

The

Fellrunner

October 2000

including full championship results



Blasts from the past

THE FELL RUNNER
SPRING 1976



Mike Short, Fellrunner of the Year 1975, graces a 1976 cover (Photo: Tommy Orr)

THE FELL RUNNER
SUMMER 1978



Pete and Anne Bland winning the 1978 mixed Karrimor at Peebles (Photo: George Petrie)



A touch of typical Bill Bentall wit from the 80's

Colin Donnelly, Eryri, on the Ennerdale Race (Photo: Peter Hartley)

Supplied by Allan Greenwood



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Bit at the Front - Neil Denby

So, farewell then long nights cutting and pasting; farewell the fun of trying to decipher the hand-written scrawls of the FRA membership (who seem to be either illiterate or GPs - the effect is the same), farewell from me to The Fellrunner.

Farewell to the imperious - 'I have written this article; publish it in the next Fellrunner'; the technologically deviant - 'I have burnt this article into this DVD chip with a laser, please print it off'; the inept - 'Please find some photographs enclosed, I don't know who the people are and have failed to put in my own name and address, but expect you to return them anyway'; the hopeful - 'I don't know who the runner is but he was number 81 or 82 and if you contact the organiser I'm sure he will be able to tell you'; the deluded - 'I have written this brilliant poem and you must publish it'. Farewell, too, to the late night phone call, which goes something like this -

'Hello, I'm Albert Bloggs',

'Hello'

'Hello, this is Albert Bloggs here'

'Yes, hello, what do you want'

'I organise a race'

'Is this to do with the Fellrunner?'

'I'm member 12345'

'Fine, what can I do for you'

'I'm member 12345 and I haven't had my magazine yet'

'It's not out till October'

'I organise a race'

'What do you actually want?'

'Want, I don't want anything, I'm Albert Bloggs'

and similar surreal conversations. There must be a world record somewhere for the most long winded way of saying 'I've put it in the post' and it's member 12345 that holds it!

But farewell also to the fantastic photographs which many go to such lengths to provide; to the articles, factual, humorous, serious, silly, libellous; to the wealth of FRA talent that manifests itself in cartoons, facts, rumours, articles, pictures ...

The production of the mag. is a team effort; I forbear from listing the team as I'm bound to leave someone out so suffice it to say a huge thank-you to all those who have assisted or contributed over the past ten years. And I thank you all for your kind words to me over the years. The new editor, providing the AGM approves his appointment, will be Dave Jones - currently fixtures secretary - contact details below. To him I bequeath the late night phone call; the five page blank paper fax (it's called feeding it in the wrong way up); the empty disk (without accompanying hard copy); the anonymous photograph and the increasingly terrifying new technology that will, I'm sure, soon allow people to send themselves in person down a telephone line!

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KEITH MUNTTON – 5.6.44 TO 6/00

Keith, who died in a tragic accident last June was a devoted father and grandfather. He will be greatly missed by all who knew him.

Keith came into running after a long and successful playing career in local amateur football.

A foundry worker by trade he had worked in Nelson as a Turner for the last 12 or so years. He would always get his dinner time run in, even if it means running side the factor in bad weather.

Initially a road runner with Clayton Harriers Keith had a PB of 2 hrs 57 mins for the marathon set at Windermere and many sub 1hr 20 mins half marathons.

By the mid-80s he had discovered the magic of racing and training on the fells and this was where he was to devote all his energy. Successful as a V40 over all distances and categories, Keith was a prolific racer through the late 80's and early 90's. By this time he had joined Calder Valley Fell Runners. His easy going nature and fierce competitiveness making him popular with all his club mates.

During his time with Calder Valley he backed up on many successful Bob Graham Rounds, though he never expressed a desire to make an attempt himself. Keith was also a member of many of Calder Valley's most successful relay teams during this era.

In the mid 90's having competed at virtually all the classic fell races in the calendar, Keith decided to call an end to his racing and just run for the freedom and pleasure the outdoors gave him. He would regularly run the 12 or so miles round trip from home to Pendle summit. Other days would see him off in his car or mine to go and revisit old haunts. The Langdales/Howgills/Trough of Bowland to name but a few.

Another of his great passions was music. Keith was a regular at any live rock or blues concert in the Colne and Burnley area. Indeed it seemed strange and sad going to this year's Colne Rhythm & Blues Festival knowing that Keith would not be there.

Keith was instrumental in the organising of the 1st Boulsworth Hill Fell Race. Apart from one year when he ran the race he would always marshal at the double crossing of Twinhole Clough cheering on the loaders and giving just as much support and enthusiasm to the backmarkers.

As a mark of respect next year's race will be a memorial event in honour of Keith and will be held on 20th January. Any proceeds will go to Rossendale Fell Rescue.

Duncan Thompson

Wherever you spot this logo it indicates an item chosen by a reader for the 30th birthday.



Allan Greenwood uncovers some of his favourite previously published articles from back issues of the *Fellrunner* magazine. He has re-typed them (so hopefully saving the FRA some money) in exactly the same way as they first appeared, though the FRA magazine of the day was produced as an A5 sized booklet. These articles have been chosen for a variety of reasons - not least being the subject matter involved, the incredible feats accomplished therein considering the absence of thermal apparel and high tech footwear of today and infrequency of long races in which to train during those early days, and the passion with which the articles were written.

His hope is that these literary marvels will inspire the reader to greater awareness on the fell, greater achievement in their sport, and to attempt to recall and record to paper, some of their own experiences for a future edition of *The Fellrunner*.

Data Protection Act

The Data Protection Act requires us to tell all members that their addresses, dates of birth and club names will be maintained on a computer.

This allows us to send you an FRA calendar and three magazines each year. You have the right to request that your name be removed from the computer database and you should contact the Membership Secretary if this is your wish.

Unless your details are kept on a computer we will be unable to send you an FRA calendar, the magazine or an annual membership renewal form.

COMPUTERS

Please provide copy on floppy, wherever possible.

Even if it's a weird format, send the disc **with the printout** anyway, it may save us TIME and FRA MONEY !!!

News & Views

Fell Running on the Web

When I started setting up a Web page for the F R A in January this year I had no idea how the project would work out. Ten months on I can report that the pages have over 30 links to clubs, races and individuals who have fell running web pages; the championship results are regularly updated with the help of Brian Martin the statistician; juniors are getting coverage from Norman Mathews. In addition there is now regular e-mail requests for information about fell running. So far the project has been a success but there have been some problems in particular in contacting the site. The first problem has been the original URL and I have registered a domain and so we are now www.fellrunner.org.uk/. This should mean it is easier to remember the URL. Secondly the site should be obtainable through search engines, as it has been registered with them now. This has meant some cost to the F R A but as we got a grant from the Midland Counties Athletic Association the cost of running site is not coming from members subscriptions.

With the increasing use of this sort of communication this service to members should increase in the next years. It is hoped that we can develop more services on the web for members and we are open to suggestions as to what people want. What we do not want to is create a two-tier service, one for those with the web and another level for those who do not it.

Bill Waine F R A press officer

Clockwise Summer Bob

I am a Gloucestershire based FRA member hoping to complete a Bob Graham Round in 2001, I have plenty of long distance fell running experience, know the terrain and intend to prepare very thoroughly. Unfortunately I don't know enough potential pacers to organise my own attempt. If you are an experienced fell runner who is planning an attempt next year and who could have me on board then please contact me on 01453 753237. Clockwise summer preferred but anti-clockwise or winter considered. I am prepared to pace for others in return.

Yours,

Graham Scott

Rumour has it.....

..... that the famous misogynist DH (remember, it's fleeces for the first 15 men, sweat shirts for five male veteran categories, oh and a powder compact or set of yellow dusters for the first lady) is suffering from failing eyesight. Confusing Nicola Bailey with Ruth Pickvance until the poor girl was nose to nose with him. Still, as only he would say, 'they all look the same to me'.

- Stirrer

The Meirionnydd Round

I would like to ask anyone who has attempted or completed the Meirionnydd Round to let me know. As a reminder, the round goes over Cadair Idris, the Rhinogs, the Arenigs and the Arans in mid-Wales. So far I know of one solo completion of over 24 hours and one unsuccessful winter solo attempt. I can help with route details and planning if asked. My address: 15 Eastfield Drive, Liverpool, L174LH. Email: y.d.tridimas@livjm.ac.uk

Yiannis Tridimas

R. Graham

When poring through athletic material of the thirties an R. Graham popped up occasionally and his frequency tied to that imprinted in our collective mind of 13 June 1932 had me wondering 'was it our R. Graham?'

Further delving unearthed that it was in fact R. for Robert the heart pounded a little faster no further findings or sightings of this man let him disappear into the recesses of my memory with the mental image of our Robert Graham popping up and running the mile for Great Britain. Could he be an Alf Tuffer-type who would nip down to London on the Flying Scotsman from his Cumbrian abode and run four laps of the White City then back to his B & B day job in Keswick?

This graphic image stayed in the recesses of my mind until the arrival of a publication called "Who's Who of UK and GB International Athletes 1896-1939" which lists all 484 British males who competed for Great Britain in athletics (Tug of War, although an Olympic event is excluded) and defines Internationals in that period as those who were selected for the Olympic Games, one European Championship (1938), no British Empire Games and 26 Great Britain matches v France, Germany and others.

On flicking through I discover that a Glasgow born Robert Graham (1909-1963) made three international appearances in 1936 and 1937. With a 1500m best of 3:54.4 and a 4:12.0 miler (a Scottish record which lasted nearly 20 years) – the details says he was fifth in the 1934 Empire Games, eliminated in the 1936 Olympics, won the Scottish mile title four times (1936-39) and came third in the AAA in 1936 and 1937.

That's the fact; the image will still hold of journeys on the Flying Scotsman – in this case through nipping over the Border with his spikes.

Neil Shuttsworth

Tranter's Round

Dawn Scott completed a solo circuit of 'Tranter's Round on Wednesday 19 July 2000 in a time of 15.57.48. Tranter's Round is a non-stop traverse of the Glen Nevis skyline summits, viz all the Mamores, the Grey Corries, the Aonachs, Carn Mor Dearg and Ben Nevis, a distance of 35 miles with 21,000 feet of ascent. Dawn set off at 14:51:00 on Tuesday 18 July from Glen Nevis Youth Hostel, making short work of the first hill, Mullach nan Coirean which she reached in 1 hour 14 mins. The weather was good; dry, overcast, not too hot, hardly any wind. A full moon filtered through the silent clouds over the grey Grey Corries. Dawn met Dawn with a few wispy clouds over the Aonachs. Dawn sustained a relentless pace throughout to finish back at the Youth Hostel at 06:48:48 on Wednesday.

Roger Boswel

English runner comes first in Mongolian Marathon!

The Annual Marathon, which is run over mountains in the Hovsgol district of Mongolia was won by first time marathon runner **Ben Moyle** in a time of 4.52 hours!

This gruelling event which attracts many international runners traverses over mountainous terrain which takes in 2,200 metres of climbings.

Ben was lying third place with a mile to go and despite losing a toe nail, overtook the leaders and gained first place. His timing was only 3 minutes off the record for this event.

The race was covered on Channel Four's Trans Sport programme where an exhausted Ben was interviewed.

Ben is currently working in Mongolia managing and developing a project which is building a resort for travellers and backpackers in a natural setting, by Lake Hovsgol, called 'Nature's Door'.

Ben can be contacted on: (00 976) 1323957 for more information or to make a booking.

News

COMMITTEE MEETING Castle Green Hotel, Kendal, 13 May 2000

1. Discussed Annual Dinner, British Championships medals, Inter Counties, Relay Championships and Environmental matters.

2. Agreed design for 30th Anniversary T-shirts to be available in July from Pete Bland and Tony Hulme @ £5 each.

3. Sub-committee formed to consider implication to FRA or UK Athletics policy on child protection, Norman Matthews, Jacky Smith, Bill Waine and Dave Richardson.

4. Agreed to invite Dave Hodgson and Doug Croft to accept Honorary Membership of FRA in appreciation of outstanding service to our sport.

COMMITTEE MEETING, Castle Green Hotel, Kendal, 10 July 2000

1. Discussed Junior Do, British and English Championships 2001, and NEAA Registration Scheme.

2. Chris Knox is liaising with the British Mountaineering Council following the progress of the Countryside and Rights of Way Bill. They share our concern that the House of Lords strenuously opposes night-time access (hours of darkness). We are also concerned about the provision for landowners to seek payment for organised events. A more detailed report will be published in the magazine when the situation becomes less fluid.

3. Noted that during the coming months, the Policy and Support Team will review UK Athletics Rules for Competition. Committee reiterated firm belief that, so far as fell/hill running is concerned, brevity and simplicity is paramount.

4. Noted increasing practise of self-appointed 'webmasters' publishing huge chunks of the FRA Calendar on the Internet. Whatever the motive, our policy is that no race information should appear on a website without the express permission of the race organiser. Our Calendar is copyright and issued only to members of the FRA. To publish addresses and telephone numbers without authority is in breach of the Data Protection Act.

Mike Rose, General Secretary



NAVIGATION COURSES

Learn the basics of navigation on the fells or come along and improve your navigation skills. We can help you at any level of experience and it won't cost you much.

Courses will comprise instruction and practical sessions on the fells with discussions and talks on safety, fitness and training, two day mountain marathons, equipment, the F.R.A. and anything else you request us to cover. There will be low key competitive events.

Ideal for anyone new to the sport of fell running.

The next available course is the:

SPRING COURSE: Friday to Saturday 6th to 8th April 2001 based at Kettlewell Youth Hostel in the Yorkshire Dales.

FOR DETAILS OF THE COURSE WRITE TO:

MARGARET BATLEY,
3, BANKSFIELD GROVE,
YEADON,
LEEDS.
LS19 7LN
PLEASE ENCLOSE AN S.A.E

Please book early - this course has been popular. There will be a limit on numbers after which a waiting list will be kept.

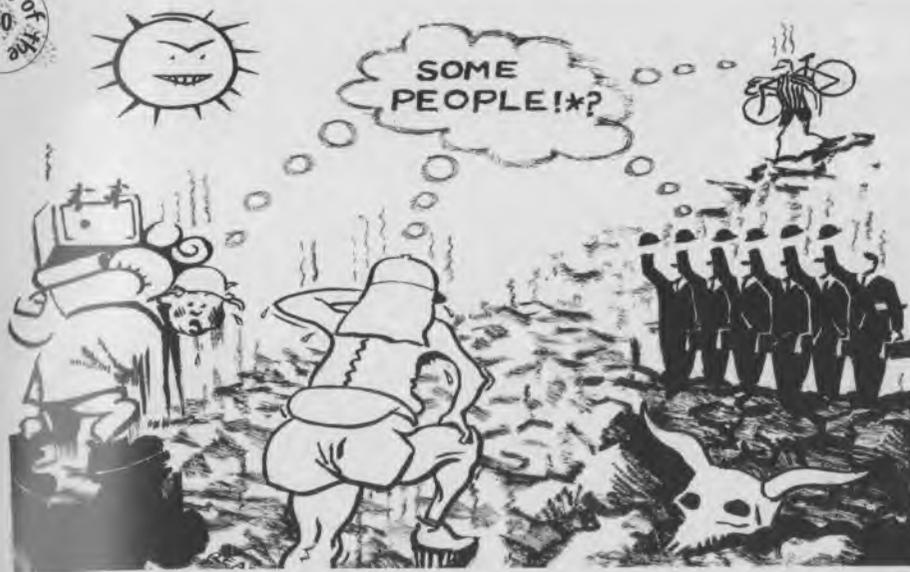
THE CUILLIN ROUND

A sub-24 hour circuit of the Red and Black Cuillin of Skye

Following The Lake District Mountain Trial Association's A.G.M. which is to be held on Friday evening, 17th November at The King's Head Hotel, Thirlspot, Nr. Keswick at 7.30 p.m., **Rob Woodall** will give an **Illustrated Talk on his sub-24 hour circuit of The Cuillin.**

Rob was presented with the **F.R.A. Long Distance Award 1999** at last year's A.G.M. in recognition his remarkable feat (see the October 1999 issue of The Fellrunner) so **this is your opportunity to hear and see the full story, first hand.**

Everyone welcome – no charge



This Geoff Read cartoon, which came to me via the previous editor, has always made me think and, I hope, made me a bit more tolerant - ND

THE JOSS NAYLOR LAKELAND CHALLENGE

This brand new century appears to have frightened everyone away; maybe fell runners have chosen 2000 to fulfil themselves in foreign lands, or maybe there's a dearth of appropriate birthdays this year.

By the 1st September, which is when all copy is due with the editor, we have had two successful runs, from Dave Lockwood of Dark Peake and Barry Johnson from Cockermonth, who elected to run it on his 60th birthday. It must have been a great party that night!

Some have tried and failed to meet their times and some of those plan to try again. We wish them all success at their second bite and thank them for the charity money they collected.

Collecting for charity, even with the carrot of a tankard as a spur is seen by many as the hardest part of the challenge, so it is time we listed the runners who have contributed in this way despite not qualifying for a treasured tankard. Their collections are held by their name in the hope that they will succeed at a later date. The overall total from these runners and those who fully qualified now stands at £10,090. Of that total, £2,636 has come from these timed-out runners:

Bill Hunter, Ken Burgess, Chris Barber, Phil Turner, Geoff Newsam, Dave Lee and Peter Simpson.

Information, SAE please: Monica Shone, Swy y Gwynt, Penmynydd, Porthaethwy, Ynys Mon, LL61 5BX. Tel/Fax: 01248 713789.

SOMETIMES ITS GOOD TO KNOW WE DON'T TAKE OURSELVES TOO SERIOUSLY. From the DPFR AGM:

Mr Chairman, Club Officers, Ladies and Gentlemen,

Some club members may recall various motions proposed at past AGM's some of which were voted upon and have since passed into the annals of history. I speak of course about the; Conversion of the Tinsley Twins Cooling towers into the Dark Peak Indoor Fell Running centre.

The proposed and accepted motion that all fell races should be designed to cover a figure of eight course to even up the wear caused to costly Walsh soles.

The proposal to censure certain anoraks (and you know who you are Roy Small & Paul Sanderson) for their foul utterances on Kinder Scout blathering on about Windders 95 dot com, the size of their interfaces or how to insert a floppy.

What happened to the production of a run of Engraved, Limited Edition, numbered, Millstone Grit Ashtrays to mark the passing of the Millennium in which most of you were born I hear you ask.

We missed a golden opportunity to purchase a half dozen tills from Sainsbury's store in Ecclesall when it underwent a refit. It was proposed that the Club Joiner would transform the Checkouts into Clearouts with the scanner activated in the unit to read a bar code printed on the genitalia of Competitors in Dark Peak Fell Races.

This would have led to threefold benefits. A cleaner Environment, the monitoring and progress of Competitors around the course and the optional photographic record to put upon the mantelpiece.

These represent missed opportunities to mention but few,

Now to the gist of this proposal and listen hard because it's a pretty iconoclastic one at that which will really knock your rocks off.

In view of the new Registration Scheme which has been foisted upon us by "the Triple A Men in Blazers", Does the Team Think that the name of Dark Peak Fell Runners should be changed?

I propose that the club name is changed forthwith to "UNATTACHED" (Upper Case) the benefits to club members may not be obvious, but I for one would think it well worth a quid to be able to register at a race as an "UNATTACHED" runner, not "unattached" (lower case), but "UNATTACHED" (Upper Case). Runners who are "UNATTACHED" would almost certainly win the team prize at most events and be members of the Club which, by far, fields the most competitors. An added personal benefit would be the resultant maximum amount of confusion caused to the Triple A and FRA pen pushing statisticians who have forced this vile tax upon us.

I should offer one note of caution. It could be considered unwise to wear club colours emblazoned with the new name "UNATTACHED" whilst road running in some of the more Bohemian areas of our city, when using Public Toilets or for our Southern Members who find the need to train upon Clapham Common.

- DPFR News Summer 2000
- Monitor, Jim Fulton



Three Peaks – A New Record

By H. W. Eccles



A somewhat busier 3 peaks, a group headed by Jon Broxap on Pen-Y-Ghent Photo: Peter Hartley

From The Dalesman, June 1954. The 3 Peaks took place on unmetalled, uncobbled, trackless ways with 4 marshals cum timekeepers and no committee!

Monitor: Andrew Hinde

A further chapter has been added to the history of achievements at the Three Peaks of North-West Yorkshire – Ingleborough, Whernside and Pen-y-Ghent. On April 24th, Preston Harriers and Athletic Club organised a Three Peaks race. They had in mind the existing record of four hours twenty-seven minutes for the circuit, set up in 1948 by international athlete D. Birch, of Leeds Harehills Athletics Club, and the chances of breaking this record were considered as a definite possibility.

Consequently a similar route to that taken on the previous occasion was chosen, the result being that the first two men home succeeded in finishing the course in well under the existing time. The winner, F. Bagley, of Preston Harriers, reduced it by no less than thirty-nine minutes, and so became the first man ever to complete the twenty-three mile circuit in under four hours, his actual time being three hours forty-eight minutes.

Following him closely home was Stan Bradshaw, of Clayton-le-Moors Harriers, who running a fine race clocked a time of four hours six minutes, thus clipping twenty-one minutes off the old record. The third man home was clubmate Alf Case in five hours two minutes.

The race was started by M. T. Withnell (Preston Harriers) from the Hill Inn,

Chapel-le-Dale at 11.10am. The weather was fine and reasonably clear, but a strong easterly wind made the day extremely cold, a fact noted both by competitors and timekeepers on the peaks. The peaks were occasionally veiled by light mist, but ground conditions proved fairly good because of a recent dry spell.

The times recorded on the peaks were as follows: On Ingleborough (time keepers – A. Bibby, Lancaster Primrose Harriers and Athletic Club) all competitors were well bunched together and were timed in at 11.37am (actual time twenty-seven minutes). On Pen-y-ghent, the race was beginning to open out, although the leading three were still close together as the following times show. Leading in first position was F. Bagley, who reached the summit at 12.58pm (actual time one hour forty-eight minutes), followed by S. Bradshaw (Clayton-le-Moors) at 12.59pm (one hour forty-nine minutes) and third A. Case at 1.00pm (one hour fifty minutes). Timekeepers were H. Eccles and C.G. Shorrocks.

From Pen-y-ghent F. Bagley steadily increased the lead after resisting one challenge by S. Bradshaw and topped the third summit, Whernside, at 2.38pm (three hours twenty-eight minutes) with S. Bradshaw at 2.50pm (three hours forty minutes) and A. Case 3.27pm (four hours seventeen minutes). Timekeeper was M.T. Withnell. These positions were held to the finish when F. Bagley clocked home at the Hill Inn in a very fresh condition at 2.58 (three hours forty-eight minutes) with S.

Bradshaw at 3.16pm (four hours six minutes) and A. Case 4.12pm (five hours two minutes).

F. Bagley, the new record holder, is a keen cross country and track athlete. He was Cross Country Champion of the Club for the 1952-53 season and is the 1953-54 three mile Club Champion. He is also a keen fell walker and a regular visitor to the Three Peaks country and the Lake District.

The event was very successful and Preston Harriers and Athletic Club are thinking of making this an annual event. Although the entries for this first race were modest in number they are hoping to increase the entry in future.



... with facilities! Ian Holmes and Simon Booth at the Hill Inn Photo: Peter Hartley

George Grayston, West Nab
Junior Championship Race
Photo: Woodhead



JUNIOR TRAINING

RUNNING STYLE

An important aspect of most sports is the learning of correct technique. Certainly in sports like cricket and golf, the correct technique is essential if you aim to excel in the sport. Most runners acknowledge that those athletes, who choose field events for their discipline, are heavily dependent on technique for success. This recognition however, of the need for a good technique in a running style is not always accepted. This is usually supported by the fact that there have been many runners who have poor running technique that can claim to have been successful. The problem with that analogy is that those runners could have had a natural talent and been gifted athletes who irrespective of a poor running style could still excel at the sport.

Unfortunately there are many more runners who have to work long and hard to achieve success, and adopting a correct running style is just one of the many aspects that has to be achieved if future goals include international selection. So how important is technique to distance runners? Are there features of the running gait that exemplify optimal form? It does help if one understands the biomechanics of running, so once again the requirement for coaching is essential for junior runners. Achieving optimal race pace relies to a large extent on the runner's ability to run economically. Which simply means that the basic objective in distance running is to run at the fastest speed possible without running out of energy. Although that may sound simple enough, it requires considerable motor skill. There are hundreds of muscles utilised in the

running action, and most of the joints in the body. The interaction between them all, in switching on and off, and relaxing, all in the right order, at the right instant, requires practise - certainly with juniors who are still on a learning curve with their motor skills. So without going much deeper into the technicalities, we will move on to the practicalities!

In fact the best way to begin is to mention some of the faults that are common in juniors, and how they can change them. When youngsters are growing, there running style can change dramatically over a number of years through nothing other than initially losing, and later gaining, muscle strength. The old saying that they have 'outgrown their strength' is quite true - as youngsters shoot up in height with their growth spurts the



U/14 Matthew Smith of Horwich
Photo: Steve Bateson

muscles lag behind in growth rate, giving the youngsters an ungainly style, usually over striding, and with a great deal of instability. If during this period of rapid height gain attention is given to maintaining a programme of conditioning that maximises muscle growth - that is commensurate with this increase in height - then that alone can help tremendously.

OVER STRIDING

The most common fault - not only in junior runners - but also in adults, is over striding. Over striding is not only inefficient but also uneconomical. It occurs when the foot strikes the ground in a position in front of the centre of gravity. During running the centre of gravity is located just above the centre of the pelvis. If the foot strikes the floor too far in front of this point then the foot strikes the ground in a propping or braking position. This action considerably retards the forward motion and the muscles have to



U/16 Katie Ingram of Chorley winning
Sheephouse Lane Race Photo: Steve Bateson

work hard in order to reaccelerate the body to push off the ground. Those runners who have this problem are usually unaware of this loss of forward motion, and could remain so for the remainder of their running career, never knowing how much more economical their running action would be if they reduced their overall stride length and picked up the cadence to compensate. Juniors in the first instance should work hard on keeping a high cadence, and only extend their stride to a length that can be carried without the braking action occurring. It is an interesting test to use a stopwatch when watching international athletics on television and count the number of strides per minute for the various athletes. A cadence count is made on the number of times the same foot

Continued p.9

NOTICE OF ANNUAL GENERAL MEETING.

The Annual General Meeting for **The Fell Runners Association** will take place on Saturday 18th November 2000 at 2.30pm at **Barley Village Hall**, Barley, Lanes, following the Tour of Pendle Race.

Motions

1. Insert at beginning of rule 8: 'To be eligible to count in British and English Championships, English athletes must be registered with a regional AA or be members of the FRA'

Proposed: the Executive Committee.

2. The FRA negotiates to get the best possible financial deals from the Regional AA registration schemes. We want to see the maximum amount of money finding its way back into fell running.

Proposed: Bob Berzins.

Seconded: Dave Holmes. (DPFR)
(NB. This is current FRA policy.)

3. The FRA consults with the grass roots fell runners throughout the UK (sic) and looks at alternative ways of administering sport, including the possibility of dis-association with the regional AAs, and reports back to the membership, outlining the different options available and recommending a course of action.

Proposed: Bob Berzins.

Seconded: Dave Holmes. (DPFR).

4. That the FRA set up a fund for international fell support of our leading men and women, for an event/events of the terrain nature of championship fell races; for next year a sum of £3000 is suggested.

Proposed: Dennis Quinlan.

Seconded: Jo Prowse. (DPFR).

An **Open Discussion** follows the formal business and is an opportunity to express views on any aspect of our sport.

Mike Rose,

General Secretary.

The 'DO'

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Please enclose SAE with ticket requests)

Junior 'DO'

JUNIOR FRA ENGLISH CHAMPIONSHIP PRESENTATION

at

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Tickets £5

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This event follows the Charlotte Slater Memorial Race at Kelbrook at approx 2.30pm

GREAT PRIZE LIST U/9 U/12 U/14 U/17

Pie & Peas - Tea, Coffee, Buns etc

Junior races starting at 11.00am

Seniors at 12.00

This race last year raised £3000 towards
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So come along and make a great day of it!

The Charlotte Slater Memorial Kelbrook Fell Race

Proceeds to

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**Sunday 12th
November 2000**

3.5 Miles Track & Fell

Start and finish at
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(G.R. 903447)

11.00am Junior Races
12.00am Senior Race

Entry fees £3.00 seniors
£1.00 juniors

Junior Race Categories U/9yrs.
U/12yrs. U/14yrs. U/17yrs
Prizes to first three boys/girls

Senior prizes to first five men,
first three ladies

Male vet 40/45/50/60.
Lady vet 40/45/50.

Team prize (three to count)

Enquiries to B Slater
Parson's Close
Storth Gill Lane
Giggleswick
N.Yorks

0 1 7 2 9 8 2 5 2 9 3

strikes the ground in a minute - or parts of multiplied. Women internationals at the highest level usually have a 95 - 100 cadence a minute, and even quicker on the final lap. (Gabriela Szabo was running a 115 cadence over the last 200 at Crystal Palace in the Grand Prix). There are pacer watches and small cadence counters (electronic metronomes) that can be used to help a runner develop this important aspect of their running action.

Having a good running style is not only good for economy and performance but is also highly beneficial in keeping injuries at bay. Every foot strike creates large impact forces that have to be absorbed by the muscles, tendons, and ligaments of the lower limbs. Any misalignment or imbalance in the running gait can by this repetitive action create a whole host of minor, and sometimes major problems. Certainly the extra jarring of over striding, does nothing for the knee joints of a junior in a growth spurt. Many common running injuries are caused by a combination of structural abnormalities and poor technique. Which brings me nicely to the next major contributor of injuries and poor running performance, over pronation.

OVER PRONATION

Although most runners have an idea about over pronation it is usually only those - who out of necessity - who have orthotics fitted, who are fully aware of just what effect this biomechanical problem can have long term on their running career. Every runners foot should pronate on landing, (rolls inward at the ankle joint) it is the natural way that the foot strikes the ground, and is part of the absorbing technique that the foot employs to minimise the impact forces. What the foot should not do is to go beyond a particular point in it's pronating action. Unfortunately there are a considerable number of runners who have this problem - to varying degrees. The amount of over pronating has to be assessed by a coach - or those in the profession of analysing the running gait - before a decision can be made to fit orthotics (shoe inserts). One of the simple tests in establishing this problem is to put both running shoes down on a flat surface and view the shoes from the rear. If they lean in at the top towards each other through excessive wear on the inside of the heel, then it would be useful to have some one check you out. The misalignment that over pronation causes in the leg can lead to a whole host of injuries away from the foot higher up the limb in the knee or hip joint. Excessive supination (outward rolling of the foot) is not as common, but

can have a similar debilitating effect over a period of time. Lack of any pronation means that the foot loses an excellent method of absorbing the impact forces, and as such the resultant jarring effect can give problems down the lateral (outside) of the leg. These two problems can be addressed, and with correctly fitted orthotics the running style can be improved tremendously.

KICKOUT

This particular problem is usually more evident in girls, whose legs - when looking from behind - have a tendency to come round the outside in a small arc rather than lift and go straight through. This creates an awkward action and considerably cuts down the stride length. If the youngster is made aware of the fault and makes a concentrated effort to eliminate the problem then the correction can be made within months with correct drill work and specific leg strengthening exercises for the quads. One of the better ways to highlight this problem is for the runner to see a video of their running action. In most cases the youngster - or senior - is usually unaware of the fault and are surprised by what they see.

ARM ACTION

When reviewing a running style the action of the arms is a very important aspect that has to be taken into account. Some juniors have a vigorous arm action while others just hold their arms at their side with little movement. Points to note are that the arm action should be relaxed, the arms should not be held too high (like chicken wings!). They should also not be held too low - in sprinting the lower arm position is used as a lever to assist the leg lift - in endurance events the arms should be held at about 90 degrees, and should swing naturally from the shoulders in fairly straight direction keeping them close to the body. The hands should stay relaxed moving in front of the body, but not crossing over the vertical midline. As the running pace increases a more forceful and quicker action should apply. Certainly for the increase in pace that one requires over the final stages of a race, a good vigorous and coordinated arm action is a great asset.

There are many other aspects of a correct running style that I have not covered, but I hope this introduction will help you to analyse your own running action and for you to be more aware of the value of not only feeling good, but looking good.

Norman Matthews.
England Junior Coach
Tel 01204 468390

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Teenager Games Germany Nations Cup 8th July Sasbachwalden, Germany

England Juniors once again showed true international form when winning gold and silver team awards at this year's Black Forrest Teenager Games in Germany. Katie Ingram had a outstanding run winning the Berglauf race outright from Scotland's Briony Curtis by a clear margin of twenty three seconds. Kelli Roberts had a superb run placing third overall, only 4 seconds behind Curtis, and with Helen Glover giving tremendous support in ninth place, England won with a fourteen point advantage over a strong Moldavian team.

The Junior men - led home by a great run from Joe Symonds in fourth place - found the National team from Slovenia just too strong as they finished in Silver medal position just nine points adrift. Excellent back up by James Mason in seventh and Mark Buckingham in seventeenth made sure that the England team kept up its reputation as being strongest national squad attending the games.

An Extract from the Mason Memoirs - A Junior's Viewpoint

We had travelled to Sasbachwalden by minibus, driven by Team Manager, Pete Bland. He was accompanied by his wife Ann (who has a strange, even worrying obsession about Robbie Fowler) and

Norman (Mr. Stretch) Matthews, the team coach. The generally young team for the new millennium included Mark (Munter) Buckingham, Joe Symonds (the only veteran from last year - excluding the ever ageing management of course!!) and one quite small, annoying Yorkshire brat who can't be named for legal reasons.

The girl's team comprised of newcomer Helen Glover, quiet, shy and retiring, with a master's degree in back combing. The other two team members were Katie Ingram, strongly patriotic to her home town of Chorley and Kelli Roberts, the youngest, but arguably the hardest and definitely most vicious team member. The team tried, but sadly failed, to count how many times she caused Mark to weep in agony and break down into a high pitched squeal.

Once in Dover we rapidly unpacked before being whisked out for a run by Norman. He assured us that it would just be a simple, relaxing jog, circling the picturesque town. However, after 5 minutes of running we encountered a fence that looked as if it belonged in The Maze and couldn't even have been climbed by hard man Bruce Willis. Despite this fact, in his wisdom Joe attempted to climb it, narrowly avoiding an extremely painful piercing of a certain part of his anatomy.

Norman claimed that the fence had been built since last year, and as it was the first day we naively believed him. However, our doubts did begin to increase when we had to ask for directions in town and found we had taken a wrong turning that had led us half way back home again. We began to realise why Norman was the National Fell Coach rather than Orienteering coach!

In the evening Pete took us out to the local pizza parlour. After we had eaten (or in Helen's case split most of it down her front!) we went back to the hotel to get a good night sleep, in preparation for the long journey that lay ahead of us.

We were soon travelling again, making the short 15 minute drive from Dover to the Eurotunnel, which many of us were using for the first time. We then had the long drive across France, into Germany, finally arriving at Sasbachwalden at 6pm. However, the time soon passed by completing a quiz that Ann had kindly devised - with the mega prize of a pair of PB's for the winner.

(Lucky Joe) - and playing a host of peculiar, yet surprisingly entertaining games.

At last we had arrived. We could now unpack and go to visit Michael, the organiser of the event. He made us feel welcome and showed us to the dining room, where we settled down to a delicious, traditional German supper.

The race was not until Saturday, so on Friday we spent the day at the Europa Park, climaxing in the opening ceremony in the ice stadium. The theme park was great, although a heavy storm did put a damper on some of the rides. The opening ceremony also lived up to expectations and provided many interesting moments.

By the time race day arrived, the nerves were beginning to show. We were particularly worried about Mark who was quiet and even acting normally, rather than in his usual highly euphoric state. The atmosphere was clearly tense as we all concentrated on our task. We had to perform.

