SPRING 2016

The Fellrunner

The Fell Runners Association

Founded 4th April 1970

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The Fellrunner

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Contributions: Autumn:
Monday, October 1, 2016

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The Fellrunner relies for its content on the generosity and talents of voluntary contributors of text and photos. For further information on contributions please contact the Editor (editor@fellrunner.org.uk), or Andy Watts, Tel: 01625 536896.

RACE RESULTS AND REPORTS
Please email race reports and results in correct format for the Reports and Results section to: resultsfra@aol.com. See the Race Reports and Results section at the end of this Fellrunner for information on format. These reports are compiled by Dave Weatherhead and Barbara Carney: 16 Birchlands Grove, Wilsden, West Yorkshire BD15 0HD. Tel: 01535 273508.
Please send race photos direct to the Editor at editor@fellrunner.org.uk

COVER
Jasmin on final BG peak © Jon Gay.

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MEMBERSHIP AND SUBSCRIPTIONS
The Fellrunner is free to members of the FRA but not otherwise available. Members also receive the annual FRA Handbook including over 400 fixtures, race rules and safety requirements. Further information on membership is on the FRA website www.fellrunner.org.uk. Please email membership or subscription queries and changes of address to: Charmian, membership@fellrunner.org.uk

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FROM THE (SLOW AND STEADY) EDITOR

It feels like it has been something of a golden spring/early summer for fell running. The supreme long distance achievements of Nicky Spinks and Jasmin Paris have written them both firmly and perhaps permanently into the record books. We have tried to do justice to their efforts in the following pages. Robb Jebb's recent and rapid Bob Graham round is reported in Martin Stone's Long Distance News and will probably receive more coverage in the autumn.

In complete contrast to these inspirational figures, I have been struggling to get my fell shoes on. Something about not being as fast as I used to be meant I wasn't really enjoying training and was reluctant to test my recovering leg out properly in races. I turned up at a few races, which in my memory or imagination were, gentle, runnable and smooth underfoot, to find they were, of course, rocky, treacherously slippery and almost vertical at all times. It was fortunate that one of these races, Snowdon, was unavoidably stamped in my calendar and perfectly placed to embarrass me into action and let me know, in no uncertain terms, just how unfit and soft I had become.

Of course we all have our very personal targets for every race. As Nicky, Jasmin and Rob are chasing and breaking records, some of us have more simple and sensible ambitions. A friend summed up my thoughts exactly at the start of Lingmell Dash when he commented "I just want to make it through this in one piece so I can enjoy my running through the summer."

This edition of The Fellrunner includes the final instalment of 'A Sense of Perspective' by Graham Breeze. Graham's series of articles has spanned a full year and provided a thorough and fascinating chronicle of the first 45 years of the FRA. We would like to thank Graham and all our regular contributors like Denise Park, Martin Stone, Steve Chilton and Neil Shuttleworth again for their continuing efforts and support.

Enjoy your running through the summer.

David G McCabe (Editor)

Editor at Barrow Fell race...back when he could run a little bit

PHOTO © WWW.ATHLETESINACTION.CO.UK

SUMMER 2016

The Fellrunner

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CALENDAR UPDATE

ANDY BUTLER

Anyone wanting to register a new race should get in touch with me by email or by phone; contact details are on the Committee Members page of this magazine.

As usual the FRA website, www.fellrunner.org.uk, holds an up to date calendar. There are also links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Welsh Athletics and the Welsh FRA where information can be found about their races that are not in the FRA calendar.

Registration for 2017 will commence in late September. I'll be emailing all 2016 race organisers at that time.

Andy Butler, Fixtures Secretary
Andy Butler

RACE INFORMATION

Events which have been registered with and permitted through the FRA are identified by "(FRA)" after the name of the race. Most but not all of the races in England have been permitted in this way. They will be run in accordance with FRA rules and requirements.

Races which are not identified in this way are included at the end of this section, are for information only and are not registered with the FRA. This includes all races in Northern Ireland, Scotland and Wales. The FRA cannot vouch for their permit status and details should be obtained from the organisers if required.

The following updates have taken place since the handbook went to press. These updated races are listed in the order the races will now take place.

FRA RACES

TUE. AUG 2
CROW HILL REVERSE (FRA). BS. 7.30 p.m. 8km/305m
Race organiser/contact and venue changed. Note this race was reported as cancelled on the FRA website, but is now back on.
Venue: Dusty Miller Pub, Burnley Rd, Mytholmroyd, HX7 5LH. GR 011260. £4.00, on day. Teams. Over 16. Records: A. Whittem, 30.18, 2011; f. T. Hird, 38.55, 2009. Details: Reg Czudek, 54 Sackville St, Todmorden, OL14 5BS. Tel: 07939 405196.
Email: reg.czudek@yahoo.com.
Website: www.fellrace.org.uk/races/crowhill.

WED. AUG 3
FELLSIDE (FRA). AM. 7.00 p.m. 11.3km/580m
Venue: Fellside Village. GR GR 035373. £4.00, on day. ER/LK/NS. Over 18. Records: J Bland, 51.21, 1995; f. A Brand-Barker, 01.02.19, 1993. Race last run in 2011. Organisation taken over by Norther Fells Running Club. Details: Philip Pearson, School Cottage, Haltcliffe, Hesket-New-Market, Wigton, CA7 8JU. Tel: 016974 78114.
Email: philipandchristine1@hotmail.co.uk.
Web: northernfellsrc.simpl.com/.

SUN. AUG 7
CRAY (BOFRA) (FRA). AS. 12.00 p.m. 4.5km/365m
Venue: Cray, Upper wharfedale, on B6160, between kettlewell and Aysgarth. £4.00, on day. PM. Over 17. Age on 1st May. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May. Min age 6 on day of race. Fully marked course out and back. Very limited parking, share if possible. Details: Paul Crabtree, 2 Fountain St, Barnoldswick, BB18 6AQ. Tel: 01282 813211.
Email: crabtree7@me.com. Web: www.bofra.org.uk.

SUN. AUG 7
WORSTHORNE MOOR (FRA). BM. 11.00 a.m. 10.9km/274m
Venue: Gorple Rd, Worsthorne, nr Burnley, BB10 3NH. GR 878324. £5.00, on day. Registration from 9am at Crooked Billet. PM. Over 18. Records: T Cornthwaite, 37.43, 2014; f. M. Wilkinson, 42.34, 2012. Juniors: U8-U16 (age on 1st Jan). Start immediately after senior start. Registration location as for seniors. Entry £1 on the day only. Details: Neil Worswick, Tattersalls Farm, Hurstwood, Worsthome, Burnley, BB10 3LG. Tel: 07919 091174. Email: worswickfreddie@aol.com. Web: www.claytonlemoors.org.uk.

THU. AUG 11
KINGS CHALLENGE (FRA). BS. 7.00 p.m. 9.6km/360m
Venue: The Kings Arms, Silsden, BD20 0JY. GR SE 042 465. £4.00, on day. Registration at the Kings Arms. LK/NS. Over 16. Details: Lynda Hargreaves, 15 Wheatley Lane, Ilkley, LS29 8BW. Tel: 07973 713258. Email: lynda.raj@tiscali.co.uk. Web: www. wharfedaleharriers.co.uk.

MON. AUG 15
PEEL HILL (FRA). BS. 7.00 p.m. 5.8km/160m
Venue: Peel Fishyards, IOM. £5.00 pre-entry, £4.00 on day. Sign on from 18:15. PM. Over 16. Records: L. Taggart, 22.31, 2010; f. J. Lee, 26.32, 2013. Out and back course. Race 2 of the No Rest For the Wicked week of six races in six days. Details: Barry Moore, 5 Fuschia Ave, Ballawattleworth, Peel, IM5 1WY. Tel: 07624 456108.
Email: manxperson@hotmail.com. Web: www.sportsdesk.im/nrftw.

SUN. AUG 28
TOUR OF NORLAND MOOR (FRA). BM. 10.30 a.m. 10.1km/270m
Race cancelled due to flood damage

SUN. AUG 28
LITTLEBOROUGH LIONS WINDY HILL REVERSE (FRA). BM. 11.30 a.m. 14.5km/390m
Venue: Littleborough RUFC, Rakewood Road, Hollingworth Lake, Littleborough, OL15 0AP. £8.00 pre-entry, £10.00 on day. Please pay by Bank Transfer or by cheque to Littleborough & District Lions Club. ER/LK/NS/PM. Over 18. New Race. The course follows the reverse route of the "Cannonball" Windy Hill Fell Race held in February. Details: Fred Day, 4 Shaftesbury Drive, Wardle, Rochdale, OL12 9LS.

Tel: 07715 047997. Email: fredday@hotmail.co.uk.
Web: www.littleboroughlions.org.uk.

MON. AUG 29
BARROW (FRA). AS. 2.00 p.m. 6.5km/435m
The fell race will go ahead in 2016 despite the cancellation of the show.

MON. AUG 29
BLACK COMBE COUNTRY FAIR, BOOTLE (FRA). AM. 1.30 p.m. 12km/600m
Venue: Black Combe Country Fair showfield, Bootle, LA19 5TL. GR GR 106886. £5.00, on day. Entry to the race is free after £5 entry to show. ER/LK/NS/PM. Over 18. Details: Peter Tayler, Rowans, Belmont, Ulverston, LA12 7HD. Tel: 01229 583456.
Email: pete@haze.fsnet.co.uk. Web: bootle.fellrace.org.uk.

SAT. SEP 10
FALLFEST 5 (FRA). CS. 12.30 p.m. 7.9km/182m
Venue: Glusburn Community and Arts Centre BD20 8PJ. GR SE 001448. £4.00, on day. PM. Over 16. Part of Fallfest see http://www.fallfest.co.uk. Farmers market, hog roast and beer stalls. Details: Brett Weeden, 87 Main Street, Cononley, Keighley, BD20 8LJ.
Tel: 07970 206003. Email: brett@phluidity.net. Web: www.kcac.co.uk.

SUN. SEP 11
BURNSALL (BOFRA) (FRA). AS. 12.00 p.m. 2.4km/244m
Venue: Wharfdale, on B6160 between Grassington and Addingham. BD23 6BP. £4.00, on day. Senior race follows junior races. Over 17. Age on 1st May. Records: S Bailey, 13.15, 2014; f. H Glover, 18.16, 2008. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Senior race follows juniors. Details: Wendy Gibson, Rose Cottage, Burnsall, Nr Skipton, BD23 6BN. Tel: 01756 720694. Email: jonathon845@btinternet.com. Web: bofra.org.uk.

SAT. SEP 17
SCAFELL PIKE (FRA). AS. 1.00 p.m. 7.2km/914m
Change of entry fees to: £10.00 pre-entry, £13.00 on day. Cheques to "CFRA". All other details unchanged.

SUN. SEP 18
VIKING CHASE 4 PEAKS (FRA). BM. 10.40 a.m. 12.9km/457m
Race cancelled

SUN. SEP 18
EMBSAY (BOFRA) (FRA). AS. 3.00 p.m. 4.4km/244m
Venue: Main Street, Embsay, BD23 6RE. Off A65. £4.00, on day. Senior race follows junior races. Over 17. Age on 1st May. Juniors: Junior races U9, U12, U14, U17 entry £1. Category based on age at 1st May. Min age 6 on day of race. BOFRA Championship Counter - see website for details. Details: Paul Crabtree, 2 Fountain St, Barnoldswick, BB18 6AQ. Tel: 01282 813211. Email: crabtree7@me.com. Web: www.bofra.org.uk.

SAT. SEP 24
ESKDALE SHOW (FRA). BS. 2.00 p.m. 7.1km/312m
Venue: Eskdale Showfield, next to King George IV (CA19 1TS). GR SD149996. £3.50, on day. Includes all day entry to the Show. U16s free. Free car parking. Teams of 4. NS/PM. Over 16. Records: N Woods, 38.00, 2013; f. A Keates, 46.22, 2013. Juniors: U8(over 6), 0.8km/15m; U10/U12/U14, 1.6km/60m; U16, 3km/150m. Details: Steve Ashall, Woolpack Farm Cottage, Boot, Holmrook, CA19 1TH. Tel: 07837 099525. Email: race@westlakesadventure.co.uk.

SAT. OCT 1
GOBIGMOOR (FRA). BL. 10.30 a.m. 20km/570m
Venue: Holmesfield Village Hall, Vicarage Cross, Holmesfield, Dronfield, S18 7WZ. £5.00 pre-entry, £8.00 on day. See website for details. LK/PM. Over 18. Records: A Linskill, 01.44.17, 2015; f. F Kesteven, 01.55.11, 2015. Five mile family walk organised for non-runners. Details: Nick Marwood, 129 Longcroft Road, Dronfield Woodhouse, Dronfield, S18 8XW. Tel: 07748 321879. Email: gobigmoor@outlook.com. Web: www.gobigmoor.co.uk.

SUN. NOV 6
SALTERGATE GALLOWS (FRA). BM. 10.30 a.m. 17km/430m
Change of date. All other details unchanged.

SUN. NOV 20
ARNSIDE KNOTT (FRA). BM. 12.15 p.m. 10km/330m
Venue: Hollins Farm, Far Arnside, Cumbria, LA5 0SL. GR 452765. Pre-entry and entry on day. 175 limit so please pre-enter to ensure a place.Online entries available from late summer.Any spare places on the day will be allocated on a first come first served basis. NS/PM. 16. Juniors: Races for ages 6 to under 16 run in age groups from 11.15 am. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, LA6 1DE. Tel: 01524 734035. Email: david.g.shinn@gmail.com. Web: arnsideknott.blogspot.co.uk/.

SUN. NOV 20
ILKLEY MOOR SANTA RUN (FRA). BS. 11.00 a.m. 4.6km/160m
Venue: Wells Road, Ilkley, LS29 9RF. GR 115470. £12.00, pre-entry. Fundraising Event. Santa suit and drink/cake included in entry fee. Pre-entry before mid-July. 300 limit. PM. Over 14. Juniors: 3km/120m option for 11 years and older £10. Also 1.6km/60m fun run/walk not under FRA permit for 8 and over and families. Details: Shirley Wood, 1 Daisy Hill, Addingham, Ilkley, LS29 0PN. Tel: 01943 831765. Email: shirley@ilkleyharriers.org.uk. Web: junior.ilkleyharriers.org.uk.

SUN. DEC 4
ESKDALE EUREKA (FRA). BM. 10.30 a.m. 12.6km/470m
Venue: Car Park above. GR 680078. £6.00, on day. Use universal entry form. Teams men (4), women (3). LK/NS/PM. Over 18. Records: C. Taylor, 56.18, 2011; f. C. Williamson, 01.04.40, 2011. Part of the Northern Runner/ Esk Valley Fell Club Winter Series. Details: Robert Lillie, 14 Dalby Close, Scarborough, YO21 5HH. Tel: 01723 364417. Email: joggerbob@btinternet.com. Web: www.eskvalleyfellclub.org.

NON FRA RACES - ENGLAND

SAT. SEP 17
OMM LITE N YORKSHIRE. MM
Venue: Cropton Brewery, nr Pickering, North Yorkshire, YO18 8HH. See OMM website for entry information. Details: The OMM, Lowbrook Barn, Lancaster Rd, Lancaster, LA2 6AL. Tel: 01524 287287. Email: emma@theomm.com. Web: www.theomm.com.

NON FRA RACES - SCOTLAND

SAT. JUL 30
BEN RINNES FIVE TOPS. AL. 22.4km/1520m
Venue: Highland Games, Dufftown, Grampian. NJ322402. Details: Graeme Bartlett, 52 Spey Road, Craigellachie, AB38 9TA. Tel: 01340 871370. Web: www.dufftownhighlandgames.com.

SAT. OCT 29
OMM. MM
Venue: South West Scotland. See OMM website for entry information. Details: The OMM, Lowbrook Barn, Lancaster Rd, Lancaster, LA2 6AL. Tel: 01524 287287. Email: emma@theomm.com. Web: www.theomm.com.

COACHING

GRAEME WOODWARD (COACHING CO-ORDINATOR)

2016 COURSE DATES
Further course dates have been added, a Fell LiRF in Kendal and an alternative Fell CiRF weekend 1 in South Lakes / NW (please note that all candidates must do one of the weekend 1's and the weekend 2). Discussions are underway over a further Fell / Trail LiRF near Bridgend.

Fell / Trail LIRF
- 10th September
  Kendal, Cumbria Lake District
- 27th November
  Mytholmroyd, West Yorkshire

Fell / Trail CiRF
- 25/26th June
  2016 1st option weekend 1 Longshaw Moors, Peak District Nr Sheffield
- 3rd / 4th September
  2016 2nd option weekend 2 South Lakes / NW (venue TBC).
- 8/9th October
  2016 Weekend 2 Mytholmroyd near Hebden Bridge.

Application forms are available on the FRA website under Events / Coaching.

If any clubs want to organise a course close to home, please contact. FRA policy is to run the courses at break even so the minimum number is usually 8 – 10 depending on travel and venue costs.

PHOTOGRAPHS ON APPLICATION FORMS
England Athletics will not process forms with photos that don't meet the strict requirements of the guidance which is on the website and application forms, please ensure these instructions are adhered too. Any questions, get in touch.

Graeme
graemewoodward@hotmail.com

MEMBERSHIP MATTERS

CHARMIAN HEATON

With just under 6,500 current members and around ten new members signing up each week, the FRA is clearly in a good place and it is lovely to get so many emails from members who can't believe what good value for money we provide.

Junior membership is growing steadily with just over 7.5% of members being 0-20. (Believe it or not we do have one baby signed up). At the other end of the scale we have 31 members who are 80+ and we really appreciate their continued support of our great sport. Female membership continues to increase with women now accounting for just over 20% of the membership.

Participation of AL races by non-FRA members
An analysis of the entries for the 2015 Borrowdale fell race showed that 66% were members of the FRA and 34% were non-members. There may be many reasons for non-membership of very experienced fell runners but of more concern are those with little experience who turn up to run with very little exposure to the wealth of advice and information that is available through membership of the FRA.

As ever should anyone have any queries relating to membership then do not hesitate to contact me on membership@fellrunner.org.uk and I will do my best to help you.

MONEY MATTERS

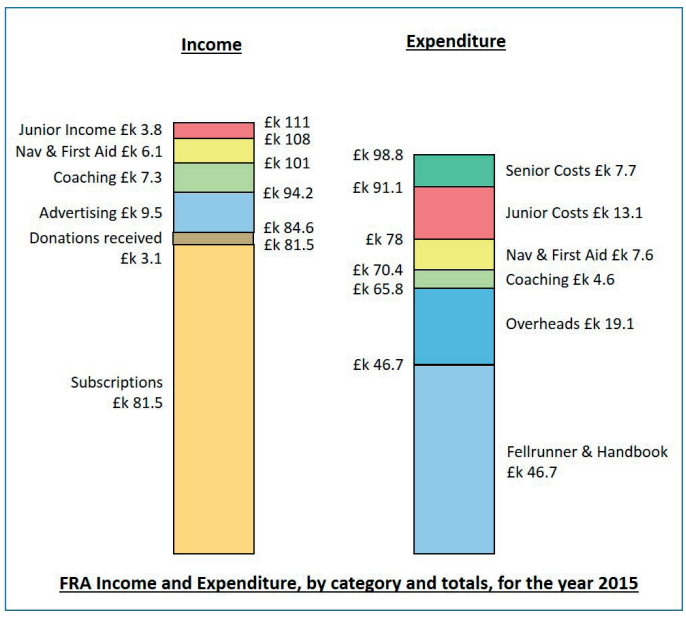
ANDY WATTS

The State of the Finances
The accounts for 2015 have now been audited, and the finances of the FRA remain in a healthy state.

The Association received around £111k in income, of which membership subscriptions formed by far the largest component, followed by advertising revenue from the Fellrunner and Handbook, and subscriptions we received from the courses we ran. The coaching and navigation courses continued as usual, and in 2015 an additional course, in Wilderness First Aid, was added to the list, bringing in a small additional income. We also received about £3.1k in donations from members who chose to add a donation to their subscription via the SIEntries system.

Our spending was around £98k, of which the costs of the Fellrunner and Handbook made up nearly half, followed by our overhead costs including the fees payable to SIEntries as part of the new on-line membership system. The cost of running our courses amounted to around £12k. We also continued to support Junior and Senior events, for example by paying for portable toilets for Championship races. Our expenditure included a donation of £500 to the National Trust 'Fix the Fells' appeal.

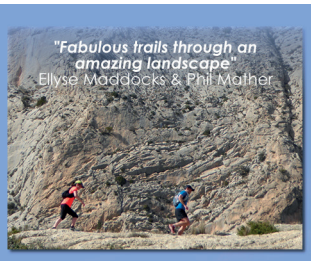
The overall surplus of £13k provides a useful contribution to our resources which became very depleted prior to increasing the subscriptions at the end of 2014. We see no major additional expenditure on the horizon, and so have good reason to hope that the FRA can continue to function without further subscription increases for some time. The full detail of the accounts will, of course, be available at the AGM, and will previously have been placed on the web.



FRA Income and Expenditure, by category and totals, for the year 2015

PHOTO © ELIZABETH WILLIAMS-DUNCAN

Joshua Boyle wins recently at Lingmell Dash



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FROM THE CHAIR

NICK HARRIS (CHAIR)

The senior championships are well underway, whilst the junior ones are almost over with the presentation at Marl pits having occurred by the time you receive this Fellrunner.

The 2016 AGM will also have been and gone. Some members of the committee have stepped down, most noticeably Jon Broxap after 30 years. He will be missed. New members will now be getting to grips with the work of the Committee as will the 40+ members who provide support in a number of roles, such as helping to get out the Fellrunner; compiling results or joining sub-committees. Thanks are due to all of them for making sure that the organisation continues to function.

Full details of the new committee appear elsewhere. So you can pick them out, the new members are: Jude Jepson, Chair Championship sub, who is joined on the sub by Helen Berry making up a new team; Ed Gamble, Welfare officer; Nicky Spinks and Nick Hewitt as Membership reps, with Nick Chairing the Safety sub. Carl Bedson is our new statistician and joins the Championship sub. Barny Crawshaw has been co-opted to help with Development issues following the recent member survey.

The work in front of us will include getting to grips with the outcome of the first ever FRA member survey to which over 2000 of you responded. Many thanks to all of you and FRA member Barny Crawshaw who helped put the survey together. Many of your suggestions will be included in the new FRA plan, discussed at the AGM, due for further discussion at the Sept. 2016 committee meeting.

In the spring Fellrunner the 'Fell Legends' event was covered briefly, with more detail about it in this edition. It was, of course, a male only panel. One of the questions was about women fell legends. Apologies to all the other great women runners out there but the following come to mind: multi championship winner Sally Newman; Angie Mudge – see www.bbc.co.uk/programmes/b07dlww6 and for their recent B G rounds, Jasmin Paris for her incredible record run and Nicky Spinks for her double round (both covered in these pages). N.B. the Committee have started looking at how we can further encourage more women runners – any ideas?

Only a few weeks ago Coniston was shortened due to snow; the warm weather arrives and now we have lightening. As fell runners the weather is a key part of the sport whether we are training; racing or undertaking one of the many long distance challenges. The time of year to remember to take both water and a cag in the kit bag.

SECRETARY'S CORNER

STEVE CLIFF (SECRETARY)

Since the Spring Edition of *The Fell Runner*, the Committee have met once at Preston on 8th May 2016.

Chair - The Chair reported that discussions continue with the Lancashire AA regarding registering their fell championship with the FRA in 2017, as required by UKA rules.

The May meeting included an excellent and enlightening presentation on the Member Survey results. The output from this survey will be used to inform the strategy that is being developed by the Committee. Once again, the Committee would like to thank everyone that has provided input.

A presentation of the membership survey will be repeated at the 2016 AGM in July.

Following a review of the FRA Welfare Policy (due for review in 2016, as part of the regular 3 year review of documents) a rewrite will be needed to closer align it to the UKA policy.

Secretary's report – Four incident reports have been passed to the UKA since the last report, which represents a significant increase from previous years. It is encouraging that more Race Organisers are completing reports, and identifying future mitigating actions, where necessary. The output from these reports will be taken as input to future Safety reviews. The UKA have been notified of all incident reports.

Wilderness First Aid courses have been poorly attended, resulting in delaying the course planned for April. The attendance figures are contrary to feedback from members, who have unanimously requested additional courses. Consideration will be given to increase communications and to encourage people to register.

The Navigation course at Kettlewell was attended by 32 participants and 8 instructors, and received excellent feedback from all, including a Committee member. It was noted that there is potentially a need for additional recruits to help run the course, which will require due consideration and action, liaising with the existing organisers (Margaret and Steve). It was also agreed that a member of the FRA Committee should attend future courses (details TBA).

Treasurer's Report - The Income and Expenditure Account and the Balance Sheet for the year ending 31st December 2015 for the FRA, as set out in the Treasurer's report, was agreed; in time for presentation and review and approval at the 2016 AGM.

International Report – Past events:

- U20 Training Camp (England, Scotland and Wales) 8-10 April, Betws-y-Coed (report in this issue of the Fellrunner).
- The first England Athletics Mountain Running Championships (senior and U20) was held at Whinlatter on 28 May and is also reported elsewhere in this issue of the Fell Runner.
- The trial for the International Mountain Running Youth Cup was held on 21 May at Sedbergh (uphill only) – with Joe Dugdale (CFR) leading the U18 men home, and Scarlet Dale (L&M) leading the U18 women home.

International Report - Future events

- A GB & NI team of 5 men and 4 women competes in the World Long Distance Mountain Running Championships in Slovenia on 18 June.
- An England team of 5 U18 men and 5 U18 women competes in the International Mountain Running Youth Cup on 25 June at Janské Lázně, Czech Republic.
- A GB & NI team (senior and U20 athletes) competes in the European Mountain Running Championships in Arco, Italy on 2 July.
- Junior (17 September) and Senior Home Internationals, (30 July) are both planned

to be held at Skiddaw (uphill only) with trials held ahead of the event (27 August and 3 July respectively). Both Home International events are held within the British Mountain Running Championships.

Coaching Report – Further course dates have been added, a Fell LiRF in Kendal and an alternative Fell CiRF weekend 1 in South Lakes / NW. Details are provided in the coaching report.

Junior Coordinator – The first Junior English Championship race was hosted by Ambleside AC on 16th April was a great success, and is reported elsewhere in the Fell Runner. The FRA Juniors Facebook Page has been mothballed, in favour of the FRA Juniors Facebook Group. The latter is more interactive, allowing members to post their own text/photos/links directly to the front page. This year, there is a single-U20 race championship being hosted by Phil Hobbs at West Nab at the end of May. The Junior Do Celebration Day will be held on 16th July at Marl Pitts. Coaches will be called on to commit to group training sessions.

It was noted that only a small number of clubs had entered the Junior Inter-Counties Championship. The Junior Co-ordinator will look into the issues and implications of this and report back to the Committee.

Access and the Environment – the agreement with National Trust in the Lakes has been signed. There are a few teething issues in their system which are being addressed with ROs and the NT. NT in the Peak District is going through a similar process as part of a national pilot. Forestry Commission's review of their licensing system starts properly in the summer and they will be liaising with the FRA.

Liaison with External Bodies – It was reported that the UKA have now issued their changed rules (see below for impact).

Safety, Equipment and Rules – a systematic review of the current 'FRA Requirements and Rules for Race Organisers' has been completed. Part 1, the FRA Race Requirements, will not change in 2017, except for a minor clarification. Part 2, the Rules for Competition, will however be totally revised in the light of the revised UKA Rules. There are no changes of substance, and the revision will consist only of updating the references to pages and sections in the new UKA book. The new FRA Requirements and Rules document will be communicated to Race Organisers as part of the regular Fixtures registration process in Q4 2016. A full review and update of the Rules and Regulations is planned for the next 12 months, for implementation in 2018, as part of the regular 3 year cycle of document reviews.

It was reported that good progress is being made with Race Reviews by Race Liaison Officers. To date, all 26 races reviewed have been shown to be compliant with FRA rules. RLO's are in contact with a further 6 races, out of the 35 races being reviewed in the second half of the year.

The Safety Subcommittee provided support to the Buttermere Sailbeck, following a late change of Race Organiser due to a family bereavement. The new Race organiser, marshals and Committee members worked together to make this another successful race.

Membership Secretary – Membership is up by nearly 4% since 2015, with just over 20% of the FRA membership women.

New Committee Member - Jude Jepson was "co-opted" onto the Committee, and has agreed, subject to selection at the AGM to become chair of the Championship Subcommittee.

The Fell Runners Association

FRA Basic Navigation Courses

22-25 September 2016
Elterwater Hostel, Ambleside

10-12th March 2017
Kettlewell Hostel, Wharfedale

An introduction to map reading and navigation on the fells for those new to fell running or wishing to try races requiring navigation skills. Courses will consist of practical instruction sessions on the fells. Indoor theory sessions will cover the basic skills (Friday evening) and other relevant topics. There will also be low-key navigation events for you to test your improving skills.

Cost: £75 for FRA members, £95 for non-members. Instruction and full board all inclusive. For further details email navigation@fellrunner.org.uk or write with SAE to: Margaret Batley: 3 Hillside Close, Addingham, West Yorkshire LS29 0TB.

BY **IAN CHARTERS**

Joss' 80th Birthday Run

June 25, 2016

Having turned 80 earlier in the year Joss celebrated by running and cycling 30 miles across Cumbria from Caldbeck to Low Greendale in memory of his father, Joe, who made the same journey in 1926.

Joss is raising money for the Brathay Trust and his "Just Giving Page" is here: www.justgiving.com/fundraising/JossNaylor80

I was able to join him, and others, at Wasdale Head for a gentle ride down the valley to Low Greendale to complete a remarkable journey and one which Joss clearly enjoyed.

On the packhorse bridge

PHOTO © IW CHARTERS

PHOTO © IW CHARTERS

With the Honister-Wasdale Head Crew

PHOTO © IW CHARTERS

With Steve & Wynn

PHOTO © IW CHARTERS

Sharing a pint with Barry Edwards who has just successfully completed the "Joss Naylor Lakeland Challenge

BY **OWEN MILLS** (FRA JUNIOR CO-ORDINATOR) **& JIM GODWIN** (JUNIOR STATISTICIAN)

Juniors

2016 JUNIOR CHAMPIONSHIPS

At the time of going to press, we are half way through the 2016 Junior Championships; three excellent races have been hosted at Todd Crag (Ambleside AC), Hawkswick (Wharfedale Harriers) and Malham (Keighley & Craven AC). It is likely that at least some of the remaining races - Turner Hall (Broughton Runners), Clougha Pike (Bowland) and Stretton (Mercia) - will have also taken place by the time you read this! Here are the club standings after 3 races, which have seen strong competition from some familiar clubs and also some new clubs:

1	Keighley & Craven	433
2	Wharfedale Harriers	432
3	Ambleside AC	430
4	Ilkley Harriers	421
5	Eden Runners	420
6	Clayton-le-Moors	417
7	Buxton AC	412
7	Helm Hill	412
9	CFR	390
10	Bingley Harriers	383

Juniors from 45 different clubs have taken part in the English Championships so far. That's 13 different counties! Have a look at the detail on www.felljunior.org.uk/FRAJunior/pointstableclubs.php

The final race of the championship is also the Inter Counties race – which for the first time this year is hosted by the FRA, rather than the UKA, in the hope of increasing participation. Any juniors who wish to represent their county in fell running should contact their county athletics co-ordinator or the FRA's Junior Co-ordinator.

There have been some incredible individual performances in all age categories, and a good mix of competition with varied winners in all races.

The individual tables for the championships are shown below:

U12B

Pos	Name	Club	No Races	Points
1	Sam Smith	Wharfedale Harriers	3	150
2	Henry Hunter	Helm Hill	3	140
3	Jackson McKay	Clayton-le-Moors	3	138
4	Toby Middleton	Horwich RMI	3	137
5	Ollie Sanders	Helm Hill	3	134
6	Dexta Thompson	Clayton-le-Moors	3	127
7	William Hall	Calder Valley FR	3	113
8	Jath Lee	Keighley & Craven	3	112
9	James Duffy	Calder Valley FR	3	111
10	Sonny Ashton-Fitch	Settle Harriers	3	110
10	Eilo Beesley	Calder Valley FR	3	110

PHOTO © WODDENTOPS.ORG.UK

U12G

Pos	Name	Club	No Races	Points
1	Alice Jones	Wharfedale Harriers	3	148
2	Erin Keeler-Clarke	Durham City Harriers	3	143
3	Sophie Rylance	Ambleside AC	3	138
4	Emily Swarbrick	Ambleside AC	3	134
5	Emma Peel	Keighley & Craven	3	125
6	Freya Mitchell	Wharfedale Harriers	3	124
7	Lauren Wilshaw	Buxton AC	3	121
8	Freya Whittle	Horwich RMI	3	113
9	Beth Blacker	Calder Valley FR	3	104
10	Niamh Conroy	Keighley & Craven	3	103

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U14B

Pos	Name	Club	No Races	Points
1	Samuel Almond	Eden Runners	3	148
2	Louis Hudson	Keighley & Craven	3	146
3	Ben Edmonson	Ambleside AC	3	138
4	Alexander Thompson	Wharfedale Harriers	3	134
5	Joseph Currie	Matlock AC	3	130
6	Thomas Marshall	Settle Harriers	3	124
7	Arthur Peel	Keighley & Craven	3	116
7	Samuel Soles	Buxton AC	3	116
7	Edward Woodhead	Unattached	3	116
10	Jonathan Sutcliffe	Bingley Harriers	3	115

U14G

Pos	Name	Club	No Races	Points
1	Chloe Rylance	Ambleside AC	3	148
2	Briony Holt	Clayton-le-Moors	3	145
3	Lilli Carr	Keighley & Craven	3	142
4	Lauryn Gregg	Rossendale HAC	3	137
5	Poppy Anderson	Ilkley Harriers	3	129
6	Holly Love	Worcester AC	3	128
7	Emily Jones	Wharfedale Harriers	3	122
8	Esther Hulley	Stockport Harriers	3	114
9	Chalotte Barrett	Wharfedale Harriers	3	107
10	Claudia Bentham	Clayton-le-Moors	3	102
10	Molly Philbin	Bolton United Harriers	3	102

PHOTO © WODDENTOPS.ORG.UK

U16B

Pos	Name	Club	No Races	Points
1	Joseph Dugdale	CFR	3	144
2	Joe Hudson	Keighley & Craven	3	143
3	Alex Ediker	Buxton AC	3	139
4	Thomas Nelson	Wharfedale Harriers	3	132
5	Oliver Gajdowski	Ambleside AC	3	126
6	Harry Greenbank	CFR	3	120
7	Jacob Aubrey	Helm Hill	3	105
8	Tom Humphries	Eden Runners	3	103
9	Kieran Loombe	Dark Peak FR	3	102
10	Jack Walton	Keighley & Craven	3	100

U16G

Pos	Name	Club	No Races	Points
1	Eve Crownshaw	Dark Peak FR	3	148
2	Poppy Cooke	Leeds City	3	137
3	Eliza Findlay	Bingley Harriers	3	134
4	Hannah Durkin	Ambleside AC	3	133
5	Minnie Targett	Rossendale HAC	3	128
6	Rebekah Heath	Buxton AC	3	119
6	Annie Stone	Holmfirth Harriers	3	119
8	Alana Willis	Keighley & Craven	3	108
9	Alice Moore	Holmfirth Harriers	2	98
10	Imogen Burrow	Helm Hill	2	92

U18B

Pos	Name	Club	No Races	Points
1	Elliott Matier	Eden Runners	3	143
2	Keayrn Hopley	Staffordshire Moorlands AC	3	139
3	Billy Starling	Mercia FR	3	135
4	Arthur Raffle	Altrincham AC	3	121
5	David Fryer-Winder	Buxton AC	3	117
6	Chris Law	Holmfirth Harriers	2	97
7	Christopher Richards	Helm Hill	2	96
8	Jack Denton	Calder Valley FR	2	88
8	Tom Marchant	Pendle AC	2	88
10	Jack Crownshaw	Dark Peak FR	2	86

BY **OWEN MILLS** (FRA JUNIOR CO-ORDINATOR) **& JIM GODWIN** (JUNIOR STATISTICIAN)

Don't forget to join the FRA if you are not already a member, in order to claim your hoody (for completing 6 races) or teeshirt (for completing 4 races). Instructions on how to order these will be published on the felljunior website and FRA Junior facebook group. The awards will be distributed at the Junior Do, where winning prizes and trophies for all categories will be also presented, and (fun) training/inspiration/feedback sessions will be laid on. Volunteers of any kind who can help with coaching groups or helping in some other way – please contact Owen Mills, Junior Co-ordinator. This year, there will also be awards for clubs with younger juniors taking part; the ***Club Challenge*** is open to English Athletics affiliated clubs taking part in the U08-U10 Challenge series.
Each club with a minimum of 3 runners in any combination of the 4 categories at a Challenge race will receive a credit. Clubs with a total of 4 or more credits after the final race will receive an award at the Junior Do on Saturday 16th July at Rossendale Harriers, Marl Pits, Newchurch Road, Rossendale.

U18G

Pos	Name	Club	No Races	Points
1	Sarah Pickering	Ilkley Harriers	3	141
2	Sophie Whittaker	Bury AC	3	138
3	Lucy Jacques	Ilkley Harriers	3	131
4	Hannah Thom	Keighley & Craven	3	125
5	Lauren McNeil	Buxton AC	2	100
6	Jemima Elgood	Ilkley Harriers	2	98
7	Helen Thornhill	Buxton AC	2	94
8	Lucy Haines	Ilkley Harriers	2	90
9	Connie Hurton	Eden Runners	2	89
10	Heather Corden	Stockport Harriers	2	85

BY **ANDY WATTS & DAVID WOODHEAD**

Yorkshire Golden Junior Inter Counties

Mercia Fell Runners & Jim Tinnion hosted the 2016 British Fell Inter County Championships at the Stretton English Junior Championship races near Church Stretton. Tough combined U16 and U18 races taking in the summit of Caer Caradoc and Three Fingers Rock provided superb views over the Long Mynd, Hope Bowder Hill and northeast to the Lawley and the Wrekin.

In addition the hill is full of history with its natural ramparts being used by iron age man and the Romans as an ideal fort.

Yorkshire once again dominated the championships running away with individual gold medals for FU16 Eve Crownshaw, MU16 Nathan Smith, FU18 Lucy Byram & MU18 Chris Law and winning all the team gold medals execept the MU18 where Cumbria won, but only on last man count back with both teams having five points.

It's a shame that Yorkshire are still the only county to fully support these championships every year with a full contingency of athletes and reserves, these championships deserve better.

FU16 Eve Crownshaw crossed the finish line ahead of all the FU18 athletes and is having the best year, already winning the Yorkshire, English, Inter Counties and English Uphill titles. Yorkshire XC FU15 silver medalist Bethan Morley in second brought Yorkshire's team home. Poppy Cooke finished third and has now won an English FRA championship silver medal along with a team Inters gold to go with her 2016 English Uphill silver, while reserve Eliza Findlay finished eighth..

'It's like being on top of the world' by Eve Crownshaw of Dark Peak FR

'I've been a cross country runner from the age of around nine, after following in the footsteps of my older sister Ellie and brother Jack. Whilst still in Year six, I started going out with their Bradfield Secondary School cross country group and continued this once I moved up to the senior school. Collectively, we were introduced to fell racing when our teacher Mr. Holmes (Keith), a keen and successful fell runner himself, suggested we enter the Derbyshire Accelerate's Gritty Series, a local fell race. Our cross country club started to grow in numbers, and as a group, we started to travel in the school minibus to various events in and around the Lakes. In 2013 we were rewarded with the English Schools Fell Championship title. As a school we've travelled long and far to attend the fell races, and although the early starts and weather are sometimes off putting, the freedom the fells gives you, is well worth it. I love fell running, as much for the camaradarie between runners as anything

FU16 winner Eve Crownshaw with Bethan Morley & Poppy Cooke. Team golden girls

PHOTO © WODDENTOPS.ORG.UK

PHOTO © WODDENTOPS.ORG.UK

U18 winner Chris Law of Yorkshire leads team mate Euan Brennan & Tom Barrett

PHOTO © WODDENTOPS.ORG.UK

U18 Elliot Matier of Cumbria leads Joe Hudson of Yorkshire with Caer Caradoc behind

else. For me it's about determination, to get to the top of the hill and knowing that when you are there it's like being on top of the world and that is quickly followed by a rush of adrenaline as you fly off the top and hurtle at full pelt down the other side.

Arriving at Church Stretton to represent Yorkshire in the Inter Counties after a three hour plus journey, should've been a relief after all the minibus isn't the most comfortable method of transport I know! However when I looked and saw the size of the hills I thought "Yep this is gonna be a challenge!", but I knew I'd done my race preparation, now I just had to get my head into gear. It's a 35 minute or however long hard slog and crawling up a hill on your hands and knees isn't everyone's idea of fun. I'd like to say I loved it, but that's not completely true. I can honestly say though that when you pass or are passed by a fellow runner and they say "Well done" and you say it back it makes me realise what a great sport this is to get into. And winning, well there's always that moment of disbelief, but that's just the icing on the cake with cherries on top! Even better when you find out you're also part of the Yorkshire winning Inter Counties team.'

Poppy Cooke of Leeds City AC

'What a day and opportunity! Yorkshire team gold, and individual bronze at the junior fell running Inter Counties.

It was an incredible day, one to remember, brilliant and a great experience. Not just because of the medals, but because of the atmosphere throughout the whole race my ears were filled with constant cheers and support for me and the other athletes and teams. The race was a lovely course, approximately 4 miles long with steep technical descents and a steep hill for the finish.

I started fell running about three years ago, after a year of running on the track. Me and my dad, Ian went for a Sunday long run on the moors and after beating him on a fast run down, he entered me for the Yorkshire fell running championships at Hellifield Gala as an U12, which I managed to win! Going into this event I had never done a fell race and had no idea who the competition was so it was quite a surprise!

Having always raced on the track since summer 2012, I knew how tiring it felt to finish an 800m race and collapse over the line, however I had never felt tired like I did at Hellifield at the end of a race! Even though every minute of the race was gut-wrenchingly hard, I had somehow loved it and my love for fell running has forever grown!'

2015 and 2016 Yorkshire MU16 champion Nathan Smith who finished fourth last year, like Eve beat all the U18 runners to win gold and with Joe Hudson third, behind Joe Dugdale of Cumbria, Yorkshire easily won the team over Cumbria. Joe Hudson celebrated after the race having now won the 2016 U16 FRA English championship, while in the longest and toughest race he's run Euan Brennan finished a good eighth

PHOTO © WODDENTOPS.ORG.UK

Let the Yorkshire celebrations begin

Golden Yorkshire Juniors

PHOTO © WODDENTOPS.ORG.UK

which now places him joint fourth in the English champs with Callum Mitchelmore. Reserve Kieran Loombe finished 20th.

Nathan Smith of City of York AC

'This season I was third in the Mountain Running Home International in Wales and third in the Great North Run, Yorkshire Fell Champion 2016 I then represented England again in the Czech Republic. I have a top five ranking in the country in triathlon super series and gained silver in the first triathlon of the series.

My teacher at primary school Mr Jacobs was very inspirational and always encouraged us to join a running club and race. I also started doing triathlons, and enjoyed fell running with Cumberland Fell Runners as my grandparents came from Cumbria. I came second in cross country in North Yorkshire in year six, then continued with my running at secondary school and started training at City of York AC. I became Yorkshire Fell Champion and English Uphill Champion in 2015 and won a silver in the FRA English championships plus a bronze in the U15 Yorkshire cross country champs. After gaining two bronze national medals in triathlon I was also selected for the Yorkshire Triathlon Academy.

When I won the Inters event at Church Stretton I was really pleased because I ran a well-judged race and broke away on the technical downhill towards the finish. I was then able to hold on to the win on the final uphill. It was particularly good to win the race because it was against U18's as well. Yorkshire had a really strong team which it was great to be part of because everyone encouraged each other to do their best.'

Yorkshire champion Chris Law a bronze medallist last year won the MU18 race from Chris Richards and Elliot Matier both of Cumbria with Jimmy Lund fourth, this made it both counties had five points, but Cumbria won team gold on last runner count back, three runners compete, first two to score. Jack Denton finished seventh.

Lucy Byram in her first ever Fell Inter Counties won the FU18 gold and was followed in by Sarah Pickering in second and twin sister Erica Byram in third, Yorkshire won team gold yet again. English Uphill silver medallist Sarah was over joyed because this second place means she is now the 2016 FU18 English FRA champion. Reserve Victoria Merrick finished eighth.

The whole team then finished off the day with Jack Denton & Sarah Pickering spraying two bottles of fizz 'Grand prix style'.

FU16		
1	Eve Crownshaw	Yorkshire
2	Bethan Morley	Yorkshire
3	Poppy Cooke	Yorkshire
MU16		
1	Nathan Smith	Yorkshire
2	Joseph Dugdale	Cumbria
3	Joe Hudson	Yorkshire
FU18		
1	Lucy Byram	Yorkshire
2	Sarah Pickering	Yorkshire
3	Erica Byram	Yorkshire
MU18		
1	Chris Law	Yorkshire
2	Chris Richards	Cumbria
3	Elliot Matier	Cumbria

Female U16 teams:			
1	Yorkshire	Eve Crownshaw (1), Bethan Morley (2), Poppy Cooke (3)	3 points
2	North Wales	Annabelle McQueen (4), Catrin Donelly (10)	14 points
3	Lancashire	Minnie Targett (7), Imogen Carter (9), Ella Tinman (11)	16 points
Male U16 teams:			
1	Yorkshire	Nathan Smith (1), Joe Hudson (3), Euan Brennan (8)	4 points
2	Cumbria	Joseph Dugdale (2), Joe Edmondson (4), Harry Greenbank (9)	6 points
3	Derbyshire	Alex Ediker (7), Lucas Parker (10), Dan Soles (13)	17 points
Female U18 teams:			
1	Yorkshire	Lucy Byram (1), Sarah Pickering (2), Erica Byram (3)	3 points
Male U18 teams:			
1	Cumbria	Christopher Richards (2), Elliot Matier (3), Michael Dugdale (11)	5 points
2	Yorkshire	Chris Law (1), James Lund (4), Jack Denton (7)	5 points
3	Staffordshire	Keayrn Hopley (6), Jamie Ward (9)	15 points

NB: First 2 County runners count in team, 3 to run, hence Cumbria won

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BY SCARLET DALE, THOMAS OTTON & CHRIS RICHARDS

Junior Training Camp

Betws-y-Coed, 8-10 April 2016

With the hill-running season fast approaching, a group of young fell runners from all around the UK took to the slopes of Snowdonia to participate in the Home Countries Mountain Running Junior Squad weekend. Neil Wilkinson, a highly experienced and successful runner across all fields, led the weekend, providing the youngsters with inspiration and direction to further improve their running and athletic capabilities.

On Friday evening the teenagers assembled in Betws-y-Coed, where it was immediately clear that there was a feeling of team spirit. To loosen off tight legs following long journeys, a team jog alongside the river made the athletes feel excited for the weekend, and also ready for the large dinner provided once again by the local golf club. There then followed a quiz, potentially the most competitive aspect of the weekend, where teams battled it out to determine who was worthy of the prize Toblerone. Tired, the runners headed to bed in preparation for the long next day ahead on Saturday.

The next morning, Duncan Richards, a vastly experienced and knowledgeable sports psychologist, led a talk and discussion on the demands and mental focus involved in uphill running. Following this, the hill runners headed into the woods to undergo a threshold session, many of whom had never done this type of session before. In the afternoon, the athletes took part in a short strength and conditioning session led by sports science expert Matt Wood. Weekend leader Neil then led a session based on injury prevention, discussing how to minimise and reduce the risk of injury.

PHOTO © NEIL WILKINSON

PHOTO © NEIL WILKINSON

Before dinner, the young runners went for another easy run along the river to loosen off from the morning's session. Energised and revitalised from dinner, the group then took part in a discussion about specific uphill running techniques, and the type of training required. Neil once again led the discussion, and passed on enormous amounts of knowledge to the eager youngsters.

After a long and busy day, the hill runners headed to bed in preparation for their run up Snowdon the following day.

The morning we were due to climb Snowdon we were given a safety talk by Neil which prepared us well for our outing and instilled a sense of caution and awe. We were also told that we were to be guided by a very experienced local mountain and marathon runner, Alun Vaughan.

Upon a arriving we were told by Alun and another local mountain runner Arwel Lewis that we would instead be climbing up a smaller less dangerous mountain called Moel Eilio, as Snowdon would simply be too dangerous for a group of young runners that day. I began to realize how true this was as I began to summit the mountain that we were climbing. I remember running through sheets of thin ice and snow all the way to the top and feeling good about having being able to stick in behind Alun and run with him all the way to the top, but then looking out across to Snowdon which towered over the rest of the mountains around it. From where I was stood it seemed as though we may have only climbed about half the height of Snowdon and I was already straining to hear the voices of the other lads over the ferocious wind as we began to regroup and congratulate each other. Shortly after photos were taken by Alun we descended the mountain at a steady pace.

I thoroughly enjoyed the weekend training camp as a whole and learnt many new things about racing in the hills, but running among the Welsh mountains of Snowdonia is an experience that is hard to top. I would like to thank Neil, Sarah, Carol, Duncan and anyone else involved in organising the weekend, it was a very valuable experience, meeting other people with similar interests and helping me develop my knowledge of training and racing.

(Thomas Otton & Chris Richards)

In the Easter holidays a group of keen young mountain runners arrived in Betws-y-Coed, for a two and a bit day training camp courtesy of Neil and Sarah Wilkinson,

PHOTO © NEIL WILKINSON

Duncan Richards and Carol Evans. On arrival at Woodlands we quickly embarked on an easy run up towards Swallow Falls, the relaxed pace meaning everyone had a good chat since we all live in different corners of the Home Countries. We also enjoyed a bit of the camaraderie mountain running is famous for with team building and quizzes, which I count as GCSE revision since we had to know the wiring of a plug. The following day, thanks to these inspiring coaches/leaders, who looked a lot warmer and better layered up than us, we completed a threshold test in which we ran around an undulating loop for about 20 minutes in the snow. Luckily we were undeterred as all hardy mountain goats don't feel the weather (in theory!). This session was really interesting as it was partly about aiming to get all your laps at an equal pace- which judging by the array of times that the coaches projected onto the board that evening, gave us something to think about. On the final day, after initially planning to ascend Snowdon, due to poor weather, the coaches exercised some mountain judgement and we ran up neighbouring Moel Eilio. Being somebody who loves uphill this 8 mile run was still amazing as it had plenty of ascent to practice some of the uphill mental and physical techniques we'd discussed earlier. Most of us made it to the top and then it was just an easy descent to finish.

What was particularly useful about the weekend were some of the sessions we did together 'in the classroom'. We covered safety on the mountains, sports psychology- which I found particularly interesting as it can play a huge role especially in the uphill only racing we focused on and discussed the year's trial races/ international opportunities. We also spent time with a physio and a strength and conditioning coach who, much to the boys' disappointment, was not interested in how much weight we could lift. Instead we looked at functional movements to improve running efficiency and strength, something most of us found extremely enlightening. To finish we learned to aspire to be like the 'All-Blacks' rugby team- surely the epitome of humility and performance, so one day we could inspire younger runners like I look up to the many stars of our running scene. I would like to give a huge thanks to the volunteers who gave up their time to share some of their knowledge- the weekend was inspiring and enjoyable and made me love uphill running even more!

The morning we were due to climb Snowdon we were given a safety talk by Neil which prepared us well for our outing and instilled a sense of caution and awe. We were also told that we were to be guided by a very experienced local mountain and marathon runner, Alun Vaughan.

Upon a arriving we were told by Alun and another local mountain runner Arwel Lewis that we would instead be climbing up a smaller less dangerous mountain called Moel Eilio, as Snowdon would simply be too dangerous for a group of young runners that day. I began to realize how true this was as I began to summit the mountain that we were climbing. I remember running through sheets of thin ice and snow all the way to the top and feeling good about having being able to stick in behind Alun and run with him all the way to the top, but then looking out across to Snowdon which towered over the rest of the mountains around it. From where I was stood it seemed as though we may have only climbed about half the height of Snowdon and I was already straining to hear the voices of the other lads over the ferocious wind as we began to regroup and congratulate each other. Shortly after photos were taken by Alun we descended the mountain at a steady pace.

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(Scarlet Dale)

BY **STEVE CHILTON** HTTPS://ITSAHILL.WORDPRESS.COM/

3 Fell Running Legends

PHOTO © IW CHARTERS

"Just enjoy it .. and don't ivver leave it", says Joss Naylor, about fell running. That was just one gem of sound advice from 'Three Fell Running Legends' at Brathay Hall's *Evening with Joss, Billy and Kenny* on 1 April. Around 300 people had bought tickets for the talks and charity auction, which was being held to celebrate Joss Naylor's 80th birthday, and also 70 years of the **Brathay Trust**. On a wet and miserable night we had crammed into a marquee in the Hall grounds to await The Legends.

Brathay's Scott Umpleby eventually announced the Legends and they ambled to the stage to great applause. Scott explained about the Trust and how the evening would run and handed over to Selwyn Wright (who was jointly the first to do a winter Bob Graham Round in under 24 hours in 1986) to be master of ceremonies for the first part of the evening. He gave some background to each of The Legends' achievements, before starting the ball rolling by asking them each some prepared questions. I think my favourite fact was that in one period of 23 years Joss Naylor and Billy Bland won the Lake District Mountain Trial nineteen times between them. Kenny Stuart's 2-11 marathon was mentioned as being one of the best by a Englishman, but that time has actually been beaten by a few English marathoners since then, contrary to what the announcer said.

Being prompted on such topics such as how they got into fell running and memories of their first races gave all three scope for a bit of storytelling. I wish I had recorded the session as I have struggled to remember specific quotes from the stage. Those included here are from my notes, and are sometimes paraphrased or are even taken from tweets on the night.

Talking of his first race, Joss told the story of how he had entered his first Mountain Trial pretty much on the spur of the moment, running in working boots and cut-off jeans. In the race he developed bad cramps in both legs and started to struggle, but he recalled that "when I stumbled across a group of ladies having a picnic on the course I asked them for some salt, which helped immensely and relieved the cramp quickly." He was a lot better prepared for his next race, mind.

It was Joss who held forth the most, but the other legends chipped in with some great stories too. Billy Bland told of his first race, which was as a 17 year old – and in which he came last. At Kenny Stuart's first race he finished halfway down a field in a junior pro race (which he said was at the Keswick Sports).

Later the questioning was thrown open to the floor, which produced some more really interesting responses. These ranged from the sensible to the extreme. On fell running for youngsters, Joss' advice was, "enjoy it and stick to the short stuff". Naylor expanded on this by advising youngsters not to rush into the longer events too early. "Enjoy it and never leave it, and just as importantly, don't hammer yourself until you are in your early 20s. Build up gradually over your younger years in shorter races and on the country. Don't burn yourself out and leave the sport like so many others have when they reach around 16 years of age."

On this point Kenny suggested that running cross country helps prepare you for the fells, as he did. I am pretty sure I am right that Billy then chipped in with, "train hard, and then train harder!" I hope that helped the young questioner!

Anyone who has ever seen Joss running will know that he has what can best be described as a 'unique' running style. But his advice on descending well was sound enough: "look 4-5 paces ahead, concentrate & keep your knees slightly bent to run downhill with confidence." Kenny admitted to being a better uphill than downhill runner, and Billy thought that you were either born to be good at it or not, but conceded that you might be able to improve somewhat.

One questioner asked about coping strategies in a race or challenge when the body had had enough, where the biggest laugh was probably raised by Billy commenting that "if you ran out of petrol you might as well get a lift home."

On noting their memorable occasions, the two I can recall were Joss' long story about the magic of training for and then completing his Lakes and Meres Run in 1983, and Kenny saying that frankly some of the 'failures' in races were those that stuck out sometimes.

The topic of why the current crop of athletes are not producing the same results as those competing several decades ago came up. The legends' responses may have had some in the audience wriggling a little. Joss started by commenting that, "runners today are not hard enough and they don't get in and suffer enough." Lottery funding and sports supplements also came in for some sharp criticism. Joss carried on by saying those aspects were both relied on too much by athletes trying to compete with the best in the world, whether it be on the fells or the roads. Now on a roll, he continued,

PHOTO © IW CHARTERS

"they don't concentrate on the simple act of running. When I was competing, running was simply a way of life, and the same could be said for the others who were involved in the sport at the time. I would think nothing of running for six hours fuelled by nothing more than a drink from a beck."

Billy Bland agreed, blaming modern technology and a failure to maximise the time available for training. With just a hint of a smile he said, "it seems that there are too many distractions nowadays. When people complain they don't have enough time to put the same amount of training in as we used to, I tell them that there was still only 24 hours in a day back then – it's how you use those hours that counts."

Kenny Stuart felt that today's runners need more competition to be able to push themselves in training and races. He concluded that, "there doesn't seem to be the better runners coming through."

Stuart was an acknowledged hard trainer, and he did provide a more positive slant by advising athletes to believe in themselves, and to develop a strong mental approach. He suggested, "it has a lot to do with your mental attitude, and acknowledging that it is going to hurt. It is also important to adopt a fairly selfish attitude to fitting the training in around the rest of your commitments in life."

On his own training Billy Bland said athletes must learn from their mistakes. "You can't always win, but you can finish. I trained hard to compete with the best, but when I saw the positive results of that training it was all the motivation I needed to keep at it. I enjoyed seeing my progress more than actually winning races."

Although all three had plenty to say and were all fascinating to listen to it was some of Billy Bland's no-nonsense almost throw away lines that I liked the best. So, finally a couple of gems from Billy, who when asked about his training and why present fell runners weren't beating some of the old records even now, replied, "that's the trouble wi young uns today!! They don't train hard enough!!" Secondly, he slipped in a fine joke about Kenny's navigation skills, "he'd git lost in a field if tha left gate open."

PHOTO © IW CHARTERS

There was then a break for a fine hotpot and drinks, before Joss came back on to tell a lovely story about his father's shepherding days. He then revealed his own 80th birthday running challenge. He will be doing a 30 mile run in memory of his father, Joe Naylor, and to support disadvantaged children and young people. He will set out from Caldbeck, his father's birthplace, and follow a route that includes Great Calva, Skiddaw House, Little Town, Dale Head Tarn, Honister, Sty Head and on to the Naylor family landmarks in Wasdale, finishing at Joss and Mary's home at Low Greendale.

He then handed over to auctioneer Kevin Kendal who worked hard at encouraging the audience to bid for some Naylor memorabilia. Prints, certificates, challenge route maps, and other artefacts all went for good amounts, before the last two lots came up, which were two pairs of The Man's trainers – from the 60@60 and 70@70 challenges. Joss' wife had already been brilliant at coming round the marquee to show off the items so potential buyers could see them better. She now came round with the clapped out trainers and a ready smile at the strangeness of the moment. They both went for bids of £160 each if I recall correctly.

Overall it was a fantastic night. Just seeing and hearing three absolute heroes in one night is something I was so glad we had travelled a long way for. On the down side was that from our seats we did not have a very good view as they were on a low stage and seated to boot. On the plus side we all had in our goody bags one of Mary Naylor's 'award winning' Rock Buns, which each had the regulation 3 cherries in that Joss' challenge-sustaining fuel of choice have always had.

If you want to know more about the three legends, they were my *Three Greatest Fell Runners* in **'It's a hill, get over it'**, and have their extended personal stories told in that book, as well as the history and development of the sport of fell running.

Note: Ian's quality black and white shots were not credited in the spring 2016 edition. Apologies for this and thanks for letting us see more of them here.

PHOTO © MIKE CAMBRAY

PHOTO © MIKE CAMBRAY

BY **ANDY WATTS**

The England Mountain Running Championship & British Trial for the European Mountain Running Championship

Whinlatter, 28 May 2016

A 'first' for mountain running – an England Athletics Mountain Running Championship – held in the wonderful Whinlatter Forest in the Lake District. This event included races for Seniors and Under-20s, and was also used as a selection event for the European Championships which will take place in Italy on 2 July. The promise of British vests up for the taking for those chosen for the European event meant that the representation on the day was very much Home Countries and not restricted only to English athletes.

PHOTO © BRITISH ATHLETICS/GETTY IMAGES

Runners on the course at Whinlatter

The courses made full use of the Whinlatter Forest Park, mixing the hard trails and fire roads with extensive single-track sections, a steep half-climb half-scramble, and an ascent of Seat Howe. The common start was followed within seconds by an initial steep ascent to start proceedings, after which the courses diverged for different races. The Senior Men ran 12.1 km with 730 m of climb and descent, reducing to 8.2 km and 450 m for Senior Women and Junior Men and to 3.6km and 160 m for Junior Women. Excellent weather made for exciting racing conditions, and the races were held late in the day when the park was relatively empty.

The junior women kicked off proceedings so were the first to take on the heat and the testing course. With a 3.6km course, it was going to be a fast and furious race and it lived up to the billing. Laura Stark, from Kilbarchan AAC started a Scottish charge as she just had enough to pip Scarlet Dale (Lancaster & Morecombe) to the line by four seconds to take her first Trials victory. Bella Williams (Lincoln Wellington) finished third a further five seconds back.

The senior women and junior men started together, and both contests were very close at the end of the opening lap. In the men's contest six athletes went through within a few seconds of each other at the halfway point, and the race was set for a thrilling finale as they climbed up the final hill. However, Gavin Bryson, running for Edinburgh AC, made it a second Scottish victory on the day as he pulled away from the rest to confirm the win. Ciaran Lewis

PHOTO © BRITISH ATHLETICS/GETTY IMAGES

Junior Women. Scarlet Dale leading Laura Stark (eventual winner) and Bella Williams.

PHOTO © BRITISH ATHLETICS/GETTY IMAGES

Senior Women. Winner Rebecca Hilland

PHOTO © BRITISH ATHLETICS/GETTY IMAGES

Andrew Douglas and Andrew Davies beginning to open a lead

(Cardiff) was second with Josh Boyle (Barlick) taking third spot.

For the women it was Rebecca Hilland, representing Team Bath, who accelerated away on the final long loop. She finished almost a minute ahead of her closest competitor Heidi Dent (Howgill) who also enjoyed one of the races of her career. WMRA World Cup champion Sarah Tunstall (Kendal) made up a lot of ground on the final lap to take third place after sitting fifth halfway through the race. This was Rebecca Hilland's first Trials triumph after taking up mountain running only last year (when she came 7th in the British championship in Betws-y-Coed). Scout Adkin (Moorfoot Runners), in 6th place, led the U/23's.

The senior men's race was still bunched after the initial short lap, with Andrew Douglas (Inverclyde AC) and Andrew Davies (Mercia Fell RC) beginning to open up a slight gap on the rest, headed by Ricky Lightfoot (Ellenborough AC). However, by the time they came around after the first long lap, which included the ascent to Seat Howe, the field had been opened up, with Davies still hotly in pursuit of his Scottish opponent. During the final twisting climb Douglas seemed to have that extra gear to enable him to make the defining move and hold on for another victory. Andrew Douglas is no stranger to podium places in mountain running, having won the Inter-Counties last year and the World Uphill trial in 2014. He also recorded sixth place in last year's World (up and down) Mountain Running Championship. Max Nicholls (Tonbridge) finished a very creditable seventh and was the first U/23 runner.

The evening's racing concluded with a prize-giving ceremony, at which the medals were presented by Kenny and Pauline Stuart. Kenny and Pauline both represented England at the first World Mountain Running Championships in Italy in 1985. Kenny won the men's short race and came 5th in the long race with Pauline coming 9th in the women's race. Kenny and Pauline still hold the records for the Ben Nevis Race.

Meanwhile, in a darkened room nearby, the selectors met to choose the teams for the European Championships.

The final selections, as announced by British Athletics are:-
Senior Men:- Andrew Douglas, Alex Pilcher, Ben Mounsey, Chris Smith
Since the selection Alex Pilcher has had to withdraw because of injury, and has been replaced by Tom Adams
Senior Women:- Emmie Collinge, Heidi Dent, Rebecca Hilland, Sarah Tunstall
Junior Men:- Josh Boyle, Gavin Bryson, Ciaran Lewis, Jake Smith
Junior Women:- Scarlet Dale, Heidi Davies, Laura Stark, Bella Williams.

We wish our teams good fortune for their trip to Arco, in Italy, for the European Championships.

Results

Junior Women

Name	Club	Overall position	England position
Laura Stark	Kilbarchan AAC	1	
Scarlet Dale	Lancaster & Morecambe AC	2	1
Bella Williams	Lincoln Wellington AC	3	2
Elizabeth Apsley	Stockport Harriers & AC	4	3

Junior Men

Name	Club	Overall position	England position
Gavin Bryson	Edinburgh AC	1	
Ciaran Lewis	Cardiff AAC	2	
Josh Boyle	Barlick Fellrunners	3	1
Jake Smith	Exeter Harriers	4	2
Chris Richards	Helm Hill Runners	5	3

Senior Women

Name	Club	Overall position	England position
Rebecca Hilland	Team Bath AC	1	1
Heidi Dent	Howgill Harriers	2	2
Sarah Tunstall	Kendal AAC	3	3

Senior Men

Name	Club	Overall position	England position
Andrew Douglas	Inverclyde AC	1	
Andrew Davies	Mercia Fell RC	2	
Ricky Lightfoot	Ellenborough AC	3	1
Alex Pilcher	Derby AC	4	2
Ben Mounsey	Calder Valley Fell Runners	5	3

BY **ANDY WATTS**

The British Inter-Counties Senior Fell Running Championships

MOEL EILIO, 14 MAY 2016

The 'Inters' have been going since 1997, with a steady increase in support over that period. It is a competition for individuals and teams representing their county or region, and caters for U/16, U/18, U/23 and Senior age groups. It is adopted by the UK Counties Athletic Union, who provide Championship medals. This year it was also supported by British Athletics, who provided cash prizes for the top runners and gave us some very snazzy race numbers!

For 2016 it was decided to split the Senior and Junior races to fit better with exam schedules. The Senior event was held on 14th May at Llanberis, hosted by the existing Moel Eilio race. The Junior event was held on 2nd July, at Stretton, and covered elswhere in this edition.

Moel Eilio is well known in the fell running circuit and uses terrain in the foothills of Snowdon – it will be familiar to competitors in the 2013 Fell Relays, which used some of the same ground. The route is a classic horseshoe, with a steady climb from the town up to the summit of Moel Eilio, the highest point of the race. There follows a ridge-run, grassy and runnable, with spectacular views of Snowdon.

