdale Holidays, Black Sheep Brewery and Up and Running sports shops.

Once again thank you to all the volunteers and marshals who give their help and time to our events, which help to make it such a successful and enjoyable day.

Marathon 81 finishers,

Half marathon 213 finishers.

Mick Hawkins

MARATHON

CL/25m/2600ft

1. A. Cottier	3.07.15
2. S. Wilkinson	3.16.00
3. S. Jackson	3.32.44

VETERANS O/40

1. A. Grainger	3.40.32
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VETERANS O/50

1. M. Robins	3.51.28
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VETERANS O/60

1. D. Harrison	4.28.44
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LADIES

1. R. Hill	3.51.56
2. C. Lawson	3.55.17
3. R. Sharples	4.02.16
J. Wyles O/40	4.30.53
S. Colquhoun O/50	4.06.06

81 finishers

HALF MARATHON

BL/13m/2300ft

1. B. Addey	1.34.27
2. O. Beilby	1.35.12
3. R. Barrett	1.36.06

VETERANS O/40

1. M. Teasey	1.37.56
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VETERANS O/50

1. B. Goddison	1.41.39
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VETERANS O/60

1. G. Breeze	2.09.40
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LADIES

1. H. Williams	1.50.16
2. R. Saxton	1.51.21
3. S. Gilbert	1.51.23
N. Grant O/40	2.01.09
S. Grimes O/50	1.55.21

213 finishers

BOAR'S HEAD

Cheshire

BM/8m/1322ft 09.06.10

A very pleasant evening for running, slightly overcast with a cool breeze and generally dry underfoot apart from a few damp patches on the grass. Consequently the field of 130 went round at above-average speed, with everyone being back within eighty minutes.

The performance of the evening undoubtedly belonged to Olivia Walwyn who knocked an astonishing 2.24 off Jackie Lee's impressive existing record to lower it to 49.37 – so now both men's and ladies' records are below 50 minutes. Well done Olivia.

Tom Bush, James Scott-Buccleugh, Tom Wild, Simon Harding and Andy Pead had quite a battle for the first five places with less than a minute separating them at the finish and it was nice to see a generous smattering of new names high up the placings.

For the statistically minded among you the demographic distribution of our sport is getting a little disconcerting – only 30% of the field were under 40 and 70% were Vets of one sort or another (37% over 40; 22% over 50 and 11% over 60) – is this the curse of the Electronic Entertainment Generation starting to make itself

felt or simply the Geriatric Generation staggering doggedly onwards until too many limbs seize up or fall off to allow them to race any more ?!?

Whatever, everyone seemed to enjoy themselves, both during the race and back at the Boar's Head and I hope to see you all next year.

As a footnote, the gentleman from the pub who entered on the last minute, having been promised by the barmaid that if he entered and won then she'd marry him, obviously suffered a bit from the boots and combat trousers he was running in and was forced to retire quite early on but came back down in a sportingly resigned mood – made positively cheerful when it was pointed out that at least he could go and tell her he was first runner back and see if that worked!!

Dave Jones

1. T. Bush	Altrinch	46.41
2. J. Scott-Buccleugh	Stockp	46.48
3. T. Wild	Macc	46.58
4. S. Harding	Macc	47.03
5. A. Pead O/40	GoytV	47.14
6. S. Parrott O/40	Wilmslow	48.38
7. J. Stockdale	Altrinch	48.59
8. D. Chan	Helsby	49.08
9. C. Fitzpatrick	Traff	49.16
10. N. Curtis	Penn	49.26

VETERANS O/50

1. M. Richards	GoytV	49.32
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VETERANS O/60

1. R. Taylor	Penn	52.38
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LADIES

1. O. Walwyn	Altrinch	49.37
2. S. Lewis	Altrinch	57.31

3. M. Whittall	Unatt	63.00
4. C. Griffin	GoytV	63.42
5. L. Bostock	Altrinch	63.58
G. O'Grady-Thomas O/40	Penn	68.40
H. Johnson O/50	Altrinch	64.50
A. Dinsmor O/60	Penn	68.26

ST IVE'S TRAIL RACE **West Yorkshire** **CS/5m/500ft 15.06.10**

Many thanks to all who helped and took part in the Bingley St Ives trail race from the Bingley St Ives estate. Impressive organisation as usual supported by Bingley Harriers .

The event was a great success. A beautiful sunny evening and pie and pea supper adding to the enjoyment of a total of 98 runners, including six juniors .

Tom Adams led the men in in a time of 32.12, with Lucy Griffiths the first lady and 17th overall in a time of 39.13.

The juniors, running a shortened 3 mile loop, weren't far behind with Jack Thorpe of Bingley first in 27.44 and Gordon Weight in 28.49.

In total 57 men and 35 ladies completed the course and hopefully they will all be back next year for another great night out bringing a friend or two .

Incorporated into the event is a Mob Run competition between local clubs Bingley and Ilkley Harriers, with every athlete counting towards the trophy on a weighted points system. This year for the third year in a row, Ilkley swept the trophy with an impressive turnout of 34

runners as opposed to 19 from Bingley. Well done Ilkley.

The event raised £515 for the Riding for the Disabled charity which offers riding to young people and adults with a range of disabilities and learning difficulties. The Charity is most grateful to the event for its continued valued support .

See you all next year !!

Mary Green

1. T. Adams	Ilk	32.12	
2. K. Gray O/40	CaldV	32.21	
3. I. Nixon	P&B	33.48	
4. M. John	Abbey	33.58	
5. J. Senior	Bing	35.09	
6. M. Peace O/40	Bing	35.25	
7. P. Mitchell O/40	Bing	35.39	
8. W. Kerr	StBedes	35.43	
9. P. Livermore	Abbey	36.11	
10. M. Mon-Williams			
	O/40	Ilk	36.33

VETERANS O/50

1. (20) H. Heavisides	Ilk	39.30
2. (22) N. Pearce	Ilk	39.34
3. (25) J. Butler	Kghly	39.51

VETERANS O/60

1. (39) D. Weatherhead	Bing	44.23
2. (45) M. Coles	VallStr	45.41
3. (52) J. Towers	Ilk	47.53

LADIES

1. 17) L. Griffiths	Bing	39.13
2. (29) A. Bennett O/40	Ilk	40.13
3. (30) T. Gavins O/40	Kghly	40.16
(51) S. Fulton O/50	Bing	47.26
(91) L. Eden O/60	Ilk	64.30

92 finishers



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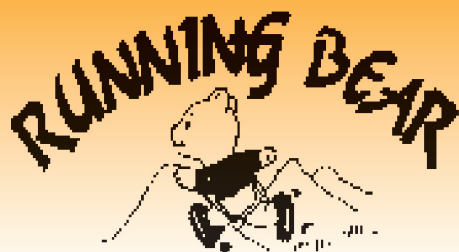
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