There we were standing on the line, waiting for the gun to fire. The concentration was immense. Some of us stood quietly, collecting our thoughts, others (not to be mentioned) shouted and sung quite loudly in an attempt to psyche out the opposition. After what seemed like an age, the gun fired, we were off. All we could do now was to run like hell.

Before we knew it we were sprinting for the finish, trying to gain that crucial extra position. After crossing the line and collapsing into an exhausted heap, we were dragged to our feet for the team photographs to be taken, and why not, the girls had beaten us to it by taking individual gold and the team award. But we were not down hearted; taking the silver team position was no mean task. And as if that wasn't enough we were then told to jog back down the course as a warm down!!!

In the evening it had been arranged that we would travel to an indoor skating disco for our entertainment. Now to me that sounded frankly absurd, but that was probably because I had never skated before in my life! However, some of our team were relishing the prospect. They tried to reassure me by stating that none of them were very good either. I'll tell you now, either I'm plain stupid, or they all blatantly lied!!! I don't think I've ever been as embarrassed in my entire life!

The other sensible runners who didn't like skating had intelligently got a coke and sat down to watch and laugh (mainly at me as it happens!). They made the situation worse by plucking up the courage to say to me in their best English "Well done - you are very good", when it was clear to anyone normal that I was most definitely 'not'. (my expletive was edited). Anyway, despite my lack of skating prowess, the evening was still very enjoyable and no way as daunting as I have made it sound (well, if you can skate that is!!).

We woke up on Sunday morning to be reminded about the 800m relay event at 10:30am. Ridiculous! However, we were soon fired into action by Norman, who encouraged us (once again) to stretch and warm up.

After the race we decided to go for a swim in the outdoor pool. This to you may sound quite tropical - it wasn't. It had been raining for the last two days and to tell you the truth, it was absolutely freezing. We stayed for around 30 minutes until we were reduced to shivers. Because of the continuing rain, the England inter-team golf battle unfortunately had to be cancelled. To be honest I think the team management had been praying for an excuse, as they begin to realise they're getting a bit long in the tooth!!! Instead, we resorted to playing cards in the apartment that was equally as good fun.

Before we knew it, it was time to come home. The long weekend was over. We packed our bags and left Sasbachwalden early on Monday morning, arriving back home around 11pm that evening. We all thoroughly enjoyed the trip and I would like to take this opportunity to thank the team management. Pete, Ann and Norman - Thank you for your time and efforts, it really was a fantastic trip.

James Mason. AYB & Bar

YORKSHIRE FELL RUNNING CHAMPIONSHIPS 2000

This years senior championship was hosted by the Burnsall Feast Sports Committee on 19th August, with the race being over the classic one and a half mile/912ft fell course steeped with many years tradition, and a list of past winners reading like a who's who of running. In fact this years starter, Olympic medallist and former world mile record holder, Derek Ibbotson, won the race back in 1953 running for Longwood Harriers.

Ian Holmes duly won Burnsall for the third time, 1996 and 1999 being his other triumphs; of course he won the Yorkshire title and perpetual trophy. Surprisingly though he has only ever won it once before, that was back in 1994, when the race was once again held over a short fell race route at Kettlewell.

Robert Hope, a Lancashire lad with Yorkshire qualification, gained the silver medal and was only 4 seconds shy of beating Holmes, with Robert Hudson getting the better of last years Yorkshire champion Paul Sheard.

On holiday visiting her parents, Tracy Ambler of P&B took her first Yorkshire title and the ladies trophy back to Shropshire where she now resides. Top cyclist and newcomer to running, Helen Jackson took silver, with Sara Hodgson the bronze medal.

Senior Championship Results

Gold	- Ian Holmes	Bingley
Silver	- Robert Hope	P&B
Bronze	- Robert Hudson	Harrogate

Team Award

Gold - P&B Robert Hope, Paul Sheard and Gary Devine

Ladies

Gold	- Tracy Ambler	P&B
Silver	- Helen Jackson	Bingley
Bronze	- Sara Hodgson	Fellandale

The junior championship was again at the West Nab event, which was also an English FRA junior championship, with Holmfirth Harriers the hosts on 6th May. Once more Burton Safe Company sponsored these junior awards with Hilary and Norman Berry the directors of the company being on hand to witness the sweat, toil and effort all the junior athletes put in to the sport.

Next year will hopefully see certificates for all Yorkshire competitors within the championship, with potentially a

photograph of themselves competing at the event. See the FRA calendar for details of the event and venue, or contact Dave Woodhead on 01535 669100.

Surprisingly there was no intermediate - under 20 men competing, so 3 medals went begging, and in the ladies only one competitor, Sarah Dugdale of Skipton AC. So if you know of any runners who fit this category - please encourage them to compete.

Boys under 14

Gold	- Nick Howard	Skyrac
Silver	- Alex O'Gorman	Penistone FR
Bronze	- Stuart Hunn	Skipton

Girls under 14

Gold	- Lucy O'Gorman	Penistone FR
Silver	- Sheryl Slater	Skipton
Bronze	- Thalia Jones	Holmfirth

Boys under 16

Gold	- David Sugden	Holmfirth
Silver	- Mark Buckingham	Holmfirth
Bronze	- James Carter	Spenboro'

Girls under 16

Gold	- Helen Glover	Bingley
Silver	- Laura Greenham	Kly & C

Boys under 18

Gold	- James Mason	Bingley
Silver	- Paul Yates	Holmfirth
Bronze	- Chris Waters	Skipton

Girls under 18

Gold	- Natalie White	Holmfirth
Silver	- Kate Rogan	Wharfedale
Bronze	- Nicole Slater	Skipton

Inter Men - No Competitors

Inter Ladies

Gold	- Sarah Dugdale	Skipton
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Lucy O'Gorman, U/14 Yorkshire Girls champion
Photo: Woodhead



Ian Holmes, just starting the 'streak' in 1991 is greeted by Gary Devine and Dave Hinchliffe
Photo: Woodhead

TEN OUT OF TEN FOR IAN?

This year's Stoop fell race could be a very special affair, because if Ian Holmes wins, it will be his tenth consecutive victory in the races short eleven year history of being run from Penistone Hill Country Park, near Haworth. The race route is far from spectacular, it being an out and back route to Oxenhope Stoop boundary stone, which sits insignificantly on the skyline.

Funny enough even part of the race route is named after this 'superman', as you cross the beck which feeds Leeshaw Reservoir, Holmes' Intake is just ahead, you just can't get away from the name. It must be Ian's destiny to dominate the Stoop fell race.

One could say by the record time of 26-36 by of course Ian, that the race route is more like four miles long, but when you study the fastest time list only Andy Peace is in Holmes' category, while the best of the rest are over 28 minutes.

Is it the atmosphere at this traditional Sunday before Christmas event, which makes it worthwhile for a record 230 runners last year to make the pilgrimage. In fact, for several years now Barnsley Harriers with family and friends have arrived in an executive coach to sample the delights of this Woodentop race, and of course 'Oldie World' Haworth. The junior race has also grown with a staggering 66 competing in the ever-popular Quarry Runs, which last year saw Anne Smith shock everybody by beating all the boys.

While Ian has reigned supreme at the Stoop, obviously a lot of changes have happened. He married Zena in 1995 in the exotic location of Grand Cayman, and last year saw the birth of their son Louis. The early part of

the '90's saw him living in Italy before in 1993 moving back to England and his running career took off. Since then his achievements are far too numerous to name here, but winning Ben Nevis four times, Burnsall three, Jura, Borrowdale, Three Peaks are the best known. He has also become British champion a hat-trick of times, 1996, 1997 and 1998, English champion twice, 1996 and 1998, obtained various British and English international vests. But the *piece de resistance* has to be the Climbathon at Mount Kinabalu, Malaysia where he has reigned champion for three years now.

But for some unfathomable reason the Stoop draws Ian every year at the Yuletide period to test himself against allcomers and the sometimes inclement weather of December.

Even Holmes' mother, Shirley, had her first competitive outing here, finishing second over 50, the reason being to raise funds for Airedale Children's Asthma unit that benefited by £200.

The event over the years has witnessed some strange occurrences, but none more the stranger than in 1994 when 181 seniors had to run in SANTA HATS, supplied free for your £1 entry fee. It was a truly comical and awesome sight to see the red and white hatted snake disappear off Penistone Hill to the Stoop and back. One wonders what the scattering of rambblers thought to this unique sight. Even the juniors didn't escape this novelty.

A prize feature of the race is that one can always guarantee several cuddly toys on offer, Andrew Wrench has a 3ft high teddy

bear clad in a Santa's hat, festive snowmen, furry musical Christmas puddings, musical kicking Santa Claus', reindeers, Father Christmas', etc. have adorned the creaking prize tables.

An unusual feature here is that half the prizes are wrapped in Christmas paper, so you have no idea what you've got until you are required by the race rules to open it in front of the crowd of onlookers and hold it aloft. This is purely a personal choice, and you can play safe and go for any of the selection boxes, Christmas crackers, tins of biscuits, Christmas ale, Gluhwein wine, cases of beer, jars of Roses and Quality Street, which feature highly at the party popping and balloon festooned prize giving.

Pssst.....do you want to know a secret?

If Ian does the unthinkable and wins for a tenth consecutive time, that's a decade, then plans are afoot for a Woodentop special celebration in the Old Sun Inn. Now anyone that has visited a Woodentop race will know it's bound to be a rip-roaring affair, which can't allow this piece of history to go unrecognised.

Also all competitors will receive a special treat to mark the occasion as goody bags which contain Ian's favourite sweetie, crispy treats will be handed to every finisher, and watch out for the token item from Allan Boff Whalley. Since he's the only runner to get the better of Ian over this race route way back in 1990, we felt it only right he had his 'four penneth'.

Dave Woodhead

Thirtieth Birthday Competition



Win a year's FRA membership and a T-shirt

Commemorative T-shirts for the FRA's thirtieth birthday are available from Pete Bland Sports, Running Bear, or by approaching any committee member, priced at just a fiver. Or you could win yourself both a T shirt and a year's membership of the FRA by recognising as many of the runners depicted on the shirt as possible. Runners past and present are on the front and back of the design - which comes in a tasteful blue and green print.

See how many you can recognise and name - they've been numbered on this page for your convenience.

Some are fairly obvious - but can you spot FRA Secretary Mike Rose? Blast from the past Bill Teasdale? Or a younger Norman Matthews? 21 is the total, but don't despair if you can't get them all - just enter with as many as you can!

Entries to Jacky Smith,
140 Hunter House Road, Sheffield, S11 8TY;
closing date, December 31st 2000.



Rob surrounded by the rest of the team

The Scottish Islands Peaks Race

By Rob Jebb

It was Saturday morning in the middle of May and I was just going out of the door to go to the Fairfield Horseshoe fell race when the phone rang. Answering it was my first mistake. "Hi Rob, it's Mark Rigby, my partner for the Scottish Islands Peak Race has dropped out so would you like to run?" I paused for a second and looked out of the window, not a cloud in the sky with the sun blazing down, I could imagine myself laid out on the deck with an ice cold beer and topless chicks beside me. Second mistake "Okay" I said. "Great I'll see you at Fairfield to tell you all about it" said Mark.

The race comprises of a yacht, 3 sailors and 2 runners who stay together on each of the running sections. The route begins in Oban with a 6 mile run followed by a sail to Mull, a 20 mile run up Ben More, sail to Jura for a 14 mile leg and then another sail to Arran for another 20 mile run before sailing back to the mainland for a final 400 yard dash up the pontoon to the finish at the yacht club.

At 12 o'clock Friday 19th May, 58 teams toed the start line, the gun went and we were away. After the fast start Mark and myself began to pull through the field, no point setting off like mad men as we had 60 miles to contend with I thought. The run headed into Oban on the sea front before turning away for a nice run out on tracks and small grassy hills before returning on the road to the sailing club where one of the sailors from each yacht were waiting with a dingy to row us out to the yacht. We were first back and as we raced onto the beach we couldn't find our

dingy so Mark started to shout "Mollymawk, Mollymawk" as I just tagged on behind. Eventually Charlie our sailor came running along "sorry lads". We put on our lifejackets and started rowing out to sea. By this time the sea was full of dingies, all madly rowing to their boats. I noticed that we seemed to be heading out further than all the other dingies and other teams were already aboard their boats and were motoring out of the harbour. "Where's our boat" I said "over there" said Charlie. I could see this great big trimorag charging towards us "Oh s###". This was the first time I had seen the boat, Mollymawk close up. Mollymawk was an out and out racing boat 35 foot long and 35 foot wide with the record for sailing around Britain to her name.

As Mollymawk came past, Allen our other sailor reached over board and grabbed the dingy, enabling us to scramble aboard. Allen and Charlie left me and Mark to tie down the dingy to the netting between the hull whilst they set about catching up the leading boat. We were in about 20th place but as I was about to find out not for long!. Mark and I went below to change into some warmer clothes when we could hear the skipper Ross shouting "water", then there was a sudden bang as we hit another boat. I can tell you I learnt a few new swear words from our skipper. Luckily no one was injured and a bit of duct tape on the left hand pod meant we were away again.

The small port of Salen on Mull eventually loomed into view, we were now in the lead with an estimated 15 minute cushion on the

boat behind. We were rowed ashore, and with a quick dash to the checkpoint tent where the clock is stopped for 5 minutes whilst we changed from wellies and sailing suits into our running kit and given a kit check. Each person must carry a sleeping bag, orange survival bag, waterproofs, fleece, tracksters, hat, gloves, map, compass, and food which was the first time I had ever raced carrying such equipment but I didn't find it too bad.

The run is 20 miles and incorporates 4½ miles on the road at the start before a long run up a rough track to the head of the valley where the long climb up Ben More begins. The weather was fantastic with sun blazing down although this didn't become a problem as there were plenty of streams to drink out of, with trusty jelly babies keeping our energy levels high. The climb was mainly grassy before reaching a rocky ridge which led us to the summit. The decent was really good fun as there was a long scree run which was very fast and obviously doesn't see many people. If people saw us they would have thought we were mad shouting "whoopie" as we jumped down the scree. It was then back on the track and road to the finish. I didn't feel too bad and felt we ran well together, we were greeted at the finish with a new record time for that leg, 3hrs 25mins, knocking more than 15 minutes off the previous best.

Back in the boat we quickly changed and started cooking a pasta meal whilst the lads set sail for Jura, a good wind was now blowing and we were doing a steady 18 knots! The cabin was very small with one bunk and one stove for cooking. The meal didn't look too good bubbling away in the pan although it went down well. I had a quick look at my watch, 9.00 o'clock on a Friday night and not a beer in sight. I went out and sat on the netting, watching the sun go down as we raced across the ocean.

The sailors began to get excited as we were on course to land at Jura that evening which had never been done before, but this didn't please me and Mark as we were only having short rests. As the Isle of Jura distillery lights came into view at Craighouse, the wind disappeared and it took an hour to get within rowing distance for the dingy to get us on the island, by now it was 1am. We set off down the road jogging steadily as to loosen our stiff legs as there is no room for stretching on the boat. We passed the only pub on the island and secretly hoped that Mark would say "lets pop in for a quick one". After 1½ miles we turned left into Jura forest and started the long trek to the first pap. We later decided that 3 paps was a little excessive as 2 paps is enough for any man to handle! The terrain across to the paps is very rough grass and heather with no paths, but occasionally I could make out some sheep troughs with my lead torch which made

the going a little easier. Mark thought I had gained this technique by spending too much time chasing sheep in the Yorkshire Dales! We were soon climbing the first pap and I was beginning to feel the strain but at the top a drink and a fruit and nut bar and I was on the mend. The decents on Jura are particularly rough but in the dark they are also dangerous. As we carefully made our way down the tumbling boulders and rocks, the moonlight struck upon them to create a firework display which was pretty amazing. We made our way over the next 2 paps, feeling okay and making good time. At each summit we would look back for following lights of other teams but could see nothing. Off the last pap to the Three Arches Bridge, the sun had risen which made the going a lot easier. The last 3 1/2 miles are on the road to Craighouse, those of you who have done the Jura race will know how hard it is at the best of times but at 4am it seemed endless. As we reached Craighouse after 4hrs 30mins of running, we were amazed to see that no other boats had yet reached the harbour.

As we were being rowed back to the boat there seemed to be very little wind and I thought that we were going to be in for a long sail around the Mull of Kintyre to the port of Lamlash on Arran, but yet again I was about to be proved wrong. We finally reached the boat and I managed to haul myself on the netting where I just lay whilst we set sail, before crawling into the cabin to try and get some sleep.

We were once again charging across the waves at what seemed the usual 18 knots. I tried to get some sleep but it proved impossible as the carbon mast which was just above the bunk beds creaked and groaned in the wind. I think a pair of industrial ear defenders wouldn't have kept the noise at bay. It took 9 hours to sail to Arran and in that time I only had 2 cheese spread sandwiches and some fruit pastels to eat and was beginning to worry about the last 20 mile run up Goatfell. One of the only exciting moments on this section of sailing was when we went from 18 to 0 knots as the boat crashed into a wave which sent everyone flying. There was talk of us making it in time for the Goatfell race which was on that day but luckily we were 2 hours late!

As we reached Arran, the weather had changed dramatically with rain and thick mist now present. This run again started along the road out of Lamlash over the headland before dropping into the town of Brodick where Mark's girlfriend Jenny and other fell runners who had taken part in the Goatfell race gave us a cheer. This made me feel a little better, well for about 100 yards anyway. We were soon on the long climb up Goatfell and Mark said we were making good time but I didn't care. On the ridge to the summit it was really windy and cold, we finally reached the last checkpoint tag before setting off back down, it wasn't a day for admiring the views. Running back off the mountain was very tough as by now my legs were knackered and I couldn't

stride out any more. We met a BBC camera man filming the race from halfway down the mountain, he ran with us a way although I think he could have passed us if he had wanted. I was now crawling along the road of Lamlash where more friends were waiting on bikes. They cycled back on the road with us chatting which was great as it made me forget about the pain and I even managed a sprint into the harbour, just for the cameras. I collapsed on the boat and fell asleep with my rucksack still on and when I awoke we were at the harbour walls of Troon. Mark and Charlie had the honour of sprinting up the pontoon of the sailing club where the watch was stopped at 33 hours 23 minutes and 3 seconds, beating the previous record by more than 54 minutes. This pleased Ross as the record had stood for quite a few years. We were all soon stood by the boat, TV cameras and newspaper journalists all asking questions, this made me feel really chuffed. In the sailing club we were presented with a bottle of champagne which we opened in grand-prix style and I must admit I drank my fair share! Then it was off to the bar for some well earned beer.

I would just like to thank Mark for being a great partner and asking me to do the event and to Ross and his crew on Mollymawk. This has to be the hardest challenge and race I have ever taken part in but ranks high up there in my best moments of running.

Cheers Rob

deer grazed the deserted golf course. We all took tea and cake on the verandah of the quayside café, swapping race stories, and making new friends. It was an hour before the next ferry departed. Free of the normal bustling world where there's always too much to do and too little time, we really were on an island. We basked in the lack of urgency.

Sat topside on the ferry, we savoured the sharp tang of the sea as we crossed Kilbrannan Sound. The bracing wind brought further glow to our cheeks. Another pleasant cycle followed along the single-track road to Kennacraig. We rode two or three abreast, nattering about nothing in particular, the highway code irrelevant on a route devoid of motorised traffic. Kennacraig, a non-descript ferry terminal in the middle of nowhere, was a different world again. Cars jammed the quay. An odd mixture of helly clad runners, posing tourists, woolly jumpered hikers, and flat capped, wellied locals milled around the terminal. And, arriving from every direction, were lots more cyclists, paniers and cycle trailers bulging, all heading for the race. A forest of bicycles lined each side of the ferry lower deck as we set sail.

Disembarking at Port Askaig on Islay we wheeled our machines en-masse straight onto the small ferry that took us across the narrow Sound of Islay. Five minutes later we were back in our dreamworld, a cavalcade, pedalling unhurriedly down the only road on Jura. Few cars, no haste, no locked doors, and no worries. Jura is even more laid back than Arran. Even more beautiful. It felt good to be back, and what a wonderful way to get there.

A sea of tents slowly floods the field in front of the Jura Hotel as the runners, organisers, families, and supporters arrive throughout the week before the race. Old friends, new friends; camaraderie pervades the weekend. Even the horrendous midges fail to dampen the carnival atmosphere. The pipe band and ceilidh add to the sense of occasion. I've not experienced any event quite like it. It's like a drug, once you've experienced it you want to come back for more. It's relaxing whilst being exhilarating. The adrenalin will certainly pump during the race but for the rest of the weekend its chill out time. As you reluctantly leave the island you've already mentally pencilled it in your diary for next year, and the next, and the

Phil Hodgson

THE JURA EXPERIENCE

I often get my leg pulled about planning things well in advance. Well, I now know where we'll be every end of May in perpetuity! The Isle of Jura. After last years Jura Fell Race I talked for weeks, to anyone who would listen, about what an awesome race it was. The new millennium saw our second trip up there and I'll try and relate the all round experience. Awesome would definitely be an inadequate description.

This time Mandy (Goth) and myself ditched the car at Ardrossan and cycled to Jura via Arran, Kintyre, Islay and a variety of ferries. Having met several groups of like-minded runner/cyclists on the ferry to Brodick, we jostled for position in leisurely fashion as we pedalled our motley collection of panier laden bicycles around the coast of Arran to Glen Sannox. The weather defied the forecast, sunshine warmed us and spirits soared. The start of an adventure. The stiff climb up and over into Glen Chalmadale soon passed and we freewheeled in carefree fashion down the meandering road to Lochranza. A herd of



George Brass triumphant 1962 Photo: Bill Smith

to the Harvey 1:40,000 Map of the Hellvellyn and High Street range as used in the Karrimor.

"One September Sunday in 1962, 38 competitors set out in the Lake District Mountain Trial. At the end, only one man remained, George Brass of Clayton Le Moors Harriers, and he completed most of the course in a tattered pair of canvas pumps, one of which he carried in his hand for the last couple of miles.

The following is an account of that memorable day, as expressed in the Lancashire Evening Post by Harry Griffin, author, journalist, organiser of the event and President of the Lake District Mountain Trial Association.

Quotations from an account to be found in the Daily Express and George's own modest version bring to a close this epic story.

time last Sunday could easily have been in considerable peril.

The most encouraging lesson to be learned from this exceptional test is that all these people knew what to do under most trying circumstances and - most important - knew when they had had enough.

For 37 of the 38 competitors decided at one stage or another in the race that to stick it out any longer would be to court disaster - and they had to make the difficult decision at a point where they had sufficient reserves to get back to base.

One man in fact had to make his decision when he was leading the field.

He knew from his considerable experience that if he went on much longer, he might be overcome by the cold. Others appreciated in time the risk of exposure to the elements and some went to the assistance of an injured comrade, who, if left to his own devices, could have succumbed to the elements.

Before the start of Sunday's event, the organising committee had to make the difficult decision whether or not to abandon the event. It had been raining heavily earlier and there was mist on the fells, but conditions did not seem to be sufficiently bad to abandon it, especially as last year's event had had very similar weather.

However, the opinion of some of the competitors was sought. They unanimously wanted the event to go on. Rescue teams, checkers and R.A.F. radio teams were already in position on the fells by this time, and then, as if to settle the issue, patches of blue sky appeared over the start point at Glennridding and a little watery sunlight peeped out now and again. It was fine at the start - one of the few fine moments throughout the day - and the race began.

Later, as conditions became increasingly worse, the possibility of trying to shorten the length of the course was examined, but, because of the position of the runners and communications difficulties, this was found to be impracticable."

At each of the checkpoints and elsewhere on the high fells, young R.A.F. volunteers were trying to operate radio sets in driving rain, no visibility whatever, and freezing cold.

Some of them saw little or nothing of the race, but all stuck it out until told to come down. The R.A.F. youngsters on High Street saw only 2 runners come through late in the afternoon - all the others had dropped out - while the little team on the storm wracked summit of Place Fell had only the sight of the sole finisher, young George Brass of Clitheroe, to make their long day worthwhile.

GREAT MOMENTS IN OUR SPORT

THE 1962 LAKE DISTRICT MOUNTAIN TRIAL

This article first appeared in Clayton's magazine "Footnotes" in 1969 and was reproduced in the January 1986 edition of The Fellrunner.

It tells the story of one of the most remarkable, courageous and memorable feats in the history of our sport, achieved by the late George Brass of Clayton Le Moors Harriers.

As the then Fellrunner editor John Reade observed in a preface to the article, "....the weather on the day of this event, together with the safety and navigation aspects, make the article equally relevant today and provides an interesting insight to the sport's pioneering days...." which I believe still applies.

John continued... "George still recalls the event with remarkable clarity and told me: "I wasn't as fit as I would have liked for the race and I was dropped on the first climb. This means that I had to stop and look at my map. If I had been fitter I would have probably tagged along with the leaders and gone wrong. In view of the conditions, I decided to traverse a lot and keep to the valleys as much as possible, whereas most of the others opted for the more exposed ridges."

Details of the course that day may be followed by referring to the O/S 1:25,000 Leisure Map of the Lake District (N.E.) or

Harry Griffin wrote as follows:-

"Anybody who regularly goes into the Lakeland hills must expect to get wet through now and then, for rain is often liable to come when least expected and nothing really keeps out the heaviest mountain rain.

There had been no more beautiful day in Lakeland this year than last Saturday, but as if nature felt she had been too kind, the very next day was, perhaps, the most appalling of a dreadful summer. For, in addition to the heavy rain, which turned trickling becks into raging torrents, there was a fierce gusty wind which, on a kinder day, might have blown the rain right out of the skies, and thick blanketing mists low down on the fells. Any one of these three hazards on the hills would have made conditions uncomfortable. The combination of the three made them almost impossible.

I don't suppose many people went out into the hills on Sunday for pleasure - not the sort of pleasure which the rest of the world would understand - but 38 men were content to use the day as a test of their own powers and perhaps another 100 or so went up into the storm wracked mountains out of a sense of duty.

The 38 men were the competitors in the Lake District Mountain Trial and the 100 or so were the checkers and members of the mountain rescue teams on duty along the course. That all returned unscathed from their ordeal is a tribute to their training and common sense. Inexperienced people out on the hills for any length of

Mountain racing over the fells has been criticised by a few people, but I think that Sunday's trial was a vindication - if, indeed one is needed. The fact that only one man finished the whole course is not nearly so important as the fact that 38 runners knew exactly their own capabilities under the most trying conditions they are ever likely to experience.

28 mountain men went off into the unknown with their maps and compasses and returned safely, having tested themselves to the utmost. Some were lost for a time, but all extricated themselves and there were many private acts of courage and self sacrifice.

This was a true test for mountain men, and I only wish more of the people who go into the Lakeland fells had the same common sense.

One important point emerges from the wonderful performance of the modest winner. He wore a plastic covering over his running vest and thus kept out the worsed of the cold. For what most easily leads to exposure in the hills is cold caused by wind blowing through sodden clothes, so that a first essential for bad weather is a windproof garment.

If only casual hill walkers could learn this and a dozen other lessons from these experienced mountain men, we would have fewer people getting lost, injured and killed in the fells and mountain rescue teams would have a little more spare time at home.

From a 'Daily Express' account entitled "Stocking Foot Winner", the following text was extracted:-

"Competitors said the trial almost became a fight for survival, some had to cling to rocks or fall prone to stop themselves being blown into steep gorges. Two were injured and many others suffered from exposure.

Six hours 50 minutes after the start, 29 year old George Brass of Clitheroe arrived to a tremendous cheer. He carried one shoe, worn into ribbons, in his hand. "This has been my toughest ever race. I had a few falls and lots of scratches. It was bitterly cold", said George, last year's winner."

One of the injured - he was brought down on a stretcher by the Keswick Mountain Rescue team - was 26 year old Joseph Naylor of Barrow Athletic Club. He was with a small group of trialists, including John Disley and George Rhodes of the Climbing Club of Great Britain, who were 2000 ft. up near Grisedale Tarn. Said Rhodes; "I saw Naylor falling back; the wind, rain and cold were just fantastic.

I drew John's attention and we went back to him". Disley said; "I gave Naylor some salt tablets for cramp. I am certain that if

he had been left up there, he would have died within a couple of hours". Naylor, who had an injured hip, was able later to go home.

Desmond Oliver, of Keswick, second in last year's trial and winner in 1960, was also hurt. "I fell on an outcrop of rock. I was suffering from exposure and had to get back quickly", he said. Eric Beard, of Leeds Athletic Club, who holds the Welsh 3,000 peak record, said; "I've never been so cold in my life. I just had to give up". And 36 year old Joe Hand of Barrow, who has won the event four times, said; "It was sheer murder. I was afraid of exposure and just gave up".

E.B. Clarke, of Preston Harriers and Athletic Club, was reported missing near the close and a rescue team set off to search for him. Clarke eventually walked in, exhausted.

George's own version of the days events are as follows:-

"The L.D.M.T. is an event to which I was introduced by Stan Bradshaw, in 1954, when I managed to finish a race from Langdale over Bowfell, Scafell Pike and Great Gable. The event is usually held in September, the course of 15 to 25 miles being kept secret until the start of the race.

The 1962 trial was held from the Ullswater Hotel, Glenridding with 4 Clayton Harriers starting out of a field of 38. On the morning of the race, the weather was poor an obviously a cold wet day could be expected.

In spite of the conditions, several runners started out in a sleeveless vest, and apparently no extra clothing. However, I put on my 2 or 3 vests and a waterproof cape, filled my pockets with sweets and sultanas and prepared for a few hours of the worsed weather. The only chink in my armour was my old 'Greengates' (canvas tennis shoes) that I'd been unable to replace. The race was started by uncovering the map reference of the first checkpoint, Birkett Fell. After hurriedly consulting maps, the field split into two groups, a few going up the Glenridding Valley and the main group including myself, going north along the road to Glencoyndale. I was up with the leaders early on, but lost a lot of ground in the climb up Brownhills. By the time I reached the top of the Spur, I was well down the field and could see Joss Naylor in the lead disappearing into the clouds on Hart Side with the rest of the field in pursuit. After looking at my map for a couple of minutes, I decided they were going wrong, and headed off to the right. A few minutes later, hidden in cloud, I arrived at the first check point, pleasantly surprised to be in the lead.

A quick look at the map, off over the shoulder of Hart Side and contouring

MIDNIGHT FOX

Along high mountain ridge, white moonlight bathed the plunging flanks, I ran towards the midnight moon. Hill of the White Light - Pen-yr-Ole-Wen, last high bastion of druid priest practitioners of that other world, dark and threatening.

I moved across a brilliant lake, black shadows raked grotesque boulders and wraiths of ages long since gone gave chase, silent, unseen, menacing.

A moving shadow, stealth performing, dark nostrils raised, a votive offering to a long deceased god of light. I could not move, transfixed within the encircling light - it was the midnight fox.

I was trespasser on this high ground, his own lofted kingdom. He moved, a soundless shadow, furtive, across the stony earth, my presence of no consequence, ignored, irrelevant. Into darkness, back into the night from whence he came.

Peter Travis

round Glencoyne Dale, I met the leaders of the group coming from the Glenridding Valley. The route to the second check point at Red Tarn was fairly straightforward, but from there to the step on Fairfield, I had a choice of routes. In view of the weather, I decided to avoid the high ground and go via the Grizedale Valley to Deepdale Hause, but later decided not to risk it. I went over the top of Fairfield instead and found the checkpoint by following the Northern edge of the crags.

At the third checkpoint, I'd dropped to second place, 5 minutes behind Joe Hand. The fourth check point at the summit of High Street seemed an almost impossible distance away in the conditions, but I thought that if I went over Dovedale, I could pack in at Brothers Water if I wanted to. Down in the valley, the weather was much kinder, so I made up my mind to carry on.

As I climbed up from Hayeswater, I really began to feel cold and tired with cramp developing in both legs. I struggled on in the driving rain, eventually reaching the top of High Street. From there, it was nearly all down hill and I knew I'd make it; the main trouble was my Greengates were falling apart as I kept stumbling in the slippery, wet conditions. Having checked in on Place Fell, the last Check Point, I picked my way through the rocks down to the road. After removing my battered left shoe, I managed to run the last mile or so to the Ullswater Hotel, surprised to be the only finisher".

30 YEARS AGO

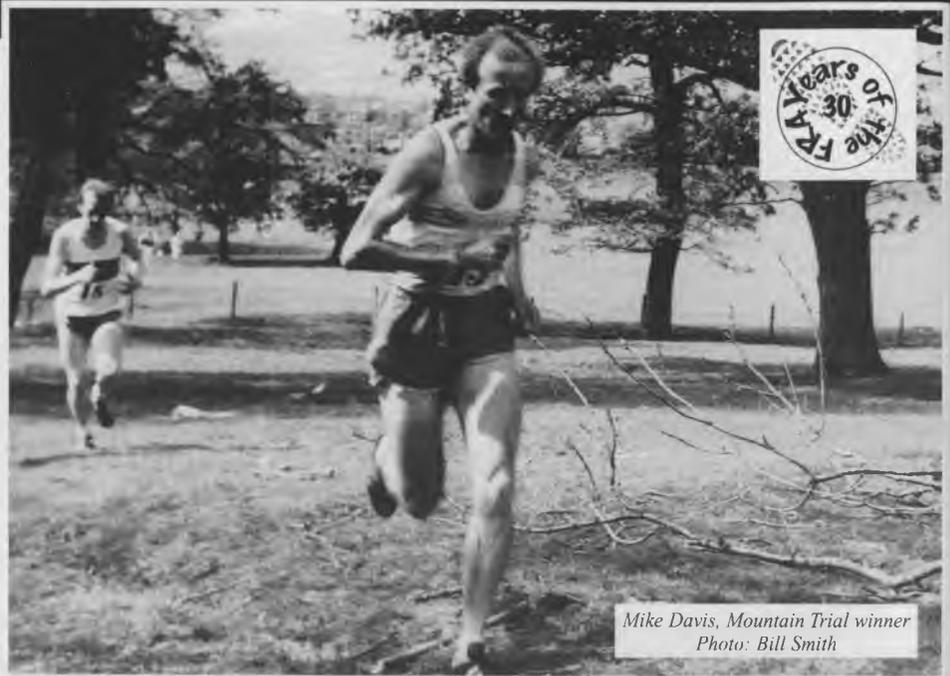
by Bill Smith

Saturday, August 22: Dave Hodgson's ten-year-old amateur record of 13.40 for the Burnsall Fell Race, which had survived half-a-dozen assaults by seven-times-winner Pete Watson (Pudsey & Brambly) and three by Peter Hall (Barrow), was at last shattered by Dave Cannon (Kendal) with a fine run in 13.29. He began to assert his lead going up the steep part of the fell to the cairn (today's descent route was then used for both ascent and descent, with the high wall being climbed twice) and extended it to over a minute on arrival at the finish, where Harry Walker (Blackburn) clocked 14.31 to claim 2nd place, with Jeff Norman (Altrincham) coming in 3rd in 14.36. The legendary professional record of 12:59.8 achieved by Ernest Dalzell of Keswick in 1910 still prevailed and was finally broken seven years later by another champion guides racer, Fred Reeves of Coniston, with a time of 12:47.2 in a special Jubilee Challenge Fell Race, and this record still stands.

Saturday, September 5: This was the last occasion on which the Ben Nevis Race was run from the King George V Park in Fort William, the venue being transferred to the New Town Park at Claggan the following year, thereby eliminating some of the road-running. It was clear and sunny, though very windy, as the 154 starters were sent on their way by 1943 winner Duncan McIntyre of Fort William. Ian MacMillan (Invicta) led over the outward road section and onto the hill, with Dave Cannon, 2nd at Pendleton the previous weekend, moving into the lead as the terrain steepened. He took the direct line up the steep scree slope beyond the Red Burn crossing, while Jeff Norman opted for the zig-zags of the bridle path on which he continued to run strongly, to emerge onto the summit with a 60-yards advantage over Cannon, with MacMillan a further 100 yards in arrears, followed by Dick Tinlin (Morpeh) and triple-winner (1961/68/69) Mike Davies (Reading).