PHOTO © WWW.WOODENTOPS.ORG.UK

Cumbria Ladies. Hannah Russell (3rd U/23) and Sarah McCormack, with team counters Heidi Dent, Lou Roberts and Annie Conway

Spectacular views, that is, if the Welsh weather allows and if you can take your eyes away from your next foot placement! The ridge ends at Moel Cynghorion, with a very steep, mostly grassy, descent back into town. An opportunity for fearless descenders (or those with a built-in parachute) so make up some places. The overall distance is 12.8 km, with 918 m of climb and descent.

The weather on this occasion was more Mediterranean than Welsh, and the clear visibility and warm conditions made for exciting racing. The event was well organised by Jayne Lloyd (organiser of the Snowdonia Marathon), and also featured as a Welsh FRA Championship race, so was well attended.

First home was Ben Mounsey, running for Yorkshire, in 60:31. Simon Bailey (Staffs) and Chris Smith (Middx) vied for second place, with Simon getting it, perhaps the result of a better route choice on the last descent. The first male U/23 runner was fourth only 9 seconds down, a very impressive performance from Max Nicholls (Kent), with Tom McGuinness (Greater Manchester) and Tom Saville (Yorkshire) taking second and third U/23 slots.

First female finisher was Heidi Dent running for Cumbria, in 68:42, followed by Lou Roberts and Annie Conway, also from Cumbria. No problem in calculating the team result there! Again the fourth finishing runner was an U/23, Scout Adkin

PHOTO © WWW.WOODENTOPS.ORG.UK

Victorious Yorkshiremen, from the left Rob Jebb, Tom Adams and Ben Mounsey (team counters), Jack Wood and Tom Saville (3rd U23)"

PHOTO © WWW.WOODENTOPS.ORG.UK

Eventual winner Ben Mounsey chases Chris Farrell along the ridge

PHOTO © WWW.WOODENTOPS.ORG.UK

Heidi Dent, the eventual winner, leading Scout Adkin who dropped back as the race progressed but captured first U/23 position

from Scotland East, joined on the podium by Louise Mercer (Scotland East) and Hannah Russell (Cumbria).

The male team prizes went to Yorkshire, North Wales, and Greater Manchester, and the female team prizes to Cumbria, Yorkshire and Scotland East.

In all 27 counties or regions were represented, of which 21 (20 male and 12 female) achieved full finishing teams. Full results are available on the FRA web-site.

Results

Individual Senior Men

Pos	Name	County
1	Ben Mounsey	Yorkshire
2	Simon Bailey	Staffordshire
3	Chris Smith	Middlesex

Individual U/23 Men

Pos	Name	County
1	Maximilian Nicholls	Kent
2	Tom McGuinness	Greater Manchester
3	Tom Saville	Yorkshire

Individual Senior Women

Pos	Name	County
1	Heidi Dent	Cumbria
2	Lou Roberts	Cumbria
3	Annie Conway	Cumbria

Individual U/23 Women

Pos	Name	County
1	Scout Adkin	Scotland East
2	Louise Mercer	Scotland East
3	Hannah Russell	Cumbria

Team Results Senior Men

Pos	County/Points Total	Name/Position	Name/Position	Name/Position
1	**Yorkshire** 18	Ben Mounsey 1	Tom Adams 5	Rob Jebb 12
2	**North Wales** 44	Tim Davies 10	Gareth Wyn Hughes 15	Russell Bentley 19
3	**Greater Manchester** 51	Chris Farrell 6	Tom McGuinness 11	Alistair Murray 34

Team Results Senior Women

Pos	County/Points Total	Name/Position	Name/Position	Name/Position
1	**Cumbria** 6	Heidi Dent 1	Lou Roberts 2	Annie Conway 3
2	**Yorkshire** 24	Holly Page 5	Katie Walshaw 7	Sharon Taylor 12
3	**Scotland East** 26	Scout Adkin 4	Louise Mercer 8	Jill Stephen 14

BY IAN HARTMAN

British Athletics Hill and Fell Running Championship 2016

Organised by the British Athletics Mountain Running Advisory Group & sponsored by Pete Bland Sports

The four races are as follows:

Short:	Sedbergh Sports	(Sat 9th July)
Medium:	Donard-Commedagh	(Sat 9th April),
	Horseshoe Merrick	(Sat 17th Sept)
Long:	*Pedol Cwm Pennant*	*(Sat 11th June)*

BRITISH ATHLETICS

Men's Open

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Sam Tosh	Rossendale Harriers & AC	49	49	47	145
2	Rhys Findlay-Robinson	Dark Peak Fell Runners	41	48	49	138
3	Neil Northrop	Dark Peak Fell Runners	28	37	39	104
4=	Rob Hope	Pudsey & Bramley AC	47	52		99
4=	Jack Wright	Ambleside AC	30	33	36	99
6	Andrew Fallas	Carnethy Hill Racing Club		47	46	93
7	Tom Saville	Dark Peak Fell Runners	15	38	37	90
8	Carl Bell	Keswick AC	36		52	88
9=	Steven Hebblethwaite	Keswick AC	42		45	87
9=	Matthew Roberts	Calder Valley Fell Runners		39	48	87
11=	Morgan Donnelly	Borrowdale Fell Runners	43		40	83
11=	Rob Jebb	Bingley Harriers & AC	40	43		83
13	Jon Bowie	Mercia Fell Runners	23	36	22	81
14	Mark Lamb	Keswick AC	39		41	80
15	Jethro Lennox	Shettleston Harriers	32	46		78

Men's V40 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Nigel Wood	Helm Hill Runners	27	35	36	98
2	Kieran Hodgson	Helm Hill Runners	31	34	28	93
3	Stephen Pyke	Dark Peak Fell Runners	26	32	32	90
4	Rob Hope	Pudsey & Bramley AC	42	42		84
5	Jon Wright	Todmorden Harriers	25	29	26	80
6	David Taylor	Dark Peak Fell Runners	21	36	22	79
7	Morgan Donnelly	Borrowdale Fell Runners	39		38	77
8=	Rob Jebb	Bingley Harriers & AC	38	38		76
8=	Ian Holmes	Bingley Harriers & AC	37		39	76
8=	Kenny Richmond	Shettleston Harriers	34		42	76
11	Karl Gray	Calder Valley Fell Runners	36	39		75
12	Jim Davies	Borrowdale Fell Runners	35		35	70
13	Richard Houghton	Pennine Fell Runners	19	26	21	66
14	Mark Roberts	Borrowdale Fell Runners		30	33	63
15	John Connaghan	Shettleston Harriers	28	33		61

Rhys Findlay-Robinson at the Donard Commedagh British Championships Race

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Men's V50 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Stephen Pyke	Dark Peak Fell Runners	28	29	28	85
2	David Taylor	Dark Peak Fell Runners	27	32	25	84
3	Richard Houghton	Pennine Fell Runners	26	27	24	77
4	Ed Gamble	Cheshire Hill Racers	21	26	26	73
5	Mike Egner	Settle Harriers	22	22	22	66
6	Ian Holmes	Bingley Harriers & AC	32		32	64
7	Mark Roberts	Borrowdale Fell Runners		28	29	57
8	Rick Stuart	Helm Hill Runners	24	24		48
9	Vincent Booth	Cheshire Hill Racers	8	19	17	44
10=	Steve Bell	Dark Peak Fell Runners	17		20	37
10=	Ben Grant	Harrogate Harriers & AC	4	14	19	37
12	Paul Jeggo	Springfield Striders RC	14		18	32
13	Jim Davies	Borrowdale Fell Runners	29			29
14	Mark Palmer	Mynydd Du			27	27
15=	Tom McGaff	Cheshire Hill Racers	13	13		26
15=	David Soles	Pennine Fell Runners	10		16	26

Men's V60 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Mike Egner	Settle Harriers	22	22	22	66
2	Ben Grant	Harrogate Harriers & AC	17	18	19	54
3	Tom McGaff	Cheshire Hill Racers	19	17	14	50
4	Keith G. Holmes	Dark Peak Fell Runners	14	14	17	45
5	Steve Jackson	Horwich RMI Harriers	16	19		35
6	Brian Horn	Borrowdale Fell Runners	12		18	30
7	Chris Wilcox	Buckley Runners	13		15	28
8	David Gould	Mercia Fell Runners	5	6	9	20
9=	Dave Bowen	Pennine Fell Runners	11		8	19
9=	Andy Watts	Cheshire Hill Racers	9	10		19
11	Jackie Winn	Ellenborough AC	18			18
12=	Glen Davies	Mercia Fell Runners			16	16
12=	James Patterson	Newcastle District AC		16		16
14=	Brian Thompson	Helm Hill Runners	15			15
14=	Dave Collins	Todmorden Harriers		15		15

Men's U23 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Tom Saville	Dark Peak Fell Runners	6	12	12	30
2	Alex Hinchcliffe	Helm Hill Runners	3	6	8	17
3	Joe Mann	Ambleside AC		7	7	14
4	James Hall	Wharfedale Harriers	12			12
5=	Tom McGuinness	EastCheshireHarriers&TamesideAC	9			9
5=	Owen Roberts	Eryri Harriers			9	9
5=	Jack Wright	Ambleside AC		9		9
8=	Matthew Elkington	Dark Peak Fell Runners	8			8
8=	Paul Pruzina	Ballydrain Harriers		8		8
10	Felix McGrath	Westbury Harriers	7			7
11=	Oscar Meanwell	Borrowdale Fell Runners	5			5
11=	Patrick Hanna	Howgill Harriers		5		5
13	David Cope	Howgill Harriers	4			4
14	Danny Collinge	Clayton le Moors Harriers	2			2
15	Jonnie Nisbet	Stirling University Athletics Club	1			1

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Sharon Taylor at Donard Commedagh

Women's Open Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Sharon Taylor	Helm Hill Runners	25	29	29	83
2	Bronwen Jenkinson	Eryri Harriers	26	26	28	80
3	Lou Roberts	Ambleside AC	19	28	32	79
4	Mel Price	Mercia Fell Runners	23	24	23	70
5	Emma Gould	Mercia Fell Runners	24	23	21	68
6=	Heidi Dent	Howgill Harriers	28	32		60
6=	Claire Green	Pudsey & Bramley AC	18	17	25	60
8	Anna Bartlett	Mercia Fell Runners	13	20	22	55
9	Nichola Jackson	Preston Harriers	27		27	54
10	Helen Berry	Holmfirth Harriers AC	22	27		49
11	Gayle Sugden	Calder Valley Fell Runners	20		24	44
12	Kirsty Hall	Wharfedale Harriers	17	22		39
13=	Victoria Wilkinson	Bingley Harriers & AC	32			32
13=	Sara Willhoit	Mercia Fell Runners		14	18	32
15=	Hannah Horsburgh	Keswick AC	29			29
15=	Rachel Pilling	Pudsey & Bramley AC	1	11	17	29

Women's V40 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Lou Roberts	Ambleside AC	17	22	22	61
2	Mel Price	Mercia Fell Runners	22	18	18	58
3	Anna Bartlett	Mercia Fell Runners	15	16	17	48
4	Helen Berry	Holmfirth Harriers AC	19	19		38
5	Gayle Sugden	Calder Valley Fell Runners	18		19	37
6	Kirsty Hall	Wharfedale Harriers	16	17		33
7	Jean Powell	Wharfedale Harriers		8	15	23
8	Alison Richards	Helm Hill Runners	4	6	12	22
9	Caroline Holden	Helm Hill Runners		9	9	18
10	Megan Hughes	Eryri Harriers			16	16
11=	Helen Brown	Mynydd Du		15		15
11=	Jane Mellor	Pennine Fell Runners		2	13	15
13=	Rachel Hill	Settle Harriers	14			14
13=	Carrie Gibson	Helm Hill Runners			14	14
13=	Diane Wilson	Dromore AC		14		14

Women's V50 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Jane Mellor	Pennine Fell Runners	2	8	12	22
2=	Kathleen Brierley	Todmorden Harriers	1	4	9	14
2=	Wendy Dodds	Clayton le Moors Harriers		9	5	14
4=	Carol Evans	Settle Harriers	12			12
4=	Joanna Schreiber	Pudsey & Bramley AC		12		12
6	Caroline Holden	Helm Hill Runners	4		7	11
7=	Rowena Browne	Bowland Fell Runners	9			9
7=	Kathleen Aubrey	Helm Hill Runners		6	3	9
7=	Sue Howarth	Mercia Fell Runners		5	4	9
10=	Deborah Gowans	Accrington Road Runners	8			8
10=	Rona Davies	Mynydd Du			8	8
12=	Ann-Marie Jones	Altrincham & District AC	7			7
12=	Anne Sandford	Lagan Valley AC		7		7
14=	Pat Goodall	Totley A C	6			6
14=	Ali Thomas	Eryri Harriers			6	6

Women's U23 Championship

Pos	Name	Club	Sedbergh Sports	Donard-Commedagh	Pedol Cwm Pennant	Total
1	Bronwen Jenkinson	Eryri Harriers	12	12	12	36
2=	Kristen Heath	Shaftsbury Barnet Harriers			9	9
2=	Josie Lloyd	Mercia Fell Runners		9		9
2=	Hannah Russell	Helm Hill Runners	9			9
5	Anna Hoogkamer	Dark Peak Fell Runners	8			8
6	Chloe Routledge	Ambleside AC	7			7
7	Ellie Crownshaw	Dark Peak Fell Runners	6			6
8	Hannah Bradley	Cumberland Fell Runners	5			5
9	Rachael Crossland	Calder Valley Fell Runners	4			4
10	Hannah Newbold	Barlick Fell Runners	3			3
11	Katie Wright	Ambleside AC	2			2

BY CARL BEDSON

English Championship 2016

Sponsored by Pete Bland Sports & inov-8

The six races are as follows:

Short:	*UpTheNab*	*(Sat7thMay)*
	Sedbergh Sports	*(Sat 9thJuly)*
Medium:	*BlackCombe*	*(Sat 12thMarch)*
	Pendle3Peaks	*(Sat20thAug)*
Long:	*Borrowdale*	*(Sat6thAug)*
	Langdale	*(Sat 8thOct)*

Men's

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ben Mounsey	Calder Valley Fell Runners	47	52	46	145
2	Steven Hebblethwaite	Keswick AC	49	47	43	139
3	Rhys Findlay-Robinson	Dark Peak Fell Runners	43	48	42	133
4	Mark Lamb	Keswick AC	40	43	37	120
5	Samuel Tosh	Rossendale Harriers & AC	48	17	49	114
6	Neil Northrop	Dark Peak Fell Runners	38	44	30	112
=7	Ian Holmes	Bingley Harriers & AC	40	45	25	110
=7	Carl Bell	Keswick AC	44	29	37	110
9	Simon Bailey	Mercia Fell Runners	52		52	104
10	Rob Hope	Pudsey & Bramley AC	47		46	93
11	Phil Winskill	Keswick AC	35	27	29	91
=12	Sam Stead	Keswick AC	34	35	20	89
=12	Jamie Parkinson	Pudsey & Bramley AC	48	41		89
14	Rob Jebb	Bingley Harriers & AC	41		41	82
15	Tom Addison	Helm Hill Runners	31	46		77

Coniston Fell Runners' founder Paul Reilly confidently leads this group into the unknown at Black Combe

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Men's O40 Championship

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ian Holmes	Bingley Harriers & AC	37	42	37	116
=2	Jon Wright	Todmorden Harriers	29	28	27	84
=2	Rob Hope	Pudsey & Bramley AC	42		42	84
4	Stephen Pyke	Dark Peak Fell Runners	28	27	28	83
5	Rob Jebb	Bingley Harriers & AC	38		38	76
=6	Richard Houghton	Pennine Fell Runners	32	21	22	75
=6	Karl Gray	Calder Valley Fell Runners	39		36	75
=8	Kieran Hodgson	Helm Hill Runners	34	8	32	74
=8	Jim Davies	Borrowdale Fell Runners	35	39		74
=10	Tom Brunt	Dark Peak Fell Runners	35	38		73
=10	Darren Kay	Calder Valley Fell Runners	36	37		73
12	Nigel Wood	Helm Hill Runners	33		29	62
13	David Taylor	Dark Peak Fell Runners	24	35		59
14	Christopher Leigh	Trafford Athletic Club	25	31		56
15	Jon Deegan	Ambleside AC	21	34		55

Men's O45

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ian Holmes	Bingley Harriers & AC	42	42	39	123
2	Jon Wright	Todmorden Harriers	35	33	35	103
3	Stephen Pyke	Dark Peak Fell Runners	36	32	34	102
4	Richard Houghton	Pennine Fell Runners	37	29	32	98
5	David Milliken	Horwich RMI Harriers	32	26	26	84
6	Karl Gray	Calder Valley Fell Runners	42		39	81
7	Jim Davies	Borrowdale Fell Runners	38	39		77
8	Darren Kay	Calder Valley Fell Runners	38	38		76
9	David Taylor	Dark Peak Fell Runners	33	36		69
10	Jon Deegan	Ambleside AC	31	35		66
=11	Darren Fishwick	Chorley Athletic and Triathlon Club	29	12	20	61
=11	James Logue	Calder Valley Fell Runners	31		30	61
13	Steve Bell	Dark Peak Fell Runners	25	15	15	55
14	Mark Walsh	Darwen Dashers RC	20	16	17	53
=15	Ed Gamble	Cheshire Hill Racers	28		23	51
=15	Mike Egner	Settle Harriers	26		25	51

Men's O50

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ian Holmes	Bingley Harriers & AC	32	32	32	96
2	Stephen Pyke	Dark Peak Fell Runners	28	28	27	83
3	Richard Houghton	Pennine Fell Runners	29	26	26	81
4	Steve Bell	Dark Peak Fell Runners	22	19	17	58
5	David Taylor	Dark Peak Fell Runners	27	29		56
6	Mike Egner	Settle Harriers	23	5	22	50
7	David Milliken	Horwich RMI Harriers	25		23	48
8	Rick Stuart	Helm Hill Runners	24	23		47
9	Tom McGaff	Cheshire Hill Racers	16	17	13	46
10	Ed Gamble	Cheshire Hill Racers	24		21	45
11	Paul Jeggo	Springfield Striders RC	19	11	14	44
12	Mike Johnson	Bowland Fell Runners	18	25		43
13	Dave Nuttall	Bowland Fell Runners	20		20	40
14	Richard Byers	Cheshire Hill Racers	19		17	36
15	Philip Pearson	Northern Fells Running Club	15	20		35

Men's O55

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Mike Egner	Settle Harriers	32	20	32	84
2	Tom McGaff	Cheshire Hill Racers	27	28	26	81
3	Paul Jeggo	Springfield Striders RC	28	24	27	79
4	Ben Grant	Harrogate Harriers & AC	23	25	22	70
5	Ian Warhurst	Pennine Fell Runners	23	26	21	70
6	Mike Johnson	Bowland Fell Runners	29	32		61
7	Philip Pearson	Northern Fells Running Club	28	29		57
8	Steve Jackson	Horwich RMI Harriers	21	22	13	56
9	Jackie Winn	Ellenborough AC	24	23		47
10	Leigh Warburton	Bowland Fell Runners	16	27		43
11	Roy Gibson	Kendal Amateur Athletic Club	22	21		43
12	Barry Atkinson	York Knavesmire Harriers	24	17		41
13	Keith Holmes	Dark Peak Fell Runners	16	13	12	41
14	Geoffrey Gough	Clayton le Moors Harriers	19		19	38
15	Brian Horrocks	Clayton le Moors Harriers	18	19		37

Men's O60

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
=1	Tom McGaff	Cheshire Hill Racers	19	22	19	60
=1	Mike Egner	Settle Harriers	22	16	22	60
3	Ben Grant	Harrogate Harriers & AC	17	19	16	52
4	Steve Jackson	Horwich RMI Harriers	16	17	12	45
5	Keith Holmes	Dark Peak Fell Runners	14	12	11	37
6	Jackie Winn	Ellenborough AC	18	18		36
7	Anthony Whitehouse	Totley AC	15	13		28
8	Chris Wilcox	Clwydian Range Runners	14		13	27
9	Brian Thompson	Helm Hill Runners	15	11		26
10	Andy Hauser	Holmfirth Harriers AC	13	10		23
11	Jon Sharples	Clayton le Moors Harriers	8	14		22
12	Andy Watts	Cheshire Hill Racers	9	5	7	21
13	Brian Walton	Horwich RMI Harriers	10		10	20
14	Graham Schofield	Horwich RMI Harriers	18			18
15	Chris Davies	Saddleworth Runners Club	17			17

Men's O65

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ben Grant	Harrogate Harriers & AC	22	22	19	63
2	Andy Watts	Cheshire Hill Racers	19	18	18	55
3	Kieran Carr	Clayton le Moors Harriers	16	13	16	45
4	Jeffrey Norman	Altrincham and District AC	14	15	14	43
5	Adrian Dixon	Fell Runners Association	13	17	12	42
6	Dick Spendlove	Calder Valley Fell Runners	17		17	34
7	Graham Breeze	Wharfedale Harriers	11	11	10	32
8	Alan Brentnall	Pennine Fell Runners	15		13	28
9	Dave Tait	Dark Peak Fell Runners	15		12	27
10	Jackie Winn	Ellenborough AC	22			22
11	Jack Holt	Clayton le Moors Harriers		19		19
12	Andrew Davies	Bridgnorth Running Club	18			18
13	Peter Ehrhardt	Todmorden Harriers	5	8	4	17
=14	Norman Eames	Rochdale Harriers & AC		16		16
=14	Les Thurston	Bishops Stortford/Matlock RC	8		8	16

Men's O70

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Jeffrey Norman	Altrincham and District AC	8	12	8	28
2	Kieran Carr	Clayton le Moors Harriers	9	9	9	27
3	Dick Spendlove	Calder Valley Fell Runners	12		12	24
4	Graham Breeze	Wharfedale Harriers	7	8	7	22
5	Peter Ehrhardt	Todmorden Harriers	6	5	2	13
=6	John Owen	Barnet and District AC		7		7
=6	Roger Ashby	Pennine Fell Runners	5	2		7
=8	Paul Walsh	Bowland Fell Runners		6		6
=8	Neville McGraw	Glossopdale Harriers	6			6
10	Neville Griffiths	Spectrum Striders	5			5
=11	John Armistead	Dark Peak Fell Runners	4			4
=11	Dennis Lucas	Rochdale Harriers & AC		4		4
=11	Arthur Clare-Hay	Mercia Fell Runners	1	3		4
14	Raymond Brown	Penistone Footpath Runners & AC	3			3

Men's U23

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Tom Saville	Dark Peak Fell Runners	7	12	6	25
2	Matthew Elkington	Dark Peak Fell Runners	12		8	20
3	Tom McGuinness	East Cheshire Harriers & Tameside AC	9		9	18
4	Felix McGrath	Westbury Harriers	8		7	15
5	Danny Collinge	Clayton le Moors Harriers	4	8	2	14
6	Joe Mann	Ambleside AC	6	7		13
7	James Hall	Wharfedale Harriers	12			12
=8	David Cope	Howgill Harriers	4	5		9
=8	Oscar Meanwell	Borrowdale Fell Runners	5	4		9
=8	William Rigg	Black Combe Runners		9		9
11	Nicholas Colburn	Manx Fell Runners		6		6
12	Jack Wright	Ambleside AC	5			5
=13	Gavin Lloyd	Black Combe Runners	1	2		3
=13	Alex Hinchcliffe	Helm Hill	3			3
=13	Jordan Mcdonald	Clayton le Moors Harriers		3		3
=13	Louis Forshaw-Perring	Buxton AC	3			3

Women

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Victoria Wilkinson	Bingley Harriers & AC	32	32	29	93
2	Heidi Dent	Howgill Harriers	32	29	28	89
3	Emma Gould	Mercia Fell Runners	25	28	24	77
4	Lou Roberts	Ambleside AC	28	26	20	74
5	Mel Price	Mercia Fell Runners	25	16	24	65
6	Gayle Sugden	Calder Valley Fell Runners	21	18	21	60
7	Claire Green	Pudsey & Bramley AC	23	14	19	56
8	Nichola Jackson	Preston Harriers	27	27		54
=9	Hannah Russell	Helm Hill Runners	17	23	12	52
=9	Lucy Collins	Calder Valley Fell Runners	22	15	15	52
=9	Sharon Taylor	Helm Hill Runners	26		26	52
12	Helen Berry	Holmfirth Harriers AC	27		23	50
13	Catherine Spurden	Keswick AC	22	25		47
14	Sophie Horrocks	Rossendale Harriers & AC	17	20		37
=15	Lindsey Oldfield	Calder Valley Fell Runners	14	10	6	30
=15	Judith Jepson	Dark Peak Fell Runners	19		11	30
=15	Kirsty Hall	Wharfedale Harriers	18	12		30

Vic Wilkinson dominates at Black Combe

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Women's O40

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Lou Roberts	Ambleside AC	22	22	17	61
2	Mel Price	Mercia Fell Runners	22	17	18	57
3	Gayle Sugden	Calder Valley Fell Runners	18	19	17	54
4	Helen Berry	Holmfirth Harriers AC	19		19	38
5	Kirsty Hall	Wharfedale Harriers	16	16		32
6	Anna Bartlett	Mercia Fell Runners	15	15		30
7	Judith Jepson	Dark Peak Fell Runners	16		13	29
8	Helen Elmore	Dark Peak Fell Runners	13		11	24
9	Nina Skilton	Cannock & Stafford AC	5	13	4	22
10	Jane Reedy	Ambleside AC		18		18
11	Carol Evans	Settle Harriers	10		8	18
12	Rowena Browne	Bowland Fell Runners	8	9		17
13	Nicky Spinks	Dark Peak Fell Runners	15			15
=14	Kelly Whiteside	Barlick Fell Runners		14		14
=14	Tracey Greenway	Derby Athletic Club	14			14
=14	Jo Gillyon	Keswick AC	2	12		14
=14	Deborah Gowans	Accrington Road Runners	7		7	14
=14	Rachel Hill	Settle Harriers	14			14

Women's O45

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Anna Bartlett	Mercia Fell Runners	22	22		44
=2	Nina Skilton	Cannock & Stafford AC	12	18	10	40
=2	Judith Jepson	Dark Peak Fell Runners	22		18	40
4	Rowena Browne	Bowland Fell Runners	15	17	7	39
5	Ann-Marie Jones	Altrincham and District AC	11	16	9	36
6	Carol Evans	Settle Harriers	16		13	29
7	Deborah Gowans	Accrington Road Runners	14		12	26
8	Alison Weston	Ilkley Harriers AC	5	15		20
=9	Nicky Spinks	Dark Peak Fell Runners	19			19
=9	Kelly Whiteside	Barlick Fell Runners		19		19
=9	Rachel Hill	Settle Harriers	19			19
12	Tracey Greenway	Derby Athletic Club	18			18

Women's O50

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Rowena Browne	Bowland Fell Runners	9	12	2	23
2	Ann-Marie Jones	Altrincham and District AC	7	9	4	20
3	Carol Evans	Settle Harriers	12		6	18
=4	Alison Weston	Ilkley Harriers AC	5	8		13
=4	Deborah Gowans	Accrington Road Runners	8		5	13
6	Tracey Greenway	Derby Athletic Club	12			12
7	Sally Newman	Saddleworth Runners Club	9			9
=8	Pippa Wilkie	Dark Peak Fell Runners	8			8
=8	Kathleen Brierley	Todmorden Harriers	1	7		8
=8	Jane Mellor	Pennine Fell Runners	2	5	1	8
=11	Elizabeth Batt	Dark Peak Fell Runners	7			7
=11	Caroline Holden	Helm Hill Runners	4		3	7
=11	Patricia Goodall	Totley AC	6	1		7
14	Becky Weight	Bingley Harriers & AC		6		6
15	Sue Haslam	Scarborough Athletic Club		4		4

Women's O55

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ann-Marie Jones	Altrincham and District AC	12	12	9	33
=2	Becky Weight	Bingley Harriers & AC	7	9	6	22
=2	Patricia Goodall	Totley AC	9	5	8	22
4	Wendy Dodds	Clayton le Moors Harriers	7		6	13
5	Sally Newman	Saddleworth Runners Club	12			12
6	Sue Haslam	Scarborough Athletic Club	3	8		11
7	Kath Brierley	Todmorden Harriers	8			8
8	Lindsay Buck	Cumberland Fell Runners		7		7
9	Jackie Casey	Black Combe Runners		6		6
=10	Anne Ferguson	Burnden Road Runners	5			5
=10	Julie Gardner	Macclesfield Harriers & AC	4		1	5
=10	Pauline Symonds	Howgill Harriers	5			5
=13	Sue Howarth	Mercia Fell Runners	4			4
=13	Hilary Tucker	North Leeds Fell Runners		4		4
=15	Katy Thompson	Clayton le Moors Harriers		3		3
=15	Alison Brentnall	Pennine Fell Runners	3			3

Women's O60

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Ann-Marie Jones	Altrincham and District AC	12	12	12	36
2	Patricia Goodall	Totley AC	9	8	9	26
3	Wendy Dodds	Clayton le Moors Harriers	9		8	17
4	Sue Haslam	Scarborough Athletic Club	7	9		16
5	Linda Lord	Clayton le Moors Harriers	6	6	4	16
6	Lou Lyness	Black Combe Runners	5	5	4	14
7	Katy Thompson	Clayton le Moors Harriers	3	7	2	12
8	Alison Brentnall	Pennine Fell Runners	6		5	11
9	Pauline Symonds	Howgill Harriers	7			7
10	Moyra Parfitt	Todmorden Harriers	1	4		5
11	Lesley Malarkey	Keswick AC	3		2	5
12	Beryl Buckley	Glossopdale Harriers		3		3
13	Brenda Roberts	Saddleworth Runners	1			1

Women's O65

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Linda Lord	Clayton le Moors Harriers	9	12	7	28
=2	Lou Lyness	Black Combe Runners	8	9	7	24
=2	Wendy Dodds	Clayton le Moors Harriers	12		12	24
4	Alison Brentnall	Pennine Fell Runners	9		8	17
5	Moyra Parfitt	Todmorden Harriers	5	8		13
6	Lesley Malarkey	Keswick AC	6		6	12
7	Beryl Buckley	Glossopdale Harriers	4	7		11
8	Brenda Roberts	Saddleworth Runners	5			5
9	Karen Goss	Clayton le Moors Harriers	3			3

Women's U23

Pos	Name	Club	Short Pts	Med. Pts	Other Pts	Tot.
1	Hannah Russell	Helm Hill Runners	12	12	12	36
2	Anna Hoogkamer	Ambleside AC/Dark Peak Fell Runners	10	9	8	27
3	Ellie Crownshaw	Dark Peak Fell Runners	8	8	7	23
4	Chloe Routledge	Ambleside AC	9		9	18
5	Rachael Crossland	Calder Valley Fell Runners	6	5	6	17
6	Hannah Bradley	Cumberland Fell Runners	6	7		13
7	Hannah Newbold	Barlick Fell Runners	5		5	10
8	Josie Lloyd	Mercia Fell Runners		6		6
9	Katie Wright	Ambleside AC	4			4

BY **SHARON TAYLOR**

2016 British Fell & Hill Relays Championships

Luss: Saturday 15 October

This year's UKA British Fell & Hill Running Championships will be hosted by the Westerlands Cross Country Club, a club based in the West End of Glasgow. The relay championship event will take place in the beautiful nearby hills of Luss, which are situated 10 miles south of Tarbert, on the western shore of Loch Lomond. Both the North and South Hills will be used for the event.

The event hub will be based in the village of Luss, which is more than able to cope with an event of this type and deal with the number of people that the relay championships attract. The well run annual Highland games held in Luss are testament to this.

There will be a central event field where the runners' pens will be, plus changing tent, portaloos and a refreshment marquee. There is a separate field used for parking at the games and this can cope with up to 1000 cars. If this field is waterlogged alternative parking is available.

Registration will take place in the Loch Lomond Arms Hotel, in an annex building at the back of the hotel. Those who know the Luss Hill race, which is part of the 'Bog n Burn' race series will know the venue. The Hotel will also be putting on food and drinks from this venue once registration closes on the Friday night; so you won't have far to go to be fed and watered.

The Hotel will also allow the field adjacent to the hotel to be used for camping for those who wish to do so. There are also lots of bed and breakfast type accommodation nearby and the hotel have also closed bookings to the hotel for 14 and 15 October, so if you want to book the hotel please let them know you are taking part in the race. The option of cottage type accommodation is also available and a link will be placed on the Westerlands CCC website to aid those wishing to make a booking.

Back to the race, the usual format of 4 legs in succession will be followed. Leg 1 will be a solo leg of 5.2 Km with an ascent of 825 m. Leg 2 is a pairs' leg of 10.8 Km with 900m of ascent (and a nice sting in the tail). Leg 3 is the pairs' navigation leg and will provide all that is expected from a competition championship nav leg, with good route choice over some beautiful

running terrain. Leg 4 is a solo leg of 7.4 Km with 825 m of ascent. We will be asking team captains to confirm that all team members have the required knowledge, fitness and experience to cope with an A category fell / hill race. The Championship categories for which British Athletics medals are as follows: senior men, senior women, over 40 men and over 40 women. We have also decided to award prizes for additional veteran categories; over 50 men and women and over 60 men and women. We will also award prizes to senior open mixed teams. We won't be awarding prizes for open teams. We will accept team entries up to 200 teams. We will have separate maps for the north and south of the hills as we want the quality of the maps to match the quality of the routes.

We have decided to make the event part of a wider weekend of events of socialising and hill running, so it will definitely be worth your while sticking around after the race. We are holding a ceilidh on the Saturday evening in the marquee, with a live ceilidh band. This is included in the cost of race registration if you want to attend. The Loch Lomond Arms Hotel will be providing hot food and drink at the ceilidh for a very reasonable cost. On Sunday morning we will also be arranging an informal run up one of the local hills, probably from Arrochar. We are also hoping to have family fun runs back at Luss while the Arrochar Alps are being explored.

Further information is available on the Westerlands website www.bfhrrc2016.uk

BY JENN MATTINSON

Broken Records & Raising Money

Fell racing from a race organiser's perspective

On behalf of Keswick Athletic Club, Carl Bell and I organise two small, short, low key fell races in the FRA calendar, up at Whinlatter Forest in Keswick, Cumbria. This is our second year as new race organisers. The races are part of the Lord and Lady of the Forest series, comprising of *Grisedale Grind* and *Lords Seat*. This year the Keswick AC committee decided that they would like to be more proactive in raising money within the local community, and so it was decided that both these races would fundraise for Amy's Care, a family run community interest company (run by Rebecca and Fraser Dooley), which offers high quality day care services for older people in the local area and for those living with dementia. Amy's Care has groups in Keswick, Ireby and Carlisle. Over the last 18 months in my role as a Freelance Creative Facilitator I have been delivering a series of creative workshops (*Setting the Scene*) with Amy's Care on behalf of Theatre by the Lake in Keswick, and I have seen the quality person-centred service that Amy's Care provide. I've been lucky enough to work with Fraser and his fantastic team of carers and wanted to do something extra to support them, so organising these races to raise money for outdoor trips seemed a great way to make sure their clients are able to enjoy the outdoors as much as Carl and I do.

Leading up to race, you experience a different kind of nerves than if you were racing. You hope that you've organised everything correctly, that your marshals will turn up and that everybody gets around the course OK. We are very lucky in that we have a team of great marshals and supporters from Keswick AC, many willing volunteers who come forward every year to help. Many of them are regulars and extremely good at just getting on with the job in hand. With the help of Sarah Bennett and Ange Turnbull from Keswick AC's junior section, we've been able to restore junior events for both of these evening races. Sarah and Ange are fantastic organisers, inspiring the next generation of fell runners. They warmly hosted some hotly contested junior races just before the start of each senior race. 44 juniors took part in *Grisedale Grind* races and 52 at *Lords Seat*.

86 runners participated in *Grisedale Grind* on Wednesday 13th April, a steep but short 2.5 mile classic evening fell race, taking in the summit of Grisedale Pike. There's something quite primitive about this race which I think many local runners are attracted to. Race registration is either at the picnic bench in the car park, or if raining, out of the back of someone's van borrowed for the evening (thanks to Stu Edginton this year!). Because we emphasise prizes for the series, there's just a small prize for the first male and female finisher at *Grisedale Grind* and it's all pretty much over within the hour from the start of the race. Despite its low key status, it was an exciting night, witnessing Ricky Lightfoot from Ellenborough AC break the course record by a few small seconds, set by Bingley's Rob Jebb just last year. Borrowdale's Martin Mickkelsen-Barron finished in 2nd place and Keswick AC's very own Carl Bell (my own name was on the paperwork as organiser so he was allowed to run this one!) finished in third. I think Carl had tired legs from annihilating a bunch of Salomon athletes the Saturday before at *Coledale Horseshoe* but modest as he is, he would never freely admit to a race win or to feeling tired. In the ladies race, Catherine Spurden (Keswick) was a long way ahead of Eden's Connie Hurton and Sophie Noon (Derwent AC).

The final Lord and Lady of the Forest race, *Lords Seat* took place on Wednesday 27th April. *Lords Seat* is a tamer 5 mile fell and trail route which visits Barf and Lords Seat summits. It's a good one for fast competitive racing and new fell racers alike, and is a great contrast to the ultra-steep classic *Grisedale Grind*. *Lords Seat* is easier in the sense that we now have a headquarters for the event, at Siskin's Café at Whinlatter. Siskin's proved a fantastic venue for a cold evening that felt more like December than spring with a flurry of hail showers just before the junior races. Despite that, the senior course was surprisingly dry with some interesting route choices being taken through the forest by some of the 124 runners. Former race organiser Angela Brand-Barker never flagged any of the course insisting that runners should know where they are going. I put a few bits of tape on branches to assist competitors through the tricky bits of forest, but on the night they didn't seem to make a great deal of difference. Once one runner takes a wrong turn, many others follow like sheep and yes, I've been there too as a racer. Up at the front, there was yet another record broken on the night with an absolutely fantastic run from Keswick AC's Steve Hebblethwaite. Steve broke Ricky Lightfoot's record which he set last year. Borrowdale's Chris Steele was 2nd with Keswick's Mark Lamb hot on his heels in 3rd. The ladies race was won by Catherine Spurden (Keswick AC), just a few seconds in front of Ambleside's Sarah McCormack (who broke the record last year for this course) and Derwent's Sophie Noon in 3rd.

A £50 EDZ voucher, kindly donated by EDZ Layering (a thermal layering company who have a shop in Keswick) was handed out to the Lord and Lady of the Forest series winners, Mark Lamb and Catherine Spurden, along with other EDZ bits and bobs and an assortment of prizes for runners from each category.

After deducting the mandatory fees from the Forestry Commission, we were absolutely thrilled to raise a total of £901.80 from both races. It is intended that the money raised will go towards the provision of outdoor activities for Amy's Care's clients so that they can experience the outdoors in a way that is both enjoyable and suitable to their needs and capabilities. So *Grisedale Grind* and *Lords Seat* may only be two small, short, low key fell races in the FRA calendar, but it's been a real privilege to think you've done something worthwhile for other people and made a small difference to someone else's enjoyment of the Lakes. I really hope we can continue to host the series of races as a regular fundraising activity, but I guess we'll have to run that bit past the Keswick AC committee first.

Keswick AC juniors at Lords Seat

PHOTO © ANGE TURNBULL

BY **NICKY SPINKS**

Double Bob Graham Round

14th/15th May 2016

PHOTO © DAVID LUND

When I first looked at the Bob Graham in 2005 I saw the list of Double BG's on the Bob Graham Club website. Roger Baumeister, a Dark Peak member was the only person to have completed the Double in under 48 hours. As with all the other records listed there this to me sounded incredulous.

I completed the Bob Graham in June 2005 in 23.32 hours and then trained for the Paddy Buckley round. I made the mistake of attempting in bad weather in May 2006. I got very cold and wet early on, couldn't eat and ran out of energy but sure doggedness kept me going to finish in 25.45. My body was wrecked - my legs swelled up like balloons and it was going to take me all summer to recover. One month later I was diagnosed with Breast Cancer so that put a complete stop to running for a while. I went through the operations, treatment and reconstruction in 2006 but was back running very soon and completed the Paddy Buckley in 2007 in 23.55 hours.

Throughout the cancer treatment I always made a point of celebrating the important milestones – good test results, Christmas 2006, my 40th birthday in 2007, the five year anniversary of cancer survival and then along came the Ten Years anniversary in 2016.

To celebrate I wanted something longer and slower than the record attempts. I had read the full account of Roger's round in the "Ten Year's of Dark Peak" booklet and knew straight away that it was something I wanted to try. To celebrate my anniversary what could be better; especially if I could go at a pace that was sustainable and actually enjoy it. In July 2015 I told Roger I was thinking of attempting and he replied "How exciting, you must go for it". So I made plans, sent out supporter emails and when everybody had confirmed by Christmas I put it on the backburner and spent the winter farming.

You can try and plan the perfect round but actually; they just happen. But I could help by not overcomplicating it. By making supporters double up, by keeping my schedule quiet, by just setting off and seeing what happens. "It's going to be interesting" my brother Charlie said on the phone on Friday afternoon; just hours before I started. And yes I totally agreed with him!!!

Before my attempt I published a blog on www.inov-8.com which explains why I followed Roger's example of doing half a BG clockwise, turning round and doing a full anticlockwise BG back to Yewbarrow then turning round again and completing clockwise to the Moot Hall so I won't duplicate that here. I have also written a long report about the actual weekend on www.runbg.co.uk .

The weather was looking perfect; dry and cold which made clothes and shoes decisions easier - I chose the usual option of the Inov-8 Mudclaw 300's. Food - I packed up my supporters bags - Tunnocks, Brunchs, sweets, rice pudding, banana, fruit salads, gels, cheddars, hula hoops, water and energy drink. At the road stops I had Longley Farm yoghurts, spicy pasta, sausage casserole, beans and then Charmian Heaton was going to make me various dishes such as pies, crumbles and fried eggs. It was really the unknown as to what I would be able to eat.

Good luck required!

PHOTO © NICKY SPINKS

Leg 1 - Keswick to Threlkeld

Schedule 4.10 hrs
Actual 3.34 hrs
Cumulative 3.34 hours

Setting off at 00.01 on 14th May with Jasmin Paris and Steve Sanders was very surreal. It was hard to comprehend that I was actually setting off on a Double Bob Graham. It was a lot colder than forecasted and the hoar frost started at 600m. The summit of Skiddaw was perishing cold and we got off there quickly! The leg went well and we couldn't but help make up time with the bogs being completely dry and frozen. It was good to be running into Threlkeld with one leg done.

Leg 2 - Threlkeld to Dunmail

Schedule 4.35
Actual 4.03
Cumulative 7.48 hours

Kirsty Hewitson, Jean Brown and Mark Harvey were ready along with Wisp my dog who was absolutely bouncing!! We found a good line up Clough Head and discussed how to find it on the return leg. It was rather disconcerting for me to think that I had 20 or so hours in front of me before returning to that point. However I managed to keep those thoughts out of my head. The sunrise was stunning and we could see right across to Scafell mountain range. Approaching Raise we saw a figure running up and down; it turned out to be Dan Bailey from UKClimbing taking photos! It was lovely climbing Seat Sandal feeling 100% better than on my 2015 record attempt and good to be running down to Dunmail without my legs complaining even once.

Leg 3 Dunmail to Wasdale

Schedule 6.15 hours
Actual 5.16
Cumulative 13.05

I set off up Steel Fell in the company of Joe Mann, Dave Lund and Glen Borril - all three very strong runners who had elected to do the leg both ways. I could hear Wisp howling all the way up Steel Fell but she doesn't like the rocks so it was for the best that she missed this leg out. I was making time on the schedule but the conditions were perfect and so this wasn't surprising. The guys were great company; not too chatty but cheerful and attentive. Coming off Harrison we spied Jeff Harrison and Alan Yates rushing to get into position (as we were so far ahead of schedule) with tea and coffee. I had some weird tea from Alan before opting for Jeff's coffee. Across the Langdales my left knee started hurting. I had been kicked a few times by cows over winter and gone to see Jeff Cole who did one finger massage on the knee cap which got rid of the pain. So I tried self massage on my kneecap while climbing uphill as it was way too early to be getting knee pain. That would definitely finish off my attempt.

Broad Stand has often been my nemesis

PHOTO © STUART SMITH

Cold chips!

so it was such a relief to see Steve Wathall had set up all the ropes and he expertly guided me up. Running across the plateau I saw Max and Lynda Howard so I ran over to give them both a hug. It was fantastic to reach the summit of Scafell and run down to Wasdale but Yewbarrow was looking menacing and hot!

Leg 3a

Schedule 1.20
Actual 1.20
Cumulative 14.24

I didn't stop for long at Wasdale as I wanted to get Yewbarrow done in the company of Tim Rippon. This was a pinnacle moment for me and I took a deep breath thinking it would be 24 hours before I returned to the summit. But things were going well. The legs had only just started to ask questions and the stomach was good. I purposely avoided looking at Great Gable, Kirkfell and Pillar on my left as we descended. The re-ascent of Scafell was daunting enough.

Running into the car park I was astounded to see Joss Naylor there. Of course he is a hero of mine; not only for his previous running exploits but also that he keeps going in now his 80th year. He once signed his book for me as a present for my dad. It was after a very wet Wasdale race and we sat in my car while he spent ages carefully writing such a lovely inscription inside. I think a lot of him but we hardly ever talk but to pass a few words on the weather or how to get rid of bracken - as a farmer to a farmer. So it meant a lot to me that he thought so much of my running that he would come out to meet me. He handed me some fudge, we chatted and he looked me in the eye and said "You'll do this".

Leg 4 Wasdale to Dunmail

Schedule 6.15 hours
Actual 5.37
Cumulative 20.11

Ascending Scafell was tough; it was hot and the start of a very long return leg. Me, Dave, Joe and Glen all climbed in companionable silence. On the plus side this was the 1st "double summit" - never to be climbed again. I'd put little milestones in - 12 hours had passed and I felt ok. This was the next and I was still feeling relatively ok. Down Broad Stand and across to the Langdales we ran meeting Lee Proctor on route. My knee pain had gone away but I had sore spots on the bottom of my feet which were worrying. I was ready for Jeff and Alan's tea and coffee in the Langdales. It was nice running down Raise instead of slogging up it and down to Dunmail we ran enjoying the evening sunshine. I was looking forward to seeing Wisp as she has done so many trips to the Lakes with me and I consider her part of my Double Bob Graham team.

Leg 5 Dunmail to Threlkeld

Schedule 5.35
Actual 5.09
Cumulative 25.14 hours

At the road Richard Hakes presented me with fish and chips!! With curry sauce!! The cold chips weren't appealing but I finished off all the fish and curry sauce. I had Kirsty check my feet and she massaged Vaseline into them which was glorious!

Off up Seat Sandal I went with Jean, Kirsty, Jasmin and Wisp. My feet felt very sore and I worried about them. We ran along chatting about Jasmin's Bob Graham round and her supporters. I am so pleased that we support each other and that she is really pushing the limits in terms of what women can achieve.

Across the Helvellyn ridge I started to feel very tired; the legs felt heavy, the hands got cold and the stomach decided not to work very well. The girls were great but the stomach was being difficult and I was despondent. Heading off Clough Head we searched for the direct line; eventually we found it and descended to Threlkeld.

I dived into the campervan ready for some proper food and instantly felt awful. Maybe it was too hot, maybe I ran too quickly to get there. I don't know but I felt sick and dizzy. I lay down till it passed then sat up again. Charmian had made beans on toast. I ate well but I had to lie down again and I even shut my eyes. I had to get going so I sat up, collected my support and trudged on out of Threlkeld.

Leg 6 Threlkeld to Keswick

Schedule 5.05
Actual 5.23
Cumulative 31.03 hours

Blencathra was awful - it just went on and on. Dave Pickering stayed with me while Jasmin, Adam Perry and Peter German went ahead picking the best route. Adam kept coming back to me hassling me to eat. Over Mungrisdale Adam made the call to go via the fence line to Great Calva as it would be impossible to find the path through the heather on the direct line. This was a good call and I appreciated someone making it as I wasn't capable. I felt slightly happier by the summit of Skiddaw - over halfway and new hills to come as we started the very long run down to Keswick.

Adam had kept mentioning a power nap all through the leg and now I considered it. I would lose time but it might help. I've never had a nap before on a race but knew people who had. It was worth a try.

I was feeling so rough and the thought of another day was too much. It was when Jasmin said "Well you've just got a Fellsman to do now" that the enormousity of it all hit me. I couldn't do it. I just couldn't do a Fellsman, another 16 hours.

Running to the Moot Hall I was ok but as I passed it I wanted to run back and touch it and for it all to be over there and then. But I hadn't even done one Bob Graham so I couldn't stop. I reached the campervan at Portinscale and dived in needing peace. Charmian was fantastic - I told her what I wanted - change of clothes, food and sleep; in that order. I sat down and suddenly the tears just poured silently down my face. I think I was so scared that the power nap wouldn't work. That I would have to stumble out and try to do another 16 hours feeling as bad as I did. Charmian looked up from untying my laces and saw my tears. She shook my knees in sympathy and carried on untying my laces. With me in tears we just carried on - getting me out of old clothes and into clean clothes, changing my shoes for the Inov-8 RoadClaws, eating fried eggs, drinking tea and then I lay down. My mind was whizzing round. Then I thought "What was that?" as I woke. Charmian said "you said 10 minutes - it's up". I sat up. I felt better. In fact I felt great.... and I wanted to get going. "Let's do this" I thought!!

Leg 7

Schedule 2.55
Actual 3.02
Cumulative 34.07

It was daunting setting off on the road with Helen Elmore, Simon Rippon, Keith Holmes and Wisp and leaving Keswick. Climbing Robinson was a pig, but I plodded up and onwards. We lost 5 minutes on the schedule. After I lost another 5 minutes to Hindscarth I started to try and work out if I lost 5 minutes per split could I still do it in under 48 hours; it was virtually impossible to calculate. However the weather was fantastic and I couldn't believe I was running into another great day in the Lakes. I was eating well again but as we made it to Honister down on schedule I had a short stop.

Leg 8

Schedule 3.50
Actual 4.19
Cumulative 38.26

Setting off up with Willy Kitchen, Laurence Piercy, Matt Bennett and Beth Pascall we climbed well. It was hot but there was also a cold breeze so I faffed a lot with clothes. The summits came and went. Lawrence was quiet, attentive and funny. Willy was organisor and navigator, telling me straight whether I was up or down. We were still losing time so I tried the "Is it possible?" calculation. Willy noticed me watch and schedule studying and asked what I was doing so I told him. "Spinks, you'd have to lose 10 minutes on every split not do it now" he said. I didn't quite believe him but knew he wouldn't con me so gave up and concentrated on running and eating.

Running off Red Pike we heard a shout and there was Yiannis Tridimas. I was overjoyed to see him. He shouted words of encouragement and on we went on towards Dore Head. At Dore Head col we were met by Joss Naylor. He looked frozen and said he would see us on our way back. Running across to Yewbarrow I had a new lease of life, seeing Joss, running this familiar path that I had run with Wisp at Easter. I liked it ACW. I even ran some uphills to the summit. I had made it! I could turn round and head for home. It was such a pinnacle moment but again I didn't know what to do. I think I will go back soon and celebrate on the summit. I have been there so many times and it's a special place for me now.

Leg 9

Schedule 4.02
Actual 4.00
Cumulative 42.26

We ran back to Joss and he handed me a "rock cake". Amazingly it tasted very good. Joss followed on behind as we climbed Red Pike. We both puffed our way up until Joss said "I'm going to take some clothes off" and stopped. We looked back a few minutes later and he had gone.

On Steeple we were joined by Kirsty and Jean who had my flask of reheated proper coffee that I had brewed on Friday afternoon. Nothing else could taste so good and it gave me such a kick. Now life was good, we were gaining more time than we were losing and once we had gained the 20 minutes that we had lost on the way out all of us were satisfied. Joss kept popping up and I really relaxed and started to enjoy it. Off Green Gable I spotted a figure on my right; it was Steve Cliff. He ran down and spoke to me. Bouncing round and being so happy; I loved having him with us. Down to Honister we flew with only one leg to go!

Leg 10

Schedule 2.48
Actual 3.04
Cumulative 45.30

So off up Dale Head I went with Helen, Simon, Keith, Steve Wathall and Wisp; who now on her 4th leg was slightly less lively. Helen read my mind and looked after me. On the summit of Robinson Keith addressed me like he was speaking to his school assembly. I didn't quite get it but looked about as I was told to; never one to argue with Keith! This summit moment wasn't as important to me as Yewbarrow. I don't know why not. We ran off and down along the road where the atmosphere was carnival.

With 2 miles to go I made the inevitable decision that I wanted to do 45.30 hours so started to push on. The 2 miles then seemed like 3 miles as the minutes went faster than my legs would. But eventually there was the Moot Hall and my watch said 45.29. I ran as hard as I could towards a huge throng of people. The crowd parted and there was the Moot Hall. I reached the door and touched it. I looked down and my watch said 45.30 hours!!! I turned round and just grinned. I didn't really know what else to do. I had done it!!

I had loads of hugs and congratulations from everyone. I was hungry so Willy went to get me chips and curry sauce. It was lovely to celebrate with Roger Baumiester, Joss Naylor, my supporters and all the well wishers. I should have had a group photo at the Moot Hall with all my supporters as they all mean so much to me but I knew I had some sleep fairly soon. My wish was to spend the whole weekend in the company of my friends on the hills I love and I'd done that.

So that's it. Just one of the many celebrations I'm going to have this year to celebrate the fact that I'm still alive and living life to the full ten years after being diagnosed with Breast Cancer.

I'm raising money for the cancer charity Odyssey because they do just that; they help cancer patients regain their confidence and help them look towards the future.

This is my Justgiving page:
www.justgiving.com/fundraising/Nicola-SPINKS1
so please donate if you can.

Centre of attention in Keswick

PHOTO © STUART SMITH

BY **JASMIN PARIS**

Raising the Bar

PHOTO © ALAN SCHOLEFIELD

Leg 1 team at the start

On Saturday 23rd April I completed the Bob Graham Round in a time of 15 hours and 24 minutes. This is a classic Lakeland route of circa 66 miles and 8000m ascent, starting and finishing at the Moot Hall in Keswick, and visiting 42 summits along the way. Below is my account of what turned out to be a truly unforgettable day.

My first encounter with the Bob Graham round was in early 2011, when I offered to support a leg of a fellow Carnethy runner's winter attempt. At the time I was relatively new to fellrunning, and had little experience of the lakes. What I lacked in experience however, I made up for with enthusiasm, and so I set off alone (this was pre-Konrad era) to 'recce' leg 3. To cut a long story short, I spent most of the remaining daylight hours getting onto the route (I'd driven down from Edinburgh that morning, and had planned a circular run), and after following this for around half an hour, I realized I should probably get back to the car. Then it got dark, and so I descended 'by the light of an absent moon', guided only by the sound of a stream, falling in a couple of holes along the way. Thus began my relationship with the Bob Graham.

Four years on (2015), after a busy season of racing, and with far more experience under my belt, I started thinking about the Bob Graham once more. By then I had supported several rounds, including Nicky's record breaking 2015 Bob Graham (18:06), and was interested to know how fast I could run it myself. At the same time, a part of me wanted to run it with minimal support or fuss, the way I would usually approach a day in the hills. With this in mind, Konrad and I ran a minimally supported 'under the radar' winter BG round in February 2016 (not much help in terms of route familiarization – most of it was under the snow, or in the dark – but a really grand day out together, and just as memorable as the subsequent summer round).

In March we ran the route once more, this time in daylight over two days, with a B&B stop and several ice creams along the way. Analyzing the GPS trace when we got home was a real boost. We'd been running at 17-18 hour BG pace for much of the time, despite the packs we were carrying. I started to feel more confident.

We spent the following week hiking in the Spanish Sierra Nevada, carrying all our gear and food, and wild camping along the way. Despite the lack of running training, I was sure that the long ascents and altitude would work in my favour for the coming attempt. Unfortunately, the food poisoning I picked up on our journey home to the UK (Konrad's summary, 'I told you salad isn't good for you') threw a spanner in the works so to speak, and forced me to miss the British Championship Race in Ireland the following weekend. I moved the date of the attempt back a week (16/17th to 23rd/24th April), and hoped I'd start to feel better soon.

With a week to go I ran around the 3 Peaks route, whilst Konrad was busy racing the Fellsman, and felt reasonably good. I spent the next week fanatically checking weather forecasts (yes, plural, in fact 5), all of which predicted that the glorious weather we were having would break in time for the weekend....

To my delight, the doomsday forecast started to improve on Thursday. I emailed my support team (which was at that stage changing from hour to hour with last minute additions and drop outs) to say the attempt was on.

The night before the attempt we

Descending Calva on leg 1

PHOTO © SPYKE

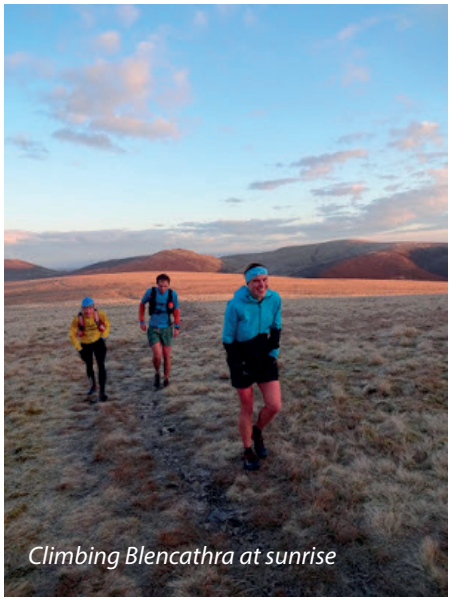


PHOTO © SPYKE

Climbing Blencathra at sunrise

gathered at Steve Birkinshaw's house, which he had very kindly offered as a base for the attempt. The atmosphere of nervous excitement increased a little with the arrival of each supporter, as did the already-ample cake supply. At 9pm I said my goodnights and headed to bed, despite knowing that I wouldn't be able to sleep. Instead, I lay thinking about the day ahead, and all the supporters that had given up their weekend to help me.

The alarm went off at 2.45am, and a hasty bowl of porridge followed. By 3.50am we were gathered on the empty square outside the Moot Hall in Keswick, shivering and adjusting head torches. We counted down the last 10 seconds out loud, and at 4am we set off.

Leg 1: Keswick to Threlkeld

(pacers: Konrad, Spyke, Dave Ward)

After all the anticipation and preparation of the previous few weeks, I was glad to finally be running. With no pack to carry, and fresh from the enforced taper of food poisoning, I felt incredible. I trotted up Skiddaw with wings on my feet. Despite the warnings of my pacers, it wasn't until we reached the summit 10 minutes up on schedule (which had been laid out for a 17:15 round) that I realized we were actually moving reasonably fast. As the night gave way to light, we dropped down into the valley and started the climb up Calva, grateful for the clear cold night, which had helped to consolidate some of the bog. Dropping off the summit of Calva I let out an unrestrained whoop of joy, whilst above us the full moon gave way to the delicate pink and orange of sunrise. Neil Talbott was waiting at the summit of Blencathra, and led the way down the parachute drop, whilst I clung on behind, exhilarated by the descent. I ran straight through the changeover at Threlkeld, 26 minutes up on schedule (I gather that the leg 2 supporters were a little rushed in getting ready!), grabbing a cup of cocoa and a couple of mum's cakes on my way past.

PHOTO © IAIN WHITESIDE

Leaving Dunmail

Leg 2: Threlkeld to Dunmail

(pacers: Alex McVey, Neil Talbott, Julien Minshull, Shane Ohly)

I had been expecting to hate the climb up Clough Head (the previous two times I'd done it the ascent had gone on forever), but we were at the summit in no time. The Helvellyn ridge was an absolute delight, one of the finest running experiences I have ever had. I still felt fresh, the frosty grass was sparkling in the sunshine, and the views seemed to stretch away forever. The conversation was plentiful and varied (from climbing escapades and mountain rescues, to the fact that Julien had taught me at primary school) and we dropped into Dunmail in good spirits, now 51 minutes up on schedule.

Leg 3: Dunmail to Wasdale

(pacers: Jim Mann, Iain Whiteside, Jon Gay, Ben Abdelnoor, and Jess the collie dog; Broad Stand: John Helme)

Anticipating a fast run, Jon Gay had already set off up Steel Fell ('V40 warm up' as he termed it – he had no need to worry!) and I followed behind him with the rest of the team, simultaneously eating a cup of homemade pasta soup. The team was excited and eager to push on, but I was aware that my pace had dropped a little, and I let this happen without worrying too much - my plan had always been to listen to my body and run to my strengths, as opposed to focusing on a schedule. Having said that, we were still making up time on each split, and I was enjoying having Jess herding me along. Iain continued to ply me with food (and I think to also eat all the leftovers I passed back to him – bravo Iain!), whilst Ben and Jim scouted out the best lines ahead. The climb up to

PHOTO © ALEX MCVEY

Helvellyn Ridge

PHOTO © JON GAY

Scafell

Bowfell was probably the hardest of the whole day. I had started to feel sick, and was struggling to eat, but I knew I still had a long way to go. Luckily we were approaching the familiar Wasdale Fell Race route (a favourite of mine), and my mood picked up as I trotted across the rocks on the ridge from Great End to Scafell. Jon Gay pushed on, skirting the summits, to be in place to accompany me on the final section of the leg. Descending from Scafell Pike to Mickledore, I was relieved and cheered to see John Helme and his rope waiting for me at Broad Stand. With a quick scramble I was up, and joining Jon Gay for the short run up to Scafell. We didn't take the best line from the summit, but we lost no time, and were soon slithering down the final scree run (my quads were so very grateful for that scree!) into Wasdale, now 1 hour and 23 minutes up on schedule.

Leg 4: Wasdale to Honister

(pacers: Jon Ascroft, Bill Williamson, Antony Meanwell, Konrad Rawlik, Iain Whiteside, and Jess the collie dog)

Whilst being ahead of schedule was great for me, it made for a rather stressful supporter experience behind the scenes.... In fact, unbeknown to me, it looked doubtful for a while that any of my leg 4 pacers would make it to Wasdale in time. With some reshuffling however, everyone just about made it (Bill did have to chase us up Yewbarrow!). I was still not feeling great, and had definitely slowed down by this stage, but the end was drawing closer, and it was encouraging to have such a time-buffer over my original schedule. I made a poor attempt at eating a cheese sandwich and some Mini Cheddars before ditching the idea of real food and turning to Pepsi and Haribo sweets for the remainder of the round. I enjoyed chatting to Antony, whilst marveling at Bill's brilliant lines (I only wish I'd concentrated more!!) over terrain I thought (wrongly) I knew like the back of my hand. The summit of Great Gable marked a turning point - I knew I'd cracked it at that point. I think I wasn't the only one feeling jubilant as we descended to Honister.

Leg 5: Honister to Keswick

(pacers: Tim Budd, Andy Oliver, Jo Zakrzewski, Rhys Findlay-Robinson, Stephen Birkenshaw, Jon Gay, Konrad Rawlik, Jon Ascroft, Jim Mann)

The last leg seemed 'very social' (as one supporter rightly put it!) both in terms of pace and company. It was like a moving party. Jess - who wasn't supposed to be running this leg - attempted to do so anyway, and nearly took me out upon being called back. I concentrated on putting one foot in front of the other on the climb up Dalehead, smiling when Rhys commented that 'I had my supporters under good control' – he'd checked social media and there was still no whisper of my attempt. We passed over Hindscarth, and on to the final summit (Robinson), where someone took a photograph, and then we all followed Jim down his secret grassy descent line into the valley. The final miles of road passed in a happy tired blur, and suddenly we were in Keswick, and turning onto the high street. Incredibly, and much to our surprise, we were met by a huge crowd gathered at the door of Moot Hall, cheering us on. It later transpired that they were there by complete coincidence, as part of a charity event, Lighting up Catbells for Nepal. Nevertheless, they gave me a resounding welcome – and I made the most of it!

After that we all piled into the pub, and I sat there in a warm and happy trance, occasionally sipping at a token half-pint whilst friends chattered around me – a perfect end to what had been a perfect day.

In addition to my pacers on the hill, I'd like to say a huge thanks to my static support team: Alena Vencovska (mum), Zoe Barton, Alan Scholefield , and Lynne Taylor. There were also a few people that came out to support and missed me because I was up on schedule, so they definitely deserve a mention too: Paul Cornforth, Scoffer, Lins Palmer, John Hewitt, Sabrina Verjee.

Final Thoughts:

A week later, now that the storm of social media has settled down, I have had time to reflect. I know that I ran well, and I am proud of what I did. That said, I don't think I deserve more praise than anyone else who embarks upon a Bob Graham (or any other life challenge for that matter), and puts their heart and being into the attempt, regardless of whether they do it in record pace, or under 24 hours, or whether they succeed at all.

PHOTO © KONRAD RAWLIK

Yewbarrow

PHOTO © ALAN SCHOLEFIELD

Descending to Honister

PHOTO © ALAN SCHOLEFIELD

Descending to Honister

PHOTO © ALAN SCHOLEFIELD

Climbing Dale Head

I have been asked by a few people whether I could go any faster, 92 minutes faster to be precise, which is the time it would take to beat Billy Bland's legendary record of 13:53 (a question I never dreamed I would be answering). The answer is probably (almost certainly) not. His time on the first leg was 31 minutes faster than mine, which is a phenomenal difference.

That said, his time (factoring in rest times) on the final leg was only 5 minutes faster....

So yes, I would be lying if I hadn't asked myself the same thing. Could I have dug deeper, and pushed harder in the second half, rather than drifting slowly towards my original schedule over the later splits? After I'd finished, I was tired, but not completely exhausted. I'd imagined I would be dragging myself around for at least a week after the attempt, but by Tuesday I was back running in the Pentland hills, and feeling surprisingly fresh.

So would I go back and try again? The answer is probably not, and certainly not in the near future. This day was in every way as perfect as it could have been. True, I suffered at times, but even then part of me was still having fun. The weather was beautiful, I was in the company of great friends, and in the fells I love so much. I don't think one can re-live a day like that. Some things are better left as they are, and I have a feeling this is one of them.