However, after taking a tumble on the scree descent, Cannon renewed contact with Norman on the steep grassy slope before the Red Burn crossing and this pair battled it out back to Claggan, with Norman's superior road speed gaining him victory over the concluding tarmac section back to Fort William. The winner's time – the third fastest ever – was 1.40.45, with Cannon runner-up in 1.41.13, Davies 3rd; 1.43.57, Tinlin 4th; 1.45.00 and MacMillan 5th: 1.45.40. Norman had also defeated Cannon in the Half Nevis Race at Lochaber Highland Games six weeks earlier, before it was replaced as the Games hill race by Melantee in 1976 and moved to the Sunday.

*The fastest times for the course from the King George V Park were 1.38.50 recorded



Mike Davis, Mountain Trial winner
Photo: Bill Smith

by Peter Hall (Barrow) in 1964 and 1.39.29 by Mike Davies.

Sunday, September 13: The Kirkstone Pass Inn provided the venue for this year's Vaux Mountain Trial, with clear, overcast conditions prevailing over the early stages but rain and mist setting in later. A stream junction in the Rydal Valley below Erne Crag served as the first control and here competitors were given details of the remaining controls, with their navigational skills being further tested by having the choice to visit the next three in any order they wished. These were located at Hard Tarn below Nethermost Pike, a stream junction in Deepdale Beck and spot height on High Hartsop Dodd. The final control took them across Kirkstone to Threshthwaite Cove and spelled disaster for pre-race favourite Jos Naylor. After checking in, he then became disorientated in the mist – and perhaps in his eagerness to make a triumphant return to the inn – and headed south off Stony Cove Pike towards Troutbeck Park instead of southwest to the finish, taking orienteer Tony Wale with him. This error allowed Mike Davies to storm home to his third Mountain Trial victory with a time of 4.30.50, over two minutes ahead of Naylor in 2nd place, with Wale 3rd in 4.46.03, followed by two members of Lakeland OC, Brian Barden and Pete Bland (then a highly-regarded guides racer), in 4th and 5th respectively. This was a disappointing result for Jos as the Trial had been televised to form part of a programme about him in the BBC's "Look Stranger" series. He took it in good part, though, and was shown at the prizegiving, presented by Harry Griffin, congratulating Davies and telling him: "I'm glad you won that," to which Mike replied: "I thought it was yours." Naylor was to gain his tenth and final Mountain Trial victory in 1979.

Sunday, September 20: The second Rossendale Fell Race, involving 2,165 feet of ascent over 8¾ miles, was run in warm, overcast conditions from Marl Pits Sports Centre in Rawtenstall over the local "three peaks" of Cribden, Cowpe Lowe and Seat Naze, with a descent into the valley between each. 1969 winner Colin Robinson (Rochdale) was unable to compete due to attending a wedding and the local paper, the *Rossendale Free Press*, tipped Jeff Norman as a likely winner and Dave Cannon as one of his main contenders. This pair had finished 2nd and 1st respectively in the Slaithwaite



Colin Robinson, Three Towers and Gale Race Champion
Photo: Paul Liversey

Harry Walker, seen on the Burnsall descent
Photo: Gil Horsley



Brass Band Carnival Fell Race the previous weekend and 6th and 5th in the inaugural race in 1969. However, it was Ian Wainwright (Sheffield UH), 3rd the previous year, who set the early pace and led to the top of Cribden. Cannon's fell running experience paid off in the end, though, and he eventually triumphed with a time of 1.01.42, four seconds outside Robinson's inaugural record, with Wainwright 2nd: 1.03.22 and Norman 3rd: 1.03.40. Cannon was to emerge victorious the following weekend, too, when he defeated Harry Walker at Thieveley Pike.

Saturday/Sunday, October 3/4: The third Two-Man Two-Day Mountain Marathon (nowadays known simply as "The Karrimor") saw 38 teams set off from Eskdale Outward Bound Mountain School in favourable conditions, though high winds prevailed throughout the day, with rain setting in at nightfall. The six controls led competitors across the fells north of Eskdale and Wrynose, then south and southwesterly across the Coniston and Dunnerdale fells to an exposed campsite near Stickle Pike, above Ulpha. Only half of the field arrived here and but one third successfully completed

Sunday's route which first continued south then west over the fells of Lower Dunnerdale before turning north towards Stainton Pike, then northeasterly to a control on the NE side of Harter Fell before crossing Eskdale once more for three shorter-spaced controls leading to the finish. Jos Naylor and Allen Walker, both of Kendal AC, held a half-hour lead over the Bolton United Harriers, both of Kendal AC, held a half-hour lead over the Bolton United Harriers, Pete Walkington and Neil Shuttleworth, at the end of the first day, with the Lakeland OC team of Mike Kelly and the late Bryn Jones lying 3rd a further six minutes adrift.

Misty conditions on higher ground the following morning called for competent route-finding ability. Beyond Stainton Pike, Walker and Naylor decided to take the Duddon Valley route to Harter Fell, thereby losing 20 minutes to their closest rivals, Jones and Kelly, who took the rougher but more direct line below Great Worm Crag, as did Pete Bland and John Richardson of the Rucksack Club, along with the latter's clubmates, Ted Dance and Bob Astles, winners of the previous two events, who had

unfortunately lost ground on the first day by misinterpreting a map reference when in the lead. However, the Kendal AC team's lead at the night camp ensured that they became winners with a time of 13.21.30 over Jones/Kelly in 13.43.40, with Richardson/Bland 3rd: 14.21.40, Dance/Astles 4th: 14.44.50 and Walkington/Shuttleworth 5th: 15.28.55. The leading contenders carried packs of around 14/16 lbs, although Jones and Kelly made do with only half that weight.

Sunday, October 18: It was a mild, overcast day for the 18-mile Three Towers Race over the West Pennine Moors from Horwich to Holcombe via Rivington Pike, Darwen Tower and Peel Tower (Holcombe), a course which was lengthened in 1974 by the introduction of new checkpoints on Great Hill and at Cadshaw. Beyond Rivington, the old route descended to the northern edge of Belmont to proceed by road to the stile taking competitors over the country route to Darwen Tower, beyond which point they went by Cranberry Fold and the "Roman Road" (now tarmac) to reach the Children's Hokes checkpoint near Edgworth. 1969 winner Jeff Norman was leading at Darwen Tower but afterwards faded to eventually finish 22nd. He had been running less than 20 miles per week for the previous five weeks due to achilles tendon trouble, so decided to concentrate on winning the prize for the first man to reach Darwen Tower, in which he was successful, though beyond this point he completed the course at a jogging pace, interspersed with walking some sections.

Colin Robinson, who had been 10 seconds adrift at Darwen Tower and 20 seconds ahead of the next arrival, his Rochdale Harriers clubmate Trevor Proctor, now powered ahead to reach the remaining checkpoints in first place to descend to the finish at the foot of Holcombe Hill with a time of 1.48.18, almost 18½ minutes inside Norman's 1969 record, achieved over a snowbound course, and over two minutes ahead of runner-up Dave Farmer (Sale), who in turn had only two seconds to spare over Proctor in 3rd place. This was the first of four consecutive victories for Robinson, who also gained the third of his seven victories in the Gale Fell Race the following weekend. Jeff Norman later notched up three more wins in the Towers race to equal Robinson's total. The race secretary at this time, incidentally, was Jim Smith of Bury & Radcliffe AC who now competes as an Over-60 for Todmorden Harriers.

Acknowledgements: I would again like to thank Dave Cannon, Jeff Norman and Harry Walker for their help in compiling these reports, particularly Jeff who had kept a detailed racing diary. I must also acknowledge my debt to Chris Wright's report on the 1970 Two-Man Two-Day Mountain Marathon in the December, 1970 issue of *Climber & Rambler*.

Manx Mountain Marathon

(Held Under F.R.A Rules)

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31 Miles

Running from the North of the Island to the
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*Results and Reports from over 200 races.
British, English and Junior Championship Results
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To maintain the breadth of results, we have sacrificed some of the depth - so, if you didn't make the first five in a non-championship race...

Some road races(!) that crept in have also been excised!

The size of this bumper edition also means that a few late results will appear in the next issue.

*Up (main picture) Gary Wilkinson on the Ben Down, Jane Smith at Buckden Pike
Up, Dewi Sinclair at Borrowdale
Down, Andy Peace tackles the Burnsall Wall
Photos: Steve Bateson. (1,2,4)
Peter Hartley (3)*

DON MORRISON MEMORIAL EDALE SKYLINE FELL RACE

Derbyshire
AL/21m/4500ft 26.03.00

Conditions for this year's race were good. This was the fifth year on the "new skyline course" and twelve runners completed the race in under three hours. Previously the maximum number to achieve this was eight. Andy Trigg was in very good form from the start and led for most of the way. At the Cheshire Cheese, Andy was pursued by five Borrowdale runners. At Mam Nick, the same again but the order of the pursuers had changed; Andy Schofield and Mark Roberts were now in second and third places less than half a minute behind. These three remained at the front of the field until the finish, Andy Trigg gradually increasing his lead after the top of Jacob's Ladder. He took approximately sixteen minutes from Grindslow Knoll, through the Ringing Roger checkpoint, to the finish in Grindsbrook Meadow. Borrowdale won the team prize (Andy Schofield, Mark Roberts and Jonny Bland) with Dark Peak packing well in 6, 7 and 8!

The outstanding performance of this year's race was by Sally Newman; who broke Carol Greenwood's record of 3.17.53 by finishing in 3.09.44. Sally led the women's race from early on. At Cheshire Cheese she was 36th with Elizabeth Batt just behind in 40th place. At Jacobs Ladder, Sally was still in the same position, but Elizabeth had slipped back. At Grindslow Knoll, Sally had moved up to 31st, then between the Knoll and the finish she gained a further 6 places to finish 25th.

The Veteran O/40 race was won by Steve Jackson, closely followed by Phil Whiting. Julie Gardner, won the female Veteran O/40 prize. Jeff Coulson won the Veteran O/50 Tony Trowbridge Memorial Trophy. Colin Henson won the Veteran O/60 prize, again. Dark Peak won the Veterans' Team Trophy (Dave Allen, Dave Tait, Andy "never again" Moore). Retford A.C (Carol Geddes, Kathy Wright, Angela Campion) won the Womens' Team Prize.

Thank you to St John Ambulance, Edale Mountain Rescue Team, and Raynet for their help and attendance on the day. Well done, and thank you to the many members of Dark Peak who contributed to a successful event.

Dick Pasley

1. A. Trigg	Gloss	2.36.20
2. A. Schofield	Borr	2.38.33
3. M. Roberts	Borr	2.39.48
4. J. Bland	Borr	2.42.22
5. J. Davies	Borr	2.46.28

VETERANS O/40

1. S. Jackson	Horw	3.00.35
2. P. Whiting	Kend	3.01.44
3. L. Warburton	Bowland	3.08.09
4. J. Winder	CaldV	3.08.26
5. S. Houghton	CaldV	3.09.42

VETERANS O/50

1. J. Coulson	Hgte	3.08.35
2. B. Blyth	Macc	3.11.51
3. D. Tait	DkPk	3.18.10
4. A. Brentnall	Penn	3.28.02
5. R. Hopkinson	DkPk	3.33.01



Graham Wright - Lefty's Birthday bash Photo: Steve Bateson

VETERANS O/60

1. C. Henson	DkPk	4.07.53
2. R. Mason	Totley	4.11.55
3. J. Swift	Chorley	4.17.22
4. D. Clutterbuck	Roch	4.35.39

LADIES

1. S. Newman	Gloss	3.09.44
2. E. Batt	Bux	3.31.10
3. P. Leach	DkPk	3.47.30
4. A. Calvert	Macc	3.53.31
5. M. Edgerton	Pennine	3.56.04

SCREEL HILL RACE Dumfries & Galloway AS/4m/1300ft 08.04.00

Fifty five runners lined up to start the Scree Hill Race, which was again relatively lucky with the weather. However, the lack of snow and ice was more than adequately compensated for by plentiful quantities of mud underfoot, caused mainly by the continued Forestry clear-up operations following the devastating 'boxing day storms' last year.

Despite an unfamiliar landscape on the lower slopes, with open spaces where trees used to be, and scenes reminiscent of WW1 where the paths used to be, and excellent route through the devastation had been marked out as usual by Doug Milligan and members of Solway RC.

Alan Milligan continuing the superb form he has been showing recently, led from the start, and had established a healthy lead at Scree summit, slightly extending this on the steep second climb, eventually winning in twenty nine minutes and twenty seconds. However Anesti Davenhill, one of the best natural descenders around, used his skill and knowledge of the course (an ex local) to narrow the gap to Alan to a mere thirty four seconds at the finish. For both runners to return sub thirty minutes was truly excellent running on the slightly slower than usual course, but Danny Hope also ran superbly well, and kept these two more or less in view to take third spot.

Former winners, and Solway members John Coyle (fifth) and Adam Anderson (seventh) kept the local flag flying with top ten finishes for the host club, but with three in the top six, Shettleston were worthy winners of the team prize.

Finally, a special mention for over sixty's winner Bill Bennet, still running extremely well (forty nine minutes), who has completed all the Scree Hill races since the inaugural event in 1990.

Douglas Milligan

1. A. Milligan	Fife	29.20
2. A. Davenhill	Shett	29.54
3. D. Hope	AchRat	30.15
4. P. Heath	Shett	30.49
5. J. Coyle	Solway	31.03

VETERANS O/40

1. P. Whiting	Kend	32.18
2. A. Beaty	Cumber	32.34
3. A. Spencely	Carn	32.52
4. D. Brown	Solway	33.17
5. J. Coyle	Solway	31.03

VETERANS O/50

1. J. Hope	AchRat	34.20
2. D. Milligan	Solway	34.49
3. D. Miller	Irvine	39.49
4. A. Anderson	Solway	42.03
5. L. Stephenson	Kend	42.18

VETERANS O/60

1. B. Bennet	P'cuik	49.21
2. C. Lane	Unatt	56.34

JUNIORS

1. I. Jardine	Unatt	32.24
2. R. Goldsworthy	Gallo	32.26
3. S. Goldsworthy	Gallo	37.22
4. G. Ferguson	Irvine	39.27

LADIES

1. K. Beaty O/40	CFR	39.43
2. D. McDonald O/40	HBT	42.24
3. E. Scott	W'lands	43.37
4. J. Robertson	W'lands	44.14
5. M. Calder O/40	W'lands	44.55

LARA EASTER SUNDAY SHINING CLIFFS FELL RACE

Derbyshire
BS/5m/900ft 23.04.00

1. T. Plant	Derby	29.02
2. S. Penney	C'field	29.08
3. A. Metaxas	Matl	29.52
4. S. Gregory	HolmeP	30.07
5. B. Charlton	Merc	30.48

VETERANS O/40

1. J. Matthews	Owls	33.02
2. M. Firth	Queens	33.03
3. N. Lander	Erewash	34.54
4. R. Scottney	Penn	35.51
5. M. Harvey	Bell Harp	37.02

VETERANS O/50

1. I. Stephenson	Kend	36.40
2. C. Holland	Michelin	36.54
3. R. Booth	Shelton	37.11
4. G. Smith	West End	37.30
5. K. Allen	Notts	38.18

VETERANS O/60

1. K. Brown	Bell Harp	46.47
2. A. Bourne	Staffs	47.08

LADIES

1. E. Batt	Bux	34.31
2. C. Greasley O/40	Macc	35.14
3. P. Leach	Sutton in Ash	35.59
4. S. Reason	Alt	37.20
5. V. Butler	Form 1	37.56

JUNIORS

1. C. Young	Matl	40.33
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STUC A CHROIN 5000 Perthshire AL/15m/5000ft 29.04.00

After some wet, windy and cold weather, the Stuc a' Chroin Hill Race took place on a near perfect spring day. A field of one hundred and twelve enjoyed the warm sunshine and the event went off without incident. The race was won by Mark Rigby (again) and a women's record was created by Angela Mudge, in 2.22.47, being placed third overall. Many of the runners stayed on in the evening to enjoy the dance and the general socialising.

A Bennie

1. M. Rigby	W'lands	2.15.44
2. R. Gallagher O/40	W'lands	2.18.58
3. A. Mudge	Carn	2.22.47
4. S. Whittle	Carn	2.22.58
5. A. Anderson	Solway	2.25.17

VETERANS O/50

1. S. Balfour	L'ston	2.38.50
2. S. Simpson	Ochil	2.43.41
3. C. Love	Dundee	2.45.44
4. D. Milligan	Solway	2.47.50
5. K. Burns	Carn	2.53.06

LADIES

1. A. Mudge	Carn	2.22.47
2. K. Jenkins	Carn	2.53.17
3. L. Burt	Fife	2.56.55
4. M. Macintosh	Ochil	3.04.25
5. E. Scott	W'lands	3.16.12



Gary Devine chases John Atkinson at Ambleside Guides Race Photo: Paddy Bond

THE GREAT LAKELAND CHALLENGE

80m/7000ft 29.04, 30.04 & 01.05.00

This was the third year of The Great Lakeland Challenge, a three day ultra mountain marathon type event, but with a difference. Each day is long and hard and requires participants to have excellent navigation skills and total self reliance.

This year's route started from Bampton, near Shap, and crossed the High Street ridge before traversing The Dodds and Bowscale, to finish at Heskett, Newmarket. Day one times ranged from six minutes and twenty three minutes to eleven seconds and thirty six seconds. Day two ascend the Skiddaw massif before heading for Ullscarf. On the third and final day the remaining survivors crossed Fairfield, Stony Cove and Whether Hill.

This REALLY is a tough event, physically and mentally, with only thirty people completing the full route from a start list of forty two. With only one class (Hard!) times ranged from Al Powell's sixteen hours and thirty three minutes, followed closely by brother Ivor, to average aggregate times of around twenty hours to twenty four hours for the three days. We have no prizes or categories but a tremendously supportive atmosphere and everyone's a winner, but sadly there are too many to mention here.

Next year's event, to be held on the same May Day Holiday weekend but over a different route, will be known as The Great Lakeland 3-Day, and due to the nature of the event, the number of participants will be strictly limited.

Joe Faulkner

KINDER DOWNFALL Derbyshire AM/10m/2500ft 30.04.00

This year's event was again greeted by a fine dry day. With over 210 runners starting, the day was sure to be a memorable one for all.

The senior race was closely contested until the finishing line, the first five runners finishing within seventy seconds of each other. It was Bashi Hussain who managed to keep one step ahead of the rest. Second was Andy Wrench and third Steve Penney. The first lady was Phillipa Leach with Sally Gilliver and Ruth Isaacs finishing second and third.

Paul Deaville was first local male for the second year running, improving on last year's finishing position. The first local lady was Mary Edgerton.

The team prize went to Pennine with Stockport Harriers second and Matlock third.

There was a welcome abundance of juniors this year, some following in their parents' footsteps. Benjamin Rackstraw was the winner and Carly McBride was the first girl in second place overall. Thanks to all the juniors for making their race a success and for giving the junior race marshals a job for next year.

Thank you to all those who helped before and on the day. Thanks also to all the landowners and residents for accommodating the event and to Hayfield Mountain Rescue for being there.

Check next year's FRA calendar for 2001 race.

Wayne Harrison

1. B. Hussain	Stock	1.09.36
2. A. Wrench	Tod	1.10.08
3. S. Penney	Unatt	1.10.30
4. P. Deaville	Stock	1.10.39
5. K. Smith	Tod	1.10.46

VETERANS O/40		
1. M. Brown	Bux	1.13.49
2. A. Jones	Gloss	1.14.50
3. G. McMahon	Notts	1.17.41

VETERANS O/45		
1. A. Hall	Ports	1.18.43
2. C. McAra	Helsby	1.18.48
3. G. Hodges	Macc	1.18.52

VETERANS O/50		
1. T. Hulme	Penn	1.16.43
2. P. Pittson	Erewash	1.19.09
3. A. Brentnall	Penn	1.20.29

VETERANS O/55		
1. J. Carrier		
2. B. Buckley	Siemens	1.26.19
3. A. Stafford	Gloss	1.29.59
	Kend	1.30.27



Mike Wardle at Flower Scar Photo: Steve Bateson

VETERANS O/60

1. A. Breakwell	Borr	1.44.05
2. F. Makin	HolmeP	1.44.31
3. K. Mitchell	Roth	2.00.08

LADIES

1. P. Leach O/35	DkPk	1.24.30
2. S. Gilliver O/35	Penn	1.27.01
3. R. Isaacs O/35	PensbyRR	1.27.47
4. K. Dalton	DkPk	1.30.03
5. J. McBride O/35	Macc	1.31.10

JUNIOR RACE

1. B. Rackstraw	Unatt	18.59
2. C. McBride (Girl)	Macc	19.47
3. K. McBride (Girl)	Macc	20.22
4. H. McBride (Girl)	Macc	21.52
5. A. Harkowenko	Unatt	22.07
6. J. Humphrey	Unatt	22.20

PENISTONE HILL RACE South Yorkshire BM/7m/1055ft 01.05.00

As a beautiful warm day surfaced, registration got off to a slow start but by warm-up time, numbers were looking good.

Jonathon Ingram led home the 118 runners to the finish line.

Hopefully, a good time was had by all!?

Well done and see you next year.

M. Williams

1. J. Ingram	Saddle	46.40
2. A. Middlewiteh	Unatt	47.13
3. A. Meskimmon	HolmeV	47.19
4. C. Davies	Saddle	47.30
5. A. Bissell	Knives	47.53

VETERANS O/40

1. C. Davies	Saddle	47.30
2. M. Salkild	DkPk	50.02
3. G. McAra	Helsby	50.52

VETERANS O/45

1. C. Davies	Saddle	47.30
2. G. McAra	Helsby	50.52
3. K. Holmes	Unatt	51.04

VETERANS O/50

1. P. Buttery	Holm	52.00
2. R. Hope	DoncStain	52.07
3. R. Walker	HolmeV	54.09

VETERANS O/55

1. R. Walker	HolmeV	54.09
2. J. Taylor	Unatt	56.56
3. K. Bamforth	HolmeV	57.56

VETERANS O/60

1. J. Taylor	Melth	56.56
2. K. Bamforth	HolmeV	57.56
3. D. Bamforth	HolmeV	60.52

LADIES

1. L. Kent	DenbyD	55.45
2. R. Dorrington	Bing	56.29
3. L. Robertson O/45	DenbyD	58.10
4. L. Bland	DkPk	60.20
5. J. Harley	DenbyD	60.45

FLOWER SCAR FELL RACE Lancashire AS/4m/1100ft 03.05.00

An excellent turn out, considering The Three Peaks was at the beginning of the week, talking of which, Andy Peace (Peaks record holder) held a comfortable lead all the way round to win thirty seconds clear of the rest, but unable to break Sean Livesey's five year old record of twenty six minutes and fifty eight seconds.

Vanessa Peacock had a superb result and finished two minutes clear of any other ladies.

Over forties' and over fifties' records were broken by Simon Gelsthorpe and Ken Taylor respectively, and Rossendale turned out well to win the team prize. My thanks to Todmorden Harriers for their valuable assistance.

On a final note, fellow Tod Harriers Helen and David Wilson unfortunately lost a Diamond and Sapphire cluster engagement ring, of great sentimental value, at the race evening somewhere around the Pub and car park or playing fields. They would be delighted if anyone may have found the ring.

Jon Wright

1. A. Peace	Bing	28.19
2. L. Martin	Ross	28.46
3. A. Payne	Ross	28.48
4. S. Gelesthorpe	StBedes	30.11
5. A. Carruthers	Crawley	30.18

VETERANS O/40

1. S. Gelsthorpe	StBedes	30.11
2. G. Webb	CaldV	30.26
3. R. Griffiths	Holm	30.53
4. R. Hamilton	Wharfe	31.17
5. K. Masser	Ross	31.47

VETERANS O/50

1. K. Taylor	Ross	31.44
2. B. Rawlinson	Ross	33.14
3. B. Horsley	CaldV	34.00
4. N. Harris	Ross	35.30
5. G. Breeze	Skyrac	36.11

VETERANS O/60

1. J. Dearden	Helsby	40.17
2. R. Jaques	Clay	40.20
3. D. Clutterbuck	Roch	42.46
4. H. Thompson	Clay	43.44
5. G. Barrow	Tod	43.47

LADIES

1. V. Peacock O/40	Clay	34.15
2. S. Becconsall O/40	Tod	36.06
3. R. Whitehead	Bing	36.21
4. A. Rees O/40	Tod	36.45
5. J. Rawlinson O/40	Ross	37.02

WREKIN STREAM Shropshire AS/2.75m/810ft 03.05.00

A late date due to Easter and a chilly evening did nothing to dampen the spirits of the one hundred and one runners. Andrew Davies was always well ahead of the field as he continues his domination of the event. Polly Gibb continued her winning ways and managed to keep ahead of the second lady who was also first junior. Mercia had a great turnout and had thirteen runners in the top twenty, and twenty six runners in total.

Simon Daws

1. A. Davies	Merc	17.18
2. P. Cadman	Merc	19.05
3. R. Lamb	Merc	19.06
4. D. Coley	Telf	19.11
5. M. Formby	Unatt	19.18

VETERANS O/40

1. P. Martin	Merc	20.04
2. B. Dredge	Merc	20.06
3. R. Mapp	Merc	20.09
4. A. Lewis	Shrews	20.11
5. I. Kevan	Telf	20.21

VETERANS O/50

1. J. Coombes	Merc	21.06
2. D. Omerod	MDC	22.27
3. D. Jones	DkPk	24.11

LADIES

1. P. Gibb	Merc	21.58
2. R. Matthews U/18	Shrews	23.38
3. S. Pritchard U/18	Brecon	24.37
4. G. Roberts O/40	Merc	26.17
5. A. Lewis O/40	Telf	26.19

MEELBEG & MEELMORE
Mourne Mountains
AS/3m/1800ft 04.05.00

In the first week of REAL summer weather, calm warm and sunny, the Fifth River Rock Hill & Dale race took place over the Meelbeg Meelmore Horseshoe. It was also a Northern Ireland Championship Race. Another large field of ninety eight toed the start line at the bottom of the Happy Valley.

From the off, it was Brian Ervine who led the charge. After about a minute of running, Neil Carty led a breakaway onto the hillside proper on a more direct line from the summit, a decision which effectively put him out of contention, even at this early stage. Ervine's route, favoured by the masses, stayed on the faster going track for longer, before climbing more steeply for the summit.

About ten minutes later, the two groups got back together again, but Ervine, club mate David McNeilly and Davy McKibbin were well clear. Behind, the old man of rock, Jim Patterson was making up ground fast on the climb, with his team mate Billy McKay having the climb of his season reaching the summit in fifth place. Ervine was thirty metres clear at Meelbeg, crossed the Mourne Wall and dropped to the Col and climbed Meelmore unchallenged, an amazing six minutes and five seconds later he was at the finish line in new record figures of twenty nine minutes and twenty six seconds, thirty eight seconds inside Jim Brown's six year old time.

McNeilly descended even faster, six minutes dead, to take second place ahead of McKibbin.

Shileen Donnelly made it five out of five in thirty eighth overall in forty minutes and twenty eight seconds. Dominating the series, she finished nearly three minutes clear of Anne Sandford and record holder Roma McConville. Ballydrain took the team race comfortably making it Newcastle three and Ballydrain two (and BARF still zero) after five races.

Speaking of BARF, a much overweight and barely unrecognisable Vincie McAlinden the prodigal son of the Series, made his return on Thursday night and finished in sixty ninth. He promptly demonstrated the speed he was lacking on the road back to the prize-giving and picked up three points for his trouble. McAlinden will be hoping to turn this well documented road speed into mountain speed over the coming weeks.

Bog Boy

1. B. Ervine	B'drain	29.26
2. D. McNeilly	B'drain	29.38
3. D. McKibbin	N'castle	30.14
4. N. Carty	N.Belf	31.05
5. R. Neil	B'drain	32.37

VETERANS O/40

1. P. Howie	Larne	35.04
2. J. Brown	BARF	36.31
3. F. O'Hagan	Newry	36.44
4. E. O'Hagan	Newry	41.46
5. I. McMurray	BARF	42.53

VETERANS O/45

1. B. McKay	A'ville	34.21
2. P. McGookin	ACKC	37.40
3. K. Balmer	Barf	40.01
4. F. Hammond	BARF	40.43
5. M. Barton	ACKC	41.11

VETERANS O/50

1. J. Patterson	A'ville	33.19
2. K. Quinn	N'castle	38.40
3. D. Rankin	BARF	39.38
4. W. Kytelle	ACKC	39.47
5. R. Cowan	Unatt	42.14

VETERAN O/55

1. B. Magee	Larne	41.43
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VETERAN O/60

1. T. Donnelly	ACKC	49.50
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LADIES

1. S. Donnelly	BARF	40.28
2. A. Sandford	B'drain	43.22
3. R. McConville	N Down	44.16
4. V. Cordiner	LVO	44.52
5. H. McCausland	Sparta	45.10

BELMONT VILLAGE WINTER
HILL FELL RACE
Lancashire
BS/4.5m/1000ft 06.05.00

Many thanks for a great turnout. Weather superb - pity about the water shortage - thank you for your understanding. The junior turn out was very encouraging considering there was a junior championship on the same day.

Congratulations to John and Vanessa on their victories. Sincere thanks to all those who helped in flagging the course, registration, marshalling and time-keeping. Thanks also to the landowners, Bolton Mountain Rescue, WPC Large, and Alan and Elaine at the Belmont Bull.

The junior races will start fifteen minutes earlier next year so as not to delay the senior race.

Next year will be the twenty fifth anniversary of the race - lets hope for similar weather.

Dave Bateson

1. J. Taylor	Bing	31.53
2. M. Hill	Ross	33.19
3. R. Thomas	Darwen	34.10
4. P. Singleton	Amble	34.27
5. G. Schofield O/40	Horw	34.40

VETERANS O/40

1. G. Schofield	Horw	34.40
2. M. Keys	Ross	37.42
3. N. Holding	W.Penn	38.38
4. R. Wood	Liv/Pem	40.31
5. B. Davey	S'port	41.03

VETERANS O/45

1. D. Emmerson	Unatt	39.29
2. I. Robinson	Clay	40.02
3. T. Wood	Black	41.37
4. N. Cochrane	N'burgh	45.01
5. A. McGuinness	Ross	47.20

VETERANS O/50

1. M. Crook	Horw	40.16
2. P. Jepson	Ross	40.55
3. P. Murray	Horw	42.27
4. L. Stephenson	Kend	43.04
5. P. Henegan	Unatt	44.16

VETERANS O/60

1. M. Houghton	Chor	47.49
2. B. Smith	Clay	49.08
3. R. Moulding	Black	50.28
4. H. Johnson	N'burgh	50.49
5. J. Coope	Horw	54.48

VETERAN O/70

1. A. Ball	Clay	64.23
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LADIES

1. V. Peacock O/45	Clay	40.37
2. J. Coleman O/40	Unatt	49.02
3. J. Taylor	L&M	50.17
4. R. Murray	Horw	54.28
5. J. Chaplin	Chor	56.30
6. D. Smith	AchRat	58.46
7. E. Peat O/50	Black	59.10
8. G. Caldwell O/45	Lostock	60.52

JUNIORS U/16 - BOYS

1. T. Lyon	Horw	25.22
2. D. Clark	Unatt	31.08

JUNIORS U/16 - GIRLS

1. A. Bateson	AchRat	25.16
2. S. Hutton	Unatt	29.18
3. R. West	Unatt	40.22

JUNIORS U/14 - BOYS

1. M. Wood	Black	18.41
2. M. Christie	Chor	20.11
3. D. Cutts	Leeds	21.39

JUNIORS U/12 - BOYS

1. R. Green	Horw	19.01
2. E. Smith	Unatt	19.42
3. C. Pollard	Unatt	20.18
4. A. Rutherford	Clay	20.36
5. D. Ashworth	Clay	21.08

JUNIORS U/12 - GIRLS

1. B. Dugdale	Unatt	25.19
2. P. Bateson	AchRat	27.10

RAVENSTONES BROW FELL RACE
Lancashire
BM/10m/1250ft 06.05.00

Many thanks to all those who turned up to race in what turned out to be perfect conditions. Congratulations to Jonathon Ingram and Karen Mather on their first places and to Saddleworth for winning the team prize. Also, congratulations to all of those who took part and enjoyed the experience of competing against some good quality fell runners. I would like to thank Frederick Tanner for the use of his facilities, Northwest Water, Robert Fletcher, Chris Crowther for allowing us to run over their land, but above all, to the Oldham Mountain Rescue and the St John's Ambulance who provide such an excellent service to us all.

Finally, many thanks to the marshals and other officials, without whose help the whole race would not be possible.

I look forward to seeing you all next year, good luck and good running.

Bob Waterhouse

1. J. Ingram	Sadd	74.07
2. R. Green	Sadd	75.04
3. R. Crossland	BfdA	75.38
4. C. Davis	Sadd	76.10
5. D. Byers	Traff	77.29

VETERANS O/40

1. R. Crossland	BfdA	75.38
2. P. Browning	Clay	80.45
3. A. Moore	DkPk	80.51
4. A. Gilmore	Ross	87.03
5. I. Barber	Sadd	96.46

VETERANS O/45

1. C. Davis	Sadd	76.16
2. S. Houghton	CaldV	79.65
3. D. Beel	CaldV	80.29
4. B. Gregory	Stock	81.57
5. E. Evans	Eryri	82.18

VETERANS O/50

1. J. Conwyn-Platt	Sadd	87.34
2. G. Houghton	CaldV	90.45
3. T. Peacock	Clay	91.06
4. J. Dove	Roch	91.39
5. J. Leary	YMCA	94.57

VETERANS O/60

1. P. Davis	Sadd	100.31
2. R. Lee	Middle	111.07

LADIES

1. K. Mather	Sadd	88.07
2. J. Harley	DenbyD	97.54

MOUNT FAMINE
Derbyshire
AS/5m/1700ft 06.05.00

1. K. Webster	Matl	44.28
2. P. Deaville	Stock	44.32
3. G. Watson	Alt	45.23
4. A. Carruthers	Crawl	45.37
5. L. Taggart	Bux	46.24

VETERANS O/40

1. A. Jones	Gloss	48.19
2. C. Fray	Penn	49.08
3. W. Alves	Totley	50.38
4. I. Warhurst	Penn	51.22
5. P. Brownson	Penn	52.19

VETERANS O/45

1. A. Bocking	Penn	51.35
2. R. Scottney	Penn	51.40
3. G. McAra	Hels	51.51
4. L. Best	Stock	52.38
5. N. Boler	DkPk	53.27

VETERANS O/50

1. A. Brentnall	Penn	52.02
2. R. Marlow	DkPk	54.16
3. R. McPherson	DkPk	55.35
4. G. Scott	Penn	55.37
5. M. Cranmer	KFR	58.18

VETERANS O/55

1. J. Garrier	Siem	55.54
2. B. Buckley	Gloss	58.21
3. M. Morrison	Gloss	60.17

LADIES

1. S. Reason O/45	Alt	54.26
2. S. Orridge	Notts	55.42
3. H. Hargreaves	Penn	59.15
4. A. Brentnall O/50	Penn	61.21
5. L. Bland	DkPk	61.42

MOEL EILIO MOUNTAIN RACE

Gwynedd

AM/8m/3000ft 06.05.00

Having been chosen as the British Inter-counties event, this year's Moel Eilio race attracted over 170 runners, thought the open field was still a substantial part of those competing.

It was a glorious sunny day with a cooling wind – ideal conditions for the marshals if not the runners, some of whom found the heat too much.

The race was won by Siggy Gould, running for Yorkshire, followed just over half a minute later by Kent's Nick Barrable. The Flying Scotsman, Colin Donnelly, came in third leading the North Wales, men's team to victory despite his recent veteran status.

The ladies' race was won by Sally Newman (Greater Manchester) fresh from her victory in The Three Peaks the previous weekend. Helen Johnson (Yorkshire) came in second with Tracy Ambler, also of Yorkshire, in third.

An impressive performance from Don Williams, first Veteran O/50, now recovered from his recent accident, saw him home in 28th position, whilst Victoria Musgrove led the ladies O/40 category. Brian Evans the Men O/60 and Maggie Oliver the Ladies O/50.

Following the race, a great time was had by all dancing and sweating to the live sounds of Cajuns Denbo, whilst building up a terrible thirst for the local brew.

Tim Lloyd

1. S. Gould	Yorks	63.33
2. N. Barrable	Kent	64.05
3. C. Donnelly	NWales	66.18
4. J. Blackett	NECount	66.46
5. M. Palmer	Glouc	67.24

VETERANS O/40

1. C. Donnelly	NWales	66.18
2. D. Gartley	Gloss	69.38
3. R. Owen	NWales	70.12

VETERANS O/50

1. D. Williams	Eryri	76.05
2. D. Whiteside	Eryri	83.29
3. B. Davies	CroftA	87.04

VETERANS O/60

1. B. Evans	Eryri	104.26
2. J. Carson	Eryri	109.14
3. B. Pycroft	Bury	110.44

LADIES

1. S. Newman	CtrM/c	77.36
2. H. Johnson	Yorks	78.08
3. T. Ambler	Yorks	79.41
4. S. Bretherick	WWales	79.49
5. J. Lloyd	NWales	83.20

BUTTERMERE SAILBECK HORSESHOE

Cumbria

AM/9.4m/4250ft 07.05.00

The race took place under a scorching sun as valley temperatures reached the mid-seventies F. First home in 1hr 30mins 42 secs was Jim Davis. Jonny Bland was a close second in 1:30:57 having led most of the way. Third, to give Borrowdale a clean sweep and the team prize, was Andrew Schofield 1:37:26. First vet 40 and 4th overall was Phil Clark. A storming run by Wendy Dodds, Lady Vet 40, was the run of the day, 16th overall and first Lady by over 17 minutes.

Barry Rawlinson was first V50 and John Taylor first V60. Cumberland Fell Runners provided 17 of the 58 starters. Numbers were down because of a clash with the Keswick half marathon and a change of date to accommodate Championship timetabling which meant that the Fairfield date was changed. Next year its back to the second Sunday in May.

Jack King

1. J. Davies	Borr	1.30.42
2. J. Bland	Borr	1.30.57
3. A. Schofield	Borr	1.37.26
4. F. Clark	Kend	1.46.41
5. P. Whiting	Kend	1.47.41

VETERANS O/40

1. P. Clark	Kend	1.46.41
2. P. Whiting	Kend	1.47.41
3. R. James	CFR	1.49.40
4. G. Hodges	Macc	1.51.13
5. L. Warburton	Bowland	1.53.44

VETERANS O/50

1. B. Rawlinson	Ross	1.56.50
2. J. Holt	Clay	2.04.42
3. G. Breeze	Skyrac	2.11.48
4. P. Dowker	Kend	2.12.18
5. M. Moss	Howgill	2.16.52

VETERANS O/60

1. J. Taylor	Amble	2.35.54
2. H. Catlow	CFR	2.40.19

LADIES

1. W. Dodds O/40	Clay	2.02.01
2. J. Rawlinson O/40	Ross	2.19.31
3. L. Buck	CFR	2.32.35
4. C. McNeill O/50	Amble	2.33.39
5. M. Bridge O/50	Kesw	2.41.02

CRONKLEY FELL RACE

County Durham

BM/10m/1752ft 07.05.00

Thank you all for coming along to the race. Once again the event was a great success. The weather on the day was very warm, perhaps too warm for running in but it was nice for sitting in the sun at the start/finish. Normally, when I do this, I get rain, snow, fog, anything but sunshine. It made a pleasant change.

Despite the sunshine, I still insisted on runners carrying full kit which surprised a few competitors. This is because the route is a high level one and crosses the wild part of Upper Teesdale. There are no road crossings and so if you twist an ankle or have other problems, you have to walk out or be carried out. Either way, you'll need some form of body cover to retain body heat. As it was, on the day, one runner did experience problems due to the heat and dehydration and for a while, was in as serious state. After a while, he did recover enough to continue, albeit at walking pace. This incident totally justified my decision that full kit must be carried and this will be insisted on in future years.

Barry Stephenson led the race from start to finish. Barry is only a newcomer to fell running and, at only 18, is a tremendous talent for the future. Despite the heat, Barry ran comfortably within himself and by the finish, had built a three minute lead over second placed, Michael Broadhurst. Michael was second overall and first Veteran O/40 and proceeded to lead a cavalry charge of veterans across the line. It wasn't until you got down to 8th position that the next senior man appeared. However, as 27 out of the 38 male entries were veterans, this isn't surprising.

The ladies' race was won by Sally Rouse in a new course record time. Second home and first lady veteran was Debbie Thompson.

Keven Shevles

1. B. Stephenson	Quak	1.18.20
2. M. Broadhurst	Tynedale	1.21.38
3. M. Mallen	Crook	1.23.35
4. S. Lumb	Quak	1.23.58
5. G. Owens	NFR	1.24.18

VETERANS O/40

1. M. Broadhurst	Tyne	1.21.38
2. M. Mallen	Crook	1.23.25
3. S. Lumb	Quak	1.23.58
4. G. Owens	NFR	1.24.18
5. P. Carter	Crook	1.25.36

VETERANS O/50

1. A. Leybourn	Evenw	1.35.59
2. R. Wall	Quak	1.56.08

VETERANS O/60

1. B. Johnson	Quak	2.11.54
2. A. Purvis	Elvet	2.17.14
3. M. Horan	Quak	2.17.27

LADIES

1. S. Rouse	Quak	1.39.26
2. D. Thompson O/40	Kesw	1.41.30
3. S. Lewsley	Kesw	1.43.34
4. G. Mennim O/40	NFR	1.57.59
5. A. Bhogal	Heaton	2.04.56



Mark Roberts, Fairfield winner Photo: Steve Bateson

CARLTON CHALLENGE

North Yorkshire

BS/5m/850ft 09.05.00

I don't know if this is the only race in the world where there is no finishing line but when athletes finish from six different directions, you have to have something else like touching an object!..... in this case, a gate

It is also worthy of note that hill running is usually one of the sports that brings out the best in people such as those who sacrifice their own race so that others don't get lost again and reach the summit in some reasonable state of well being. However, many go one step further and abuse follows i.e. self abuse as no one seems to mind when derogatory remarks are made about their poor performance and join in with the general badinage. It would have been good for the track prima donnas to have seen one of the later finishers come in covered in blood. Instead of the rush for paramedics, there was not even a word of sympathy from his club colleagues, just reference to the fact that the club colours were black and white, not red, so would he go and wash it off!

In the race itself, it was a good opener for Paul Kelly who, after a jog round The Three Peaks and an excellent for N E Counties at Moel Eilio, he recorded his first victory for some time. At the last checkpoint, after a long tussle in the first part of the race, he and Dave Rose were together. Dave, unfortunately, chose the wrong descent and Paul's remarks at the finish were "well I've done the race before". (There's nothing like a bit of experience). In the ladies' race, Alison Raw added to her partner's victory in the men's event and completed a good week, after finishing seventh in the Inter-Counties. She continued where she left off in the Winter Series in winning ways.

D. Parry

1. P. Kelly	Darling	36.01
2. D. Rose	Quak	36.31
3. G. Barnes	Mand	37.23
4. R. Pollard	Mand	37.48
5. A. Henderson	Quak	37.58

VETERANS O/40

1. P. Kelly	Darling	36.01
2. R. Pollard	Mand	37.48
3. C. Wright	Mand	38.28
4. K. Wilson	Mand	38.30
5. S. Mummery	Nestle	39.38

VETERANS O/50

1. M. Hetherington	Nestle	42.02
2. D. Grimwood	NMarske	42.06
3. M. Shaw	Mand	42.08
4. D. Plews	Ind	43.43
5. A. Wikeley	ThirskS	44.43

VETERANS O/60

1. R. Sherwood	NMarske	43.30
2. M. Horan	Quak	55.40

LADIES

1. A. Raw	Darling	39.15
2. A. Hayward O/40	ThirskS	43.22
3. S. Gayter	NMarske	43.40
4. K. White	Quak	43.40
5. J. Soper O/40	ThirskS	46.15



Duncan Overton, 1st Vet 50 at Fairfield
Photo: Peter Hartley

VANESSA CHAPPELL FELL RACE Cheshire BM/6.5m/1200ft 10.05.00

Another fine May evening - not a drop of rain in sight. 162 runners ran off with all their might. With only 35 minutes on then clock, 2 runners appeared upon the scene "My God" we thought, they've run hard - the least time ever been! Ged and Basher had battled well, spring finish was superb, they'd fled. The time, it was fantastic, it left the rest for dead. The rest of the field were way behind, Ged and Bash had flown in style. But when the facts were realised, they'd missed a 'flippin mile!! So we waited for another race leader, it was Mike Hutch of Trafford AC. He knew the route 'cost he'd won it before UC. So Mike won that night, broke the record by 1.8 seconds (full route) Cheryl Reason was our first lady, also new record by 2.38 (to boot) The moral of this is quite simple, just do the best you can. But always look which way you should be going, then your race doesn't go down the pan! So, it was quite an eventful evening with two records broken in tow. But a shame that two worthy runners got red cards and they had to go! Now there's a thing that we've noticed, the veterans turn out in force. Out of 162 runners, 110 of 'em were old gits and all completed the course! So, thank you everyone for helping, we've said this for years and years. But if it wasn't for you people, there would be no race, my dears!!

D. Gartley

1. M. Hutchinson	Traff	42.42
2. M. Fowler	Salf	43.05
3. L. Taggart	Bux	43.11
4. G. Watson	Altr	43.23
5. N. Basset	StaffsM	43.27

VETERANS O/40

1. N. Stone	Stoke	46.19
2. D. Schofield	Ross	47.25
3. D. O'Brien	Bux	48.22

VETERANS O/45

1. G. McAra	Helsby	47.53
2. B. Gregory	Stock	48.26
3. T. Longman	Macc	49.08

VETERANS O/50

1. R. Taylor	Stock	47.03
2. A. Brentnall	Pennine	48.03
3. R. Scotney	Pennine	49.38

VETERANS O/55

1. C. Holland	Mich	53.29
2. E. Normansell	Stock	56.07
3. A. Ardron	Macc	56.17

VETERANS O/60

1. B. Thackery	DkPk	57.03
2. B. Gane	Sale	63.14
3. P. Stephenson	Stock	68.50

LADIES

1. C. Reason	Altr	50.54
2. J. Gardner O/40	Bux	54.32
3. K. Harvey O/40	Altr	56.53
4. A. Brentnall O/50	Pennine	58.07
5. J. Robertson	Spectrum	59.16

CARADOC CLASSIC Shropshire AS/3.5m/880ft 10.05.00

A large number of runners arriving late and running without numbers nearly wrecked the results service. Fortunately, after a lot of time, most of the non-registered could be eliminated!

The race was well subscribed and is a firm favourite with those taking part in the Shropshire evening series. The changing and showers will be at a different venue next year as the local school has priced us out of the market. Look at next year's FRA Fixture List for details.

S. Daws

1. A. Davies	Mercia	23.24
2. P. Cadman	Mercia	25.15
3. C. Lancaster	Telf	25.26
4. G. Florida-James	Sutton	25.46
5. T. Taylor	Mercia	25.50

VETERANS O/40

1. T. Taylor	Mercia	25.50
2. B. Dredge	Mercia	27.00
3. P. Martin	Mercia	27.08
4. I. Cowie	Mercia	27.19
5. C. Taylor	Mercia	27.24

VETERANS O/50

1. J. Coombes	Mercia	27.53
2. R. Day	Mercia	30.48
3. T. Thompson	Mercia	30.56
4. R. Sandland	Telf	30.58

VETERANS O/60

1. K. Matthews	Shrews	36.19
2. G. Lloyd	Wrex	41.02

LADIES

1. P. Gibb	Mercia	28.32
2. R. Matthews Jun	Shrews	30.34
3. A. Capp O/40	Unatt	31.38
4. G. Harris O/40	Mercia	33.53
5. S. Pritchard Jun	Brecon	34.13

CWM NANY-Y-GROES Gwent BM/7m/1500ft 13.05.00

Apologies to Ruth Pickvance, who beat Lydia Gould's 1991 record of 54.34 by 18 seconds, only for me to discover Lydia's 1992 time of 53.55!! Perhaps Ruth and Andrew Davies will come back next year for another attempt at two long-standing records.

John Sweeting

1. A. Davies	Mercia	48.12
2. N. Janvier	Brackla	49.01
3. P. Maggs	MDC	51.21
4. R. Pickvance	MDC	54.16
5. J. Darby	MDC	54.32

VETERANS O/40

1. P. Maggs	MDC	51.21
2. J. Darby	MDC	54.32
3. C. Gildersleve	Brych	54.39
4. P. Holder	CardiffH	58.24
5. S. Jones	MDC	58.40

VETERANS O/50

1. D. Finch	MDC	59.53
2. E. Meredith	MDC	63.46
3. D. Gilbert	MDC	70.25
4. L. Pugh	MDC	73.34
5. E. Bailey	Chep	74.18

LADIES

1. R. Pickvance	MDC	54.16
2. W. Phillips	MDC	69.14
3. K. Hovers O/40	Unatt	82.48

HORBURY HIKE West Yorkshire CL/21m/1500ft 14.05.00

The extreme conditions took their toll, not only on the individuals but also on the size of the field. With fluid retention being the order of the day, the last section up through Coxley Valley was more like the Alp d'Huez.

With the course being A.C.W. this year, it was always going to favour the veterans of the hike and so it proved with once again Steve Tibbs storming away through High Hoyland and Bretton to open up an

unassailable lead over a tiring J. Mason and P. Gooding who, running the course for the first time, lasted well.

Tibbs finished in a superb 2.34.54 and it will be interesting to see if he can repeat it next year. D. Green ran strongly to bring the ladies home in what some people described as "training for the Sahara Marathon!".

Many thanks to all for a great day.

Tony Audsley

1. S. Tibbs	Wake	2.34.54
2. J. Mason	Unatt	2.54.42
3. P. Gooding	Wake	3.01.30
4. R. Bradley	Unatt	3.07.35
5. S. Hall	Leeds	3.09.37

VETERANS O/45

1. P. Gooding	Wake	3.01.30
2. R. Bradley	Unatt	3.07.35
3. R. McArthur	Melth	3.13.19

VETERANS O/50

1. L. Morse	YorksMount	3.33.11
2. I. Gamble	YorksMount	4.09.35

VETERANS O/60

1. R. Bainbridge	Mand	3.30.18
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LADIES

1. D. Green O/35	Unatt	3.53.20
2. G. Burnell O/50	Roth	4.09.44
3. P. McDermott O/40	Roth	4.36.00

FAIRFIELD HORSESHOE FELL RACE Cumbria AM/9m/3000ft 14.05.00

1. M. Roberts	Borr	75.11
2. I. Holmes	Bing	75.46
3. R. Jebb	Bing	76.04
4. J. Taylor	Bing	77.31
5. D. Neill	StaffsM	77.35
6. S. Booth	Borr	78.15
7. M. Croasdale	Bing	78.45
8. J. Bland	Borr	79.10
9. B. Nock	Hales	79.25
10. J. Davies	Borr	79.52
11. J. Blakett	Mand	80.40
12. S. Stainer	Amble	81.06
13. C. Roberts	Kend	81.17
14. A. Schofield	Borr	81.28
15. P. Sheard	P&B	81.44
16. G. dEvine	P&B	82.18
17. N. Sharp	Amble	82.38
18. J. Hunt	CFR	82.44
19. G. Patten	P&B	82.54
20. G. Bland	Borr	82.56

VETERANS O/40

1. D. Neill	StaffsM	77.35
2. D. Gartley	Gloss	82.57
3. W. Proctor	Kend	83.11
4. P. Skelton	CFR	83.28
5. M. Wallis	Clay	85.07

VETERANS O/50

1. D. Overton	Kend	85.28
2. T. Hesketh	Horw	87.23
3. M. Walsh	Kend	89.39
4. K. Taylor	Ross	91.04
5. D. Tait	DkPk	91.27

VETERANS O/60

1. B. Waldie	Carn	94.40
2. R. Jaques	Clay	105.05
3. B. Wilson	DkPk	106.12
4. A. Shaw	Tod	109.53
5. W. Booth	Kesw	110.52

VETERANS O/70

1. A. Sutcliffe	NthV	124.33
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LADIES

1. J. King	CFR	89.46
2. S. Newman	Gloss	90.02
3. S. Dolan	Imperial	94.42
4. T. Ambler	P&B	98.43
5. L. Sharp	Kesw	100.27
6. J. Rae	Amble	101.48
7. W. Dodds O/45	Clay	102.36
8. L. Whittaker	Saddle	102.53



Jonny Bland, 2nd at Common Fell Photo: Bill Smith

RAAS DREEYM CHARRAGHAN
Isle of Man
AS/2.5m/110ft 16.05.00

1. T Okell	Manx	21.18
2. B. Osbourne	MFR	21.31
3. I. Ronan	MFR	21.44
4. D. Young	MFR	22.09
5. P. Renshaw	Manx	22.13
6. R. Jamieson	Unatt	22.13

VETERANS O/40

1. B. Osbourne	MFR	21.31
2. P. Cain	NAC	23.02
3. R. Moughtin	WAC	24.24

VETERANS O/50

1. D. Young	MFR	22.09
2. A. Postlethwaite	NAC	26.00
2. S. Moynihan	MFR	27.04

LADIES

1. B. Walker	Manx	24.30
2. R. Hooton	Manx	27.04
3. S. Walker Jun	Unatt	37.37

HOPE HILL RACE
West Yorkshire
CS/4m/800ft 16.05.00

The Eldwick and Gilstead Gala fell race, inaugurated well over 50 years ago, was discontinued a couple of seasons back, for various reasons. The mild race route with a 'runnable' climb to Hope Hill summit and back had always proved popular, and I thought it a shame to lose such a long established event.

The suggestion of a similar race - possibly on a Spring evening - from a nearby pub, brought a good response amongst clubmates, and so I asked Peter Jebb, who lives close to the venue, if he would consider designing a new course from The Glen Inn.

On race night, fine sunny weather made for a good sized field and a very pleasant evening's racing. My thanks to all the marshals and helpers, many of whom gave up the chance to run.

Peter has come up with a superb little course, especially the 'sting-in-the-tail' climb out of Loadpit Beck. My sincere thanks to him for taking the time to devise the route and mark it out on race night.

Local international star and all round good bloke, Rob Jebb, flew round in a time well below my predicted 25 minutes. On finishing, Rob told me that he reckons with a few good men to push the pace on, a sub-20

clocking is possible. Fellow Bingley man Robin Lawrence was second, while in third, the man responsible for getting me into this marvellous sport of ours, Paul Stevenson.

Well done also to Gill Keddie, our ladies' winner, who ran recently for Yorkshire at the inter-counties fell championships in Wales, as Bingley clubmate Ruth Whitehead was runner up ahead of Julie Tomkins.

First veteran, Merv Keys, first supervet, Barry Rawlinson, and his wife, Jean (first lady vet 45) travelled over all the way from the wilds of deepest Lancashire, (together with a sizeable squad) a round trip of over 80 miles. Thanks folks, I really appreciate that.

Bingley and Pudsey tied on 16 points for the men's team prize, Pudsey taking the verdict on countback as Boff Whalley placed eighth ahead of Bingley's Paul Crabtree in 13th.

However, the local women made amends for Bingley, Rebecca Whelan completing the scoring for Bingley.

Allan Greenwood

1. R. Jebb	Bing	23.37
2. R. Lawrence	Bing	24.18
3. P. Stevenson	P&B	24.30
4. M. Keys	Ross	25.10
5. J. Hemsley	P&B	25.22

VETERANS O/40

1. M. Keys	Ross	25.10
2. R. Griffiths	Holm	25.31
3. J. Emmott	Klghly	25.37
4. P. Taylor	Ross	25.54
5. R. Hamilton	Wharfe	26.51

VETERANS O/50

1. B. Rawlinson	Ross	27.54
2. B. Horsley	CaldV	28.40
3. G. Breeze	Skyrac	29.08
4. I. Goodyear	Bing	30.55
5. M. Coles	Skyrac	31.24

VETERANS O/60

1. R. Cutts	Longw	39.41
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LADIES

1. G. Keddie	Bing	29.04
2. R. Whitehead	Bing	30.42
3. J. Tomkins	Unatt	31.19
4. A. Lloyd O/35	StBedes	31.43
5. J. Rawlinson O/45	Ross	32.19

COMMON FELL CHASE
Cumbria
AS/2m/850ft 17.05.00

A sudden downpour did not deter a large turnout for the first race in the Matterdale Series. Many thanks to Jim for the use of his facilities and to Larry, Judith, Barry and Brenda.

Joe Faulkner

1. G. Bland	Borr	16.22
2. J. Bland	Borr	16.30
3. A. Schofield	Borr	16.48
4. G. Crayston	CFR	16.58
5. M. Fanning	Borr	17.59

VETERANS O/40

1. H. Jarrett	CFR	18.31
2. A. Beaty	CFR	18.34
3. D. Ansell	CFR	19.24
4. R. Unwin	CFR	19.25
5. M. Saikild	DkPk	19.35

VETERANS O/50

1. S. Sharp	CFR	20.20
2. M. Litt	CFR	20.28
3. P. Dowker	Kend	22.38
4. M. Dawes	Kesw	22.55
5. D. Harrison	Kesw	24.03

LADIES

1. L. Thompson	Kesw	22.16
2. K. Beaty	CFR	22.30
3. L. Cowell	Kesw	22.45
4. K. Nolan Jun	CFR	25.10
5. E. Knox Jun	Kesw	29.50

SHINING TOR
Derbyshire
AS/5m/1500ft 17.05.00

1. G. Cudahy	Stock	37.29
2. M. Fowler	Salf	37.57
3. L. Taggart	Bux	38.05
4. S. Penney	Chest'fld	38.38
5. T. Austin	N Derby	39.31

VETERANS O/40

1. L. Best	Stock	41.52
2. S. Entwistle	Gloss	42.07
3. C. Fray	Pennine	42.33
4. D. O'Brien	Bux	43.10
5. A. Renfree	Unatt	43.30

VETERANS O/50

1. R. Scotney	Pennine	44.47
2. R. Marlow	DkPk	46.26
3. R. de Faye	FRA	47.34
4. R. Hopkinson	DkPk	47.51
5. R. Taylor	Pennine	48.27

VETERANS O/60

1. B. Thackeray	DkPk	53.01
2. B. Howitt	Matlock	53.16
3. C. Grundy	Bux	58.24

LADIES

1. R. Cole	Bux	49.45
2. S. Gilliver	Pennine	50.25
3. J. Phizacklea	Bux	52.29
4. J. Robertson	Unatt	53.08
5. J. Purvis	Gloss	58.27



Arncliffe 200, Anne Smith, class winner
Photo: Woodhead

DARREN JONES CLOUGHA PIKE
Lancashire
BM/7m/1400ft 20.05.00

For once an unpleasant but warm day. Conditions on the fell were wet in places. Entries were down on last year.

No changes in the course this year, although there was no warming was allowed on the course was allowed due to the problems last year. As this year passed off peacefully we hope normal service will be resumed next year. Another win for Mark Croasdale, although well outside his own record. However, he looked as if he had been for a jog around the field. A creditable run by Paul Singleton, particularly as he is not very familiar with the course.

Good turnout for the Under 12s' race although slightly disappointing for the Under 15s. Within these races, I also gave voucher prizes to the first girl and boy age group winners. These went to the second in an age group where the winner had already won a prize. Congratulations to Chris Doyle who won the Under 15s in a new record time of 14.00. A good run by Hannah Padget winning the Under 12 girls and 6th overall.

Thanks to all the helpers before and on the day, including present and past Lancaster & Morecambe Club members, their wives and pupils of Morecambe High School. Generally, it is the same overall teams who turn out each year. Mr & Mrs Jones, together with Darren's sister, Denise, helped marshal once again. Mr & Mrs Jones once again made a donation to Lancaster & Morecambe AC to benefit youngsters, as well as a donation to race prizes.

Thanks also to Mrs Mullervy, Peter and John Mullervy for donating towards junior voucher prizes and making a donation to Lancaster & Morecambe to benefit juniors. They also helped with drinks at the finish.

Many thanks to our main sponsor, R P Winder (Wholesale Meat) Limited, in their fourth year. Also thanks to others who made a donation - Harry Robinson and Robin Burr. Pete Bland Sports supported the race once again. The value of voucher prizes was again increased.

John Gibbison and Dave Croxall

1. M. Croasdale	Bing	53.43
2. P. Singleton	Amble	54.52
3. C. Reade	Bowland	58.05
4. A. Preedy	Ross	58.50
5. J. Willary	Unatt	60.01

VETERANS O/40

1. N. Holding	WPenn	60.10
2. L. Warburton	Bowland	60.21
3. M. Salkild	DkPk	61.18
4. P. Browning	Clay	61.49
5. B. Walton	Horw	62.08

VETERANS O/50

1. M. Walsh	Kend	60.19
2. P. Bramham	Kghly	63.39
3. J. Oldroyd	LancsM	65.50
4. P. Bowker	Unatt	68.39
5. C. Ardron	Macc	71.28

VETERANS O/60

1. D. Brown	Clay	74.33
2. K. Gresty	Unatt	76.01
3. W. Murphy	Ford	77.07

LADIES

1. L. Lacon	Holm	69.04
2. J. Robinson O/40	Garstang	72.39
3. J. Robertson	Unatt	79.23
4. L. Lynes O/50	Unatt	83.00
5. G. Allin	Unatt	88.46

JUNIORS U/21

1. M. Everard	Unatt	68.35
2. H. Beattie	LancsM	90.00

JUNIORS U/15

1. C. Doyle	Kend	14.00
2. M. Stuart	Kesw	15.15
3. R. Parker	QES	15.30
4. J. Walker	CFR	15.49
5. D. Whitfield	QES	16.14

JUNIORS U/12

1. J. Garnett	Ripley	9.08
2. J. Walker	CFR	9.19
3. D. Caton	Dolphin	9.26
4. C. Lyons	Cathedral	9.43
5. J. Flynn	Cathedral	9.43



Ambleside's Jenny Rae on Hart Crag, Fairfield Photo: Peter Hartley

OLD COUNTY TOPS RACE
Cumbria
AL/35m/7050ft 20.05.00

The race day began clear and bright although windy and cloudy on the tops. The previous good weather had ensured that conditions underfoot were good and consequently, the early checkpoint times were above par. However, from noon onwards, the weather deteriorated as forecast and the final selection from Cockley beck to Coniston Old Man and to the finish, was completed in heavy clag and some rain. As a result, times became slower and some of the runners took the wrong line to Dow Crag instead of the Old Man. Fortunately, the checkpoint team at the Old Man were tented which provided some protection and eventually everyone turned up.

Thanks to all the marshals and Raynet. A good race was enjoyed by all, albeit a longer day than some had expected.

TA Daniels

1. R. Stuart/N. Bunn	Kend/TVOC	7.10.37
2. L. Orr/L. Dowthwaite	Bowl/Bowl	7.29.12
3. A. Shaw/J. Rank	Holm/Holm	7.46.13
4. T. Longman/B. Blyth	Macc/Macc	8.25.30
5. D. Schofield/D. Hewitt	Ross/Ross	8.31.18
6. S. Milligan/E. Draper	Kend/Amble	8.49.59
7. S. Ellis/C. Edwards	TattH/Unatt	8.50.38
8. M. Gibson/M. Sizer	Holm/Holm	8.52.02
9. M. Yearsley/S. Wright	CFR/CFR	9.03.03
10. D. Bateson/H. Smith	AchR/AchR	9.10.19

VETERANS O/80

1. D. Schofield/D. Hewitt	Ross/Ross	8.31.18
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VETERANS O/90

1. S. Milligan/E. Draper	Kend/Amble	8.49.59
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VETERANS O/100

1. T. Longman/B. Blyth	Macc/Macc	8.25.30
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MIXED

1. G. Hodges/A. Calvert	Macc/Macc	9.11.38
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LLANGORSE LOOP
Breconshire
AS/5.5m/1900ft 20.05.00

Last year bright sun was followed by a violent electric storm - this year was overcast with feeble drizzle. Was it the weather or the switch from the traditional Whitsun weekend that kept away female entrants? Certainly, none turned up to challenge Ann Nixon's record.

Colin Donnelly' record wasn't threatened either but Andrew Jones had to work hard to see off Ifor Powell. Simon "Wheeze" Bleaze took the Veteran O/40 prize in fifth place, whilst the Veteran O/50 trophy went to Steve Herington in ninth position.

Next year, back to Bank Holiday weekend!!

Dick Finch

1. A. Jones	Aberdare	46.42
2. I. Powell	Westbury	47.38
3. D. Adlam	MDC	49.50
4. N. Lewis	MDC	49.58
5. S. Blease	CRB	50.39

VETERANS O/40

1. S. Blease	CRB	50.39
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VETERANS O/50

1. S. Herington	WoodGr	53.41
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P & O KNOCKDU CLASSIC
County Antrim
AS/7km/450m 20.05.00

An event record entry of 146 runners took part in the P & O Knockdu Classic International Fell Race. The new, one lap course replacing the original two laps of Knockdu, was more demanding but was very well accepted by the majority of runners.

John Brooks, representing Scotland, was the individual winner, just holding off the challenge of Simon Bailey, last year's winner, and Gavin Bland, another previous winner. Michael Cayton, in fourth, with Simon and Gavin, ensured that England won the team event.

Kate Bailey of England, repeated her victory of last year in the ladies' category. The England ladies won the team prize.

The junior men's category was won by Jonathon Parker, England, and with their runners filling the next three places, England again lifted the team award.

Natalie White, England, was a clear winner of the junior ladies' category and England again won the team award.

Dave Neill, England, won the veterans' race for the third year in succession and in leading his team to victory, ensured a clean sweep of the team awards for England.

Despite the change of course with a new distance, different ascent and descent and what was described as a more technical race, John Brooks' winning time was just four seconds inside the old course record held by Ian Holmes.

Billy Magee

1. J. Brooks	Scotland	34.05
2. S. Bailey	England	34.09
3. G. Bland	England	34.42
4. D. Neill	England	35.24
5. M. Cayton	England	35.32
6. A. Milligan	Scotland	35.38
7. D. Whitehead	Scotland	35.55
8. J. Parker	England	36.03
9. P. Nolan	RDA	36.05
10. M. Boulstridge	England	36.29

VETERANS O/40

1. D. Neill Int	England	35.24
2. M. Wallis Int	England	36.36
3. S. Oldfield Int	England	36.42
4. R. Gallagher Int	Scotland	37.36
5. M. Laing Int	Scotland	37.56

VETERANS O/45

1. K. Grogan Open	Rathfarn	43.49
2. J. Goldsworthy Open	Galloway	46.00
3. K. Balmer Open	BARF	49.00

VETERANS O/50

1. C. Love Open	DundHawk	44.32
2. W. Kettle Open	ACKC	48.51
3. J. Sloan Open	NDown	49.19

LADIES

1. K. Bailey Int	England	40.44
2. H. Diamantides Int	Scotland	41.35
3. S. Newman Int	England	42.36
4. H. Johnson Int	England	43.02
5. A. Brand-Barker Int	Wales	43.09
6. C. Miller Int	Scotland	43.13
7. S. Armitage Int	Scotland	43.57
8. N. White Int Jun	England	44.25

JUNIORS

1. A. Symonds Int	England	37.10
2. S. Reid Int	England	37.33
3. L. Siemaszko Int	England	38.27



Joe Blackett at Borrowdale with Dale Head behind Photo: Bill Smith

HALESOWEN HILLOCK 2000
Cheshire
CM/10m/1200ft 21.5.00

1. D. Turvey	Hales	1.03.56
2. D. Parkin	Rowh	1.04.27
3. J. Picklesley	Notts	1.05.13
4. T. Kenderdine	K'minster	1.06.34
5. A. Carruthers	Hales	1.08.03

VETERANS O/40

1. J. Ward	Hales	1.12.06
2. R. Mapp	Ludlow	1.12.20
3. G. Howell	Unatt	1.15.48
4. T. Bailey	Cobra	1.15.54
5. T. Warner	Stour	1.16.14

VETERANS O/45

1. A. Tromans	Hales	1.11.56
2. M. Brown	R.Sutton	1.14.32
3. K. Bate	D/K	1.16.26

VETERANS O/50

1. K. Court	Hales	1.12.44
2. G. Machin	Telf	1.17.01
3. P. Hawcroft	B&R	1.17.46
4. G. Weaver	Hales	1.18.46
5. M. Daly	Hales	1.19.54

VETERANS O/55

1. R. Lynes	Kid	1.20.00
2. A. Norris	Amaz	1.21.15
3. V. Trow	Lucas	1.21.29

VETERANS O/60

1. T. Jones O/65	Tipton	1.32.23
2. C. Weston	Rowh	1.40.52
3. I. Jones O/65	W&B	1.42.22

LADIES

1. S. Howarth O/34	Kid	1.20.18
2. P. Knowles O/40	R.Sutton	1.21.35
3. J. Clarke O/40	Stour	1.24.00
4. C. Mills O/35	Ken'worth	1.27.04
5. M. Smith O/35	Tam	1.29.22

CLAY BANK WEST
Cleveland
BS/5m/850ft 23.05.00

1. M. Burn	ThirskS	30.56
2. R. Burn	ThirskS	30.57
3. K. Maynard	Quak	31.23
4. K. Carter	Mand	31.48
5. P. Buckley	Mand	31.57

VETERANS O/40

1. R. Burn	ThirskS	30.57
2. K. Maynard	Quak	31.23
3. K. Carter	Mand	31.48

VETERANS O/50

1. M. Shaw	Mand	38.03
2. D. Grimwood	NMarske	38.20
3. J. Barraclough	Ind	38.45

VETERANS O/60

1. R. Sherwood	NMarske	38.49
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LADIES

1. A. Raw	Darling	35.50
2. K. Neesam	NMarske	38.50
3. C. Lowe	Mand	39.00

LADIES VETERANS

1. A. Hayward	ThirskS	38.22
2. J. Soper	ThirskS	41.13
3. S. Jenson	NMarske	42.12

BURBAGE FELL RACE
Derbyshire
CM/7m/800ft 23.05.00

The gods of fell running smiled as the weather cleared just before the start and held for the full duration of the race giving us perfect conditions that attracted a high quality field. The prospect of poor weather only seems to put off the "roadies".

Thankfully, I was able to keep in touch with the leaders just long enough to shout directions during the amended start to the race - a tactic I was later to regret but, disappointingly, no one seemed to get too wet at the stream crossing.

The highlight of the race as always was the descent off Higger Tor - the Plummet. It is much more fun running down it than up it (Totley, please note). The newly felled tree at the bottom of the Plummet was an interesting diversion but the varying disgusting stomach churning smells emanating from the bog at the head of the Burbage Valley, meant Chip Butty sales were down afterwards.

My lack of map reading skills even in my own back yard were again evident, just as runners were bracing themselves for a blast down the "green drive", an incorrectly placed marshal provided a slight uphill sting in the tail.

Ged Cudehay and Steve Penney were neck and neck all the way round before Ged won the sprint finish. Ged promises to set a better course record next year now he knows the new route - a dangerous statement that assumes I will not ask the amrshals to stand in some out of the way place again.

If anyone has any suggestions as to how to improve the race or running of it, I can be contacted at: DPFR, The Old (newly restored) POW Hut, Behind the Sportsman, Lodge Moor, Sheffield.

Thanks for competing, see you all next year.