BY **STEVE CHILTON**

Peak Performance

The day before this year's London Marathon, where Eliud Kipchoge won in a time just 8 seconds slower than Dennis Kimetto's world best of 2-02-57, and 5 British marathoners ran themselves in to Rio Olympic selection, another performance of barrier-breaking significance took place up in Cumbria. On that day Jasmin Paris completed the Bob Graham Round in 15 hours 24 minutes, beating the previous well respected ladies record by an immense margin 2 hours 42 minutes.

The 62 mile/42 peak Bob Graham Round (BGR) has become probably the most iconic British endurance challenge, and a rite of passage for many fell runners. Over 2000 have completed it under 24 hours, but so far none has come near the awesome men's record: 13 hours 53 minutes set by Billy Bland in 1982. The impressive women's fastest time was 18 hours 6 minutes by Nicky Spinks in May 2015 - until Jasmin Paris took it on.

In the 34 years since it was set, Billy Bland's time has been challenged but no-one has got within an hour of it, and it now has achieved an almost untouchable status. But the enormity of Jasmin Paris's performance has sent shock waves through the fell running community, both because it beat Spinks's time by such a margin, but also because it came within 91 minutes of Bland's overall fastest time. Two statistics illuminate this point. First, Paris is now the 6th fastest EVER to do the round, with just four other male athletes with completion times ranging from 14-30 to 14-59 between her and Bland's fastest ever. Secondly, one commentator has suggested that her performance is Beamonesque in its level of advance. For comparison, Bob Beamon increased the World Record for the Long Jump by 6.6% when he leapt out to 8m 90cm at the Olympic Games in 1968, a mark that was not beaten for 22 years. Jasmin Paris's time has taken 14.9% off the previous ladies record for the BGR, and some are suggesting it may be so far out there that it could also last for decades.

Jasmin Paris is 32 years old, and runs for Carnethy Hill Running Club. She is a specialist small animal vet, working at Edinburgh University. She is currently taking a break from clinical work to do a PhD, researching stem cells in Acute Myeloid Leukaemia, at the Centre for Regenerative Medicine.

Paris had prepared assiduously for the record attempt, particularly on the fells in the Lake District that make this such a tough challenge. She completed a traverse of the round in full winter conditions in February (in 22 hrs 28 mins), and then repeated it a little later (in March) in better weather over two days, all as part of her fine tuning of what was already an excellent endurance background. Paris comments that this two day effort included, "a B&B stop and several ice creams along the way." Analyzing the GPS trace afterwards, she realised that she had been "running at 17-18 hour BGR pace for much of the time, despite the packs we were carrying." She started to feel more confident.

An indication of both her prior fitness and ability to mix it with the men is the result she achieved at the Dragon's Back Race. It is sometimes called 'the toughest mountain race ever', as it traverses Wales over five days, a distance of 200 miles, with 8½ miles of ascent. In 2015 Jasmin Paris finished second overall in the race.

A distinctive feature of the Bob Graham

Round is that it is not a race, you can do it whenever it suits you. Paris's attempt on the record was originally scheduled for the weekend beforehand, but she was slightly ill with food poisoning, so it was put back a week.

On the day she had good weather, and a fantastic support team, comprising some of the finest runners available. Yet she managed to keep the attempt pretty much out of the public eye in order to minimise the pressure on herself. One of her support team noted: "Jasmin was being a little coy about her ambitions, or at least that's what we thought. In reality, she really didn't know quite how fast she was going to go .... and would just run and see how she felt."

Paris admits in her own report of the round that a schedule for 17 hrs 15 mins was her original guideline for pacing the round. Looking back at that schedule (for the 42 peaks), there were only four peaks where she lost time on her original target schedule, and that totalled just seven minutes. There were nine tops where she was on her target schedule, and all the other 29 she gained time.

The Bob Graham Round is usually considered as consisting of 5 'legs', with road support at 4 standard points, where food and drink can be taken on board, clothing changes considered, and support pacers changed. Although the time data above suggests relentless progress, the Bob Graham Round, like any endurance effort of this length, will usually throw contenders some low points. In an Q&A blog for her sponsor Paris describes how she felt as she tackled Bow Fell. "As one of my supporters on leg 3 put it, I went 'silent' at this point. For me, this was the point when I started to tire, and to question the speed at which I had run legs 1 and 2, knowing how far I still had to go. It didn't help that I had started to feel sick, and was struggling to eat anything substantial." But she finished well, and says now that "the final miles of road passed in a happy tired blur."

It will be interesting to see if this remarkable lady's performance has a revitalizing effect on other runners' interest in attempting to take on Billy Bland's time for the round, which has become something of an unapproachable peak to many.

Recently fell legend Joss Naylor was at a charity event at Brathay Hall celebrating his 80th birthday, and was sharing a stage with fellow legends fell Billy Bland and Kenny Stuart. At the event all three were all asked why the current crop of elite athletes were failing to produce the same results as those competing several decades ago. Billy Bland commented, "it seems there are too many distractions nowadays. There was still only 24 hours in a day back then, it is how you use those hours that counts."

I would argue that Jasmin Paris has answered that implied criticism succinctly. She has been putting in outstanding performances for a couple of years now. She is perhaps seen as an ultra runner, and has her eyes on taking part in the Ultimate Tour de Mont Blanc (UTMB) as a future target. Who is to say she won't take the fastest known time for that next?

It is interesting to speculate whether a runner from the ultra field might be the one to take on and beat Billy Bland's fastest time for the Bob Graham Round. One possible contender might be Kilian Jornet, who was recently in the Lakes, at a training event set up by his sponsor (Salomon). Whilst his pedigree is outstanding, with many wins at global ultra and mountain running events, those in the know have questioned whether the need for local knowledge of the terrain and for appropriate support to be in place would be an issue for him.

Personally, I do hope he is convinced to come over again and have a crack. It would certainly be interesting to see how he fared, and whether he can break that particular spell.

Meanwhile, massive respect is due to Jasmin Paris for her stunning performance on the Round, and we await her future races and endurance challenges with huge anticipation. She undoubtedly has the ability and commitment to take on, and record new records for, similar challenges in the UK, and leave her mark indelibly on running history.

Steve Chilton blogs at https://itsahill.wordpress.com/ and is the author of a history of the Bob Graham Round (*The Round: in Bob Graham's footsteps*, Sandstone Press, 2015)

Final Summit

PHOTO © JON GAY

Bingley Harriers & AC

The Fell Runners Association

Annual Dinner Dance and Presentation Evening

Saturday 12 November 2016

Accommodation: A limited number of rooms are available at the hotel on a first come first served basis for the Saturday night at £100 B&B per room. Please contact the hotel directly on 01756 700100 and mention the event and date. Rooms to be booked before end September.

AT THE

Rendezvous Hotel

IN SKIPTON

6.30pm for 7pm

TICKETS: £26 per head, available from 1st September 2016, includes three course meal and dancing to 'The Fabulous Picasso Brothers'

Tickets available in September from David Weatherhead, 16 Birchlands Grove, Wilsden, Bradford, BD15 0HD. Email: dtwace@aol.com. Cheques payable to: Bingley Harriers & AC Please send payment for tickets with SAE indicating any special dietary requirements, also club and any seating preferences or other requests and we will try to oblige. Maximum places 200.....don't be disappointed.

Harriers v Cyclists

On the same day, why not take in the unique Harriers V Cyclists (BS/8.5km/288m) from the Fishermans Inn, Wagon Lane, Bingley, BD16 1TS. GR SE 117384 (about 20 minutes drive to the Rendezvous Hotel). Runners' entry £6, Cyclists' entry £10. Entries on day. Start 12.30
See FRA calendar for more details or at
www.bingleyharriers.co.uk/events/harriers-vs-cyclists/

A Bingley Harriers & AC Promotion

Hope Hill – The high point of the Harriers v Cyclists

BY GRAHAM BREEZE

A Sense of Perspective 45 Years of the FRA

In homage to Bill Smith (1936-2011). Graham's history of the FRA has been serialised over 4 issues.

Lakeland Classic Trophies

PHOTO © PAUL WOOD

2001: FOOT & MOUTH DISEASE

Memory fades but fell runners who were there will never forget 2001 and the eradication of most of the race calendar from March onwards , including the Championships, until Borrowdale famously went ahead in August with Prince Philip presenting the prizes. Even so, whilst that dreadful summer meant runners could not get out much onto the fells, race-life still went on with race organisers meeting the needs of their customers for a regular off-road running "fix" in, for example, urban parks.

Dave Parry, race organiser *par excellence* with over 1,500 races to his credit, even arranged a delightful out-and-back 10-mile race along the seashore - the Redcar & Saltburn Sea Shanty - where the receding tide allowed an outing for studs in sandy, soggy, underfoot conditions; albeit with only a limited test of their climbing ability.

Dave Parry

PHOTO © GRAHAM ARNOLD

The Fellrunner, with few race reports to print, was also a bit thin in 2001 and material was so lacking that the then Editor, Dave Jones, let me know that he might even have space for a first article from me and so, as they say, every cloud…

2002: A New Trophy

The return of a full Calendar for 2002 was celebrated with the creation of the Lakeland Classics Trophy Grand Prix which, although not a FRA Committee initiative, was warmly received by the great and the good.

The novel idea of a non-club based Grand Prix had been developed by Brian Martin, then FRA Statistician, based on suggestions contained in two articles published in the October 2001 *Fellrunner.* These were *Race Profile - The Three Shires Race* by Selwyn & Elaine Wright and *Classic Fell Races: Will Long "A" Races Survive?* by this writer. These raised the issue of the relative unpopularity of tough western races like Wasdale and Ennerdale.

This year will see awards presented for the 15th Lakeland Classics Trophy, now organised by Ben Abdelnoor and Bill Johnson. So all that should be recorded here is that the organisers for the first 10 years of the Trophy (Brian and I) were always grateful to the FRA for its support and particularly for allowing the LCT awards to be made at the formal FRA Annual Presentation Dinner as an *entr'acte* between the English and British Championship presentations.

Fell running terrain during the Foot-and-Mouth outbreak of 2001. Redcar Beach

PHOTO © REDCAR & CLEVELAND BOROUGH COUNCIL

2003: "X5" VETERAN CATEGORIES

When the FRA became a Limited Company in December 2011, one significant change was that more formal Articles of Association, based on Company Law, replaced the then most recent FRA Constitution. The business agenda for an AGM of FRA Limited thus became more limited than before although at the end of formal business proceedings the traditional opportunity for members to raise informally any subject they wished with the Committee was retained.

Until 2011 it had been possible for members to propose formal AGM motions on prosaic running, as distinct from constitutional, matters even if the elected FRA Committee opposed them. In 2003 one

such motion was a proposal for the English Championships to include medals in the "X5" categories (i.e. V45, V55 etc.). Those who have complained of interminable Annual Presentation Dinner medal presentations might wonder if that was such a good idea but there we are. The British Athletics Hill And Fellrunning Championships have never recognised "X5" categories; but then neither do they recognise that some very good fell runners are still strutting their stuff in their 70s.

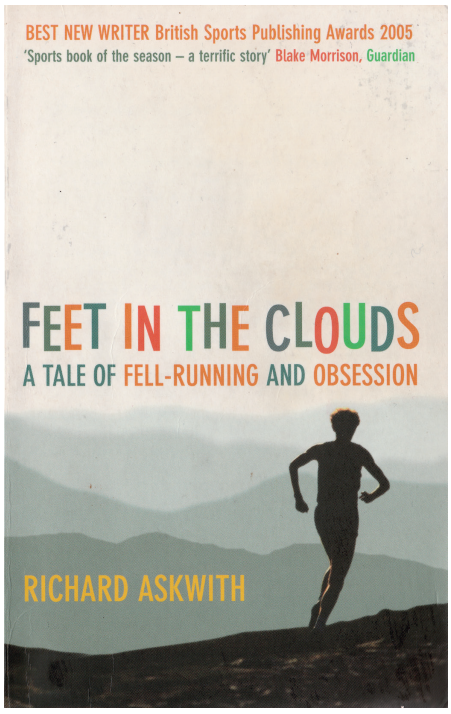
There were 32 members present at the 2003 AGM or 0.5% of the FRA membership and one might wonder if AGM ballots based on such tiny representation really reflect the will of the membership when it is clearly easy for the proposer of a motion to "pack the room" with supporters. However, the proposal to award additional "X5" medals was agreed by the majority of those present for implementation when "meaningful competition" existed. This was all very well except that the proposers of the motion left it for others to agree a definition of "meaningful competition". This is, of course, a matter on which there were then and still are many views. Would it be right for, say, an 80 year old to literally walk round a single short English Championship counter, compete in no other fell race at all that year and yet, in the absence of competition from other 80 year olds, claim an English Championship V80 Gold Medal?

Opinions vary but the number of age categories grows and English Championships "X5" medals are here to stay.

2004: FEET IN THE CLOUDS

Richard Askwith's *Feet in the Clouds* was a publishing phenomenon.

His concept was brilliant: although I curse him for his opening line which is now plagiarised by every would-be adventure writer who prefers a cliché to writing with



his or her own voice. However since Richard generously wrote the introduction to the autumn 2012 *Fellrunner* supplement, *Writing By Bill Smith* – and refers kindly to some of my published views in his *Epilogue* to the 2013 edition of *Feet In The Clouds* – he can do no wrong.

In the *Epilogue* Richard discusses the alleged "*Feet In The Clouds* Effect" of bringing about an increase in the popularity of fell running in the years after its publication and, if true, whether or not that was a good thing. His discussion is eloquent and persuasive. The facts are that when *Feet in the Clouds* was published FRA membership had reached 5500 over 35 years and it then grew by 1000 in the two years following publication - with membership surging past that of the Long Distance Walkers Association (LDWA) which had been founded two years after the FRA in 1972 - before settling down to more steady growth which peaked at around 7000 members.

Later, FRA membership actually fell after the FRA introduced a Direct Debit annual subscription system for 2015 so one could say the "*Feet In The Clouds* Effect" has been neatly counterbalanced by the "FRA Direct Debit Effect"; although current membership is now around 6500 and rising again steadily.

As an aside, the LDWA is currently experiencing significant growth, mainly through better retention, and with around 8500 members (Source: *LDWA -The Story So Far*) it is now significantly bigger than the FRA.

But to return to Richard's book: I think publication did prompt an increase in membership but some of those new members might have found their way to fell running anyway. Having arrived they then either stayed within the sport or departed as part of the normal annual churn of members. And since Richard's book has sold well over 50,000 copies, it follows that, whatever their enthusiasm for the book, most of the 50,000 readers decided that joining the FRA was definitely not for them, so any "effect" was clearly limited.

Who cares? *Feet In The Clouds* is a cleverly constructed and some might think an inspirational book that contains the best writing on fell running (*Stud Marks on the Summits* being *sui generis*) and which has become the exemplar for similar books on other sports.

2005/2006: DISASSOCIATION, SECESSION AND DEMOCRACY

Some FRA members have never been, and probably never will be, content with an FRA that is anything other than independent. In 1990 a motion was proposed to the AGM that the FRA should dissociate itself from the then Regional Athletics Associations. The motion was defeated but the general issue never really goes away and reappeared for the 2005 AGM.

That AGM was more exciting than many because of the motion, which did not have the support of the FRA Committee, that "The FRA Committee will, whenever it deems it to be appropriate, dissociate the FRA from UKA and establish the FRA as an independent organisation". Attendance rocketed to 71 people.

The motion was passed but the proposers left it to the FRA Committee to determine what "whenever it deems to be appropriate" meant. There is a pattern here and, not for the first time following a FRA AGM, the Devil would have been in the detail.

However on this occasion the detail was never determined because two unhappy members proposed a motion for the following AGM (18th November 2006) that the FRA should secede from UK Athletics…and not later than 1st February 2007. Because the motion had been submitted too late for proper consideration by the AGM, according to the normal notice procedures, it could only be discussed during the post-formal meeting discussion. A show of hands in the room "overwhelmingly supported" secession, which, as we shall see, throws a bright light on a democratic process.

At that time there were some serious issues of dispute between the UKA and FRA, notably over UKA unilaterally deciding that all fell races needed to be under the control of a "UKA qualified" official of which in fell running there were precisely none. As good a way as any to prompt the FRA to leave the umbrella of UKA and take fell running with them?

But, as is often the case in an adult world, the respective parties talked with each other and the difficulties were resolved after the FRA again explained fell running to UKA, a sport about which, perhaps, it has relatively little understanding or real interest. This despite the unstinting liaison work of Alan Barlow who uniquely served two consecutive 3-year terms as FRA Chairman (2000-2006) and devoted much effort to FRA-UKA matters.

Nevertheless the FRA-UKA interface issues were fundamental enough to threaten a schism and so the FRA Committee by October 2006 (i.e. before the 2006 AGM) had already set up a "Future Options" Sub-Committee "to look at the various options for the future of the FRA" and report by March 2007. The essence of the "Report from Future Options Sub-Committee" was printed at length in the spring 2007 *Fellrunner* and made available on the FRA website, along with a formal Response from the then FRA Chairman (Tony Varley) and details of a Postal Ballot of the full membership.

2007: THE POSTAL BALLOT

Member were asked whether (or not) they agreed with the view of the FRA Committee "that the FRA should stay affiliated with UKA for the present and review the future position in the light of experience".

There were 2853 responses of which 2449

(86%) supported the Committee. The FRA remains affiliated.

What do I, as someone who was on the Committee at the time, recall from this test of a democratic process? First, that it was frighteningly easy for a mere 71 people voting by show of hands, despite little accurate information but a lot of emotional lobbying, to jeopardise the stability of a great institution.

But secondly, that when the entire FRA membership was balloted and valid objective information was made freely available, a true, overwhelming majority of members produced a considered, valid, and intelligent outcome. And from that viewpoint, the £2851 of FRA funds spent on the ballot was probably good value.

There are thousands of words on this subject in the October 2006/spring 2007 *Fellrunner*s but, in summary, with the FRA having persuaded UKA to let it run the sport in its own way and the FRA membership having spoken, the issue of "secession" has, for the present, gone away; at least in fell running.

2009/2012: THE VISION THING

I was elected FRA Chairman in November 2009 and an illustrious member asked me at the time about the "vision" for my three-year term in office. In reply I paraphrased Harold Macmillan and said that I felt dealing with "events" would be a sufficient challenge without the need for any overriding "vision".

In fact in 2009 it is unlikely that I would have forecast many of the issues that dominated my 3 years in office, which included:

- a more rigorous approach to ensuring compliance with junior age rules which were being flagrantly disregarded by certain race organisers, and others
- the death of Bill Smith in 2011
- transforming the FRA into a Limited Company in December 2011 to protect Committee Members from the risk of personal unlimited liability
- metrication of the Calendar from 2012
-and, most profoundly, the tragic death of Brian Belfield in 2012.

PHOTO © ANDY JACKSON

Madeleine Watson, the first, and so far only, female Chair of the FRA

Brian Belfield, Staffordshire Moorlands AC at the Cardington Cracker in 2010

PHOTO © AL TYE FELLRUNNINGPICTURES.CO.UK

I was fortunate and privileged to chair a committee that included all the expertise that the management of fell running needed. The key task for the FRA Committee never alters and that is to focus its huge expertise on reaching the right conclusion on every issue that comes its way, and then implement those conclusions with confidence that committee decisions are robust and that any ill-informed "noise" will fade away in time.

During the period when the FRA safety requirements were being revised in the context of the Brian Belfield Inquest, the then Chair, Madeleine Watson, had to deal with excessive, unjustified and vituperative criticism of the work being carried out by the volunteer fell runners on the FRA Committee she was leading. During and for some time after this period the number of people coming forward to serve on the Committee and "put something back into the sport" fell away. One need not spend long wondering why but fortunately for the sport the last couple of years have seen a welcome growth in new Committee members bringing refreshing new ideas and revitalising enthusiasm.

2012: BRIAN BELFIELD AND SAFETY IN FELL RUNNING

At first light on the morning after the 2012 Buttermere Sailbeck race I was informed, as the then FRA Chairman, that Brian Belfield (Staffordshire Moorlands) was missing. Brian was found later by a RAF helicopter working in conjunction with Mountain Rescue Teams at Scar Crag, which is some way from the race route.

After that phone call, action taken by the FRA Committee was in accordance with legal advice up to, during and for some time after the Inquest where the Coroner established the cause of Brian's death to be "exposure and hypothermia".

One of the first actions in 2012 of the newly appointed Chair (Madeleine Watson) was to re-establish the FRA Safety, Equipment and Rules Sub-Committee in preparation for the anticipated Inquest, which was eventually held in Cockermouth, 17 months after Brian's death, in September 2013. The Inquest lasted for 4 days and the FRA Chair, and others, were present throughout. In consultation with the Chair, I represented the FRA. UKA were represented by their own officer. UKA funded separate legal teams for the race organiser and for the FRA/UKA. Forty witnesses either attended to give evidence or provided witness statements.

Whilst the Coroner concluded that Brian's death from exposure and hypothermia was an accident he wrote to the FRA in October 2013 to express seven concerns about safety in fell running. As noted above the FRA had been reviewing its Safety Requirements, with wide publicity to prompt healthy debate, during 2013 and this review allowed relevant updated documents to form part of the FRA evidence to the Inquest.

The intensive work carried out during 2013 allowed the FRA Directors to provide a full and speedy formal response to the seven concerns expressed by the Coroner including point-by-point references to the revised FRA Safety Requirements documentation. Reassuringly the Coroner accepted the formal unanimous response from the FRA Committee in full and without further comment. This acceptance concluded the legal process and allowed the new race Calendar to appear for 1st January 2014. A key factor in the 2014

implementation process were Race Organiser Workshops, led in all cases by the Chair with FRA Committee Members in support, and attended by around 150 race organisers.

The FRA Safety Requirements were later refined for 2015 in the light of experience and feedback which was consistent with the commitment the FRA Directors had provided to the Coroner in December 2013 that the principle underpinning safety was one of continuous improvement.

1970/2015: SAFETY - THEN AND NOW

When fell races started to move under the umbrella of the FRA from 1970 there were no safety requirements so everything that is now in place has been introduced and amended over the past 45 years. My perception is that the implementation of increasingly demanding safety requirements over the decades, which are acceptable to those who compete, has been the most difficult internal issue with which the FRA has had to deal.

The implementation of every change from the death of Ted Pepper in 1978 to that of Brian Belfield in 2012 has been sensitive within a democratic sport where, in essence, its participants are held to be responsible for their own safety and so do not take kindly to being told what to do.

The FRA Committee, made up of experienced fell runners, has legal responsibilities for the well-being of the sport but cannot implement effective change without the overall support of a membership which recognises and accepts change to improve the safety of fell races and thereby ensure that the sport can continue.

This historical review has revisited the deaths of five runners: Ted Pepper, Bob English, Carol Matthews, Judith Taylor and Brian Belfield.

First, because it is right that they should be remembered for as long as the sports exits, secondly to recognise the greater scrutiny under which the sport now operates and, finally, to applaud the changes that those who have managed the sport over 45 years have brought about.

In my view the two years following the death of Brian Belfield may have been the most challenging in the history of the Fell Runners Association, especially for those in key positions on the FRA Committee who were committed to and responsible for ensuring the future wellbeing of the sport.

Fell running is a hazardous sport but it is now as safe as it has ever been and following the deaths of fellow fell runners that is as it should be.

CALENDAR CODA

If the FRA came into being in 1970 because of the vision of a few people and the production of a modest list of races it is perhaps fitting to return to that starting point and complete the circle.

The first Calendar included around 40 races and this was amended and supplemented during the year, eg the Slaithwaite Band Carnival Race was added for September 1970 but, alas, it did not survive into 1971.

But other races there then are still here now: the majestic Ennerdale Horseshoe and the more humble Eldwick Gala, the Three Peaks Race, Thieveley Pike, and others. Reflecting on races that have lasted the distance, such as Fairfield, must surely evoke a reassuring sense of continuity; race organisers come and go but the races, *the races*, remain the same. Fairfield Horseshoe started back in 1966 and it just feels good to me that in 2016 fell runners can set off running (pretty much) over the same countryside as their fore-fathers.

Technology has affected most sports over the past half- century but perhaps not quite so much in fell running - well shoes are a bit more technical and a lot more flamboyant and, of course, the "bells and whistles" allegedly justify their high cost - but in fell running so far there haven't been many calls for more carbon fibre or touch line cameras.

And yet as our glorious, full-colour Handbook and Calendar displays, this story has been one of changes in the sport undreamed of by those few who assembled in Whitehough Camp School after the Pendle Fell Race on April 4th, 1970. Or the 117 (all male) members listed in the first *Fellrunner* and who stayed loyal during the early years of struggle for the FRA: and indeed have remained loyal because some 20 of those 117 are still members of the FRA including one regular contributor to this journal and another who is still regularly winning vet. category prizes!

So if part of this story has been about growth, in numbers of races and members, and a broadening of the sport then perhaps one illuminating picture is provided in the accompanying table of the number of runners completing the biggest and most famous fell race in Great Britain, first run in 1954 – long before the birth of even the venerable FRA.

THREE PEAKS RACE FINISHERS

1954	3
1964	75
1974	251
1984	369
1994	407
2004	407
2014	704
2015	702
2016	703

MIKE ROSE, BILL SMITH AND TRADITIONAL VALUES

When amateur fell races became organised under the FRA 45 years ago life was simple for a minority male sport. There were few or no rules, access problems, juniors, women, media interest, internet, litigious society, commercial organisations seeking profits, and so on.

In November 1999 Mike Rose wrote to Bill Smith and speculated that one day someone would write a history to show how the role of the FRA had developed over the years. Mike accepted that with the rapid growth of fell running it was inevitable that the simplicity of the early days would disappear but he hoped that, whilst there was a need for basic rules to ensure fair competition and safety requirements, the sport would not become too bureaucratic.

He wrote, "I do hope the FRA is able to maintain the traditional values of our sport over the next thirty years".

We are only half way through Mike's "thirty years", history is not always a good indicator for the future and the current Committee must deal with new issues as they arise in a changing world; but hopefully the sport and the FRA will survive and thrive for many years… so I get full value from my FRA Life Membership.

AUTHOR'S NOTE

To serve the sport of fell running by being elected its Chairman is a privilege so far experienced by only fifteen people and I hope I have conveyed my personal pleasure and gratitude. But if, in Richard Askwith's phrase, this story was more fun to write than to read, then I apologise.

APPENDIX: FRA CHAIRS/ CHAIRMEN

1970	Alf Case
1973	Frank Travis
1975	John North
1979	Peter Knott
1982	Danny Hughes
1985	Norman Berry
1988	Dave Hodgson
1991	Selwyn Wright
1994	Alan Judd
1997	Richard Day
2000	Alan Barlow
2006	Tony Varley
2009	Graham Breeze
2012	Madeleine Watson
2015	Nick Harris

(The normal term is 3 years subject to the effect of varying AGM dates. Alan Barlow served for two terms).

FURTHER READING

The Fellrunner: Copies up to October 2006 are available on the FRA website. Printed copies are available via the FRA Library.

Stud Marks On The Summits: Bill Smith (SKG 1985). Out of print but viewable on the FRA website and there is an active second-hand market. A reprint is planned

Feet In The Clouds: Richard Askwith (Aurum) 2004 and 2013 (revised).

It's A Hill, Get Over It: Steve Chilton (Sandstone Press) 2013.

BY **DENISE PARK** MSC MCSP SRP GRAD DIP PHYS

Name that Pain

Foot and Ankle Injuries

A study which I carried out in 2011 revealed that 35% of all injuries experienced by fell runners are in the foot and ankle. If we also include injuries to the calf and shin muscles – another 15% of all injuries, we find that 50% of fell running injuries occur in the lower leg, foot and ankle.

Many running injuries allow you to continue training with a degree of discomfort, but an injury to the foot or ankle is often a showstopper preventing any running. It is an amazing part of the body which can withstand 2-3 times our bodyweight and the extreme positions and stresses of fell running, but when it goes wrong it can be one of the most stubborn areas to get right. Plantar fasciitis, Achilles tendinopathy, and stress fractures in the foot are all horrendous injuries, which can drag on forever if not diagnosed and managed appropriately.

As the foot and ankle are complex structures, many runners have no idea as to the cause of their symptoms, and without this it is difficult to decide whether to rest, try to run through the pain, or go to the local A and E department for further investigations. If the pain is in a particular area, and there is or isn't an obvious cause of injury, it is possible to try and self-diagnose the possible cause of the problem to allow you to decide on the most appropriate course of action.

An understanding of the basic anatomy which may help you self-diagnose

Ligaments connect bone to bone. They are strong fibrous bands which hold the bones together. If they are damaged there is usually a memorable injury as they are often strained by trauma such as turning/spraining the ankle. In more severe cases the ligaments can be partially or fully torn (ruptured) causing the area to feel weak or unstable. It is possible for the ligaments to be damaged by poor foot alignment as this causes the ligaments to be strained repetitively due to the position of the bones. In this situation the pain usually worsens over a period of time rather than the sudden onset of an injury.

Tendons are cords of inelastic tissue which attach the muscles to the bone. There isn't usually a history of an injury, unless the tendon has been ruptured when there may be a memorable 'twang' when 'something went'. If the tendon has ruptured, the part affected may be very painful initially, but then the pain may subside quite quickly as the structure is no longer attached. Bruising may be present, but the most obvious symptom is that you are unable to make that part of your body work properly and it may feel weak, unstable or 'floppy'.

The tendons can become inflamed – which is referred to as tendinitis, but when there is no sudden cause of injury it is now usually referred to as tendinopathy. This is often caused by an increase or change in training programme, but may also be caused by a change in footwear which alters the support of the sole of the foot. Tendon pain can be on any aspect of the foot or ankle but the most common in fell running are the Achilles tendon, the peronei tendons (outer aspect of the ankle) and the tibilais posterior tendon (inner aspect of the ankle).

If there is degeneration of the tendon cells due to a long-standing problem it is referred to as tendinosis. Different tendon injuries are treated slightly differently, but it is usually necessary to modify the activity which has caused the problem. Eccentric exercises have found to be extremely beneficial when there is any degeneration of the tendon as this helps to stimulate normal tendon cell production.

Fascia is the sheet of connective tissue which separates or binds muscles, bones and organs together. The plantar fascia is a very strong, tough fibrous sheet of connective tissue on the sole of the foot. If some of the fibres have been torn it may be possible to remember the injury, but the first symptom is often pain under the heel or in the sole of the foot especially on getting out of bed in the morning.

Muscles in the foot control the fine movements of the toes and help to stabilise the arch in the foot, and it is uncommon to present with damage to these muscles of the foot. However, the movements of the ankle are controlled by the muscles in the lower leg so an area of damage in the shin or calf may affect the structures in the foot and vice versa. Tightness in the calf may cause tightness in the Achilles tendon, or a problematic Achilles often causes tightness in the calf.

Nerves are enclosed, bundle-like structures which carry electrical signals from one part of the body to another. If these are affected they can cause pain, weakness or numbness in that area or in another area of the body depending where the nerve travels to and how much compression is being applied. Morton's neuroma is caused by a nerve being compressed between the bones in the foot and will cause symptoms in that area, but symptoms in the foot and ankle could also be caused by a nerve being compressed as far away as the spine. Nerve symptoms can often be misleading and can result in inappropriate treatment to the wrong part of the body. A compressed nerve in the spine could cause weakness of the foot or ankle muscles and in this situation the compression needs to be removed as soon as possible or the nerve could become permanently damaged and cause a condition such as a 'dropped foot'. If in doubt, seek medical advice sooner rather than later as an accurate diagnosis may be very important.

Bones are the rigid structures which make up our skeleton. They can be broken by trauma as I described in my last article, or by an increase in load resulting in a stress fracture. If a site of bone pain

does not seem to be resolving, even if it has already been x-rayed, it is worth considering a scan to determine if there is either a stress fracture or stress reaction which hasn't been visible on the x-ray. Many stress fractures are not visible for the first 6 weeks so may be misdiagnosed in the early stages. The outer covering of the bone – the periosteum – may also shows signs of damage which is referred to as a stress reaction. This often occurs prior to a stress fracture, so if this is present, it is important to avoid further damage which will then take longer to repair. Rest, modification of training programmes and diet may all need to be addressed to help with bone repair.

Joints are the point of connection between the bones of the skeleton. Joint damage is usually assessed by x-ray, but it must be remembered that 'wear and tear' is normal, and it is the level of this damage that determines if it is relevant. It is important to assess the symptoms and site of pain as the x-ray may identify something which has been present for some time and isn't necessarily the cause of the current pain. If you have been told you have joint degeneration and you should give up running, but can still run for miles relatively pain free, do not blindly accept that the joint is the cause of your pain.

In cases of joint degeneration, movement is still encouraged to maintain flexibility and strength, so it may be that you just need some modification of your activity rather than termination.

An x-ray may also identify that the cartilage covering the bone has been damaged, occasionally causing a fragment of the cartilage to be sheared off during activity. Whilst this used to be viewed as a major injury, it now appears that with the right advice, good rehabilitation and modifications in training and sometimes running style, a return to sport is possible.

Some of the more common, possible causes of foot and ankle pain in fellrunners

Below are some images which may help you to identify the most common problems based on the site of the pain, but this is by no way an exhaustive list and is not a replacement for seeking appropriate medical advice.

Causes of foot and ankle injuries.

When there hasn't been an obvious injury such as a fall, there is usually an underlying cause of your symptoms. Some of the most common causes are:-

- An increase or alteration in training – responsible for almost half of all injuries.
- Change in training surface – eg. more road or track training.
- Change in footwear, or poor or worn-out footwear.
- Inadequate recovery or rehabilitation following a previous injury.
- Lack of warm-up.
- Fatigue or inadequate recovery periods after intense training or racing.
- Poor running style.
- Biomechanics which need correcting eg. high or low arches in the feet.
- Bone abnormalities causing stress to other structures.
- Limited joint mobility or stiffness.
- Poor core stability.
- Poor balance or proprioception.
- Tight shoe laces.

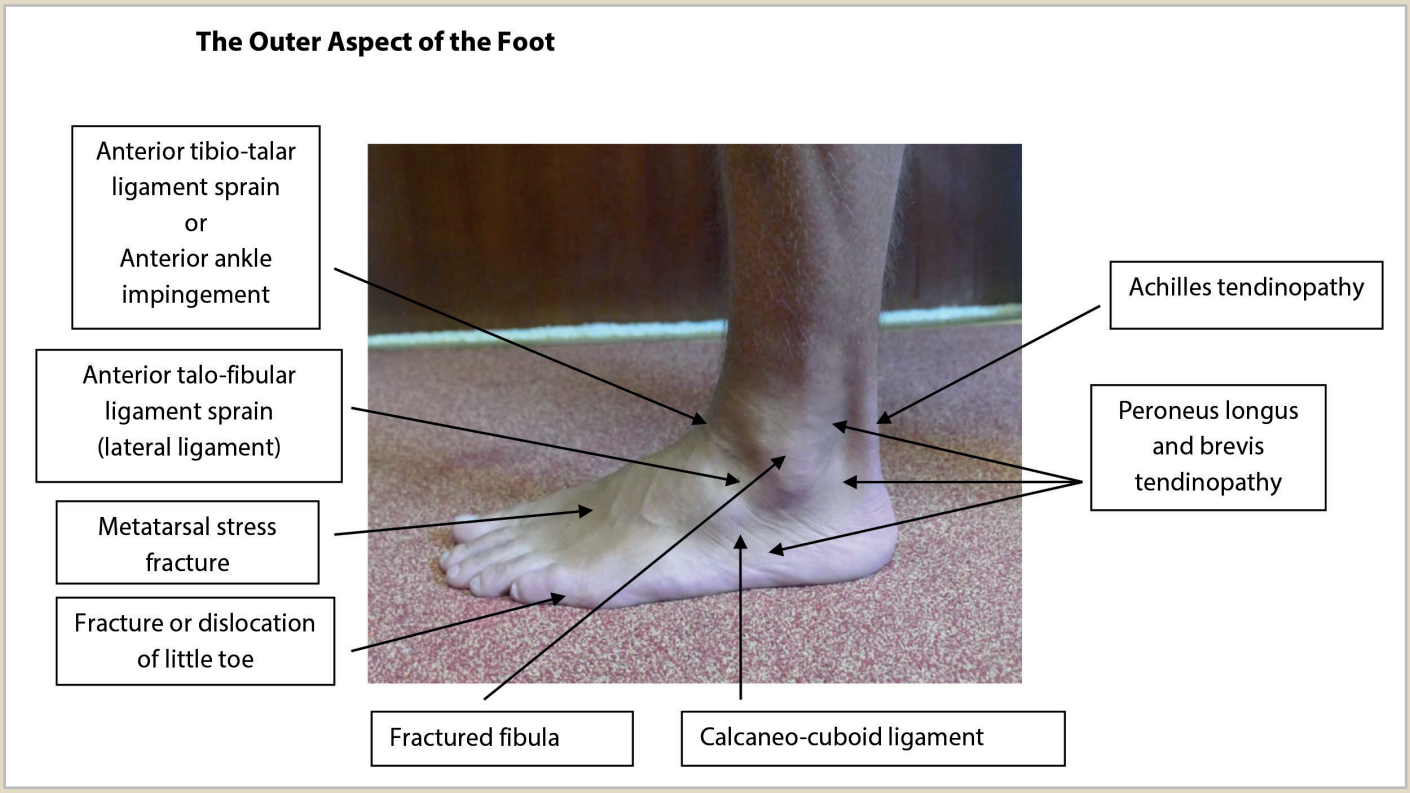
Hopefully this guide will help you to self-diagnose and identify the possible cause of your problem. This in turn will enable you to formulate a plan of action to avoid further damage and follow the correct path to recovery.

Denise Park Physiotherapy Practice

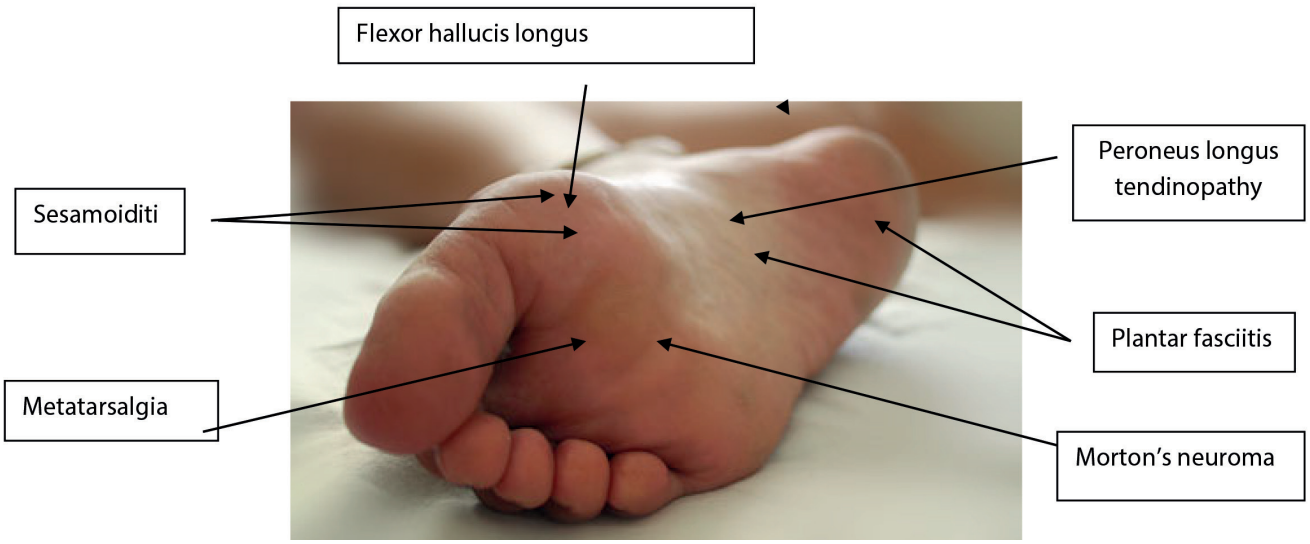
I am pleased to announce that another physio has joined our team at Clitheroe. Anna Anderson has represented England as a junior at fell running, GB in the World Age Group Aquathlon and Sprint Triathlon Championships and has also swum the English Channel as part of a 6 person relay team. Anna joins myself, Dr Russ Wrigley, and Sarah Tunstall (when she isn't racing abroad) offering physiotherapy diagnosis and treatment, and Victoria Wilkinson, our sports and remedial masseur. I think you have to agree - a mountain of experience under one roof!!

We offer appointments to anybody with a musculoskeletal related problem – you don't have to be a runner, and you don't have to be 'good enough' to attend. We try to help everyone at whatever level.

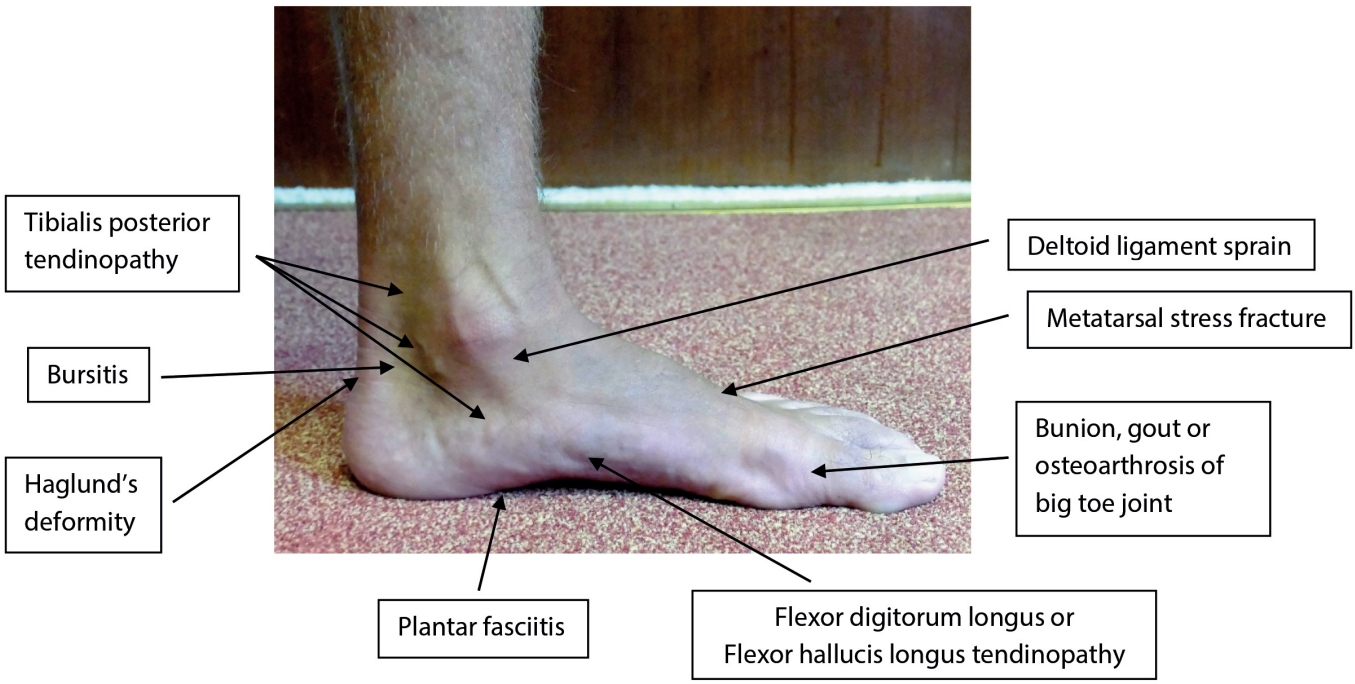
Sites of foot and ankle pain



The Sole of the Foot



The Inner Aspect of the Foot



Denise Park's physiotherapy practice is based in Clitheroe and offers four chartered physiotherapists specialising in sports-related injuries, and a sports masseur.
For further information and contact details go to:-
www.deniseparkphysio.co.uk

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BY **GRAHAM BROWN**

Running Where Ravens Soar…

In the run up to his latest exhibition 'Bollington Three Peaks' graphic artist 'Jonny Fellrunner' Tatham, talks to fellow Macclesfield Harrier Graham Brown about fell-running, art and beer!

"The new exhibition came about when Bollington Brewery asked me to come up with a new identity for three special beers they were producing for the 'Three Peaks fell race'. "How could I turn down a brief that involved a fell race, art and design and beer?"

"I'm probably best known for my Bob Graham influenced work I guess, but I've taken a different direction this time. There are four canvasses entitled 'The Nature of Fell running' which come from being up in the Lakes - you know 'running where ravens soar'. There is also some influences from street art and cross over from the t-shirts I do."

Art and the creative process

Jon got into art directly through fell running "I was working in Bollington and started running with Macclesfield Harriers. Phil [Barnes ex Macclesfield Harriers, now Pennine] and his wife Carol were putting on an exhibition to celebrate the Jubilee in 2012. I'd always wanted to do something but hadn't. So Phil said do something - there's no boundaries. The subject was White Nancy [local Bollington landmark and one of the hills in the Bollington 3 Peaks]. It was one piece alongside other artists. The reaction was unbeleiveable. They then invited me to do another exhibition, so I presented the Bob Graham Round series. And that's how it all started…"

Working as an Art Director for a leading advertising agency based on the outskirts of Macclesfield, Jon is not a full-time artist, yet. "I started out in print and pre press and I know a fair bit about typesetting and typography which has helped me in my graphic design and creative roles. So what I do comes from my background in print and design, graphic design with some artistic nuances. I'm more a creative as to me that means thinker; so it's not just the execution, it's the concept behind it. That's what I'm all about!"

"My typical creative process starts with a pen, paper and notes. I always have a book of ideas and maybe graphic things that I've doodled. These normally happen at the same time, if not then I marry them up. Each piece starts with a concept. The current exhibition has 12-13 pieces. It took 1-2 months to complete."

Inspiration, Bob Graham series and future work

The inspiration for Jon's work is either places he's been to or had great affinity with

"Coniston was my first category 'A' race. It was a big achievement at the time."

"I'm not really inspired by artists themselves, more by things and people. But I like the work of street artists and old graffiti writers like David Carson who was a graphic designer who blew up onto the surf scene (I'm an ex-surfer). I love some Lowry stuff and photographers like Stephen Shore and Martin Carr."

"I did my Bob Graham in 2011. I'd had a few ideas in old note books and sketch pads beforehand. I remember seeing pictures after my attempt and I thought I could do better. I wanted them to be real: from someone who knows about it. It just felt a very natural thing to base my artwork on. It comes from the whole typographical side of things. And then progressing from map reading to, design to artwork. All intrinsically linked in my mind".

"There's four prints in the BG series. I've done a typographical route similar to those I mentioned before. There is also an abstract one and a more design led one, with the route plotted out. That's my favourite. It shows where I'm at as an artist. There's the design elements, but there's also digital crafting as well as hand rendered elements like canvasses with race numbers added, paper and cardboard that's been scanned and digitally layered to create landscapes. And I add photographs. So there's lots going on."

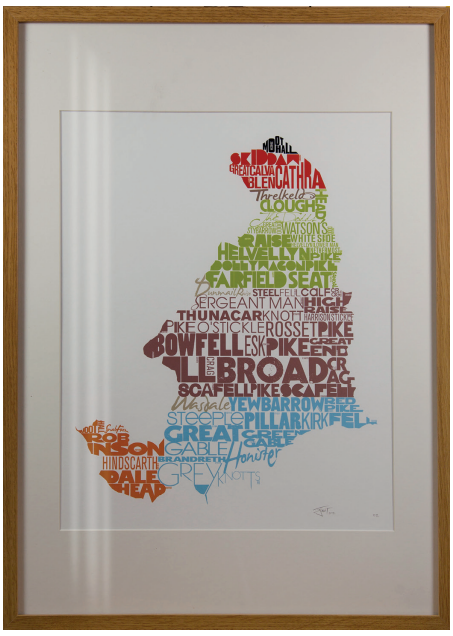
Although Jon hasn't done any race posters for a while the will's there. "It's down to time. I have a family, they're my priority." Old County Tops could be his next race poster. He also has plans to widen his subjects to both surfing and music "there's been a touch of that with the t-shirts. Music has always been a big part of my life."

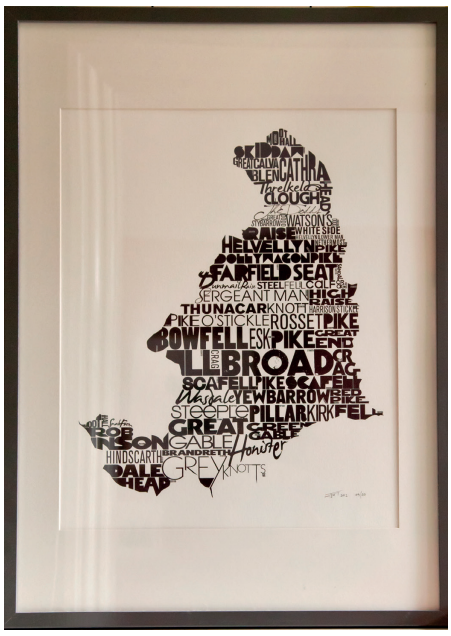
The t-shirts are a side line for Jon "getting into fell running gave me a theme. I was big into the branded surfing stuff, so like that

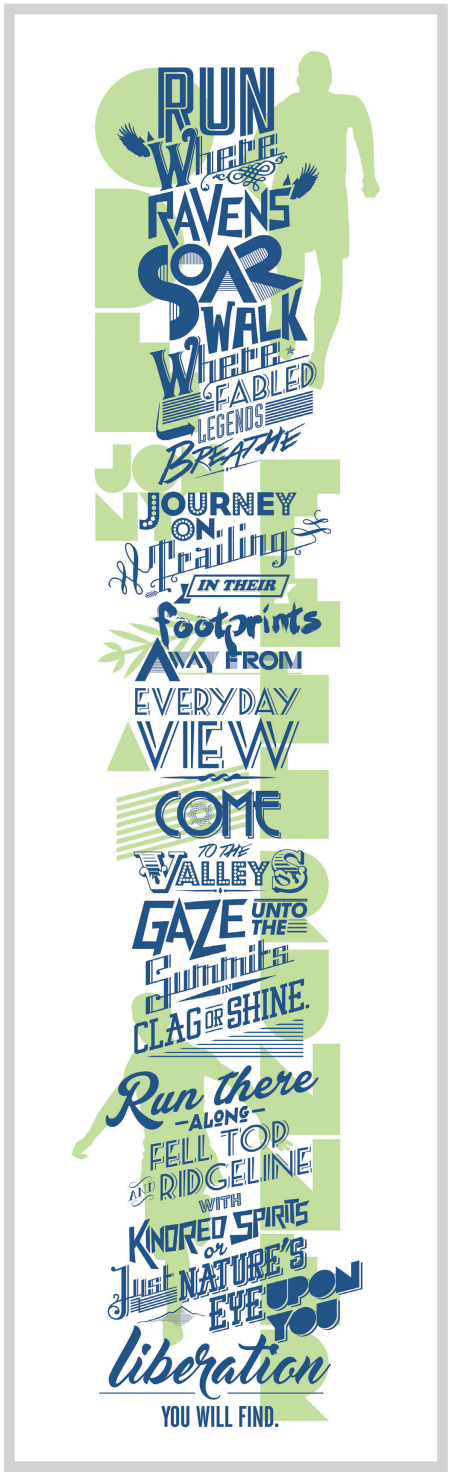
I come at it from a lifestyle angle. Training gives me lots of time to think and come up with ideas. I went for it as I didn't want to see someone else do it when I had the idea. It's not a commercial venture. If fell runners don't like it - they won't buy it".

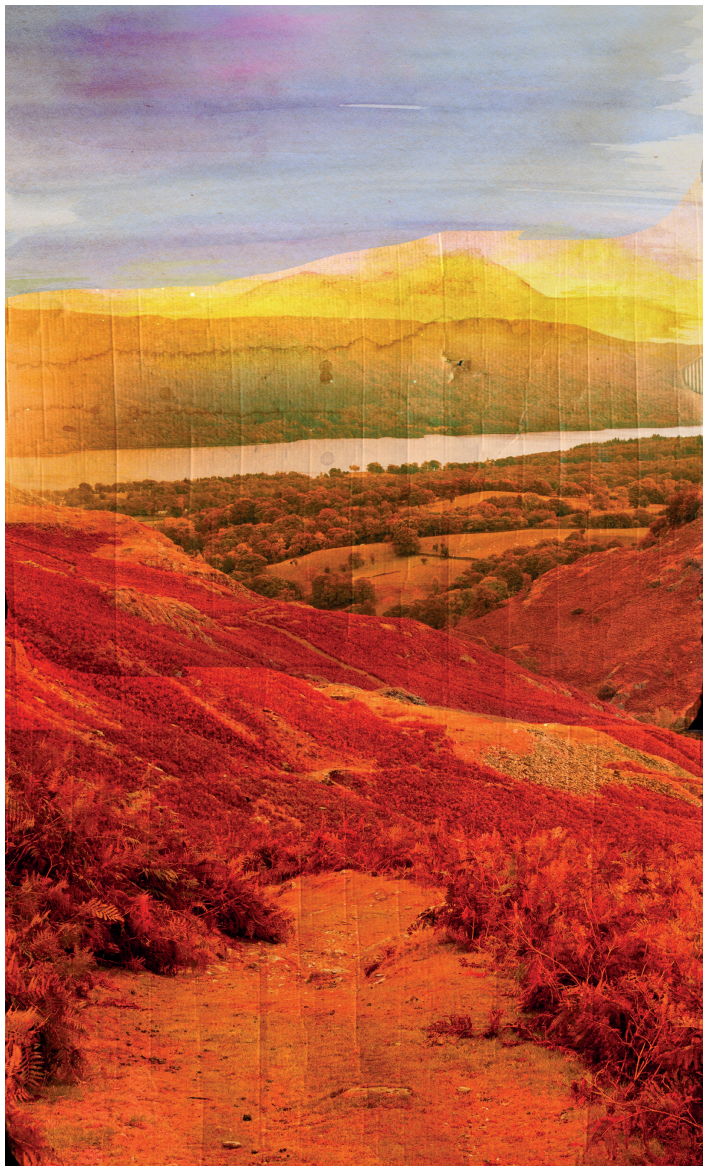
Getting into fell running

Having moved to Sandbach from Bristol in 2005 he describes Cheshire and the









surrounding hills as "like a new lease of life."

His first experience of fell running was Coniston. "I'd been doing half marathons in Bristol where I was living. I then went to visit friends there in early 2000's. I had a pair of road shoes with me as that was all I thought we needed. We went out a trail run and it created a monster. I was absolutely liberated. I bought a pair of fell shoes not long after. My friend Caroline showed me Mouldry Bank on the Coniston race route and said that's where they train to warm-up. And I remember thinking I'll never do that. A year later there I was at the start line. And the rest is history."

Now an experienced fell runner having completed many long races such as the Old County Tops, High Peak Marathon and Edale Skyline, to name but a few. It's his Bob Graham round that he describes as his biggest fell running achievement "It was my Everest! It was something that I could never have contemplated. I was a drummer and singer in a band. But I was never that great. I surfed a lot but never really progressed. So the BG was my chance to prove that I was good enough. You know do something proper."

The influence of Craig Harwood

"My Bob Graham attempt was fairly uneventful. After Leg 2 I had serious second thoughts, but Phil (Cheek) another Macclesfield Harrier was already half way up towards Steel Fell. So, I had no choice. It was just head down and keep going. I had a very good team. I wouldn't have got round without them. Logistics were my real worry, so once I had that sorted I was fine. I didn't do as much mileage as some, but I did enough. Really for me it was getting used to the climbs and time on my feet."

"A lot of my Bob Graham was down to Craig Harwood* (Macclesfield Harriers). On our last long run together before my attempt he said 'you're ready'. That gave me confidence. He was one of those characters who you were blessed to meet. I don't think I realised how much of an effect he had on me, until he was gone. I'd done a piece titled 'East Cheshire 7'. So after his death I gave the original to his partner Janet. And renamed it the 'Harwood 7'. So that was my personal memorial to him."

"Fellrunning and art are what I'm all about. I love that it's not elitist. It's all about a common cause. I'd describe myself as a fell runner rather than a fell racer. It's about getting out there, getting battered by Mother Nature and the hills and then going for a beer afterwards".

*Craig sadly died in a climbing accident in September 2014 (see his obituary in Autumn 2014 edition)

Jon's artwork can be purchased from jontatham.com and his t-shirts jonnyfellrunner.com

See the results pages for Bollington 3 Peaks race results.

BY **GAVIN WILLIAMS** RACE ORGANISER, DARK PEAK FELL RUNNERS

Edale Skyline 2016

We used this image in the spring edition with a credit to Andy Holden instead of David Tucker. Apologies to both. Here it is again with the correct credit

PHOTO © DAVID TUCKER

Looks like I'll have to arrange delivery of some Rescue Ale to Hayfield. I erroneously awarded the Men's team prize to the home team, when in fact it should have gone to Pennine. Oops, sorry. I'm pleased to report that the Ladies quota of ale stayed on the east side of the hill.

The ladies individual race was won convincingly by Jasmin, in an impressive tenth place overall. Nicky (1st LV40) came home second, followed by Sally, last year's winner. We have a newish LV50 trophy (Pat – you'll be pleased to hear that it's got your name on it for 2015). This year it was awarded to Mandy Calvert.

It was a close run thing in the Men's race, with Jack holding off Richard by just twenty seconds. Jack had unfinished business with the race, having failed to finish in the staggeringly cold conditions last year. He may also have been venting his frustration at having gone walkabout at Black Combe the previous day. For Richard it was his second second place. Third time lucky in 2017, I wonder? Konrad completed the British top three and Ian led home the MV40s in fourth place overall. Despite benign weather, times were not particularly fast, owing to the slushy snow obscuring much of the course.

There were humbling performances in the 'Last of the Summer Wine' categories. Both Richard Houghton (V50) and Keith Holmes (V60) retained their titles, despite also having raced at Black Combe. Can I have pint of whatever you're drinking, guys?! At the other end of the spectrum, Eleanor Johnstone and Ben Arkell led home the U23s.

Apart from attending a parapent accident near Mam Tor, the on-station Edale MRT were able to enjoy an afternoon sunbathing and eating pies, whilst the Red Cross dealt with just a few bumps and scrapes - a welcome change from 2015, which was somewhat epic for all involved.

Thanks to all runners for complying with the defined route through the Woolpacks. The reseeding process is transforming bare peat into lush grass, but it is still very fragile and will take a few years to become firmly established. Also undergoing transformation is the route to Brown Knoll. By next year there will be flagstones the whole way, so, with a tail wind, I'd expect quite a few more sub-three hour times. Proceeds from the race will go to Edale MRT, National Trust, Peak District National Park Access Fund and local charities. Thanks to our sponsors, Accelerate and Everything Outdoors, to all the land owners and the many, many actual and honorary Dark Peakers who volunteered their time. Their hard work meant that I too found myself free to indulge in pie-eating whilst posing in a club heirloom – a circa 1980 nylon tracksuit. Well, I was advised to wear something distinctive!

BY **NEIL SHUTTLEWORTH**

Caitlin Rice

A Prolific Racer

CAITLIN RICE, fourth in the English Champs for the last two seasons, has her eye set on a higher plane. Here she discusses with Neil Shuttleworth her recent spectacular progress, racing strategy and future aspirations.

"Ah, but a man's reach should exceed his grasp, Or what's a heaven for?"
Robert Browning (1855)

As runners we invariably strive to give of our best and seek to run the perfect race. Rarely does it happen. When it does it may not be on the 'big' stage. Jeff Norman, a GB international and six times Three Peaks winner, says one of his best races was in the 1978 Three Towers from Rivington to Holcombe via Darwen, about 20 miles. He led by five minutes, then promptly ran into mist, was terribly lost and did not finish. "I felt strong and relaxed yet was able to run 30 miles effortlessly." Nearly four decades later and still active as a V70, he was one of the few at ease in a recent cross-country race at Tandle Hill, near Oldham. Another who made it look so easy at that South East Lancs. Cross-country fixture was Caitlin Rice who floated around the muddy farmer's fields and won by the proverbial country mile – well, actually three full minutes. A month later she had sewn up the South East Lancs. and was second in the Manchester Area League titles for the winter. A significant feather in her cap.

In fell running she's won long ones, short ones, rocky ones and peaty ones, and her club's two promotions – Glossopdale Harrier's Shelf Moor and Herod Farm. In her third season the softly-spoken, blonde featherweight (1.67m/55Kg) has been fourth in the English FRA Champs twice (2014 and 2015). The versatile all-rounder, now 30, can adapt to most running events. "I am probably best at long races, but love all running – fell, trail, cross-country and road. My family has always enjoyed the outdoors, and my Mum is the one who inspired me to start running regularly about four years ago," Caity says. She continues "Mum started running in her fifties and beats me on ParkRun age graded percentage, unless I'm on form."

PHOTO © COLIN MCHUGO

Caitlin at the Bradda Fell race on the Isle of Man

Her phenomenal rise maybe due to her simple race strategy to race frequently. "I have raced twice a week or more for a year or so. It has got me very fit, but it's hard to give your best in that many races! I am trying this year to train in the week with 3-4 proper sessions, and focus on fewer races." A stress fracture in her foot at the end of 2015, possibly from too much hard running, is the only serious injury that stopped her relentless progress. In Caity's early days with Glossopdale Harriers she regularly attended Jeroen Peters' weekly sessions. "He gave me the confidence to aim higher."

PHOTO © WODDENTOPS.ORG.UK

Race You to the Summit winner Caitlin Rice & Rhys Cope

Using her Shelf Moor Fell race result as a measure of her progress we see that she has gone from being an also ran in 2012 to race winner two years later in 51:35, slicing fifteen minutes off her debut time. In the 2015 Herod Farm she was the first female home again and amazingly the second Glossop person in a minute short of Natalie White's record. Twice she has toed the line for the Greater Manchester Marathon and despite a busy self-imposed race schedule, which included the High Peak Watershed the week before in 2014 and the Moelwyn fell race *the day before* in 2015, is close to three hours yet declares: "I am rubbish on flat tarmac!" With 15 marathons to date, she would like to join the Marathon 100 Club before 50.

The cover of Autumn 2014 issue shows Caity leading two men on a wet, misty day in descending the Corridor Route in the Borrowdale when she came fourth. In the English Champs she had four races to count and was ranked fourth, a brilliant result she repeated last year too. In August 2014 she appeared in the FellRunner in six fell race results winning four, and being third and fourth. Whilst the Results pages are not a full guide to her racing, a year on we see her in only one, a measure of her modified schedule.

As regards future races Caity clearly has the right balance: "I'll enjoy it. Challenge myself, work hard, but be able to have a laugh when things go wrong. I'd love to win some of the bigger races, classics like the Borrowdale or Ben Nevis. I'm not in that league of runners yet, but I'll give it a jolly good go. Cross-country and road are important to me too."

Her GPS watch is "a good training partner, and a bit of motivation to train harder some days." Her relaxed attitude shines through: "I do not keep a detailed record of my training. But equally, I quite like heading out of the door for a running adventure without the thought of watches, records and such like."

A team player, she reflects that her most satisfying moment to date has been the increased participation of women in the club in her short spell with them: "We struggled to field a ladies FRA relay team in my first year (2013), but this year we had enough for three! Running might be quite a solo sport at time, but it's my club that has got me where I am."

Whatever the future holds for Caity, I am sure she will endeavour in her races to fulfil Tennyson's immortal words: "To seek, to strive, to find and not to yield."

BY **ALLAN JOHNSON**

Last Man Home

It was in our native Yorkshire that I was first introduced to the not-so-gentle art of fell running: a gritty version of jogging for those seeking an escape from the daily grind and just about everything else.

In Lincolnshire we have the Wolds, a mere crease in the landscape compared to the grandeur of Whernside. My local running club in Lincoln prefers more modest challenges so when I saw an advertisement last year for an off-road trail event in Yorkshire, I had to send for an entry form. That was the easy bit.

Come the day, we parked close to the venue but facilities were sparse. Even finding the start required good local knowledge eventually extracted from a passing jogger. "Where are you from mate?" Without waiting for a reply he left us to find our own way to the start, which faced downhill in the middle of picturesque woodland, close to the sewage works.

It was too late now. I had to go through with it. Feeling I had bitten off rather more than I could chew, I waved a poignant farewell to my family and we were off. Ahead lay a robust six miles of uncertain terrain and plenty of contour lines, which at present were thankfully in my favour.

Running down through the uneven woodland dodging tree roots was exhilarating but it seemed a very long way to the first mile marker. As the course levelled off we ran along the side of the canal, saw barges and locks in action and made good time to the next check point. Lots of families were doing sensible things like dog walking and they all smiled and waved as we tramped past. So far so good, I was rolling back the years and the scenery was as I remembered it. Feeling confident, I tried to chat to some fellow athletes but all I got back was "It's a bugger at the finish".

Shortly afterwards we hit the first hill. Proper fell runners must possess extra muscle groups in their legs equivalent to four wheel drive but my poor legs gave way with every step and I slowed to a stagger.

With fellow athletes passing me by the score, I felt a complete fraud, but there was some compensation looming. All competitors received a bottle of beer from a local brewery, but you did have to cross the finishing line. Digging deep into my reserves of stamina, put there by years of training in the hills and valleys of Wharfedale, I followed the trail of runners up through the woods, slowly retracing my steps back to the start.

I have never dropped out of a race yet, but this was becoming an option as several elderly veterans sailed passed me and asked, "You alright mate?"

This was the Yorkshire I knew – the damp earth, the rugged paths and the tenacity of its inhabitants, bound together by hardship, self-inflicted below a clear blue sky on a Sunday morning. Afterwards, there would be shared moments of glory, much discussion of the race, and that bottle of beer. As I lurched towards the finishing line, I noted my time was a good ten minutes slower than the equivalent distance run at home, but I wasn't going to complain. The mud on my legs and torso was ample testimony to my victory.

Chatting with other athletes and now feeling very much at home, I was reminded of the dour nature of Dalesmen when I commented on the difficult uphill struggle over the last two miles.

Back came the terse reply. "What d'you expect? First two mile were down 'ill".

BY **STEVE CHILTON**

In Profile: Jack Maitland

The John Charles Sports Centre is approached via an industrial estate in south west Leeds. As I pulled in a large group of triathletes must have just finished a morning swimming session. I was there for a meeting which had been arranged to be in the Centre's café. Being slightly early I joined several others in having one of the warm home-made cherry scones that seemed to be the (re)fuel of choice for these athletes. Sitting down with scone and coffee I acknowledged the presence of my interviewee, who was finishing what looked like a post-training debrief with one of the athletes.

Jack Maitland is Director of Triathlon at Leeds Beckett University, and part of the British coaching team for triathlon, and thus working regularly with the Brownlee brothers, who are based in Leeds. He was also previously an outstanding fell runner, having won the British Fell Champs back in 1986. I was there to interview him as he was a contemporary of, and fierce rival of, Kenny Stuart and John Wild. He had just started running the fells in the incredible 1983 fellrunning championships season, when Stuart and Wild went head-to-head over the full season of 15 races. As he progressed over the next couple of years he became perhaps their chief rival, and eventually succeeded Kenny Stuart as British Champion in the 1986 season.

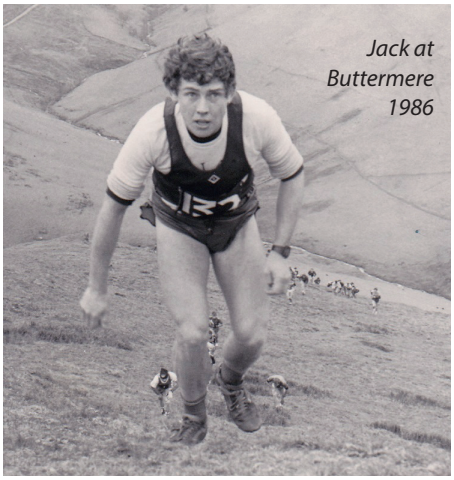
I sat opposite him, watching his craggy face break into frequent laughs as he recalled incidents from his career. He had brought along his own training diaries for the mid-eighties, which proved really useful when we started looking back at races in which he had raced Stuart and Wild in that period.

Maitland was born in Aboyne in Aberdeenshire in 1962, and attended Aberdeen University to study Computer Science in 1978-82. He took a year out working at making orienteering maps, by hand as this was before the advent of computer cartography. It allowed him to train for his sport, basically. He went and trained in Norway, then moved to Leeds to do a postgraduate course in teacher training. He made the British Junior and Senior Orienteering squad, so orienteering was his main sport initially.

When he went to University he joined the swimming club, the volleyball club and the running club. But really he only did running and orienteering. Meeting Colin Donnelly at the university was something of a catalyst for doing more fell running. He recalls, 'I had done some hill races in the area of Scotland I come from as a kid, like at the Highland Games for instance. I started running to support my orienteering really. I had one slight skirmish with the professional running scene. The pros didn't like it if you went and raced against them. Once I started doing amateur races I got the message that I wasn't welcome in the pro scene anymore.'

Maitland is often touted as one of the best descenders on the fell scene. However, he played down his own ability somewhat. 'I think when I first started going on the continent for mountain races I was bringing my British skills where it was suddenly better than those that were already racing. I wasn't the best descender in British running. At the time Kenny and John were at their peak I was racing for third place. Maybe I was a better descender than the other challengers like Sean Livesey and Dave Cartridge.'

I asked Jack to analyse his own ability over different courses. He chuckled, 'I liked to race. In fact I did a fantastic amount of racing. In 1984 I did 107 races, 38 orienteering, 27 fell and a mixture of road and triathlon, with 26 wins. I ran 22 miles short of 4,000 miles that year.' For comparison purposes, that is just about double my own mileage that same year, as I moved towards my peak year as a marathon runner. Jack continued, 'in 1983 I had done a bit less but did do three marathons, and was still really an orienteer at heart. I enjoyed all distances. I think I probably liked up and down races rather than the horseshoes. It didn't matter really. I liked a Blisco or a Ben Lomond.'



Jack at Buttermere 1986

PHOTO © DAVE WOODHEAD WWW.WOODENTOPS.ORG.UK

Moving to triathlon was another challenge for Maitland. He went to New Zealand to make orienteering maps in the winter of 1985-86, travelling out in November 1985. 'The guy I was making maps for was also organising a triathlon, and he said "why don't you do it?". I trained for a couple of months and did that one.' Maitland did that first triathlon on 16th Feb 1986 in Taupo (coming 3rd), then did the New Zealand Champs Triathlon on 23rd February (this time 7th) and another triathlon on 2nd March (coming 4th).

'Then I came back to Europe in March and raced the fell and mountain running season [*and won the British Fell Champs*]. I didn't do any triathlon until the end of the season. I did the Annecy-Le Semnoz mountain race (coming 7th) and they said there is a triathlon next week why not stay and do that. I said I haven't got a bike and so they lent me one!' That was the Annecy Triathlon on 31st August, in which he came second.

After that he did a mix of fell and triathlon races for a few years. At the end of 1989 he did the World Mountain Champs and came 10th in an uphill only race. 'I think I knew I wasn't going to win a medal and that I had reached my limit. The Commonwealth Games was including triathlon in 1990 and I knew I could get in the Scotland team. I did, and having done that I thought I would see if I could get in the British triathlon squad. Fell running had seemed a solo thing

PHOTO © EILEEN WOODHEAD WWW.WOODENTOPS.ORG.UK

1984 Moel Siabod champs race - Jack finished third

1989 Everest Marathon winner

really and I enjoyed the team aspect of orienteering and triathlon.'

Halfway through the interview I could see out of the corner of my eye first one, and then two, Brownlees come and sit at a table nearby. Resisting the urge to halt the interview and rush over to them and ask for a selfie, I did swing the questioning off topic and asked Jack the Coach about working with the two of them. What he told me surprised me somewhat, and caused me to reflect on what Jack was telling me about his own athlete/coach status when performing.

He has an honest response when asked about his own attitude to being coached himself. 'I was largely self-coached. I wasn't a very coachable athlete I think it was fair to say. When I got into triathlon I was bringing some 'running expertise' to it, whilst Robin Brew brought swimming knowledge, for instance. I got the idea I could do some coaching as I was already trading information. '

I had assumed that Maitland would be applying a strongly scientific approach to his coaching of the World Class triathletes in his care (think Brailsford's 'power metering, and marginal gains' approach in cycling). It seems not, as this was Maitland's reply when I questioned him about it: 'Actually that is interesting, as my way is pretty non-scientific. It depends of course what you mean by science. There is planning, organisation, recording and structure, which are all important. But heart rate monitors, power meters and lab tests, well we hardly use that at all. Our athletes have been tested. So I learned a lot from testing them and used that information. I don't think it is that valuable to keep testing them, you know from their training form and their race form how they are doing.' He then told a quick story about being tested himself. 'I did have a VO2 max test once, when I was starting triathlon, and I remember it being pretty high *[it was 85.1 ml/kg/min]*. The guy doing my test said I should take up cycling!'

I wondered how he would assess the physiological differences between the Brownlee brothers. 'Alistair and Johnny are similar aerobically. Johnny has a little more speed and would be favoured to win over short distances. Once you get beyond a certain distance Alistair's two-year training age advantage would probably take over.'

Being a fellow vegetarian I wondered what had prompted Maitland and whether it affected his sport in any way. He replied, 'I became vegetarian when I was orienteering and have had no issues around protein intake for instance. I had a few health issues from overtraining and got a bit anaemic, but who knows really. A lot of the top Norwegians were veggies and we went on an Eastern Europe trip and the food was horrible so we tried a veggie diet. Me being stubborn, I carried on!'

Jack Maitland certainly left his mark on fell running before moving on to triathlon and then coaching. He still has the course records for Pendle from 1984 and Blisco from 1987. His take was that he thought, 'that the Pendle course may have changed, I find it hard to believe otherwise, but don't think Blisco has.'

He was involved in club athletics for a while. 'I moved to Leeds and joined Pudsey and Bramley. People like Gary Devine were probably the main driving force at the time. I would hang out with them and also some of the Bingley guys.'

As we wound up he mentioned a couple of things he HADN'T done. 'I never did the Three Peaks Cyclocross. I had a cyclocross bike, which did it once, when I lent it to someone! I also never thought of doing the Bob Graham Round. I might have considered it, but wasn't doing fell running for long enough before moving on to triathlon.'

What he did admit was that he had raced tired sometimes. 'But some of the times we ran were outstanding', he retorted.

Jack feels that the highlight of his fell career was probably winning the British Championship. In mountain racing it would be winning Mount Cameroon and the Everest marathon (both in 1989). 'You remember the wins, don't you. I won Burnsall but never won the Ben, Snowdon or the Three Peaks. I had a lot of seconds! I came up against some very classy athletes in that era. I think I got the most I could out of myself, for instance in that Snowdon race.'

So, what is life like for Jack Maitland these days. He obviously gives a lot of time to his triathletes. He revealed that he does a lot of yoga now. 'I ride my bike with my athletes once a week, but just with the women now! I follow the fell scene a bit, and I still get *The Fellrunner*.'

Steve Chilton *is author of 'The Round: in Bob Graham's footsteps'*
https://itsahill.wordpress.com/

1989 Jack with views of Everest behind

PHOTO © JACK MAITLAND

BY **PATRICK BRENNAN**

Classic Win

Patrick Brennan interviews Sam Tosh

PHOTO © ANDY JACKSON

Different races are great for different reasons. Everyone has their favourites. It could be the landscape, maybe the long history of legends who have won it. It might be the pie & pint in the pub at the end. It could be that they're just really bloody hard. Then there are a few special races that are all of these things rolled into one, and therefore romantically referred to as The Lakeland Classics. An elite series of races. All tough, all long (or super long) and all on every fellrunner's wish list.

In today's too often mad rush to get entries in on time, it's almost unbelievable to think that, just after the turn of the century, the Lakeland Classic Trophy was set up to save the individual races from extinction due to runner numbers being on a steep decline. A time based (not position) scoring system was devised as a series, and The Lakeland Classics Trophy was born. The history of race cultivation continues as the Trophy evolves. This year a rotation system has been brought in for the now hugely popular long category races (Borrowdale, Langdale & Three Shires) that perhaps no longer need as much help. This, in turn, makes way for the inclusion of an additional super long, Darren Holloway's Memorial race, The Buttermere Horseshoe.

Most people just love having a go and being part of these great races, perhaps dreaming of a top fifty. Imagine a top ten? But then, somebody has to win them...

So when Sam Tosh was the first Rossendale Harrier to do so in as long as anyone at the club can remember, I thought I'd ask him about his best season to date.

You've had some good results in recent years but it seemed like you went up a notch last season. What was different about 2015?

First and foremost I'd say consistency, both in training and racing. From May through to October I was able to race regularly whilst keeping up some decent volume/quality in training. It was the first time in a number of years that I'd managed this, with 2014 being a virtual write off in racing terms. Of course the five months of winter I spent in New Zealand, working and travelling, did no harm either!

Apart from your time spent travelling. Did anything else get in the way of achieving consistency? And how did you overcome this?

Returning to the UK I started full time work again in June. As almost everyone can appreciate, this in itself provides a challenge. Whilst the average day leaves me with plenty of time to train, a busy period or bad traffic soon sees me squeezing training in at all hours. Further to this being based in Birmingham half the week did my climbing legs no favours! Other than that it was mostly a case of trying to stay healthy and injury free. Whilst I had to manage some ongoing niggles during the season I was still able to train throughout with certain adaptations i.e. No downhill running / more cycling. Anyone who trained with me will have definitely noticed the contrived routes and sessions.

You must of been feeling pretty confident going into Langdale, but did you think that you could actually win the race?

With it being towards the end of the season I knew what sort of shape I was in, I was confident even with it being my longest race of the year. After managing wins at a few shorter races earlier in the season. I was standing on the start line of all my races aiming to win.

The only small doubt I had was route choice. Being between both the Ian Hodgson & FRA Relays I didn't get chance for a recce. Whilst I've run most of the course before, it was 7 years ago! This was the main influence on my tactics as I knew there were some experienced runners likely to be at the sharp end.

Onto the race itself. How did that pan out? Did route choice play apart in the end and how did you get on with the

PHOTO © STEPHEN WILSON WWW.GRANDDAYOUTPHOTOGRAPHY.CO.UK

PHOTO © STEVE BATESON

infamous Bad Step?
A front group of 5 formed early on including local and past winner Ben Abdelnoor. Up to Esk Hause a pattern emerged of me leading the climbs whilst he would pick up the pace on the descents and rougher ground. It was a clear day so there were no difficulties with nav and his route choice seemed sound. I stole a few meters on the stepped path to Esk Hause so waited for the others, making sure I got the right trod under Esk Pike. I was surprised here when Ben and Morgan Donnelly decided to go up and over, I stuck to my guns with Tom Brunt and Andy Fallas, trying to keep pace on the race trod below. It paid dividends as we opened a 30 ~ 60 sec gap on the other two. Although it was short lived and a slight error contouring from Three Tarns saw us all re-group on the final climb to Crinkles high point. Here I was happy to follow as we stuck left, tip toeing above a big drop before swinging back in above the Bad Step. Having not been down it before I was more of a beached whale than mountain goat; substance over style! No real time gaps opened but Ben managed to gain a small amount by avoiding it to the right. Following the short (but agonising) kick up Blisco the final descent was tactical. I picked a good line off the top and dropped the others. Not knowing the lower half meant I was reluctant to go it alone so slowed to re-join the train. Finally crossing Blea Tarn road, the pace went from steady to eyeballs-out in a matter of seconds. It was after negotiating the endless gates I managed a cramp filled sprint to pip Morgan and the others by one second.

Langdale is one of the true classic races of the sport. You must've been over the moon?
Together with my win at Burnsall and getting my local race record at Knowl Hill it was a real highlight of the year. I've been racing on the fells 10+ yrs now and even as a junior I aspired to win a Lakeland Classic. Over the moon would've been an understatement!

With it being a fairly long and close fought race I was knackered immediately after but I soon recovered with a pint and pie, after which I was able to appreciate it a bit more. Adding more significance was that I'd started the race 7 yrs ago, that wasn't such a good day and ended with my first DNF after a fall coming off Bowfell. As such to finally come back and win the race made it even better.

Moving onto 2016. How do you plan to build on from what you achieved last year?
When I look back on my training I think there are some significant improvements that can be made. 2015 was far from perfect in this regard so if I'm able to learn from mistakes I'd like to think I can see better results. From racing in 2015 I'm also well aware of where my strengths & weaknesses lie, hopefully over winter I've been able to work on the later whilst not diminishing any of my fortes. Likewise at 24 I'm relatively young (especially in fell running terms!) so each year I'm still seeing improvements in strength regardless.

If you look at the men's championships over the last decade, the top end of Fell running has been dominated by a the same three or four names (Jebb, Bailey, Hope, Taggert etc). As they get a little older (but not much slower as yet), do you think it's time for a fresh group to emerge?
Yes, their consistency is what I probably find most impressive, churning out results year after year! I think there are now some younger runners starting to challenge, Tom Addison's 2014 English Championship win was good to see. There are a number of others who are becoming increasingly competitive and at the same time it's good to see Rossendale's own improving, in both relays our average age must have been in the mid 20's. From a personal perspective yes I'm definitely aiming to be in and amongst the group of names mentioned, to have their longevity would be great but first and foremost I'm focused on enjoying and making the most of 2016.

Many thanks to the following photographers for the use of their photos. Please check out their sites here.
- Stephen Wilson – www.granddayoutphotography.co.uk)
- Steve Bateson – www.runningpix.co.uk
- Andy Jackson

Caption Competition

Bit of fun

Thanks for all the caption suggestions. Well done John Hayes.

PHOTO © SIMON MURRAY

"When I suggested you bring a good stud, I meant your fell shoes!"
John Hayes (Ilkley Harriers)

Some of the other top selections:

Runner says to horse, "Hey why the long face?"
louvainjohn

"I keep telling you I do not want another bank account!"
Les Atkins

1) Man in orange: This is the Snowdon Horseshoe after all!
2) Man in blue: He joined in on the Bank. Says his name is Lloyd.
3) Man in black: Does he know he's dropped his teammate from the back end?
John Hart (Bridgnorth RC)

"I thought my London Marathon costume was so good I couldn't hang it up just yet."
Adrian Walker

"Glad that you're having a good time no. 68, I've had a mare!" *Ade*

"How did that horse get through kit check?"
Adrian Leigh

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BY **NEIL SHUTTLEWORTH**

Some Rivington Pike Races and Racers

Since 1893 races have been contested up and down Rivington Pike. Here Neil Shuttleworth surveys two modern Giants who created a legend or two and conquered the Easter Saturday race.

Easter 1965 was very late. The traditional date for the Pike Race, Easter Saturday, was on April 17th, and that week-end Ron Hill, a 26 year old Bolton Harrier completed a unique treble – winning in bare-feet the Salford 7½ in a course record on Good Friday, the Pike race by 11 seconds from Fred Reeves (Barrow AC), and Tim Johnston (Portsmouth), and, after a day off, on Easter Monday, "a little race weary," won the Beverley Marathon in 2 h 26 m 33s.

Hill's Easter treble

This year when Horwich RMI Chairman Peter Ramsdale presented Ron Hill with a memento as the first to complete 40 Pike races Hill recalled the prizes that he won that memorable weekend 51 years ago. Hill had earlier explained that last year he had a tumble on the top when descending and this year was out-sprinted at the end. "I've lost it," said the 77 year old, "but I've had some happy times here. When I won in 1965 at Salford I got a set of kitchen scales. For this race I got two single bed-sheets. It was presented at the Squirrel, and for the marathon I got a picnic hamper. . . . I was quite proud of all that. It's been great coming here."

The modern Pike Race began sixty years ago so Hill has spent over two-thirds of his Easter Saturday's at this race. As a novice fell runner Ron Hill turned up at Horwich in 1961 to run his first fell race, and with some beginners luck went home the winner. Two more successes followed, that notable 1965 win, and one the following year. In the modern open race series Hill was the first to secure three wins, then Alan Blinston had four (1967,1968, 1969 and 1977); Ron McAndrew (1970-72); and Craig Roberts (1993,1997 and 1998). Horwich's Paul Dugdale had a total of six wins – 1986-1991 before Rob Hope toppled this with seven – 1995, 2005, 2007-09, 2014 and 2015. On the female side we have Carol Haigh-Greenwood (1982, 83, 86 and 87); Kath Drake (1989, 1993 and 1994) and Janet Kenyon (1991, 1992 and 1996.)

John Francis (a Clayton-le-Moors Harrier from Liverpool) outruns Ron Hill yards from the end

Norman's conquests

Peter Watson still charts the fortunes of Rivington Pikers, and with Jeff Norman completing 20 Peter Ramsdale was able to present him with a limited edition Brian Barlow print (number 22) that was commissioned and funded by Watson himself. The print is also the subject of the front cover to his excellent book on the Pike.

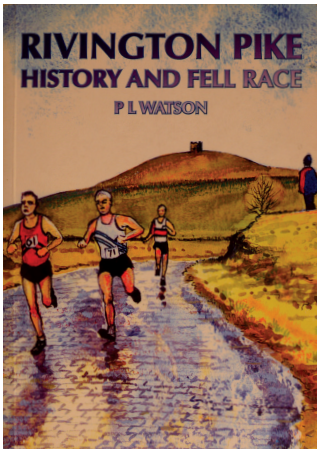
Jeff is a giant in the fell running world, and, like Hill, the Pike was his first fell race. Now a septuagenarian, in his prime in the 1970s he was a leading fell runner. Suffice to say that his six wins in the Three Peaks fell race 1970-1975, the third man to win the Fell Runner of the Year title (after Dave Cannon and Harry Walker), and the first Briton to win the Sierre to Zinal race, both in 1974, are high on his CV.

Here we copy some of Jeff's Pike race results and comments courtesy of his diaries:

1964	14th	19:56	My first ever fell race, along with Alan Blinston (8th) and Derek Walton.
1965	16th	18:54	Second ever fell race. Very cold and windy.
1968	2nd	16:55	Blinston won in a record 16:48. Caught him on descent, but out-sprinted.
1969	3rd	17:00	Blinston, 1968 Olympian, won in 16:50. Again caught him on descent.
1971	19th	18:18	Ill all week, 81st in Salford 7.5. Had worked thru' to 10th, poor descent.
1973	1st	17:01	Was 3rd in Salford 7.5 and felt a bit stiff.
1974	1st	17:07	Finished Salford 7.5 in 30th and in agony. Still suffering from bruised ribs, fell training on Edale Skyline 3 weeks before. Passed Weeks 200m to go. Others - 2nd Weeks 17:10; 3rd Walker 17:16.
1977	3rd	16:46	Best ever time. Blinston won in 16:31 after his double at Salford 7.5 on Friday (I was 20th). 1st Blinston; 2nd Ravald 16:42; 3rd R Morris 16:47.
1978	4th	17:14	it was a cool showery afternoon.
2005	1st V60	21:47	1st V60, good descent, beat Paul Murray's record by 72 sec.
2010	1st V65	23:31	Very muddy and slippy. Ran in fell shoes. Broke V65 by 61 secs.
2016	1st V70	26:19	Broke John Parker's (RMI) record of 27:02 (2011). Very windy on top.

Jeff finds it hard to choose between 1968 and 1974 as his most satisfying race. "The 1968 race represented a breakthrough for me as I had never got near my club-mate Alan Blinston since our early years of 1962-64. Six months later Alan ran in the Olympic Games so no wonder he outran me. In 1974 I had bruised my ribs when out training and never expected to run well."

"So if asked which was the toughest I would say 1971. I had had



a bad week and ran only 5 miles before the week-ends racing. On Easter Monday I went on a training run with Harry Walker around the Three Peaks, and felt much better although Harry was stronger than I was. Two weeks later I successfully defended my Three Peaks and set a new record."

Happily a giant like Jeff is able to share his thoughts on how he has been able to counter the passing years. "From 1978 to 1990 I was doing more on the road and due to the severe wear on my knees, which resulted in much pain, was advised to stop running. By 2002 I had learnt to manage the pain and retain a reasonable level of fitness. Now I am back to winning my age group and since turning 70 have only lost two or three races from 30."

"The main thing is to keep enjoying it, and I still love to try to be competitive as well as just enjoying running easily and finding new routes over the hills."

Watson's Also Rans

Watson's records show that "Eddie Swift was the first runner to complete 20 consecutive races, followed by Rob Jackson. A handful have done over thirty races, and include John Swift, Eddie's brother, Neil Shuttleworth, Mick Crook and Paul Boardman. Rob Jackson has done 27, his brother Steve, 24 and father Bob, 23. Also of note is Christine Sweatman, the only lady to have completed 20. Audrey Foster has done 12. Craig Roberts, an unsung hero in the Pike story, has done 21 races. It is his consistency of fast times that is so impressive, never having been slower than 20 minutes and holding age group records on the way."

Whether Easter, currently a moveable feast, is early or late, or moves to become an immovable feast it matters not for the Pike Race is a fixture that will move with the times, and be the scene of deeds spoken with awe at the Crown in Horwich for years to come.

List of Brian Barlow Prints Awarded

1/30	Ron Hill
2/30	Neil Shuttleworth
3/30	Leo Pollard
4/30	Ron McAndrew
5/30	Robert "Bob" Jackson
6/30	Steve Jackson
7/30	Edward Swift
8/30	John Swift
9/30	Robert "Rob" Jackson
10/30	George Arnold
11/30	Mick Crook
12/30	Paul Boardman
13/30	Ian Smith
14/30	Tony Nolan
15/30	Peter Schofield
16/30	Tony Hesketh
17/30	Barry Chester
18/30	Christine Sweatman
19/30	Alan Sweatman
20/30	Kevin Gaskell
21/30	Peter Ramsdale
22/30	Jeff Norman
23/30	Craig Roberts

An excellent in-depth profile Rob Hope's career by Graham Breeze was in the Summer 2008 issue (pp 16-21), the same one that contained part of Bill Smith's "From Gradely Hills to Furness Fells" (pp 22-27) which has a section on the Pike race.

Copies of Peter Watson's "Rivington Pike History and Fell race" published in 2001 are still available at the price of £12 (incl. p. & p.). The 192 page A5 soft backed book can be ordered direct from the author by sending a cheque or postal order payable to "P Watson" to 166, Bolton Road, Anderton, Chorley, PR6 9HN.

The Pike race can be found on the Trail and Mountain Race Histories of website: ww.arrs.net/HP_RPk3.htm.

BY **SUZY BRETT**

The Best Job for a Fellrunner

It's 5pm. I go through to the common room to light the fire and meet the guests staying tonight. No-one's arrived yet so I step outside and scan the horizon. It's one of those rare days in the Lakes; cloud-free and completely still. The only sound is the faint murmuring of the River Caldew. The view in every direction is uninterrupted near-wilderness; not a building or road in sight. In moments like this, I reflect on the question we often get asked by guests and passers-by: "How did you end up here?!"

In November, my partner Martin and I moved into Skiddaw House, to become the wardens of one of the highest and most remote hostels in the UK. It's actually pretty logical that we've found ourselves here, having previously worked at several hostels, including two seasons at the remote Black Sail Hut. However the 'Back o' Skiddaw' couldn't be more different to the place we spent the last two years. During this time, we lived in the bustling, Turkish-Arabic city of Antakya in southern Turkey, where we taught English to Turkish and Syrian teenagers. Although there *was* a mountain on our door step, it was populated by olive trees and goats, rather than heather and Herdwicks.

Wardens Suzy and Martin at Bowscale Tarn

(Not) running in Antakya

Being not quite on the coast and just off the Syrian border, Antakya is dusty, pretty arid and very hot. I'm still adjusting to the temperature difference here at 470m in northern England. Although I was fairly obsessed with fell-running when we moved to Turkey, cycling turned out to be more practical there. The hills surrounding the city looked inviting, but I soon discovered that the ground was covered in vicious spiky plants. The routes I did run were confined to the few goat-paths that existed. There were no footpaths, as few locals ventured up there. This was also something that drew me back to England (and Cumbria in particular); being in a community of people enthusiastic about being active in the outdoors. My Turkish and Arabic neighbours couldn't fathom why I would choose to run, especially in the hills. They would often call out after me: "Why are you running? You're already thin!"

The hostel in January snow

Hostel work and running

Hostel wardening was the obvious line of work to go into on our return to the UK; the workday can be conveniently squeezed in around a run. Having the middle of the day free and the mountains on your door-step, you need a good excuse *not* to go fell-running. Plus, days off are traditionally taken mid-week, allowing access to the fells when they are quieter.

The YHA has a history of counting numerous fell-runners amongst its staff, particularly between the 70's and 90's. Pete Baron was one such runner, working at several hostels during this time. This included ten years at Derwentwater hostel, previously managed by Bob Graham. Pete got into fellrunning whilst working at Wastwater youth hostel, where he beat the warden's time on his first 'proper' fell run; up and down the Screes. He sums up the compatibility of hostel work and running well; "The shifts allowed you to train in the best part of the day but also, you were tired for work rather than tired for training!" He feels that "short of the dole", at that time it was the best occupation for a fellrunner.

Arguably it is still one of the best jobs for a fellrunner, and hostel work still attracts many runners; Borrowdale, Derwentwater, Honister and Buttermere are just some of the hostels that have several good runners amongst their staff. Well-known fellrunners Ben Abdelnoor and Rhys Findlay Robinson both worked at hostels previously. Rhys got into running whilst at Uni in Sheffield, but moved to the Lakes to do more fellrunning. With accommodation provided on site, the YHA gave him an easy

way to live and work in the Lakes. Rhys says that as hostel work is quite physical, (especially the morning shift), it meant he adapted to running when he was already a bit tired. The morning clean is a good warm up for run, and perhaps being used to running when tired is good practice for 'digging deep' on a longer race.

Whilst many runners have chosen hostel work to enable them to run, I, like Pete Baron, got into fell-running *because* of hostel work. I wasn't really aware of the concept of fell-running when I began my first hostel job ten years ago, at Eskdale YHA. Although not afraid to run uphill, I would run along the road over Hardknott Pass, rather than in the fells. But when, a few years later, I returned to the YHA to work at Black Sail, something clicked; on a day off I could get to Keswick in a couple of hours, satisfying my need to be active but still having the rest of the day free. When the only other option of getting anywhere is walking, fell-running is particularly liberating. Suddenly new areas of the Lakes became within reach on a day or afternoon off; Coniston, Elterwater, Skiddaw House.

Since moving into Skiddaw House, I've been pleasantly surprised by how runnable the terrain is and how many interesting features there are hidden within the northern fells. The route over the tops to Caldbeck is a great run, as is approaching Blencathra from Mosedale via Bowscale Tarn. We've had quite a number of fell-running guests already; reccy'ing the Bob Graham, following Steve Birkinshaw's Wainwright-bagging route, or devising their own hostel to hostel route. We've supported Marmot's Dark Mountains race and will be a base for Hesket Newmarket's Old Crown Round next summer.

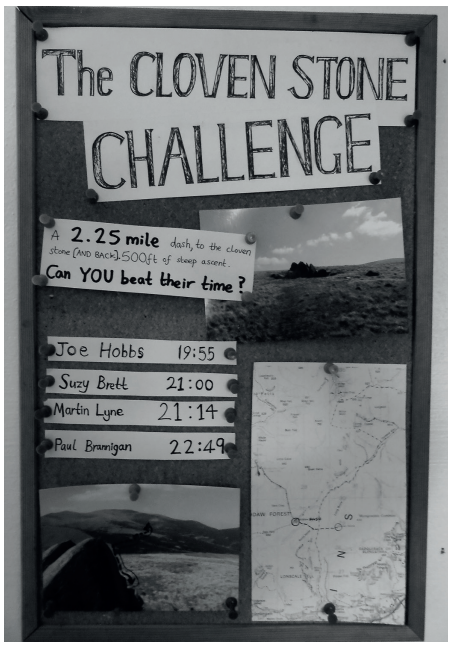
We're inviting all runners to put in a time for our Cloven Stone Challenge; a 2.6 mile dash to the odd rock formation between the hostel and Blencathra (and back). If you like a slighter longer challenge, try our 14.5 mile / 23 km 'Skiddaw Skyline' route, starting and finishing at the hostel and taking in the summits of Great Calva, Blencathra, Lonscale Fell, Little Man, Skiddaw and Bakestall. Food, beer, bedding and towels are available at the hostel so guests need only bring their toothbrush!

A birthday weekend at Skiddaw House

To book:

- Private rooms available from £40, beds in a shared room from £15.
- Book via the YHA: www.yha.org.uk or call 0800 0191 700
- For more information: www.skiddawhouse.co.uk
- To hire the whole place email the hostel: skiddawhouse@yahoo.co.uk or call: 07747174293

Looking towards the hostel from the cloven stone



The view down to Mosedale

Suzy heading up Great Calva (last winter).

BY **KAREN NASH**

Runfurther Ultra Championship 2016

Race 6: The Pennine 39 Ultra

Most editions of The Fellrunner include a Runfurther article but if you've missed these and want to know more please check www.Runfurther.com or the Runfurther public group on Facebook. Runfurther organises an annual championship made up of 12 Ultra races (30 miles or more), it's free to join, and Runfurther is owned and controlled by its members.

Joe Faulkner's NAV4 Adventure events are favourites of mine, with tough runs in a relaxed atmosphere and with fantastic food and socialising, so I was pleased when this race was included in the Runfurther series this year. It is a new race which was run for the first time in 2015 by a very small number of runners. On 18 June this year there were more than twice as many with 46 on the full Pennine 39 and a few on the shorter Pennine 24. This was the 6th race in this year's Championship, and our second Medium length race. It has been designed to include one of the most spectacular sections of the Pennine Way and most GPS devices show it to be 37 miles with about 1700m of climb. It follows stretches of the River Tees and the South Tyne, and

Cronkley, Teesdale

PHOTO © NICK HAM

in between them it crosses the watershed twice, once over a pass and once over the mountain tops. It was a great race on the calendar. Those of us that ran it would be happy to see it in our series again next year.

Friday afternoon saw a steady stream of runners arrive at Alston YHA, the race HQ, to register. NAV4 and Runfurther had already decked out the area with flags and banners creating a great atmosphere. Joe had gone to the train station to collect runners- another great service - so we ate and watched the red squirrels. Registration was brief with the issue of a drop bag if desired and a race number. We were trusted to carry the mandatory kit and I would not like to

Langdon Beck

PHOTO © NICK HAM

PHOTO © ROBERT CAMPBELL (TEAMFANS.COM/RACINGSNAKES)

Andy Davies climbing by Cauldron Snout

see anyone later confess to Joe that they had skimped on this, certainly not to expect sympathy. The formalities completed a large group of runners wandered into town for a drink and to catch up on each other's news.

Saturday had a leisurely start before the free 8am bus from the petrol station to the race start at Bowlees visitor centre near Middleton. Those in the YHA had feasted on porridge, juice, toast, eggs, coffee and more. Joe knows how to look after runners. Gathering in the field to start it seemed chilly compared to recent weeks in the north-west but the forecast was good - cool and still allowing many runners to stick to t-shirt and shorts all day. A few hundred metres and we were across the first bridge and running on the Pennine Way as it followed the south bank of the Tees upstream. The path is wide and at a very gentle gradient. It made for a speedy start and it was hard not to get carried away with the pace.

A group of faster runners, including Andy Davies (Mercia FR) and Andrea Priestley disappeared ahead pretty quickly, and before long most of us had found our natural rhythm; as always Chris Davies (Saddleworth Runners, MV60) had left Andy Robinson for dead, and I had given up chasing Andrea for now. After about four miles the Pennine Way crosses to the north bank and all but the race leader followed. Andy Davies explored the path under Cronkley Scar which was more direct. This year the river was low and he was able to cross back to the north bank below Falcon Clints; in many years this would not be possible or wise. The sun was now bright and it was getting rather warm. Our route meanwhile headed NW away from the river then SW to rejoin it in beautiful early summer meadows. After about 8 miles the path suddenly swung north through a small gorge and there as we turned the corner was one of the highlights of the route, the waterfall at Cauldron Snout. A quick scramble up some steep rocks and we arrived at CP1 about a quarter of the way into the race. Here the shorter route split and went north along the east shore of Cow Green reservoir. Our path changed to a firm farm track up to the old mines and the flag for the adjacent firing range. The track was hard on the feet and I was happy to leave it and follow the PW marker to the footbridge over Maize Beck and the wonderful grassy track that would lead us gradually onwards and upwards. We could see the rim for about a mile but actually arriving at High Cup Nick, especially from the east, is always a special surprise and a true 'wow' moment. It was also the high point of the first half of the race in altitude at around 600m.

Next came the big drop to Dufton. A grassy path and track led past Peeping hill and down to Town Head and the road. A few hundred metres through the village brought us to CP2 and a welcome chance to refill water bottles, have a cup of tea, eat and grab our drop bags. Climbing from Dufton to Knock Old Man seemed quite runnable when I started a recce from there but today as I caught Andrea it was more of run, jog, walk a bit and then repeat. It's actually a pretty sustained climb, 600m in 6km, and it's hard to keep going up it once your legs are starting to tire. Chris Davies appeared unexpectedly from behind and soon raced off, keen to make up for lost minutes on an alternative path near Dufton. Stuart the marshal greeted us with enthusiasm at this remote CP on Knock Old Man and sent us on our way across the tops. A breeze and more cloud thankfully made this section across the tops cooler. A varied section followed with small bogs (this year

PHOTO © NICK HAM

High Cup

PHOTO © NICK HAM

Greg's Hut, Cross Fell

PHOTO © ROBERT CAMPBELL (TEAMFANS.COM/RACINGSNAKES)

Scott Morley (Lichfield RC) on the Corpse Road.

they were), areas of flagstone path, grassy trods and a very short section on the road to the aerials on Great Dun Fell. The climbs and descents along this ridge passed in a flash and the trig point and massive stone shelter on Cross Fell appeared. This at 893m is the high point of the race, and of course the highest point in the Pennines too, and I had convinced myself it was now downhill all the way. Some hope. A quick descent led to Greg's Hut and another CP with water. I sped on trying to put distance between myself and Andrea. A track, the Corpse Road, would take us all the way to Garrigill in the valley but that was over 6 miles away and there were few grassy verges for respite. I had not realised how many little climbs there would be or how trashed my feet would feel. Andrea came past and for once I was relieved to meet the tarmac at the bottom. Joe was manning the last CP here but my stomach was complaining so I headed straight off in the hope of catching Andrea again. Less than 4 miles to go now and lovely grassy paths by the river. There were many stone stiles and these became progressively more difficult to climb but I was just glad to be on a soft surface again. The navigation was a little tricky here and Andrea had taken a wrong turn. A few more fields and stiles were crossed and then I spotted the cemetery which surely meant the edge of the village. Yes, the Runfurther sponsor flags confirmed it. Just 100m more and the steps to the back door of the YHA.

That was far from the end of the event. We gathered in the dining room and gradually tucked into the legendary NAV4 refreshments. Each finisher was applauded in and the showers upstairs were a real bonus. Over the evening we were treated to waiter service of soup, chilli, lasagne, tea, coffee, beer, wine, cake, pudding and crisps. By late evening for those who remained it was quite a party atmosphere and a rather late bed. What a wonderful event- the run was great but the event was so much more than just the run. A varied route, some awesome scenery, great organisation and marshals, masses of food and good company.

Top placings:

1. 5:54 Andy Davies (Mercia FR)
2. 6:31 Neil Ford (Vegan Runners)
3. 6:46 Chris Davies (Saddleworth Runners) 1st MV50 & MV60
4. 6:46 Tom Hepburn (FRA)
5. 6:46 Stephen Edwards
6. 7:04 Karen Nash (FRA) 1st woman & MV50
7. 7:08 Andrea Priestley 2nd woman

After six races the competition on our leaderboard is hotting up but the winners are by no means decided yet. Andy Davies is looking a promising bet for first man though! Several runners joined Runfurther, which is free, and vowed to complete 4 races in what is left of the year. You can join at your next race or by email (see our website). By the time you read this the next Championship race will already have happened (St Cuthbert's Way Ultra, 16 July) and possibly the 8th race as well (Long Tour of Bradwell, 6 August). For the latest race reports visit www.Runfurther.com

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BY **MARTIN STONE**

Martin Stone's Long Distance News Summary – July 2016

Most readers will be aware by now that it has been a truly momentous and amazing Spring and early Summer, especially for the ladies. Mountain running records have tumbled from the English Lakes north to Lochaber. Mark McDermott, a recent holder of the Lake District 24 Hour Record remarked that the old climbing adage about it becoming "an easy day for a lady" springs to mind. We are living through a golden era of Long Distance Mountain Running that is producing some spectacular, bold and ground breaking achievements.

NICKY SPINKS – DOUBLE BOB GRAHAM RECORD

Having set the Ladies' records for each of the Big Three Rounds in recent years, Nicky decided on a new and much longer challenge for 2016. It is 10 years since she was treated for breast cancer and as part of her 10 year survivor's celebration, she decided to attempt a Double Bob Graham. She would follow the route and the plan pioneered by Roger Baumeister, a fellow Dark Peaker, who in 1979 ran the first and until now the only sub-48 hour Double BG. It has proved so daunting a challenge that only one or two folk have attempted the challenge over the past 36 years and no one has come close to Roger's time. I provided support for Roger on that amazing weekend and came up with the plan for the route which at the time was quite controversial. It involved running clockwise from Keswick to Wasdale, turning round and running anti-clockwise back to Keswick, carrying on to Wasdale and finally turning round to return clockwise to Keswick.

Nicky completed the run in **45hrs 30mins** on 14/15th May, an astonishing 65 minutes faster than Roger's time set in 1979. She had completed 84 Lakeland peaks, 125 miles and 54,000ft ascent. You can read Nicky's article elsewhere in the magazine.

Such is Nicky's reputation for mental toughness that I don't believe any of her supporters expected her to fail, as long as the weather was kind to her. But just because a long run is going to plan, it doesn't mean that it's "an easy day for a lady" or that it has been achieved without pain and digging very deep.

Psychologically, the Double BG is very, very difficult. If you do it in a conventional way, you will arrive back at the Moot Hall after 22-23 hours and leave it again with about 24 hours still to run. If you follow the "Stone Plan" you will arrive back at the Moot Hall after 32-33 hours with about 14 hours still to run. Having to leave the Moot Hall for the final loop is sure to play terrible tricks on the mind. I noted that both Roger and Nicky were desperately in need of sleep at different spots between Threlkeld and Keswick after they had been on the move for about 30 hours. Nicky very wisely avoided the risk of grinding to a halt both physically and mentally, so she paused very briefly at Keswick. She chose to take a power nap a few miles further on at Portinscale. It is amazing what a difference a 10 minute power nap makes and how the body can be re-energised so quickly. A sense of gruelling toil is often replaced by fresh optimism and a new sense of perspective about the challenge.

It was wonderful that Roger could be present during the weekend to witness this reprise of his much underrated achievement, set in era when praise was less freely given. In a sense, Nicky's fantastic achievement provided validation for what Roger had done 36 years earlier.

KONRAD RAWLIK & JASMIN PARIS - WINTER BOB GRAHAM

This piece was too late for inclusion in the Spring Edition of the Fellrunner but it does add perspective to Jasmin Paris' amazingly fast Bob Graham which she completed two months later. Considering the generally appalling weather we "enjoyed" in December and January, 2015/16 was one of the most successful Winters to date with 6 Winter Bob Grahams completions, 4 of them first completions. All completions were clockwise and all were completed in very wintery and challenging conditions.

For long distance aficionados, Konrad and Jasmin (now his wife) need no introduction. They were 3rd and 2nd respectively in the Dragons Back Race in 2015 and have set fast times for numerous other long distance mountain races. In January they made their first Winter Bob Graham attempt on a weekend when the snow was so deep that they waded for an hour on the descent from Skiddaw to the foot of Great Calva.

They began their next and ultimately successful attempt at midnight on **12th February**. It was a clear, dark night and milder than expected. The snow conditions were better than last time but there was enough white stuff to obscure paths and trods, which made navigation interesting. Jasmin writes "The snowline was between 400 – 600m. Below that height the ground was sodden and bogs were unavoidable, while above it the snow was at a manageable depth but not fully consolidated (the crust had a 40% chance of holding). As a result, we did a lot of walking, as getting any kind of running rhythm was not only energy-sapping but, to be honest, almost impossible. Every now and again we came across an area exposed to wind where there was a hard crust of ice. The micro-spikes we stretched over Mudclaw shoes definitely proved their worth.

By the time we reached the cloud-engulfed top of Blencathra (summit number 3) the conditions were cold and windy. This was not a place to hang around! We descended quickly down Hall's Fell ridge, which was banked-out and caused us no problems. Soon we were down in Threlkeld at the first road-support crossing, which we left 30 minutes up on our 24-hour Bob Graham Round schedule. The second leg was probably the most miserable. We ran through cloud all the way along the ridge from Clough Head until sunrise, which came as we crested Dollywaggon Pike (summit number 13). In contrast to the deceptive calm of the valleys, there was a moderate wind on the tops, blowing the snow up in waves and limiting our window of visibility to a few yards of whiteness. Any previous tracks had been blown away and so we (or more accurately Konrad, I can

PHOTO © JASMIN PARIS

Konrad Rawlik

claim no credit) had to do a lot of map and compass work just to keep us on the right line. Unsurprisingly we didn't make up any time on leg 2 and left Dunmail Raise still 30 minutes up on schedule.

Leg 3 was almost all on snow, from Calf Crag until the descent into Wasdale. We were reasonably lucky with the weather and had fabulous views for much of the leg, which helped with morale on the tougher sections; of which there were several. Between Sergeant Man and Pike O'Stickle the snow was infuriatingly fickle. It would hold for two strides and then give way at the third, making for frustratingly slow progress over relatively flat terrain. After Bowfell the going was really heavy all the way to Scafell Pike as the tourist masses had churned up the snow rather than consolidating it, creating something akin to a 'snow bog'. We climbed Scafell via Foxes Tarn and then descended to excellent soup, cake and cocoa courtesy of my mum at Wasdale. By now we were 50 minutes up on schedule.

The sun set as we topped Pillar displaying a spectacular array of orange, gold and red. It was one of those Bob Graham moments to treasure forever. And then, of course, it got dark! I had a bit of a wobble on Kirkfell as I'd not eaten enough but quickly rescued the situation by scoffing four cereal bars in a row. We were amused to see a tent at the base of the climb up to Great Gable… "Someone's idea of a nice Valentine's weekend is even odder than ours!" I said to Konrad. There was a dicey moment coming off Great Gable when we veered too far right, but apart from that we made good time on the run to the next road-support crossing at Honister.

Now an hour up on our Bob Graham Round schedule, we climbed Dale Head with Jim Mann for company. The weather deteriorated, it started snowing and the wind picked up significantly. We had a really hard time locating the exact summit of Hindscarth (although visiting multiple summit cairns just to be sure was now actually standard procedure for us!) Next came the final summit, Robinson, followed by a long descent, which again saw us wandering off line. To be honest, we were pretty glad to get down into the valley… only to then find that the final road section back to Keswick was covered in sleet! We put our heads down and got on with it."

They completed their Winter BG fairly comfortably in **22hrs 28 mins.** It was Jasmin's first BG round. Konrad had previously run a solo, unsupported and 'on sight' Bob Graham in the Summer of 2011. Jasmin's mum provided top road support and Jim Mann paced them on the Northern Fells and part of the final section. This was a lean attempt and as Winter rounds go it was very minimalist. In Winter small is beautiful (as long as the weather is half decent). As you can see from the contrasting accounts of the trio (Mario, Mick & Paul) and Ricky Lightfoot in the Spring magazine, in bad weather a larger support team gives a Winter BG attempt the best chance of success.

JASMIN PARIS – BOB GRAHAM LADIES' RECORD

Elsewhere in the magazine, you can read Jasmin's fine article about her amazingly fast **15hrs 24min** Bob Graham on 23rd April 2016. At the time it was the 5th fastest BG ever but since then Rob Jebb has posted the 2nd fastest BG time ever and Jasmin now has the 6th fastest time. Her build up for running such a fast BG in **April** was unprecedented:

- Failed on a Winter BG attempt in January with her husband Konrad in difficult snow conditions
- Unpaced Winter BG in February with Konrad – 22hrs 28 mins
- Two day reccie of the BG at 17 – 18 hour pace and a B&B stop in March with Konrad.
- Ladies Record for the BG in April – **15hrs 24 mins**

I bet no one has ever spent so much time reccying and training early in the year on the route itself and maybe this helps to explain how Jasmin could be so fit for long distance running by April.

Jasmin adopts an "under the radar" approach to her record breaking attempts with little publicity beforehand and information disseminated on a need to know basis. Although she wears a GPS device to record her track and log accurate times, she doesn't carry a tracker and in a sense this affords her some privacy. It works well for her and before a recent record breaking run, the final message to her pacers was "*Looking forward to a good day on the hills! Number one aim is to have fun*". It is rare to see a photograph of Jasmin without the hint of smile.

What makes Jasmin's approach so unique is that whilst being totally aware of a schedule, she is able to relegate the thought that it's only necessary to better the previous record by a few minutes, firmly to the back of her mind. She runs as fast and freely as she can without apparent caution, rather than being content to take 5 mins off someone else's time. I was helping to support Billy Bland when he set the fastest time for the Bob Graham in 1982 and Jasmin's fearless running is reminiscent of Billy's approach. It reminds me that in each generation there are one or two folk who can make extraordinary things happen.

JASMIN PARIS – RAMSAY ROUND – "THE" RECORD!

Following her BG triumph Jasmin wasted little time in re-focusing on the next challenge – the Ramsay Round. She is a force of nature and in 2016 a woman on a mission. I think many of us go through periods in our lives when nothing seems impossible, we feel immortal and are relishing forthcoming challenges. Jasmin is being carried along by a momentum and energy that to the layperson seems superhuman.

Her mother Alena (regular support team) and a loyal, stellar cast of like-minded and mainly Scotland based friends were ready once again to help her achieve her dreams. Such is their loyalty that most offered their support for both Saturday and Sunday on 2 consecutive weekends in early June so that Jasmin would have the best chance of choosing the perfect day for her attempt. They included Jon Ascroft who only 12 months earlier had set the existing record of 16hrs 58mins and significantly lowered Adrian Belton's time of 18hrs 23mins which had stood since 1989.

The weather on the first of the two weekends was not looking good so Jasmin gambled and delayed until the second weekend. The perfect weather window arrived and at 3am on Saturday June 18th 2016 Charlie Ramsay and his wife were present at the start in Glen Nevis to see her set off. She was travelling anti-clockwise (Charlie's way), starting on the Mamores and finishing on Ben Nevis. Her pacers for the Mamores section were Graham Nash, Mark Harris, Jonathan Whilock, Tom Harris and Liz Barker. The pace was very fast and the pacers needed to take turns to miss out summits so that they could stay in contact with her. By the time she completed the Mamores and descended to the valley bottom from Sgurr Eilde Mor, she was already **22** minutes up on Jon's record breaking schedule.

Konrad, Jim Mann and Shane Ohly now carried on with Jasmin as they headed further east to Loch Treig and onto the less frequented Munros to the east of Loch Treig. The pace was if anything stronger and Jasmin continued to take even more time off Jon's record. Charlie and his wife had taken the train to Corrour and they were at the foot of Beinn na Lap to provide more encouragement. By the time she reached Fersit at the end of this shorter and more runnable section Jasmin had gained another incredible **27** minutes on Jon's record. The Ramsay Round is much more difficult to support than the Bob Graham and her mum only just made it to the support point as Jasmin

On top of Britain

PHOTO © FINLAY WILD

arrived at Fersit, by now **49** minutes ahead of Jon Ascroft's record. Jon, who was due to help pace the final big section across the Easains, Grey Corries and the Lochaber 4 was nowhere to be seen.

Fortunately Jon Gay and Finlay Wild were ready for Jasmin at Fersit and after a fast but slightly more chaotic transition they set off up the Easain's in the heat of the day. It was about midday and getting distinctly hot in the valleys. Jasmin immersed herself in the Lairig Leacach to try to cool down before the climb onto Stob Ban, the first of the Grey Corries. The round was now becoming a little bit more of a struggle and Stob Ban was not gained so easily. On his round a year earlier Jon Ascroft had set a fast pace on this final section and having pushed the boat out early on, Jasmin was feeling that she might lose some time on the way to Ben Nevis. But the Stob Ban blues passed and she was delighted when Jon Ascroft intercepted her soon after Stob Ban to join them for the final push to the finish. She fairly romped across the Grey Corries and onto the Lochaber Peaks. The team descended off the Ben at breakneck speed with racing snake Finlay Wild leading the way. The sound of Jonathan Whilock's bagpipes drifted up from the valley and a group of about 20 including Charlie himself were there to greet Jasmin on her triumphant arrival back into Glen Nevis after a mere **16hrs 13mins 53 secs.** She now holds not just the Ladies' Record but "The Record" for the Ramsay Round

You can read a full account of her run at:
http://jasminfellrunner.blogspot.co.uk

So far Jasmin is certainly making it seem like "an easy day for a lady". Since her Ramsay Round, Konrad and Jasmin have taken (a little bit of) time out to get married on the Isle of Jura. She has more ultras races planned for this year and if time allows, the finale will be an early Autumn assault on the Paddy Buckley Round and hopefully the completion of a very fast Big Three Rounds. Her wheels may come off at some point along the way, but even if they do, she has already had a quite phenomenal year.

In her blog about Ramsay's Round she signs off with the cheeky challenge "***For now though, it's over to you lads***"

ROB JEBB – 2ND FASTEST BOB GRAHAM ROUND EVER

Almost in response to Jasmin's challenge it would seem, Rob Jebb appeared from way off the radar and completed a BG on 16th July in **14hrs 30mins**.

Rob's story is an interesting one. He has spent many years racing at the highest level on the fells and cyclocross and until now a Bob Graham Round has been low on his list of priorities. His main concern is that it would take a long time to recover from a BG and have a significant impact on his racing. Rob hadn't previously done a run of over 8 hours and even this was 15 years ago on KIMMs and boat races.

The catalyst for this attempt was in late June when Adam Perry asked Rob to pace him across the Helvellyn section on his Lakeland Peaks record attempt. In all his years racing on the fells, Rob had only ever paced a BG on one previous occasion so this was quite a novel experience for him. His day out with Adam must have made a big impact on him because when he got home that day he asked his wife, Sharon, if they could find enough time in their family life for him to attempt a Bob Graham. Sharon pointed out to him that he was now 41 and if he wanted to do a good BG time, he shouldn't leave it too long!

Rob never does things by halves and within a few days he was applying the same focus to his Bob Graham attempt as he does to his racing. He got hold of schedules from Billy Bland(1st), Mark Hartell (2nd) and Jasmin (5th) fastest. From these he devised a 14hrs 50min schedule and showed it to his Dad, Peter, who completed the BG many years ago. Peter's first reaction was that it was far too fast. Only one week after his run with Adam Perry, Rob set off from Keswick at 15 hour pace to reccy the first two sections clockwise to Dunmail. He was disappointed to find himself blowing up while climbing Fairfield and was concerned that he had underestimated the challenge. But it was too late to back out now as he had already started lining up his mates to pace him.

Two weeks after this reccie and a mere 3 weeks after the notion of doing a Bob Graham entered his head, Rob set off on 16th July paced by Simon Booth. It had been raining all day Friday and on the Saturday, the northern fells were wet and relatively slow underfoot. It remained dry all day but misty until Clough Head. Although he really enjoyed the round and made it through the day without having a really bad patch, the stiff climb up Clough Head made him wonder if he had bitten off more than he could chew. He was paced on the Helvellyn section by Tom Addison, Nigel Wood and Andrew Jackson. After Clough Head the skies were clear until he reached the Scafells. He was paced on the long third leg by Paul Cornforth, Gavin Bland and his brother Andrew. A small mistake coming off the summit of Scafell cost them a few minutes. Scoffer and Paul Aitken paced the Pillar/Gable section and almost everyone involved including Sharon joined him on his triumphant final section from Honister to Keswick.

Peter Jebb provided road support throughout the day. Rob didn't stop at any of the road crossings but he did glimpse Billy Bland as he passed through Honister. Billy came to the Moot Hall to congratulate Rob on his fantastic time.

It is significant that Rob has now bridged the one hour gap between Billy Bland's 13hrs 53min BG and Mark Hartell's 14hrs 54 minute round. Billy Bland's record now appears to be within reach. I asked Rob if he thought that with a bit more preparation he could have run faster. After a little bit of thought Rob explained to me that he is now running the Long A races 20 minutes **slower** than when he was at his best. Maybe he could have posted a sub 14 hour time, if he had been minded to do his BG a few years earlier.

ADAM PERRY – LAKE DISTRICT 24 HOUR RECORD ATTEMPT

On Saturday 25th June, Adam set off on his 3rd attempt to break the record. His preparation had been meticulous, he had put together a top team of pacers and supporters and he had learned much from his attempts in 2014 and 2015. The weather for the first part of the day was good and he arrived at Threlkeld on time. On leg 2 he got stitch on the climbs and never recovered until after Sergeant Man. This made Leg 2 very difficult and he was feeling very uncomfortable by Dunmail. He fought hard and managed to keep within a few minutes of the schedule. He emerged from the struggle and was feeling strong again on the section from Langdale – Wasdale. The weather deteriorated and it was raining as they approached Scafell Pike. Despite the rain, they pushed on well across the wet rock and arrived on schedule to Wasdale.

Adam allowed too little time in the schedule for Haycock, the additional peak he needed to include if he was to set a new record. He pushed on and clawed back almost all the lost time by the time he reach Great Gable, by which time he was climbing well and feeling confident. But then disaster struck. In almost zero visibility the team made a single error, about 30 degrees on a compass bearing off Green Gable that was intended to take them down the less visited ridge that leads to Base Brown. To rectify it they had to

PHOTO © RACHEL PLATT

Rob heads up Steel fell with Sharon trying to get food down him before his leg support had managed to swap gear over and catch him up

contour steep and rocky ground to Base Brown and in doing so, lost too much time to recover later on. He reached Honister still feeling really strong and mentally positive but with an impossible task ahead of him in the time remaining. His attempt halted at Honister with the additional peak added and two stages remaining.

In 1988 Mark McDermott had the perfect run on the perfect day to complete his 76 peaks on his first attempt. It took Mark Hartell (Rain Man) 3 attempts, each in a different year to set his record of 77 peaks. The Lake District 24 Hour Record is the Holy Grail of 24 hour mountain running achievements - there is no bigger 24 hour mountain challenge anywhere else in the world. To break the record every aspect of an attempt need to be near perfect and each additional peak that gets added will turn the screw even tighter for future attempts. We all hope that Adam won't be too discouraged and that he'll come back stronger than ever next year for another go on what will hopefully be the perfect day.

GRAHAM PATTEN – FAST JOSS NAYLOR TRAVERSE

Ash, the official timekeeper, sets off Graham

On Thursday 12th May 2016 Graham completed the Joss Naylor Traverse in 9hrs 59mins 02secs, breaking Paul Cornforth's previous record of 10hrs 35mins by 35 minutes. The route was devised by Joss 26 years ago as a challenge intended for those aged 50+. It is a point to point route from Pooley Bridge to Greendale Bridge, Wasdale and although shorter than the Bob Graham, it is not for the faint hearted – 48 miles, 17,000ft ascent/descent and 30 tops. The challenge time is set in age bands and for men aged 50 – 54 the target time is 12 hours.

Graham is aged 52 and in his younger years he competed in orienteering and mountain running racers at an international level. He was plagued by injury in his 30s and 40s and so he retired from competitive running at the age of 40. But he still loved running on the fells and as he approached the age of 50, his long term injuries seem to become more manageable, to the extent that he was able to complete a Bob Graham Round in 2015. His attempt in May at the Joss Naylor Traverse was the culmination of a lot of preparation and hard training. Coming from an ultra-competitive background in elite sport Graham was able to focus on getting himself very well prepared for the challenge.

Graham chose to run the route solo but with support at the road crossings. He carried a tracker so that he could prove that he had visited all the summits. The weather was perfect for his run and he had a great team of family and friends supporting him. Graham's run is not officially recognised as a completion because the rules of the organisation require that each contender is paced throughout the entire length of the challenge.

FINLAY WILD & TIM GOMERSALL – FAST WINTER CUILLIN RIDGE TRAVERSE

On Sunday 14th February 2016 Finlay and Tim completed a Winter Cuillin Ridge Traverse from Sgurr nan Gillean in the north to Gars-bheinn in the south. Their route took in all 11 Munro summits, Bidein Druim nan Ramh, and included the TD gap. They started at Sgurr nan Gillean at 07.40 and touched the cairn on Gars-bheinn at 13:54. The summit to summit traverse took 6hrs 14minutes and 17seconds.

Several factors were key to their fast and light approach. The snow conditions were excellent, with both a decent base and a forgiving fresher covering on top. The weather was clear and the wind not too persistent. Several parties had been along the ridge in the past two days and so there was a trail already broken - which took a very good line for at least ninety percent of the route. They also had the advantage of light equipment. In particular, we both wore Salomon X-Alp Carbon GTX boots - which at 500g each are essentially a stiff running shoe with an outer gaiter. These take a crampon remarkably well. They decided to take two ice axes each, to allow a maximum of soloing, and used one technical and one super light axe each for the majority of the time. For the multiple abseils they took a 38metre length of 8mm rope, and a 26metre length of 6mm cord. They took multiple slings and abseil tatt although as hoped all but one of the abseils they made was already equipped by recent teams. In addition they had a small rack of nuts and 4 quickdraws, for use on the Inn Pinn and TD Gap. They took just over a litre of water each and ate mostly gels and jelly babies

Finlay writes "Setting off from Sgurr nan Gillean we were incredibly excited. Getting the timing right with days off work, weather, snow conditions and partner had all come to pass: now we could get on with the task at hand. Tim set a blistering initial pace and fell back on his alpine experience to rig the first abseil extremely quickly. From then on we developed an efficient partnership, soloing and running between the more technical short sections or abseils

Having a broken trail which was in the right place was key to our speed. Also the recently used, visible abseils were quick to find and safe to use - they didn't need dug out, re-equipped or hunted for. We moved very quickly between the abseils on Sgurr nan Gillean, Am Basteir, Bhasteir Tooth; the second and then third tops of Mhadaidh. At times were were overheating in just a single thin top layer, but as we got to Sgurr na Banachdich and the change of general ridge direction, it got a bit colder in the wind. Reaching a wintery Inn Pinn Tim took the lead and we simul climbed up to the summit block at about 3hrs 15mins elapsed. After a quick abseil and another gel we continued on, and warmed up. Abseiling Kings Chimney we should have used both ropes, but didn't and had a short awkward downclimb

Tim on the Inaccessible Pinnacle

PHOTO © FINLAY WILD

PHOTO © FINLAY WILD

Finished at Gars-bheinn

Approaching the TD Gap I was apprehensive. Things were going well but we still had this final technical obstacle to overcome. Many winter traverses descend into Coire a' Ghrunnda from the gap, but we felt that the ideal aesthetic was to include the climb out of the gap. After a brief pitiful attempt at some lassoing of the top of the gap from abseil, we descended and I set off on an anxious lead. To my delight, I found several positive hooks which I had no idea were there, despite knowing this short section well in summer. It's pretty steep with poor feet and my forearms were screaming, but at least it is short and fairly soon I was up and out. Me delighted, Tim seconded up and we continued on.

The sun came out now again and it was getting hot. We also picked up the pace slightly and enjoyed a brilliant romp up Sgurr Dubh Mor. Racing down the snowy gully towards Caisteal a' Garbh-Choire was certainly easier than ascending it in summer, although we had to make a few minor route changes in these winter conditions. From Sgurr nan Eag we stayed close, pushing each other on, and finally reached Gars-bheinn and its eagle's eerie view in a pretty knackered state. We took in the ridge and that favourite view across to a snow topped Bla Bheinn, before stumbling our way down the south west screes to the track and some water. A friendly family on holiday squeezed us into their car at Glen Brittle and dropped us back at Sligachan, for a much needed cup of tea."

FINLAY WILD & TIM GOMERSALL - FAST WINTER TRANTERS ROUND

On Sunday 28th February 2016 Finlay and Tim completed the Phillip Tranter Round in a time of 17hours and 35minutes. This is a classic running Round of 40miles and circa 6000m ascent along the Ben Nevis, Aonachs, Grey Corries and then Mamores ranges in Lochaber. They set off from Glen Nevis Youth Hostel at 04:21 and finished there at 21:56. They believe that this is faster than the winter running record of 18hrs 59mins recorded by Dan Gay, Jon Gay and Paul Manson in February 2009. They used 'Skimo' lightweight ski mountaineering equipment, as well as trainers for the first approach and last run out. They were unsupported and had no gear or food caches. They estimate that they were 'on skis' for about 70% of the time.

Finlay writes "Setting off up Ben Nevis in the dark we were very excited - the forecast for the day was perfect, and the snow cover looked good too. We had debated whether to do the round as a run or a ski, and even now I am not sure what the fastest option would be. The benefits of running are of course lighter gear and less kit faff, whereas the ski mountaineering benefits would be ease of travel over (some types of) snow, as well as faster descents which would likely save the legs compared to running downhill. Snow conditions would be a huge factor as skis would have the edge in soft conditions, whereas on this day conditions were set to be fairly firm and scoured, so would the skis be a hindrance or a help? I have long been fascinated with the idea of doing this Round using skimo

PHOTO © FINLAY WILD

PHOTO © FINLAY WILD

kit - would it be possible?

The problems of doing a round like this with traditional ski mountaineering kit are mainly the weight of equipment and also the faff time for 'transitions' from uphill mode to downhill; from skis on to cramponing, etc. With modern lightweight skimo equipment these problems are largely overcome as transitions can be made very quickly with functional 'race' systems, and also the skis are light and short allowing them to be easily carried on the back without much detriment.

First light was on top of Ben Nevis - perfect clear skies, no wind, moonlight and stars. I let out a whoop skiing some nice snow down to the Carn Mor Dearg Arete. Crossing this on foot we continued into the rising dawn. Very firm down to the Carn Mor Dearg - Aonach Mor col. Steep cramponing up firm neve to the plateau. After this things started warming up a bit in the sun and we made steady progress along the Grey Corries, mainly on skis with some foot sections when steep or rocky. Off Stob Ban (Grey Corries) we had a fantastic spring-like ski down east of Meall a Bhuirich and grass hopped right to the river Abhainn Rath. A quick barefoot river crossing wasn't so bad as the sun was out and we got a breather and a chance to take on water.

Crossing ranges, we now skinned up the long and lovely northeast ridge of Sgurr Eilde Mor. From this summit we crossed to Binnein Beag and found a brilliant half pipe gully of soft snow near the crossing of the Allt Coire a' Bhinnein's southernmost fingers. For Binnein Beag we left the skis and bags for an out-and-back. Skiing off Binnean Mor and traversing Pt 1062 to descent to the col east of Na Gruagaichean was rewarding, but the descent from Na Gruagaichean itself was icy and chattery on skis. Another out-and-back to An Gearanach as the evening light was deepening. From Stob Coire a' Chairn down was a fun ridge-ski, and up Am Bodach felt steep. The last out-and-back along the Devil's Ridge to Sgurr a' Mhaim was a final 'crux' and we again left the skis and proceeded on foot for this. Darkness finally descended on arrival back at the skis and a surprisingly good headtorch ski down to Lochan Coire nam Miseach and some opportunistic water.

Skiing off Stob Ban (Mamores) was unconsolidated and rocky so we had a short walk, but then got skinning again along the final section to Mullach nan Coirean. Chat was fairly minimal by now with necessary information communicated in grunts. After descending down the final northeast ridge a ways on foot we had a nice ski down beside the fence and then switched to trainers for the final 4km run out to the Youth Hostel. This was another unforgettable hill day - for pure length; for variety and interest; for perfect winter weather. From being barefoot in the warm(ish) sun at the valley river crossing, to being fully layered in the dark with increasing wind going up Stob Ban (Mamores) many hours later. I had long thought that this Round could be done utilising skis as a tool for travel in the winter, and I'm very pleased that we managed to turn this into a reality."

JOHN HAMMOND –HIGHEST 10 MUNROS ROUND

Between 30th May – 4th June, John Hammond completed a continuous round of the highest 10 Munros on foot, starting and finishing in Fort William. The distance was 377km and the route contained 10,057metres of ascent. The journey took him 5days 5hrs 56mins and of his running time was 52hrs 13mins. He climbed Munros on three of the six daily stages.