Andrew Moore

1. G. Cudehay	Stock	40.23
2. S. Penney	Ch' field	40.28
3. A. Buckley	DkPk	40.53
4. P. Winskill	Pennine	41.02
5. R. Baker	Billar	41.02

VETERANS O/40

1. M. Wynne	DkPk	42.32
2. P. Young	Hallam	44.23
3. D. Allen	DkPk	44.50
4. M. Salkild	DkPk	44.54
5. A. Watson	Erewash	46.30

VETERANS O/50

1. D. Tait	DkPk	45.43
2. P. Pittson	Erewash	47.34
3. R. Marlow	DkPk	48.54
4. R. de Faye	Unatt	49.32
5. R. Hopkinson	DkPk	49.43

VETERANS O/60

1. R. Marston	Totley	58.05
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LADIES

1. H. Bloor	DkPk	52.05
2. A. Carrington	DkPk	55.14
3. E. Roche	Unatt	57.47
4. H. Dawe	P&B	58.54
5. A. Heading	Milltown	59.02

STANHILL VILLAGE FELL RACE
Lancashire
CM/7m/800ft 23.05.00

The race was extended from 6 miles to 7 miles because of insurance purposes. Runners were not disappointed, the majority saying it was a more challenging course than last year. As a result, the same course will be used next year.

Brian Cole followed Ian Greenwood for most of the race until he got away on the descent from the Oswaldtwisle Moors. He was pushed by Steve Sweeney and ever improving John Wiczorek. On the last mile, Brian Cole's experience told as he sprinted away from Steve and John.

Lucy Whittaker won the ladies' race by the narrowest of margins, four seconds from Leigh Hargreaves.

Lee Pasco

1. B. Cole	Horw	52.56
2. S. Sweeney	Bowland	53.07
3. J. Wiczorek	Clay	53.16
4. I. Greenwood	Clay	53.42
5. M. Theaker	Acc	53.44

VETERANS O/40

1. S. Anderton	Tod	54.55
2. P. Butterworth	Clay	55.26
3. K. Masser	Ross	55.47

VETERANS O/50

1. B. Mitchell	Clay	55.58
2. B. Rawlinson	Ross	58.08
3. J. Nolan	Acc	59.49

LADIES

1. L. Whittaker	Saddle	59.47
2. L. Hargreaves	Acc	59.51

JUNIORS

1. L. Leishman	Ross	57.06
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TWO RIGGS
Cumbria
BM/6.5m/1350ft 24.05.00

A dry sunny evening for the first event of the St John's in the Vale series (the second race being Helvellyn on 29 May).

Gavin and Jonny Bland entertained the spectators (including family and friends) with a sprint finish won narrowly by Gavin. Hot on their heels was Nick Sharp and Andrew (Scoffer) Schofield.

The ladies' honours went to Kate Beaty, who was also the first lady veteran. She was joined in the prizes by Sharon Forsyth, Debbie Thompson and Stella Lewsley.

The first three male veterans were Stephen Moffat, Phil Whiting and Richard Unwin. Those old contemptibles, Mike Litt and Bill Booth were first Over 50 and Over 60 respectively.

Borrowdale won the team - who else??

Allan Buckley

1. G. Bland	Borr	40.52
2. J. Bland	Borr	40.55
3. N. Sharp	Amble	41.20
4. A. Schofield	Borr	41.46
5. M. Donnelly	Nth'land	43.50

VETERANS O/40

1. S. Moffat	Howgill	44.46
2. P. Whiting	Kend	46.53
3. R. Unwin	CFR	46.59
4. R. Lamb	LancsM	47.44
5. A. Millar	Kend	48.45

VETERANS O/50

1. M. Litt	CFR	50.42
2. R. Dawson	Nth'land	50.50
3. J. Oldroyd	LancsM	52.12
4. P. Bridge	Borr	54.54
5. M. Dawes	Kesw	55.32

VETERANS O/60

1. B. Booth	Kesw	55.19
2. B. Evans	Eryri	60.43
3. B. Hillon	CFR	62.48

LADIES

1. K. Beaty O/40	CFR	54.13
2. S. Forsyth	Unatt	54.50
3. D. Thompson O/40	Kesw	56.46
4. S. Lewsley O/40	Kesw	56.54
5. T. Douglas O/40	Eden	58.39

**CALLOW
Shropshire
AS/3.5m/1617ft 24.05.00**

1. P. Cadman	Mercia	34.12
2. C. Lancaster	Telf	34.35
3. G. Florida-James	RSutton	35.33
4. P. Vale	Mercia	35.40
5. S. Nash	Unatt	36.00

VETERANS O/40

1. B. Dredge	Mercia	37.44
2. R. Mapp	Mercia	37.56
3. P. Martin	Mercia	38.59

VETERANS O/50

1. J. Coombes	Mercia	38.52
2. G. Machini	Telf	43.10

VETERANS O/60

1. K. Matthews	Shrews	51.34
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LADIES

1. P. Gibb	Mercia	40.19
2. R. Matthews	Shrews	45.28

**LOUGH SHANNAGH - HILL &
DALE RIVER ROCK SERIES
Mourne Mountains
AS/4m/1700ft 25.05.00**

With the regular scribe, Bogboy, on a "jolly" to the US of A, this report comes courtesy of the committee. The race had one of its largest ever turnouts with 90 runners. The weather in the hours before the race was very unsettled and so it was all the more surprising that so many experienced (?) runners toed the line with inappropriate gear. Perhaps Michael Fish was to blame again. For those that took the advice before the off, by the local forecaster, a more pleasant evening was to ensue.

The race began with a gentle climb up Ott and the field was in its usual chirpy mood but within ten minutes, the mountains had taken their revenge when the field found itself at the mercy of a prolonged and heavy hail shower. It was during this period that many "vest" runners were losing places to those who had taken precautions. A fine example was on the climb of Doan when Kevin Quinn (wearing full body protection) overtook Billy Magee, taking part in his 100th race (wearing a vest!!).

Back at the finish line, the officials were surprised to spot some bodies on the skyline, about 20 minutes under the record time but it quickly transpired that it was a couple of "vest" men who had to swallow their pride and turn back early. The news that all the runners had passed through the Doan checkpoint enabled the rescue plans to be put on ice. As the expected finish time approached, out came the sun and with it the supporters from the comfort of their cars. They were rewarded with a close up view of many individuals' battles as the runners came off the final fast descent of Carn. First home was Dave McKibbin, some five minutes outside the course record, after a number of scenic route choices. Route choice also played a key role in the outcome for second place, with a longer but drier route enabling Geoff Somerville to get the better of Damien Brannigan, much to the delight of his travelling support.

In the ladies' race, it was the choice of clothing that made all the difference. Shileen (aka shivering) Donnelly, who had already won her section, saw her early lead disappear as the conditions took their toll on her. Ann Sandford took her chance and picked up her first victory of the season - I'm sure that had no bearing on her decision to attend the prize-giving. A new father and son team, Tom senior and Tom junior, made their now yearly appearance. It was interesting to hear ACKC team manager, Bart, announce that 39-year old Tom junior was a fine example of the club's youth policy. Whilst on ACKC matters, it was very disappointing to again hear Wes complaining that there were some minor errors in the spelling of his surname.

On the positive side, the series appears to be attracting a better class of competitor, with one of the runners (thankfully female) appearing at the presentation with some fresh "lippy" on show. The final word of praise must go to the marshals who were a welcome sight to the runners on the night.

Next week, Rocky, remember your wet gear!

Bogboy's Dad

1. D. McKibbin	N'castle	44.15
2. G. Somerville	BARF	45.32
3. D. Brannigan	N'castle	45.49
4. P. Hownie	Larne	46.17
5. E. Hawkins	N'castle	46.54

VETERANS O/40

1. P. Howie	Larne	46.17
2. J. Brown	BARF	48.20
3. F. O'Hagan	Newry	49.44

VETERANS O/45

1. B. McKay	Albert	51.02
2. P. McGookin	ACKC	52.25
3. M. Barton	ACKC	53.28

VETERANS O/50

1. D. Rankin	BARF	51.16
2. W. Kytelle	ACKC	52.27
3. K. Quinn	N'castle	53.19

VETERANS O/55

1. B. Magee	Larne	54.55
2. E. Moore	Lunch	61.15
3. J. Taylor	Unatt	64.19

VETERANS O/60

1. T. Donnelly	ACKC	63.15
2. H. Young	Ballyd	74.31

LADIES

1. A. Sandford	Ballyd	57.57
2. S. Donnelly	BARF	58.17
3. R. McConville	NDown	61.51

**RACE YOU TO THE SUMMIT
Lancashire
CS/4m/800ft 27.05.00**

This race (the only event in the calendar to climb up, drop back down and still finish at The Summit!) came about in order to repay the landlord of The Summit for his hospitality after the Gale race last October. Though the pub has now changed hands, we were treated to an equally warm reception, with free soup and rolls for all afterwards and the invitation to an evening barbecue.

The locality lends itself to some interesting and challenging courses, though a fairly mild, runnable route was opted for in order not to disturb the wildlife on the grouse moor at this sensitive time of year.

I have plans for a new, much tougher race from this excellent venue in the winter - watch this space...

Mark Williams took an early lead along the rough track above the Chelburn reservoirs, ahead of in-form Boff Whalley, only to lose it after the main climb to The White House Inn on Blackstone Edge.

However, Mark regained control after the swift descent along the sweeping Lydgate track, pushing ahead as the leaders returned to Castle Clough to begin their homeward journey and opening a winning margin of 26 seconds in twenty nine minutes and seventeen seconds.

Veterinary, Lucy Whittaker, ran an untroubled race to finish over two minutes clear of Sharon Taylor, as local tri-athlete Naomi Higson made her fell running debut worthwhile taking third place.

Many thanks to all my helpers, so many in fact that I was able to join in the fun and run in my own race - the first time ever in nine years of organising.

Special thanks to Geoff Read who helped me plan and mark the course, ran the race, then together with Boff Whalley, gathered the markers in as a warm down.

Allan Greenwood

1. M. Williams	Pennine	29.17
2. B. Whalley	P&B	29.43
3. J. Mason	Unatt	30.24
4. D. Holt	Ross	31.26
5. P. Targett	Clay	31.50

VETERANS O/40

1. D. Collins	Tod	32.14
2. J. Adair	Holm	33.42
3. M. Cortvriend	Macc	34.54
4. G. Read	Roch	35.07
5. A. Stott	Chepstow	35.12

VETERANS O/50

1. G. Breeze	Skyrac	32.49
2. A. Mellor	Tod	35.20
3. J. Hignett	Bury	37.49
4. J. Summerville	Unatt	38.15
5. C. Drake	Spenn	38.24

LADIES

1. L. Whittaker	Saddle	34.01
2. S. Taylor	Bing	36.26
3. N. Higson	Unatt	39.05
4. M. Schofield O/35	Unatt	48.13

**CADER IDRIS
Gwynedd
AM/10.5m/3000ft 27.05.00**

The day was very successful with 258 runners taking part, most attached to clubs but a few were non-club runners. Every runner seemed to have enjoyed the run, some wished they could have had more chance to see the scenery! On a mainly wet few days, the weather stayed fine if cold.

One of the unattached runners was the founder of the race ten years ago, Don McCoffery - he had not run it for a number of years and was one of the oldest.

The race is organised with the runners in mind and, to that end, we provided showers, safe area for keys etc., water points en route and water and a healthy bar at the end and food for the runners!! This is all free and well received and a great achievement for a small town organising the race on donations only.

The day always begins with junior races, which are run for the benefit of the local children and anyone else there on the day.

G. R. Williams

1. I. Holmes	Bing	1.25.47
2. S. Booth	Borr	1.28.50
3. M. Roberts	Borr	1.29.06
4. G. Bland	Borr	1.29.37
5. C. Donnelly	Eryri	1.30.15
6. D. Neill	StaffsM	1.30.20
7. J. Bland	Borr	1.31.20
8. G. Devine	P&B	1.31.41
9. R. Hope	P&B	1.31.48
10. A. Schofield	Borr	1.32.23
11. S. Stainer	Ambie	1.33.00
12. J. McQueen	Eryri	1.33.06
13. N. Wilkinson	Salf	1.33.33
14. B. Ervine	Ballyd	1.33.37
15. Paul Sheard	P&B	1.33.39
16. E. Roberts	Eryri	1.33.46
17. B. Wilkinson	Clay	1.34.08
18. Phil Sheard	P&B	1.34.24
19. J. Blackett	MDC	1.35.20
20. D. Gartley	Gloss	1.36.41
21. S. Culshaw	Horw	1.36.50
22. N. Spence	Borr	1.37.17
23. J. Deegan	Ambie	1.37.33
24. S. Neill	P&B	1.37.36
25. P. Skelton	CFR	1.38.09
26. G. Ayers	CFR	1.38.23
27. P. Evans	Eryri	1.38.27
28. A. Mudge	Carn	1.38.39
29. A. Davies	Mercia	1.38.55
30. S. Bell	DkPk	1.38.57

VETERANS O/40

1. C. Donnelly	Eryri	1.30.15
2. D. Neill	StaffsM	1.30.20
3. E. Roberts	Eryri	1.33.46
4. D. Gartley	Gloss	1.36.41
5. P. Skelton	CFR	1.38.09

VETERANS O/45

1. S. Jackson	Horw	1.39.37
2. H. Jarrett	CFR	1.43.56
3. R. James	CFR	1.48.00
4. R. Unwin	CFR	1.48.50
5. S. Jones	Eryri	1.50.02

VETERANS O/50

1. D. Overton	Kend	1.39.40
2. D. Tait	DkPk	1.44.01
3. J. Patterson	Albert	1.45.15
4. T. Hesketh	Horw	1.45.29
5. K. Taylor	Ross	1.45.35

VETERANS O/55

1. D. Williams	Eryri	1.48.21
2. B. Martin	Ambie	2.01.05
3. A. Oliver	Eryri	2.06.20
4. J. Norman	Altr	2.06.30
5. D. Finch	MDC	2.08.37

VETERANS O/60

1. B. Waldie	Carn	1.55.54
2. R. Bell	Ambie	2.02.33
3. M. Ward	OswestOlym	2.07.54
4. B. Thackery	DkPk	2.14.15
5. P. Norman	Wrex	2.15.15

LADIES

1. A. Mudge	Carn	1.38.39
2. S. Bretherick	Preseli	1.55.11
3. Y. Baker	P&B	1.57.40
4. J. Lloyd	Eryri	1.58.12
5. K. Daton	DkPk	2.07.10
6. J. Smith O/40	Bing	2.08.36
7. R. Dorrington	Bing	2.10.52
8. A. Gull	Bing	2.11.12
9. N. Fellows	Eryri	2.11.54
10. A. Capp O/40	Unatt	2.14.18

HUTTON ROOF CRAGS RACE Cumbria BM/7m/1300ft 27.05.00

1. S. Bailey	StaffsM	46.00
2. W. Nock	Hales	46.42
3. C. Roberts	Kend	48.49
4. M. Cayton	Horw	49.19
5. S. Savage	Amble	49.43

VETERANS O/40

1. S. Addison	Kend	52.45
2. A. Hauser	P&B	53.01
3. S. McKenna	Amble	54.09
4. N. Holding	WPenn	54.12
5. M. Broadhurst	Tyne	54.22

VETERANS O/50

1. M. McKenna	Dallam	60.10
2. G. Houghton	CaldV	61.11
3. L. Stephenson	Kend	62.22
4. A. Stafford	Kend	62.36

VETERANS O/60

1. J. Oldroyd	LancsM	59.55
2. D. Brown	Clauston	66.32
3. M. Houghton	Chor	67.32

LADIES

1. K. Bailey Inter	StaffsM	54.39
2. P. Walsh	Prest	61.19
3. K. Beaty O/40	CFR	61.38
4. J. Shotter	P&B	63.21
5. H. Parsons	Kend	63.59

INTERMEDIATES

1. S. Bailey	StaffsM	46.00
2. M. Cayton	Horw	49.19
3. S. Savage	Amble	49.43
4. S. Reid	Kend	51.24
5. D. Turvey	Hales	51.26

JUNIORS U/18

1. L. Siemaszko	Kend	26.45
2. J. Mason	Bing	27.21
3. G. Crayston	CFR	27.36

JUNIORS U/16

1. M. Buckingham	Unatt	18.44
2. D. Sugden	Holm	18.58
3. C. Jones	Wirral	19.24

JUNIORS U/14

1. C. Doyle	Kend	19.19
2. B. McDonald	Telf	20.31
3. M. Smith	Horw	20.48

JUNIORS U/12

1. S. Clifford	CFR	11.26
2. C. Wetheall	Kghly	11.36
3. R. Meeks	Ross	11.38

ISLE OF JURA FELL RACE Isle of Jura AL/16m/7500ft 27.05.00

There were 119 starters and 111 successful finishers this year. Congratulations to Arthur Clarke in his 10th and, he says, his last race, and to Andy Styan for a continuing full set of 18 races, all completed. Several other runners are now over 10, including some who didn't make it because of the CalMac uncertainty. 10 runners were under 4 hours. The race was run in good conditions, the tops were clear and the rocks and moorland mainly dry, although there was a cold wind. The rest of the country was flooded.

Congratulations to Mark Rigby for his fine run following on from his team's overall record in the Scottish Island Peaks Race just the previous weekend and to Jennifer Rae for improving her time by 30 minutes to be first lady. Clayton managed the team prize once again.

Thanks, as usual, to all who make this race happen, in particular the local (and not so local) men and lady volunteer checkpoint marshals organised by the Chief Marshal, Willie MacDonald. Thanks also to those on the day volunteers who help with registration, timing and the results. Thanks to Jack Paton for standing in as race starter and actually getting to fire his own gun this year, and to Ian Cameron for his (again) generous gift of a hand-made walking stick for the last lady. Thanks to Sergeant Jimmy Roberts from Bowmore for convincing his Chief Inspector that we were serious, the radio technicians and Strathclyde Police Mountain Rescue Officers, Frank Leach and John MacIntosh, and for Brian Parsons heading RAF teams who could remain on stand by for only so long.

Particular thanks to Michael and Margaret Heads of Jura Distillery in their first year - the catering, pipe band and distillery trimmings were magnificent. Thanks also to Elaine Bennett and colleagues of the sponsoring company.

Next year's race will be held on 26 May 2001, the usual (English) holiday weekend. See you then.

Andy and Ann Curtis

1. M. Rigby	Amble	3.16.14
2. S. Gould	Bing	2.23.22
3. R. Lawrence	Bing	3.39.58
4. D. Gillespie	Solway	3.52.20
5. I. Cowie	Mercia	3.54.46
6. J. Holt	Clay	3.55.30
7. P. Cadman	Mercia	3.56.00
8. K. Carr	Clay	3.56.13
9. N. Bulloss	Arran	3.57.09
10. C. Brash	Girvan	3.57.17

VETERANS O/40

1. I. Cowie	Mercia	3.54.46
2. A. Spenceley	Carn	4.05.47
3. P. Browning	Clay	4.06.20
4. G. Pryde	Lomond	4.13.40
5. C. Fray	Pennine	4.14.19

VETERANS O/50

1. J. Holt	Clay	3.55.30
2. K. Carr	Clay	3.56.13
3. A. Styan	Holm	4.01.36
4. S. Balfour	EdinTri	4.15.22
5. M. Hirst	DenbyD	4.20.07

VETERANS O/60

1. J. Smith	Tod	6.26.03
2. A. Clarke	Amble	7.06.08

LADIES

1. J. Rae	Amble	4.15.38
2. P. Gibb	Mercia	4.21.51
3. D. Scott	Lochaber	4.41.44
4. C. Menhennet O/40	W'lands	4.48.04
5. H. Spenceley O/40	Carn	5.22.00
6. G. Harris O/40	Mercia	5.33.19
7. C. Roberts O/40	CaldV	5.35.36
8. R. Gooch O/40	Ilkley	5.35.46

JURACHS

1. D. Mack O/50	Jura	4.13.05
2. C. Rozga	Jura	4.32.06
3. D. Gilmour O/50	Jura	5.48.32

EILACHS

1. J. Hyde	Unatt	4.45.49
2. W. Corson	Kildalton	7.15.50

GREAT HAMBELDON HILL RACE Lancashire BM/6m/1100ft 28.05.00

1. G. Schofield	Horw	39.15
2. L. Aspin	Clay	40.02
3. J. Wiczorek	Clay	40.08
4. R. Bradbury	Unatt	40.45
5. J. Harbour	Clay	40.54

VETERANS O/40

1. G. Schofield	Horw	39.15
2. D. Naughton	Darwen	42.05
3. G. Johnston	NFylde	42.44
4. D. Archer	Bury	43.35
5. P. Booth	Clay	44.16

VETERANS O/50

1. M. Targett	Clay	44.10
2. A. Appleby	Prest	47.51
3. R. Russell	Clay	47.55
4. J. Smithson	Acc	48.56
5. A. Healey	Bury	40.04

VETERANS O/60

1. R. Jaques	Clay	48.51
2. B. Scully	Acc	54.33
3. K. Dobson	Hyndburn	58.26

LADIES

1. V. Peacock O/45	Clay	44.31
2. J. Kenyon O/35	Unatt	46.35
3. K. Trickett Jun	Pendle	54.41
4. G. Craske O/35	Acc	56.54
5. S. Gudgeon O/35	Darwen	57.35

JUNIORS - MEN

1. C. Pickering	Unatt	48.52
2. M. Haworth	RedRose	50.29
3. M. Hughes	Unatt	72.06

JUNIORS - LADIES

1. K. Trickett	Pendle	54.41
2. H. Bullen	Hyndburn	57.40



David Sugden, 2nd in class at Hutton Roof
Photo: Woodhead

SCOLTY HILL RACE Grampian BS 28.05.00

1. D. Whitehead	Cosmic	31.35
2. K. Varney O/40	Metro	32.35
3. H. Lorimer	HBT	33.34
4. B. Moroney O/40	Metro	33.46
5. S. Rivers	Cosmic	33.57

VETERANS O/50

1. C. Simpson	AAAC	36.59
2. B. Preece	Deeside	38.20
3. M. Edwards	AAAC	40.21
4. B. Hall	Metro	40.33
5. J. Ingram	F'burgh	41.41

LADIES

1. R. McLean	Cosmic	36.10
2. C. Miller	Cosmic	37.08
3. R. Mackenzie	Deeside	39.39
4. C. Mangham	Cosmic	41.03

SADDLEWORTH FELL RACE Lancashire AS/3m/950ft 28.05.00

Sean Willis won by forty seconds. After being pushed all the way to Pots and Pans Monument, he broke away with a fast descent over the steepish part of the course. Sean also won the 1999 race and the organisers look forward to his return in 2001 when we hope he will try for a hat trick.

Sue Ratcliffe from the host club was the clear winner of the ladies' race.

The team prize went to Holmfirth with good packing - three out of the first six!

Jeff Kiveal

1. S. Willis	Tod	20.58
2. A. Crosland	Traff	21.39
3. D. Watson	Holm	21.49
4. J. Ingram	Saddle	22.07
5. J. Rank	Holm	22.21

VETERANS O/40

1. R. Stott	Ross	25.15
2. B. Bridgestock	Saddle	26.23
3. J. Skevington	Wreake	28.35

VETERANS O/45

1. C. Davies	Saddle	23.21
2. B. Waterhouse	Saddle	23.32
3. D. Beels	CaldV	24.30

VETERANS O/50

1. J. Dore	Roch	25.09
2. B. Crewdson	Unatt	27.53
3. M. Sidula	Roch	29.05

VETERANS O/55

1. P. Jepson	Ross	26.03
2. D. Gibson	Saddle	27.47
3. R. Towell	Salf	28.02

VETERANS O/60

1. P. Davies	Saddle	30.50
2. R. Cutts	Longw	33.51

VETERANS O/65

1. D. Clutterbuck	Roch	31.28
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VETERANS O/70

1. D. Mason	NVets	50.27
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LADIES

1. S. Ratcliffe O/40	Saddle	27.31
2. S. Corbin	P&B	29.14
3. P. Glover	Wreake	30.54
4. H. Berry	Holm	31.04
5. J. Purys	Gloss	32.17

HELVELLYN FELL RACE - ST JOHN'S IN THE VALE SERIES
Cumbria
AM/11m/4500ft 29.05.00

The second of the St John's in the Vale series was blessed with fine sunny weather but it was breezy enough for lifas on top and fleeces at base.

Nick Sharp was the clear winner - just two minutes outside the record time of 1.37.03 and winner of the best of two days prize.

The ladies were led by Angela Sykes of Dartmoor, who did this race as part of her holiday in the Lakes. Jean Rawlinson was second lady and first lady veteran. She was joined in the prizes by Gill Evans and Sue Campbell.

First three male veterans were Allan Miller, Richard Lamb and Dave Allen. First Over 50 was Dave Tait and in the absence of an Over 60 competitor, Barry Rawlinson, who doesn't look a day over thirty, took the prize!!

The team prize went to Bowland - Chris Read, Allan Duncan and Lee Warburton.

Thanks, for this and the Two Riggs Race on 24 May, are due to all competitors and supporters, everyone who helped, Rathbone Outdoor Shops of Keswick, Pete Bland Sports and last, but by no means least, to Duncan and Gillian Stuart for their continued hospitality at Bram Crag Farm.

Numbers were slightly down this year - we hope more of you will join us next year for an event which offers the best of the Lakes in challenging running, superb scenery and excellent food to finish with.

Allan Buckley

1. N. Sharp	Amble	1.39.00
2. J. Archibald	CFR	1.46.00
3. P. Pollitt	Bolt	1.49.00
4. C. Reade	Bowland	1.50.00
5. A. Miller	Kend	1.52.16

VETERANS O/40

1. A. Miller	Kend	1.52.16
2. R. Lamb	LancsM	1.52.40
3. D. Allen	DkPk	1.54.44
4. N. Pearce	Ilk	1.55.12
5. F. Smith	Saltw	1.56.10

VETERANS O/50

1. D. Tait	DkPk	1.56.24
2. B. Rawlinson	Ross	2.01.29
3. G. Breeze	Skyrac	2.11.06
4. I. Charlton	Kesw	2.11.12
5. Y. Tridimas	Bowland	2.12.00

LADIES

1. A. Sykes	Dartmoor	2.11.34
2. J. Rawlinson O/40	Ross	2.26.38
3. G. Evans	Sheponed	2.28.48
4. A. Weston	Ilk	2.48.08

BENTHAM GALA
Lancashire
CM/10m/800ft 29.05.00

The course was probably two miles shorter than usual due to bridge repairs and, as a consequence, more moor than road - heavy underfoot and stiff, cold wind.

The entry has been decimated for the last two years due to Austwick race on the sane day. This may well have been the last year for the Bentham race.

G. Kenneth Robertson

1. M. Brown	Clay	48.20
2. P. Singleton	Amble	49.32
3. N. Percival	Settle	50.44
4. G. Finch	Horw	50.57
5. N. Holding	WPenn	53.21

VETERANS O/40

1. G. Finch	Horw	50.57
2. N. Holding	WPenn	53.21
3. M. Green	Clay	55.43

VETERANS O/50

1. P. Bramhall	Kghly	55.35
2. J. Oldroyd	LancsM	57.53
3. N. Pratten	Wirral	62.11

LADIES

1. A. Hewitt	Spect	110.42
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JUNIORS

1. B. Finch	Horw	56.57
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SHUTLINGSLOE FELL RACE
Cheshire
AS/2m/285ft 29.05.00

Fifty six runners, the largest field for some years, set off on the short but steep race from Crag Hall to the top of Shutlingsloe and back again. As the field emerged from the notoriously slippery bluebell wood, the leaders had already broken away from the rest of the field, with Lloyd Taggart having already established the lead that would see him finish as a comfortable winner by forty seconds.

The veterans' race was very well supported, with Dale Gartley, last year's overall winner, just edging out Tom McCaff by six seconds for the trophy.

The ladies' race was also very hotly contested and the trophy was successfully defended by last year's winner, Elizabeth Batt.

A very pleasing development was the increase in the number of junior runners taking part. The first junior, Nathan Mason, put up a very creditable time of 22.45 and was 23rd overall.

Fiona Hayne

1. L. Taggart	Bux	17.26
2. M. Fowler	Salf	18.06
3. D. Gartley	Gloss	18.09
4. T. McCaff	Penn	18.15
5. N. Bassett	StaffsM	18.42

VETERANS O/40

1. D. Gartley	Gloss	18.09
2. T. McCaff	Penn	18.15
3. G. Cresswell	Penn	19.17
4. T. Hulme	Penn	19.32
5. M. Salkild	DkPk	20.28

LADIES

1. E. Batt	Bux	21.39
2. R. Pleeth	Macc	22.30
3. R. Hilton	Macc	22.41
4. E. McGuir	Stock	24.04

JUNIORS U/15

1. N. Mason	Bux	22.45
2. S. Cameron	Unatt	25.02
3. R. Gallace	Unatt	25.26

JUNIORS U/11

1. S. Cameron	Unatt	25.02
2. J. Whalley	Unatt	29.00

AUSTWICK AMBLE
North Yorkshire
BM/8m/1200ft 29.05.00

Once again the weather was very much in our favour, a dry bright day with a cooling breeze to take away the effect of the sun. Light rain in previous days made for good running underfoot and combined with better flagging going into the fell, resulted in generally faster times. Last year's record was comprehensively shortened by Will Smith, with last year's winner, Steve Webb coming in fourth and beating his previous time by over four minutes. Separating these two, came Matt Whitfield and Phil Taylor. First lady was Vanessa Peacock (19th overall) with Erika Nutter and Kate Rogan also having good runs to come in 2nd and 3rd (47th and 54th overall).

A good turnout of 88 runners from all sections of the fell running community (vastly experienced old hands/feet to total off-road novices) made for a smashing atmosphere that was enjoyed by runners, families and spectators alike. The inclusion of Junior races (see below) helped in this and the hospitality of the village with the Street Market meant that there truly is "something for everyone" on the day.

Thanks to all the runners for coming and making the day enjoyable - see you all next year!

What a day for the Austwick Junior Races! Over 50 junior runners in three races with accompanying parents, coaches and hangers-on!

Initially, I have to say that there was some confusion about the times/categories of races. I must hold my hand up and say this was at least 50% my fault!! I had put vague details in the calendar and then re-planned in September to only run Under 12 and Under 14 races at 12 noon. Despite putting out new flyers at The Three Peaks and around the place, a large bunch of folk came expecting to run at 1 00 p.m. Hence, the first races,



Peter Pollitt, Bolton, on Hellvellyn Photo: Steve Bateson

official Under 12 and Under 14 and the second less official race where all runners, regardless of age run the Under 12 course. Confused? I certainly was! Full details for next year will be in the calendar and will be accurate! Well done to all the junior runners and we hope to see you next May!

The junior Under 12 course is approximately one and a quarter miles and 180 feet ascent and the Junior Under 14 course is approximately two miles and 400 feet ascent.

Rob Gale

1. W. Smith	Kghly	53.14
2. M. Whitfield	Bing	54.16
3. P. Taylor	Ross	55.27
4. S. Webb	VallStr	55.40
5. B. Waterhouse	Saddle	56.11

VETERANS O/40

1. P. Taylor	Ross	55.27
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VETERANS O/50

1. M. Walsh	Kend	56.32
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VETERANS O/60

1. F. Makin	LancsM	73.04
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LADIES

1. V. Peacock	Clay	61.05
2. E. Nutter	Ripon	66.24
3. K. Rogan	Wharfe	69.06

JUNIORS U/14

1. D. Whitfield	QES	16.47
2. C. Warren	WaltonH	17.19
3. D. Gallagher	Ipswich	17.24

JUNIORS U/12

1. A. Gibson	Holm	11.47
2. B. Rodgers	Settle	12.17
3. J. Thompson	Burnley	12.36

SECOND JUNIOR RACE

1. S. Clegg	Bing	10.14
2. D. Shepherd	Settle	10.33
3. J. Fortune	Kghly	10.42



Keighley & Craven junior at Austwick Photo: Peter Hartley

MYNYDD MYFYR HILL RUN
Shropshire
BS/4m/500ft 29.05.00

A great day - the sun shone. A record entry of 96 runners took part which is an indication of how attractive the not too "difficult" hill runs are becoming.

There was a new course record by the already course record holder, Andrew Davies.

Doug Morris

1. A. Davies	Mercia	20.43
2. D. Turner	Hales	20.48
3. D. Hughes	Wrex	21.20
4. P. Wood	Hales	22.14
5. K. Begley	WChesh	22.20

VETERANS O/40

1. C. Ashley	Wrex	23.26
2. D. Thomas	Blaydon	24.02
3. B. Thompson	Hales	24.07

VETERANS O/45

1. M. Foschi	Penn	22.32
2. G. Manson	OswestOlym	23.37
3. P. Robertshaw	Unatt	24.47

VETERANS O/50

1. F. Reilly	Stock	22.43
2. D. Lloyd	Hales	26.49
3. M. Rosser	RedHerr	27.15

VETERANS O/55

1. B. Frost	Wrex	26.19
2. A. Hodgkiss	Unatt	28.17

VETERANS O/60

1. T. Pugh	Newtown	28.06
2. P. Norman	Wrex	28.22
3. B. Jackson	Brody	28.31

VETERANS O/65

1. M. Ward	OswestOlym	26.44
2. T. Partridge	Wrex	31.47
3. T. Ashcroft	ShropShuff	31.53

LADIES

1. K. Ryan O/35	OswestOlym	27.18
2. J. Bailey	Riveracre	28.19
3. J. Boscoe O/35	Pensby	28.28
4. P. Aldag O/35	Pensby	28.34
5. J. Wilcox O/35	Unatt	30.26

JUNIORS U/13

1. B. Griffiths	Pontes	6.40
2. M. Mielczarek	Kings	6.57
3. T. Donnelly	Unatt	7.38

JUNIORS U/11

1. T. Griffiths	Pontes	7.11
2. G. Horton	Unatt	7.11
3. A. Martin	Trefonen	7.27

JUNIORS U/9

1. G. Partridge	Wrex	6.07
2. O. Clarke	Trefonen	6.07
3. J. Donnelly	Unatt	7.29

JUNIORS U/7

1. E. Hatton	Shrews	4.36
2. S. Outhwaite	Kings	4.50
3. L. Outhwaite	Kings	4.54

THE CONISTON OLD MAN "UP AND DOWN" FELL RACE
Cumbria
AS/3.5m/2400ft 30.05.00

A respectable field of 59 enthusiastic runners enjoyed the hospitality provide din excellent early summer weather. The race wasn't bad either! John Bland impressively led the field home with a 1.5 minute winning margin. The biggest cheer of the evening went to Helen Kesley, who arrived back as the prizes were being presented, having made the most of enjoying the scenery. Hope to see even more runners next year for fun and mayhem!

Dick Palmer

1. J. Bland	Borr	43.51
2. C. Moses	Bing	45.25
3. M. Holroyd	Borr	45.37
4. S. Savage	Amble	46.16
5. P. Pullar	Bolt	46.26

VETERANS O/40

1. D. Allen	DKPk	51.33
2. C. Davies	Saddle	52.07
3. J. Winder	CaldV	52.17

VETERANS O/50

1. D. Tait	DkPk	53.39
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VETERANS O/60

1. R. Deardon	Clay	64.21
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LADIES

1. S. Campbell	Totley	78.13
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LOCALS

1. A. Clark	Amble	57.05
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DOCKRAY FELL RACE
Cumbria
AM/10m/2500ft 31.05.00

An overcast evening greeted the runners for the 17th Dockray Fell Race. After sorting out the right route to be run that evening the race got away with only one runner starting late. The field was made up a good cross-section of runners from different areas and ages.

The second race of the series lived up to the first with a new record by a new winner. Andrew Schofield knocked 24 seconds off the old record. It was good to see the whole field running well with all the entrants back in just over the two hour mark.

Many thanks to Jim for the use of the facilities, to Will for doing the Stybarrow check and to Larry and Judith and all the helpers from the Eden Runners.