- Day 1 – 58km/2727M/9hrs 16mins - Glen Nevis to Moy via **Ben Nevis, Carn Mor Dearg, Aonach Beag and Aonach Mor**
- Day 2 – 63KM/853M/7hrs 38mins - Moy to Glen Feshie
- Day 3 – 55KM/3149M/9hrs 55mins – Glen Feshie to Linn of Dee via **Braeriach, Sgor an Lochain Uaine, Cairn Toul, Ben Macdui, Cairngorm**
- Day 4 – 74KM/1160M/8hrs 52mins – Linn of Dee - Fearnan
- Day 5 – 72KM/1820M/9hrs 36mins – Fearnan – Bridge of Orchy via **Ben Lawers**
- Day 6 – 56KM/1470M/6hrs 56mins – Bridge of Orchy to Glen Nevis

DAMIAN HALL – SOUTH WEST COAST PATH RECORD

When you consider that the SW Coast Path is so tough, the record has received quite a lot of interest in recent years.

The route is 630 miles and Damian started from Poole at 05:01 on Saturday 14 May 2016, reaching Minehead at 20:19 on Tuesday 24 May. His excellent time of **10 days 15 hours and 18 minutes** means that he averaged about 57 miles on each of the 11 days and significantly reduced Mark Berry's time previous record by 17 hours. For those living in the north who aren't aware of the SW Coast Path, the amount of climbing is huge – 111,000ft. Most of the route is very beautiful but the climbs/descents can be fiendishly steep.

Damian was accompanied for much of the first 6 days by Mark Townsend who eventually pulled out with injury. He was supported from a camper van and as the attempt progressed, his sleeping time dropped from 5 hours a night to 2 hours on the two final nights.

PHOTO © TOM JONES, CONTOURS TRAIL RUNNING HOLIDAYS

BIG THREE UK ROUNDS – REGISTER OF COMPLETIONS

The Big Three are the Bob Graham in the Lakes, Paddy Buckley Round in Snowdonia and Ramsay's Round to the east of Fort William. After completing a Bob Graham, quite a number of folk are keen to tackle another big challenge and having completed their second Big Round, it is only natural to want to complete the Big Three. Most years, one or two people complete their third round and join a small group who have completed the Big Three Rounds, each round within 24 hours. In 2012 there were no completions of Ramsay's Round, so the Big Three "Club" is quite a select group that isn't growing at an exponential rate! We believe that about 40 folk have completed the Big Three Rounds but we don't have a definitive list. A provisional list is published on www.gofar.org.uk but if you have completed all 3 rounds within 24 hours or details on the website are incomplete, please email Tony Wimbush at info@gofar.org.uk to ensure that you are on the list and let him know the year you completed your third round. If you spot an error on the list, please let Tony know. With any luck we should have a clean and accurate list on display soon.

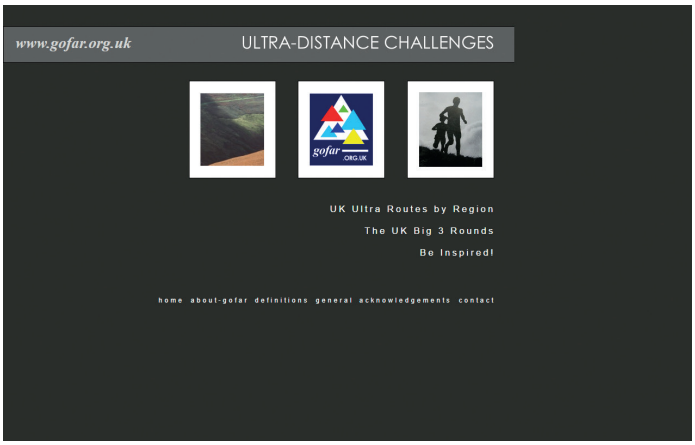
FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

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 email 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. If we are to consider solo running achievements, they need to be independently verifiable and a good way to do this is to wear or carry a GPS watch or a tracker that you can obtain from www.opentracking.co.uk. As soon as possible after the run, the track should be emailed to an appropriate person. This could be the current/previous record holder, a person who maintains a list of records or someone who is closely involved with the history of the route or the particular type of running, who could confirm the validity of the claim. 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 an excellent website that documents long distance routes and records. 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.



BY **IAN CHARTERS**

The Joss Naylor Lakeland Challenge

Unsettled weather and a late burst of winter put paid to a scheduled attempt in April. However, on 14th of May Ian Cookson (M65, Bowland FR) successfully completed a crossing comfortably within his allowed time and with two further attempts scheduled to be made before the end of the month the "season" is well underway. In the last issue I mentioned that the "Meet + Greet" team could always use a little more help and I am very pleased that Geoff Cox and is now an active member. With only one success to report so far, I would like to summarise the Challenge.

The Route

The route leaves Pooley Bridge to traverse 30 summits over a distance of 48 miles and climbing 17,000 feet (77km, 5182m) with only two road crossings. The inaugural run from Pooley Bridge to Wasdale was made by Joss Naylor in 1990, at the age of 54. In very bad weather with heavy rain and a strong SW wind, Joss completed the run to Greendale Bridge in 11 hours and 30 minutes. A challenge was offered to fell runners over the age of 50 to complete the run in set times according to their age group. Chris Brasher offered engraved pewter tankards to the first 20 runners to do so with the proviso that they raised at least £100 for a charity of their own choice. In January 1997, with 17 tankards already awarded, Chris extended his sponsorship. In 2001, with 33 tankards awarded, Joss secured on-going sponsorship for the tankards. Thanks are due to current sponsor, Jennings Brewery.

Time Allowances

Age Group	Women (Hours)	Men (hours)
50-54	14	12
55-59	16	15
60-64	18	18
65+	24	24

Requirements

Although anyone can do the route unaccompanied and in their own time, there are a few requirements to be satisfied if attempts are to be validated and tankards awarded. This is intended to be a supported run for individuals with a pacer on each leg for safety reasons. Travelling alone in the Lake District mountains significantly increases the risks to a contender while having company on the fells makes the attempt safer. Solo, unaccompanied attempts are neither encouraged nor recognised and, indeed, such attempts would be discouraged because the consequences of an accident are, potentially, much more serious.

Those finishing within their age group time limit are invited to submit the following information -

1. Schedule signed by pacer(s) witnessing times for each leg
2. Receipt from the charity of their choice for at least £100
3. Age category on the day of the attempt
4. SAE for return of documents, if required
5. Postal address, telephone number and email address
6. Account of the attempt, not more than one side of A4 paper
7. Name of Running Club and/or Mountaineering Club if applicable

For Information and validation details

Ian Charters
http://jossnaylor.blogspot.co.uk/
ian.charters@justusuk.com (preferred)
24 Mill Lane, Aspull, Wigan WN2 1QY
(Please enclose a SAE)

COMPILED BY **DAVE WEATHERHEAD** AND **BARBARA CARNEY**

REPORTS & RESULTS

The Charge of the Light Brigade

PHOTO © WOODENTOPS.ORG.UK

The Fell Runners Association
Founded 4th April 1970

Submitting results and reports

Race reports and results for publication in The Fellrunner's Reports and Results section should be sent to David Weatherhead and Barbara Carney at resultsfra@aol.com as soon after the event as possible.

Please use the Reports and Results Template which is e-mailed to the FRA Fixtures race contact at around the time of the event. If this is not possible submissions should be in Word or Excel file format and identify the race title and date. The results must include the competitor's name, position, time, club and category. We do not download results and reports from other websites.

Race photos are welcome, especially unusual views and unfamiliar races – send files or links to the Editor - editor@fellrunner.org.uk.

Send results for the FRA website to Brett Weeden – brett@phluidity.co.uk

PHOTO © WOODENTOPS.ORG.UK

ILKLEY MOOR
West Yorkshire
AS/8km/401m 21.02.16

Once again the weather added an extra element to this race. 45 winds were forecast and they didn't disappoint. From the finish line runners could be seen trudging their way along the ridge between the Pancake Stone and the top of Backstone Beck, and many were forced to walk the slog up to the Badgerstone. Coupled with muddy conditions brought on by recent rainfalls the conditions were probably the most challenging of recent years, an experience vindicated by several seasoned veterans of the race.

In recent years this race has been dominated by Tom Adams and Simon Bailey and this year was no different. Simon took an early lead but Tom reeled him over the moor for his 4th victory. Continuingly impressive, Jack Wood led the local elite runners in. Can he challenge the hegemony of Tom and Simon in future races?

The ladies race was comfortably won by Bronwen Jenkinson who has recently started a course at Leeds University, so we look forward to her competing over the coming years.
A special mention must go to impressive performances from two young local runners; Ruaridh Mon-Williams was first under 18 and 14th overall and Jemima Elgood. second lady overall, first local lady, and first lady under 18

Despite Ilkley's first and third placings, having four runners in the top 20 gave Wharfedale the men's team prize whilst Ilkley ladies won the ladies' team prize.

A big thanks to all marshals and race officials who made the race happen, especially to Phil Chappell who must have felt a bit windswept after two hours at the Badgerstone!

Chris Oxlade

1. T. Adams	Ilk	39.13
2. S. Bailey	Mercia	39.30
3. J. Wood	Ilk	41.56
4. D. Coombs	HBT	42.13
5. I. Holmes O/50	Bing	42.24
6. T. Mason	Wharf	42.30
7. G. Pearce	P&B	42.36
8. S. Watson	Wharf	42.42
9. N. Crampton	P&B	43.08
10. J. Baxter	P&B	43.16
VETERANS O/40		
1. (18) N. Charlesworth	Wharf	45.35
2. (31) C. Walker	P&B	48.03
3. (21) A. Lake	EskV	48.06
VETERANS O/50		
1. (5) I. Holmes	Bing	42.24
2. (52) M. Wharton	CaldV	50.37
3. (55) J. Mason	Dewsb	51.00
VETERANS O/60		
1. (170) N. Hiindle	FRA	63.10
2. (200) I. Smith	Bolt	65.57
3. (24) P. Jackson	Unatt	70.42
VETERANS O/70		
1. (261) G. Howard	Ilk	73.01
LADIES		
1. (59) B. Jenkinson U/23	Eryri	51.11
2. (72) J. Elgood U/18	Ilk	52.36
3. (85) R. Pilling	P&B	53.45
4. (92) L. Haines U/18	Ilk	54.58
5. (98) A. Kilcoyne	Abbey	55.19
(118) D. Edmondson O/40	Idle	57.08
(126) A. Donlan O/40	Barlick	58.00
(136) H. Whitaker O/50	Ilk	59.31

312 finishers

EDALE SKYLINE
Derbyshire
AL/34km/1372m 13.03.16

Looks like I'll have to arrange delivery of some Rescue Ale to Hayfield. I erroneously awarded the men's team prize to the home team when, in fact, it should have gone to Pennine.Oops, sorry. I'm pleased to report that the ladies' quota of ale stayed on the east side of the hill.

The ladies' individual race was won convincingly by Jasmin, in an impressive tenth place overall. Nicky (1st LV40) came home second, followed by Sally, last year's winner. We have a newish LV50 trophy (Pat – you'll be pleased to hear that it's got your name on it for 2015). This year it was awarded to Mandy Calvert.

It was a close run thing in the men's race, with Jack holding off Richard by just twenty seconds. Jack had unfinished business with the race, having failed to finish in the staggeringly cold conditions last year. He may also have been venting his frustration at having gone walkabout at Black Combe the previous day. For Richard it was his second second place. Third time lucky in 2017, I wonder? Konrad completed the British top three and Ian led home the MV40s in fourth place overall. Despite benign weather, times were not particularly fast owing to the slushy snow obscuring much of the course.

There were humbling performances in the 'Last of the Summer Wine' categories. Both Richard Houghton (V50) and Keith Holmes (V60) retained their titles despite also having raced at Black Combe. Can I have pint of whatever you're drinking, guys?! At the other end of the spectrum, Eleanor Johnstone and

PHOTO © MOSSIENETPHOTOGRAPHY

Ian Phillips of Matlock (4th overall and 1st V40) leading Jack Wood 1st with Richie Roberts who finished 2nd at Edale Skyline.

Ben Arkell led home the U23s.

Apart from attending a parapent accident near Mam Tor, the on-station Edale MRT were able to enjoy an afternoon sunbathing and eating pies, whilst the Red Cross dealt with just a few bumps and scrapes - a welcome change from 2015, which was somewhat epic for all involved.

Thanks to all runners for complying with the defined route through the Woolpacks. The reseeding process is transforming bare peat into lush grass, but it is still very fragile and will take a few years to become firmly established. Also undergoing transformation is the route to Brown Knoll. By next year there will be flagstones the whole way so, with a tail wind, I'd expect quite a few more sub-three hour times.

Proceeds from the race will go to Edale MRT, National Trust, Peak District National Park Access Fund and local charities. Thanks to our sponsors, Accelerate and Everything Outdoors, to all the land owners and the many, many actual and honorary Dark Peakers who volunteered their time. Their hard work meant that I too found myself free to indulge in pie-eating whilst posing in a club heirloom – a circa 1980 nylon tracksuit. Well, I was advised to wear something distinctive!

Gavin Williams

CAUSEY PIKE
Cumbria
AS/7.2km/543m 19.03.16

Keswick AC's iconic Causey Pike Fell Race was marked by some early spring sunshine resulting in perfect weather conditions for fell running. Regarded by many as the real start to the fell running season, full concentration is required at every stage of this tough technical route. From Stair Bridge, runners head up Causey Pike via Rowling End, taking in a short stretch along the ridge before dropping off the steep grassy flank on the descent.

The men's race was well contested with Rob Jebb finishing in 34.42 holding off a strong finish from Carl Bell who finished nine seconds behind (34.42) and ahead of clubmate Mark Lamb in third (36.05).

The ladies' race was won by an impressive run from Heidi Dent, finishing 8th overall in a time of 40.45 with Cat Spurden finishing second in 43.34 and Kirsty Hall finished third in 44.00.

Daniel Barton

1. R. Jebb O/40	Bing	34.33
2. C. Bell	Kesw	34.42
3. M. Lamb	Kesw	36.05
4. T. Cowin O/40	HelmH	37.53
5. T. Ferguson U/23	Unatt	38.14
6. P. Cornforth O/50	Borr	38.30
7. C. Edis	Kesw	39.07
8. H. Dent	Howg	40.45
9. A. Holt O/40	Ross	40.53
10. D. Fishwick O/40	Chorl	42.59
VETERANS O/50		
1. (6) P. Cornforth	Borr	38.30
2. (17) D. Ferguson	Kesw	45.34
3. (19) R. Gibson	Kend	46.15
VETERANS O/60		
1. (37) J. Downie	Kesw	52.36
2. (46) T. Symonds	FRA	55.42
3. (48) K. Loan	Kesw	56.34
LADIES		
1. (8) H. Dent	Howg	40.45
2. (11) C. Spurden	Kesw	43.34
3. (12) K. Hall O/40	Wharf	44.00
4. (24) J. Gillyon O/40	Kesw	47.42
5. (28) E. Bain O/40	NFR	49.49
(41) C. Pollard O/50	Wharf	54.23
(55) L. Lord O/60	Clay	60.17
(60) K. Clark O/50	Kesw	65.14

62 finishers

HOPPITS HILL
West Yorkshire
BS/5.6km/250m 20.03.16

The sun shone once again on the Hoppits Races and turnout in both the senior and junior races was up on last year which is very encouraging for me. Thanks go to Penistone Footpath Runners, Meltham A.C, Saddleworth and Holmfirth who put the races in their club championships.

Dave Lund (showing his recent winning form) won the men's race followed by Damien Kilpin and Nat Winfield. Then in fourth came the ever improving MV50 John Mason, followed by MV40 Shaun Dimelow. In the ladies' race Lesley Latchem proved that hill training is worth the effort by coming in 20th overall, first lady and FV40. Julie Darigaza was seond followed by LU18 Lizzy Deacon (who I once coached at Penistone so it's pleasing to see her doing well in the senior races).

I love setting the U8s' race off up Hoppits and watching them before making a quick dash to the beat them back to the finish to record them in. There was a record number of entrants in this category and I hope they move up through the other races over the years. Once again Matilda Evans impressively won the U8s' race – next year will be the U10s for her! Louis Stewart came in first U8 boy closely behind. In the U10s Luke Carrington won the race with Oscian-Shem Waterman in second. In the U12s there were 13 entrants so a good competition was held with Matthew Burke coming in first in 10.24 but only just beating first Girl Isabel Richardson in 10.26; both are Holmfirth runners showing the class of runners that Holmfirth Harriers have. The U16s is always the lowest turnout so I was pleased with five entrants. It's also a tough course as they have to do both the senior hills without the distance (rest!) in between!! So well done to all that completed in the U16 race. Tom Whitworth was first Boy and Daisy Shepherdson was first Girl. Nearly all the juniors won an Easter Egg which I could see were duly eaten before leaving for home!

Thanks to Fay and Richard Myers who opened up Hopton Mills Cricket Club and provided refreshments all day and to Andy Plummer of the Trunce who donates the prizes; also to Charmian Heaton, Keith Holmes and all the marshals. Lastly, thanks to all the runners who come along and make the day a success.

Nicky Spinks

1. D. Lund	DkPk	20.57
2. D. Kilpin	Pstone	21.10
3. N. Winfield	Pstone	21.20
4. J. Mason O/50	Dewsb	21.21
5. S. Dimelow O/40	P'stone	21.57
6. D. Stewart O/40	Holmf	22.41
7. J. Law U/23	Holmf	23.53
8. S. Sanders O/40	Pstone	24.59
9. J. Calvert O/40	Dewsb	26.04
10. A. Tarasiuk	Unatt	25.09
VETERANS O/50		
1. (4) J. Mason	Dewsb	21.21
2. (14) C. Deacon	Pstone	25.32
3. (24) M. Goodwin	Pstone	27.18
VETERANS O/60		
1. (23) R. McArthur	Melth	27.03
2. (30) A. Knox	Pstone	28.03
4. (42) D. Foston	Pstone	32.20
VETERANS O/70		
1. (50) R. Brown	Pstone	33.38
LADIES		
1. (20) L. Latchem O/40	Pstone	26.25
2. (25) J. Darigaza O/40	Pstone	27.21
3. (28) L. Deacon U/18	Holmf	28.17
4. (31) L. Gill	Pstone	28.48
5. (34) A. Battle	Melth	29.52
(47) G. Markham O/50	Melth	33.00
(49) B. Nixon O/60	Pstone	33.24
(51) J. Cockerton O/50	Pstone	34.20
JUNIORS U/8		
Boys		
1. L. Stewart	Holmf	6.58
2. S. Parkin	Wkfld	7.45
3. H. Byrom	Saddle	8.24
4. C. Wood	Unatt	9.24
5. I. Waterman	Holmf	9.34
6. L. Curran	Unatt	10.45
Girls		
1. M. Evans	Unatt	6.52
2. S. Ellis	DenbyD	8.42
3. N. Armitage	Unatt	9.04
4. M. Charlesworth	Pstone	10.53
5. B. Carrington	Saddle	11.06
JUNIORS U/10		
Boys		
1. L. Carrington	Saddle	8.12
2. O. Waterman	Holmf	10.18
3. T. Armitage	Pstone	10.22
4. H. Claydon	Pstone	10.28
Girls		
1. W. Delderfield	Saddle	11.29
2. S. Foulger	Unatt	11.41
3. S. Brown	Holmf	12.03
JUNIORS U/12		
Boys		
1. M. Burke	Holmf	10.24
2. C. McFarlane	Holmf	12.11
3. E. Mackie	Pstone	12.22
4. A. Bailey	Unatt	12.28
5. C. Winfield	Unatt	12.51
6. H. Parkin	Holmf	13.41
Girls		
1. I. Richardson	Holmf	10.26
2. A. Stewart	Holmf	13.04
3. E. Delderfield	Saddle	13.30
4. L. Jones	Saddle	14.02
5. E. Spencer	Saddle	15.14
6. E. Randall	Unatt	16.31
7. H. Whitworth	Melth	17.51

JUNIORS U/16

Boys

1. T. Whitworth	… … …	Melth	15.38
2. J. Winfield	… … … …	Buxt	16.26
3. A. Clough	… … … …	Saddle	21.28
4. C. Chadderton	… … …	Saddle	21.29

Girls

1. D. Shepherdson	… …	Saddle	19.18

PETE HARTLEY MEMORIAL LIVER HILL
Lancashire
BS/7km/250m 29.03.16

Once again the Pennine weather was unkind to us for this popular race, although the marshals and finish officials probably suffered from the cold sleet and snow more than the runners as this race organiser will testify!

Once again held as a memorial and tribute to our friend and club member and fell photographer Pete Hartley, many of Pete's friends came along to run in the race and Denise Park, Pete's partner and well known and acclaimed physiotherapist, came along to start the race and help hand out the Smarties and Crème Eggs to the finishers. Denise was also on hand to present "The Pete Hartley Memorial Rossendale Harriers Fellrunning Trophy" before the race to club member Sam Tosh for his achievements on the fells in 2015.

150 runners completed the out and back course, notable performances coming from U/16 Rossendale Harrier, Mathew McKay in 12th place, along with U/23s' Danny Collinge in 1st place, Callum Davidson in 2nd place and Jack Hindle in 4th place - the future is bright!

Nicola Jackson led the ladies home in a fine 14th place overall, the next two ladies being 69th and 71st outlining just what a great run Nicola had.

Graham Wright

1.D. Collinge U/23	… …	Clay	34.51
2. C. Davidson U/23	… …	Ross	34.59
3. K. Steinegger	… … …	Amble	35.05
4. J. Hindle U/23	… … …	Bburn	35.13
5. A. Whittem	… … … …	CaldV	35.20
6. P. Marsden	… … … …	Bolt	36.02
7. G. Cunliffe	… … … …	Ross	36.32
8. S. Corbishley	… … …	Ross	37.22
9. J. Raho	… … … … …	Holc	37.24
10. T. Campbell O/40	…	Astley&T	37.25

VETERANS O/40

1. (10) T. Campbell	… …	Astley&T	37.25
2. (11) P. Hobbs	… … …	Tod	38.07
3. (13) S. Ward	… … … …	Ross	39.08

VETERANS 0/50

1. (25) J. Tinman	… … …	Ross	40.31
2. (33) M. Wallis	… … …	Clay	41.27
3. (37) M. Ellithorn	… …	Chorl	42.08

VETERANS O/60

1. (44) G. Schofield	… …	Horw	47.28
2. (53) D. Kelly	… … … …	Ross	44.28
3. (63) A. Corbishley	… …	Ross	46.05

LADIES

1. (14) N. Jackson	… … …	Prest	39.12
2. (69) O. O'Mahony	… …	Clay	46.56
3. (71) S. Williamson U/18		Ross	47.03
4. (76) E. Wood	… … …	Howg	47.32
5. (79) N. Murphy O/40	…	Ross	48.02
6. (85) E. Tinman U/16	…	Ross	48.55
(97) W. Dodds O/60	… …	Clay	51.55

150 finishers

Tom Adams dominating proceedings at the Bunny Run One again

PHOTO © WOODENTOPS.ORG.UK

Denise Park and Graham Wright presenting the Pete Hartley Memorial Rossendale Harriers Fellrunning Trophy to Sam Tosh

© W S Bateson -runningpix

PHOTO © STEVE BATESON WWW.RUNNINGPIX.CO.UK

BUNNY RUN ONE
West Yorkshire
CS/4.8km/100m 29.03.16

277 runners braved the wet, cold and windy conditions for Bunny Run One, with Tom Adams and Katie Walshaw once again dominating proceedings. Tom had to work hard to win his 16th Egg Stage with Jack Smith intent on breaking him, but Jack's legs gave way at the vital push towards the line as Tom stretched his legs, a mere second separated them. Tom then cruised to his 10th BR victory, whilst Jack Wood ran a strong race to finish second with Jack Smith third, suffering Egg Stage lactic acid. Christian Holmes ran a brilliant race to win the V40 Bunny Trophy and finish fourth. Jack White once again travelled up from Norfolk to compete and finished first BU16 and a very impressive eighth overall with William Thompson taking the BU14 awards. 53 year old Steve Hunt won the V50s, John Bassinder the V60s and Malcolm Coles the V70s. Ilkley Harriers with Tom, Jack and BU16 Euan Brennan in 15th easily won the men's team.

"I first developed an interest in fell running around eight years ago while in the Lake District at a friend's wedding, I had spotted a book in a shop window in Keswick called, Feet in the Clouds. I found myself reading about a man from Keighley called Ian Holmes who was the best fell runner in Britain. I was inspired, so I began running but it was a year later when I ran my first race. A friend of mine had told me there was this race on Penistone Hill named the Bunny Run and that I should do it. I remember thinking I was going to win as I thought it would be a small event. I went off like a rocket. I was leading the race and in front of Ian Holmes after 100 yards and then it hit me going up the hill. I remember thinking I can't breath and why is everybody passing me? I think I came about 80th. I've learned a lot about running since then from Ian and many others in the sport. In tonight's race I had started badly, I found myself well down the field and struggling to get round the masses. As the race developed

at the front I was steadily making my way through the field I just seemed to keep passing people. What I couldn't understand though was why I seemed to be catching Jack Smith a talented young runner and a friend. It wasn't until after the race that I realised that Jack had actually raced Tom Adams for the short lap known as the Egg Stage. This had pushed Jack and in fact Tom into the red. Jack was struggling to recover for a while having sprinted so hard early on. I was amazed to finish fourth behind Jack and first V40. My mother, who sadly passed away the day before the race, was a very strong minded person and a positive thinker. She installed confidence in us from an early age. She made us believe we could achieve anything if we put our minds to it. I'd like to think she powered me round the run. On a wet night in muddy conditions something made me run faster than I normally can without tiring or feeling pain" said Haworth antique dealer Christian Holmes.

Bunny girl Katie Walshaw returned to win the Egg Stage for the 17th time and win the race for the 16th time finishing 21st overall. Fresh from winning the Lancashire GU14 fell championship the previous day, Briony Holt finished second overall and first FU14 with another FU14 Alice Jones only 11 seconds behind in third - impressively Alice even wore bunny facepaint and ears. Ruby Sykes in fourth and Jordan Mullinger in fifth along with winner Katie, made it a winning night for Holmfirth Harriers in the ladies' team prizes. Sixth overall was first FV40 Kirsty Hall, Laura Knowles won the FU16s, Kath Brierley won the FV50s and Margaret Jagan the FV60s.

Hope you all enjoyed seeing the new structure on the West End Quarry car park near the cricket ground - our winter venue. Don't worry, it's not staying. The BBC are building a mock up of Bronte Parsonage for a TV drama about the Brontes, once done it will be very impressive. Keep your eyes on it while the series is running. I've been told it's only staying there until the end of May, filming dependant on the weather of course. The night ended with the chaos and mayhem that is the legendary chocolate throw out. If you didn't catch anything, get some practice in for the future!

The Woodentops

1. T. Adams	Ilk	15.35
2. J. Wood	Ilk	15.59
3. J. Smith	Wharf	16.48
4. C. Holmes O/40	Wharf	16.53
5. H. Holmes	YorkK	17.03
6. K. Sunman	Holmf	17.11
7. M. Merrick	Bing	17.23
8. J. White U/16	Norwich	17.27
9. T. Collinge	Queensb	17.36
10. P. Tiffany O/40	Bing	17.42
VETERANS O/50		
1. (62) S. Hunt	Spen	20.51
2. (71) J. Eagle	Horsf	21.09
3. (77) G. Bird	Wharf	21.25
VETERANS O/60		
1. (113) J. Bassinder	Stain	23.07
2. (124) P. Ellerton	Bing	23.38
3. (129) H.Atkinson	Bing	23.55
VETERANS O/70		
1. (190) M. Coles	VStr	26.52
LADIES		
1. (21) K. Walshaw	Holmf	18.26
2. (39) B. Holt U/14	Clay	19.45
3. (43) A. Jones U/14	Wharf	19.56
4. (51) R. Sykes	Holmf	20.12
5. (55) J. Mullinger	Holmf	20.31
(63) K. Hall O/40	Wharf	20.52
(93) L. Watson O/40	Bing	22.13
(127) K. Brierley O/50	Tod	23.45
(155) D. Haggar O/50	Wharf	25.16
(165) M. Jagan O/60	CravenE	25.37
(208) J. Tolson O/60	RRose	28.08

275 finishers

ESKDALE ELEVATION
Cumbria
AL/13m/4471ft 02.04.16

After three days of awful weather the inaugural Eskdale Elevation took place in constant rain and mist and involved a relatively small but thoroughly competent field of 43 runners – I suspect that with better weather this might have been a somewhat larger field but the race proved to be very competitive and needed not just speed but sound route choice and navigational accuracy. There were plenty of alternative choices utilised, some better than others, but Rhys Findlay-Robinson, despite having a rapidly disintegrating map from Scafell onwards, clearly made some good decisions and came home a clear winner from Richard McGrath , with Muir Morton taking a very clever line off Scafell which gained him five places and put him in third place.

The ladies' race was very close indeed, with the Keswick pair of Catherine Evans and Jo Gillyon crossing the line together to claim joint first place a mere four seconds in front of Sue Richmond in third.

As far as the veteran categories were concerned all four of the male places were, to my intense delight, taken by Pennine runners, as was the men's team, so unashamedly biased congratulations to Muir, Ian, Dave Bowen, Roger and Dave Ward.

For the ladies, Jo Gillyon claimed the FV40 as well as joint first place; Kathleen Aubrey got the FV50 and the irrepressible Wendy Dodds got the FV60, while Helm Hill won the ladies' team.

Joe Blackett somehow managed to take a fall on the way up to the first checkpoint and damaged his leg to the extent that he gave the first Elevation the dubious distinction of having to call on the Mountain Rescue Service but it was almost worth it to see him at A&E in the delightfully vivid sea-green paper pyjamas thoughtfully provided by Whitehaven Hospital!! He insisted on driving himself back to the north-east on Sunday morning, probably with a trail of blood seeping out of his car. Unfortunately his mishap also caused Rick Houghton, who stopped to assist him, to get so cold that he felt it wisest to retire. A veil of mystery and discretion will be drawn over what happened to Tim and Phil but apparently the Woolpack featured significantly.

I must give heartfelt thanks to all my friends, clubmates and family who served valiantly in their various capacities as marshals and officials – Scafell summit for nearly seven hours in the rain is just one example. Without them the race simply couldn't have gone ahead, as similarly it couldn't without the support and good offices of the local farmers, the Brook House Inn, Eskdale Campsite and the National Trust – all were amazingly positive and helpful and I'm most grateful to them.

Everyone who competed and officiated seemed to enjoy themselves and there were many complimentary comments about the route, so there's every possibility that it will be repeated next year and, hopefully, for some time after that.

Dave Jones

1. R. Findlay-Robinson	DkPk	2.22.58
2. R. McGrath	Ellenb	2.24.34
3. M. Morton O/40	Penn	2.27.51
4. N. Ray O/40	Ellenb	2.28.18
5. D. Ward O/40	Penn	2.29.11
6. A. Perry	HelmH	2.35.46
7. A. Schofield O/40	Borr	2.35.57
8. J. Heneghan	P&B	2.36.58
9. P. Winterbottom O/40	Borr	2.38.49
10. A. Oliver	HelmH	3.05.26
VETERANS O/50		
1. (14) I. Warhurst	Penn	3.19.08
2. (15) R. Gibson	Kend	3.19.11
3. (22) S. Briggs	Unatt	3.22.17
VETERANS O/60		
1. (16) D. Bowen	Penn	3.19.51
2. (29) W. Dodds	Clay	3.47.50
2. (31) R. Scottney	Penn	4.09.04
VETERANS O/70		
1. (39) R. Ashby	Penn	6.17.16
LADIES		
1. (18) C .Evans	Kesw	3.21.43
1. (18) J. Gillyon O/40	Kesw	3.21.43
2. (20) S. Richmond	Penn	3.21.47
3. (24) K. Aubrey O/50	HelmH	3.24.19
4. (27) A. Eagle O/50	Ilk	3.47.33
5. (29) W. Dodds O/60	Clay	3.47.50

39 finishers

LLANBEDR TO BLAENAFON
Gwynedd
AL/26km/1372m 02.04.16

After a damp morning, the sun came out just as 87 entrants stood on the start line for 36th Llanbedr to Blaenafon Fell Race.

After climbing up and over Crug Mawr, the participants were greeted by Dr Gareth Buffet, the original race organiser, handing out water at the first water station before they began the long climb up to the summit of the Sugar Loaf.

The wind was a little gusty on top of the mountains but whilst challenging for the marshals, it was nothing to worry the participants.

Mark Palmer led the race from start to finish – coming in first in a time of 2.17.52. This is Mark's eighth win at this race, his first being in 1995 in a time of 2.05.00. Interestingly, this is Mark's 15th appearance in the top four in the last 21 years, an epic achievement.

Hannah Jarvis was first lady home looking fresh as a daisy in a stunning time of 2.25.12, and a magnificent 4th overall position, knocking 10 minutes off her time from last year.

Male and female team prizes were won by Mynydd Du. Mark Palmer, Charlie Lowther, Mark Nelson and Andrew Dickens made up the male team. Hannah Jarvis, Helen Brown, Lou Summers and Rona Davies achieved first team for the women.

The organisers would like to say a special thanks to Amy and Matt Symes of Coffi 1860, Blaenafon, who came to the rescue when the caterer fell ill and provided all the runners with a welcome bowl of hot stew – and to all the wonderful marshals, without whom the event would die a death. The date for next year's event will be announced in September.

Christine Vorres

1. M. Palmer	MynDu	2.17.52
2. C. Lowther	MynDu	2.21.04
3. M. Pinker O/40	MDC	2.23.44
4. H. Jarvis	MynDu	2.25.12
5. A. Davies O/40	Mercia	2.25.30
6. N. Brickman	Belper	2.33.01
7. A. Stephens O/40	Monross	2.35.22
8. D. Sanderford O/40	FOD	2.37.45
9. M. Humphreys O/40	Stroud	2.38.46
10. M. Burley	BristW	2.39.40
VETERANS O/50		
1. (23) P. Sowerby	Brecon	2.55.01
2. (33) A. Stone	MDC	3.01.00
3. (36) P. Tucker	Unatt	3.03.02
VETERANS O/60		
1. (17) J. Aggleton	MDC	2.45.11
2. (56) N. Grant	Chep	3.24.03
3. (76) G. Jones	MDC	3.50.44
VETERANS O/70		
1. (68) G. Gunner	CroftA	3.39.44
LADIES		
1. (4) H. Jarvis	MynDu	2.25.12
2. (12) A. Bartlett O/40	Mercia	2.41.39
3. (14) H. Brown O/40	MynDu	2.43.15
4. (15) C. Dallimore	MDC	2.43.56
5. (34) L. Summers O/40	MynDu	3.01.43
(46) R. Davies O/50	MynDu	3.11.12
(75) J. Richards O/50	MynDu	3.47.39

87 finishers

Two Under 23 year-olds on the podium at this year's Lads Leap, here is Tom McGuinness of East Cheshire Harriers

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LADS LEAP
Derbyshire
AS/9.5km/518m 03.04.16

1. S. Bond	DkPk	48.11
2. T. McGuiness U/23	EChesh	49.35
3. W. Buswell U/23	Gosf	49.46
4. N. Crampton	P&B	49.59
5. A. Swift	Pstone	51.47
6. A. Stuart	Beest	53.07
7. A. Lake O/40	EskV	53.23
8. J. Street	Clowne	53.42
9. M. O'Connor	CaldV	54.15
10. G. Briggs O/40	DkPk	54.17
VETERANS O/50		
1. (14) J. Mason	Dewsb	55.22
2. (23) D. Hawkins	Penn	58.38
3. (24) J. Rank	Holmf	58.51
VETERANS O/60		
1. (42) K. Holmes	DkPk	63.19
2. (44) A. Bocking	CheshHR	63.38
3. (55) A. Duncan	Bowl	65.29
VETERANS O/70		
1. (105) G. Breeze	Wharf	80.19
2. (117) B. Needle	DkPk	88.49
3. (125) M. Coles	VStr	101.41
LADIES		
1. (18) K. Warshaw	Holmf	56.09
2. (20) C. Rice	Gloss	57.37
3. (33) R. Pilling	P&B	61.44
4. (54) R. Sykes U/23	Holmf	65.28
5. (60) E. Leason U/23	Gloss	66.04
(72) J. Bednall O/50	Buxt	70.31
(80) D. Hope O/40	StaffsM	73.45
(84) J. Johnson O/50	Pstone	75.01
(100) C. Burrell O/40	FRA	78.03
(114) B. Nixon O/60	Pstone	85.14
9124) B. Buckley O/60	Gloss	100.05

126 finishers

ERRWOOD LONG
Derbyshire
BM/16km/520m 03.04.16

The inaugural run of the Errwood Long fell race attracted 60 runners on the day and they were rewarded with some sunshine on a cold morning. Setting off from the path at the side of the Errwood dam they encountered a couple of steep descents but the terrain stayed relatively flat as they headed out towards the village of Taxal and the river crossing. From here the climbing began, taking in footpaths, dirt tracks and forest paths up to the local climbing hot spot of Windgather Rocks.

The rain over the past week had made the surface quite boggy in places and you had to concentrate on taking the best running line. Eventually the route came out at the Pyms Chair road crossing, followed by the steady climb up to the Trig point of Shining Tor. Flagstones have been laid here to preserve the peat paths from erosion. A sharp left turn on the path brought you eventually, to the final stile and the runners were heading downhill

PHOTO © JPK SPORTS PHOTOGRAPHY

Jake Lane, at this point, holding the lead over Mark Burton

back to the reservoir and the short road section back to Errwood Sailing Club and the finish line.

Mark Burton was the eventual winner after a close tussle with unattached runner, Jake Lane, Mark pulling away on the final descent.

The ladies' race saw Hazel Tant with an eight minute advantage over second placed Rachel Lawrance.

The team prize went to Buxton with Jason Bennett, Robert White and Mark Halsey taking the men's prize. No ladies prize was awarded due to there only being two ladies from any one club.

Many thanks to the Errwood Sailing Club for their hospitality and use of the car park, and to the marshals for their time.

Anthony Ward

1. M. Burton O/40	Penn	1.13.42
2. J. Lake	Unatt	1.14.13
3. M. Cliffe O/40	Eryri	1.16.41
4. J. Bennett O/40	Buxt	1.18.21
5. R. White O/40	Buxt	1.20.39
6. N. Pettie O/40	GoytV	1.21.06
7. D. Hulley O/40	Stockp	1.21.22
8. D. Croft O/40	Macc	1.22.24
9. C. Davies O/60	Saddle	1.23.57
10. D. Garner O/40	Tod	1.24.11
VETERANS O/50		
1. (17) N. Clarke	Macc	1. 31.44
2. (21) T. Hargreaves	Stockp	1.32.40
3. (22) D. Walsh	Redhill	1.32.55
VETERANS O/60		
1. (10) C. Davies	Saddle	1.23.57
2. (26) A. Jones	Altrinch	1.39.20
3. (30) P. Goodall	Tot	1.40.48
VETERANS O/70		
1. (24) J. Norman	Altrinch	1.38.23
2. (53) R. Brown	Pstone	2.05.55
LADIES		
1. (9) H. Tant	Totley	1.23.56
2. (18) R. Lawrance	Macc	1.32.08
3. (23) A. Frost O/40	Macc	1.35.49
4. (26) A. Jones O/60	Altrinch	1.39.20
5. (27) J. Mellor O/40	Unatt	1.39.21
(30) P. Goodall O/60	Totley	1.40.48
(51) A. Adams O/50	Bram	2.03.43

60 finishers

EXE TO AXE
Devon
BL/32.4km/1219m 03.04.16

This race in its thirteenth year is a legacy left to Sidmouth Running Club by John Perratt who sadly past away last year. It will now be referred to as JP's Exe to Axe by the local running community.

This year there were 278 entries from all over the country, some competitors used it as a preparation run for the Three Peaks. This gruelling run is up and down the beautiful Jurassic coastal path from Exmouth to Seaton, East Devon, which is a challenging 21+ miles run which has a 4,000 foot climb, not for the feint hearted. Some runners in their feedback were of the opinion that this race was harder than the Grizzly which is also held in the same area.

Race conditions were good, a chilly easterly wind was present for most of the run, the forecasted rains held off until all of the runners had completed the course. Recent rains had made the route very muddy and slippery underfoot. There was a large number of late entries, some only minutes before the start of the race caused by traffic delays in the area.

Of the 278 who started only 218 finished the course, many selected the easier half and retired at Sidmouth.

The race winner was Michael Robinson of Exmouth Harriers who crossed the winning line in 2:51:34 a minute later was another local runner Patrick Devine-Wright from Axe Valley who clocked a time of 2:52:41followed by another Axe Valley runner Tim Lenton in third position.

The relay competition was won by Haldon Trail Runners and the first lady was won by Jane Allison from Mud Crew Trail Runners in a time of 3:19:47.

Paul Mitchell

1. M. Robinson	Exm	2.51.34
2. P. Devine-Wright O/40	AxeV	2.52.41
3. T. Lenton O/40	AxeV	2.54.50
4. D. Parrott	Unatt	2.59.53
5. K. Gillick	Unatt	3.02.38
6. A. Lavender	Unatt	3.03.47
7. T. Emmett	AxeV	3.04.41
8. K. Reed O/40	Ilfrac	3.05.32
9. B. Broyd	Unatt	3.07.46
10. M. Knapp	Dartm	3.10.44
LADIES		
1. (20) J. Allison O/40	MudC	3.19.47
2. (27) C. Hansford O/40	AxeV	3.27.46
3. (38) E. Wood O/50	AxeV	3.36.32
4. (40) J. Raynor	Sidm	3.37.31
5. (43) S. Francis O/40	NDevon	3.39.34

218 finishers

BUNNY RUN TWO
West Yorkshire
CS/4.8km/100m 05.04.16

What can you say about Ian Holmes, apart from the fact he has to be one of the true fell running legends, he came tonight and broke Steve Oldfield's 2010 V50 record by 18 seconds finishing fourth overall, Ian now holds the V40 record at 15 minutes set in 2007 and has the distinction of holding over 30 outright wins and 18 Egg Stages too.

U16 Lancashire fell champion, Josh Boyle, tried his best but was no match for Tom Adams, who won his 11th Bunny and 17th Egg Stage. Tom has the chance to equal one of Holmsey's Egg Stage feats at Bunny 3. Jack Smith finished in third, Harry Holmes fifth just like last week. These two had U16 Joe Hudson hot on their heels, Joe's brother Louis won the U14s' category. The V60 winner Peter Ellerton and Evergreen 74 year old Tim Cock won the V70s.

Wharfedale Harriers with Jack Smith third, V40 Christian Holmes 10th and Nathan Martin 15th, won the team.

19 year old Ruby Sykes set her stall out early to win the Egg Stage and proved she had the speed winning it in 4.19, but she was overhauled for the race win by Holmfirth

Exe to Axe, this grueling race runs up and down Devon's Jurassic coastal path

PHOTO © RITA BEWES

19 year-old Ruby Sykes leading former British Champion Gary Devine and Chris Barnes (22) at Bunny Run Two

club mate, 16 year old Erica Byram, who won last year's BR2 race and is the feature of the Bunny Beer label for Bunny 3, having won the 2015 ladies' series. Rachel Pilling finished third with FU14 winner Alice Jones only four seconds behind. Holmfirth Harriers with Erica, Ruby and Lucy Byram in fifth won the ladies' team chocolate. Becky Weight won the FV50s, Margaret Jagan the FV60s again and inspirational Kirsty Hall the FV4's. Winner of the Langdale New Dungeon Ghyll race the previous Saturday, Kirsty last year was in a leg brace after an accident. "'Despite the impending pain of a Bunny Run, I cannot describe to you the elation I feel just to be among the throngs of you on the start line. You see, this time last year I suffered a serious knee injury (The O'Donoghues triad) which meant I had to endure months in a leg brace followed by intricate ACL reconstruction surgery…..there were times, especially when I had to learn to literally walk again, that I thought I would never be able to run again. But fell running is my passion, I have been running and racing the fells for….let's say a long time(!!) and as you fellow fell runners know, we have a grit and determination that is unique to this sport. I was resolute in my desire to work hard to get back in to the sport I love and enjoy the company and the camaraderie that makes it so special. And so, encouraged and supported by my surgeon and my physio, I began my rehabilitation process. This has meant hours and hours of exercises at home and in the gym and out on my bike. I have been very good (and unbelievably patient for a fell runner) and stuck to their protocol to the letter. The result has meant that I can not only now run, but way above any expectations I had I can also race again. By working hard and listening to the experts I have come back a stronger and improved runner, with renewed energy and motivation. I hope this note gives hope or a little bit of inspiration to those of you that are currently out injured or feeling despondent with your efforts. It feels truly wonderful to be back out with you guys again – and yes, even the three miles of Bunny Run suffering feels great too. Enjoy!!!!"

The Woodentops

1. T. Adams	Ilk	15.22
2. J. Boyle U/16	Barlick	16.07
3. J. Smith	Wharf	16.21
4. I. Holmes O/50	Bing	16.34
5. H. Holmes	Knaves	16.38
6. J. Hudson U/16	Kghly	16.48
7. K. Sunman	Holmf	16.54
8. T. Collinge	Qbury	16.56
9. S. Waterman	Holmf	17.01
10. C. Holmes O/40	Wharf	17.05
VETERANS O/50		
1. (4) I. Holmes	Bing	16.34
2. (55) M. Law	Holmf	20.00
2. (71) A. Shelbourne	Holmf	20.34
VETERANS O/60		
1. (132) P. Ellerton	Bing	23.20
2. (137) N. Hindle	FRA	23.35
3. (141) M. Wilson	Unatt	23.43
VETERANS O/70		
1. (241) T. Cock	Holmf	29.26
2. (272) G. Wadsworth	Barlick	34.20
LADIES		
1. (37) E. Byram	Holmf	19.19
2. (47) R. Sykes	Holmf	19.42
3. (51) R. Pilling	P&B	19.53
4. (54) A. Jones U/14	Wharf	19.57
5. (59) L. Byram	Holmf	20.10
(69) K. Hall O/40	Wharf	20.29
(80) J. McCarthy O/40	Ilk	20.57
(83) P. Cooke U/16	Leeds	21.11
(163) B. Weight O/50	Bing	24.42
(167) A. Reperecki O/50	Ilk	25.04
(171) M. Jagan O/60	Craven	25.16
(232) C. Hargreaves O/60	Baild	28.36

278 finishers

LOUGHRIGG
Cumbria
AS/6.4km/330m 06.04.16

It was about time we ended up with rain but despite the bad weather, 174 souls toed the start line on this simplest of races.

The new kid on the block, Chris Arthur, who only turned to fell running last season, strolled in after a little over 28 minutes. He was followed by a slew of Ambleside AC members. Five of the following six wore the green and blue, with Paul Tierney second and Will Rigg, sneaking in as the black sheep, third.

In 17th place overall, Heidi Dent won the ladies' race, just ahead of previous winner Sarah McCormack. Heidi went on to win the following weekend's British Champion race in Ireland.

Next year we have the Parish Centre for registration and prize-giving, which should make organising easier.

My thanks must go to all the marshals and helpers who were so generous in giving up their time to assist this race. It's great to see so many folk willing to help. If you've never volunteered to help out.....!

Ben Abdelnoor

1.C. Arthur	Bowl	28.08
2. W. Rigg	BlCombe	29.06
3. G. Greenhow	Amble	29.24
4. C. Waters	Amble	29.33
5. M. Barron	Amble	29.34
6. K. Steinegger	Amble	29.45
7. P. Tierney	Amble	29.03
8. N. Wood O/40	HelmH	30.03
9. B. Proctor	HelmH	30.11
10. T. Cowin O/40	HelmH	30.16
VETERANS O/50		
1. (57) P. Pearson	NthnF	35.40
2. (59) M. Hepworth	Eden	35.47
3. (80) D. Griffin	Hallam	37.41
VETERANS O/60		
1. (89) B. Thompson	HelmH	38.35
2. (101) M. Walsh	Kend	39.26
3. (136) M. Throup	Amble	45.17
LADIES		
1. (17) H. Dent	Howg	31.08
2. (19) S. McCormack	Amble	31.13
3. (21) S. Dale U/18	LancsM	31.27
4. (24) L. Adams	BlCombe	31.49
5. (39) H. Russell	HelmH	34.05
(99) J. Brown O/50	Clay	39.23
(103) E. Knowles O/40	Amble	39.40

173 finishers

COLEDALE HORSESHOE
Cumbria
AM/13.7km/915m 09.04.16

1. C. Bell	Kesw	1.11.17
2. M. King	Unatt	1.11.31
3.C. Steele	Borr	1.11.54
4. T. Owens	TSalom	1.12.28
5. C. Arthur	Bowl	1.13.59
6. R. Gates	TSalom	1.14.25
7. M. Mikkelsen-Barron	Unatt	1.14.42
8. W. Veitch	Borr	1.17.05
9. J. Heneghan	P&B	1.17.23
10. J. Woods	Ilk	1.17.36
VETERANS O/40		
1. (13) B. Bardsley	Borr	1.17.59
2. (16) T. Cowin	Helm	1.20.18
3. (20) A. Meanwell	Borr	1.21.53
VETERANS O/50		
1. (26) P. Colinforth	Borr	1.23.06
2. (39) M. Johnson	Bowl	1.26.30
3. (49) A. Smith	Dees	1.27.32
VETERANS O/60		
1. (97) J. Winn	Ellenb	1.37.05

2. (136) B. Horn	Borr	1.43.20
3. (210) T. Symonds	FRA	2.01.24

LADIES

1. (35) Y. Kaspersen	TSalom	1.24.55
2. (48) M. Rai	TSalom	1.27.25
3. (54) N. Jackson	Prest	1.29.20
4. (75) E. Greenwood	TSalom	1.33.06
5. (77) S. Adkin	YorkK	1.33.17
(138) C. Russell O/40	CFR	1.43.31
(140) R. Browne O/50	Bowl	1.43.38
(147) E. Bain O/40	NFR	1.44.21
(191) S. Ward O/50	Unatt	1.52.33
(244) L. Malaries O/60	Kesw	2.16.45
(252) D. Patton O/60	CFR	2.24.31

262 finishers

DONARD-COMMEDAGH HORSESHOE
Mourne Mountains
AM/14km/1080m 09.04.16

The weather for the race in the Mournes was mixed, with most of that mix involving rain and hill fog. However, after a week working with his Aztec shrine, race organiser Ricky Cowan, managed to pull a day of sunshine out of the bag. It was with glad hearts that visitors and locals awoke on race day to see the tops of the Mourne peaks encased in a blue blanket.

The Donard Commedagh race is a regular fixture on the NIMRA calendar but in keeping with the tradition of creating bespoke routes for the British Championship, the race organising committee made a few tweaks.

The new route saw competitors running from sea level in Donard Park, through forest paths to the traditional quarry (Checkpoint 1). A gate at the quarry led them out onto the open mountainside and into a steep rock covered climb. This mellowed as they followed the path of a brook and across the plateau of Thomas's mountain before a steep climb which picks its way through boulder fields to the top of Slieve Donard (Checkpoint 2) with a height of 850 metres.

Breaking from the traditional route at this point, runners headed down the other side of Donard on the tricky technical descent to the Bog of Donard before crossing the stile (Checkpoint 3) to the Brandy Pad.

After a fast lash around the 'flat' but far from tarmacked, Brandy pad, the challengers headed up some pre-historic granite steps to the col between Beg and Commedagh (Checkpoint 4).

Now with tired legs competitors had to take on a very steep, nearly hands and knees stuff, 200 metre climb to the Mourne wall on the top of Commedagh. It was a short run out to the cairn (Checkpoint 5) before the fast, scenic (if they were looking) grassy descent to Shan Slieve and back to the stile at Donard Wood (Checkpoint 6).

In Donard Wood there were a series of meandering, soft underfoot, mountain bike trails which took them all the way down before depositing them on the last short stretch into the finish.

In total, 249 mountain loving runners lined up at 11 00 a.m. to take on the first round of this year's British Championship. After some last minute instructions the race was underway. The colourful swarm of runners from all over the UK and Ireland headed quickly out of Donard Park.

Local man, Allan Bogle, led a large pack of runners through quarry, but once onto the mountain proper some of the favourites started to show their class. Sam Tosh led a small group including Rob Hope, Rob Jebb, Andrew Fallas and Rhys Findlay-Robinson over the top of Donard. The race was moving so fast that the sun had not yet had to time to melt the ice off the Donard descent which made a tricky descent harder than usual and there were falls and blood a plenty. The front five had become four by the bottom of Donard with Jebb slipping thirty seconds behind. After the fast run to Beg only five seconds split the front four. The steep climb to Commedagh can be a shock to the system at this point but all four men were still in touching distance at the top. Rob Hope led the men on the fast descent towards Donard Wood. Just before Donard Wood, Sam Tosh was his closest competitor but a section of tricky ground saw Tosh falling and by this point Hope had it in the bag. He was followed by Tosh in second and Findlay-Robinson in third.

In the ladies' race Heidi Dent led from start to finish for a great win. Behind her there was a nip and tuck battle for second and third places.

Lou Roberts was second lady to the top of Donard followed a minute and a quarter later by Helen Berry and just behind was Sharon Taylor. Lou continued to lead on the descent off Donard but the other two women had quick descents to eat into her advantage. As they ran to the bottom of Commedagh, Lou maintained a gap of around 30 seconds which she extended to over a minute on the climb; but what goes up must come down. On the descent Sharon Taylor assumed pole position and had a 30 second lead on Lou and Helen

Heather hopping Lou Roberts, is in fine form this year. 3rd lady at the Donard Commedagh British Championships Race

PHOTO © NORMAN BERRY

going into the wood which she held to the finish, followed by Lou in third.

Allan Bogle was first local male home in ninth place, followed by William McKee (Mourne Runners) in eleventh. A great run from the ever improving Paul Pruzina (Ballydrain) saw him place 19th.

The local ladies were led by stalwarts Diane Wilson and Shileen O'Kane with Gillian Wasson, from the ever expanding Ballymena ladies' division, coming next.

Bearing in mind that there has been an awful lot of rain over the past few weeks, the mountainsides were drier than might be expected. However, the ice on Donard and the always greasy descent of Shan Slieve meant that plenty of runners were coming back head to toe in muck with a little bit of blood for good measure. It was lucky for them that Peter 'Hawkeye' Howie had set up a M*A*S*H tent at the finish and was attending to their wounds; although I have heard no reports that this was done with a cocktail to hand.

A big shout to the club's standing on the mountainsides manning checkpoints: Ballydrain (Checkpoint 1), Newcastle AC (Checkpoint 2), BARF (Checkpoint 3), East Down (Checkpoint 4), Murlough AC (Checkpoint 5) and Mourne Runners (Checkpoint 6).

After the race everyone got together in the registration hall for a great spread of soup and buns courtesy of the Bryansford Ladies. I can report the homemade tray bakes and cookies were so good, that I ate like I was at a 6-year old's birthday party, i.e. until I felt sick!

Thanks to Cotswold and Hill Trekker for sponsoring runner prizes. O'Hares Bar provided one lucky runner with a meal for two. Pre-race porridge was provided by White's and post race recovery drinks by Dale Farm.

Thanks to everyone who travelled, helped out and made the day another great occasion. See y'all next year.

Richard Cowan

1. R. Hope O/40	P&B	1.17.21
2. S. Tosh	Ross	1.17.29
3. R. Findlay-Robinson	DkPk	1.17.47
4. A. Fallas	Carneth	1.18.17
5. J. Lennox	Shettle	1.19.01
6. K. Gray O/40	CaldV	1.19.05
7. T. Ellis	CaldV	1.19.08
8. R. Jebb O/40	Bing	1.20.00
9. A. Bogle	Derry	1.20.50
10. I. Whiteside	Carneth	1.21.12
11. W. McKee	Mourne	1.21.47
12. M. Roberts	CaldV	1.23.15
13. T. Saville U/23	DkPk	1.24.06
14. N. Northrop	DkPk	1.24.28
15. J. Bowie	Mercia	1.24.34
16. M. Sullivan	Shettle	1.24.39
17. D. Kay O/40	CaldV	1.25.05
18. J. Wright U/23	Amble	1.25.16
19. D. Taylor O/50	DkPk	1.25.28
20. P. Pruzina U/23	Ballydrain	1.25.29
VETERANS O/50		
1. (19) D. Taylor	DkPk	1.25.28
2. (33) S. Pyke	DkPk	1.29.07
3. (38) M. Roberts	Borr	1.30.43
VETERANS O/60		
1. (88) M. Egner	Settle	1.40.58
2. (92) S. Jackson	Horw	1.41.47
3. (121) B. Grant	Hgate	1.46.46
LADIES		
1. (36) H. Dent	Howg	1.29.35
2. (58) S. Taylor	HelmH	1.33.33
3. (61) L. Roberts O/40	Amble	1.34.10
4. (62) H. Berry O/40	Holmf	1.34.18
5. (65) B. Jenkinson U/23	Eryri	1.35.45
6. (71) H. Page	CaldV	1.36.25
7. (78) E. Gould	Mercia	1.38.24
8. (82) K. Hall O/40	Wharf	1.39.28
9. (83) C. Morgan	Carneth	1.39.34
10. (93) A. Bartlett O/40	Mercia	1.41.50
(181) J. Schreiber O/50	P&B	2.01.55
(187) W. Dodds O/60	Clay	2.03.88
(189) J. Mellor O/50	Penn	2.05.45

246 finishers

BUNNY RUN THREE
West Yorkshire
CS/4.8km/100m 12.04.16

It was a slip slidey evening for Bunny Run Three with heavy rain making the course interesting if you weren't wearing fell shoes. One of the tightest ever Egg Stages was witnessed with Matthew Merrick taking up the challenge before being out manoeuvred by Jack Wood who in turn was upstaged by a very late surge from Tom Adams. In the end Tom won by the merest of margins, just by the width of a vest, this makes Tom now equal with Bunny legend Ian Holmes on 18 Egg Stage wins each....he's after you Holmsey.

Tom went on to win the race comfortably from Jimmy Lund second, Joe Baxter third and Joe Walton fourth, Jack Wood recovered to finish fifth after his gallant efforts at the Egg Stage. Tom's win gave him his 12th win and his third overall series title, Christian Holmes won the V40 and the series whilst Greg Hull, who won BR's in 1993 and 1996, returned to win the V50 race but he had two outstanding juniors ahead in BU14 winner Sam Smith and BU16 winner Reuben Mantle. The V60s was won by Malcolm Pickering and the V70s by Graham Wadsworth.

Ilkley Harriers with Tom Adams, Jack Wood and Dan Wilkinson won the team.

Ruby Sykes was chuffed to bits to win her first ever Bunny Run and second Egg Stage and more importantly to be featured on the Bunny Beer label next year for winning the series from second FU14 Alice Jones. Third in the race was Sophie Martin with Jordan Mullinger fourth, FV40 Kirsty Hall fifth and FU16 Poppy Cooke sixth. Wharfedale won the team with Alice, Sophie and Kirsty. Alison Weston won the FV50s and Maragret Jagan the FV60s.

A great fun night, race video on the big screen, soup and roll, chocolate prizes galore and the finale, the chocolate throw out.

Well done to everyone and thanks to all our helpers.

The Woodentops

1. T. Adams	Ilk	15.55
2. J. Lund U/16	Kghly	16.19
3. J. Baxter	P&B	16.27
4. J. Walton	Taunt	16.38
5. J. Wood	Ilk	16.48
6. H. Holmes	Knaves	16.50
7. C. Holmes O/40	Wharf	16.59
8. M. Malyon	Baild	17.04
9. K. Sunman	Holmf	17.13
10. L. Athersmith	Wharf	17.24
VETERANS O/50		
1. (16) G. Hull	Leeds	18.06
2. (60) S. Hunt	Spen	20.30
3. (71) G. Bird	Wharf	21.03
VETERANS O/60		
1. (100) M. Pickering	Ilk	22.13
2. (133) M. Wilson	Unatt	23.40
3. (136) P. Ellerton	Bing	23.49
VETERANS O/70		
1. (231) G. Wadsworth	Barlick	34.13
LADIES		
1. (44) R. Sykes	Holmf	19.38
2. (48) A. Jones U/14	Wharf	19.50
3. (50) S. Martin	Wharf	19.59
4. (62) J. Mullinger	Holmf	20.35
5. (65) K. Hall O/40	Wharf	20.49
(101) L. Watson O/40	Bing	22.17

3rd Sophie Martin, 1st Ruby Sykes and new starlet 14 year-old Alice Jones who finished 2nd at Bunny Run Three

PHOTO © WOODENTOPS.ORG.UK

(139) A. Weston O/50	Ilk	24.14
(151) M. Jagan O/60	Craven	25.09
(168) J. Leonard O/50	Tod	26.13
(197) J. Tolson O/60	RRose	27.47

243 finishers

2016 BUNNY RUN OVERALL RESULTS

1. T. Adams	Ilk	3pts
2. H. Holmes	YorkK	16pts
3. C. Holmes O/40	Wharf	21pts
4. K. Sunman	Holmf	22pts
5. M. Merrick	Bing	50pts
6. G. Askew O/40	Bing	53pts
7. P. Carman	Ilk	60pts
8. J. Gray	StTher	83pts
9. G. Pilling	P&B	85pts
10. M. Hill O/40	P&B	95pts
VETERANS O/50		
1. S. Hunt	SPEN	6pts
2. G. Bird	Wharf	11pts
3. J. Eagle	Horsf	13pts
VETERANS O/60		
1. P. Ellerton	Bing	6pts
2. M. Wilson	Unatt	10pts
BOYS U/16		
1. A. Thompson	Wharf	20pts
2. W. Thompson	Wharf	20pts
3. J. Askew	Bing	25pts
4. J. Sutcliffe	Bing	32pts
5. D. Walker	P&B	39pts
BOYS U/14		
1. A. Thompson	Wharf	6pts
2. W. Thompson	Wharf	7pts
3. J. Sutcliffe	Wharf	14pts
4. D. Walker	P&B	10pts
5. J. Carnelly	Bing	24pts
LADIES		
1. R. Sykes	Holmf	7pts
2. A. Jones U/14	Wharf	9pts
3. J. Mullinger	Holmf	17pts
4. K. Hall O/40	Wharf	18pts
5. R. Pilling	P&B	18pts
LADIES O/50		
1. J. Leonard	Tod	14pts
2. A. Handley	Wharf	17pts
LADIES O/60		
1.M. Jagan	Craven	3pts
2. A. Baldwin	Stain	7pts
3. C. Hargreaves	Baild	10pts
GIRLS U/14 & U/16		
1. A. Jones	Wharf	4pts
2. R. Firth	Bing	10pts
3. E. Jones	Wharf	14pts
4. K. Smith	Baild	24pts
5. C. Barrett	Wharf	32pts
6. G. Yates	Kghly	41pts

GRISEDALE GRIND
Cumbria
AS/4km/480m 13.04.16

1. R. Lightfoot	Ellenb	24.41
2. M. Mikkelsen-Barron	Borr	25.29
3. C. Bell	Kesw	26.08
4. M. Lamb	Kesw	26.15
5. P. Winskill	Kesw	26.22
6. C. Tinnion	Ellenb	26.51
7. W. Veitch	Borr	26.59
8. C. Edis	Kesw	28.10
9. T. Cowin O/40	HelmH	28.11
10. D. Cope	Howg	28.14
VETERANS O/40		
1. (9) T. Cowin	Howg	28.11
2. (14) D. Hurton	Eden	30.10
3. (20) A. Jackson	Kesw	31.45
VETERANS O/50		
1. (23) P. Pearson	NthnF	32.05
2. (25) M. Hepworth	Eden	32.39
3. (28) P. Bullen	Kesw	33.27
LADIES		
1. (24) C. Spurden	Kesw	32.32
2. (42) C. Hurton U/20	Eden	35.36
3. (46) S. Noon	Derw	36.00
4. (55) N. Hawkrigg O/40	NthnF	37.15

57 finishers

TODD CRAG JUNIORS
Cumbria
16.04.16

BOYS U/8		
1. F. Lampkin	Kghly	5.39
2. S. Rigby	HelmH	5.47
3. M. Lisema	Amble	5.57
4. B. Wrigley	FR	6.08
5. J. Hulley	Stockp	6.12
GIRLS U/8		
1. M. Belwood	Kghly	5.52
2. L. Hetherington	Arrag	6.28
3. E. Walkingshaw	Eden	6.33
4. E. Dickson	Amble	6.38
5. R. Duxberry	Amble	6.52
BOYS U/10		
1. L. Carrington	EChesh	9.24
2. J. Bentham	Clay	9.31
3. H. Ewbank	Eden	9.47
4. P. Casey	CaldV	9.50
5. J. Dixon	Amble	9.52
GIRLS U/10		
1. C. Samson	HelmH	9.22
2. B. Saunders	HoadH	10.17
3. P. Midgley	Kghly	10.34
4. H. White	Clay	10.39
5. J. Edmonson	Amble	11.03
BOYS U/12		
1. S. Smith	Wharf	9.51
2. J. Bowen	Amble	10.01
3. H. Hunter	HelmH	10.02
4. J. McKay	Clay	10.05
5. T. Middleton	Horw	10.14
GIRLS U/12		
1. A. Jones	Wharf	10.58
2. E. Keeler-Clarke	Durham	11.35
3. E. Pendebury	Horw	11.38
4. E. Dorrington	Clay	11.50
5. S. Rylance	Amble	11.53
BOYS U/14		
1. S. Almond	Eden	14.45
2. L. Hudson	Kghly	14.59
3. F. Moffat	Buxt	15.16
4. B. Edmonson	Amble	15.29
5. A. Thompson	Wharf	15.51
GIRLS U/14		
1. B. Holt	Clay	16.51
2. C. Rylance	Amble	17.08
3. L. Carr	Kghly	17.31
4. L. Gregg	Ross	18.05
5. M. Easthope	CFR	18.20
BOYS U/16		
1. J. Hudson	Kghly	17.25
2. J. Dugdale	FR	17.33
3. C. Mitchelmore	Shrews	17.46
4. A. Ediker	Buxt	17.54
5. T. Nelson	Wharf	18.09
GIRLS U/16		
1. A. Moore	Holmf	21.26
2. E. Crownshaw	DkPk	22.11
3. P. Cooke	Leeds	22.47
4. I. Burrow	HelmH	23.01
5. J. Maddocks	Mercia	23.27
BOYS U/18		
1. C. Richards	HelmH	18.31
2. K. Hopley	StaffsM	19.00
3. C. Law	Holmf	19.23
4. E. Matier	Eden	19.39
5. M. Merrick	Bing	20.06
GIRLS U/18		
1. L. McNeil	Unatt	21.35
2. S. Pickering	Ilk	23.16
3. S. Whittaker	Bury	23.29
4. C. Hurton	Eden	24.19
5. L. Jaques	Ilk	24.38

5 TORS
Cornwall
CM/12/6km/313m 17.04.16

It was a perfect moorland running day - bright, fresh and a bit squishy underfoot. The small village of Minions on Bodmin Moor was ready for the 5th race in the Cornish Multi-terrain Series, the 5 Tors.

As the name suggests, the course takes in five rugged tors as well as weaving its way through the remnants of a rich mining history.

There were 209 runners on the start line with 205 crossing the finishing line. The first three men all came in just under the hour with the winner, Tom Carthey, taking first prize in a time of 56:41. Local runner Marc Smerdon was second in 58:54, with Dave Angell making up the top three in 59:57.

For the ladies, first home was Jodi Bennett in a superb time of 1:04:23. Second place in a time of 1:10:27 went to Jane Allison with third going to Kay Nias in a time of 1:10:53.

As usual, it was a closely fought battle for team glory with East Cornwall Harriers taking first for the ladies and Falmouth Road Runners taking the prize in the men's competition.

East Cornwall Harriers, who run the event, were well supported by local clubs and groups on the day. Cornwall Search and Rescue support the race every year and this year aided a faller on the course calling in the Air Ambulance to take him to hospital. He is now back home and doing well, we wish him a speedy recovery.

As well as CS&R, the race was supported by the local Lions and Scouts as well as many of the East Cornwall Harriers club. Thank you to all who took part and helped out on the day, you made it another successful 5 Tors Race, see you all next year.

Louise Harding

1. T. Carthey	Falmouth	0.56.41
2. M. Smerdon	ECornw	0.58.54
3. D. Angell	MileH	0.59.27
4. D. Stacey O/40	ECornw	1.00.22
5. N. Ratcliffe O/40	MileH	1.00.47

6. J. Longhorn O/40 … …	Falmouth	1.01.43
7. J. Mancer O/40 … … …	StAust	1.02.44
8. J. Wisner O/40 … … …	Unatt	1.03.16
9. N. Dain O/40 … … …	Bodmin	1.03.36
10. T. Wright O/40 … …	Truro	1.03.56
VETERANS O/50		
1. (21) T. Gow-Smith … …	Torbay	1.06.46
2. (27) M. Whitley … … …	MudCrew	1.08.51
3. (30) D. Philip … … …	ECornw	1.09.00
VETERANS 0/60		
1. (53) I. Walker … … …	Unatt	1.14.02
2. (79) I. Ringer … … …	Bodmin	1.18.52
3. (87) N. Hindle … … …	FRA	1.20.09
VETERANS O/70		
1. (93) J. Horton … … …	Newquay	1.21.13
LADIES		
1. (13) J. Bennett O/40 …	Unatt	1.04.23
2. (36) J. Allison O/40 …	Plym	1.10.27
3. (38) K. Nias … … … …	TamarT	1.10.53
4. (54) R. Crowle O/50 …	ECornw	1.14.27
5. (63) D. Raggett O/40 …	Cornw	1.16.28
6. (68) H. Morse … … …	ECornw	1.17.17

205 finishers

GUISBOROUGH MOORS
North Yorkshire
BL/20km/850m 17.04.16

The 39th running of the Guisborough Moors now back in its traditional April slot, nicely book ended the 2015-16 Esk Valley/Northern Runner winter series with the 38th version opening the winter series back in October, the change around to accommodate a practice running of the Three Tops English championship event.

Had the event been held 24 hours previously then competitors may have been faced with the snow that blanketed the high parts of the North Yorkshire moors. Instead the skies were clear and the sun shone - an ideal day for fell running, though there was a chill breeze and the course heavy in parts. The conditions were a reminder of why the mandatory kit must be carried. Apparently good conditions are deceptive, becoming very testing for an injured or worse immobile runner.

With much still to be decided in the winter series age categories, a good field of 146 started the race. Harry Holmes maintained his recent good form to claim the race victory and seal overall series victory. Paul Butler came in second, close enough to ensure Harry knew he was in a race and Lee Bennett was third.

In the ladies' race, Scout Adkin came very close to what looked like an unlikely race record in the conditions, though had to settle for the ladies' race victory and a position good enough for eighth overall, Katherine Davis was second and in her first fell race, Natalie Curgenven, individual placed third. Ella Towers, individual in fourth, continued her consistent form to earn the Winter Series title.

Knavesmire's men packed well for team victory, again pipping Esk Valley to the series title. In the ladies' team event NYM ladies won out and eased to the series victory.

Thanks to the marshals, Gribdale waterstop pit crew and Guisborough Rugby Club.

Robert Lillie

1. H. Holmes … … … …	YKnaves	88.20
2. P. Butler O/40 … … …	LoftusW	90.05
3. L. Bennett O/40 … …	NFR	91.28
4. J. Oldfield … … … …	Sedgef	93.29
5. A. Lake O/40 … … …	EskV	93.39
6. S. Rycroft O/40 … … …	Pockling	95.31
7. T. Ratcliffe … … … …	YKnaves	96.00
8. S. Adkin Lady … … …	YKnaves	96.20
9. B. Atkinson O/50 … …	YKnaves	97.42
10. S. Hardy O/40 … … …	LoftusW	97.52
VETERANS O/50		
1. (9) B. Atkinson … … …	YKnaves	97.42
2. (16) R. Williamson … …	LofusW	102.25
3. (20) K. Horrigan … …	Unatt	104.07
VETERANS O/60		
1. (30) K. Edwards… … …	HartlepBR	107.24
2. (42) N. Scruton … … …	Scarb	112.51
3. (48) A. Hauser … … …	Holmf	114.44
VETERANS O/70		
1. (114) R. Sherwood …	NMarske	142.09
2. (129) P. Miles … … …	NMarske	149.51
LADIES		
1. (8) S. Adkin … … … …	YKnaves	96.20
2. (41) K. Davies O/40 …	NFR	112.17
3. (58) n. Curgenven … …	Unatt	118,52
4. E. Towers O/40 … … …	Unatt	119.20
5. C. Graham … … … …	Unatt	121.14
(89) J. Shotter O/50 … …	Holmf	128.52

143 finishers

MOW COP
Staffordshire
BM/10.5km/400m 17.04.16

The day of the 7th annual Mow Cop race dawned with clear blue skies and sub zero temperatures, it could not have been a better day for a fell race. The race proved to be a fantastic success with a record 147 competitors. No-one got lost this year, or at least no-one admitted to getting lost!

At the sharp end some regular, local, top class athletes battled it out for podium positions. Jack Ross (Staffordshire Moorlands) took the honours among previous winners of the race with Jack placing first with 43:57, Twice winner Damien Nicholls (Wilmslow) taking fourth place and newcomers Felix McGrath (Westbury Harriers) and Billy Cartwright (Matlock) taking second and third places respectively. These front four had a good lead over Julian Goodwin (Boalloy), who took the first V40 prize.

In the women's race Rachel Pilling (Pudsey & Bramley) took Gold in 55:46, almost a minute ahead of Vicky Walls (Spectrum Striders). In third place was Debbie Hope (Staffordshire Moorlands) who took the FV40 prize with Louisa Harrison (Wilmslow) also a FV40 taking third place overall.

Mikko Kuronen (Congleton Harriers) ran a great time of 53:16 to take V50 with Tom McGaff taking V60 in a phenomenal time of 52:43.

Neville Griffiths (Spectrum Spiders) was first V70 with 1:12:43.

Unfortunately there were no FV60s or FV70s involved this year.

The athletes enjoyed an excellent spread of home baked cakes after the race to help replace their glycogen reserves.

Wilmslow RC took the men's first team prize and Macclesfield Harriers were victorious in the women's competition.

We have had lots of very positive feedback from the runners and I would like to pay tribute to everyone who helped make the event happen – marshals, car park attendants, cake bakers, result coordinators and everyone who supported to make the event a huge success. The best one yet!!

We look forward to seeing you all again next year.

Geoff Pettengell

RAB Mini-MM Series – Round 2
Cumbria
MM 17.04.16

The Second round of the RAB mini mountain marathon series took place at the Grasmere Sports pavilion (newly refurbished after flooding). It started cold but as the sun came up, turned into a spectacular day which obviously tempted some competitors to enjoy the spring sunshine and then lose all their points. Some even did a loop round Ambleside which was way off the map covering Langdale, Langstrath , High Raise , Helm Crag areas. Thanks to the National Trust and Lowther Estate for permission to use their land; donations from the event were given to the Mountain Rescue and to the National Trust for their conservation projects.

Chris Wainwright

1. T. Gomerall … … … …	Bing	403 pts
2. A. Blackett … … … …	Durham	366 pts
3. R. Kendall … … … …	Unatt	363 pts
4. I Jones O/40… … … …	EryriO	350 pts
5. J. Redvers Harris … …	Unatt	339 pts
6. Newcombe … … … …	HelmH	320 pts
7. A. Gibbs/T. Gibbs Mix O/40		Amble 320 pts
8. R. Burnstead O/40… …	VStr	320 pts
9. K. Parker/D. Parker Mix O/50		Border L 310 pts
10. G. Rush … … … … …	Unatt	300 pts
LADIES		
1. M. Gillie … … … … …	Clwydian	260 pts
S. Booth O/40 … … … …	Unatt	249 pts
J. Cleary O/50 … … … …	LOC	221 pts
C. Marr O/60 … … … …	OctavDr	110 pts

261 finishers

BUNNY RUN RELAY
West Yorkshire
3 x 2.4km/1,5m 19.04.16

1. Disciples … … … … …	28.43
2. Holmfirth Headhunters	28.49
3. The Holmsey's … … …	28.53
4. Fluffy Bums… … … …	29.15
5. One Man & His Tash Solo	29.53
6. Chafing the Dream BU/16	30.09
7. Mad Barlickers … … …	31.20
8. Otley Oeufs … … … …	31.52
9. Rampant Rabbits Mixed	31.53
10. No Pain No Gain BU/16	31.54
(18) Hubby Sandwich Family	33.47

Ben Mounsey reliving the nightmare of being chased by a giant banana at the Bunny Relays

PHOTO © NORMAN BERRY

(23) Team Tod Elite O/40		34.50
(26 Speedy Bunnies BU/12		35.57
(32) Mean Girls GU/16 …		37.41
LADIES		
1. (15) Three feet in the Mud		33.18
2. (20) Hell on the Hills …		34.38
3. (35) Barlick Bunnies …		38.10

93 finishing teams

WREKIN STREAK
Shropshire
AS/4.5km/247m 20.04.16

A very nice warm evening meant the Wrekin was a mecca of activity leaving very little parking which has become a problem for the race in recent times. With a very healthy field of 129 runners, not including the junior race, the parking became an organisers worst nightmare!

Duncan Birtwhistle claimed victory for the host club closely followed by Jonathon Hodney. Emma Gould continued her domination in the women's race with her team mate Sarah Willhoit second.

The winners of all the male vet categories finished in the top 20! This is proof that age is no barrier to performance. In other words, there is still hope for us all!!

The race raised over £300 for Southall Special school who have adopted the race in recent times. Thirty of the staff and pupils turned up to run or help.

Simon Daws

1. D. Birtwhistle … … …	Telford	18.50
2. J. Hodney … … … …	Unatt	19.03
3. S. Adney … … … … …	Mercia	19.27
4. M. Hall … … … … …	Shrews	19.29
5. G. Morris … … … … …	Shrews	19.31
6. N. O'Hanlon O/40 … …	Shrews	19.49
7. M. Harrison O/40 … …	Mercia	19.56
8. M. Yapp U/23 … … …	Ludlow	20.10
9. W. Lave … … … … …	Mercia	20.20
10. J. Parr … … … … …	WolvesB	20.28
VETERANS O/50		
1. (16) A. Yapp … … … …	Mercia	21.04
2. (17) J. Sanders … … …	TAC	21.07
3. (23) A. Robinson … …	Mercia	21.41
VETERANS O/60		
1. (18) G. Jones … … …	Shrews	21.14
2. (46) A. Davies … … …	Bridgn	24.22
3. (52) M. Green … … …	Maldwyn	24.49
VETERANS O/70		
1. (87) G. Gunner … … …	CroftA	27.08
LADIES		
1. (14) E. Grould … … …	Mercia	20.59
2. (25) S. Willhoit … … …	Mercia	21.50
3. (35) L. Tait-Harris O/40	Telford	22.50
4. (45) J. Lloyd U/23 … …	Unatt	24.17
(97) J. Hoad O/50 … …	Telford	28.48
(124) L. Pymm O/60 … …	Bournv	35.38

129 finishers

HARTCLIFFE HILL
Derbyshire
BS/4km/150m 21.04.16

It was a clear, cool April evening with a drying course and a record number of runners for the tenth running of this event. With a (slightly) changed course in 2015, it was no surprise that new records were set for both men and women.

Well done to Andy Swift and Caitlin Rice in this respect. The field saw a good spread across the age categories, which is encouraging!

The Cake Trophy went to outgoing-organiser, Pete McLeod, for a well-iced cherry bakewell which was judged by an independent panel - no favouritism there then!

Thanks to all that gave time to help marshal, time keep and register runners and a big thanks for Pete McLeod for organising the race over the last decade.

Simon Rippon

Swift new record. Andy Swift at Hartcliffe Hill

PHOTO © MOSSIENETPHOTOGRAPHY

1. A. Swift	PstoneFP	17.00
2. A. Lake O/40	EskV	17.07
3. C. Jackson	Gloss	18.02
4. K. Hodgson O/40	HelmH	18.07
5. H. Shelbourne U/16	Holmf	18.12
6. S. Vas	Unatt	18.12
7. A. Frost O/40	DkPk	18.25
8. J. Waller	PstoneFP	18.28
9. R. Norgate	Longw	18.45
10. N. Winfield	Penn	18.56
VETERANS O/50		
1. (18) I. Winterburn	DkPk	19.46
2. (23) M. Law	Holmf	20.11
3. (29) A. Shelbourne	Holmf	20.38
VETERANS O/60		
1.(48) A. Knox	PstoneFP	23.13
2. (65) G. Barnes	Unatt	25.02
3. (68) A. Norgate	Longw	25.22
VETERANS O/70		
1. (95) B. Needle	DkPk	28.38
LADIES		
1. (14) C. Rice	Gloss	19.21
2. (31) S. Fawcett	DkPk	20.44
3. (46) J. Darigala O/40	PstoneFP	22.44
4. (47) L. Deacon U/16	Holmf	23.02
5. (52) L. Latchem	PstoneFP	23.30
6. (54) H. Claydon U/16	PstoneFP	23.32
7. (55) J. Johnson O/50	PstoneFP	23.33

118 finishers

MYND DRAGON
Shropshire
AS/9.2km/850m 24.04.16

On a challenging course with plenty of steep uphill and some very fast descents the winning times showed that we had some very classy runners out on the course. With a winning men's time of just 46 minutes and a women's time of 50 minutes these will take some beating next year. The organiser thought the winning time would be about 55 minutes but luckily the finish and timekeepers were in place nice and early. The closest finish of the day was a sprint by Guy Whitmarsh who won the Vet 70 beating a younger vet 65 rival.

There was an enjoyable atmosphere in the village hall where the homemade chocolate cakes are becoming a bit of a draw.

The last Sunday in April is now the agreed date for this event. Hope to see you all there next year.

Colin Lancaster

1. N. Crampton	P&B	46.44
2. W. Laye	Mercia	49.44
3. J. Newby O/40	Merica	50.01
4. M. Price O/40	Mercia	50.10
5. S. Adney	Mercia	51.33
6. M. Agnew O/40	Mercia	54.09
7. A. Robinson O/50	Mercia	54.51
8. J. Bristow O/40	Unatt	55.54
9. M. Reynolds O/40	Mercia	56.01
10. N. Jeff O/40	FRA	56.08
VETERANS O/50		
1. (7) A. Robinson	Mercia	54.51
2. (24) S. Bajic	Mercia	64.41
3. (29) T. Jones	ShropSh	66.01
VETERANS O/60		
1. (31) P. Johnson	Merciaq	66.40
2. (33) A. Hearle	Mercia	66.48
3. (24) A. Davies	Bridgn	67.06
LADIES		
1. (4) M. Price O/40	Mercia	50.10
2. (20) L. Tait-Harris O/40	TAC	62.44
3. (23) C. Hayward-Prince	Batsyon	63.34
(44) B. Cole O/50	Mercia	77.13

50 finishers

KINDER DOWNFALL
Derbyshire
BM/15.4km/600m 24.04.16

Thank you to all who turned out for the Kinder Downfall race. The weather turned out to be quite mixed for the 260 runners and there were flurries of snow on Kinder. The race was won by Rob Little followed closely by Nick Barber. First lady back was Emma Gould. Pennine took both the team prizes.

There were some exciting developments at the front of the pack as the race played out amidst the wintry conditions of Kinder's western edge. The following is an extract from Nick Barber's race report:

"Alasdair Campbell took the pace on, with Rob Little, Nic Barber and Steve Franklin settling in within 20 seconds. As the race hit the eroded and wet William Clough, Alasdair's lead stayed around the 20-30s mark, with Nic, Rob and Steve pulling away from the likes of Sol Clarke, Mark Burton and Chris Leigh in the following pack. Alasdair came back into view shortly before the Downfall. Shortly after the downfall, as the edge path becomes its roughest, he took a fall and stopped for a while. He was soon up and running with Mark and Nathan Martin after losing a couple of minutes.

On to the now slippery slabs, Nic and Rob stuck mainly to the softer grass at their edges, until one bit turned into bog seeing Rob land spread-eagle next to the path. Nic opened a small gap down to Edale Cross, stretching this over the descent of the Edale track onto the grassy Tunstead fields. 68 minute half marathoner, Rob, closed a tank-empty Nic down just before the turn into the finishing park, winning by 7 seconds in 1:08:43. Steve finished a clear third, two minutes ahead of Nat Winfield, who caught Mark Burton at the start of the road and just held him off in the finishing field, Mark taking the V40 prize. 2, 4 and 5 saw Pennine take the team prize, with the V50 prize going to club-mate Rick Houghton in 13th overall."

Thank you to the Kinder MRT and Hayfield Scouts and Guides for their continued support, as well as the myriad other helpers. All present at the start gave a special and deserving 'thank you' to Dave Soles for his hard work in organising the Downfall for the past 10 years.

Will Meredith

1. R. Little	DkPk	1.08.43
2. N, Barber	Penn	1.08.50
3. S. Franklin	Totley	1.11.11
4. N. Winfield	Penn	1.12.31
5. M. Burton O/40	Penn	1.12.38
6. N. Martin	Wharfe	1.13.06
7. S. Clark	Buxton	1.13.09
8. A. Stuart	Beeston	1.13.13
9. C. Leigh O/40	Unatt	1.14.02
10. A. Campbell	Unatt	1.14.55
VETERANS O/50		
1. (13) R. Houghton	Penn	1.15.14
2. (26) S. Gregory	HolmeP	1.18.19
3. (40) J. Hewitt	Gloss	1.21.54
VETERANS O/60		
1. (79) A. Bocking	CheshHR	1.31.10
2. (89) G. McMahon	Redhill	1.32.23
3. (95) K. Holmes	DkPk	1.33.27
VETERANS O/70		
1. (149) B. Warwick	Derwent	1.40.50
2. (205) G. Breeze	Wharfe	1.53.00
3. (220 J. Armistead	DkPk	1.58.04
LADIES		
1. (43) E. Gould	Mercia	1.22.23
2. (53) A. Hoogkame U/23	Amble	1.24.29
3. (71) Z. Proctor	Penn	1.27.52
4. (77) C. Aspinall	Penn	1.30.58
(102) J. Mellor O/50	Penn	1.34.06
(126) A-M. Jones O/60	Altrinch	1.38.13
(134) S. Wood O/40	Macc	1.39.13

258 finishers

DALE HEAD DASH
Cumbria
AS/4km/400m 24.04.16

1. C. Bell	Kesw	19.58
2. J. Boyle U/23	BArlick	19.59
3. P. Winskill	Kesw	20.40
4. B. Bardsley O/40	Borr	21.01
5. W. Rigs U/23	BlCombe	21.04
6. W. Veitch	Borr	21.07
7. J. Wright U/23	Amble	21.36
8. C. Edis	Kesw	21.51
9. T. Ferguson U/23	Borr	22.52
10. D. Fishwick O/40	Chorl	24.20
VETERANS O/40		
1. (4) B. Bardsley O/40	Borr	21.01
2.(10) D. Fishwick O/40	Chorl	24.20
3. (11) D. Middlemas	DkPk	24.26
VETERANS O/50		
1. (13) P. Bullen	Kesw	25.24
2. (18) S. Freeman	Amble	27.40
3. (22) A. Welsh	NFR	30.51
VETERANS O/60		
1. (23) L. Sands	Unatt	30.53
2. (27) M. Hind	Borr	32.44
3. (32) L. Malarkey Lady	Kesw	37.52
LADIES		
1. (15) J. Mattinson	Kesw	26.25
2. (20) J. Gillyon O/40	Kesw	28.57
3. (21) J. Powell O/40	Wharfe	30.30
4. (24) C. Pollard O/50	Wharfe	31.37
(6) A. Smith U/23	Gateshead	32.37
(32) L. Malarkey O/60	Kesw	36.37

34 finishers

TRUNCE 2
South Yorkshire
BS/6.4km/170m 25.04.16

The weather threat of snow didn't materialize during the race although very cold for marshals. Underfoot conditions were reasonable, so times were up, compared to Trunce 1.

Another fantastic turnout with 381 seniors and 47 juniors and some good donations to Steve Frith – Mozzienet photography.

Andy Plummer

PHOTO © MOSSIENETPHOTOGRAPHY

Trunce 2 – United we stand a chance, divided we fall

1. D. Lund	DkPk	24.47
2. A. Manthorpe	Sheff&D	26.17
3. S. Pyke O/50	DkPk	26.25
4. R. Skrimshire	Unatt	26.36
5. P. Hague O/40	Unatt	26.42
6. J. Crownshaw	DkPk	26.44
7. A. Frost O/40	DkPk	26.46
8. J. Slater	Sheff&D	27.14
9. R. Allison	DkPk	27.18
10. N. Grocutt	KimbStr	27.40
VETERANS 0/40		
1. (5) P. Hague	Unatt	26.42
2. (7) A Frost	DkPk	26.46
3. (14) R. Clough	Penn	28.00
VETERANS O/50		
1. (3) S. Pyke	DkPk	26.25
2. (32) S. Fowler	Barns	29.30
3. (42) D. Harrison	DkPk	30.24
VETERANS O/60		
1. (79) K. Holmes	DkPk	32.38
2. (87) G. Bateson	Barn	33.28
3. (88) A. Knox	Penn	33.30
LADIES		
1. (27) A. Rigby	SheffUniO	29.03
2. (28) E. Crownshaw	Bradf	29.07
3. (33) R. Winter	Unatt	29.31
4. (46) F. Beckett	Wakef	30.39
5. (57) J. Wilson O/40	Unatt	31.20
(72) L. Latchem O/40	Penn	32.19

MASSON HILL
Derbyshire
AS/6.5km/340m 26.04.16

What a night! Snow, hail and rain…..but how the runners loved real fell running weather! There was a record number of 157 runners for the fifth running of the race. The winner was Billy Cartwright with a new record and the female winner was Catlin Rice also with a new record.

A special mention to Barry Warwick who produced an incredible time to win the M70 category in 43:34 (probably the performance of the night).

We are pleased that the race is becoming very popular; it is a little gem.

This year we used the Racetek results system developed by Stephen Middleton. This system, in conjunction with the FRA manual safety check of starters and finishers, has improved the safety of this race. It also enabled us to present real time results.

We had some runners new to fell running and they said they loved the experience and varied terrain.

A massive thanks yet again to our marshals and helpers, over 40 this year. We raised £585 for the Holy Trinity School, Matlock Bath.

It is a privilege and pleasure to organize this race.

John Middleton & Leah Maltby

1. B. Cartwright	Matlock	30.12
2. B. Gram-Hanson	Redhill	30.40
3. Ben Cartwright	Matlock	31.02
4. R. Donald	SheltSDtr	31.18
5. A. Stuart	Beeston	31.25
6. K. Davis	ErewV	31.28
7. R. Carterr	RollsR	32.15
8. L. Beresford	Ripley	32.18
9. N. Dennis	LongE	32.20
10. K. Malton	SheltStr	32.45
VETERANS O/40		
1. (12=) C. Ward	Ilkeston	33.19
2. (17) A. Billington	Belper	34.41
3. (20) R. Bradbury	Matlock	35.09
VETERANS O/50		
1. (43) M. Wareham	Ripley	37.45
2. (44) R. Hyde	ErewV	37.54
(52) M. Dowson	Wirksw	39.25
VETERANS O/60		
1. (55) S. Brister	Matlock	39.56
2. (64) M. Moorhouse	Matlock	41.14
3. (107) T. Stevens	Belper	47.20
VETERANS O/70		
1. (88) B. Warwick	Derwent	43.34
2. (127) G. Young	Sinfin	51.32
LADIES		
1. (16) C. Rice	Gloss	34.36
2. (36) S. Curtis O/40	Penn	37.29
3. (56) R. Keeley	Belper	40.05
4. (67) J. Ashworth O/40	Unatt	41.36
5. (74) Y. Peake	Derwent	42.21
6. (86=) H. Morley O/40	Belper	43.27

156 finishers

PENTYRCH
South Wales
BM/11km/488m 26.04.16

We had been lucky with the mainly dry weather leading up to the event. On the night, it was dry but cold and very windy on the top of the Garth.

There was a new record to entry of 277. That final total included many familiar names as well as a number of 'first-timers'. There were more than 90 senior men, and a new record of 89 women. The numbers of athletes at 60 and over also increased.

With last years' winner, Harry Jones (Mynyddwyr de Cymru), reported to be out in Thailand, pre-race speculation put Daniel Bodman (Aberdare Valley) or Peter Ryder (Cardiff AAC) as the potential winner. In recent years, Peter Ryder (Cardiff AAC) has won the event on four occasions in the past eight years while Daniel won in 2013 and has twice been the leading junior man home.

The speculation proved correct as Daniel, the chairman of the Aberdare club, came home clear in 44:19, his fastest time at Pentyrch, with Peter, still looking for that elusive fifth win, 16 seconds further back. The duo had opened up a gap to third placed Iwan Norton (45:15) while Oscar Partridge (Mynydd Du) in fourth fifth (46:31). Thomas Burden (Unattached), a top six finisher for the last four years, climbed back into fifth place in his fastest ever time (46:48) on this course.

While the battle for 'first vet home' title went for the first time to Dafydd Lambeth (Islwyn, M40, 50:34,12th), Taffs Well resident Peter Coles (Pontypridd Roadents, M50) was not far behind, finishing 13th in 51:00 to claim an award for the 13th year.

While all this was going on, one hugely impressive performance slipped largely under the radar. Last year's senior women's winner – Clara Evans (Pontypridd Roadents) - has made a major improvement this year, and it showed in her performance here. Last year her winning time was 53:31. This time, she raced round in 51:08 to finish 14th overall, an improvement of over two minutes – and a new course record. Well done, Clara! Second place went to Katie Robie (MDC, 55:07, 42nd) with Clara's team-mate Laura Tinwell finishing third (57:44, 59th)

From 2012 to 2014, the first woman to finish was Niki Morgan (Chepstow Harriers, W45), but her unbeaten sequence came to an end last year when she was still the first woman over 40, and she repeated that placing again this year, finishing as the first vet in 51st place overall (56:57), and third woman home.

Last year there were only five women finishers in the first 100 home. This year, that number has grown to nine, including Alice Bedwell (Mynyddwyr de Cymru). Alice, the first woman to finish in 1987, 1992 and 2002 as well as being the first veteran on six occasions, just missed out on the top 100 in 2015, but she bounced back this time to finish 88th (60;42) as she competed as a W55 for the first time at Pentyrch.

John Gough

LORDS SEAT
Cumbria
AS/8km/430m 27.04.16

1. S. Hebblethwaite	Kesw	31.16
2. C. Steele	Borr	31.45

3. M. Lamb	Kesw	31.46
4. L. Amor	Ellenb	34.03
5. C. Tinnion	Ellenb	34.25
6. N. Hurton U/20	Eden	34.42
7. J. Mann	Amble	35.08
8. T. Cowin O/40	HelmH	35.26
9. C. Holliday	Carlisle	35.34
10. J. Eyre	Eden	35.58
VETERANS O/50		
1. (26) P. Pearson	NFells	39.11
2. (28) P. Bullen	Kesw	39.17
3. (30) A. Bradley	CFR	39.41
VETERANS O/60		
1. (45) N. Lancaster	Derw	41.32
2. (56) M. Walsh	Kend	42.45
3. (66) B. Hodgson	Ellenb	43.56
LADIES		
1. (20) C. Spurden	Kesw	38.37
2. (21) S. McCormack	Amble	38.40
3. (58) S. Noon	Derw	42.56
4. (59) C. Russell O/40	CFR	43.08
5. (65) K. Aubrey O/50	HelmH	43.45
(72) N. Hawkrigg O/40	NFells	44.17
(94) S. Wilkinson O/50	Kesw	47.17

117 finishers

DICK HUDSON'S
West Yorkshire
BM/6m/600ft 28.04.16

Ilkley Moor proved, yet again, that it can be a contrary beast when it comes to the weather! The day of the 2016 Dick Hudson's race had been mixed but the forecast had promised a dry, sunny evening. That didn't quite go to plan as 66 runners gathered on the start line in horizontal hail that shrouded the skyline and threatened a very technical navigation course rather than a fell race.

From this year, the race started and finished by the "barrier" across the track leading to White Wells. Being an unmarked course, all runners make their best way across the moor to Dick Hudson's public house and back again. The nature of the moor and its multitude of paths ensures that many runners go out and back along slightly different routes. Getting lost is not without possibility.

However, following a challenging start, the hail moved on and left the runners with cloudy bright skies and the odd smattering of sunshine. It was still very cold and wet underfoot though, thereby encouraging competitors to actually run on the very runnable route, following the steep start.

Spectating at the finish line of this race is entertaining as runners return via a variety of routes to the "barrier" and welcome finish line. This year's race was won by Matthew Cox in 49:59, setting a new men's record. The new ladies record was set by the well-travelled Charlotte Milligan in 59:56.

Sue Thompson

1. M. Cox O/40	Ilk	49.59
2. A. Burns	VStr	50.41
3. D. Wilkinson O/40	Ilk	51.45
4. M. Archer	Ilk	52.53
5. P. Carman	Ilk	53.03
6. B. Addy	Unatt	53.10
7. R. Outersides	Otley	53.50
8. D. Kane	LeedsU	54.08
9. S. Still	Unatt	54.32
10. A. McInnes	Unatt	54.34
VETERANS O/50		
1. (28) C. Evans	Settle	61.50
2. (29) C. Hodgson	Felland	62.27
3. (36) C. Curtis	NFells	63.52
VETERANS O/60		
1. (11) M. Egner	Settle	54.48
2. (59) A. Biddle	WPenn	76.37
VETERANS O/70		
1. (58) G. Breeze	Wharf	76.28
LADIES		
1. (25) C. Milligan	Helm	59.56
2. (28) C. Evans O/50	Settle	61.50
3. (30) E. Kitchen	Bing	62.41
4. (34) M. Gibbons	Ilk	63.46
5. (39) A. Eagle O/50	Ilk	64.46
(47) M. William O/40	NFells	67.05
(53) H. Waddington O/40	Ilk	70.59

66 finishers

JAMES COULSON LAXEY FELL
Isle of Man
AM/13km/650m 30.04.16

Ben Corkill produced an outstanding performance in winning the recent James Coulson Laxey Fell Race.

A lower than expected entry of 53 runners enjoyed just about perfect conditions on the 13km course that is based at Glen Roy Farm.

Corkill was in dominant form heading the field from the start and then increasing his advantage to over four minutes by the finish to record his second win of the season, the other being last month's Bradda race. Nick Colburn had a good run to come in second although he had to keep an eye on fast finishing Ian Gale who placed third, less than a minute in arrears.

There was some close racing in the battle for top female. Eleanor Miklos came out on top but by just 30 seconds from Janette Morgan with Ali Clague third.

Many thanks to all the helpers on the day and DEFA for access. A big thanks to John Corlett and everyone at Glen Roy and Ballacowin Farms for their wonderful hospitality and help.

Richie Stevenson

1. B. Corkill	MFR	1.08.26
2. N. Colburn	MFR	1.13.08
3. I. Gale O/50	MFR	1.14.02
4. N. Armstrong O/40	MH	1.16.01
5. L. Worsfold O/40	MFR	1.18.37
6. I. Goatman	MFR	1.19.21
7. P. Sheard O/50	MFR	1.20.38
8. C. Whipp	MFR	1.21.08
9. T. Hughes	MFR	1.21.57
10. L. Powell O/40	Unatt	1.23.14
(12) G. Wiltcher O/50	MFR	1.24.03
VETERANS O/60		
1. (18) I. Callister	MH	1.34.51
2. (34) R. Stevenson	MFR	1.45.22
3. (38) R. Hooton	MFR	1.48.18
LADIES		
1. (26) E. Miklos	Unatt	1.37.32
2. (28) J. Morgan O/50	MFR	1.38.08
3. (30) A. Clague O/40	MFR	1.43.10
4. (31) K. Arnold	MFR	1.43.32
5. (31) S. Curphey	MFR	1.43.33
(33) M. Watkins O/50	MFR	1.43.38
(36) S. Wild O/40	MFR	1.47.55
(38) R. Hooton O/60	MFR	1.48.18

51 finishers

THE CAKE RACE
Lancashire
BM/16km/518m 30.04.16

Despite being almost May and allegedly spring; during the week leading up to the race it snowed a couple of times in Saddleworth and there were still snow patches on the ground come race morning.

232 runners turned up to race; along with 80 home baked cakes (it's not called The Cake Race for nothing) so it was cosy in the church hall that served as race HQ.

The race started with blue skies and conditions were great for the front of the field who, fortunately, missed the golf ball size hail showers that came later. Course records set in 2006 for both male and female remained unbroken but Katie Walshaw had a storming run and came closest to contending the record.

The course crosses open moorland as well as having more established trail sections and has always been positioned as a good intro to a medium length race. This year we had 29 runners from Red Rose Road runners in Preston coming to give it a try as well as runners from local fell clubs.

Three runners had to be ferried off the course (minor injuries) but the marshals, sweepers and Holme Valley Mountain Rescue team did a fantastic job. Two of our marshals even found time to carry two fridges fly tipped on the course to their van and dispose of them properly afterwards!!

As ever, the baking contest and ensuing cake consumption post race were very popular and the standard of cakes was exceptional.

This year the money raised from donations for tea and cake went to Shelter Box which is a worldwide charity supplying emergency shelter and vital supplies to areas of disaster and humanitarian crisis.

Thanks to everyone's generosity we raised £515 on the day for this worthy cause which was the icing on the cake for a great day's racing.

Tanya Haynes

1. G. Raven O/40	Sale	1.05.49
2. A. Swift	Pstone	1.06.18
3. D. Lund	DkPk	1.07.41
4. J. Williams O/40	Hermit	1.08.24
5. P. Green O/40	Sale	1.10.47
6. T. Campbell O/40	AstTyld	1.11.29
7. K. Walshaw	Holmf	1.13.37
8. P. Hewitt	Holmf	1.13.41
9. R. Lindsay	Middlet	1.13.56
10. M. Taylor O/40	Unatt	1.14.00
VETERANS O/50		
1. (15) J. Hewitt	Gloss	1.16.53
2. (18) J. Tinman	Ross	1.17.25
3. (27) R. Turner	Ross	1.18.51
VETERANS O/60		
1. (25) C. Davies	Sadd	1.18.11

2. (35) M. McKenna … …	Dallam	1.21.08
3. (57) K. Taylor … … …	Ross	1.27.08
VETERANS O/70		
1. (159) G. Breeze … … …	Wharf	1.47.13
2..(196) T. Greene … … …	Sadd	2.03.54
3. (220) G. Fletcher … …	RRose	2.18.24
LADIES		
1. (7) K.Walshaw … … …	Holmf	1.13.37
2. (54) C. Morgan O/40 …	NiddV	1.26.09
3. (60) S. Budgett O/50 …	Horw	1.27.47
4. (67) L. Davison … … …	WstEnd	1.28.34
5. (74) A. Swift … … … …	ChorIt	1.31.08
(91) A. Oldham O/60… …	EChesh	1.33.46
(96) H. Armitage O/40 …	Sale	1.35.07
(133) K. Kemp O/50 … …	Birst	1.40.05
(201) L. Stillo O/60 … …	DerbyD	2.06.28
(222) B. Roberts O/70 …	Sadd	2.25.08

229 finishers

SALCOMBE COASTAL MARATHON
Devon
BL/42km/1372m 30.04.16

The GL3D enjoyed snowy and beautiful wintery landscapes, while the Salcombe Coastal Marathon had to endure glorious sunshine, blue skies and azure seas.

The event hosts three distances, the full marathon and a first "half" of 14 miles and a second "half" of a little over 12 miles. The route includes a ferry crossing of the Salcombe Estuary and the possibility of a few beers at pubs at a number of coastal towns/villages. We attract as many walkers as runners and this is a low-key event that is self-timed. Many started off with the intention to do the first half, but of these people most enjoyed the weather and scenery so much they continued on to do the full distance.

We also have a number of top-class runners and some international visitors. Patrick Devine Wright set a new course record, described by the previous record holder, Tim Lenton, as "a truly outstanding and humbling run." We also had an outstanding completion of the whole course my Noel Gould, who is 81 years young!

Stewart Bondi

1. P. Devine-Wright O/40	AxeV	3.36.12
2. T. Lenton O/40 … … …	AxeV	3.03.47
3. D. Channon U/21 … …		3.04.08
4. V. Thompson U/21 …	Haldon	3.04.08
5. D. Painter O/40… … …		4.09.40
6. C. Erleigh… … … … …		4.04.12
7. S. Fisher … … … … …		4.04.13
8. T. Blackmore … … …		4.04.15
9. D. Taylor … … … … …		4.04.21
10. T. Emmett … … … …		4.04.27
VETERANS O/50		
1. (12) A. Lueb … … … …		4.04.30
2. (19) E. Wood … … …	AxeV	4.42.00

THREE PEAKS
North Yorkshie
AL/37.4km/1608m 30.04.16

Marc Lauenstein claims he is an orienteer rather than a fell runner but on his first visit to the Three Peaks Race in the Yorkshire Dales the Swiss dentist won the event in a near record time round a 23-mile course made challenging by four days of snow and ice.

PHOTO © WOODENTOPS.ORG.UK

Swiss Orienteer Marc Lauenstein wins the Three Peaks on his first attempt

Lauenstein, 35, finished in 2.48.58, only nine seconds ahead of his Salomon team-mate Ricky Lightfoot, the winner in 2014 and 2015. It was 0.02.55 slower than the record over the current course set by Andy Peace, of Bingley Harriers. But both were faster than any other runners since the record was set in 1996.

It meant the Three Peaks Association treasurer, Graham Newby, who was team leader of the Ingleborough marshals, did not have to pay out the £500 bonus prize on offer for a winner who could break the men's record in a race which had Pete Bland Sports, Hanson UK and Inov-8 as its main sponsors.

His accounts looked even better when Victoria Wilkinson claimed the women's prize and 35th place overall to beat ultra-runner Mira Rai from Nepal, but was outside Czech runner Anna Pichrtova's record of 3.14.43 when the Three Peaks hosted the World Mountain Running Championship in 2008. Wilkinson set 3.26.47 with Rai 0.09.08 behind.

Lauenstein reached the 2,277ft summit of Penyghent from Horton-in-Ribblesdale in 0.28.19 – three seconds ahead of Lightfoot. But the firefighter from Maryport in Cumbria, then edged into the lead as it turned into a race with their Salomon team-mate Tom Owens, 34, the winner in 2011, closely involved.

At High Birkwith only 42 seconds separated them with Lightfoot in the lead, Owens 14 seconds behind and Lauenstein 42 seconds in arrears. Lightfoot reached Ribblehead in 01.12.13 with Lauenstein, winner of the Pikes Peak Marathon in 2014 and the Marathon du Mont Blanc in 2015, third.

But Lauenstein dug deep on the steep ascent to Whernside's 2,415ft summit, a climb made treacherous by three days of heavy snow showers and freezing conditions overnight. Whernside marshals lifted a gate off its hinges to allow runners easy passage, but struggled when they found it partly buried in frozen snow.

Lightfoot, 31, knew the tricky descent

down the natural rock steps to Bruntscar and reached the valley bottom Hill Inn checkpoint two seconds ahead of Lauenstein with Owens now just over a minute behind.

But it seemed to be the ascent of Ingleborough which made the difference. Lauenstein reached the 2,372ft summit 00.01.04 ahead of Lightfoot, but the race was far from over and he and Lightfoot gave spectators at Horton a thrilling finish after a five-mile run for home.

Lauenstein, from Neuchatel, near Berne, in Switzerland, won a silver medal in the long distance category at the 2005 World Orienteering Championships at Aichi and silver at Aarhus in 2006 and won the South African Otter Trail Run at his first attempt in 2015, but claimed the Three Peaks was his first real fell race.

Asked if he found conditions tough over what is billed as the "marathon with mountains" Lauenstein said: "Well, actually it is my first fell race. Really I am an orienteer which is why I had some trouble running the section up to Ribblehead, but running up Whernside it was my terrain."

He said: "On the way up Ingleborough I was able to get away from Ricky, but on the way down he was so fast. He is such an incredible runner. I really did have to push hard. When he was getting close I was swearing. I used to think fell running was the thing to do and I always wished I could do it. Today was the day."

Tom Owens was third in 2.52.14. Two other runners – both in the Male Veteran Over-40 class - finished in under three hours. They were Karl Gray in 2.57.13 and Robert Hope in in 2.58.14. Gray's time was a new MV40 record.

In the ladies' race Rai, who won the women's prize in the 50K race at the Himalayan Outdoor Festival in 2014 and 2015 and set a new record in the 2015 Mont Blanc 80K race.

Brian Dooks

1. M. Lauenstein	Salom	2.48.58
2. R. Lightfoot	Salom	2.49.07
3. T. Owens	Salom	2.52.14
4. K. Gray O/40	CaldV	2.57.13
5. R. Hope O/40	P&B	2.58.14
6. J. Wood	Ilk	3.02.32
7. M. Strain	HBT	3.03.07
8. D. Coombs	HBT	3.03.50
9. J. Lennox	Settle	3.06.10
10. A. Osborne	Leeds	3.08.17
11. D. Tullie	HBT	3.08.39
12. N. Leigh Twitter	Horw	3.10.03
13. S. Watson	Wharf	3.11.05
14. G. Pearce	P&B	3.12.03
15. G. Priestley	Salf	3.12.37
16. A. Fallas	Carneth	3.13.16
17. C. Holdsworth	Clay	3.13.26
18. J. Baxter	P&B	3.17.08
19. T. Corrigan	Barlick	3.17.26
20. R. Pattinson O/50	CaldV	3.18.55
VETERANS O/40		
1. (4) K. Gray	CaldV	2.57.13
2. (5) R. Hope	P&B	2.58.14
3. (27) N. Wood	HelmH	3.22.55
4. (40) K. Hodgson	HelmH	3.28.24
5. (42) J. Hunt	DkPk	3.28.33
VETERANS O/50		
1. (20) R. Pattinson	CaldV	3.18.55
2. (32) M. Palmer	MynDu	3.26.00
3. (97) P. Pearson	NFell	3.43.50
4. (116) S. Wilkinson	Kghly	3.47.58
5. (130) C. Balderson	Bowl	3.52.33
VETERANS O/60		
1. (256) J. Winn	Ellenb	4.12.51
2. (284) A. Hauser	Holmf	4.16.39
3. (312) P. Grimes	Hfax	4.20.35
4. (334) C. Wilcox	Clwyd	4.24.54
5. (346) P. Nelson	WCO	4.26.55
LADIES		
1. (35) V. Wilkinson	Bing	3.26.47
2. (65) M. Rai	Salom	3.35.55
3. (71) H. Berry O/40	Holmf	3.37.20
4. (74) A. Conway	Amble	3.38.04
5. (79) C. Morgan	Carneth	3.38.56
6. (102) J. Briscoe O/40	Wkfld	3.44.42
7. (105) M. Price O/40	Mercia	3.45.19
8. (112) G. Sugden O/40	CaldV	3.46.50
9. (114) S. Taylor	HelmH	3.47.17
10. (146) T. Seager O/40	Stain	3.55.20
(376) S. Houghton O/50	Ripon	4.30.17
(409) A. Weston O/50	Ilk	4.36.47
(494) J. Casey O/50	BlCmb	4.48.00
(609) J. Shotter O/50	Holmf	5.08.23
(652) W. Dodds O/60	Clay	5.15.01
(691) K. Bradley O/50	Barnet	5.29.37

703 finishers

LLANGYNHAFAL LOOP
North Wales
AS/7.6km/533m 30.04.16

Firstly a big thank you to the Golden Lion Inn for allowing me to run the race from their Inn. Secondly, another big thank you to all who helped on the day because without you these events would not take place.

On setting out the course in the morning, we experienced a snow flurry, hail stones, rain and sun what a mixture only to return to work for people to say what a lovely sunny day they had Saturday. We were obviously in the wrong part of the country!

Anyway hope you all enjoyed the race and hope to see you again next year.

Numbers were down this year but I put that down to the number of races elsewhere on the day.

First home was Arthur Livesey in 47.41 and first female home was Andrea Rowlands in 50.54

Proceeds from race will be donated to charity.

Huw Lewis

1. A. Livesey	Unatt	47.41
2. S. Edwards O/40	Buckley	49.06
3. S. Laker O/40	Wirral	49.50
4. A. Pritchard O/40	Buckley	50.15
5. A. Tridimas	Bowl	50.44
6. A. Rowlands O/40	Unatt	50.54
7. D. Boothby	Wrecs	51.27
8. M. Gillie	Clwyd	51.59
9. Z. Procter	Penn	53.32
10. J. Edwards	Bukley	53.57
VETERANS O/50		
1. (15) G. Earlam	EllesmP	56.42
2. (23) T. Palmer	Helsby	60.30
3. (24) J. Jones	Helsby	61.05
VETERANS O/60		
1. (11) A. Duncan	Bowl	54.40
2. (16) N. Bradley	Meirion	57.05
3. (18) N. Hindle	WFRA	58.44
VETERANS O/70		
1. (30) Y. Tridimas	Bowl	63.51
LADIES		
1. (6) A. Rowlands O/40	Unatt	50.54
2. (8) M. Gillie	Clwyd	51.59
3. (9) Z. Procter	Penn	53.32
4. (13) H. Evans	Buckley	55.15
5. (20) A. Rosbottom O/40	Wirral	58.58
(33) K. Foster O/50	Spect	64.28
(39) J. Edwards O/50	Meirion	66.43

44 finishers

GREAT HAMELDON
Lancashire 01.05.16

Not the best of days for the event despite being the first day of May - wet, cold, and quite windy.

The route around the Great Hameldon Hill was about as bad as I can remember, most in part due to a very wet winter but aggravated much more by unlawful off-road Motor bikers using the footpaths on a regular basis.

In the Junior races (over 6 years and under 16 years of age), we had the highest turn out in 25 years.

In the Under 8s, the race winner was Lucille Pickles of Barlick Fell Runners in a time of 1.28, closely followed by Ged McCabe of Trawden Athletic Club three seconds later and in third Toby Birtwistle of Clayton-le-Moors Harriers another two seconds later. Twenty-nine young people took part in this one kilometre event.

In the Under 10s, William Rowlands of Trawden won in 3.03, followed 3 seconds later by Ben Stratton of Trawden and two seconds later Jenson Bentham of Clayton-le-Moors Harriers. The first girl in this group was Kady Thompson of Clayton-le-Moors Harriers in a time of 3.32. Twenty-five youngsters finished.

The Under 12s, 14s, and 16s all run in the same race, 3 kilometres around the Coppice. In the Under 12s, Dexta Thompson of Clayton-le-Moors Harriers was first in 12.17, followed by Jackson McKay, also of Clayton-le-Moors Harriers in 12.56, and in third place Addison Willis in 13.16. The first Girl was Ella Dorrington of Clayton-le-Moors Harriers in13.47. In the Under 14s, first finisher was Briony Holt of Clayton-le-Moors Harriers in 12.57, followed by Lennon Jackson also of Clayton-le-Moors Harriers in 13.29 and Sophie Stanworth of Trawden in 13.50. In the Under 16s, Nicholas Hennessey of Clayton-le-Moors Harriers came first in 12.49, followed by club member Reece Lawrence in 13.29. Third place was taken by Eleanor Root of Clayton-le-Moors Harriers in 15.04.

One hundred and seventy-six runners took part in the senior event of which 54 were ladies, a 60% increase on last year.

Paul Healey

1. D. Collinge U/23	Clay	39.04
2. D. Mirfield	Pendle	40.10
3. S. Chew	Barlick	40.16
4. A. Holt O/40	Ross	40.52
5. D. Poole	Barlick	42.47

PHOTO © PAUL HEALEY

Wet, cold and quite windy, but plenty of fun for Jane Ryan at Great Hameldon

6. G. Bailey		PudseyP	42.55
7. M. Smith		Trawd	43.24
8. P. Crabtree O/40		Wharf	43.47
9. M. Walsh O/40		Darwen	44.24
10. J. McDonald U/23		Clay	44.36
VETERANS O/50			
1. (16) P. Hesketh		Clay	45.56
2. (22) A. Bodel		Royton	47.08
3. (25) M. Toman		Ross	47.26
VETERANS O/60			
1. (64) A. Corbishley		Ross	52.47
2. (81) S. Beardsworth		Unatt	54.44
3. (97) S. White		Trawd	56.42
VETERANS O/70			
1. (142) J. Mitchinson		Unatt	65.02
2. (158) D. Munroe		Clay	70.48
3. (171) J. Devlin		Unatt	84.22
LADIES			
1. (18) S. Tipler		Barlick	46.23
2. (20) E. Taylor		Acc	46.54
3. (21) L. Powell-Smith		Clay	46.59
4. (28) D. Gowans O/50		Acc	48.38
5. (36) K. Pickles O/40		PudseyP	49.40
(52) A. Donlan O/40		Barlick	51.32
(103) C. Fryer O/50		CaldV	57.05
(104) H. Newbold U/23		Barlick	57.07

176 finishers

WRAY CATON MOOR
Lancashire
BM/11km/335m 02.05.16

First I'll get the apologies out of the way. About five minutes before the prize giving, I went to collect the main prizes which were model scarecrows made by the local PTA. They weren't where they'd been left. In fact, I couldn't find any scarecrows anywhere. So we had to make do with the consumable extras - chocolate and beer. Quite embarrassing especially since we had a distinguished former local fell runner, Reg Baker, presenting the prizes. After a bit of detective work I discovered that somebody trying to be helpful, must not have realized that the scarecrows on top of the piano in the snooker room had been put aside for the fell race. They must have put them back into general stock to be sold in a stall during the 10 days of our festival. Two empty boxes with not very noticeable 'fell race' labels were found amongst the other empty boxes!!

The senior race itself was not a sell out. The dreadful weather in the morning must have put a few people off but it cleared up just before the race started and the sun came out. Michael Cayton was the winner for the second consecutive year. Is he the new Mark Croasdale? (Mark won this race for about 7 years on the run). He was a full minute ahead of Michael Kallenberg.

However, the junior numbers were up to 122, which was more than the seniors. Nice to know the next generation is more robust. The descent through the wood was muddy and very slippy after the rain and they all did so well (and maybe had some fun) coping with it. Even the Under 8s ventured onto the muddy woodland path and it must have given a nice touch of variety for the seniors after the open fell and the fields of the main part of the race.

In view of the efforts of the FRA to encourage race organizers to give serious thought to their safety procedures, I recruited a sweep runner. Having an experienced good runner in a fluorescent tabard bringing up the rear certainly paid off as unfortunately he had his work cut out. One of the last few runners had a nasty fall and our 'running marshal' was able to escort him to the nearest road, waiting car and on site ambulance.

Peter Edge

1. M. Cayton		Horw	42.44
2. M. Kallenberg		RAF	43.44
3. J. Bradshaw		Wharf	45.44
4. C. Waters		Amble	46.40
5. D. Milliken O/40		Horw	47.12
6. R. Parrington		Barlick	47.40
7. S. Sillito		HelmH	47.45
8. A. Lloyd O/40		Horw	48.25
9. M. Egner O/60		Settle	48.44
10. B. Shaw O/40		Darwen	48.47
VETERANS O/50			
1. (11) S. Worsley		Invern	49.07
2. (13) E. Gamble		Chesh	49.55
3. (22) P. Tynan		Colt	53.00
VETERANS O/60			
1. (9) M. Egner		Settle	48.44
2. (19) C. Davies		Sadd	51.31
3. (88) R. Smith		Benth	69.54
VETERANS O/70			
1. (107) P. Martin		Bowl	82.48
2. (108) D. Munroe		Clay	83.26
LADIES			
1. (12) C. Rice		Gloss	49.15
2. (20) A. Lupton		BlkCmb	51.57
3. (23) R. Harding		Unatt	53.06
4. (27) L. Clough O/40		Chorl	53.44
5. (34) H. Bateson		L&M	54.57
(38) C. Evans O/50		Settle	55.21
(42) R. Hill O/40		Settle	56.45
(51) S. Budgett O/50		Unatt	58.43

116 finishers

BURBAGE SKYLINE
Derbyshire
BS/9.3km/366m 03.05.16

Burbage Skyline remains as popular as ever, with 342 competitors this year (288 last year, 327 the year before that). It went generally fine despite some confusion as to the whereabouts of the start line!

We used an electronic timing system for the first time, provided by RaceTek, which worked well.

Thanks to all of the many volunteers who helped out on the day as well as to the Fox House pub, Edale MRT and the Eastern Moors Partnership.

Paul Fauset

1. D. Blomquist U/23		ShUOC	38.23
2. M. Elkinson		ShUOC	38.53
3. A. Potter U/23		ShUOC	40.43
4. D. Lund		DkPk	40.54
5. B. Cartwright		Mat	41.33
6. A. Lake O/40		EskV	41.35
7. B. Cartwright		Mat	41.38
8. A. Lawson U/23		ShUOC	41.44
9. J. Woodley U/23		ShUOC	41.50
10. B. Gram-Hansen		Redhill	41.52
VETERANS O/50			
1. (37) I. Winterburn		DkPk	47.27
2. (43) M. Richards		GoytV	47.48
3. (65) M. Jacobi		Totley	49.22
VETERANS O/60			
1. (93) G. McMahon		Redhill	51.45
2. (125) K. Holmes		DkPk	53.56
3. (183) C. Horsfall		Hands	58.08
VETERANS O/70			
1. Barry ??		Derw	57.52
LADIES			
1. (52) M. Wilson		ShUO	48.21
2. (70) A. Rigby U/23		ShUOC	49.36
3. (88) N. Parkin O/40		DkPk	51.23
4. (88) L. Trollope		Unatt	51.23

5. (92) R. Bolton O/40????	Penn	51.41
(119) J. Caddick O/40 …	DkPk	53.33

342 finishers

RAINOW 5
Cheshire
BS/8km/229m 04.05.16

A lovely sunny evening resulted in a great turn-out of 210 runners for the Rainow 5 race 2016. The race starts next to the Robin Hood pub in Rainow and follows tracks and public footpaths along up to White Nancy and along the Kerridge Ridge and back to Rainow. It is a lovely scenic route with views over both the Cheshire Plains and towards North Wales as well as Kinder and the Peak District.

First home was Jack Ross, who finished in 32.27 and first lady home was Rachael Brown in 39.28. Pennine scooped the men's team prize, and Macclesfield Harriers claimed the ladies' team prize.

All the runners enjoyed delicious cakes baked and served by Rainow Guides. Thanks to all helpers and also thanks to runners who uploaded data to Strava which helped us to resolve which of our double timing system was the closest to the true finish times!

All the proceeds from the race were divided between local charities and Buxton Mountain Rescue.

Rachael Lawrance

1. J. Ross… … … … … …	StaffsM	32.27
2. J. Powell … … … … …	Altrinch	34.13
3. M. Burton O/40 … …	Penn	34.27
4. R. Houghton O/50… …	Penn	34.34
5. T. Fellbaum … … … …	MDO	35.27
6. R. Peal… … … … … …	Macc	35.46
7. L. Luscombe … … …	Lpool	36.07
8. M. Fellbaum… … … …	MDO	36.15
9. E. Gamble O/50 … …	hesh	36.25
10. P. Nield O/40 … … …	Macc	36.29
(39) T. Raffle O/50… … …	Altrinch	40.05
VETERANS O/60		
1. (53) A. Bocking … … …	Chesh	41.30
2. (74) B. Blyth … … … …	Macc	43.42
3. (85) B. Holland … … …	GoytV	44.36
VETERANS O/70		
1. (131) J. Norman … …	Altrinch	49.26
2. (203) T. Faulkner … …	Wilms	60.51
LADIES		
1. (34) R. Brown … … …	StaffsM	39.28
2. (44) S. Curtis O/40 … …	Penn	40.39
3. (46) A. Markely … … …	Macc	40.59
4. (73) J. Sloane … … …	Unatt	43.26
5. (76) A. Frost O/40 … …	Macc	43.53
(110) A. Jones O/60 … …	Altrinch	47.07
(116) H. Fellbaum O/50 …	MDO	47.32
(127) M. Calvert O/50 …	Macc	48.25
(200) J. Foster … … … …	Macc	58.59

210 finishers

TIGERS' TODGER
Derbyshire
BS/9.6km/259m 04.05.16

In spite of April having been very wet and cold with a significant snowfall on 29 April, the Todger took place in glorious sunshine, over relatively dry ground and with a cooling breeze. Perfect running conditions.

Following the incident two years ago when some limousin cattle attacked and injured the lead runner, we had liaised with the grazier to ensure his cattle were corralled well away from the race route. We'd also continued with a slight adjustment to the route to avoid a potentially dangerous road section – and used a lovely wooded footpath and stile instead.

In spite of allowing runners to enter on-line for the first time, there were only 184 starters compared with 248 in 2015 (and 198 in 2014). 45 had entered in advance. The drop in numbers may have been a result of Dark Peak moving their Burbage Skyline race to the day before the Todger (instead of a week later) – but we understand it will return to its 'normal' date next year.

37 members of Totley A.C. ran together with 13 from Dark Peak (compared with 31 in 2015), 21 from Steel City Striders and 12 from Handsworth Roadhogs. There were 135 runners representing 37 clubs, and 49 unaffiliated runners.

The course takes runners down a fast road section, then up the pleasantly wooded and steep Limb Valley, through a conifer plantation to the Ox Stones, high on Burbage Moor. The road sections and improved surfaces on some of the tracks make it quite a fast 10k. Other sections involve crossing fields and navigating small footpaths across the moors.

The race was won by Simon O'Meara in 34:12 – significantly slower than the course record of 31:50 (Stuart Bond: 2010). Robert Jones was second (34:47), followed by Jake Lane (35:29). The first Totley runner was Aidan Linskill in 5th place (36:13)

Claire Cooke was the first woman in 40:41, over 3 minutes behind Janet McIver's 2007 course record of 37:24. Georgia Baynes was second in 41:09 and Claire Howard was third in 42:01.

The first three men's teams were from Alehouse, Steel City Striders and Dark Peak (with Totley AC in 4th place), but the first five women's teams were all from Totley AC.

46% of the men were in the M40 or above categories, compared to 12% of the women. Last year the percentages were 67% for men and 48% for women. 43% of the runners were under 40. It was great to have so many good young runners – many from Manchester and Sheffield Universities.

As Race Organiser it was really gratifying to have so many runners make the effort to come up after the race and say 'thank you' for a well-organised race with a great route and encouraging marshals. We had about 45 volunteers involved, so it was a great Totley team effort – as usual. After nearly 30 years we've nearly got this race sorted!

Steve Terry

1. S. O'Meara … … … …	Alehouse
2. R. Jones … … … … …	UOSTri
3. J. Lane … … … … …	Unatt
4. S. Gregory O/50 … …	HolmeP
5. A. Linskill… … … … …	Totley
6. D. Ewans … … … … …	Ale
7. K. Mahon O/40 … … …	Hands
8. M. Gray O/40 … … …	Steel
9. M. Sprot … … … … …	DkPk
10. R. Foster … … … …	Steel
VETERANS O/50	
1. (4) S. Gregory … … …	HolmeP
2. (24) M. Elwis… … … …	Unatt
3. (28) C. Earl … … … …	Kimber
VETERANS O/60	
1. (26) A. Whitehousse …	Totley
2. D. Arundale … … … …	DkPk
3. D. Masters … … … …	Unatt
LADIES	
1. (35) C. Cooke … … …	UOSTri
2. (41) G. Baynes … … …	Alehouse
3. (46) C. Howard O/40 …	Totley
4. (50) S. Mcwlliam … …	Alehouse
5. (54) C. Kay … … … …	Totley
(55) P. Sadler … … … …	Totley
(120) S. Mead O/50 … …	Totley
(144) L. Fitzpatrick … …	Totley
(86) P. Goodall … … … …	Totley
(169) H. Elleker … … …	CitySheff

184 finishers

PINHAW MOOR
Lancashire
BS/8km/213m 06.05.16

It was a glorious night for this year's Pinhaw fell race and it saw a record turnout of 201 runners for the second race in the Burnley and Pendle Grand Prix.

The field was made up mostly from the three local clubs - Barlick, Trawden and Clayton, who all support the event every year.

This year the course was bone dry and the discussion was whether the winner would go under 30 minutes. Andy Norman set the course record back in 2006 (27.36) and nobody has been anywhere near it since. The closest is Tom Addison some two minutes slower. This year's winner was young Danny Collinge, who came home clear winner by 30 seconds (31.57) but off the record. In second was Julian Hood and third was John Whiteside. The Barlick men took the team prize with five runners in the top 10.

In the ladies' race with Sarah Tipler absent, Emma Taylor took the honours in first place and also led the Accrington ladies team home to the team prize.

The first two races have been very competitive in the series so far. The presentation took place as usual at the packed Earby Cricket club, who once again coped brilliantly with the number of people in the building, so thank you to them.

Stephen Chew

1. D. Collinge … … … …	Clay	31.57
2. J. Hood … … … … …	Barlick	32.22
3. J. Whiteside … … … …	Trawd	32.33
4. S. Chew … … … … …	Barlick	32.35
5. P. Crabtree O/40 … …	Wharf	33.22
6. C. Davies … … … … …	Bburn	33.27
7. A. Berry … … … … …	Barlick	33.38
8. A. Chew … … … … …	Barlick	34.04
9. B. Shaw O/40 … … …	Darwen	34.47
10. L. Edwards … … … …	Barlick	34.58
VETERANS O/50		
1. (16) P. Hesketh … … …	Clay	35.43

VETERANS O/60

1. (46) R. Brewster	… …	Clay	38.27

VETERANS O/70

1. (176) T. Orrell	… … …	Clay	54.23

LADIES

1. (28) E. Taylor	… … …	Acc	36.45
2. (39) V. Mousley	… … …	Bburn	37.52
3. (43) A. Howard	… … …	Trawd	38.18
4. (65) J. Hird	… … … …	Barlick	39.26
5. (74) L. Dinsdale	… … …	Barlick	40.21
(78) D. Gowans O/50	… …	Acc	40.28
(84) A. Donlan O/40	… …	Barlick	40.47
(89) L. Slater O/40	… …	Barlick	41.18

201 finishers

HAWKSWICK
North Yorkshire
AS/6.5km/300m 07.05.16

The stunning Yorkshire Dales provided the back drop for the second 2016 Junior Championship race at Hawkswick. In addition, it was also the Yorkshire Junior Championship race and a clutch of clubs had included it as a one of their junior club champs races. As a result, turnout was high and competition was fierce across all age groups.

Hosted by Wharfedale Harriers, this was the inaugural run of a set of races over Hawkswick fell and beyond. All races started near the bottom of the path to Kettlewell with runners and spectators alike being treated to an excellent spring day of sunshine and light breeze. A run of dry weather the previous week ensured that a potentially muddy set of races were in fact very dry and fast going underfoot. This allowed for some impressive runs and a few surprises along the way. All courses enjoyed mixed terrain, steep climbs finishing with an adrenaline fuelled downhill run to the finish. The U8, U10 and U12 races remained on Hawkswick Moor whilst the U14, U16, U18 and senior races crossed the stile and took a sharp left towards Middlesmoor Pasture, via the trig point, rather than heading straight for Kettlewell. These races gave competitors the chance to take in spectacular views of both Wharfedale and Littondale, if they could lift their eyes from the varied and technical terrain beneath their feet.

In total there were 336 junior runners across the races and a surprising 62 senior runners, given that it was the senior championship race "Up The Nab" in the Peak District on the same day. Despite this, the calibre of runners was high and the race was won by Ashley Holt in 33:19.

Thanks must also go to the Wharfedale "hostesses with the mostest" for providing a good range of refreshments back at base.