Barry Thompson

1. A. Schofield	Borr	1.08.02
2. J. Archbold	CFR	1.14.33
3. R. Unwin	Unatt	1.16.45
4. A. Millar	Kend	1.17.30
5. R. Lamb	LancsM	1.19.35

VETERANS O/40

1. R. Unwin	Unatt	1.16.45
2. A. Millar	Kend	1.17.30
3. R. Lamb	LancsM	1.19.35
4. P. Buckby	Mand	1.20.22

VETERANS O/50

1. D. Spedding	Kesw	1.20.58
2. B. Booth	Unatt	1.31.52
3. P. Dowker	Kend	1.32.57

VETERANS O/60

1. H. Blenkinsop	Kesw	2.02.56
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LADIES

1. S. Forsyth	Unatt	1.27.32
2. D. Thompsen O/35	Kesw	1.38.03
3. S. Lewsley O/35	Unatt	1.38.04

ROCKY

Mourne Mountains
AS/4m/1300ft 01.06.00

Bog Boy is still State Side (Free State) so here goes again! They say that the popularity of each race is directly related to the popularity of the race organiser. This week (only 72 runners) was the lowest turnout for over two years, so thanks community man!

The man of many clubs, Jim Patterson, provided pre-race entertainment. For someone with over 40 years' hill running experience, he managed to appear without any shoes. As he had paid the entrance fee, he was in blind panic as he became aware of the no refund policy. After failing to acquire a pair from his training partner and stallholder, he finally secured a pair from the ever-helpful, Newcastle AC.

Back at the start line new faces were spotted, word about the virgin prizes must be spreading. As the regulars eyed the opposition, many became depressed as they realised they are both young and skinny. This course has a fast track start before the field are faced with the steep slopes of Rocky. From a vantage point near the back of the field, it appeared that many of those at the front were not quite entering into the spirit of the Series, as they appeared to be still running on the upper slopes. Back down the field, the excuses were beginning to flow - much better race the other direction! - the recent rain had made conditions slippery!

As the field stretched out towards Torment Rock, team LVO consisting of Bill Simpson, Paul Fegan, Violet Cordiner and John White appeared to be running in compass formation. At the turn for home, Pierses

Castle race leader and champion-elect, Dave boy McKibbin, weaved his way to the summit, perhaps he should spend some time with LVO. Damien Brannigan and Stephen Linton were in hot pursuit. In the girlsies race, fresh from the previous week's victory, Anne Sandford's efforts paid off as she opened a clear gap on the rest of the field.

As the tortoises made their way down the track to the finish, they passed a couple of ACKC hares, Jamie (I'm on TV) and Roy (youth policy) who were both nursing ankle injuries. Rule 1 - keep your eyes on the ground, perhaps they were looking for their missing mentor, Bart. At the finish, Dave held off Damien for his fifth race win and in doing so, he secured the overall series victory.

Bogboys' Dad!

1. D. McKibbin	N'castle	33.57
2. D. Brannigan	N'castle	34.24
3. S. Linton	BARF	36.12
4. J. Patterson	Albert	36.33
5. J. Brown	BARF	37.09

VETERANS O/40

1. J. Brown	BARF	37.09
2. F. O'Hagan	Newry	39.16
3. I. McMurray	BARF	42.43

VETERANS O/45

1. K. Balmer	BARF	42.04
2. F. Hammond	BARF	43.18
3. B. Simpson	BARF	43.55

VETERANS O/50

1. J. Patterson	Albert	36.33
2. K. Quinn	N'castle	39.49
3. D. Rankin	BARF	39.59

VETERANS O/60

1. H. Young	Ballyd	51.41
2. T. McGowan	Unatt	58.49

LADIES

1. A. Sandford	Ballyd	43.59
2. V. Cordiner	LVO	44.53
3. M. Havern	BARF	48.11

TOTLEY MOOR
Derbyshire
BS/5m/800ft 01.06.00

This summer's ever-present danger of dampness held off, although we were able to take advantage of the new landlord's al fresco eating area and remain under cover and the win was unable to defeat our new sticky registration forms. It did, however, slow down the field of 186 runners slightly. Steve Penney came in the clear winner from the usual suspects from Dark Peak, they also provided the first two ladies and first Over 40 and 50 and helped themselves to the Totley Drinks Cabinet in the way of prizes.

The usual thanks to the few marshals and timekeepers and the printer who delivered our self-adhesive registration forms at 6 10 that evening!

William Alves

1. S. Penney	Ch'fld	36.08
2. M. Hayman	DKPk	36.40
3. S. Bett	DkPk	37.04
4. S. Cameron	Hallam	38.17
5. P. Winskill	Penn	38.21
6. R. Bradbury	Matlock	38.29
7. I. Chidwick	Cleeth	38.35
8. A. Chedden	Howgill	39.10
9. C. Adams	DkPk	39.15
10. R. Hutton	DkPk	39.26

VETERANS O/40

1. R. Htton	DkPk	39.26
2. K. McGrath	40.15	
3. A. Renfrew	Unatt	40.47
4. D. Charles	DkPk	41.23
5. K. Holmes	Unatt	42.10

VETERANS O/50

1. D. Tait	DkPk	39.57
2. H. Todd	SteelC	40.17
3. D. Lockwood	DkPk	42.24

VETERANS O/60

1. R. Mason	Totley	47.37
2. B. Thackery	DkPk	48.19
3. B. Howitt	Matlock	50.12

LADIES

1. D. Pelly O/40	DkPk	47.59
2. L. Bland	DkPk	48.17
3. E. Roche	Unatt	49.21

BEACON HILL FELL RACE
Northumberland
AS/5.75m/1500ft 01.06.00

The change of date from the original 8 June would seem to be the main reason for a less than normal turnout.

First time at the event, Morgan Donnelly was first and Sid Coxon third. Both ran well to be split by ever consistent, Mike Broadhurst.

Ray Hayes

1. M. Donnelly	NFR	48.42
2. M. Broadhurst	Tyne	51.28
3. S. Coxon	NFR	52.10
4. A. Green	Tyne	52.26
5. I. Mulvey	NFR	52.44

VETERANS O/40

1. M. Broadhurst	Tyne	51.28
2. G. Owens	NFR	52.53
3. P. Scott	NFR	58.13
4. J. Christie	Alnw	58.29
5. S. Walker	NFR	60.52

VETERANS O/50

1. R. Hall	NFR	54.19
2. R. Dawson	NFR	57.41
3. J. Cockburn	Alnw	60.06
4. G. Brosnan	Unatt	61.07
5. T. Hart	NFR	61.39

LADIES

1. P. Cooper O/35	NFR	76.33
2. L. Brosnan O/35	Unatt	91.24

WELSH 1000 METRE PEAKS
Gwynedd
AL/22m/8000ft 03.06.00

With an entry of 67 runners this year, the field was somewhat reduced from 1999 but it being the 30th anniversary of the event, the weather did its best to match previous classic years. James McQueen soon stamped his identity on the event. At the first control, he was 17 minutes up on Trevor James, who then had Rick Ansell one minute behind. By Ogwen the lead time had been stretched to 26 minutes and at Pen y Pass, McQueen was 38 minutes in the lead. He went on to get up Snowdon in 50 minutes, a respectful time given the conditions.

In the short fell race, 11 miles from Ogwen, Gary Rees Williams was pushed along by Russell Owen and managed to knock nearly five minutes off his previous held record, finishing in a time of 1.34.28. Russell Owen was also within the old record in 1.35.44. First lady home, Jayne Lloyd, also broke the ladies' record.

Harvey Lloyd

1. J. McQueen	Eryri	3.38.30
2. T. Jones	Eryri	4.27.03
3. R. Ansell	DkPk	4.53.15
4. J. Whitaker	Eryri	4.59.48
5. C. Near	HighSp	5.00.48

VETERANS O/40

1. R. Ansell	DkPk	4.53.15
2. B. Stadden	Bitton	5.02.59
3. R. Jones	Eryri	5.09.47
4. M. Hale	Eryri	5.14.42
5. B. Wells	NWRR	5.30.40

VETERANS O/50

1. A. Oliver	Eryri	5.26.43
2. G. Smith	Westend	5.39.19
3. D. Sinclair	NWRR	5.42.55
4. A. Middleton	Gorph	5.51.38
5. O. Burrows	Eryri	6.08.11

ALWINTON FELL RACES
Northumberland
BL/14m/2500ft 03.06.00

RESULTS - LONG RACE

1. G. Owens O/40	NFR	1.44.24
2. B. Sewell O/40	Morp	1.47.08
3. P. Vincent	N'castle Uni	1.50.21
4. C. Hall	N'castle Uni	1.50.49
5. B. Robson	Unatt	2.01.01

LADIES

1. S. Rouse	Quakers	2.07.16
2. J. Duggan O/40	Morp	2.28.30

JUNIORS (1.5m)

1. K. Rodmell	Tyne	13.40
2. B. Henderson	Morp	13.51
3. J. Travis	Morp	14.26
4. S. Ansell	Morp	21.24

RESULTS - SHORT RACE

1. D. Wood	Unatt	41.14
2. A. Fletcher	S.Shlds	44.09
3. C. White O/50	Hart	50.26

LADIES

1. P. Cooper O/40	NFR	59.33
2. J. Cross	C'mont	61.41

PEN Y GHENT
North Yorkshire
AS/5.5m/1650ft 03.06.00

Despite a weather forecast fit only for ducks and fell runners of the hardest persuasion, one hundred brave souls set off on a changed Pen Y Ghent course.

Using the main Three Peaks route up to the summit and descending down Brackenbottom was aimed at producing a real mountain race. The conditions meant it was definitely that. Visibility was down to five yards at the summit and the wind speed increased during the race. First to the summit was Andy Wrench of Todmorden followed by David Hinchcliffe and Jason Helmsley. With Raynet at the summit relaying positions and weather reports, we were able to keep the followers in the Gala field informed.

Allan Greenwood took summit positions and along with several other hardcore marshals everyone got off the top in one piece. The limestone descent meant several lost places, but some with the more daredevil descenders saying it was almost fun.

Lisa Lacon gained several places from the summit to be first lady as did Ross Jaques - first veteran over sixty in a superb fifty sixth place.

I will apologise to anyone who hated the route change but it was a last minute and enforced thing. Hopefully we can use the old route if things go OK in future.

If I try to say thanks to everyone, I'll be here all day, but I hope you all got a glass of wine at the end. Most of all Raynet, CRO, Allan, Dave, Colin, Sally, Louise, Tracy and all the Three Peaks and Settle Harriers guys. Cheers folks!

1. A. Wrench	Tod	49.23
2. D. Hinchcliffe	L'wood	50.57
3. J. Helmsley	P&B	51.22
4. G. Sumner	Ross	52.57
5. R. Hamilton O/40	Wharf	52.59

VETERAN O/60

1. R. Jaques	Clay	64.45
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LADIES

1. L. Lacon	Holm	60.17
2. E. Nutter	Ripon	61.33

WINCLE TROUT RACE
Cheshire
CS/4.5m/466ft 03.06.00

1. M. Fowler	Salf	27.49
2. B. Charlton	Merc	28.02
3. N. Bassett	Staffs	28.40
4. A. Carruthers	Crawl	28.52
5. B. Carr	Congle	29.14

VETERANS

1. G. Cesswell	Penn	29.25
2. M. Salkid	DkPk	29.45
3. F. Salmon	Fred Sal	30.15
4. I. Warhurst	Penn	30.19
5. C. Fray	Unatt	30.29

LADIES

1. R. Pleeth	Macc	33.27
2. R. Hilton	Macc	34.59
3. L. Cartwright O/35	Unatt	37.13
4. J. Boscoe O/35	Pensby	38.25
5. S. Hales O/35	Macc	39.41
6. J. Purvis	Gloss	40.17
7. D. Tanner O/35	Congle	41.54

JUNIORS U/15

1. T. Pattison	Macc	39.42
2. L. Langford	Unatt	41.54

MAN V HORSE
Powys

BL/22m/3000ft 03.06.00

1. M. Croasdale	CroasCruz	2.10.09
2. M. Sandams	Kghly	2.23.01
3. D. Taylor	Bl'heath	2.25.25

VETERANS O/40

1. M. Wynne	SheltStr	2.38.22
2. D. Wright	Cirences	2.48.47
3. P. Brownson	Unatt	2.55.04

VETERANS O/50

1. L. Davis	Severn	2.50.37
2. B. Davies	CrAmb	3.01.34
3. J. Nolan	Unatt	3.04.37

LADIES

1. K. Britten	Unatt	3.05.02
2. S. Sleath	Hardley	3.05.49
3. S. Sherwood	WyeV	3.07.25

LADIES VETERANS O/40

1. P. Goodall	Mercia	3.21.05
2. S. Johnson	StaffH	3.29.44
3. S. Cain	PennyLane	3.41.17

LADIES VETERANS O/50

1. C. Usher	Reading	4.07.57
2. L. Sharp	Unatt	4.22.06
3. D. Stares	Reading	4.42.14

DUDDON VALLEY FELL RACE
Cumbria
AL/20m/6000ft 03.06.00

Gary Thorpe used his knowledge of the Duddon Valley Fell Race course to great effect to finish second in this 20-miler.

The mist caught out Jonny Bland, who crossed the line first but was disqualified after it was discovered that he missed the third checkpoint on Little Stand.

Thorpe was among the chasing group of four including Rick Stuart, who were together over Hardknott, Little Stand, Swirl How Dow. Race winner, Joe Blackett, made his move between Dow and White Pike and had built up a four minute lead at the last checkpoint on Caw. Thorpe crossed the line in second just three seconds ahead of P. Thompson. Stuart dropped off the pace after Caw and finished fourth while Alan Miller was a creditable seventh.

Meanwhile, Wendy Dodds had another excellent run to win the ladies' race finishing 18th overall. Karen Mather was her nearest challenger nearly 17 minutes behind in 32nd place.

The short race was won by R James with last year's winner, Ken Dacre, in third place ahead of Pete Dowker. Jane Rousseau won the ladies' race finishing ninth.

Martyn Jones

LONG RACE

1. J. Blackett	Mand	3.10.42
2. G. Thorpe	Amble	3.15.47
3. P. Thompson	Clay	3.15.50
4. R. Stuart	Kend	3.18.11
5. L. Warburton	Bowland	3.25.44

VETERANS O/40

1. L. Warburton	Bowland	3.25.44
2. A. Miller	Kend	3.32.30
3. T. Dibben	Horw	3.48.18
4. H. Nicholson	Clay	3.48.27
5. S. Houghton	CaldV	3.50.09

VETERANS O/50

1. J. Dore	Roch	3.53.37
2. G. James	B'pool	4.03.27
3. G. Houghton	CaldV	4.09.29
4. J. Hope	AchR	4.10.40
5. A. Kenny	AchR	4.24.56

LADIES

1. W. Dodds O/40	Clay	3.56.37
2. K. Mather O/40	Saddle	4.13.29
3. M. Edgerton O/40	Penn	4.36.45

SHORT RACE

1. R. James O/40	CFR	1.38.51
2. P. Brooks O/40	ColwynB	1.45.16
3. K. Dacre O/40	Kend	1.51.22
4. P. Dowker O/50	Kend	1.53.53
5. D. Parminter O/40	BCR	1.54.53

LADIES

1. J. Rousseau	Amble	2.13.18
2. U. Challis O/40	BCR	2.16.35
3. S. Owen O/40	Amble	2.25.27

COOMBE HILL RUN
Buckinghamshire
CS/3.75m/400ft 04.06.00

For the first time in its near 30-year history, the short but well reputed Coombe Hill Run was listed in the FRA fixtures list and consequently attracted a collection of gullible but new enthusiastic runners to its steadily increasing following. The run is regarded as an atmospheric and enjoyable little jaunt and its continued success has nothing whatsoever to do with the fact that the finish line is in fact in the car park of the local pub!

The small town of Wendover in Buckinghamshire provides a good turnout of cheering locals to support the runners who are a healthy mixture of club athletes, RAF personnel from the nearby base, fun runners and now fell runners from here, there and goodness knows where!

The going this year was muddy but not too slippery for the best part of the race - even the fearsome "hill" which is a very steep elevation for around a third of a mile, gave good ground. The first six home began as they finished - quick off the mark and strong to the end, the winner, Kevin Harding, just fending off Andy Gibbs, last year's winner.

Something of a "mini feast" awaited the runners at the Shoulder of Mutton - an awesome spread of food and refreshments provided by the landlord and landlady. Nobody got lost (eight years running.... phew!) and the results were finished and printed out within fifty minutes of the last runners home!

Thanks to everyone involved - especially those of you from the upper reaches of the country who came down to experience our southern hospitality. We look forward to welcoming you again soon. Next year's event is Sunday 3 June 2001.

Richard Draffan

1. K. Harding	Tring	23.50
2. A. Gibbs	RAF Halton	24.06
3. P. Simons	Shafts	24.18
4. C. Steptoe	VAyles	24.32
5. P. Tottle	VAyles	24.46

VETERANS O/40

1. K. Harding	Tring	23.50
2. M. Bridgeland	Hastings	24.48
3. A. Richardson	Chiltern	25.07
4. N. Taylor	VAyles	26.03
5. S. Dokic	Hilling	26.19

VETERANS O/50

1. B. Leach	Hilling	27.31
2. K. Coock	Vaux	28.51
3. H. Pattinson	Hilling	29.45
4. R. Allen	VAyles	29.46
5. M. Jellis	LeiBuz	30.32

LADIES

1. J. Patterson	Tring	29.28
2. W. King	Unatt	30.44
3. M. Bonthrone	Tring	32.29
4. J. McPheat	MiltK	33.47
5. K. Finch	NthmptnP	34.25
6. A. Opperman	Tring	35.27

JUNIORS

1. R. Taylor	VAyles	30.47
2. M. Fallaize	VAyles	32.28
3. K. Finch	NthmptnP	34.43

LARA SHINING CLIFFS FELL RACE
Derbyshire
BS/5m/900ft 04.06.00

Thank you to all those who took part in the race which I hope you enjoyed. Only one person got lost and that is because he listened to a spectator and did NOT look at the red arrows!!! He was last seen cussing the spectator who was a friend before the race!

David R Denton

LONG RACE

1. T. Plant	Derby	31.39
2. G. McEwan	HolmeP	32.13
3. M. Long	HattonD	32.44
4. C. Rowe	Matlock	33.25
5. S. Cliff	Unatt	33.41

VETERANS O/40

1. S. Cliff	Unatt	33.41
2. M. Moorhouse	Matlock	35.26
3. P. Eastwood	Unatt	38.34

VETERANS O/50

1. R. Marlow	DkPk	34.42
2. R. Scotney	Penn	34.54
3. B. Aillsopp	BellH	39.21

VETERANS O/60

1. F. Makin	HolmeP	43.49
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LADIES

1. J. Gilchrist	Totley	43.43
2. D. Worthy O/50	Vege	47.42
3. L. Evans O/40	DerbyL	49.20

JUNIORS

1. N. Morson	Bux	40.49
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SHORT RACE

1. S. Foster Jun	Uttox	18.12
2. W. Maxwell Jun	Uttox	18.59
3. J. Hall	Uttox	19.14

EDENFIELD FELL RACE
Lancashire
BM/7.5m/1600ft 04.06.00

Heavy overnight rain had left a trail of sand and mud down the road at the bottom of the hill. Conditions were, however, ideal for running. As has become the tradition, Dave Beels quickly reached the front of the pack as they left the Cricket Club.

It was not long before Sean Willis and Martin Lee were at the front and going well. After Whittle Pike trigpoint, Willis pulled away on the rough downhill and was never passed.

The ladies' race was always going to Vanessa Peacock provided she completed the course.

Well done to Derek Clutterbuck - he came to watch, borrowed his kit and won the Veteran O/60 category.

Ken Smith

1. S. Willis	Tod	45.58
2. M. Lee	Ross	46.17
3. P. Pollit	Bolt	47.56
4. R. Griffiths	Holm	48.39
5. C. Bishop	Saddle	48.46

VETERANS O/40

1. R. Griffiths	Holm	48.39
2. C. Fray	Penn	49.26
3. J. Ingham	Saddle	51.05
4. I. Warhurst	Penn	51.28
5. P. Browning	Clay	52.36

VETERANS O/45

1. D. Beels	CaldV	50.30
2. A. Bocking	Penn	52.45
3. D. Hindle	Clay	55.24
4. L. l'Anson	Borr	56.17
5. G. Laycock	Clay	57.12

VETERANS O/50

1. K. Taylor	Ross	49.09
2. A. Hulme	Penn	51.33
3. B. Rawlinson	Ross	52.32
4. B. Crowdsom	Unatt	60.45
5. J. Cox	Middle	61.12

VETERANS O/55

1. G. Breeze	Skyrac	52.18
2. P. Jepson	Ross	53.50
3. P. Walkington	Horw	57.12

VETERANS O/60

1. D. Clutterbuck	Roch	65.50
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LADIES

1. V. Peacock O/45	Clay	
2. J. Rawlinson O/45	Ross	
3. D. Lender O/35	Penn	
4. I. Limbrick O/40	Middle	
5. R. Casey O/35	Unatt	

MALLERSTANG HORSESHOE AND NINE STANDARDS YOMP
Cumbria
BL/23m/4000ft 04.06.00

This year we had a total of 535 entries, which was down somewhat on the record 660 entries of 1999 but in view of the very poor weather conditions, we were still pleasantly surprised by the number who turned out.

It was cold with drizzly rain and with a lot of mist on the night ground so we altered the full 23-mile course to a pre-planned lower route cutting out Wild Board Fell, Swarth Fell Pike and the Mallerstang edge. The distance on the lower course was approximately the same. The 11? mile Half Yomp followed the normal course and we put out additional markers over Nine Standards Rigg and made regular checks to ensure nobody got lost!

At the end of the day, we had the usual crop of blisters and one or two with strained ligaments but nothing serious and our friends, the Red Cross, took care of the blistered feet.

The event will be repeated in 2001 and the exact date will be published later this year.

Bill Watkin

FULL YOMP

1. S. Robinson	3.11.00
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MALE O/60

1. B. Christie	4.39.00
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MALE U/16

=1. S. Shone	6.54.00
=1. N. Doherty	6.54.00

MALE LOCAL

1. S. Moffat	3.20.00
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LADIES

1. H. Krynen	3.37.00
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LADIES U/16

1. S. Tunstall	5.14.00
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LADIES LOCAL

1. S. Tunstall	5.14.00
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HALF YOMP

1. M. Waterton	1.58.00
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LADIES

1. L. Jeffs	2.05.00
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Pete Browning, CLeM, at Waughls Well
Photo: Steve Bateson

THE WAUGH'S WELL FELL RACE

Lancashire
AS/4m/1000ft 06.06.00

This year's race saw a smaller field of 66 runners brave the cold, windy, unseasonal weather and take to the rain sodden Scout Moor.

First home was Andy Wrench in an untroubled time of 30.47, nearly two minutes slower than his record of 28.55 but well clear of second placed Martin Lee. Close on Martin's heels was Gary Sumner with Stephen Hoyle in fourth and Stuart Sumner in fifth. Rossendale took the team title. Next placed with Clayton-le-Moors with 76 points.

First veteran home was Dave Archer who was placed ninth overall.

Vanessa Peacock took the ladies' trophy home for the third successive year, placing twelfth overall. Lucy Whittaker was second yet again and young Kate Rogan, a junior, was third. Naomi Biddle suffered an ankle injury and had to retire. Many thanks to Rossendale Search and Rescue Team who were in attendance and assisted Naomi to the finish.

The prize presentation took place at the Fisherman's Retreat, who generously sponsored the event again together with Bury Motor Bodies of Edenfield, Farm Swim School of Turn Village and Edenfield Garden Services. Thanks also to all participants - both runners and helpers. I hope to continue this event next year and welcome all runners.

Cath Hignett

1. A. Wrench	Tod	30.47
2. M. Lee	Ross	33.34
3. G. Sumner	Ross	33.40
4. S. Hoyle	Ross	34.10
5. S. Sumner	Ross	34.28

VETERANS O/40

1. P. Browning	Clay	36.05
2. J. Wood	Roch	37.45
3. P. Morley	Ross	37.46

VETERANS O/45

1. D. Archer	Bury	35.39
2. V. Peacock	Clay	36.40
3. P. Rogan	Wharfe	38.31

VETERANS O/50

1. B. Rawlinson	Ross	36.59
2. B. Crewdson	Unatt	41.26
3. A. Healey	Bury	41.29

VETERANS O/55

1. T. Peacock	Clay	42.51
2. G. Navan	Ross	44.43

VETERANS O/60

1. P. Davis	Saddle	45.33
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LADIES

1. V. Peacock O/45	Clay	36.40
2. L. Whittaker	Saddle	39.02
3. K. Rogan Jun	Wharfe	40.39
4. J. Rawlinson O/45	Ross	43.37
5. G. Dickson O/50	Ross	52.31

JUNIORS

1. M. Corbishev	Ross	38.58
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COCK HOWE UP AND DOWN

North Yorkshire
AS/3m/800ft 06.06.00

1. J. Rogers	EHull	19.18
2. M. Wynne	Saltw	19.22
3. J. Blackett	Mand	19.23
4. P. Buckby	Mand	20.01
5. K. Maynard	Quak	20.02

VETERANS O/40

1. P. Buckby	Mand	20.01
2. K. Maynard	Quak	20.02
3. I. Elmore	Scarb	20.21

VETERANS O/50

1. M. Shaw	Mand	23.46
2. D. Grinwood	NMarske	23.51
3. A. Wikeley	ThirskS	24.32

VETERANS O/60

1. R. Sherwood	NMarske	26.06
2. M. Horan	Quak	32.24

LADIES

1. A. Raw	Darling	23.06
2. K. Neesam	NMarske	24.30
3. K. White	Quak	24.40

LADIES VETERANS (1)

1. J. Soper	ThirskS	26.19
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LADIES VETERANS (2)

1. S. Jemson	NMarske	26.47
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LADIES VETERANS (3)

1. M. Gibbs	Thirsk	29.21
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PADDY'S POLE FELL RACE

Lancashire
AS/4.5m/1100ft 06.06.00

No records were broken this year but the race did produce a new name on the winners' list and with his brother finishing in second place, there was scope for celebration in the Hope household. The first lady was also a first time winner of the race as well as being the first Lady Veteran O/40. The event takes place on the Bowland fells and it is perhaps not unexpected that the local club, Bowland Fell Runners, took the team prize. However, this is only the second time in the thirteen year history of the event, that Clayton have failed to take the team prize.

Talking of history, the Talbot Hotel, who have been involved with the race since its inception, were not enthusiastic about maintaining the relationship and even less enthusiastic about providing the traditional pie n' peas (they actually wanted to sell them at £1 each!!). The new venue, Chipping Village Hall, worked well and we will be using it again next year. Hot showers and pie n' peas will again be available - the pie n' peas proving much more popular than the showers this year. Does this say something about fell runners?

Brian Dearnaley

1. R. Hope	P&B	32.47
2. D. Hope	AchR	33.14
3. S. Sweeney	AchR	33.34
4. D. Nuttall	Clay	33.49
5. Q. Harding	Bowland	33.53

VETERANS O/40

1. A. Rowe	Wesham	35.13
2. A. Alty	Chorley	35.34
3. D. Naughton	DarwenD	36.28
4. G. Johnson	NFylde	36.29
5. A. Nixon	Prest	36.39

VETERANS O/50

1. J. Nuttall	Clay	39.02
2. G. Wright	Ross	39.39
3. G. Newsam	Clay	40.04
4. G. James	B'poolF	40.46
5. T. Pate	Clay	43.55

LADIES

1. S. Becconsall O/40	Tod	41.47
2. N. Fellowes	Newburgh	44.43
3. J. Taylor	LancsM	48.31
4. L. Unsworth	Chorley	49.31
5. J. Lee O/40	Clay	50.12

KETTLESHULME FELL RACE

Cheshire
BM/6m/850ft 07.06.00

This year, by request, we ran the race in the opposite direction, which meant a slight deviation of the course to allow the field to thin out. Instead of using the narrow footbridge, the course was taken through the river at the bottom of the 300 yard climb. The day of the race was nice and sunny but, as usual, a few minutes before the start, it poured down.

The race was won by Malcolm Fowler and Mike Hutchinson was second. As our race was second counter in the Lyme Park Championship, it left an interesting situation as Malcolm Fowler was second in the first race and Mike Hutchinson won the race. No doubt, Dave Jones will let you know the result.

After the race, we were praised by most of the 180 runners on how well organised we were and the amount of marshals. We were able to send out 30 marshals in six miles - not bad!!

G. K Boothby

1. M. Fowler	Salf	38.26
2. M. Hutchinson	Traff	38.54
3. G. Watson	Altr	40.11
4. S. Barlow	Horw	40.21
5. G. McNeill	Helsby	40.38

VETERANS O/40

1. D. O'Brien	Bux	42.27
2. S. Entwisle	Gloss	42.34
3. P. Edgerton	Kghly	44.11
4. P. Moore	Unatt	46.10
5. D. Willis	Unatt	46.40

VETERANS O/45

1. B. Gregory	Stock	42.45
2. D. Fine	Unatt	43.40
3. G. McAra	Helsby	44.08
4. F. Fielding	Gloss	44.30
5. A. Howe	Penn	45.28

VETERANS O/50

1. A. Brentnall	Penn	44.42
2. R. Scotney	Penn	44.57
3. D. Smith	Stock	46.28
4. R. Ball	Gloss	47.15
5. C. Holland	Mich	47.39

VETERANS O/60

1. B. Thackery	DkPk	53.47
2. B. Gane	Sale	54.24
3. B. Stephenson	Stock	61.16

LADIES

1. E. McGuire	Stock	47.36
2. R. Hilton	Macc	48.39
3. M. Zazzi	Stock	50.13
4. K. Harvey	Altr	50.58
5. J. Gardener	Bux	51.28

INTERMEDIATES

1. L. Moran	Local	50.55
2. I. Taylor	Local	60.04

WALKER RUN

West Yorkshire
AS/2.25m/625ft 07.06.00

Young England International, Mark Buckingham, was a surprise winner of this year's Walker Run. He outpaced veteran, Richard Crossland, in the final few yards of the gruelling uphill finish.

It would have been very different had the man who had led from the start, Julian Rank, not gone off course near the finish of this tough two mile up-and-down race. But, Mark, just 15, took advantage to secure a well-earned victory.

Lisa Lacon won the ladies' race for the second time while Ben Clayton-Smith took the award for the first local to finish.

Despite the small field of just 25, having to contend with torrential rain and heavy conditions underfoot, the first Walker Run of the new millennium proved a great success.

Many thanks to all the marshals and, of course, the runners.

Dave Overend

1. M. Buckingham	Holm	16.24
2. R. Crossland	BfdA	16.32
3. A. Shaw	Holm	17.02
4. R. Griffiths	Holm	17.10
5. J. Rank	Holm	17.40

VETERANS O/40

1. R. Crossland	BfdA	16.32
2. R. Griffiths	Holm	17.10
3. K. Bowskill	P'stone	18.19

VETERANS O/50

1. D. Tait	DkPk	18.12
2. A. Smith	Holm	19.54
3. R. Bradley	Holm	20.40

LADIES

1. L. Lacon	Holm	20.04
2. F. Davies	Unatt	27.09

BLENCATHRA FELL RACE
Cumbria
AM/8m/2700ft 07.06.00

Eden Runners of Penrith have taken over the organising of this popular event following its non-appearance in the 1999 calendar. Moved from its usual Tuesday date, the race attracted 90 runners on the Wednesday prior to a championship fixture (Ennerdale). Fine weather meant for good running with clear visibility making route finding easy. James Archbold made light work of the course finishing with a smile and looking very comfortable but was pressed all the way by Dave Birch and Morgan Donnelly.

The ladies' event was won by reigning English Champion Janet King. The Mill Inn, Mungrisedale, provided the venue for the race and was welcome shelter from the rain as the evening closed in. Thanks to all helpers and especially the marshals on the top of Blencathra.

Simon Lloyds

1. J Archbold	CFR	1.06.39
2. D. Birch	Kesw	1.07.18
3. M. Donnelly	NFR	1.07.56
4. S. Savage	Amble	1.08.40
5. K. Hagley	SWRR	1.09.03

VETERANS O/40		
1. R. Unwin	CFR	1.11.14
2. R. Lamb	LancsM	1.12.25
3. L. Hill	Dumfries	1.13.59
4. A. Beck	Warton	1.14.43
5. D. Ansell	CFR	1.15.30

VETERANS O/50		
1. M. Walsh	Kend	1.12.34
2. R. Dawson	NFR	1.19.31
3. I. Charlton	Kesw	1.21.05
4. J. Laycock	Amble	1.24.44
5. P. Dowker	Kend	1.26.37

VETERANS O/60		
1. J. Taylor	Amble	1.37.00
2. R. Burchett	Kesw	1.42.18
3. H. Catlow	CFR	1.43.31

LADIES		
1. J. King	CFR	1.18.40
2. S. Forsyth	Kesw	1.20.46
3. K. Beatty O/40	CFR	1.26.06

BIGNIAN - TO THE TOP
(HILL & DALE SERIES)
Mourne Mountains
AS/2m/2000ft 08.06.00

Bignian to the Top is yet another unique River Rock Hill and Dale race, the ninth out of the eleven in the series. Gravity gives the more rotund an advantage on the descents, but not this race, instead a true test of endurance finishing 2,200 feet up.

Another "January" night greeted the runners with a torrential downpour on cue with the sound of a car alarm warning the runners that the start was imminent.

Some 87 runners crammed at the bottom of the lane, rain pouring down and car alarm wailing.

At last on their way, champion designate, Davy McKibbin, made a gallant effort to hold onto Bryson, but in vain. Bryson, who this year has been giving the local road bike scene a go, has lost none of his touch on the hills and slowly pulled away from McKibbin, eventually coming home two minutes clear, despite the slippery conditions.

Meanwhile, earlier in the race, as the main field left the stony track and onto the muck of the mountain itself, Bobby Graham stayed down on the longer but flatter track. Gaining about ten seconds and taking himself up to fifth in the process, asked later, he said "I stayed on my traditional route - I've gone that way for years, it's faster!" It's only the third time the race has actually been run, but is nonetheless right.

Steve Begley also had his best race of the season, finishing third ahead of Damien Brannigan. Shileen Donnelly returned to winning ways, finishing an impressive 23rd overall, but one and a half minutes outside her own record from last year.

Anne Saniford continued to demonstrate improved form in second with Trudi Brown close behind.

Martin McVeigh

1. R. Bryson	N'castle	23.43
2. D. McKibbin	N'castle	25.40
3. S. Begley	Albert	27.57
4. D. Brannigan	N'castle	28.05
5. E. Hawkins	N'castle	28.42

VETERANS O/40		
1. J. Brown	BARF	29.25
2. P. Howie	Larne	29.27
3. I. McMurray	BARF	33.41

VETERANS O/45		
1. P. McGookin	ACKC	31.18
2. K. Balmer	BARF	33.08
3. P. Turkington	ACKC	33.22

VETERANS O/50		
1. J. Patterson	Albert	28.43
2. K. Quinn	N'castle	31.56
3. D. Rankin	BARF	32.23

VETERANS O/55		
1. E. Moore	Lunchtime	33.32
2. J. Taylor	N'castle	38.44

VETERANS O/60		
1. H. Young	Ballyd	43.06

LADIES		
1. S. Donnelly	BARF	32.24
2. A. Sandford	Ballyd	34.05
3. T. Brown	ACKC	34.23

CASTLETON FELL RACE
Derbyshire
AM/6m/1500ft 09.06.00

Another cold, damp and misty evening. A record number of entrants, which included a runner from Holland, Kees Norschoors, with a time of 68.19 (obviously not used to hills!) and also continued support from our friends from Portsmouth and the Isle of Wight. A long way to come for a run!

The route is taking the look of a road run as much of the ridge and now the route from Hollins Cross, is being paved due to the erosion of the path. There were no records due to the slippery conditions and poor visibility along the ridge. However, Micah Wilson came in first, after coming 10th and 9th in previous years. Unfortunately, John Cookson missed the turn at Mam Tor trig point and was on his way to Chapel-en-le-Frith before turning back to come in second.

Nicholas Basset continued to improve on his previous plackings to come in third and Phil Bowler showed good form to finish sixth, beating all the Over 40s.

It was suggested to me after the race that the course should be re-routed to take out some of the newly paved paths. This will be considered. Any other observations are always welcomed. I must thank everyone who support the event - the sponsor, Brian Johnson, and all the helpers on the night who continue to make the event successful.

Mick Mattia

1. M. Wilson	Hallam	44.05
2. J. Cookson	Sale	44.22
3. N. Bassett	StaffsM	44.27
4. M. Hayman	DkPk	44.40
5. D. Alexander	Crich	44.54

VETERANS O/40		
1. P. Bowler	DkPk	45.54
2. M. Brown	Bux	48.08
3. M. Salkild	Unatt	48.16
4. R. Hutton	DkPk	49.08
5. K. Holmes	Unatt	50.36

VETERANS O/45		
1. P. Bowler	DkPk	45.54
2. K. Holmes	Unatt	50.36
3. C. Barber	DkPk	52.02

CRYBYN RACE
Gwynedd
AS/5.5m/3100ft 10.06.00

Thanks to all who supported the race. Next year the event will be on the same weekend in the year - Saturday 9 June. See you there for the next assault on the north face!

1. A. Jones	Aberd	60.30
2. J. Bass	ForD	62.24
3. M. Collins	MDC	63.44
4. P. Maggs	MDC	63.48
5. N. Lewis	MDC	63.48

VETERANS O/40		
1. P. Maggs	MDC	63.48

VETERANS O/50		
1. D. Gilbert	MDC	85.34

ENNERDALE HORSESHOE
Cumbria
AL/28m/7500ft 10.06.00

This year's race received a massive jump in entries - 38 in 1999 to 223 runners in 2000! The race, being a British Championship, was raced at the front with Simon Booth falling short of Kenny Stewart's record by 27 seconds. The current race start is shorter than the route on which Kenny set his record, so the record still stands! "It's good to have something that challenges people to come back".

The conditions were clear and perfect apart from strong winds. The race atmosphere was fantastic and made for a great day. Thanks everyone for taking part.

Colin Dulong

1. S. Booth	Borr	3.21.24
2. G. Bland	Borr	3.23.45
3. J. Bland	Borr	3.25.39
4. M. Roberts	Borr	3.26.19
5. R. Jebb	Bing	3.26.58
6. M. Rigby	Amble	3.28.10
7. A. Trigg	Gloss	3.32.12
8. J. McQueen	Eryri	3.17.16
9. Paul Sheard	P&B	3.37.46
10. D. Neill	StaffM	3.37.54
11. A. Schofield	Borr	3.38.04
12. B. Ervine	Ballyd	3.46.10
13. I. Holmes	Bing	3.48.29
14. S. Gould	Bing	3.48.36
15. G. Wilkinson	Clay	3.51.18
16. J. Blackett	Mand	3.51.26
17. C. Donnelly	Eryri	3.51.50
18. J. Davies	Unatt	3.53.26
19. N. Sharp	Amble	3.53.41
20. Phil Sheard	P&B	3.54.04
21. M. Wallis	Clay	3.54.56
22. J. Archbold	CFR	4.00.59
23. I. Smith	DkPk	4.01.26
24. G. Schofield	Horw	4.01.30
25. P. Pollitt	Bolt	4.01.36
26. J. Hunt	CFR	4.02.38
27. R. Gallagher	W'lands	4.02.38
28. S. Jackson	Horw	4.04.11
29. R. Lawrence	Bing	4.04.33
30. S. Bourne	Atlr	4.04.57

VETERANS O/40		
1. D. Neill	StaffsM	3.37.54
2. C. Donnelly	Eryri	3.51.50
3. M. Wallis	Clay	3.54.56
4. G. Schofield	Horw	4.01.30
5. R. Gallagher	W'lands	4.02.35

VETERANS O/45		
1. S. Jackson	Horw	4.04.11
2. P. Clarke	Kend	4.06.44
3. R. James	CFR	4.17.13
4. H. Jarrett	CFR	4.21.27
5. N. Pearce	Ilk	4.23.02

VETERANS O/50		
1. D. Overton	Kend	4.05.32
2. J. Patterson	Albert	4.14.54
3. D. Spedding	Kesw	4.18.08
4. D. Tait	DkPk	4.25.21
5. K. Taylor	Ross	4.28.16

VETERANS O/60		
1. B. Waldie	Carn	4.52.48
2. R. Jaques	Clay	5.06.25
3. R. Booth	Kesw	5.12.34

LADIES		
1. S. Newmand	Gloss	4.29.52
2. N. Davies	Borr	4.39.01
3. A. Brand-Barker	Kesw	4.40.37
4. J. Rae	Amble	4.52.30
5. H. Krynen	Kesw	4.53.59
6. L. Cowell	Kesw	4.56.15
7. W. Dodds	Clay	4.57.35
8. J. Smith	Bing	5.09.02

ROCHDALE HARRIERS 3-DAY EVENT - KNOWL HILL FELL RACE

Rochdale
6.25m 9.06.00

ROAD RACE

1. D. Lewis	Ross	32.17
2. R. Jackson	Salf	33.55
3. P. Taylor O/40	Ross	34.55
4. R. Haworth O/40	Mid	34.57
5. D. Wilkinson	Roch	35.43

LADIES

1. J. Coleman O/40	Chor	42.29
2. J. Needham O/45	Roch	43.32
3. S. Norris O/45	Horw	44.37
4. W. McRae O/40	Roch	44.44
5. K. Taylor O/40	Ross	44.50

ROCHDALE HARRIERS 3-DAY EVENT - OVERALL

Rochdale
9/10/11 June 2000

MULTI-TERRAIN

1. D. Lewis	Ross	35.02
2. R. Jackson	Salf	36.55
3. R. Howarth O/40	Mid	38.21
4. P. Taylor O/40	Ross	39.20
5. D. Wilkinson	Roch	39.36

LADIES

1. K. Mather O/35	Sadd	45.42
2. J. Needham O/45	Roch	47.33
3. J. Coleman O/40	Chor	47.54
4. S. Norris O/45	Horw	49.12
5. K. Taylor O/40	Ross	51.41

EDALE COUNTRY DAY FELL RACE

Derbyshire
AS/5.25m/1400ft 11.06.00

Many thanks to all who competed in the race which is now in its 7th year. 113 runners took part - the largest number over the course.

Richard Patton won the race in 40.19 over a minute outside Andy Trigg's excellent course record of 39.08. First lady was Phillipa Leach.

The race is held in conjunction with Edale Country Day, which is organised to raise funds for the small local primary school (Edale). The race made a profit of just over £300.

Andy Jenkins

1. R. Patton	DkPk	40.19
2. G. Oldfield	P&B	40.40
3. M. Hayman	DkPk	41.15
4. P. Winskill	Penn	41.46
5. A. Jenkins	DkPk	42.22

VETERANS O/40

1. C. Fray	Penn	44.40
2. D. Charles	DkPk	45.45
3. I. Warhurst	Penn	46.40
4. A. Kitchen	DkPk	49.45
5. M. Rhodes	Thames	50.20

VETERANS O/45

1. D. Fine	Unatt	45.26
2. G. McAra	Helsby	46.55
3. K. Holmes	Unatt	47.37
4. A. Bocking	Penn	48.01
5. G. Smith	Unatt	49.39

VETERANS O/50

1. T. Hulme	Penn	45.11
2. N. Boler	DkPk	47.53
3. D. Whiteside Thomas	Eryri	48.07
4. R. Marlow	DkPk	49.16
5. C. Holland	Mich	50.08

VETERANS O/60

1. W. Murphy	FordHale	55.36
2. K. Mitchell	Roth	77.21

LADIES

1. P. Leach	DkPk	50.30
2. S. Gulliver	Penn	52.24
3. M. Edgerton O/40	Penn	54.23
4. L. Bland	DkPk	55.00
5. A. Gull	Bing	55.34

BARNSELY BOUNDARY RELAY RACE

South Yorkshire
CL/72m/Relay 11.06.00

Barnsley AC returned to winning ways in this year's Barclays sponsored boundary relay race. This was only their second victory since winning the inaugural race in 1993. Their winning time of 8.21 for the 72-mile, 10-stage relay, was well outside the record time of 7.57 they set in 1993 but 35 minutes faster than last year.

Rotherham Harriers' ladies, running under their catchy team label "Between the Legs", also recorded their second victory, the previous one being in 1997. They recorded almost exactly the same time as previously, 10.06. Barnsley AC Ladies were second in 10.30.

Barnsley Harriers O/40 Veterans won their class for the first time with Penistone Footpath Runners O/40 team coming second. The first walking team to finish was "Trig Point" and the Brook Office Award for an outstanding performance went to Kimberworth Striders who came second in their first attempt in the race.

This annual event, which is a major challenge by any standards, follows the boundary of Barnsley Metropolitan Borough as closely as possible on footpaths, bridleways and minor country roads, attracts a variety of local athletic clubs and teams from local walking and businesses. The route passes through some of Barnsley's most delightful countryside and is waymarked for the anytime walker.

Philip Thompson

1. Barnsley AC	8.21.01
2. Kimberworth 'A'	8.26.04
3. Rotherham H	8.27.41
4. Barnsley H O/40	9.18.01
5. Barnsley H 'A'	9.19.30

SILVA HILL RACES

Surrey
C/18m/2200ft 11.06.00

The Silva Hill Races is a unique event in South East England in that it attempts to get close to the style of a navigational northern fell race among the wooded hills of Surrey. The routes are defined by points and are not otherwise marked. The points are always the same and receiving is encouraged so it is not in any way an orienteering event, though for most of its 22 years' existence, it has been run under the auspices of the British Orienteering Federation.

Two changes have taken place in the last two years. Firstly, it is now registered with and advertised with the FRA and, secondly, Silva Compasses UK have stopped providing sponsorship. We continued to call it the Silva Hill Races this year because as a final act of generosity, Silva contributed to another new permanent trophy. The entry was a little smaller than usual but a number of new club names appeared indicating some success for attempts to market the event outside the orienteering fraternity.

The weather was reasonably kind for the event this year but the excellent spring growing season meant that some of the parts were very difficult. For this reason, Andy Weir's winning time of 1.57, just two minutes off the record, was a good effort and Hsu MinChung's record breaking 2.29 for the ladies, was first class.

Jeremy Denny

COURSE A

1. A. Weir	TH&H	1.57.40
2. K. Leitch	SO	2.10.23
3. P. Nicholls	GO	2.12.50
4. A. Doyle	GO	2.20.19
5. A. Irvine	SLOW	2.29.50

COURSE B

1. C. Beecham	Highgate	1.03.02
2. M. Potter	LOK	1.03.06
3=N. Bateson	BAOC	1.08.24
3=N. Forrest	Frontrunn	1.08.24
5=J. Williams	SN	1.10.20
5=R. Brown	Bogtrott	1.10.20

COURSE C

1. D. Fisher	MV	53.26
2. G. Gristwood	MV	54.11
3. M. Wilkins	SAXONS	56.02
4. P. Jones	CROC	59.14
5. P. Elkins	Unatt	59.23

GLAS TULAICHAEN UPHILL RACE

West Lothian
AS/4.5m/2200ft 11.06.00

A brisk southerly breeze gave good conditions for running and admiring the fine mountain panorama from the summit. The first four finishers were amongst many who ran faster than last year. The ever present, Dave Weir, enhanced his fine record ('96 - 2nd 37.59; '97 - 2nd 35.57; '98 - 1st 35.04; '99 5th 37.11; '00 1st 36.24).

The exceptionally small field was disappointing and the absence of a single junior or member of the fair sex was even more so. For my part, I enjoy the event and meeting the folk who compete and those who help. I sense that you do too. But the event costs quite a lot of effort and of money to put on. So one is bound to ask when numbers become too small to justify taking the trouble. What do you think?

Thanks once again to Simon Winton, our exceptionally supportive host and to Richard, who drove the gear up. Thanks again to Jane and Steven, our hardy summit timekeepers, and to Scott and Iain, high altitude sherpas. Happily, Eileen Gibson's first aid was not required but her free message service was appreciated and her stack of home cooking went down a treat.

Martin Hyman

1. D. Weir	Fife	36.24
2. K. Varney	Cosmic	38.01
3. N. Raitt	Dundee	40.15
4. G. Watson	Dundee	43.12
5. A. Smith	Deeside	43.35

VETERANS O/40

1. K. Varney	Cosmic	38.01
2. G. Watson	Dundee	43.12
3. K. Whyte	Loachab	43.47

VETERANS O/50

1. C. Love	Dundee	46.30
2. L. Volwerk	Lochab	50.44
3. S. Cromar	Dundee	53.31

COITY RACE

Gwent
BS/5m/1000ft 14.06.00

1. P. Maggs	MDC	41.00
2. D. Lambeth	Unatt	41.21
3. A. Woods	Eryri	41.38
4. S. Sanders	Abert	42.02
5. L. Gwilym	MDC	42.18

VETERANS O/40

1. P. Maggs	MDC	41.00
2. L. Gwilym	MDC	42.18
3. J. Darby	MDC	44.38

VETERANS O/50

1. D. Finch	MDC	48.01
2. D. Gilbert	MDC	58.35
3. L. Pugh	MDC/Blaen	59.54

VETERANS O/60

1. C. Jones	MDC	58.30
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LADIES

1. T. Lewis	Unatt	59.30
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JUNIORS

1. O. Jones	LesCroup	47.41
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Jon Wright, Todmorden, at the Ennerdale Championship Race Photo: Peter Hartley

YETHOLM FESTIVAL
Roxburghshire
AM/8m/2500ft 11.06.00

Dry weather for a change although it was very windy on the tops, of which there are many in this race. Most runners were surprised by the challenge of the lovely border hills!

Scottish Championship status ensured record turnout of 111 competitors as well as new records set in all categories. The first 14 runners completed the course inside the time set by last year's Scottish Champion, Hayen Lorimer, who could only finish 12th this time around.

In the men's race, John Brooks saw off an early challenge from Chris Robinson to reduce the record by eight minutes, while in the ladies' race, Clare Millor stormed around to take eleven minutes off Lorna Eades' time, also set in 1999.

Only five juniors entered the short race, which was won by Euan Jardine, who has since been selected to run for Scotland. All the juniors enjoyed the route, hopefully we'll be able to encourage more to take part next year.

Thanks to all the farmers of the Halterburn Valley, Border Search and Rescue Unit, Pete Bland and Norham Running Club for their help on the day.

Hope to see you all back next year.

Les Turnbull

1. J. Brooks	Loch	62.02
2. C. Robinson	Inverclyde	65.08
3. D. Whitehead	Cosmic	66.06
4. J. Coyle	Solway	66.25
5. J. Hepburn	Loch	66.37

VETERANS O/40

1. M. Laing	Fife	68.22
2. M. Flynn	Carn	68.42
3. A. Spenceley	Carn	72.56
4. J. Dickinson	Tyne	73.34
5. J. Blair-Fish	Carn	73.36

VETERANS O/50

1. M. Hulne	KwikFCors	77.59
2. R. Dawson	NFR	80.16
3. D. Milligan	Solwa	81.47
4. C. Love	DundH	82.42
5. J. Knox	Teviot	85.13

VETERANS O/60

1. B. Gauld	Carn	88.44
2. G. Armstrong	Hadd	92.12
3. C. Lane	RRC	118.44

LADIES

1. C. Millor	Cosmic	77.03
2. K. Jenkins	Carn	80.26
3. D. Scott	Loch	81.50
4. K. Newman	Carn	84.33
5. J. Higginbottom	Carn	85.34

JUNIORS

1. E. Jardine U/18	Unatt	15.42
2. S. Pride U/16	Fife	18.39
3. J. McIntosh U/13	Fife	19.48

COLEDALE HORSESHOE
Cumbria
AM/9m/3000ft 14.06.00

1. G. Bland	Borr	1.18.59
2. J. Archbold	CFR	1.20.00
3. D. Birch	Kesw	1.20.03
4. M. Donnelly	N'land	1.20.32
5. P. Skelton	CFR	1.21.08

VETERANS O/40

1. P. Skelton	CFR	1.21.08
2. J. Tomlinson	Clay	1.22.51
3. A. Beaty	CFR	1.23.40
4. S. Hicks	Borr	1.27.26
5. L. Warburton	Bowland	1.27.29

VETERANS O/50

1. M. Litt	CFR	1.32.01
2. S. Sharp	CFR	1.32.52
3. I. Chaston	Kesw	1.38.07
4. G. James	B'pool	1.40.29
5. P. Douker	Kend	1.41.08

VETERANS O/60

1. K. Gresty	Wesham	1.51.23
2. D. Rigg	CFR	2.00.08
3. J. Taylor	Amble	2.03.24

LADIES

1. K. Beaty O/40	CFR	1.41.40
2. S. Lewsley O/40	Kesw	1.47.02
3. M. Bradley	CFR	2.03.11

HOLCOMBE TWO TOWERS
Lancashire
BS/5.2m/1000ft 14.06.00

A good turnout of the local fell running fraternity ensured an excellent race. Paul Dugdale, previous winner of the old course, dominated the race but could never shake off Mervyn Keys. Also, in close contention were Mark Aspinall, Martin Lee and Rob Howarth, but only for the minor places. Nice to see Manchester YMCA stalwart, David O'Leary, win the Veterans O/60 award. The ladies' race belonged to Kate Rogan, with Jean Rawlinson second, but never in contention.

Ken Smith

1. P. Dugdale	Horw	34.36
2. M. Keys	Ross	35.12
3. W. Sullivan	Clay	35.26
4. M. Lee	Ross	35.37
5. S. Barlow	Horw	35.41

VETERANS O/40

1. M. Keys	Ross	35.12
2. M. Aspinall	Ross	35.56
3. B. Haworth	Middle	36.21

VETERANS O/45

1. D. Archer	Bury	38.17
2. K. Masser	Ross	39.18
3. D. Bateson	AchR	41.20

VETERANS O/50

1. R. Russell	Clay	41.35
2. G. Thomspson	Clay	43.19
3. J. Leary	M/cYMCA	43.22

VETERANS O/55

1. J. Nolan	RoadR	42.11
2. G. Nayan	Ross	48.15
3. P. Blaeborough	Sadd	48.30

VETERANS O/65

1. R. Moulding	B'burn	50.26
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LADIES

1. K. Rogan	Wharfe	43.45
2. J. Rawlinson O/45	Ross	44.33
3. N. Fellowes	NewBn	47.00
4. J. Robertson	Unatt	46.45
5. S. Budgett O/35	M/cYMCA	47.53

BEN SHEANN HILL RACE
Perthshire
AS/2.5m/1400ft 14.06.00

A successful Ben Sheann Hill Race was run on a pleasant summer evening. A light breeze kept the midges away - some of the time! There was an attendance of 46 runners and although no records were set, the race went off without any undue incident. An enjoyable post-race get-together allowed runners and officials to renew friendships and exchange chit-chats.

A. Bennie

1. J. Stevenson	Ochil	26.33
2. N. Leslie	DundRR	26.54
3. A. Hart	HBT	27.00
4. M. Flynn	Carn	27.20
5. S. Simpson	Ochil	27.30

VETERANS O/40

1. M. Flynn	Carn	27.20
2. D. McLean	Lomond	29.06
3. P. Buchanan	Ochil	29.25
4. J. Gallacher	Ochil	29.35
5. G. Pryde	Lomond	30.19

VETERANS O/50

1. C. Love	DundHH	32.21
2. E. Dealtry	Ochil	32.34
3. G. Smith	Loch	35.06
4. J. Stewart	CaldG	35.41
5. R. Collins	Ochil	36.02

LADIES

1. M. Clark	HBT	35.10
2. D. MacDonald O/40	HBT	35.13
3. S. Johnston O/40	Unatt	39.45

WILL RAMSBOTTOM
BADGERSTONE RELAY
West Yorkshire
Relay/2.5m/590ft 14.06.00

A record of 41 teams competed in ideal conditions for racing. The course record was broken by well over two minutes by the Bingley team, who showed awesome domination with five out of the six fastest legs. The only consolation for Pudsey & Bramley was that they also bettered their previous course record.

The individual course record still stands despite the Bingley onslaught with Tony Byrne's 1992 time of 14.34 in the inaugural race looking better every year.

Gary Devine

1. Bingley 'A'	45.18
2. Pudsey & Bramley 'A'	47.16
3. Bingley 'B'	48.58
4. Pudsey & Bramley 'B'	50.44
5. Wharfedale 'A'	51.44

GRINDLEFORD CARNIVAL
Derbyshire
BS/4m/550ft 15.06.00

Once again a fine evening for Grindleford Carnival Race which, as usual, started on time. Dem Whiting was a clear winner, although Richard Patton looked as though he might achieve a record of being the first local Grindleford runner to be the overall winner.

Dark Peak fell runners figured well in all departments.

With an average of three hundred runners, this year two hundred and ninety five - Grindleford became the leading race in the Hope Valley Series.

Frank Galbraith

1. S. Whiting	Hallam	31.19
2. R. Patten	DkPk	32.01
3. S. Penney	C'field	32.03
4. S. Bell	DkPk	32.23
5. I. Smith	DkPk	32.33

VETERANS O/40

1. M. Salkid	DkPk	34.40
2. D. Allen	DkPk	35.23
3. R. Hutton	DkPK	35.29
4. K. Parker	Unatt	36.06
5. V. McAcA	Hels	36.30

VETERANS O/50

1. R. Hope	D&S	35.25
2. D. Tait	DkPk	36.36
3. G. Hayes	Barns	36.50
4. D. Lockwood	DkPk	37.48
5. R. Marlon	DkPk	38.01

LADIES

1. C. Grimsley O/35	Macc	37.40
2. E. Batt O/35	Bux	38.44
3. P. Lead O/35	DkPk	39.39
4. M. Edgerton O/35	Penn	42.29
5. P. Firth-Lee O/35	Unatt	43.10



John Wooton at Badger Stone Photo: Woodhead

THREE PIKES FELL RACE Northumberland CM/8m/950ft 15.06.00

Morgan Donnelly, having put his long standing injury behind him, and the Coledale Race in lakeland the night before, continued his recent rich vein of form by winning by nine seconds from the first Veteran Over 40, James Dickinson.

It was hoped that because of the very fine weather, which had not graced this race since its inauguration in 1996 (to promote in that year the longer Keilder Borderer in August), that there would have been a larger field than 27 runners. Despite this, there was a good quality field and there were representatives from Keswick, Tynedale, Saltwell, Blyth and Quakers, with NFR providing the most runners, and accordingly winning the team prize. Andy Lewsley, a regular competitor in this race, presumably because of his love of the Kielder Fells, finished a creditable third and won the Veteran Over 45 trophy. This again, like Morgan Donnelly, after completing the Coledale Horseshoe the night before. The first Veteran Over 50 was in fourth place, namely Rob Hall, and only a minute after him, the second Veteran Over 50, Roy Dawson. Both of these Veterans Over 50 are outstanding competitors in their age category at the moment. Interestingly enough, the first four finishers were senior, Veteran Over 40, Veteran Over 45 and Veteran Over 50 – that cannot happen all that often! Indeed, has it ever happened before in a fell race?

First Veteran Over 55 was Jim Wilkinson who, again after injury, fought all the way with Derek Croasdale and stalwart of the fells, Stewart Beaty.

Kath Dallinson just managed to hold off Barbara Young to win the lady veteran's category.

The midgies were not quite so prominent this year because of the sunshine, although they were in evidence and everyone involved with the race, both competitors and helpers alike, retired to the Keilder Castle Cafe for the prize giving, refreshments and food.

Thank you to Simon Banks, the co-organiser, my daughter, Sophie, for suffering in silence as the midgies attacked her as she helped with results at the finish, and all those helpers on the course and in the café who made the race possible again this year.

J. Humble

1. M. Donnelly	NFR	61.41
2. J. Dickinson	Tyne	61.50
3. A. lewsley	Kesw	66.27
4. R. Hall	NFR	67.34
5. M. Jeffrey	Unatt	67.54

VETERANS O/40

1. J. Dickinson	Tyne	61.50
2. P. Scott	NFR	72.07
3. P. Pearson	Saltw	72.11
4. D. McPartland	Unatt	79.02

VETERANS O/45

1. A. Lewsley	Kesw	66.27
2. D. Henderson	Tyne	71.10
3. J. Dallinson	NFR	75.28
4. R. Dickinson	Blyth	81.38

VETERANS O/50

1. R. Hall	NFR	67.34
2. R. Dawson	NFR	68.35
3. D. Cockburn	NFR	76.17
4. B. Campbell	NFR	80.07

VETERANS O/55

1. J. Wilkinson	NFR	90.35
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LADIES

1. S. Porteous	NFR	81.44
2. S. Rouse	Quak	83.50
3. C. Dallinson O/35	NFR	112.17
4. B. Young	Unatt	112.18

CROSSONE – HILL & DALE SERIES 2000 Mourne Mountains AS/2.5m/1700ft 15.06.00

Crossone is not for the faint-hearted, it climbs 1,700 feet from the Bloody Bridge in less than one and a half miles on terrain which, by the year, becomes more and more unfortgiving.

After 200 metres, the runners leave the haven of the track by the side of the river and take a direct line for the summit through heather, up to the knees in places, which itself hides holes underfoot plus stunted whins and briars which rip the unsuspecting runners to shreds.

The race itself was close. Neil Carty, fresh and deep brown from two honeymooning weeks in the Sierra Nevada, led out champion, Davy McKibbin, by one or two paces for the whole race.

Behind, Damien Brannigan proved once again that he is the best descender around by closing to within ten seconds of the two leaders by the finish, having turned nearly one minute adrift at the summit.

Carty pipped McKibbin, who thrilled the watching spectators at the finish line by producing a ten yard skid at full speed, ripping copious amounts of flesh from his left buttock down to his knee.

Two stitches in casualty followed but he still hoped to recover enough for the last race of the series, Drinahilly.

Behind, Kevin Quinn produced a top ten performance to win the Veteran Over 50 category. Jim Brown was sixth overall and the first Veterans Over 40, with Billy Magee producing his best race of the series, 16th overall and first Veteran Over 50.

First Veteran Over 45 was Mike Barton with Hugh Young first Veteran Over 60. Shileen Donnelly again won the ladies' race, in 29th overall, and confirmed later her hatred for the race, a view expressed by nine out of ten competitors.

Brian McBurney now finds himself isolated in the committee in a minority of one (unless Kevin Quinn rejoins his camp) in his love for Crossone. It would seem, therefore, that this race's days are done. Crossone RIP.

Martin McVeigh

1. N. Carty	NBelf	32.59
2. D. McKibbin	N'castle	33.00
3. D. Brannigan	N'castle	33.10
4. G. Somerville	BARF	35.15
5. B. Graham	ACKC	35.20

GLEN ROSA HORSESHOE RACE Isle of Arran AL/13m/5500ft 17.06.00

1. D. Cummins	Shett	2.31.41
2. G. Allsop	Arran	2.38.46
3. G. Brash	Girvan	2.40.41
4. A. Anderson	Solway	2.41.45
5. D. Rodwell	W'lands	2.44.37

VETERAN O/50

1. T. Ross	Fife	3.04.40
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LADIES

1. C. Menhennet O/40	W'lands	3.12.14
2. J. Cairns O/40	W'lands	3.37.50
3. P. McLaughlin O/40	W'lands	3.58.50
4. N. Jennison O/40	W'lands	4.20.24
5. R. Ashley	Unatt	4.55.27



Dave Walker, CLEM and Ashley Nixon, Preston, at Buckden Pike Photo: Steve Bateson

BUCKDEN PIKE FELL RACE North Yorkshire AS/4m/1500ft 17.06.00

The year 2000 marked the 20th Anniversary of the Buckden Pike fell race. A fitting occasion therefore for Jebb Junior to finally put this one under his belt. As a five year old he helped organise the race, later he ran the junior race each year and then the senior race except one when it clashed with a championship event. A well deserved win

In the women's race veteran Vanessa Peacock maintained her present good form to produce her first win in the event.

I was also delighted on the 20th Anniversary of the event to award Robert Cutts (Longwood) with special award for being the only runner to have completed all Buckden Pike races. Well done Robert.

Pete Jebb

1. R. Jebb	Bing	31.33
2. P. Low	P&B	31.49
3. I. Holmes	Bing	32.43
4. S. Gould	Bing	32.55
5. S. Oldfield	BfdA	34.30

VETERANS O/40

1. S. Oldfield	BfdA	34.30
2. G. Schofield	Horw	35.09
3. R. Crossland	BfdA	37.01
4. I. Ferguson	Bing	37.44
5. C. Shuttleworth	Prest	38.02

VETERANS O/50

1. M. Walsh	Kend	36.46
2. J. Holt	Clay	39.15
3. A. Judd	Felland	41.55
4. G. Howard	Ilk	42.48
5. G. Houghton	CaldV	44.08

VETERANS O/60

1. N. Bush	Ilk	42.00
2. B. Leathley	Clay	52.57
3. P. Robinson	NthnV	54.56
4. R. Cutts	Longw	58.31
5. J. Rawnsley	Bing	59.47

LADIES

1. V. Peacock O/40	Clay	41.44
2. S. Taylor	Bing	46.31
3. J. Smith O/40	Bing	47.14
4. P. Oldfield O/40	BfdA	48.57
5. J. Leather	Amble	50.03

JUNIORS

1. D. Cutts	Leeds	60.08
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LANGCLIFFE CARNIVAL FELL RACE North Yorkshire AS/2.5m/900ft 17.06.00

Another good day for the carnival and its fell race and there was a good turnout for the Under 14s race, with over twenty competitors. However, some retired at the first gate with the daunting steep climb up out of the village. The three local lads ran back before the seniors were away and all three ran better than last year. David Shepherd came first and could well have made a new record. This needs checking.

One little chap who completed the race was only five and took off after his brother without his mum knowing. He was Joseph Stephenson whose dad, Dave, and brother, Jack, ran in their own categories representing Bingley Harriers. Joseph must have finished at least half way through the field a little scared of running through the woods – he was a real picture when presented with his medal!

The seniors had a hefty Lancastrian contingent and, as usual a bunch of guys taking the heat in their stride. Gareth Taylor took the trophy representing the Darwen Dashers. Next year, the course could be changed to include a loop at the top end of the course.

Lynne Whittaker also needs a mention as the lady runner needing a little persuasion but she did it in 34.02!

A good run by all – hope to see more of you next carnival.

Sue Rodgers

1. G. Taylor	DarwenD	22.04
2. P. Target	Clay	22.10
3. A. Holden	Helli	22.37
4. S. Hoyle	Ross	22.39
5. D. Holt	Ross	23.21

CHAMPIONSHIP RESULTS AND WORLD TROPHY



The start of the Kesteven race. Photo: Les Hughes

British Championships 2000

MEN OPEN

1	Ian Holmes	Bingley	200
2	Simon Booth	Borrowdale	195
3	Gavin Bland	Borrowdale	194
4	Mark Roberts	Borrowdale	191
5	Jonny Bland	Borrowdale	185
6	Rob Jebb	Bingley	184
7	Mark Rigby	Ambleside	178
8	Dave Neill	Staffs Moor	173
9	Paul Sheard	P&B	172
10	Andrew Schofield	Borrowdale	171
11	Brian Ervine	Ballydrain	161
11	Colin Donnelly	Eryri	161
11	James McQueen	Eryri	161
14	Gary Devine	P&B	156
15	Nick Sharp	Ambleside	155
16	Garry Wilkinson	CleM	141
17	Mike Wallis	CleM	130
18	Phil Skelton	CFR	127
18	Rob Hope	P&B	123
20	Steve Neill	P&B	120
21	Siggy Gould	Bingley	118
22	John Hunt	CFR	105
23	Stephen Bottomley	P&B	97
24	Phil Sheard	P&B	92
25	Garth Ayers	CFR	91
26	Andy Trigg	Glossopdale	84
27	Andrew Davies	Borrowdale	83
28	Jim Davies	Borrowdale	80
29	Nick Spence	Borrowdale	77
30	Bill Proctor	Kendal	76

17	Karen Powell	Carnethy	20
19	Sam Bretherick	Preseli	19
19	Helene Diamantides	Carnethy	19
19	Lyn Thompson	Keswick	19

MEN VET 40

1	Colin Donnelly	Eryri	125
1	Dave Neill	Staffs Moor	125
3	Mike Wallis	CleM	114
4	Pete Skelton	CFR	108
5	Steve Jackson	Horwich	98
6	Duncan Overton	Kendal	92
7	Bill Proctor	Kendal	91
8	Ronnie Gallagher	Westerlands	80
9	Allan Miller	Kendal	79
10	James Patterson	Albertville	75
11	Dave Tait	Dark Peak	72
12	Geoff Gough	CleM	70
13	Harry Jarrett	CFR	67
14	Willie Bell	CFR	66
14	Phil Clark	Kendal	66
16	Dale Gartley	Glossopdale	65
17	Andy Beaty	CFR	64
18	Rob James	CFR	54
19	Emlyn Roberts	Eryri	52
19	Chris Speight	Kendal	52

MEN VET 50

1	Duncan Overton	Kendal	88
2	Dave Tait	Dark Peak	80
3	James Patterson	Albertville	74
4	Ken Taylor	Rossendale	67
5	Brian Waldie	Carnethy	54
6	Guy Woolnough	Kendal	42
7	Dave Spedding	Keswick	37
8	Tony Hesketh	Horwich	36
9	Jack Holt	CleM	34
10	Mike Walsh	Kendal	32

MEN VET 60

1	Brian Waldie	Carnethy	48
2	Roger Bell	Ambleside	32
3	Pete Norman	Wrexham	29
4	Barry Thackery	Dark Peak	28
5	Bill Booth	Keswick	25
6	Roger Grimshaw	Unattached	16
7	Don Adam	Fife	10
8	Ross Jaques	Clem	9
9	George Armstrong	HELP	8
9	Mike Ward	Oswestry	8

LADIES VET 40

1	Nicola Davies	Borrowdale	48
2	Victoria Musgrove	Eryri	35
3	Jane Smith	Bingley	27
4	Wendy Dodds	CleM	24
5	Moirra Stewart	Carnethy	15
5	Lyn Thompson	Keswick	15
7	Hilary Spenceley	Carnethy	14
8	Muriel Leeming	Ambleside	13
9	Annie Capp	Unattached	9
9	Vanessa Peacock	CleM	9
9	Karen Slater	K&C	9

MEN OPEN TEAM

1	Borrowdale	48
2	Pudsey & Bramley	36
3	Cumberland FR	34
4	Bingley	31
5	Clayton le Moors	28
6	Ambleside	20
7	Kendal	18
8	Eryri	10
9	Carnethy	9
10	Cosmic Hillbashers	8
10	Dark Peak	8
10	Solway	8

LADIES OPEN TEAM

1	Bingley	41
2	Carnethy	40
3	Ambleside	28
4	Keswick	24
5	Eryri	19
6	Clayton le Moors	18
7	Cumberland FR	12
8	Cosmic Hillbashers	9
9	Dark Peak	8
9	Hunters Bog Trotters	8
9	Lochaber	8

MEN VET 40 TEAM

1	Cumberland FR	45
2	Kendal	42
3	Clayton le Moors	31
4	Horwich	24
5	Eryri	16
6	Carnethy	13
7	Keswick	12
8	Dark Peak	11
9	Westerlands	10
10	BARF	7
10	Fife	7

LADIES OPEN

1	Angela Madgry	Carnethy	88
2	Nicola Davies	Borrowdale	67
3	Jenny Rae	Ambleside	65
4	Louise Sharp	Keswick	59
5	Sally Newman	Glossopdale	44
6	Hilde Krynen	Keswick	39
6	Helen Jackson	Bingley	38
8	Victoria Musgrove	Eryri	37
9	Silvina Taylor	Bingley	34
10	Angela Brand Barker	Keswick	31
11	Wendy Dodds	CleM	30
12	Tracey Ambler	P&B	29
12	Jayne Lloyd	Eryri	29
14	Jane Smith	Bingley	27
15	Kate Jenkins	Carnethy	23
16	Kirstin Bailey	Bingley	22
17	Alicia Marks	Bingley	20