Sue Thompson

1. A. Holt O/40	… … … …	Ross	33.19
2. N. Winfield	… … … …	Penn	33.46
3. N. Hurton	… … … …	Eden	34.18
4. P. Carman	… … … …	Ilk	34.41
5. I. Willis O/40	… … … …	Kghly	35.00
6. G. Moffat O/40	… … …	DkPk	36.00
7. R. Carr O/40	… … … …	Wharf	36.43
8. D. Hulley O/40	… … …	Stockp	36.49
9. B. Timbers	… … … …	Kghly	36.50
10. G. Smith	… … … …	Skipt	37.36

VETERANS O/50

1. (11) D. Soles	… … … …	Penn	37.51
2. (18) A. Barnett	… … …	DkPk	38.34
3. (19) A. Shelbourne	…	Holmf	38.43

VETERANS O/60

1. (31) T. Hesketh	… … …	Horw	42.30
2. (54) R. Treitl	… … … …	Barlick	52.39

LADIES

1. (15) J. Buckley	… … …	CaldV	38.16
2. (23) K. Archer	… … …	Ilk	39.47
3. (30) J. Brown O/40	… …	Clay	42.19
4. (35) E. Dugdale O/50	…	HelmH	43.35
5. (36) J. Battersby O/40		Wharf	43.45

JUNIORS

Boys U/8

1. F. Lampkin	… … … …	Kghly	3.05
2. S. Dickinson	… … … …	York	3.49
3. S. Rigby	… … … … …	HelmH	3.50

Girls U/8

1. M. Belwood	… … … …	Kghly	3.41
2. K. Buckley	… … … …	Kghly	3.52
3. E. Walkingshaw	… …	Eden	4.03

Boys U/10

1. P. Casey	… … … … …	CaldV	8.18
2. J. Bentham	… … … …	Clay	8.20
3. L. Carrington	… … …	EChesh	8.27

Girls U/10

1. L. Philbin	… … … … …	Bolt	9.30
2. H. Robinson	… … … …	Kghly	9.35
3. P. Midgley	… … … …	Kghly	9.39

Boys U/12

1. S. Smith	… … … … …	Wharf	11.33
2. J. Bowen	… … … … …	Amble	11.35
3. T. Middleton	… … …	Horw	11.40

Girls U/12

1. I. Richardson	… … …	Holmf	12.23
2. A. Jones	… … … … …	Wharf	12.28
3. E. Keeler-Clarke	… …	DFR	13.07

Boys U/14

1. S. Almond	… … … …	Eden	17.55
2. L. Hudson	… … … …	Kghly	18.16
3. F. Moffat	… … … … …	Buxt	18.36

Girls U/14

1. C. Rylance	… … … …	Amble	20.21
2. L. Carr	… … … … … …	Kghly	20.36
3. B. Holt	… … … … …	Clay	21.02

Noah Hurton of Eden Runners leading the climb out of Hawkswick in Littondale

PHOTO © WOODENTOPS.ORG.UK

Boys U/14

1. N. Smith	York	21.15
2. J. Dugdale	CFR	21.19
3. A. Ediker	Buxt	21.29

Girls U/16

1. E. Crownshaw	DkPk	25.47
2. A. Moore	Holmf	25.57
3. B. Morley	Ilk	26.37

Boys U/18

1. C. Law	Holmf	31.17
2. J. Lund	Kghly	31.37
3. E. Matier	Eden	31.50

Girls U/18

1. L. McNeil	Buxt	36.01
2. J. Elgood	Ilk	37.40
3. H. Thornhill	Bust	39.15

397 finishers (Juniors & Seniors)

MEARLEY CLOUGH
Lancashire
AS/5.6km/380m 10.05.16

There was a great turnout for this excellent short evening race up the steep side of Pendle. I took over the organisation this year from Clayton stalwart, Geoff Newsham, who established the race back in 1998 and has done a fantastic job since. Geoff was always on hand to guide me through my maiden organisation – a big thank you to him and my team of marshals, registration and finish officials (not forgetting the car parking stewards who also competed in the race). The event can't function without you.

So to the race – young Joshua Boyle (he turns 16 in July) led 153 runners up the gently rising fields, through the farmyard with the barking dogs, up through the woods and onto the fell. Sam Watson giving chase ended up just under a minute behind the young whipper snapper at the finish. In the end Josh was 28 seconds slower than his second placed time last year when the race was won in record time of 30.12 by Sam Tosh. Darren Kay followed Sam Watson to finish third overall and first V40. Graham Morris, came in 17th to win the V50 category,. Home club athlete, Richard Bellaries, took the V60 and Pete McDermott completed the men's categories at V70.

Caitlin Rice made the journey from Glossop and came home in a fine 15th place overall as first lady, taking away the fine trophy of a model of a stile in a stone wall. Kirsty Hall took second place as well as LV40.

It was clearly a night for youngsters as 14 year old Briony Holt showed her class and not only came third lady in 31st position overall, but she also won the U23 category and beat her Dad Andrew into the bargain. LV50 was won by Rowena Brown with the evergreen Linda Lord of the home club taking LV60 and completing the ladies' categories.

The runners then retired to the Calf's Head where, as usual, there were copious amounts of pasta supper to feed the hungry runners. Judging from the warm round of applause before the presentation for landlady Pam, I think everyone went home happy and full. I am extremely indebted to the pub for continuing this very pleasant tradition – see you all next year together with hopefully some new faces to take on the challenge of Mearley Clough.

Andrew Firth

1. J. Boyle U/23	Barlick	30.55
2. S. Watson	Wharf	31.48
3. D. Kay O/40	CaldV	32.52
4. J. Whiteside	Trawd	33.04
5. N. Treitl	Barlick	33.26
6. G. Pemberton	Wharf	33.53
7. P. Crabtree O/40	Wharf	34.07
8. S. Harrison	Bowl	34.23
9. S. Livesey O/40	Bburn	34.48
10. M. Irving	Bowl	34.53

VETERANS O/50

1. (17) G. Morris	Acc	36.15
2. (23) D. Parkington	Prest	37.36
3. (25) A. Life	Clay	37.58

VETERANS O/60

1. (84) R. Bellaries	Clay	45.26
2. (88) D., Naylor	Clay	46.14
3. (94) A. Heaton	Bowl	45.41

VETERANS O/70

1. (143) P. MDermott	Prest	56.15
2. (153) J. Howard	Prest	71.21

LADIES

1. (15) C. Rice	Gloss	36.00
2. (28) K. Hall O/40	Wharf	38.16
3. (28) B. Holt L/14	Clay	38.41
4. (60) M. Ralphson O/40	Trawd	41.35
5. (64) R. Browne O/50	Bowl	42.12
(65) A. Roberts L/21	Tod	42.16
(99) J. Leonard O/50	Tod	47.26
(114) L. Lord O/60	Clay	48.52

153 finishers

JACK BLOOR
West Yorkshire
BS/8.4km/350m 10.05.16

Held on Ilkley Moor, this classic 8.4 kilometre navigational fell race was established in 1985 to commemorate the life of an acclaimed Yorkshire sportsman.

On a cool evening, Jack Wood took the Jack Bloor Men's Senior Race title for a second consecutive year. Finishing in 39.26, Jack shaved an impressive 44 seconds off his previous winning time. Second place went to Graham Pearce with Simon Deakin in third place.

First MV40 and fourth overall was Tom Brunt. The men's course record of 38.04 was set in 2007 by Greg Hull. Nine years on and Greg is still at the sharp end coming sixth overall and first MV50.

Representing Ilkley Harriers, winner of the men's U23 Arthur Dolphin Trophy and 15th overall was local lad Jack Cummings of Langbar with a time of 44:32. Nick Pearce took the MV60 title.

Sarah Hodgson led the women's race from the start. The 20-year old Leeds University student won both the overall Jack Bloor Women's Senior Race title and the Pat Bloor Women's U23 trophy in a time of 49:36. Sarah, who had never raced this event before, said afterwards, "I was so pleased to take the win at the 31st Jack Bloor Race. It only takes a glance at the previous winners' names engraved on the trophy to know you are in good company! There is something in this race for everyone and it perfectly captures the challenging but friendly nature of fell running". Just 33 seconds later, Lucy Haines took second place with Sophie Martin in third position.

Carol Morgan retained the Mike Rose Bowl for first LV40 and Carol Evans took the LV50 title for Settle Harriers.

Throughout the rest of the 198-strong field individual runners sought to improve on their personal best, battled with rivals or simply enjoyed the challenge and atmosphere of the race.

We are extremely grateful to our new senior race sponsor, the Flying Duck Pub in Ilkley. Occupying one of the oldest buildings in Ilkley, this Church Street hostelry is home to the Wharfedale Brewery. A bottle of Wharfedale Blonde beer was presented to class and team winners whilst all runners were generously rewarded with a Flying Duck voucher.

With three runners to count, Ilkley Harriers took first place in both the men and women's team competitions. For the men Pudsey & Bramley were 2nd and Wharfedale Harriers 3rd, similarly Ripon Runners and Wharfedale Harriers for the women.

Terry Lonergan of Complete Runner, a loyal sponsor and supporter of both the Jack Bloor Memorial Fund and Races, presented the senior race trophies to the winners.

In addition to his own sporting accomplishments, Jack Bloor was renowned for encouraging young people to engage in outdoor sport. All monies raised from the annual races go to the Jack Bloor Fund that for 31 years has helped support young people to develop physical and technical skills in any recognised outdoor sport.

During the last year the Fund made eleven grants. Activities included, an ascent of Mt Elbrus in the Caucasus, pre-season warm-weather athletic training in Portugal, competing in the European Lifesaving Championships and a white-water kayaking tour in Austria and France.

Applicants must be under +26, Yorkshire-based and a member of either a Yorkshire sports club or a national sport governing body. Applications are welcome at any time. Further details can be found at www.jackbloor.co.uk

Earlier in the evening, one hundred juniors tackled courses of half a mile, one mile or 1.5 miles in one of five age-based classes (U8, U10, U12, U14, U16). Many were there simply to enjoy the occasion with several trying their first fell race. Others were out to improve positions in leagues or compete in club championships.

Jack Sanderson won the U8 race in just 4.03. First girl was Katie Buckley. Ilkley Harriers took all podium positions in the U10 race with Archie Budding in first place 5 seconds ahead of club-mate Thomas Campbell. Maisey Bellwood was first girl.

Phoebe Worrall won the U12 Girls' race whilst Samuel Clancy used a tight three second lead to win the race overall. Sebastian Segger-Staveley enjoyed a commanding win

in the U14 race with Bernadette Raven leading the U14 girls.

In a time of 12.08, Tom Humphries won the U16s' race. Milly Fewlass-Jones led the U16 girls over the finish line.

The Jack Bloor Junior Races are kindly sponsored by Ilkley's popular community café, Outside The Box, located at the junction of Church Street and Bridge Lane. Every junior runner was rewarded with a café voucher. The top three boys and girls in each category were presented with certificates together with elaborate handcrafted cookie-medals, designed, baked, decorated and presented by the team at Outside The Box Café.

As ever, thanks go to our sponsors and members of the Gritstone Club, Airienteers, Ilkley Harriers and all our other supporters who make this sporting and community event possible.

Rob King

1. J. Wood	Ilk	39.26
2. G. Pearce	P&B	39.58
3. S. Deakin	Leeds	41.10
4. T. Brunt O/40	DkPk	41.46
5. M. Cox O/40	Ilk	42.06
6. G. Hull O/50	Leeds	43.11
7. J. Bostock	Unatt	43.12
8. D. Kirkham O/40	Wharf	43.14
9. A. Barns	VStr	43.16
10. D. Wilkinson O/40	Ilk	43.18
VETERANS O/50		
1. (6) G. Hull	Leeds	43.11
2. (35) S. Vallance	VStr	48.01
3. (38) D. Parker	StTher	48.29
VETERANS O/60		
1. (59) N. Pearce	Ilk	50.33
2. (100) D. Collins	Tod	55.00
3. (152) D. Tait	DkPk	64.11
VETERANS O/70		
1. (174) W. Mitton	AchRat	70.38
LADIES		
1. (48) S. Hodgson U/23	LancsM	49.36
2. (53) L. Haines U/23	Ilk	50.09
3. (64) S. Martin	Wharf	51.14
4. (67) R. Cesar De Sa	Skyrac	51.27
5. (77) E. Robinson	H'gate	52.57
(84) C. Evans O/50	Settle	53.28
(87) C. Morgan O/40	NiddV	53.54
(102) L. Watson O/40	Bing	55.03
(104) S. Houghton O/50	Ripon	55.06
(166) S. Morley O/60	Knares	66.52

198 finishers

JUNIORS

2.2km

BOYS U/16

1. T. Humphries	Eden	12.18
2. W. Thompson	Wharf	13.04
3. L. Hargreaves	Wharf	13.08
GIRLS U/16		
1. M. Fewlass-Jones	Ilk	16.04
2. E. Carpenter	Settle	16.19
3. K. Smith	Bing	16.59

1.7km

BOYS U/14

1. S. Segger-Staveley	Settle	7.49
2. W. O'Neil	Skyrac	8.33
3. K. Lee	Kghly	8.38
GIRLS U/14		
1. B. Raven	Ilk	9.08
2. P. Anderson	Ilk	9.47
3. E. Cummins	Settle	10.23
BOYS U/12		
1. S. Clancy	Leeds	8.07
2. L. Carr	Ilk	8.10
3. B. Kelt	Ilk	8.55
GIRLS U/12		
1. P. Worrall	Ilk	9.19
2. C. Rawstron	Otley	10.04
3. S. Bentham	Otley	10.26

0.75km

BOYS U/10

1. A. Budding	Ilk	3.53
2. T. Campbell	Ilk	3.58
3. J. Archer	Ilk	3.59
GIRLS U/10		
1. M. Bellwood	Kghly	4.21
2. H. Bishop	Wharf	4.29
3. D. Pilkington	Settle	4.48
BOYS U/8		
1. J. Sanderson	Settle	4.03
2. E. Wilkinson	Kghly	4.11
3. C. Catchpole	Unatt	4.12
GIRLS U/8		
1. K. Buckley	Kghly	4.17
2. M. Evans	Unatt	4.40
3. L. Pilkington	Settle	5.13

CARADOC CLASSIC
Shropshire
BS/5.6km/268m 11.05.16

The second race in the "Shropshire Summer Series" didn't live up to its name with some very heavy and unseasonal showers. As an organiser it's the worst situation asking all the marshals to stand around, particularly on the rather exposed summit. Running is definitely preferable!

The race still managed to attract over a hundred runners proving that they are not deterred by some mist and showers.

Matthew Yapp following the family tradition won the race comfortably after his excellent performance in the Wrekin Streak. Local Tom Roo in good form finished second closely followed by Matt Hall in third. As usual it took a top 10 finish for Tom Foster to win the V40 category. "Ever green" Graham Jones won the V60 race in 15th place! He is not over the hill yet!

Emma Gould followed up her victory in the Streak with a win over her team mate and close rival, Mel Price.

A big thank you to all the helpers standing out in the rain making my job very easy!

Simon Daws

1. M. Yapp U/23	Ludlow	26.45
2. T. Roo	Mercia	27.01
3. M. Hall	Shrews	27.02
4. S. Adney	Unatt	27.13
5. W. Kay U/14	TAC	27.20
6. A. Jones	Mercia	27.49
7. G. Morris	Shrews	27.58
8. T. Foster O/40	Mercia	28.02
9. J. Hockey	Unatt	28.03
10. E. Gould	Mercia	28.10
VETERANS O/50		
1. (28) K. Lewis	Tipton	31.20
2. (32) H. Jones	SAC	31.55
3. (43) S. Bajic	Mercia	33.40
VETERANS O/60		
1. (15) G. Jones	Shrews	29.11
2. (38) P. Savill	SAC	32.51
3. (50) A. Davies	Bridgnth	34.02
VETERANS O/70		
1. (76) G. Gunner	CroftA	37.02
LADIES		
1. (10) E. Gould	Mercia	28.10
2. (12) M. Price O/40	Mercia	28.32
3. (29) L. Tait-Harris O/40	Telf	31.25
4. (42) H. Stokes	Mercia	33.33
5. (47) K. Dolan U/18	Tipton	33.51
(80) G. Evans O/50	SAC	37.51
(103) L. Pymm	Bournv	48.40

106 finishers

CARRAGHAN FELL
Isle of Man
AS/4km/300m 11.05.16

A bright and sunny evening graced the 5th round of the Callin Wild Fell Running League on the Isle of Man. There was a great turn out with 70 runners equalling last year's record entry.

The route over this, the shortest race in the league, takes runners through an extremely steep plantation before heading out over open fell to the summit of Carraghan at 500 metres. The route then descends back over the same course for a fast and furious finish.

Honours were taken by Lloyd Taggart with Ben Corkill shortly after. First woman was Alice Forster with Jackie Taggart in second place. The youngest runner was 15 year old Manx Fell Runner, Alex Bell who finished in an impressive 12th place overall.

Chris Kirk

1. L. Taggart O/40	MFR	20.07
2. B. Corkill	MFR	20.54
3. N. Armstrong O/40	MH	22.33
4. I. Gale O/50	MFR	22.34
5. J. Okell	MH	23.49
6. T. Hughes	MFR	24.51
7. A. Forster	MFR	25.01
8. L. Powell	Unatt	25.19
9. N. Brogan	MFR	25.35
10. N. Maddocks	MFR	25.44
VETERANS O/50		
1. (4) I. Gale	MFR	22.34
2. (23) S. Hubbard	MFR	27.26
3. (24) N. Birchall	MFR	27.28
VETERANS O/60		
1. (38) I. Callister	MH	29.46
2. (41) R. Stevenson	MFR	31.14
3. (44) R. Hooton	MFR	31.44
LADIES		
1. (7) A. Forster	MFR	25.01
2. (221) J. Taggart	MFR	27.16
3. (40) C. Brogan	MFR	31.03
4. (44) R. Hooton O/60	MFR	31.44
5. (46) H. Taylor O/40	WAC	32.33
(48) J. Gledhill O/50	MFR	32.55
(59) T. Salmon O/40	MFR	35.48
(60) J. Bunyan O/50	MFR	35.49
(67) M. Hall O/60	WAC	41.28

70 finishers

CAUTLEY HORSESHOE
Cumbria
AS/7.54km/805m 11.05.16

1. C. Bell	Kesw	46.34
2. B. Bardsley O/40	Borr	48.34
3. C. Edis	Kesw	49.03
4. T. Cowin O/40	HelmH	49.12
5. O. Meanwell U/23	Borr	50.58
6. M. Greaves	HelmH	51.51
7. K. Hodgson O/40	HelmH	51.57
8. J. Gray	Unatt	52.41
9. C. Lowther	Eden	52.52
10. D. Hurton O/40	Eden	53.03
VETERANS O/50		
1. (23) L. Warburton	Bowl	58.32
2. (28) P. Rigby	HelmH	62.14
3. (36) A. Jarvis	Unatt	63.59
VETERANS O/60		
1. (37) N. Hewitt	Bowl	64.03
2. (46) W. Dodds	Clay	67.33
3. (55) T. Symonds	FRA	72.12
LADIES		
1. (27) N. Walkingshaw	Howg	61.35
2. (33) L. Spain	HelmH	63.14
3. (40) J. Gillyon O/40	Kesw	64.48
4. (44) C. Niblock	HelmH	67.14
5. (46) W. Dodds O/60	Clay	67.33
(48) K. Aubrey O/50	HelmH	68.11
(53) M. Robson O/40	HelmH	70.47

63 finishers

FAIRFIELD HORSESHOE
Cumbria
AM/14.5km/914m 14.05.16

There were 317 starters in the 50th Fairfield Horseshoe race and conditions couldn't have been better - warm sunshine at the start and cooler on the tops.The start was delayed for 15 minutes as the majority of runners arrived in the last half hour before the start. Please allow a bit more time next year because if the weather is cold and wet, marshals are spending more time on the hill and it's unfair on competitors who arrive early and have to wait in the cold.

Carl Bell was a clear winner in 1.19.45, followed by Tom Addison over 3 minutes later with V40 Morgan Donnelly snapping at his heels in third.

In the ladies' race, Nina Walkinshaw came first in 1.44.38, followed closely by Jenn Mattinson. Rachel Pilling was just over a minute adrift in third.

I would like to thank Martin and the staff at Rydal Hall for all their help willingly given. Also St John's Ambulance for attending as usual, Chris Hodgson, the farmer for use of his field for parking and Dave of Ellergreen Hydro for his help with access to the field.

I would also like to thank Pete Bland for his generous sponsorship.

Lastly, all the marshals and helpers who give up their time to make this race happen, we couldn't do it without you!

John Brockbank

1. C. Bell	Kesw	1.19.45
2. T. Addison	HelmH	1.23.09
3. M. Donnelly O/40	Borr	1.23.14
4. M. McGoldrick	Wharf	1.24.55
5. A. Perry	HelmH	1.25.07
6. P. Winskill	Kesw	1.25.32
7. G. Greenhow	Amble	1.25.58
8. I. Phillips O/40	Mat	1.27.53
9. S. Halsall	Unatt	1.28.17
10. D. Birch O/40	Kesw	1.28.21
VETERANS O/50		
1. (22) D. Milliken	Horw	1.31.47
2. (34) R. Dewhurst	Amble	1.35.10
3. (36) C. Knowles	Ellenb	1.35.23
VETERANS O/60		
1. (39) M. Egner	Settle	1.35.36
2. (83) J. Winn	Ellenb	1.44.48
3. (194) I. Smith	Bolt	2.02.28
VETERANS O/70		
1. (289) D. Lucas	Roch	2.26.20
LADIES		
1. (79) N. Walkinshaw	Howg	1.44.38
2. (82) J. Mattinson	Kesw	1.44.46
3. (94) R. Pilling	P&B	1.46.03
4. (96) A. Forster	Manx	1.46.32
5. (104) R. Hill O/40	Wharf	1.47.49
(140) J. Cadick O/40	DkPk	1.51.51

316 finishers

CRESSBROOK CRAWL
Derbyshire
BM/10.5km/350m 14.05.16

The runners came out in force on a sunny breezy day, 142 in total, plus the usual enthusiastic team of volunteers from the small Derbyshire village of Cressbrook. This quiet village stretched up the side of the stunning Cressbrook and Monsal valleys come alive on the day of their annual fell race.

A stunning and popular route, attracting runners who come for the demanding terrain and the free pint of appropriately named Swift Nick from Peak Ales, the main event sponsors.

The race sets off from outside the community run Social Club and drops to cross the river Wye at the tiny hamlet of Litton Mill. Next it climbs steeply 135 metres through the SSSI of Priestcliffe Lees before traversing the undulating limestone plateau and dales to Brushfield settlement. A gentle rise brings runners to the rocky and slippery woodland path down to the banks of the Wye. Colin Lynch of Totley AC sustained a dislocated shoulder here and was helped by marshals. After another short climb, the route briefly

Carl Bell, the clear winner at Fairfield in 1:19:45

PHOTO © ELLIE MADDOCKS

PHOTO © CHRIS GILBERT

Cressbrook crawl winner Alasdair Campbell (133) pressed by 1st V40 Mark Burton (109)

joins the Monsal Trail before a traverse to cross the Wye and pass behind historic Cressbrook Mill. The last kilometre climbs 95 metres through leafy woodland to finish with a warm welcome outside the Club.

Alisdair Campbell romped home in 44:07, followed by Jake Lane with 45:41. Third runner and first MV50 in 45:48 was Richard Houghton. The first female 34th overall was Holly Martin in 56:10 with Kate Davies 10 places behind in 57:20 and Alison Wainwright was third female and first FV40 home in 57:55.

First MV40 was Mark Burton in 46:14 which, with Holly's result, gave Pennine FR the team prize.

Local curate Gillian White strode in to applause as first FV50 in 1:03:43, as did Pat Goodall FV60 with an amazing 1:00:08, knocking 8 minutes off the course record. Mick Moorhouse came first MV60 in 59:48 and Barry Warwick took a phenomenal 7 minutes off the course record for MV70 with 1:01:34. Mark Elwis and Charlotte Birch retained their local runner cups for a second year with improved personal times and new local runner records of 52:18 and 1:02:30 respectively.

A grand day that raised funds to help waterproof the Club buildings, support Mountain Rescue and Peak District Mend our Mountains.

Caroline Brunt

1. A. Campbell	Unatt	44.07
2. J. Lane	Unatt	45.41
3. R. Houghton O/50	Penn	45.48
4. M. Burton O/40	Penn	46.14
5. K. Malton	Shelt	46.42
6. M. Ollerenshaw	Gloss	46.50
7. R. Bradbury O/40	Mat	47.28
8. T. Stokes	EreV	48.19
9. G. Pheonix O/40	Hallam	49.13
10. B. Lomas O/40	Congle	49.23

VETERANS O/50

1. (3) R. Houghton	Penn	45.48
2. (14) D. Hawkins	Unatt	51.27
3. (18) M. Jacobi	Totley	52.22

VETERANS O/60

1. (55) M. Moorhouse	Mat	59.48
2. (56) P. Keen	DkPk	60.04
3. (57) N. Lyons	Linc	60.05

VETERANS O/70

1. (65) B. Warwick	Derw	61.34
2. (116) B. Needle	DkPk	74.11

LADIES

1. (34) H. Martin	Penn	56.10
2. (44) K. Davies	Unatt	57.20
3. (46) A. Wainwright O/40	DkPk	57.55
4. (48) C. Gibbons	Totley	58.20
5. (58) P. Goodall O/60	Totley	60.08
(76) G. White O/50	Unatt	63.43
(90) F. Milner O/50	DkPk	65.53
(111) S. Houghton O/40	Unatt	72.19

138 finishers

BOLLINGTON FESTIVAL 3 PEAKS
Cheshire
BS/9km/370m 14.05.16

Another great Bollington Festival 3 Peaks fell race was held. Now its 8th year, there were a record 257 entries, and all but four of them completed the hilly 9 kilometre course. The route took in Kerridge Hill, White Nancy and the Nab to finish through steep woodland to the Rec.

This year was it was bright and sunny, and dry underfoot, but the heat meant that there were few new record times.

2011 winner, Jack Ross, was first back over the line in a time of 38.43. Clubmates Alistair Thornton and Tom Fellbaum came in second and third places

In 46th place overall, Steph Curtis took the ladies' title in 47.17. Alice Swift was a full 3 minutes behind and Sophie Kirk took third place for the women.

This year the fastest 'locals' were exactly the same as last year, with Paul Rowley in 9th place overall and Kristen Hollands, Unattached, in 96th place. There was also a new V50 course record by Mark Stenton in 12th place at 42:22

There were the usual scrapes and bruises, mostly from overhanging shrubbery, but one runner retired with an ankle injury and some very late starters lost the route after the sweeps had cleared the course.

Runners from far and wide said that they really enjoyed the race as well as the beer, chilli, goody bags and banter afterwards at the Adlington Road Brewery.

This is a race which attracts plenty of people who are new to fell running as well as the more experienced. Over a third of the runners were not attached to clubs and almost two thirds were V40s.

Thanks to all of the people who helped to setup, marshal and support the race and to the Bollington Brewing Company for their excellent facilities and sponsorship. £750 was also raised for Buxton Mountain Rescue Team.

Andy Skelhorn

1. J. Ross	StaffsM	38.43
2. A. Thornton	MDOC	40.07
3. T. Fellbaum	MDOC	40.21
4. J. Corden O/40	Stockpt	41.28
5. T. Bush	Penn	41.30
6. P. Vokes	Loughb	41.38
7. D. Fishwick O/40	Chorl	41.43
8. W. Griffiths	Penn	41.45
9. P. Rowley	Penn	42.03
10. J. Hardman	Chesh	42.05

VETERANS O/50

1. (12) M. Stenton	DkPk	42.22
2. (31) A. Warhurst	Penn	45.14
3. (38) M. Hill	Wilms	46.05

VETERANS O/60

1. (71) B. Blyth	Macc	50.09
2. (107) M. Doherty	Unatt	53.12
3. (110) F. Wardle	Macc	53.22

VETERANS O/70

1. (243) R. Ashby	Penn	73.13

LADIES

1. (46) S. Curtis O/40	Penn	47.17
2. (76) A. Swift	Chorlt	50.20
3. (81) S. Kirk	Macc	50.46
4. (96) K. Hollands	Unatt	52.21
5. (102) C. Griffin O/40	Mac	52.49

253 finishers

LAST DROP LOOP
Lancashire
BS/9.2km/240m 14.05.16

The sun was shining and cracking the flags at the Last Drop Loop fell race with blue vests on the podium in both the men's and women's races.

The fourth edition of the race was a three horse affair for the men all the way round, as V40 Gareth Booth led from club mate Dave Jackson (V45) and John Knowles, passing 6 kilometres in around.27 minutes. The good footing of the return section saw Booth stretch ahead taking the line in 37:48.

Less than 20 seconds later, John Knowles

claimed his second bronze in four days (following the Haigh Hall 3.7 mile in the CLGP) as Jackson held off a last-ditch challenge. His time was an incredible three minutes quicker than his 2014 completion and as first blue vest, Knowles also claimed the Brian Mawdsley Trophy.

Nicky Cartridge was yet again in the mix for ribboned metal, though Laura Lombard built up a 60 metre lead on the first steep climb to Cheetham Close Hill that was not relinquished. In claiming silver, Cartridge improved her time for the third year in a row – nearly 40s to go sub-46. Dave Morrison demonstrated his recent improvement, posting a time five (!) minutes quicker than last year to go under the hour over the 5.7 miles.

Burnden's 15-strong squad was the largest as it welcomed Rob Short back into action after an injury niggle, whilst there were good turnouts from Red Rose RR and Lostock AC. The Northern Masters Championships were incorporated into the race bringing some storming appearances from wider afield, the pick of the bunch being Dean Furniss (V45 2nd and ninth overall) and Dorothy Kesterton (third overall and FV60 1st).

As ever, a safe and slick event hosted by BUH&AC was only possible due to the dedication of the marshals and volunteers at the registration and finish area. Race Organiser Steve Houghton, without the need for a loud speaker (!), reserved special thanks to Jayne Dickinson, Keith Mallinder, Andrew Doyle and Pete Kearney for dotting the uplands of Turton Heights with yellow flags, and Nick Howarth for accompanied field management.

Steve Houghton

1. G. Booth O/40	Horw	37.28
2. D. Jackson O/40	Horw	38.01
3. J. Knowles O/40	Bolt	38.07
4. W. Rawson	Unatt	40.51
5. I. Fraser O/50	EChesh	42.09
6. R. Sharkey	Lostock	42.30
7. D. Cooper	Unatt	43.00
8. M. Fawthrop	Unatt	43.22
9. D. Furniss O/40	Hallam	43.33
10. L. Lombard	Unatt	43.45
VETERANS O/50		
1. (5) I. Fraser	EChesh	42.09
2. (12) E. Ashton	Burnd	45.12
3. (21) D. Bradley	Ross	47.09
VETERANS O/60		
1. (28) T. Hesketh	Horw	48.37
2. (29) B. Greaves	Royt	48.48
3. (38) D. Kesterton	NMast	51.55
VETERANS O/70		
1. (47) J. Parker	Horw	56.55
2. (64) P. Glassbrook	Burnd	62.53
3. (77) P. Martin	Bowl	67.11
LADIES		
1. (10) L. Lombard	Unatt	43.45
2. (15) N. Cartridge	Bolt	45.40
3. (38) D. Kesterton O/60	NMast	51.55
4. (42) M. Kay O/40	EChesh	52.45
5. (48) P. Plowman O/50	RRose	56.57
(49) M. Leigh O/60	Leigh	57.23
(51) D. Porter O/40	RRose	57.46
(52) K. Davies O/50	Radclif	58.09

93 finishers

TRUNCE 3
South Yorkshire
BS/6.4km/170m 16.05.16

There were lots of Trunce virgins again. The race seems to be growing out of proportion. The weather was spot on for racing, a tad cold for standing at the finish funnel though.

The event was graced with the appearance of the legendary Nicky Spinks, the day after her record breaking double BG.

Andy Plummer

1. D. Lund	DkPk	24.54
2. A. Manthorpe	SheffD	25.16
3. P. Johnson	Barns	25.44
4. J. Crownshaw	DkPk	26.00
5. D. Kilpin	Penn	26.11
6. D. Hague	Unatt	26.18
7. A. Frost O/40	DkPk	26.18
8. T. Randall	Unatt	26.33
9. C. Jackson	Unatt	26.36
10. B. Wain	Wkfld	26.37
VETERANS O/50		
1. (32) S. Fowler	Barns	29.15
2. (35) K. Saville	DkPk	29.34
3. (63) A. Baker	DkPk	31.39
VETERANS O/60		
1. (54) K. Holmes	DkPk	31.03
2. (77) A. Knox	Penn	32.43
3. (99) G. Bateson	Barns	34.18
LADIES		
1. (37) E. Crownshaw	Bradfld	29.38
2. (55) J. Wilson O/40	Unatt	31.08
3. (64) L. Latchem O/40	Penn	31.39
4. (69) J. Rich	Steel	32.06
5. (73) C. Eddison	Rother	32.25
JUNIORS		
MALE		
1. K. Loombe	Unatt	14.44
2. G. Dufeu-Long	DenbyD	15.13
3. J. Hinshelwood	Bradfld	16.17
FEMALE		
1. E. Crownshaw	Hallam	15.32
2. O. Wolff	Unatt	17.45
3. A. Caie	DenbyD	17.57

TOTLEY MOOR
South Yorkshire
AS/8.3km/440m 17.05.16

The 5.2 mile Totley Moor race, located south west of Sheffield in South Yorkshire, is the third one of the annual Totley AC five race series and this year saw a field of 267 take to the hills for this increasingly popular local race. Once again dry and warm conditions made for perfect running and fast times.

After a short stretch of country lane, the steep moorland climb to the trig point on Totley Moor separated the field early on in the race and it became clear that (as last year) runners from Sheffield University Orienteering Club (ShUOC) were going to dominate the race with a few of our other local running club talent hard on their heels. The moorland stretches were almost dry with only a couple of muddy patches to impede the progress of the runners. This helped to produce some excellent performances from runners of all abilities and even the infamous 'sting in the tail" a thigh busting final climb before the finish' did not deter our competitors in their endeavours.

Checkpoints along the route were marshaled by cheery Totley AC volunteers and many competitors commented after the race on the level of support and encouragement dished out along the route.

ShUOC made a clean sweep taking the first three overall places, as well as first lady and both the men's and women's team prizes. There were also excellent performances by individuals from local club Dark Peak Fell Runners and hosting club Totley AC.

Marcus Adams

1. W. Gardner	SHUOC	33.58
2. M. Elkington	SHUOC	34.36
3. A. Potter	SHUOC	34.51
4. S. Franklin	Totley	35.02
5. R. Jones	UOS	35.56
6. J. Lane	Unatt	35.59
7. R. Donald	Shelt	36.08
8. A. Stuart	Beest	36.12
9. A. Lake O/40	EskV	36.17
10. J. Rutherford	Darling	36.41
VETERANS O/50		
1. (12) S. Gregory	HolmeP	36.58
2. (54) M. Jacobi	Totley	42.02
3. (57) M. Elwis	Unatt	42.12
VETERANS O/60		
1. (49) A. Whitehouse	Totley	41.44
2. (123) M. Moorhouse	Mat	47.35
3. (145) C. Horsfall	Hands	48.50
VETERANS O/70		
1. C. White	Totley	57.27
LADIES		
1. (41) M. Wilson	SHUOC	41.08
2. (52) H. Tant	Totley	41.57
3. (55) C. Cooke	UOS	42.06
4. (61) A. Hoogkamer	SHUOC	42.28
5. (65) J. Featherstone	Totley	43.08
(93) C. Howard O/40	Totley	45.07
(107) P. Sadler O/40	Totley	46.18

267 finishers

LATRIGG FELL RACE
Cumbria
AS/4.8km/290m 18.05.16

The 2016 Latrigg Fell Race was to prove another successful affair with 108 runners tackling the senior race and nearly 60 juniors participating in the junior race. After a fortnight of fine weather, the forecast was ominous and with rain in the afternoon the race was looking likely to be a damp affair. But the weather turned and by the evening the skies were blue and Fitz Park was looking resplendent in the warm sunshine.

The 2016 race was to mark the end of the stewardship of Pete and Pat Richards who have been organising the race for 16 years on behalf of Keswick Athletics Club. Under their tenure the race has grown in popularity with the numbers of participants growing each year. They have also been instrumental in integrating the race into the Keswick Mountain Festival and the fell race is now a notable part of the event.

Following the floods which blighted

Keswick over the winter, Fitz Park is still in a process of recovery. The usual race start was out-of-bounds due to re-seeding so the start and finish were located just outside of the sport's pavilion. The runners congregated here and at 19:30 Pete sent them on their way. There was the usual mad dash out of the park and from there the runners had a short run up Briar Rigg before turning up Spooney Green. From here the task is obvious with Latrigg looming large. The ascent is a lung-bursting direct assault up the flank of the hill to the summit. With barely time for the runners to catch their breath, they have to turn and attack a ludicrously steep descent back to Spooney Green before mustering the energy to race back into the park.

The extraordinary records set by Kenny Stuart in 1984 (16:37) and Victoria Wilkinson in 2005 (20:00) were never under threat but there were still some excellent performances. Keswick AC were to dominate podium positions with Mark Lamb taking the win (18:03), Carl Bell second (18:21) and John Battrick third (19:29). Mark's win was a reflection of the hard work he has put into his running over the last 12 months and he is now becoming a force to reckon with on both the fells and the road.

In the women's race, Keswick took another win with Catherine Spurden finishing well up the field in 21:53, some way clear of Chloe Routledge (24:59) and Catherine Niblock (25:13). Keswick's women were to match the men's achievement by taking the team prize; joining Catherine were Holly Harper (25:38 and first junior) and Trudy Beetham (26:03 and first FV40).

Further success came for the local club with the current women's FV65 English Champion, Lesley Malarkey, securing the FV60 win in a time of 31:44. And there was delight as a Keswick AC legend made an appearance at the race. David "Sped" Spedding has been at the forefront of fell running for many years winning a number of British Championships in the V40, V50 and V60 categories. Dave demonstrated that class was permanent being the first MV60 and MV70 to finish in 28:39.

The race concluded with the usual prize-giving which was held in Café West (who were kind enough to host the race whilst the pavilion remains out of action). The atmosphere was wonderful as the sun shone and people mingled around the park. The happy and contented runners wore smiles as they recovered from their exertions and chatted with fellow racers. Such a happy atmosphere was a fitting tribute to Pete and Pat on their last time organising the Latrigg Fell Race.

Ian Davies

1. M. Lamb	Kesw	18.03
2. C. Bell	Kesw	18.21
3. J. Battrick	Kesw	19.29
4. C. Tinnion	Ellenb	19.38
5. K. Hodgson O/40	HelmH	20.23
6. J. Jardine	Unatt	20.27
7. N. Hurton	Eden	20.28
8. R. Brown	Kesw	20.32
9. C. Holliday	Carlisle	20.38
10. T. Harrison	Unatt	20.44

VETERANS O/50

1. (27) E. Jackson	FRA	22.52
2. (31) P. Bullen	Kesw	23.12
3. (54) S. Hartley	Eden	26.05

VETERANS O/60

1. (85) M. Hind	Borr	29.20
2. (92) L. Malarkey	Kesw	31.44
3. (101) S. Ashley	Kesw	34.32

VETERANS O/70

1. (80) D. Spedding	Kesw	28.39

LADIES

1. (19) C. Spurden	Kesw	21.53
2. (42) C. Routledge	Amble	24.59
3. (44) C. Niblock	HelmH	25.13
4. (48) H. Harper	Kesw	25.38
5. (51) R. Findlay-Robinson	Kesw	25.54
(53) T. Beetham O/40	Kesw	26.03
(56) H. Winskill O/40	Kesw	26.15
(83) G. Kinloch O/50	Burnd	29.02
(92) L. Malarkey O/60	Kesw	31.44
(101) S. Ashley O/60	Kesw	34.32
(106) M. Quayle O/50	Unatt	37.09

108 finishers

SHINING TOR
Derbyshire
AS/10km/311m 18.05.16

After resurrecting this race in 2015 with a revised course, 2016 saw over 100 pre-entries for the event. This was eclipsed when more than double that number turned up on the night to enter. Let it be known that fell running is alive and well in the Goyt Valley!

Underfoot conditions were slightly damp after some rain in the previous days but out on the tops visibility was good and, despite the

PHOTO © ANDY WARD

Record entries showing fellrunning is alive and well in the Goyt Valley

presence of a big black cloud to the east, the rain held off all night.

We held up the race for a few minutes as a few stragglers made their way across to the start line (it's on the opposite side of the Errwood reservoir from the sailing club and race HQ) and after the race brief, off they went. As we started to dismantle the start flags, a car pulled up and out pops a runner to speed off after the now departed field. Steve Vernon (see results) had thought the start time was 7:30 p.m. before panic set in when he went to register. Luckily, a spectator gave him a lift to the start.

Quite a few local clubs had chosen the race as a counter in their club championships, so it was great to see the likes of Belper Harriers, Wilmslow RC and Goyt Valley Striders to name but a few, who turned out in force to represent their clubs.

First male was Alasdair Campbell, 38:12, who is currently awaiting his registration to come through for Buxton, with Steve Vernon, 38:39 in second in close pursuit. For the ladies, Caitlin Rice (44:56) managed to hold off Olivia Walwyn (45:19). So both races were reasonably close finishes.

We were lucky in the fact that Buxton Mountain rescue chose this race as a training exercise for their crew, so we were well looked after on the night with only one drop out and a one scraped knee.

Many thanks also to Errwood sailing club for the use of their facilities and laid on the wonderful hot dogs along with hot soup with a roll for after the event.

Lastly, a big thank you to all the marshals and helpers who came along to make the event a success once again.

Anthony Ward

1. A. Campbell	Unatt	38.12
2. S. Vernon	Stockp	38.39
3. D. Nicholls	Wilms	41.03
4. M. Burton O/40	Penn	41.12
5. G. Briggs O/40	DkPk	41.17
6. M. Johnson O/40	Stockp	41.28
7. R. Houghton O/50	Penn	41.35
8. C. Perry	Unatt	41.46
9. M. Ollerenshaw	Gloss	42.07
10. E. James	Belper	42.27
VETERANS O/50		
1. (7) R. Houghton	Penn	41.35
2. (21) E. Gamble	Chesh	44.18
3. (31) V. Booth	Wilms	45.22
VETERANS O/60		
1. (33) T. McGaff	Wilms	45.26
2. (65) D. O'Brien	Buxt	49.31
3. (101) S. Brister	Mat	53.03
VETERANS O/70		
1. (119) J. Norman	Altrinch	54.57
2. (225) T. Faulkner	Wilms	73.16
3. (230) I. Ashcroft	Wilms	83.24
LADIES		
1. (25) C. Rice	Gloss	44.56
2. (29) O. Walwyn	Macc	45.19
3. (55) S. Curtis O/40	Penn	48.58
4. (69) A. Markley	Macc	49.47
5. (76) H. Martin	Penn	50.07
(84) T. Greenwood O50	Derby	50.57
(104) A. Wainwright O/40	DkPk	53.12
(114) J. Bednall O/50	Buxt	54.13

231 finishers

CAW
Cumbria
AS/9.3km/550m 18.05.16

In a windy and wet week, we somehow managed to get a (mostly) nice clear evening for Caw. 34 runners took on this great little out-and-back race, with ages ranging from 17 to 68! Five miles and 550 metres climb might not seem too tough but there's some steep hills, tricky ground and a nice uphill finish out there.

Oscar Meanwell was first back and Anna Lupton first lady (and first Black Combe Runner, leading the claim to the team prize).

Thanks to everyone who helped out, in particular marshals and time keepers, the local farmers for use of the two fields and to the Blacksmiths Arms for hosting us. See you again next year!

Tim Ripper

1. O. Meanwell	Borr	55.34
2. P. Reilly	Conist	56.25
3. T. Simpson	Unatt	56.49
4. A. Lupton	BlCmb	57.00
5. J. Graham O/40	Unatt	59.46
6. J. Millen O/40	BlCmb	59.57
7. K. Hall O/40	Wharf	60.00
8. A. Forster	Manx	60.01
9. M. Vogler	BlCmb	61.05
10. D. Griffin O/50	Dallam	61.48
VETERANS O/50		
1. (10) D. Griffin	Dallam	61.48
2. (11) J. Baron	BlCmb	61.57
3. (13) P. Rigby	HelmH	65.14
VETERANS O/60		
1. (332) E. Dealtry	Kend	87.35
LADIES		
1. (4) A. Lupton	BlCmb	57.00
2. (7) K. Hall O/40	Wharf	60.00
3. (8) A. Forster	Manx	60.01
4. (14) C. Wiejak	BlCmb	66.20
5. (30) C. Musetti O/50	Amble	77.31

33 finishers

HAYFIELD MAY QUEEN
Derbyshire
BS/4.7km/200m 20.05.16

The first race of the Hayfield 'Three Days in May' series was threatened with rain after a beautiful week, but just escaped. We had an even bigger turnout than last year with 106 runners including one U23 and 13 juniors. The race is the penultimate event in Hayfield's May Queen week and was started by Queen Tabitha and Junior Queen Maia before they retreated from the threatening rain to the final event of the week – the disco!

This year the men's race was dominated by unattached runners – with Alasdair Campbell winning in 20.10, followed by Michael Cooke, also unattached. in 21.15 with Tim Budd third in 21.24. Lucas Parker MU16 was fourth and first junior in 21.31 – another fantastic performance from him. Stuart Cameron was fifth and first local and was last seen lugging the famous, but very solid, carrot cake home to Birch Vale.

Caitlin Rice was first lady home (14th overall) in 24.37 followed by Heather Corden U18 in 27.18 with Jane Mellor third lady and first FV40 in 28.14.

Sam Soles, Buxton was first MU14, Patrick Twentyman, Buxton was first MU23 and Reece Horsfall, Handsworth was first MU18 boy. Imogen Taylor, Stockport was first FU14 and Ezme Brack, Glossopdale was first FU16.

Vets' prizes went to Mark Burton MV40, Kevan Gardner MV50, Donald O'Brien MV60 and Julie Gardner FV50. Catherine Tombs was first local lady.

Thank you to everyone who helped but particular thanks to all the landowners for permission to run the race over their land and for moving stock, to all the marshals and helpers, especially Jane Hewitt for the results and John and Sebastian Fitzgerald for the finish refreshments and also especially to Running Bear of Alderley Edge for providing numbers and prizes.

Mary Edgerton

1. A. Campbell	Unatt	20.10
2. M. Cooke	Unatt	21.15
3. T. Budd	Gloss	21.24
4. L. Parker U/16	Penn	21.31
5. S. Cameron	Unatt	21.54
6. N. Winfield	Penn	22.11
7. M. Burton O/40	Penn	22.16
8. B. Tetler	Gloss	22.25
9. J. Corden O/40	Stockp	22.33
VETERANS O/50		
1. (15) K. Garner	Stockp	23.47
2. (25) I. Warhurst	Penn	25.21
3. (32) R. Murphy	Gloss	26.03
VETERANS O/60		
1. (27) D. O'Brien	Buxt	25.24
2. (44) F. Fielding	Penn	27.22
3. (47) N. Bowden	Reep	27.35
LADIES		
1. (14) C. Rice	Gloss	23.37
2. (43) H. Corden U/18	Stockp	27.18
3. (54) J. Mellor O/50	Penn	28.14
4. (64) J. Gardner O/50	Macc	29.43
5. (71) N. Lloyd	Bram	30.03
(73) I. Taylor U/14	Stockp	30.24
(89) C. Tombs O/40	Marple	32.35
(93) R. Glen O/40	GoytV	33.33

105 finishers

OLD COUNTIES TOPS
Cumbria
AL/59km.3050m 21.05.16

A record entry saw 110 pairs arrive in Langdale on a damp morning with an improving forecast. Kit check and registration ran smoothly except for the arrival of a small number of teams who were short of some kit. It really is worth reading the rules beforehand – one map between two is not considered to be acceptable!

By midday the dampness had reached its peak and everyone got a thorough soaking but the forecast proved accurate and I'm pleased to say that those of us who were at the finish all afternoon stayed dry.

This year four teams managed to gain 10 minutes on the rest of the field by Wythburn. Jim Mann and Konrad Rawlick were forced to pull out soon after which left Paul Tierney and

Matt Reedy, Stuart Dickson and Matt Barron and Jon Ashcroft and John Helm battling it out for the top three places for the remainder of the race. This was a close contest as far as Cockley Beck, where only three minutes separated them but the following climb up Greyfriar provided an opportunity for Paul and Matt to get clear. They eventually finished first in an impressive time of 6.53.51.

Unsurprisingly, given the conditions during the first half of the race, not many records were broken. However, Stephen Pike and Judith Jepson, the first mixed team, did manage to knock 40 minutes off Yiannis Tridimas and Helene Whitaker's mixed V100 record. Stephen and Judith are now the only runners who appear on our record list twice, Stephen also holding the V90 record and Judith also holding the mixed V80 record.

Jean Brown and Kirsty Hewitson took the ladies' trophy home. They broke the LV80 record in the process and were only 10 minutes off the ladies' record which Jean set last year when she ran with Nicky Spinks. It was good to see Yiannis Tridimas and Steve Cliff back as a pair in the Old Counties Tops, twenty two years after their first outing. They were winners of the V120 category and I believe that Yiannis is the first over 70 year old to complete the event – congratulations. The Arthur Daniels Trophy for the first Achille Ratti team was presented by Arthur's wife Beryl to Andy Pooler and James Lurati.

I would like to thank Hangar 18 for once again providing sponsorship and being present on race day. I must also thank the New Dungeon Ghyll Hotel for the use of the field, Raynet for providing communications, the National Trust for allowing use of the toilets and all the Achille Ratti members who turned up on the day. Once again a massive team effort allowed the event to proceed without mishap and a great day was had by all.

Hope to see you on Saturday 20 May 2017.

Chris Lloyd

1. P. Tierney/M. Reedy	Amble	6.53.51
2. S. Dickson/M. Barron	Amble	7.07.17
3. J. Ashcroft/J. Helme	Carn/Amble	7.23.32
4. I. Symington/E. Bailey	DkPk	7.46.16
5. C. Waters/B. Wakeley	Amble	7.49.06
6. L. Eccles/K. Sutor	PennyL/CheshH	7.49.20
VETERANS 80		
1. M. Morton/P. Williams	Penn/EskV	8.36.49
2. G. Beardwood/C. Burrow	HelmH	9.04.45
VETERANS 90		
1. A. Slattery/S. Angus	Kesw	7.59.34
2. A. Horrobin/J. Heath	Unatt/Amble	8.12.55
VETERANS 100		
1. R. Gibson.P. Simpson	Kend	10.23.00
2. D. Ralphs/M. Culshaw	NewbN	10.26.13
VETERANS 120		
1. Y. Tridimas/S. Cliff	Bowl	10.58.28
LADIES		
1. V80 J. Brown/K. Heewitson	Clay/DkPk	8.38.43
2. V100 L. Murgatroyd/J. Scarf	Stain/CaldV	10.10.42
3. V80 B. Collier/M. Cook	Parbold	10.31.19
MIXED		
1. V100 S. Pyke/J. Jepson	DkPk	8.08.23
2. N. Talbot/J. Zakrzewski	Unatt/Dumfr	8.10.04
3. J. Paris/V. Paris	Carn/Gloss	8.59.31
4. V90 R. Metcalfe/P. O'Brien	Eryri	9.08..58

BUTTERMERE SAILBECK
Cumbria
AM/15km/1315m 21.05.16

1. C. Bell	Kesw	1.29.52
2. P. Davies O/40	Borr	1.31.55
3. P. Winskill	Kesw	1.34.02
4. M. Donnelly O/40	Borr	1.34.38
5. S. Watson	Wharf	1.35.17
6. C. Tinnion	Ellenb	1.35.22
7. S. Booth O/40	Borr	1.35.39
8. W. Veitch	Borr	1.35.56
9. J. Davies O/40	Borr	1.37.09
10. T. Ferguson U/23	Borr	1.38.20
VETERANS O/50		
1. (15) P. Cornforth	Borr	1.40.35
2. (22) P. Lambert	Unatt	1.47.03
3. (25) C. Knowles	Ellenb	1.48.09
VETERANS O/60		
1. (46) J. Winn	Ellenb	1.55.57
2. (71) K. Taylor	Ross	2.04.56
3. (85) D. Loan	Kesw	2.08.31
VETERANS O/70		
1. (163) G. Gunner	CroftA	2.52.06
2. (173) B. Roberts	Sadd	4.00.18
LADIES		
1. (70) L. Spain	Helm	2.04.42
2. (74) J. Gillyon O/40	Kesw	2.05.13
3. (76) P. May	Tod	2.05.50
4. (78) C. Niblock	Helm	2.06.14
5. (82) N. Parkin O/40	DkPk	2.07.31
(91) R. Browne O/50	Bowl	2.10.39
(108) A. Weston O/50	Ilk	2.17.21

174 finishers

PEAT PIT WOODS FELL RACES
Derbyshire
BS/5.5km/106m 22.05.16

Glorious weather greeted the runners and the early morning course markers to Peat Pit Woods for the second of the two annual races held there.

Despite the numerically smallest field for some years, it was a most enjoyable, relaxed and friendly event with the several newcomers to the sport taking away with them a very positive feeling about fell running.

It was good to see eight youngsters in the under 8s' event.

With thanks to officials, marshal and runners.

David Denton

1. I. Phillips O/40	Mat	16.34
2. N. Brickman	Belper	17.12
3. K. Malton	StiltStr	17.43
4. S. Thompson U/14	Mat	19.24
5. T. Stoddart	Unatt	19.45
6. C. Booth O/50	LEaton	19.52
7. M. Bottom	Derw	20.00
8. C. Chambers O/40	Eastleigh	20.05
9. R. Hyde O/50	ErewV	20.21
10. D. Meryon	Unatt	21.02
(12) J. Birch O/50	Wirksw	21.31
VETERANS O/60		
1. (22) D. Riley	LongE	22.58
2. (40) A. Bent	Buxt	29.12
LADIES		
1. (16) C. Stewart	Wirks	22.06
2. (20) C. Ayton	Ilkest	22.45
3. (26) N. Dicks O/50	Mat	23.46
4. (28) H. Gill O/40	Unatt	24.05
5. (29) R. Barker	Unatt	24.39
(32) L. Bridgen O/40	ErewV	25.52
(36) V. Verhoeven O/50	LongE	27.32
(40) A. Bent O/60	Buxt	29.12

47 finishers

JUNIORS U/8		
1. W. Croft		1.56
2. M. Atkinson		2.11
3. R. Coxhead		2.13
4. M. Barker		2.15
JUNIORS U/10		
1. W. Croft		3.36
2. H. Atkinson		3.59
3. E. Barker		4.07

ROSEBERRY ROMP
North Yorkshire
BS/8.2km/320m 24.05.16

A record field of 154 attended the 5th running of the National Trust's Roseberry Romp. Harry Holmes pulled away from Dan Wilkinson to claim victory in 34:28, just 12 seconds outside the course record. Catherine Williamson knocked almost 2 minutes off the ladies' record to finish in an impressive 12th place overall.

Gareth Wilson

1. H. Holmes	Knaves	34.28
2. D. Wilkinson O/40	Ilk	34.52
3. P. Butler O/50	LoftW	36.42
4. S. Collins	YorkK	36.58
5. S. Pugh O/40	EskV	37.44
6. D. Kilpin	Pstone	37.47
7. R. Sillito	LowFell	37.53
8. A. Coleman	Unat	38.21
9. J. Hauxwell	Unatt	38.29
10. P. O'Mara	TyneB	38.33
VETERANS O/50		
1. (3) P. Butler	LoftW	36.42
2. (17) A. Life	Clay	40.27
3. (18) R. Williamson	LoftW	41.33
VETERANS O/60		
1. (52) M. Garratt	EskV	47.12
2. (61) T. Symonds	SmellyH	47.41
3. (82) E. Meehan	NYMA	52.36
LADIES		
1. (12) C. Wiliamson	LoftW	38.43
2. (16) K. Neesam O/40	NMske	40.16
3. (22) A. Matthews	Darling	41.52
4. (31) N. Corgeven	Darling	43.42
5. (34) S. Houghton O/50	Ripon	44.12
(38) K. Aspin O/40	NMske	45.25
(76) C. Pollard O/50	Wharf	50.01

153 finishers

MYNYDD PEN Y FAL
South Wales
BS/7.8km/980ft 25.05.16

A cloudy, still and dry evening greeted the runners for the inaugural Mynydd Pen y Fal fell race, so named as to avoid yet another Sugarloaf race in the calendar. The race forms part of the WFRA South Wales Summer Evening Series. A very encouraging turnout of 47 runners (with one DNS) set off on a course

that proved surprisingly difficult to navigate, in spite of the conditions. Although the start section through the warren of trods was marked and a map had been available online and on race day, the lead pack took a wrong turn after the stream crossing. My apologies to anyone who felt they had been robbed of a place (although everyone seemed to return roughly in the expected order) but that's fell running - as the British Championships race results from Black Combe this year show, navigation is as important as fitness! I will be more explicit about EXACTLY where to go in the pre-race briefing next year. Anyway, everyone returned safe and sound for a somewhat hectic prize giving.

First man, in spite of his claimed 3/4 mile extra, was the in-form Iwan Morton, winning the second race up the Sugarloaf in as many months after previous success in the April Sugarloaf race laid on by local club Mynydd Du. Iwan was chased closely to the line by Ian Macklin and Oscar Partridge. Emma Bayliss's local knowledge and recce saved a few off-course runners and earned her first woman, with club mates Rona Davies and Lou Summers in hot pursuit and clear winners of the women's team prize. Ian Macklin, Matt Stott and 0/60 winner John Aggleton brought home the men's team prize for the mighty MDC (yes, I am biased!).

Many, many thanks to the marshals Jake, Amie and Lucy - without them it would have been even more chaotic! They did a sterling job, Amie in particular proving a great help with the entries and timings in spite of my inexperience as RO.

I was especially pleased to have two novice fell runners complete their first race, here's hoping they return. Seeing them run in with a smile made the day for me so well done. It was also heartening to have a decent number of runners from Forest of Dean AC and Bridgend AC so thanks for making the trip. I hope to see an even better turnout next year.

Ed Dickson

1. I. Morton	MMRT	41.13
2. I. Macklin O/40	MDC	41.17
3. O. Partridge	MynDu	41.25
4. M. Stott	MDC	41.39
5. J. Aggleton O/60	MDC	41.44
6. M. Lawson O/40	Cheps	41.47
7. R. Cronin	MDC	42.36
8. T. Woodier	MynDu	42.41
9. O. Lamford	MDC	43.13
10. J .King O/40	LMRT	43.15
VETERANS O/50		
1. (14) A. Creber	Cheps	43.51
2. (16) P. Tucker	Unatt	44.04
3. (24) R. Davies	MynDu	46.34
VETERANS O/60		
1. (5) J.Aggleton	MDC	41.44
2. (31) G. Watkins	MDC	48.41
3. (35) P. Havard	MDC	51.29
LADIES		
1. (19) E. Bayliss	MynDu	45.09
2. (24) R. Davies O/50	MynDu	46.34
3. (28) L. Summers O/40	MynDu	47.32
4. (30) Z. Proctor	MynDu	47.44
5. (38) K. Elvers O/40	MDC	52.14
(41) J. Richards O/50	MynDu	59.25

46 finishers

HARROCK HILL RACE 1
Lancashire
BS/8.4km/275m 25.05.16

1. K. Steinegger	Amble	33.34
2. J. Goudge O/40	Chorl	34.13
3. A. Lloyd O/40	Horw	34.56
4. L. Eccles	PennyL	34.59
5. C. Sharpe	Spect	35.11
6. T. Campbell O/40	AstTyld	35.24
7. S. Dally O/40	Bolt	35.45
8. P. Muller O/50	Horw	35.51
9. W. Griffiths	Penn	35.53
10. D. Fishwick O/40	Chorl	36.12
VETERANS O/50		
1. (8) P. Muller	Horw	35.51
2. (27) D. Collins	Wigan	39.07
3. (30) P. Boardman	Horw	39.26
VETERANS O/60		
1. (33) K. Addison	RRose	39.38
2. (39) S. Jackson	Horw	40.17
3. (87) J. Maxfield	Newb	45.19
VETERANS O/70		
1. (170) N. Griffiths	Spect	54.33
2. (214) E. Murray	Chorl	73.36
3. (215) J. Francis	Clay	74.57
LADIES		
1. (13) A. Crook	Sthport	37.35
2. (32) C. Howard	Knows	39.35
3. (37) J. Gourney O/40	Lytham	39.59
4. (42) D. Campbell	Horw	40.47
5. (50) J. Taylor O/50	Wigan	41.46
(63) S. Budgett O/50	Horw	43.01
(103) Y. Wyke O/40	Parb	46.35
(161) J. Tolson O/60	RRose	52.45
(174) S. Stewart O/60	Sthport	55.09

216 finishers

BATCH BASH
Shropshire
AS/4.8km/305m 26.05.16

The "Batch" is such a beautiful valley in the Long Mynd, and at the start of the summer warmer weather, it never fails to be a popular run of the summer series. There were 121 runners.

Duncan Birtwistle came in first in a fast time of 26.02, followed just five seconds later by Callum Mitchelmore and Dom Jones in 26:38. How they get round that fast I don't know! Not quitet as fast as Tim Davies, record holder from 2010 with 25:03.

First lady was Mel Price who, over the last four years, has consistently beaten her previous course time and record – this year by just one second! 29.38. Rachel Parker, new to fell running, was second in 29:55 and Emma Gould third in 30:33.

There were strong junior times – William Kay 28:24 first under 14 and Henry Webb also U14 in 32:03. Jack Birch was first U16 32:23.

It was really great to see so many green and white shirts of the Tipton runners. I'm told they regularly make the trip to this event – a privilege to see them supporting each other so well.

Well done Julia Humphreys for being both the first FV50 and last (nearly) finisher, crossing the finish with Joanna Sharp and with Craig Henn, as dedicated sweep weighed down with a huge pile of all the markers I'd put out!

One injury – Mark Agnew with a badly twisted ankle. We're all greatly relieved it's not broken and wish him a speedy recovery, although not too quick so we can have a few more slightly leisurely Tuesday evenings!!

Tim Parker

1. D. Birtwistle	Telf	26.02
2. C. Mitchelmore U/18	SAC	26.07
3. D. Jones	Mercia	26.38
4. T. Werrett O/40	Mercia	27.32
5. J. Shingler O/40	Ludlow	27.40
6. G. Speake	Mercia	27.43
7. I. Grindley O/50	Mercia	28.07
8. W. Laye	Mercia	28.21
9. W. Kay U/14	TAC	28.24
10. C. Atherton	Amble	28.41
VETERANS O/50		
1. (7) I. Grindley	Mercia	28.07
2. (15) A. Yapp	Mercia	29.24
3. (31) A. Robinson	Mercia	32.06

Batch Bash never fails to be a popular run of the Mercia Summer Series

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VETERANS O/60

1. (47) S. Roberts … … …	Oswest	34.00
2. (50) B. Dredge … … …	Mercia	34.38
3. (54) P. Savill … … … …	SAC	34.59

VETERANS O/70

1. (85) G. Gunner … … …	CroftA	39.02
2. (86) G. Whitmarsh … …	CroftA	39.16

LADIES

1. (17) M. Price O/40 … …	Mercia	29.38
2. (18) R. Parker … … …	Mercia	29.55
3. (23) E. Gould … … …	Mercia	30.33
4. (29) S. Willhoit … … …	Mercia	31.37
5. (52) L. Aphramor O/40	Mercia	34.42
(94) G. Evans O/50 … …	SAC	40.48
(110) L. Pimm O/60 … …	Bournv	51.02
(112) A. Baskeyfield O/50	Ludlow	53.03

119 finishers

RAB EVENING MINI MM MAY
Peak District
MM/O 27.05.16

This was the first of two short two hour evening events taking place in the White Peak area of Derbyshire. The event started at the 'Old Dog' in Thorpe and competitors enjoyed a sunny evening finding control points around Dovedale , Ilam Park and Ilam Tops.

Neil Northrop visited all the checkpoints except for one that was probably taken by an angry farmer (annoyed that a gate was left open).

Thanks to the National Trust for allowing us to access the area, the 'Old Dog ' for the use of the pub and the Derby area mountain rescue for coming along (part of the proceeds of the event were donated to them).

Alison Wainwright

1. N. Northrop … … … …	DkPk	349pts
2. J. Lurati/K. Allanson …	AchRat	335pts
3. R. Kendall … … … …	Unatt	330pts

VETERANS O/40

1. R. Hunt … … … … …	DkPk	318pts

VETERANS O/50

1. A. Bell … … … … … …	DkPk	265pts

VETERANS O/60

1. P. Gorvett … … … …	DkPk	250pts

LADIES

1. P. Collier O/40 … … …	DkPk	245pts
2. M. Wilson … … … …	SHUOC	209pts
K. Turner O/50 … … … …	Macc	165pts
H. Winder O/60 … … …	Unatt	165pts

HUTTON ROOF CRAGS RACE
Cumbria
BM/11.3km/397m 28.05.16

Once again a glorious summer's day greeted 294 senior and 115 junior fell runners to Hutton Roof Crags 31st Fell Race. The course was fast and dry and the weather hot and sunny with very little breeze (unusual for Hutton Roof!) Last year's winners, Tom Addison and Victoria Wilkinson were not able to defend their titles this year and there are lots of new names appearing on the prize winners list this year. Tom vows to be back next year to retake the cup! There were also a record number of Hutton Roofers competing - 9 in the seniors and 12 in the juniors, all from this small parish of around 100 households!

The 2016 senior winner was Adam Osborne (Leeds City) in 51:06 winning the Sheepskin Warehouse Trophy. In second place, winning the Will Ramsbotham Memorial Trophy, was Mark McGoldrick (Wharfedale Harriers) 51:57. Third was Phil Marsden (Bolton United Harriers & AC) 52:06, fourth Chris Millar (Harrogate), 52:53 and fifth Michael Ainsworth (Helm Hill), 53:24 also received prizes.

Craig Roberts (Kendal), who has a long distinguished history in the race, was first veteran back (V50 taking V40 prize) 54:22, 6th overall, and just ahead of Nigel Wood (V40) (Helm Hill) 54:36.

The V50 prize went to Neil Holding (West Pennine) 54:34, V60 winner was Brian Thompson (Helm Hill) 66:38 and V70 Graham Breeze (Wharfedale) 91:22.

Helm Hill sent a strong team of 25 seniors and, as last year, clinched the mens team prize (Michael Ainsworth, Nigel Wood and Ben Proctor). The second mens team prize, again as last year, went to Bowland Fell Runners (Chris Arthur, Sean Bolland and Mark Chippendale)

Anna Lupton (Black Combe) won the ladies' race in 59:44, with Rachel Hill (Settle) 61:44 second and Claire Somerton (Cambridge & Coleridge AC) 63:22 in third. First FV40 was Joanna Goorney (Lytham) 63:25, Fl50 Ali Keates (Wharfedale) 64:31. The ladies' team prize was taken by Black Combe (Anna Lupton, Rebecca Rooke and Jackie Casey)

JUNIORS

The 115 junior runners competed in five age groups for boys and girls from age 6 to 15. No Under 18s competed this year due to the European Mountain Running Championships Trials taking place at Whinlatter, including Hutton Roof's Scarlet Dale. Even so, 12 juniors from the parish competed this year, Evan Roberts (U10), wins the Hutton Roof Cup. Helm Hill brought a huge team of 23 runners and feature strongly in the prize winners list.

Under 8 Boys: 1st Jack Sanderson (Settle Harriers), 2nd Noah Wadsworth (Helm Hill), 3rd Charlie Catchpole (Unattached)

Under 8 Girls: 1st Katie Buckley (Keighley & Craven AC), 2nd Isla Foes (Unattached), 3rd Carys Roberts (Unattached)

Under10 Boys: 1st Marvin Gibbs (Helm Hill), 2nd Joel Saunders (Helm Hill) 3rd Evan Roberts (Unattached)

Under 10 Girls: 1st Bethan Saunders (Hoad Hill) who was second last year, 2nd Sophie Cowin (Kendal) 3rd Tara Allan (Helm Hill).

Under 12 Boys: 1st Henry Hunter (Helm Hill), 2nd James Duffy (Calder Valley), 3rd Evan Allan (Helm Hill).

Under 12 Girls: 1st Clara Samson (Helm Hill), 2nd Ella Park (Helm Hill), 3rd Nell Edmondson (Rossendale).

Under 14 Boys: 1st Sam Smith (Wharefedale), 2nd Ollie Sanders (Helm Hill), 3rd William Pyle (Lancaster & Morecambe).

Under 14 Girls: 1st Lottie Beardwood (Helm Hill), 2nd Maia Doherty (Helm Hill), 3rd Ella Beardwood (Helm Hill).

Under 16 Boys: 1st Kian Davis (Chorley), 2nd Logan Hargreaves-Madhas (Wharfedale), 3rd Bob Evans (Settle).

Under 16 Girls: 1st Imogen Burrow (Helm Hill), 2nd Rosie Woodhams (Dallam), 3rd Erin Bagge (Helm Hill).

There were lots of families running as usual, with competitors in both junior and senior races, for example the Gibbs family from Kendal had three generations running, Marvin Gibbs winning the under 10s.

Eve Simpson

ISLE OF JURA
Isle of Jura
AL/28km/2370m 28.05.16

This was the fifth year in a row when we have enjoyed fine weather for the race. This year it was fine and sunny almost all week before and after the race, so the going was relatively dry. We are confused. Lovely for the marshals, cool breeze on top, and torrid going back along the road.

Jura was chosen as a Scottish Hill Runners championship counter this year, which resulted as expected in a bigger than usual entry from Scottish clubs – but there was increased interest and entries from all directions, the rest of the UK, and abroad. This resulted in a particularly high quality field.

The race already had 500 entries through SI only about four days after they opened, which is quite exceptional, so it was closed to most new entries at that time. It was a long time before anyone started to drop out but around January agreement was obtained from parties concerned (marshals' coordinator, hotel/camping, Forest Estate for Corran Sands, Raynet and the Mountain Rescue Teams) to raise the maximum limit of entries from 250 to 300 for this year only. At all stages up to the day before the race, maximum effort was made to enable any qualified entrant still on the waiting list to get an entry, and many did. In the end, 248 started.

Two of our most experienced base helpers dropped out late on due to personal or partner's injury but several people very kindly offered to help with various tasks and I think it all went pretty smoothly, so thank you to everyone involved.

The race shot off on time at 10:30, and from then on for the next two or three hours, the radio operators kept us informed of the order through the checkpoints of the first five and the first lady (no guesses). There was little change from CP1 onwards, with the same six or seven numbers more or less maintaining position, so to enlighten us about what was really going on, here are some comments from some of the runners nearer the front:

Finlay Wild: "Rhys F-R led the pack to CP1 then myself, Sam Tosh and Andy Fallas jostled along CP2 and CP3. Sam Tosh in hot pursuit going up Pap 1 but I managed to slowly pull away on each of the rocky descents. Very good racing conditions. No major line choice issues for me".

Alasdair Anthony:"I left the big guns to it and settled in to a good group with mixed

experience, from Holmes at one end of the scale to Sam and Adam at the other. Although we were a fair bit behind the leaders, my split times were pretty much bang on what they were last year. The near perfect conditions apparently cancelling out my lack of training since becoming a father 4 weeks earlier. Having led newbie Sam over the last pap, I pulled away over Corra Bheinn and had a solid run down the road, but never quite got Jebb in my sights".

Mark Harris: "I tried to keep very close to Richard Mellon but his lines were always excellent, except for following some Welsh runner far too far off to the right after CP1 which allowed Andrew Jebb and others to get in front. Mellon went off to the right off CP4 to avoid the scree which I wish I had done as well. Instead Andrew Jebb and Jasmin Paris screamed past me on the final part of the scree off Pap 1. Similar positions to the top of Pap 2 where Jasmin and I went off together and found a good route from half way down along what looked like a new path (in fact there were a number of new paths I had never seen before e.g. up Corra Bhein). Then going up to Pap 3 Jasmin was clearly climbing strongly, I just about held onto her tails because I wanted to follow her descent off the last Pap. As it turned out she went too far left while I continued down on a heathery path. Unfortunately this felt too luxurious for me and Jasmin came over to my line but then realised we had gone far too low about 350 metres and corrected herself. It was too late for me so I had to traverse round and lost about 4 minutes on her. Andy Jebb also got in front. And then went to the right to Corra Bhein and looked to be slowing. I was amazed when he starting descending as I neared the top. I managed to catch him by the burn crossing before Three Arch Bridge. But could not pull away enough on the road before I got cramp and he caught up and stormed past me. Jasmin was a distant memory".

Andrea Priesley: "The start of the race seemed very steady, until I looked up and saw how far away the race leaders were already!! The women's race didn't see Jasmine (to be expected) and I seemed to be about 4th lady after the first climb. The visibility was excellent. I did overtake the HBT female runner on ascent to the first pap and a number of other runners (who subsequently flew by me in descent - this pattern continued for most of the race!). However, as we descended the second pap, and I had lost sight of the next runner, she passed me again and then climbed very strongly. Unable to pass her on the climb she flew off the third pap and ran more strongly to the finish. I came off the third pap trying initially to get the right route and then ran alone on the road with rather tired legs

The highlight of the race for me was Ian Holmes, Bingley, achieving his ambition of the V50 record. It would also have been his 21st Jura, had he not had to pull out at CP2 a couple of years ago with a knee problem. It was only a shaving off Stewart Whitlie's last V50 record, though and Alan Smith, five years older, was only 14 minutes behind.

The LV50 record fell to Andrea Priestley, Ochils; and Gareth Bryan-Jones, Ochils, the second V70 to complete this race, set a formidable V70 record.

Due to their closeness to the open Men's and Ladies' records, if Finlay and Jasmin are back next year, they look under threat.

Joe Symonds was a popular choice for the John Dare Shield for outstanding performance in the Scottish Islands Peaks Race + Jura, back to back.

It was great to see so many names from the extreme ultra world competing this year, with some of the most impressive performances of the last year or two behind them, not least being Nicky Spinks who, just two weeks after her record-breaking double Bob Graham, is winding down for while with some ordinary races.

Congratulations to everyone, of any standard who had a really good race. To those who were slowed down by poorliness or injury, or got lost, or just were not having a perfect day, but finished anyway, well done, and there is another race next year.

Graham Arthur

HELVELLYN AND THE DODDS
Cumbria
AL/24km/1337m 29.05.16

Kenny Stuart was on hand to see an echo of his own achievements by one of Keswick's new generation of runners, with Carl Bell breaking his own record for this event.

After breaking clear of second placed Morgan Donnelly - a previous winner of this race - after the first checkpoint on Clough Head, Bell held a comfortable lead throughout the race. Impressive finishes by Borrowdale's trio of veterans, Donnelly, Davies and Cornforth who, between them, took the first and second M40 and second M50 places, was not enough to keep the men's team prize from Keswick.

My award for Lady Of The Match goes to Dot Patton: Dot told me before the race that she thought that she'd "just manage" the cut off at Raise. In the event, she cleared it with ten minutes to spare to take the first FV60 prize. She shared honours with her three team mates Claire Russell, Jennie Chatterley, and Mel Bradley, who took the ladies' team prize.

Congratulations to everyone who took part, on a day when even on the windy Dodds, the conditions were humid.

At the prizegiving, I handed over to the new Race Organizer, Catherine Brennan. Cat took the first female prize at the inaugural event in 2011, which was held in atrocious weather conditions. After finishing, she came to me covered in grime and sweat and said "That was an absolutely dreadful experience": It seems that to be mad enough to organize this race, you have to be mad enough to have run it!

My thanks are due to everyone who has been involved in this race and it's predecessor, the Helvellyn, and the Two Riggs during my time as organizer of these races - Bram Crag Farm, Duncan and Gillian Stuart and their family; Pete Bland Sports and, in particular Jon Broxap; Threlkeld Cricket Club; the community of Threlkeld; Mike Armfield and his St John's Ambulance colleagues; United Utilities; and Highways England.

But most of all, everyone who has taken part, or has helped in any way. I have valued your companionship and support.

Allan Buckley

1. C. Bell … … … … … …	Kesw	2.06.55
2. M. Donnelly O/40 … …	Borr	2.15.38
3. C. Roberts … … … …	Knaves	2.22.01
4. G. Foster … … … … …	Amble	2.25.16
5. G. Greenhow … … …	Amble	2.26.51
6. J. Davies O/40 … … …	Borr	2.28.08
7. P. George… … … … …	Kesw	2.28.26
8. D. Birch O/40 … … …	Kesw	2.30.20
9. N. Wood O/40 … … …	HelmH	2.31.05
10. L. Newton … … … …	Kesw	2.32.04
VETERANS O/50		
1. (11) D. Milliken … … …	Horw	2.32.16
2. (17) P. Cornforth … …	Borr	2.35.58
3. (19) D. Prosser … … …	Kesw	2.36.51
VETERANS O/60		
1. (46) J. Winn … … … …	Ellenb	2.51.52
2. (53) B. Grant… … … …	Hgate	2.55.29
3. (64) K. Taylor … … …	Ross	3.00.01
LADIES		
1. (27) H. Bonser … … …	Carneth	2.40.04
2. (32) E. Gould … … …	Mercia	2.42.59
3. (74) J. Keavney O/50 …	RichZ	3.05.45
4. (76) M. Ralphson O/40	Trawd	3.06.46
5. (77) C. Russell O/40 …	CFR	3.07.05
(103) S. Budgett O/50 …	Horw	3.21.17

190 finishers

SADDLEWORTH JUNIOR RACES
Lancashire
29.05.16

It was a perfect spring day, for the first of the new format Saddleworth Fell Race. We now have a fun run and two formal races; an U12 (incorporating the U10) and an U16 race (incorporating the U14) with the U18s competing in the main adult race.

The races start and finish in a pretty Pennine Clough complete with steam, flowering hawthorn and sunshine. They run up and round the fell on what is a tough but achievable course, mostly they can be seen from Clough.

We were very pleased to be joined by clubs from around Greater Manchester and West Yorkshire. We look forward to welcoming you next year.

James Sheard

BOYS U/10		
1. L. Carrington … … …	EChesh	8.23
2. J. Cameron … … … …	High	9.19
3. O. Schofield … … … …	Sale	9.20
4. J. Willis … … … … …	Unatt	9.28
5. J. Gladwin … … … …	Sadd	9.32
GIRLS U/10		
1. L. Philbin … … … … …	Bolt	9.20
2. V. Worboys-Hodgson …	DenbyD	10.45
3. G. Pendlebury … … …	Horw	11.26
4. I. Robinson … … … …	Sadd	11.31
5. S. Elli … … … … … …	DenbyD	11.35

BOYS U/12

1. T. Manton	Sadd	7.34
2. C. Healy	Horw	7.35
3. T. Middleton	Horw	7.39
4. B. Warboys-Hogson	DenbyD	9.45
5. E. Crooks	Sadd	9.49

GIRLS U/12

1. E. Pendlebury	Horw	8.26
2. F. Whittle	Horw	9.08
3. L. Johnson	Horw	9.52
4. L. Robinson	Sadd	10.35

BOYS U/14

1. S. Soles	Buxt	12.49
2. T. Massey	Horw	12.55
3. G. Feu-Long	Derby	13.44
4. C. Chadderton	Sadd	15.53
5. E. Dudy	DenbyD	16.14
6. A. Clough	Sadd	16.38

GIRLS U/14

1. M. Philbin	Bolt	15.58
2. A. Caie	DenbyD	17.21

BOYS U/16

1. D. Soles	Buxt	12.21
2. L. Wilkes	Horw	13.29

GIRLS U/16

1. D. Shepherdson	Sadd	15.25

SHUTLINGSLOE
Cheshire
AS/3km/270m 30.05.16

Perfect conditions greeted the runners at the 2016 Shutlingsloe fell race, part of the Wildboarclough Rose Queen Fete. Simon Bailey, fresh from his victory at Coniston Gullies the day before, was in fine form taking first place by a good margin. Local lad, Alistair Thornton, narrowly pipped Jack Ross to take second. In the ladies' field, Helen Thornhill (FU18) showed her growing ability by retaining her first ladies' trophy, ahead of first local and second lady, Steph Curtis.

Once again, there were plenty of junior runners taking part with 12-and-overs allowed to do the main race. In a strange quirk, despite lots of Under 8s and Under 10s, there were only two competitors to compete in the Under 12s' race. Despite discussing on the start line that they could both just walk the course, Lauren Wilshaw and Caleb Winfield gave it their all in a very hard-fought race, with Lauren finally victorious by just 12 seconds.

Other notable performances from the young and not-so young included Jacob Winfield (Under 18; 9th place), Ann-Marie Jones (FV60, 40th place), and road and fell legend Jeff Norman (V70, 51st place).

For runners comparing times to previous years, I was told that the entire field went the pretty way through the bluebell woods, which probably added on about 20 seconds. But it also meant the descent was much less muddy for returning runners.

Neither of the course records were broken – Simon has been trying now to beat his own record for over 10 years. So the prize pot rolls over to next year. See you there.

Noel Curtis

1. S. Bailey	Mercia	15.45
2. A. Thornton	MDOC	17.28
3. J. Ross	StaffsM	17.36
4. O. Williams	ValeR	18.08
5. S. Harding	Macc	18.29
6. N. Winfield	Penn	19.09
7. P. Rowley	Penn	19.19
8. D. Croft O/40	Macc	19.24
9. J. Winfield U/18	Buxt	19.39
10. J. Hardman	Chesh	20.21

VETERANS O/50

1. (18) B. Johnson	CaldV	21.23
2. (20) T. Raffle	Altrinch	21.39
3. (31) R. Gittins	Macc	23.40

VETERANS O/60

1. (40) A. Jones	Altrinch	24.45
2. (44) M. Moorhouse	Mat	25.03
3. (77) D. Speak	Unatt	32.20

VETERANS O/70

1. (51) J. Norman	Altrinch	25.46
2. (79) R. Ashby	Penn	33.36

LADIES

1. (17) H. Thornhill U/18	Buxt	21.19
2. (22) S. Curtis O/40	Penn	21.59
3. (40) A. Jones O/60	Altrinch	24.45
4. (42) A. Birtwistle	Macc	24.52
5. (46) J. Maddocks U/18	Mercia	25.14
(54) A. Frost O/40	Macc	25.49
(62) L. Buck O/50	CFR	27.33

86 finishers

BLENCATHRA
Cumbria
AM/13km/825m 01.06.16

The cloud lifted, the breeze kept the midges off (and the summit marshals cold) and 124 runners had a great evening again. Good runners are getting older so Vet age category records tumbled further but no one came close to Ricky Lightfoot who, again, coasted round just outside his own record.

Jenny Rice was first in the women's race.

Big shout out to Eden Runner Sean Ruane (Race 1) facing more than mountains to battle this summer and to two couples for whom this

PHOTO © MARTIN DEARDEN

2nd lady Steph Curtis, once again, showing how easy it is to descend Shutlingsloe (if you're Steph Curtis)!

PHOTO © STEPHEN WILSON GRANDDAYOUT

My oh my, river deep, mountain, high

race was part of their honeymoon!

As always, many thanks to marshals and all the behind-the-scenes helpers.

Dave Sargent

1. R. Lightfoot	Ellenb	1.00.55
2. J. Appleton	Kesw	1.02.28
3. M. McGoldrick	Wharf	1.04.10
4. S. Watson	Wharf	1.05.35
5. M. Battensby	BristW	1.05.35
6. J. Davies O/40	Borr	1.06.03
7. A. Holt O/40	Ross	1.06.40
8. A. Dalton U/23	Ross	1.07.56
9. Jo. Mann U/23	Amble	1.08.06
10. Ji. Mann	DFR	1.08.11
VETERANS O/50		
1. (21) E. Gamble	Chesh	1.12.13
VETERANS O/60		
1. (65) B. Thompson	HelmH	1.24.03
LADIES		
1. (42) J. Rice	HelmH	1.19.16
2. (62) K. Robertson	NFR	1.23.20
3. (72) A. Matthews	Darling	1.25.38

124 finishers

HENDERSON'S END
Lancashire
BM/11km/381m 02.06.16

Great weather for a great race.

There was a good turnout of runners in half-term week when I expected a lot of runners would be on holiday with family. However, 94 runners entered Henderson's End fell race (which is about the average turnout) to run a tough course that starts at the upper barn at Rivington and climbs to the Pike, Two Lads and the Trig Point before returning back almost the same way to finish back at the barn. This course is approximately 6.8 miles with 1200 feet of ascent and is a good testing run. The race was again sponsored by Inov-8 who provided the main prizes for 1st, 2nd and 3rd male and female of a pair of Inov-8 shoes, race ultra vest and cap and several pairs of quality running socks. All proceeds for the race are donated to Bolton Mountain Rescue who provide safety cover for the race.

The weather was almost perfect with little, if any, rain over the last few weeks. The ground was dry underfoot making for a fast course and potential for breaking the course record of 44:59. Last year's winner, Gary Priestley, was on the front row again this year and led from the start to win in 45 minutes - one second behind the course record. Second was Nick Leigh and 3rd Phil Marsden. Local lady, Suzanne Budgett, was second lady back wining herself a much appreciated Inov8 Race ultra vest. All prizes were presented by Horwich RMI runner, Lindsey Brindle.

There were three retirements including a Chorlton runner who had retired after descending the Pike on the outward section with the sole of his shoe hanging off - should have gone to Inov8!

This race is a great advertisement for midweek summer evening fell running with a great atmosphere as usual and very informal, even get a few road runners.

Could it be three wins on the trot next year for Gary?

Many thanks to Bolton Mountain Rescue for providing safety cover for the race,

Inov8 for sponsoring the event for the second year and donating the main prizes,

all the marshals that helped on the night and Lindsey Brindle for kindly presenting the prizes.

Mark Shuttleworth

PHOTO © DAVID BARNES

Back on the mend after a road accident, Lindsey Brindle giving first prize to Gary Priestley at Henderson's End

1. G. Priestley	Salf	45.00
2. N. Leigh	Horw	46.12
3. P. Marsden	Bolt	46.35
4. J. Mercer	Horw	47.14
5. D. Jackson O/40	Horw	47.44
6. A. Murray O/40	Horw	48.09
7. J. Green O/40	Prest	51.54
8. J. Morrisey O/40	AchRat	52.17
9. M. Dunn O/40	Hol	52.21
10. D. Raby O/40	Chorl	52.51
VETERANS O/50		
1. (14) R. Biers	Chesh	54.49
2. (26) J. Rideout	Bolt	57.55
3. (30) D. Fleming	Horw	58.58
VETERANS O/60		
1. (55) J. Maxfield	Newb	65.58
2. (59) A. Warren	FRA	67.04
3. (65) F. Duenbier	Newb	68.48
VETERANS O/70		
1. (75) J. Parker	Horw	75.24
2. (86) J. Mitchinson	Unatt	80.41
LADIES		
1. (31) A. Keates O/50	FRA ??	59.00
2. (47) S. Budgett O/40	Horw	63.54
3. (58) B. Collier O/40	Parbold	66.53
4. (62) E. Plant	RRose	68.06
5. (64) K. Schofield	Wigan	68.27
(72) M. Leigh	Leigh	72.24
(76) L. Melvin O/50	RRose	75.24

91 finishers

HEBDEN BRIDGE
West Yorkshire
BM/10.4km/350m 02.06.16

The race climbs relentlessly through the dark caverns of beech in Crow Nest Wood, eagle eyed runners might spot Amethyst deceivers, to reach the snappy severe climb from the aptly named Butts Bottom, follows trogs and farm roads to Swllington Farm. Next climb the Pennine Way to the great black obelisk of Stoodley Pike passing the public slacking trough on the way.

Scoot back via Johnny Gap, the very wet Erringden Moor, to Haven (corruption of Heaven) Lane (the old and busy corpse road!), pass the micro hamlet of Wood top, the regions first and premier wholesale clothier outlet established 1853, more beech, and finally the Rochdale Canal where runners could show off their sprint finish, with one intrepid runner getting no extra marks by vaulting THE bench at the finish in Calder Holmes Park.

The route was comprehensively flagged with marshals positioned at significant changes of direction so was an ideal first/beginner fell race.

Athletically, geographically local rivals Calder Valley Fell Runners were hard to beat –first man Jon Smith (48.13), third Man Mark O'Connor, Iain Powell first V40, Mark Wharton first V50, Brian Morsley first V65, so not surprisingly scooped the men's team prize (Smith, O'Connor+Giles Simon). Richard Butterwick was first V45 and John Bassinger first V65 edged out Calder Valley in the other classes.

First lady was Gayle Sugden (51.12), another Calder Valley triumph but other women's

class winners came from a variety of clubs, including the organiser's: Lesley Watson first FV40, Kate Mansell first FV45, Jane Leonard first FV55, Aileen Baldwin first FV60. Tod Harriers bright new things grabbed the women's team prize (Rebecca Patrick, Wendy Walker and Kate Mansell).

The prize giving held at Race HQ, the basement of the fabulous Machpelah House circa 1842, had a buzzy atmosphere, which was "sweetened" by the Hope Baptist Women with tea, soft drinks and those scrumptious homemade apricot sponges, chocolate cakes, you know the sort of thing, and NOT a crumb left!

Callan's micopub's Alan donated a 72 pint barrel of "Bread and Butter" a superb choice of a thirst quenching ale perfect for a fine sunny evening…..only two left in the barrel at the end of the night!

All runners received a small memento, a race map designed by Christopher Goddard, the Calder Valley's own obsessive map maker, which they can now treasure!

The Race organiser's tried hard to source prizes from local shops and businesses because of the winter flooding so there was a nice mix of the traditional wine, beers, running kit etc and quixotic, a man's hot shave, hand knitted socks… then we all went home.

Reg Czudek

1. J. Smith	CaldV	48.13
2. J. Bostock	Unatt	48.28
3. M. O'Connor	CaldV	48.37
4. J. Rocke	Unatt	49.38
5. M. Preedy	Ross	50.21
6. R. Cope	Unatt	50.29
7. G. Simon	CaldV	50.47
8. G. Sugden O/40	CaldV	51.12
9. R. Allen	Unatt	51.20
10. I. Powell O/40	CaldV	51.31
VETERANS O/50		
1. (16) M. Wharton	CaldV	52.44
2. (18) B. Johnson	CaldV	52.53
3. (27) S. Booth	Unatt	53.36
VETERANS O/60		
1. (59) J. Bassinger	Stain	60.28
2. (68) G. Barnes	Unatt	62.12
3. (72) B. Horsley	CaldV	62.46
LADIES		
1. (8) G. Sugden O/40	CaldV	51.12
2. (47) S. Nichols	Unatt	58.31
3. (50) R. Patrick O/40	Tod	59.01
4. (57) W. Walker	Tod	60.12
5. (58) L. Watson O/40	Bing	60.12
(91) J. Leonard O/50	Tod	67.23
(103) A. Baldwin O/60	Stain	69.18
(115) S. Bladon O/50	CaldV	73.18
(120) E. Hindle O/60	Dallam	77.10

137 finishers

WHARFEDALE TRAIL HALF MARATHON
North Yorkshire
BL/21km/590m 04.06.16

The 14th running of the Off Road Half Marathon Trail Race brought record numbers to the event. The race limit this year adjusted to take 525 runners which was reached 2 weeks before the closing date proving what a special event this has now become and one that all trail runners must do! Once again we had runners entering the race from all over the country for this most scenic of courses and it is very pleasing to see some clubs using the race as one of their championship events.

When the runners set off along the stunning 'Dales Way' above Grassington the weather was overcast but dry, however, as the runners started the punishing 2 mile climb of Mastile's Lane the clouds dispersed and the runners were met with glorious sunshine and 20 deg temperatures! This caught a few runners out as they later suffered from heat exhaustion on the downhill sweep back to the club house despite there being ample water stations.

Pre race favourite, Harry Coates, who originates from Coniston Cold but competes for the Wallsend Athletics Club where he is studying, took an early lead on the road to Grassington Bridge and gradually pulled away from the field winning by close to 3 minutes in a time of 1.28.31. Harry was a little disappointed with his time as he had won the race 2 years ago in a faster time and was hoping to beat the course record set in 2012 by Quentin Lewis 1.25.07. There was an added bonus of £100 for breaking the record in both the Men's and Ladies' races. The consolation for Harry is if he returns next year the bonus for beating the record will be doubled! Skipton based runner Julian Hood continued his fine run of form gaining second position for a third time and also the first local prize.

In the ladies' race, Carmen Bryne led from start to finish in a time of 1. 48.37, however, she was some way shy of the excellent course record of 1.37.34 set by Sarah Jarvis (2011). First local lady was Karen Chown, Skipton AC, in a very pleasing time of 1.59.38 and fifth placed Lady overall.

Once again thank you to everyone for taking part, we hope to see you all next year. Thank you to our checkpoint marshals, our team of helpers who make the event run so smoothly on the day. Thanks go to our main sponsors Malhamdale Holidays who have sponsored the event for 8 years with support from Up and Running, Skipton Hire Centre, Brook Taverner, Oldfield Electrics and Harrogate Spring Water.

Mick Hawkins

1. H. Coates	1.28.31
2. J. Hood	1.31.20
3. M. Cox	1.31.58
LADIES	
1. C. Bryne	1.46.37
2. J. Featherstone	1.51.22
3. M. Tenwick	1.54.15

DUDDON VALLEY
Cumbria
AL/29km/1830m 04.06.16

It was a lovely day for the spectators but tough going in the heat for the runners and this resulted in a number of retirements, instances of cramp and generally slower times. There were some competing events so the field was a slightly disappointing 110 in the long race with 35 running the short race.

The arduous 18 mile long race includes the ascent of Harter Fell, Hardknott, Little Stand, Three Shires, Swirl How, Dow Crag White Pike and Caw.

The race was won for the third time by Rob Jebb in a time of 3.03.49. Rob was disappointed with the time but he was over 5 minutes ahead of the rest of the field with Adam Perry second and Jack Wood third. The ladies' winner was last year's runner up, Judith Jepson, who was nearly 25 minutes down on her 2015 time. Second lady was Steph Jones with endurance supremo Nicky Spinks third. My apologies to Rob and Judith who should have been presented with the race winners' shields but their names will be added and displayed with past winners and their times in the Newfield Inn which makes interesting reading for keen fell racing historians.

The team prizes were won convincingly by Helm Hill for the men and Dark Peak for the women.

The short race was won by John Murfin less than a minute ahead of Anna Lupton. Unfortunately we do not have as detailed information of past times for the short race but I am advised by John Conway that the mens' record is 1.29.44 held by Brendon Taylor of Rossendale and set in 1998 and will record that as the mens' record but I do not have this information for the women. As far as any of us recall, we believe that Anna's time is the fasted ladies' time so I will also record this as the course record (please let me know if anyone knows different). In third place (2nd man) was Greg Weatherhead ahead of club colleague, Dominic Nurse. Second lady was Rebecca Rooke with Alison Richards third.

The evening concluded as usual with a music evening with a live band playing at the Newfield Inn being enjoyed by a number of the runners and supporters. Thank you to all the marshals and the entries and results volunteers many of whom have assisted for many years now and helped to make everything run very smoothly this year

James Goffe

1. R. Jebb O/40	Bing	3.03.49
2. A. Perry	HelmH	3.09.23
3. J. Wood	Ilk	3.11.17
4. M. Lockyer	P&B	3.12.32
5. P. Aitken	HelmH	3.12.34
5. N. Wood O/40	HelmH	3.12.34
VETERANS O/50		
1. J. Hunt	DkPk	3.18.58
2. M. Johnson	DkPk	3.23.18
3. T. McGaff	Chesh	3.38.23
VETERANS O/60		
1. K. Taylor	Ross	4.00.35
2. B. Horn	Borr	4.01.10
LADIES		
1. J. Jepson O/40	DkPk	3.50.11
2. S. Jones	Amble	3.51.54
3. N. Spinks	DkPk	3.56.22
J. Caddick O/40	DkPk	4.07.13
SHORT RACE -15.3km915m		
1. J. Murfin O/40	Settle	1.44.57
2. G. Weatherhead	NLeeds	1.47.24
3. D. Nurse O/40	NLeeds	1.47.52

C. Roses O/50	Wharf	1.50.40
S. Storey O/50	Pstone	1.51.23
D. Kershaw O/60	Chorl	2.06.14
D. Tait O/60	DkPk	2.10.31
LADIES		
1. A. Lupton	BlkCmb	1.45.39
2. R. Rooke	BlkCmb	1.55.02
A. Richards O/40	Helm	2.06.57
D. Cripps O/40	Bleng	2.22.21
J. Taylor O/50	Bowl	2.28.25

PEN-Y-GENT FELL RACE
North Yorkshire
AS/9.5km/564m 04.06.16

It was a stunning morning that attracted 164 runners to the beautiful village of Horton in Ribblesdale.

A steep and challenging race led out for the most by two runners from Wharfedale, Mark McGoldrick, and Ted Mason, Goldie leading all the way to the top of Pen-Y-Ghent. However, Ted's consistent downhill ability pipped Goldie to the finish. A great result for Wharfedale, Ted finished in first place in 49:59 with Goldie closely behind in 50:48 coming in as the leading local. Third place was taken by Thomas Corrigan in 51:13. In fourth place was first vet 40, Tim Cowin, in 53:15.

The ladies' race was dominated again by Victoria Wilkinson, a very impressive run finishing in 7th place overall in 54:43. This was over nine minutes ahead of second placed runner, Lucy Collins, in 1.03:17.

A cake stand for the runners in aid of Mountain Rescue, was a very popular addition this year. It was a great day for all runners and supporters.

Karen Allsopp

1. T. Mason	Wharf	49.59
2. M. McGoldrick	Wharf	50.48
3. T. Corrigan	Barlick	51.13
4. T. Cowin O/40	HelmH	53.15
5. C. Leigh	Traff	53.39
6. W. Neill	Mercia	54.03
7. V. Wilkinson	Bing	54.43
8. C. Miller	Hgate	54.59
9. C. Loftus O/40	Kghly	55.09
10. R. Allison	DkPk	55.11
VETERANS O/50		
1. (17) N. Charlesworth	Wharf	57.36
2. (18) N. Holding	WPenn	57.51
3. (28) C. Balderson	Bowl	60.24
VETERANS O/60		
1. (61) M. Walsh	Kend	68.12
2. (69) B. Miller	Hgate	69.03
3. (75) D. Liversey	Unatt	70.28
VETERANS O/70		
1. (63) K. Carr	Clay	68.27
2. (160) P. Martin	Bowl	97.51
3. (164) B. Boole	Sinfin	106.57
LADIES		
1. (7) V. Wilkinson	Bing	54.43
2. (116) L. Collins	CaldV	63.17
3. (43) A. Keates O/50	FRA	63.56
4. (47) S. Martin	Wharf	64.50
5. (48) R. Pilling	P&B	65.14
(74) J. Powell O/40	Wharf	69.56
(76) C. Morgan O/40	NiddV	70.37
(82) A. Weston O/50	Ilk	72.03
(115) C. Pollard O/60	Wharf	77.52
(154) S. Morley O/60	Knares	90.05

164 finishers

WELSH 1000M PEAKS
Gwynedd
AL/32km/2440m 04.06.16

About 100 competitors started the 45th annual long fell race (Class A) of the Welsh 1000 metre Peaks Race on a fine Saturday morning, from Abergwyngregyn, near the foreshore of Conwy Bay, and finished on the summit of Snowdon (1085 metres) after traversing the peaks of the five 1000 metre peaks in Snowdonia, a distance of about 32 kilometres with 2500 metres of ascent. The short fell race started at Ogwen, covering three 1000 metre peaks, with about half the ascent and distance.

Organised by the Gorphwysfa Club, and sponsored by First Hydro, the race has five classes, two fell running, two hill walking and one team event. It is an orienteering challenge over, at times, gruelling terrain. Due to its length and complexity, this is a marathon of organisation as well as competition. The two starts and the finish are many kilometres away and the location of competitors is monitored by sophisticated mobile technology control points supplemented with radio and phone communications.

Some 200 starters in total set off from Aber and from Ogwen on the shorter courses. Unfortunately for the race, the Dragon's Back Race, starting in Caernarfon, was organised on the same weekend, probably reflecting the reduced entry numbers.

This year, the competitors enjoyed the best weather the race has seen for years – sunny, not windy and incredibly NO RAIN! The marshals' main concern for competitors was to monitor them for the effects of heat rather than hypothermia, which has been a worry in several other years.

Also, there had been no rain for the week beforehand, so the going was relatively dry underfoot. Added to the good visibility, good times were expected and achieved.

In Class A, the Fell Runners Long Course, Gareth Hughes set a new course record of 04:04:32. The first female, Mel Price finished in 4:58:30, just in front of Lizzie Wraith, holder of the female open record who improved her time to 04:59:34. They did not beat the female course record (4:53:14) still held by Andrea Rowlands, Female Vet 40.

In Class E, the Fell Runners Short Course, Joseph Taggart, Manx Fell Runners, set a new course record and Male Vet 40 record of 1:47:09.

The consensus from competitors is summed up in one comment. "I really enjoyed it and everything worked so well. It was incredibly tough but good fun!"

Jean Hall

1. G. Hughes	Mercia	4.04.32
2. G. Foster	RA BrArmy	4.13.14
3. G. Owen O/40	Eryri	4.47.40
4. S. Bellamy O/40	Mercia	4.51.51
5. T. Cringle	Manx	4.52.22
6. P. Taylor O/40	Tatten	4.52.48
7. J. O'Hara	Helsby	4.53.19
8. A. Davies O/40	Mercia	4.55.30
9. J. Rhys	Harleq	4.58.03
10. V. Barton O/40	Mercia	4.58.12
VETERANS O/50		
1. (25) D. Powell	Aberyst	5.44.01
2. (31) P. Hodges	Eryri	5.50.29
3. (32) I. Edgar	Eryri	5.51.32
VETERANS O/60		
1. (45) K. Gofton	WFRA	6.21.22
2. (63) E. Lesniak	AchRat	7.06.02
3. (65) C. Edwards	WFRA	7.11.18
LADIES		
1. (11) M. Price O/40	Mercia	4.58.30
2. (12) L. Wraith	Bath	4.59.34
3. (15) A. Rowlands O/40	WFRA	5.18.07
4. (33) L. Barker	Ellenb	5.52.45
5. (38) C. Gill	TunbW	5.59.37
(62) K. O'Sullivan O/50	Aberyst	7.02.54

79 finishers in Class A, 51 in the other classes

EDENFIELD
Lancashire
BM/10.3km/477m 05.06.16

Weather conditions this year were perfect for spectators, although some of the 79 strong field (and some marshals) found it a little too warm, so no kit required, just Factor 30 sun cream recommended – and the hosepipe at the end was very welcome and well used to cool down.

Shaun Godsman was first home with last year's winner, John Raho in second. Holcombe took the men's team prize with Matt Driver and Matt Dunn finishing 3rd and 8th respectively. Holcombe had a great turn-out with11 members competing, however, Rossendale managed to turn out 24 members. Whilst Alan Lundberg-Bury fifth overall, missed the MV50 record by 54 seconds, Lorrraine Hopley was the first lady home and took a massive 2 minutes 29 seconds off the FV40 record. Rossendale Ladies took the team prize with Lorraine supported by Abigail Thompson (49th) and Cath Wilson (63rd). The first local prize went to Adam Hayden (unattached) who was 11th overall. No under 23s this year, where are the youngsters? 60 of the 79 runners were in veteran categories, i.e. 75% of the field!!

Thanks as ever to my team of helpers, Karen, Sue, Barbara on entries and results, Lefty on timing, Jeff and Manhar for flagging the course, Helen, Mick, Pete and John who supplemented the Edenfield Residents in marshaling, Edenfield Residents for sponsoring and supporting the race, Edenfield Cricket Club for the fantastic venue and facilities – including the bacon butties and sandwiches etc, Rossendale and Pendle Mountain Rescue who fortunately had little to do (and to whom a donation of £79 will be paid from part of the entry fee) and finally to you, the competitors – without you – no race. It's a great little race so come along next year and enjoy the wonderful Rossendale moors and why not stay behind for a beer (or two) and enjoy the local cricket

match after you have had a run?
Cath Hignett

1. S. Godsman O/40	CaldV	46.25
2. J. Raho	Holc	47.30
3. M. Driver	Holc	48.30
4. A. Smithson	Mersey	49.33
5. A. Lundberg-Bury O/50	Ross	50.04
6. D. Bennett O/40	Roch	50.23
7. J. Melia O/40	Ross	50.28
8. M. Dunn O/40	Holc	50.45
9. P. Mather	Lonsd	51.09
10. J. Ealing O/40	Ross	51.37
VETERANS O/50		
1. (5) A. Lundberg-Bury	Ross	50.04
2. (13) J. Tinman	Ross	53.31
3. (15) R. Turner	Ross	54.09
VETERANS O/60		
1. (20) C. Davies	Sadd	55.13
2. (28) D. Collins	Tod	58.52
3. (36) K. Taylor	Ross	60.32
VETERANS O/70		
1. (75) G. Breeze	Wharf	76.56
LADIES		
1. (24) L. Hopley O/40	Ross	57.01
2. (34) E. Maddocks	Lonsd	60.05
3. (43) C. Raho	Holc	62.03
4. (49) A. Thompson	Ross	65.01
5. (60) A. McGilvray O/50	Roch	68.05
(64) G. Dickson O/40	CaldV	70.39
(65) K. Hoyer O/50	FRA	71.04
(68) K. Thompson O/60	Clay	72.27

79 finishers

KETTLEWELL (BOFRA)
Yorkshire
AS/1.5m/600ft 06.06.16

The Yorkshire Dales proved yet again that it is the place to be on a hot sunny Sunday in June. The sun beat down on Kettlewell as it hosted this year's increasingly popular BOFRA fell race. As the race started and finished in the Cricket field, spectators were able to lounge in the sunshine as they watched the runners snake their way up the fell side. The senior and U17 races follow the same course but are run separately. Leaving the cricket field via the track, it takes a sharp right turn over gnarly loose rocks, to enter the field at the base of the fell. Competitors now race along the flat track before beginning the grassy ascent to the "the chimney" and the first false summit. Once through the chimney the course flattens marginally before the second of three false summits. Once runners have climbed the third false summit they traverse the tussocky skyline, at the edge of Middlesmoor Pasture, before commencing a sharp, varied and, technical descent. Including the scree at Gate Cote Scar, rocks and steep grass banking, this descent tests all runners before the flat run back along the track, sharp left turn over the gnarly loose rocks, and mad dash across the cricket field to the finish funnel. The other junior races follow the same outward route but turn at various points and return via the same route as the seniors where they re-join it.

The sun and clear blue skies clearly had a positive effect on turnout as a record 102 seniors and 138 juniors toed the start line for this classic short, sharp fell race.

Kettlewell racing

PHOTO © GEOFF THOMPSON

Following his victory the previous day at the Pen-y-ghent race, Ted Mason was beaten to third place in a fierce battle all the way, by Simon Bailey (1st) and Rory Stead (2nd).

Had the U17 winner, Keighley and Craven's, Joe Hudson run with the seniors he would have been 4th.

The U9 race was a sprint all the way to the finish line with only 2 seconds separating the first 3 finishers

Su Thompson

1. S. Bailey	Mercia	11.33
2. R. Stead	Aberd	11.55
3. T. Mason	Wharf	12.10
4. J. Washington	CaldV	12.31
5. N. Crampton	P&B	12.33
6. J. Whiteside	Trawd	12.59
7. I. Willis O/40	Kghly	13.00
8. A. Livingstone	Unatt	13.20
9. A. Burns	VStr	13.36
10. P. Crabtree O/40	Wharf	13.52
VETERANS O/50		
1. (31) A. Hoolden	Wharf	15.46
2. (40) K. Holder	Wharf	16.06
3. (46) A. Walker	Settle	16.44
VETERANS O/60		
1. (14) M. Egner	Settle	14.17
2. (37) S. Carr	Unatt	15.56
3. (62) M. McLoughlin	Prest	18.14
LADIES		
1. (25) K. Hall O/40	Wharf	15.06
2. (38) K. Lawson	HelmH	15.57
3. (42) R. Pilling	P&B	16.16
4. (45) S. Houghton O/50	Ripon	16.34
5. (47) J. Powell O/40	Wharf	16.49
(64) J. Butterworth O/50	Skipt	18.23

150 finishers

PADDY'S POLE
Lancashire
AS/6km/336m 07.06.16

As we set up the course it was perfect running conditions, overcast, a slight breeze and dry underfoot. It's great to witness things unfold. Gradually the start is set up and ready for entries. The race marshals set off, runners arrive and at 7.15 p.m. they are off up the lane to Fell Foot and out on to the open fell.

First back was last year's winner, Andrew Newton in 29.02, a minute faster than last year due to the better conditions. First lady was Nichola Jackson in 32.28 just two seconds outside the ladies' record and ninth overall. Men's team was won by Bowland and the ladies by Red Rose, both by one point from the teams in second place.

As the last few runners finished the mist descended to shroud Parlick and distant rumbles of thunder speeded up closing the finish area and getting to the Sun Inn, but thankfully the rain didn't appear.

Thanks to Natural England and the landowners for permission to run the race, Annie and Rob for the excellent food and drink in the Sun Inn, Chipping, Pete Marquis for the portaloo, Steve Taylor for results and all at Preston Harriers for their help on the night. Thanks also to everyone who ran which ensured an excellent evenings fell running and socializing.

Michael McLoughlin

1. A. Newton	Prest	29.02
2. M. Perry	Clay	29.32
3. R. Mellon O/40	Bowl	30.04
4. M. Irvine	Bowl	30.23
5. D. Fishwick O/40	Chorl	30.37
6. J. Green O/40	Prest	30.55
7. P. Coates O/40	Clay	31.59
8. D. Nuttall O/50	Bowl	32.06
9. N. Jackson	Prest	32.28
10. D. Parkington O/50	Prest	32.51
VETERANS O/50		
1. (8) D. Nuttall	Bowl	32.06
2. (10) D. Parkington	Prest	32.51
3. (12) C. Balderstone	Bowl	33.09
VETERANS O/60		
1. (11) G. Schofield	Horw	33.00
2. (56) B. Scholes	Settle	39.18
3. (63) I. Cookson	Bowl	40.57
VETERANS O/70		
1. (89) P. McDermott	Prest	47.41
LADIES		
1. (9) N. Jackson	Prest	32.28
2. (24) K. Foster	Prest	34.47
3. (50) R. Browne O/50	Bowl	38.06
4. (59) S. Sherratt O/40	Wesh	40.13
5. (66) L. Bostock O/60	Clay	41.21

(78) L. Lord O/60	Clay	44.29
(79) S. Cottam O/40	Garst	44.37
(85) H. Hodgkinson O/40	Tod	46.36

101 finishers

HOLCOMBE TWO TOWERS
Lancashire
AS/6.5km/400m 08.06.16

We enjoyed sunny, warm weather with light winds for the race but that wasn't the case a few hours earlier when my son and I got thoroughly soaked putting out the marker flags. The rain was so hard that we had phone calls asking if the race was still on!

Seventy six runners started and finished this popular and demanding course, with Phil Marsden winning by half a minute from Ben Coop, reversing their positions in last year's race. Joe Mercer finished third after leading at Harcles Hill. Future runners note that the second half of this race is tougher than the first! Local junior runner Ben Forrest was given permission to race and had a great run, finishing in 7th place.

Lorraine Hopley won the women's race, followed by Claire Raho. Holcombe Harriers had a great turnout for the race as well as marshalling part of the route and from next year they will take over as organisers.

Many thanks to the great team of volunteers who have turned out every year since this race was devised in 1998. Particular thanks to Vince for his results service and especially Ken and Eileen who have handled registration, start, finish and prizes, leaving me to run around on the moors supporting my outstanding team of marshals.

It has been a pleasure and a privilege for the last eighteen years.

Good luck Holcombe Harriers!

David Archer

1. P. Marsden	Bolt	33.46
2. B. Coop	Bury	34.14
3. J. Mercer	Horw	34.24
4. J. Raho	Holc	35.19
5. M. Driver	Holc	36.05
6. J. Bruton	Horw	36.19
7. B. Forrest	Bury	37.20
8. R. Cope	Unatt	37.53
9. J. Ealing O/40	Ross	38.18
10. J. Holden O/40	Ross	38.23
VETERANS O/50		
1. (13) A. Life	Clay	40.33
2. (26) B. Beckett	Chorl	43.46
3. (28) D. Bradley	Ross	44.04
VETERANS O/60		
1. (47) I. Smith	Bolt	48.14
2. (57) N. Harris	Ross	50.40
3. (65) S. Fish	Clay	54.01
LADIES		
1. (25) L. Hopley O/40	Ross	43.40
2. (37) C. Raho	Holc	45.32
3. (43) J. Thomas	Sale	47.28
4. (44) N. Murphy O/40	Ross	47.51
5. (51) F. Buchan	Unatt	49.46
(70) C. White O/50	Holc	59.21
(73) R. Feeley O/50	Unatt	63.14

76 finishers

BOAR'S HEAD
Cheshire
BM/13km/400m 08.06.16

Despite the storm which raged through the afternoon all the time Rich Mellor was marking the route out and making modifications because of new fences and gates (many, many thanks for this), by the time the race started it was a midge-free, blue sky and white fluffy clouds evening which gave excellent conditions throughout – with the exception of the small but waist-deep, nauseating paper-waste bog which a few people chose to sample rather than follow the diversionary flags.

Even though the conditions were good there was little chance of the records going because of the ad hoc route alterations but there was nevertheless some very fast-paced running and a notable number of sprint finish contests.

Tom Bush and Nat Winfield had a private Pennine battle at the front for most of the race, with Tom holding it down the final descent to claim first place, with Nat second and Dave Bethell third – where does "Team Raidlight" come from ??

Holly Martin, also of Pennine, had a fine run to notch up the first ladies' place from Angela Markley with Diane Bygrave finishing third and also first LV40 – apologies are due here because Fiona Johnson's time and Diane's were transposed on the finish labels, hence the prizegiving announcement was incorrect; the ones below are amended.

The men's Team was taken by Pennine and the ladies' by Macclesfield.

Everyone appeared to enjoy themselves both on the race and in the Boar's Head afterwards and I'd like to thank you all for coming along and also to thank all our friends and Club colleagues for giving up their evening to contribute to the race organisation – very much appreciated.

Hope to see you again next year,

Dave Jones

1. T. Bush	Penn	49.40
2. N. Winfield	Penn	50.04
3. D. Bethell	Raid	50.31
4. J. Powell	Altrinch	50.30??
5. B. Greenwood	Macc	50.45
6. C. Jackson	Gloss	51.00
7. G. Briggs O/40	DkPk	51.13
8. W. Griffiths	Penn	51.18
9. J. Corden O/40	Stockp	51.54
10. B. Hobson	Chorlt	53.26
VETERANS O/50		
1. (16) S. Roshish ?	Wilms	55.15
2. (26) M. Hill	Wilms	56.26
3. (28) J.Hewitt	Gloss	56.44
VETERANS O/60		
1. (27) T. McGaff	Wilms	56.43
2. (65) A. Bocking	Chesh	61.40
3. (72) B. Blyth	Macc	62.21
VETERANS O/70		
1. (187) S. Fenton	Wilms	81.55
2. (197) T. Falkner	Wilms	89.25
LADIES		
1. (42) H. Martin	Penn	58.36
2. (51) A. Markley	Macc	59.17
3. (71) D. Bygrave O/40	Wilms	61.10
4. (75) F. Johnson	Stockp	62.46
5. (77) R. Lawrance	Macc	63.03
(79) L. Harrison O/40	Wilms	63.08
(90) B. Jackson O/50	Altrinch	64.07
(105) A. Jones O/60	Altrinch	65.55
(111) M. Calvert O/50	Macc	66.32
(160) H. Todd O/60	Stockp	75.20

201 finishers

KETTLEWELL ANNIVERSARY
North Yorkshire
AS/8km/550m 09.06.15

1. T. Mason	Wharf	36.44
2. S. Watson	Wharf	37.05
3. L. Maude	Barlick	37.14
4. D. Wilkinson O/40	Ilk	39.37
5. N. Charlesworth O/50	Wharf	39.42
6. A. Robertshaw O/40	Otley	39.54
7. D. Kirkham O/40	Wharf	40.29
8. D. Bolanos O/50	Unatt	40.48
9. R. Furness	Horsf	41.32
10. P. Carmen	Ilk	41.44
(21) P. Calderbank O/50	Ilk	47.33
VETERANS O/60		
1. (44) M. Ayers	NLFR	53.37
2. (57) T. Broomfield	H'gate	57.50
3. (61) K. Robinson	Wharf	59.04
LADIES		
1. (34) E. Robson	H'gate	50.57
2. (35) C. Busby O/40	Ilk	50.58
3. (37) M. Ralphson O/40	Trawd	51.02
4. (38) J. Smith O/40	Ilk	51.03
5. (40) M. Gibbons O/40	Ilk	51.41
(47) L. Whittaker O/50	Wharf	54.17

63 finishers

CASTLETON SENIOR FELL RACE
Derbyshire
BM/10.8km/458m 10.06.16

A week before the race Derbyshire was in the grip of a mini-heatwave. The course had never looked better, however surely it couldn't last…..!

As I arrived home from work at 4:00 p.m. on race night to prepare for the race, as if on cue, the heavens opened and for the next 30 minutes, Castleton was subjected to a month's worth of rainfall! Thankfully, it eased; however the deluge had saturated the parking field and we had to make the decision to direct all competitors to park in the village and walk up to the playing fields. Thanks to all of you who were so accommodating.

Despite the inclement weather, numbers were only slightly down on last year with 231 finishers. The race saw a good tussle between Stuart Bond and Alasdair Campbell with the Buxton runner coming out on top with a fine time of 42.15. The women's race was won by Anna Hoogkamer, who managed to hold off her team mate, Sally Fawcett by 21 seconds.

Many thanks to Stuart and Debbie from Accelerate who once again supported the race with numbers, goodies and enthusiasm!

Finally, to the many volunteers who turned out in the rain to ensure that the race ran smoothly. Many competitors thanked me after

PHOTO © PETER TRAINOR

Hannah Bradley (CFR) and Jo Bednall (Buxton) at Castleton

the race and this would not have happened without all of your help and support.
Stuart Bradstock

1. A. Campbell	Buxt	42.15
2. S. Bond	DkPk	42.39
3. J. Mogridge	Yaxley	45.27
4. B. Cartwright	Mat	45.30
5. D. Cope	Howg	45.52
6. N. Winfield	Penn	45.56
7. L. Beresford	Ripley	46.22
8. M. Johnson O/40	Stockp	46.56
9. J. Fern	Buxt	47.03
10. K. Allanson	Unatt	47.20
VETERANS O/50		
1. (43) T. Parr	Unatt	52.46
2. (56) M. Archer	DkPk	54.16
3. (74) R. Hyde	Ere	56.35
VETERANS O/60		
1. (128) S. Wickham	Ere	63.19
2. (144) S. Elliott	Beest	65.01
3. (185) D. Arundale	DkPk	71.34
VETERANS O/70		
1. (229) B. Jarvis	HolmeP	86.20
LADIES		
1. (47) A. Hoogkamer	DkPk	53.26
2. (50) S. Fawcett	DkPk	53.47
3. (92) E. Crownshaw	DkPk	58.54
4. (96) A. Wainwright O/40	DkPk	59.07
5. (105) H. Bradley	CFR	59.43
(106) J. Bednell O/50	Buxt	59.48
(111) R. Brandon O/40	HolmeP	60.27
(149) D. Claridge O/50	DkPk	65.30
(216) H. Elleker O/60	Sheff	79.16

231 finishers

JUNIOR RACE

BOYS UNDER 14

1. T. Spencer	Chestf	11.59
2. S. Tierney	Sheff	12.31
3. J. Patton	Hallam	13.00
BOYS U/12		
1. J. Darley	Hallam	12.09
2. E. Patton	Hope	12.32
3. L. Billington	Unatt	17.26
GIRLS U/12		
1. L. Bednell	Buxt	14.03
2. F. Patton	Hallam	14.32
3. O. Allen	Mat	15.40
4. T. Bristow	Hallam	19.25

TURNER JUNIOR UPHILL CHAMPIONSHIPS
Cumbria
11.06.16

For the third year in a row we had rain. Unusually, this dissipated and we actually had warm and sticky weather to contend with.

Over 230 juniors attended and there was some great racing on testing uphill courses for the championship runners, and short and fast races for the U8s and U10s.

The Uphill Races cause significant logistical difficulties, with four finishes up the hill and one at the bottom for the U8s and U10s. Getting results back from the top of Brown Pike is always going to take some doing. Without an excellent bunch of marshals (some of whom were recruited on the day), the races wouldn't have run as smoothly. The entries and results team did sterling work, and we let them out after about five hours. The cakes went completely, as did most of the tea and coffee, all sold by a very small, hard working group.

To all the parents and kids that turned up, in plenty of time, with all their kit, having read the quite detailed information on the website or on the side of the tent when you got there, well done.

If you turned up without your kit, without reading the information, without knowing the time of your race, then you made life that bit harder for yourselves and my marshals and me. Perhaps, next time, you could try to find all that out in plenty of time by reading all the information provided in advance, rather than complaining to marshals and/or me about not knowing.
Richard Lecky-Thompson

ENNERDALE HORSESHOE
Cumbria
AL/36.8km/2290m 11.06.16

To much relief the race was held over the full 23 mile race route. The last two years had seen the race having to be shortened due to bad weather conditions.

There was a low turn out of runners with 65 starting the day and 61 of those making it round. The temperatures experienced in the previous week had dropped but it was still fairly humid. Runners experienced mist and winds on the summits causing a few to take unplanned excursions into Wasdale before completing the route.

Ben Abdelnoor won the race and Dark Peak won the men's team.
Colin Dulson

1. B. Abdelnoor	Amble	4.03.27
2. R. McGrath	Ellenb	4.04.57
3. A. Schofield O/40	Borr	4.14.00
4. N. Talbot	Amble	4.18.14
5. H. Lord	BlCmb	4.20.35
6. P. Aitken	HelmH	4.21.11
7. T. Ferguson	Borr	4.22.35
8. P. Neild O/40	Bowl	4.32.03
9. M. Robinson O/40	DkPk	4.46.45
10. P. Davies	DkPk	4.52.28
VETERANS O/50		
1. (19) T. Holland	Conist	5.05.24
2. (23) L. Warburton	Bowl	5.09.00
3. (36) K. Tuzio	Newb	5.51.55
VETERANS O/60		
1. (30) N. Hewitt	Bowl	5.38.07
LADIES		
1. (16) J. Jepson O/40	DkPk	4.58.54
2. (17) M. Gillie	LlwydR	5.03.23
3. (26) S. Jones	Amble	5.14.59
4. (27) K. Leslie	ADAC	5.23.56
5. (28) J. Caddick O/40	DkPk	5.37.10
(58) L. Malarkey O/60	Kesw	6.49.21

61 finishers

ROMAN WALL SHOW
Northumberland
BS/7.1km/189m 11.06.16

1. P. Vincent O/40	Tyne	31.44
2. J. Thompson O/40	Saltw	32.33
3. T. Bentley	AllenV	33.28
4. S. Myers U/18	Unatt	34.23
5. O. Burns O/40	Unatt	34.31
6. P. Green O/40	Heat	35.00
7. J. Shotton U/18	Tyne	35.12
8. P. Luscome	Unatt	35.23
9. K. Forster	Unatt	35.52
10. M. Broadhurst O/50	Tyne	36.43
VETERANS O/50		
1. (10) M. Broadhurst	Tyne	36.43
2. (13) P. Kelley	DFR	38.20
3. (15) C. Valentine	Kesw	39.01
VETERANS O/60		
1. (34) K. McCormack	Clare	49.11
2. (39) G. Routledge	Heat	67.22
LADIES		
1. (11) J. Greening O/40	Tyne	37.31
2. (12) R. Bentley	AllenV	38.18
3. (19) E. Dewar	Unatt	39.13
4. (20) S. Scott O/40	NFR	40.24
5. (23) J. Marsden O/40	Tyne	41.37
(3) E. Shepherd O/50	JogTyne	48.42
(36) R. Todhunter O/50	AllenV	50.36

39 finishers

PASSING CLOUDS
Staffordshire
BM/15.75/565m 12.06.16

154 hardy souls ignored the threats of torrential rain and bravely turned out for this year's Passing Clouds fell race. And a good thing too as, apart from a brief downpour just after the start, the weather was much better than predicted and we all managed to keep reasonably dry – perfect racing conditions some may say!

The course, which takes in 9.8 miles of rough and boggy terrain over Ramshaw Rocks, the Roaches and Hen Cloud, has always been popular locally but is now starting to attract runners from further afield with clubs travelling up from London just to take part in the race.

Jack Ross was first home for the men with a time of 1.08.33. First lady was Alex Gounelas with a time of 1.27.41 – particularly impressive as this was her first ever fell race.

The team prize was won by Wilmslow with Damion Nicholls (2nd overall), Andrew Whittingham (5th overall and 1st MV45) and Rob Downs (6th overall and 1st MV50) all finishing strongly.

Special thanks to Tittesworth reservoir for letting us start and finish the race at their visitor centre, Chase Medics for providing first aid support, Running Bear for sponsoring the race and providing prizes, Staffordshire Police and all the volunteers who helped to make the race possible.

The Passing Clouds is one of three races which make up the Congleton Harriers race series. The other races are the Cloud 9 Fell race in March and the Congleton half marathon in October.

Andrew Roberts

1. J. Ross	StaffsM	1.08.33
2. D. Nicholls	Wilms	1.12.21
3. A. StuartU/23	Beest	1.13.22
4. R. Donald	Shelt	1.13.54
5. J. Street	Clowne	1.14.49
6. D. Bethell	Raid	1.15.04
7. J. Powell	Altrinch	1.15.30
8. P. Taylor O/40	Tatton	1.15.40
9. K. Malton	Shelt	1.15.49
10. R. Downs O/50	Wilms	1.15.53
VETERANS O/50		
1. (10) R. Downs	Wilms	1.15.53
2. (54) D. Garner	ManYMCA	1.21.28
3. (21) D. Shepherd	ValeR	1.24.45
VETERANS O/60		
1. (38) S. Roberts	Oswest	1.28.45
2. (65) A. Jones	Altrinch	1.36.22
3. (80) I .Ankers	StaffsM	1.41.55
VETERANS O/70		
1. (145) T. Faulkner	Wilms	2.11.43
LADIES		
1. (36) A. Gounelas	Eton	1.27.41
2. (50) C. Gibbons	Totley	1.31.57
3. (57) A. Durrant	SChesh	1.34.03
4. (62) S. Gibbens	MarshMK	1.34.50
5. (63) A. Birtwhistle U/23	Macc	1.35.04
(65) A. Jones O/60	Altrinch	1.36.22
(74) K. Lightfoot O/40	Tatton	1.39.22
(82) B. Jackson O/50	Altrinch	1.42.03
(94) T. Brown O/50	SChesh	1.44.56
(97) J. Hackett O/40	StaffsM	1.46.41
(150) R. Dyde O/60	Winst	2.31.13

153 finishers

The course takes in 9.8 miles of rough and boggy terrain over Ramshaw Rocks, the Roaches and Hen Cloud

PHOTO © PAUL BIRDSALL

LAKESIDE - GUMMERS HOW
Cumbria
AS 18.06.16

Clear blue skies and glorious sunshine made for excellent rowing and running conditions for the 22nd staging of this historic fell race since it was re-started in 1994 after a 60 year gap.

The individual race began at 5.30 p.m. with Simon Bailey, last year's winner, attempting to make it two in succession. The 400 metre run from the start in the original field to the lake shore at the 4* Lakeside Hotel is always a mad dash to secure the nearest rowing boat and, as usual, the sight of fell runners attempting to row across Lake Windermere is a fascinating one.

Simon Bailey arrived back at the boats on the east shore after reaching the summit of Gummers How, just under a minute in front of Harvey Lord. This gap remained on the return row to the finish on the lawn of the hotel where a winning time of 28.23 was recorded. Simon chose the first prize of £125 donated by the Lakeside Hotel with Harvey Lord receiving a second prize of £55 donated by Playdale of Haverthwaite. Sean Bolland was third receiving £40 also from Playdale.

The team event began at 7.00 p.m. with the 13 teams already knowing which boat they were to use due to a pre-race draw. The large crowd was treated to the sight of boats and oars clashing as their rowing skills, or rather a lack of, were severely tested. Once out of the boats on the east shore, the runners ascended in close succession with 'Got the Runs' (Mark Addison, Rob Jebb, Adam Perry), last year's winners, reaching the summit first in their attempt to win again and break the record held since 2004 (25.51). They descended quickly together and had a good return row to record a winning time of 26.56. Second were the 'Old Keswickians' (Andrew Slattery, Craig Smith, Steve Angus) in 30.38 and third were 'Girls Allowed" (Louise Roberts, Sharon Taylor, Anna Lupton) in 32.14. The prizes of £90, £60 and £45 were again kindly donated by Playdale.

David Birch

1. S. Bailey	Mercia	28.23
2. H. Lord	BlCmb	29.37
3. S. Bolland	Bowl	29.58
4. M. Spooner	Howg	31.45
5. J. Horton	Unatt	32.39

6. B. Bolland … … … …	Horw	32.54
7. J. Donnelly … … … …	Blmb	34.44
8. M. Cropper … … … …	Unatt	35.25
9. M. Rooke … … … … …	BlCmb	40.05
10. R. Cannon … … … …	HelmH	42.03

12 finishers

TEAMS

1. Got the runs … … …	26.56
2. Old Keswickians … …	30.38
3. Girls Allowed … … …	32.14
4. Team Syke … … … …	32.35
4. North Leeds … … … …	33.03

13 finishing teams

GREAT LAKES RUN
Cumbria
AL/21km/2130m 18.06.16

Another great day: perfect weather, a good turn out of runners and so much happiness and appreciation from all... It makes you want to put on an epic race *every* weekend!

Thank you to everyone who turned up to compete, especially the Hunters Bog Trotters contingent who helped to swell numbers to 74 entrants. Thanks to Keith and Jean Rowan at Stool End Farm for being so welcoming and generous in helping to keep this race going. Thanks to Paul Woodburn and his team of RAYNET volunteers, as well as all those marshals who went up onto the fells or helped down in the valley. Without you all this race wouldn't happen.

Generous prizes from Paul Cornforth of Kong Adventure Centre in Keswick, Ian Bradley of Coniston Brewing Company and Keith Rowan at Stool End Farm meant that we were able to make a profit of £469 for North West Air Ambulance.

The 2016 race proved, once again, to be an exciting battle: Carl Bell and Murray Strain set an early lead, with a chasing group comprising Simon Booth, Tom Brunt, Sam Watson, as well as Ambleside AC's George Foster and Neil Talbot. Of course, fell racing isn't quite so straightforward. In fact, it can be quite mysterious.

Carl Bell wanted to know how Simon Booth kept appearing ahead of him in the race... Simon Booth wanted to know how he went from 6th to 2nd without having seen anyone since Bowfell... Murray Strain would have liked to have known the way off Blisco without having to retrace his steps... and poor Sam Watson would simply like to not get lost *again*. It was Sam who'd been leading in 2015 at the final checkpoint, only to go AWOL and come home five minutes behind the winners. Alas, Sam went wander about again. I'm thinking of offering him a free entry in 2017... Carl Bell did take the victory in the end (2.43.49) with Simon Booth second (2.48.16) and Neil Talbot 3rd (2.51.21).

In the ladies' race Georgia Tindley had a fantastic race, beating Lauren Jeska's 2012 course record by 4 minutes, in a time of 3.24.45. Lucy Spain came home in second place, just inside four hours (3.59.59), closely followed by Megan Mowbray (4.01.25). Hunters Bog Trotters were guaranteed the ladies team prize - a dozen bottles of beer - so long as a third counter finished... By the time Briony Curtis and Rosie Smith had finished the long descent off Blisco summit (6.44.11) there was only one bottle of the dozen remaining; good job they were the nominated drivers!

For race winners, Georgia and Carl, they took home a beautifully - and very heavy - slate trophy, a pair of Inov8 shoes courtesy of Kong Adventure Centre, and a hand-crafted shepherds crook made by Keith Rowan at Stool End Farm.

Britta Sendlhofer & Ben Abdelnoor

1. C. Bell … … … … … …	Kesw	2.43.49
2. S. Booth O/40 … … …	Borr	2.48.16
3. N. Talbot … … … … …	Amble	2.51.21
4. M. Strain … … … … …	HBT	2.51.30
5. T. Brunt O/40 … … …	DkPk	2.58.04
6. G. Foster … … … … …	Amble	2.59.28
7. T. Ferguson … … … …	Borr	3.02.05
8. M. Reedy O/40 … … …	Amble	3.03.16
9. D. Duxbury O/40 … …	Amble	3.05.17
10. P. Cornforth O/50 …	Borr	3.07.08

VETERANS O/50

1. (10) P. Cornforth … …	Borr	3.07.08
2. (20) D. Nuttal … … …	Bowl	3.27.38
3. (22) C. Balderson … …	Bowl	3.29.31

VETERANS O/60

1. (36) J. Winn … … … …	Ellenb	3.58.31
2. (58) L. Marlarky … … …	Kesw	4.49.26
3. (65) E. Lesniak … … …	AhRat	5.20.59

LADIES

1. (18) G. Tindlay … … …	HBT	3.24.45
2. (38) L. Spain … … … …	Helm	3.59.59
3. (39) M. Mowbray O/40	HBT	4.01.25
4. (57) G. Leedham O/40	Dallem	4.49.24
5. (58) L. Malarky O/60 …	Kesw	4.49.26

73 finishers

PHOTO © BRITTA SENDLHOFER

Great day, perfect weather, an epic race!

Jon Whilock (Staffs Moorlands) at Shutlingsloe

PHOTO © LOUISE HALLIDAY

Worn by British fell running champion, Finlay Wild

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