English Championships 2000

MEN OPEN

1	Ian Holmes	Bingley	202
2	Simon Booth	Borrowdale	201
3	Mark Roberts	Borrowdale	198
4	Rob Jebb	Bingley	188
5	Dave Neill	Staffs Moor	181
6	Jonny Bland	Borrowdale	177
7	Paul Sheard	P&B	167
8	Gary Devine	P&B	163
8	Andrew Schofield	Borrowdale	163
10	Gavin Bland	Borrowdale	158
11	Craig Roberts	Kendal	150
12	Nick Sharp	Ambleside	148
13	Phil Sheard	P&B	146
14	Garry Wilkinson	CleM	137
15	Jim Davies	Borrowdale	133
16	Mike Wallis	CleM	125
17	Jon Deegan	Ambleside	118
18	Simon Stainer	Ambleside	114
18	John Hunt	CFR	114
20	Joe Blackett	Mandale	112
21	Duncan Overton	Kendal	103
22	Simon Bailey	Staffs Moor	96
23	Alan Bowness	CFR	94
24	Pete Skelton	CFR	92
25	Rob Hope	P&B	88
26	James Archbold	CFR	87
27	Graham Schofield	Horwich	86
28	Steve Bottomley	P&B	84
28	Bill Nock	Halesowen	84
30	Richard Lawrence	Bingley	83

LADIES OPEN

1	Sally Newman	Glossopdale	85
2	Jenny Rae	Ambleside	64
3	Tracey Ambler	P&B	63
3	Angela Brand-Barker	Keswick	63
5	Hilde Krynen	Keswick	54
6	Wendy Dodds	CleM	50
7	Lucy Whittaker	Saddleshworth	49
8	Sue Beconsall	Todmorden	48
9	Louise Sharp	Keswick	43
10	Helen Jackson	Bingley	41
11	Nicola Davies	Borrowdale	36
11	Sue Ratcliffe	Saddleshworth	36
13	Vanessa Peacock	CleM	35
13	Elizabeth Tomes	K&C	35
15	Polly Gibb	Mercia	31
16	Lyn Thompson	Keswick	30
17	Karen Mather	Saddleshworth	29
18	Janet King	CFR	28
19	Sharon Forsyth	Keswick	26
20	Sharon Taylor	Bingley	23

MEN VET 40

1	Dave Neill	Staffs Moor	128
2	Mike Wallis	CleM	113
3	Duncan Overton	Kendal	105
3	Pete Skelton	CFR	105
5	Bill Proctor	Kendal	100
6	Steve Jackson	Horwich	98
7	Kevin Harding	Tring	86
8	Phil Clark	Kendal	83
9	Graham Schofield	Horwich	82
10	Neil Wrigley	Horwich	78
11	Andy Beatty	CFR	77
12	Harry Jarrett	CFR	67
13	Tony Hesketh	Horwich	57
14	Graham Finch	Horwich	56
15	Willie Bell	CFR	55
16	Allan Miller	Kendal	54
17	Rob James	CFR	51
18	Dave Tait	Dark Peak	50
19	Andy Hauser	P&B	49
19	Dave Spedding	Keswick	49

MEN VET 50

1	Duncan Overton	Kendal	88
2	Ken Taylor	Rossendale	69
2	Mike Walsh	Kendal	69
4	Dave Tait	Dark Peak	68
5	Brian Waldie	Carnethy	57
6	Tony Hesketh	Horwich	56
7	Dave Spedding	Keswick	55
8	Rob Taylor	Pennine	53
9	Kieran Carr	CleM	50
10	Robin Britton	Staffs Moor	46

MEN VET 60

1	Brian Waldie	Carnethy	48
2	Ross Jaques	CleM	34
3	Bill Booth	Keswick	32
4	Billy Wilson	Dark Peak	31
5	Barry Thackery	Dark Peak	24
6	Roger Bell	Ambleside	23
7	A Shaw	Todmorden	14
8	Fred Gibbs	Bingley	12
9	Brian Hood	Mandale	10
10	Doug Brown	CleM	8
10	Brian Leathley	CleM	8

LADIES VET 40

1	Wendy Dodds	CleM	36
2	Sue Beconsall	Todmorden	34
3	Sue Ratcliffe	Saddleshworth	28
3	Elizabeth Tomes	K&C	28
5	Nicola Davies	Borrowdale	24

6	Vanessa Peacock	CleM	21
6	Lyn Thompson	Keswick	21
8	Jane Smith	Bingley	20
9	Kate Beatty	CFR	17
10	Janet Kenyon	Unattached	12

MEN OPEN TEAM

1	Borrowdale	48
2	Pudsey & Bramley	39
3	Bingley	33
4	Kendal	27
5	Cumberland FR	25
6	Horwich	24
7	Clayton le Moors	23
8	Ambleside	22
9	Dark Peak	12
10	Bowland	4
10	Todmorden	4

LADIES OPEN TEAM

1	Keswick	48
2	Saddleshworth	38
3	Clayton le Moors	36
4	Bingley	33
5	Cumberland FR	21
6	Ambleside	17
6	Horwich	17
8	Pudsey & Bramley	16
9	Keighley & Craven	13
10	Ilkley	12

MEN VET 40 TEAM

1	Kendal	45
2	Horwich	41
3	Cumberland FR	37
4	Clayton le Moors	32
5	Dark Peak	18
6	Keswick	15
7	Pennine	14
8	Todmorden	11
9	Ambleside	10
10	Skyrac	9

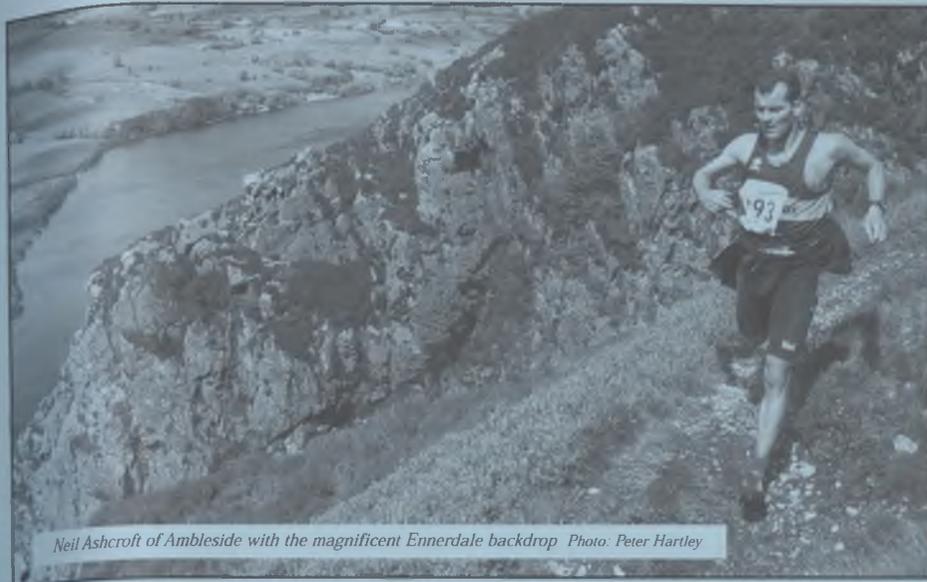
MEN VET 50 TEAM

1	Kendal	48
2	Pennine	38
3	Dark Peak	36
4	Clayton le Moors	32
5	Horwich	29
6	Cumberland FR	17
7	Ambleside	15
7	Keswick	15
9	Todmorden	13
10	Bingley	12



Ennerdale Championship Race - heading for Scarth Gap with High Crag behind Photo: Peter Hartley

Junior Championships 2000



Neil Ashcroft of Ambleside with the magnificent Ennerdale backdrop Photo: Peter Hartley

UNDER 20 MEN

1. Simon Bailey	StaffMoor	40
2. Michael Cayton	Horwich	34
3. Stuart Reid	Kendal	28
4. Stephen Savage	Ambleside	26
5. Courtney Heyes		16
6. Andrew Symonds	Kendal	14
7. David Turvey	Halesowen	9
8. Andrew Norman		6
9. Simon Exley	Scarboro	4
10. A. Hallahan	Horwich	3
11. Chris Royal	Halesowen	2

15= Brian Finch	Horwich	2
15= Tim Egerton	Trafford	2
17= Lee Leishman	Rossendale	1
17= James Greenhalgh	Settle	1
17= Adam Godwin	Rossendale	1

UNDER 16 GIRLS

1. Katie Ingram	Chorley	40
2= Helen Glover	Keighley	32
2= Helen Booth	L & M	32
4. Laura Greenham	Keighley	25
5. Stephanie Knight	L & M	22
6. Rebecca Cronshaw	L & M	18
7. Naomi Biddle	Pendle	17
8. Samantha Brown	Garstang	13
9. Polly Veazey-French	Matlock	10
10. Heather Beattie	L & M	9
11. Ellen Patrick	Warrington	6
12. Maria Hurst	L & M	5
13. Emma Leake	L & M	4
14. Gemma Harcombe	Tamworth	1

UNDER 20 WOMEN

1. Kate Bailey	StaffMoor	40
2. Sarah Dugdale	Skipton	36
3. Rhiannon Matthews	Shrewsbury	22

UNDER 18 BOYS

1. Lee Siemaszko	Kendal	40
2. George Crayston	CFR	33
3. James Mason	Bingley	31
4. Chris Waters	Skipton	28
5. Jonathan Parker	OWLS	16
6. Chris Miller	Harrogate	14
7= Alex Metaxa	Matlock	10
7= Anthony Lloyd	Chorley	10
7= Andrew Marr		10
7= Ben Procter	Kendal	10
11. Joe Symonds	Kendal	7
12= Paul Harrison	w/a	5
12= Andrew Foster	Settle	5
14= Paul Yates	Holmfirth	4
14= Thomas Orton	Tamworth	4
16= John Selby-Sly	Maylock	3
16= Ross Elliott	CFR	3
18. Ben Lonsdale	Settle	1

UNDER 18 GIRLS

1. Natile White	Holmfirth	40
2. Kate Rogan	Wharfedale	33
3. Laura French	Helsby	31
4. Christine Boardman	Horwich	21
5. Kate Walker	Tamworth	19
6= Clare Hurst	L & M	18
6= Nicolle Slater	Skipton	18
8. Sally Shepherd	Settle	17
8. Rebecca Robinson	Kendal	8
10. Lisa Richardson	Chorley AC	7

UNDER 16 BOYS

1= Mark Buckingham	Holmfirth	38
1= Roy Edgar	L & M	38
3. David Sugden	Holmfirth	30
4. Chris Jones	Wirral	26
5. Mark Smith	Horwich	22
6. Matthew Pierson	Holmfirth	17
7. Kieran Rowlands	L & M	16
8. James Carter	Spenbro	15
9. Paul Moores	Tamworth	14
10. Andrew Mason	OWLS	10
11= Adam Whaites	Settle	8
11= Nathan Lawton	Chorley	8
13= Robert Pemberton	Vale	6
13= Tim Ellis	Bolton	6



Matthew Burns at the junior race at Sheephouse Lane Photo: Steve Bateson

UNDER 14 BOYS

1. Chris Doyle	Kendal	40
2= Ben McDonald	Telford	32
2= Andrew Wilkin	Helm Hill	32
4. Matthew Smith	Horwich	27
5. Matthew Stuart	Keswick	25
6. Mark Bridge	Pendle	11
7= Craig Howard	Wallasey	10
7= Richard Newton	Preston	10
9. Luke Paget	L & M	7
10. Alex O'Gorman	Penistone	6
11= Daniel Griffiths	AbDarby	5
11= Nick Howard	Skyrac	5
13= Stuart Dunn	Skipton	4
13= Michael O'Neil	u/a	4
13= Jonathan Mellor	Wirral	4
16= Karl Pickstock	Wallasey	3
16= Sean Swarbrick	Wirral	3
16= Dean Barry	Wirral	3
16= Matthew Long	Horwich	3
16= Jack Weedon	Keighley&Cr	3
21. William Ferguson	Wirral	2
22= Peter Graham	Wallasey	1
22= Mark Addison	Helm Hill	1
22= Tom Rogers	Settle	1

UNDER 14 GIRLS

1= Karrie Hawitt	Warrington	38
1= Lucy O'Gorman	Penistone	38
3. Kelli Roberts	Kendal	32
4. Amanda Pyrah	L & M	25
5. Anna Bishop	Warrington	22
6. Sarah Tunstall	Border	19
7= Victoria Snape	Chorley	17
7= Sheryl Slater	Skipton	17
9. Sarah Clifford	CFR	16
10. Laura Livesey	Chorley AC	6
11. Hannah MacGregor	L & M	5
12. Phoebe Todhunter	CFR	3
13= Danielle Beattie	Wallasey	2
13= Thalia Jones	Holmfirth	2
13= Sally Coates	Settle	2
16= Hayley Clark	Telford	1
16= Nicola Leishman	Rossendale	1
16= Hayley Loughrey	L & M	1

UNDER 12 BOYS

1. Simon Clifford	CFR	40
2. Stephen Mitchell	Vale	30
3. David Shepherd	Settle	26
4. James Walker	CFR	25
5. Ramiro Meeks	RossDale	24
6. Aiden Gibson	Holmfirth	20
7. Caleb Wetherell	Keighley	16
8. Damien Rawcliffe	Hyndburn	15
9. Andrew Thompson	Chorley	8
10. Ben Rogers	Settle	6
11= Ben Griffiths	Pontesbury	5
11= Joshua Darling	Keighley	5
13. Grant Robinson	Kendal	3
14= Chris M. Woodward	Pontesbury	2
14= Karl Steingegger	Warrington	2
16= Joshua Hatton	Ch Stretton	1
16= Jonathan Walker	CFR	1
16= Stuart Partington	Preston	1
16= Robert Green	Horwich	1
16= Matthew Woods	u/a	1

UNDER 12 GIRLS

1. Emma Stuart	Keswick	38
2. Katherine Woodhead	Holmfirth	31
3. Holly Knight	Vale	30
4. Danielle Walker	Burnley	25
5. Hannah Paget	L & M	20
6. Lauren Bridge	Pendle	17
7. Stephanie Snape	Chorley	16
8. Kirsty Nolan	CFR	15
9. Grace Biddle	Pendle	13
10. Kayley Giesla	Skipton	11
11. Alison Lavender	Pontesbury	10
12= Emma Price	Bridgnorth	4
12= Tara Bleasdale	Chorley	4
12= Kirsty Waite	Settle	4
12= Helen Godwin	Rossendale	4
12= Emily Knox	Keswick	4
17= Joanne Jones	Pontesbury	3
17= Michaelle Kirkpatrick	Settle	3
19. Sarah Shorrock	Chorley	2

WORLD MOUNTAIN TROPHY

Bergen, Germany 09/10.09.00

Angela Mudge became only the third senior British lady to lift this prestigious title since the event's inauguration in 1985. The 30-year old from Carneth, seventh last year and fifth in the European trophy in July, joins Carol Greenwood (nee Haigh 1986) and fellow Carnethy runner, Beverley Redfern (1990) in the UK World Mountain Trophy Hall of Fame to add to her growing reputation overseas. Indeed, she is only the fifth senior Briton to win this title with Kenny Stuart (1985) and Martin Jones (1992 and 1993), the only others to taste success at world level.

Just a matter of weeks after sealing overall gold in the four-race WMRA European Grand Prix series at Susa, Italy, the three times (and reigning) British Champion was once again in superb form holding off 24-year old European silver medallist, Birgit Sonntag of Germany by 19 seconds, with reigning European Champion, Isabella Zatorska of Poland, a further half minute back in third.

What makes Angela's performance all the more impressive is that not only was this win secured on foreign soil against the world's mountain running elite, it was also achieved on an uphill only course (as favoured by the continentals) as opposed to up-and-down, which Britons tend to be better suited.

It was cause for a double celebration for Angela who, just prior to jetting out to Germany, learned that she had passed her Chemistry PhD from Edinburgh University. Dr Angela Mudge will now attempt to land record fourth consecutive British title at the 18-mile (4,890ft) Two Breweries Race, Inverleithen, Scotland on 24 September, before heading out to Malaysia to defend her Mt Kinabalu title two weeks later. Few would bet against her rounding her season off in style this year, for the first time, the ladies will be running to the 13,000ft summit over a much longer course in this up-and-down self-acclaimed "World's toughest Race".

England duo, Ruth Pickvance and trials winner, Claire Tomkinson, were the only other Britons to make the top thirty as England could fare no better than seventh, one place ahead of the Scots.

These performances are put into context when one considers that European Champion, Massimo Galliano, could only finish tenth and reigning world champion, Marco de Gasperi of Italy, placed seventeenth from the 144-strong quality international field.

Last year's silver medallist, Richard Findlow, finished next Briton home in 19th with Chris Robison, eighth in the European Trophy in July, placing 25th. Former World Trophy fourthplacer, Bobby Quinn, felt dizzy at two-thirds the distance and was forced to retire. This was the second year that Quinn has suffered misfortune. Last year, he fell badly after just 60 metres and had to fight his way through the 111-strong field to place a highly creditable ninth.

England placed fifth with European team silver medallists Scotland finishing thirteenth. England's men could well have expected to finish among the medals had trials' winner, Dave Lewis's, knee held out. A foursome of Billy Burns, Richard Findlow, Martin Cox and Lewis should have proved the match for all but the best but, sadly, Lewis - a master of all surfaces, who has yet to compete on the world mountain running stage - was forced to withdraw with a knee injury just days before, his place going to Aberdeen-based world championship orienteer, John Duncan (fourth in the England trial race) of Scottish Club, Cosmic Hilbashers.

Kate Bailey, third in last year's race, finished first Briton in seventh in the Under 20 ladies' race, as James Mason of Bingley held off Andrew Lemoncello by just two seconds (and one place) in 18th to finish first Brit in the Under 20 men's race.

Gareth Webb

MEN - 11.6km/1,204m; uphill only

1. J. Whyatt	NZL	47.29
2. H. Kogler	AUT	49.48
3. A. Gex-Fabry	SUI	50.16
4. T. Gregor	GER	50.31
5. S. Chies	ITA	50.39
6. R. Fontaine	FRA	50.47
7. B. Burns	ENG	50.50
8. M. Cox	ENG	50.59
9. H. Schmuk	AUT	51.18
10. M. Galliano	ITA	51.25

LADIES - 8.9km/1,074m; uphill only

1. A. Mudge	SCO	49.24
2. B. Sonntag	GER	49.43
3. I. Zatorska	POL	50.11
4. M. Moon	NZL	50.52
5. M. Ravizza	ITA	51.22
6. A. Olarte	COL	51.32
7. A. Pichrtova	CZH	51.37
8. M. Edhouse	NZL	51.49
9. E. Rust	AUT	51.54
10. A. Baronchelli	ITA	51.58

MEN UNDER 20 - 8.9km/1,074m; uphill only

1. N. Habtebergish	ERI	44.08
2. F. Heinze	AUT	44.48
3. T. Klisz	POL	46.31
4. A. Tonazzini	ITA	46.45
5. M. Massi	ITA	47.10
6. J. Cattneo	ITA	47.26
7. R. Galovic	SVK	47.44
8. G. Berghane	ERI	47.59
9. M. Cosentino	FRA	48.04
10. J. Helm	GER	48.10

LADIES U/20 - 4.5.km/604m; uphill only

1. E. Margot	FRA	29.05
2. C. Tye	NZL	29.20
3. I. Vetsch	SUI	29.18
4. A. Montonati	ITA	29.45
5. A. Stafa	POL	30.40
6. S. Recknagel	GER	30.44
7. K. Bailey	ENG	31.23
8. E. Desco	ITA	31.30
9. P. Havlova	CZH	31.31
10. L. de Faveri	ITA	31.37

ISLE OF MAN JUNIOR FELL RUNNING CHAMPIONSHIPS

Isle of Man

CS/3m/400ft 01.05.00

The race was held for the second year on the three miles Raas Phurt Ny Hinshey course shortly after the finish of the seniors race. This is a perfect test for the younger runners, many of whom were attempting fell running for the first time, as the course is sporting but not too severe.

A reasonable entry of seventeen set off from the House of Manannan start on a beautiful Bank Holiday afternoon. The entry was down on last year caused mainly by a large number of local schools being involved in a charity hill walk that lasted all that weekend. One interesting fact was there were more girls than boys competing, something never seen on the Isle of Man before.

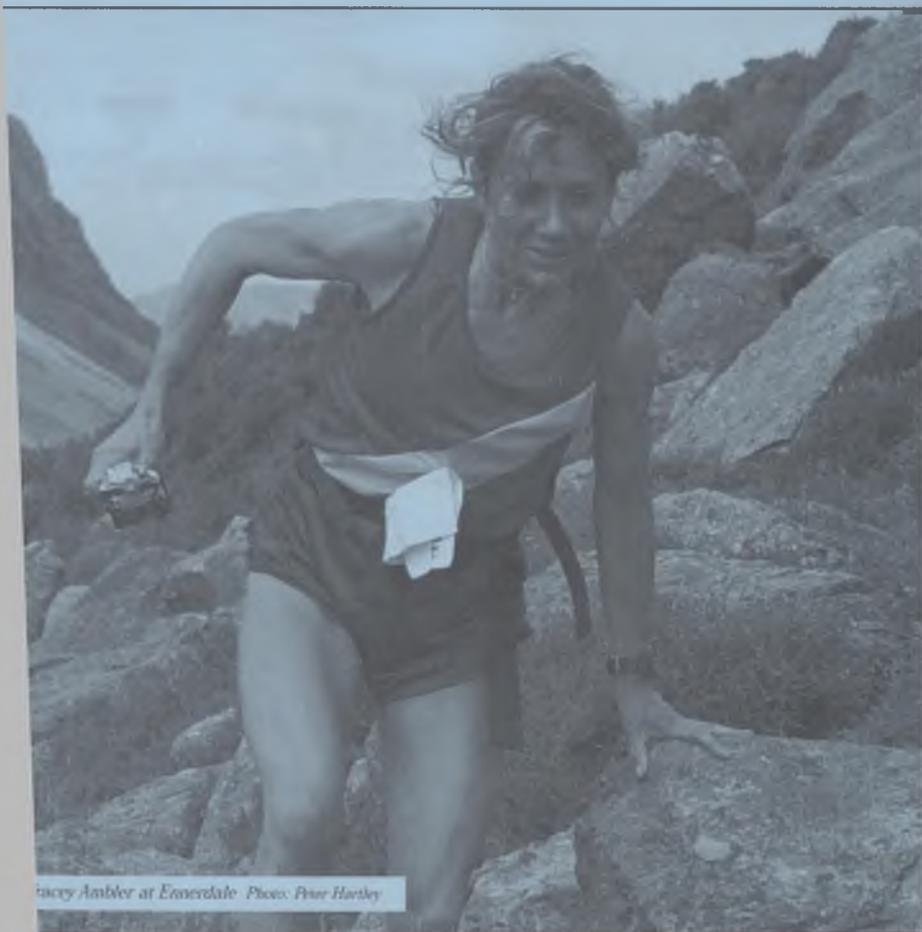
Castletowns Thomas Davies was the overall winner from team mate Douglas Richards with first U/15 Patrick O'Brien in third.

Dawn Georgeson from Castletown was the pick of the girls from Peel's Danelle Gallagher. Sarah Walker, daughter of senior ladies winner Brenda, took third place.

Both the team races went to Castle Rushen High School.

The race was a great success with the enthusiasm of the young runners a delight to see. For the first time, the event was sponsored by the Isle of Man Bank.

1. T. Davies	CRHS	22.46
2. D. Richards	CRHS	22.57
3. P. O'Brien	CRHS	24.08
4. K. Gerrard	QE11	25.31
5. S. Dillon	QE11	25.51
6. D. Georgeson	CRHS	26.13
7. L. Brooks	QE11	26.58
8. D. Gallagher	QE11	27.27
9. S. Walker	CRHS	27.40
10. L. Gallagher	QE11	27.46



Angela Mudge at Emmerdale. Photo: Peter Hartley

VETERANS O/40		
1. C. Norris	Settle	23.58
2. A. Hinde	Settle	26.22
VETERANS O/50		
1. G. Newsam	Clay	25.46
2. R. Bradley	Holm	26.30
3. B. Crewdson	Unatt	26.45
VETERANS O/55		
1. G. Navan	Ross	29.46
2. E. Hoare	Clay	30.40
LADIES		
1. L. Whittaker	Helli	34.02

THE LAKESIDE-GUMMERS HOWE FELL RACE Cumbria AS/3m/1100ft 17.06.00

This year's event was the seventh re-run of this historic race since it began again in 1994 after a 60-year gap. The weather was kind to us at last, being warm, sunny and only a light breeze at lake level – ideal for rowing.

The individual race began at 5.45 p.m. with 13 runners setting off from the original field, where this race used to begin, to run to the rowing boats on the shore of Lake Windermere at the Lakeside Hotel. Oarsmanship has certainly improved over the years – Alastair Dunn was first to begin the ascent of Gummerts Howe from the eastern shore, rounding the summit cairn and finishing with a good return row to win in 28.28. The winner always has the choice of the £100 cash prize or a weekend for two in the Lakeside Hotel worth £350 – Alastair chose the weekend – a possible honeymoon venue?

The team race began at 6.45 p.m. with twelve teams of three contesting the prize money donated by our sponsors, the North West Evening Mail. Helm Hill Runners, led by Billy Proctor (last year's individual winner), were first out of their boat and set a very fast race on the ascent, closely followed by the Over 40s Kendal team (and last year's team winners). A large crowd of over 300 spectators saw the Helm Hill team row in to the finishing line on the hotel lawn to win in a new record time of 28.03, beating their own previous record by 46 seconds.

A most enjoyable event and a race with a difference!

Dave Birch

INDIVIDUAL

1. A. Dunn	Kend
2. T. Dawson	WhitB
3. D. Kearns	Bolt
4. P. Corris	BoltleS
5. K. Bell	Kend

TEAM

1. Over Forties	Kendal
2. The Never Again Gang	Flookburgh
3. Helm Hill Runners	Kendal
4. Manchester YMCA	Manchester
5. Not-so-Bad	Holmfirth

BALLYHOURA HILL RACE County Limerick AS/5m/1700ft 18.06.00

On a beautiful sunny day, with a slight breeze, we had an excellent turnout of hill runners, ranging from the young to the old. The event itself, although tough, was most enjoyable with everybody getting back safely. Afterwards everybody retreated to the local hostelry where we enjoyed some lovely barbecued food and washed it all down with the 'Black Stuff' called Guinness.

B. Sullivan

1. F. Fitzmaurice U/18	Riach	35.03
2. M. Bradshaw U/18	Riach	36.37
3. A. Shanahan U/18	D'drum	41.04
4. J. Linehan	Riach	41.38
5. W. Guiney	Desmond	46.06

LADIES

1. P. Dore	Roch	47.26
2. M. Feehan	BVDC	49.20
3. M. Linehan	Riach	50.08
4. M. Diskin O/35	Riach	51.32
5. L. Smith O/35	cool	52.06

RIBER RUN Derbyshire BS/5m/1000ft 21.06.00

The Riber Run 2000 attracted 31 runners, a record entry. Conditions were good for running – a gentle breeze and reasonable temperatures.

The exceptional performance of the day came from the winner of the ladies' category, Chris Howard, who smashed the previous course record by over three minutes. This performance seems more remarkable because it was only five and a half weeks since Chris had her baby.

The men's winner was Micah Wilson, who looked fit on the day and turned in a gritty performance.

Last year's winner, Karl Webster, had to be content with 16th as he plodded in suffering an injury. Last year's winner of the Veterans' category, Mark Salkild, repeated the performance coming in sixth overall.

Mike Overend

1. M. Wilson	Hallam	31.50
2. N. Bassett	StaffsM	32.12
3. D. Alexandra	CrichP	32.34
4. S. Gregory	HolmeP	33.15
5. R. Bradbury	Matlock	33.45

VETERANS O/40

1. M. Salkild	DkPk	34.02
2. D. Trickett	Hallam	36.11
3. M. Moorhouse	Matlock	38.01
4. M. Round	Sutt	39.06
5. P. Stubbington	Bux	39.28

LADIES

1. C. Howard	Matlock	35.03
2. W. Roethenbough	Shelt	39.53
3. T. Erskin	Matlock	40.39
4. J. Wilson	Hallam	43.01
5. A. Heading	Millst	44.02

TEBAY FELL RACE Cumbria AM/8m/3000ft 21.06.00

104 competitors – 100 completed the event. Conditions were cool and windy – very windy, in fact, on the high point of the run.

There were only two lady competitors this year.

Many of those who took part took advantage of the hospitality of the local BRS Club, who support the event each year and provide a free drink to all who enter. The club also provided the trophy which passes from winner to winner each year (J Bland please pass to Mark Roberts!) and there is a smaller trophy for the winner to keep.

M. Pattison

1. M. Roberts	Borr	1.12.29
2. P. Leybourne	Salf	1.17.55
3. M. Donnelly	N'land	1.19.34
4. D. Birch	Kesw	1.20.03
5. B. Proctor	Kend	1.20.10

VETERANS O/40

1. B. Proctor	Kend	1.20.10
2. A. Beaty	CFR	1.21.10
3. C. Speight	Kend	1.22.03
4. A. Miller	Kend	1.22.26
5. G. Moffatt	Howg	1.23.05

VETERANS O/50

1. M. Walsh	Kend	1.22.17
2. J. Holt	Clay	1.23.23
3. D. Spedding	Kesw	1.26.33
4. G. James	B'poolF	1.33.55
5. A. Kenny	AchR	1.37.05

LADIES

1. S. Lewsley O/35	Kesw	1.40.35
2. J. Taylor O/35	LancsM	1.53.26

BOAR'S HEAD FELL RACE Cheshire BM/8m/1200ft 21.06.00

After an interval of five years, caused by a crucial section of the route being used for university research purposes and hence being out of bounds, the race reverted to its original route, including the infamous tussocks on the section up to Bowstones. Unfamiliarity with this route resulted in some very capable runners taking less than optimum lines and this was reflected right through the results list. Despite the appalling weather which reigned (!!*?!?) throughout the day (and soaked the organiser twice while he was marking out the route) the actual race managed to find a "weather window" and took place in near-perfect conditions – dry and cool with a slight breeze but unfortunately with the grassy descents being rendered very slippery in places, resulting in a number of slides and tumbles but, fortunately, nothing serious. This meant that record attempts were really out of the question and so it proved; however, a very on-form Malcolm Fowler took the race by the scruff of the neck after a slightly less-than-perfect route choice up through the tussocks and stormed round the second half to win by a margin of 48 seconds from Mike Hutchinson and Steve Haylock (first V40), who had a real tussle for the second and third placings. Anne O'Kearney had a fine run to take the first lady's place by just over a minute from Sally Gilliver.

Assuming there are no further university projects the race will stay with the original route in a clockwise direction for the foreseeable future, so some practice with the tussocks for certain runners could certainly pay dividends for next

year !!

Many thanks to all the marshals, to Henry Tindell for his excellent and original action figurine for the first lady's trophy, to Jim Thornhill at Haresteads Farm, to Marcus Halliwell at Lyme Park, to Gordon and Vicky at the Boar's Head and to all the local businesses who provided prizes, enabling us yet again to send the race proceeds to Guide Dogs for the Blind.

Dave Jones

1. M. Fowler	Salf	49.10
2. M. Hutchinson	Traff	49.58
3. S. Haylock	Stock	49.59
4. G. Cudahy	Stock	50.07
5. D. Gartley	Gloss	50.18

VETERANS O/40

1. S. Haylock	Stock	49.59
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VETERANS O/50

1. T. Hulme	Penn	56.56
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VETERANS O/60

1. B. Thackery	DkPk	67.43
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LADIES

1. A. O'Kearney	Altr	59.33
2. S. Gilliver	Penn	60.30
3. S. Reason	Altr	62.26
4. K. Harvey O/40	Altr	63.15
5. B. Eyre	Altr	65.00



Paul Low, P & B, Buckden Pike Photo: Steve Bateson

BLACKAMOOR CHASE**Derbyshire****BM/6.5m/1400ft 22.06.00**

A pleasant evening – no wind, so good for the midges. Steve Penney led from the start and even managed to keep his feet dry by using the stepping stones across Blackamoor Brook. Dark Peak were out in force, although Totley ladies veterans took the Championship medals. One hundred and eighty six runners in total so thanks to all the runners, the Cricket Inn and the marshals who were host to the blood sucking beasties.

William Alves

1. S. Penney	C' field	41.03
2. I. Smith	DkPk	42.24
3. S. Bell	DkPk	43.22
4. M. Hayman	DkPk	43.45
5. P. Roberts	Roth	44.07

VETERANS O/40

1. K. McGrath	DkPk	46.26
2. D. Allen	DkPk	46.42
3. R. Hatton	DkPk	47.08
4. A. Shelbourne	Barns	47.12
5. K. Holmes	Unatt	48.54

VETERANS O/50

1. H. Todd	Steel	47.39
2. D. Tait	DkPk	48.57
3. C. Ellis	Totley	49.44
4. R. Defaye	FRA	50.02
5. R. Marlon	DkPk	50.16

VETERANS O/60

1. B. Howitt	Matl	57.15
2. B. Thackery	DkPk	59.14
3. T. Platts	Clowne	60.27

LADIES

1. P. Leach	DkPk	52.14
2. R. Dorrington	Bing	53.09
3. L. Bland	DkPk	55.23
4. P. Firth-Lee	Unatt	55.31
5. S. Burton	Roth	56.37

DRINAHILLY**Mourne Mountains****AS/3.5m/800ft 23.06.00**

1. D. McNeilly	N'castle	23.10
2. R. Bryson	N'castle	23.19
3. D. McKibbin	N'castle	24.11
4. A. McKibbin	N'castle	24.24
5. N. Carty	NBelf	24.27

VETERANS O/40

1. J. Brown	BARF	26.08
2. D. Robinson	ACKC	31.33
3. D. Filcher	Unatt	31.54

VETERANS O/45

1. P. McGookin	ACKC	28.34
2. B. Simpson	BARF	29.58
3. F. Hammond	BARF	30.26

VETERANS O/50

1. S. Dunn	EAntrim	29.36
2. W. Kytelle	ACKC	29.56
3. F.Boal	Ballyd	30.23

VETERANS O/55

1. B. Magee	Larne	30.26
2. E. Moore	Lunch	32.51

VETERANS O/60

1. T. Donnelly	ACKC	34.22
2. H. Young	Ballyd	35.16

LADIES

1. S. Donnelly	BARF	30.12
2. A. Sandford	Ballyd	30.52
3. R. McConville	NDOWN	32.53

NANT-Y-MOCH SKYLINE RACE**Mid Wales****AL/12.5m/3900ft 24.06.00**

Co-organiser, Dave Ormerod, discovered the Achilles Heel of the race route when he was putting out course markers the Thursday before. To fix the safety rope across the Llechwedd-mawr river, he had to wade across it, chest-deep!! We hastily started work on designing a shorter course we could use if it hadn't gone down by the Saturday, but fortunately in the end, we didn't need it!

The near-perfect conditions (last year it was hot and humid) meant that those who were here for the second time generally did much faster times – typically around ten minutes less. Last year's winner, Paul Evans (-11 minutes) would have trimmed off quite a bit more than that if he hadn't got lost in the forest after CP2!

We'd thought that two hours was possible but when we saw the runners on top of Plynlimon after only 1 1/2 hours, we knew that it was going to be beaten by quite a margin; congratulations to James, Colin and Emlyn on their fine performances. Also to Victoria Musgrove on winning the ladies' race for the second time – nine minutes faster than 1999.

Our thanks to the landowners, helpers, marshals, our race-president – shepherd Erwyd Howells, and our sponsors, Brian's Brewery of Cardiff.

Richard Wilson

1. J. McQueen	Eryri	1.50.25
2. C. Donnelly	Eryri	1.51.46
3. E. Roberts	Eryri	1.53.47
4. P. Cadman	Mercia	2.05.29
5. A. Haynes	Eryri	2.05.42

VETERANS O/40

1. C. Donnelly	Eryri	1.51.46
2. E. Roberts	Eryri	1.53.47
3. A. Haynes	Eryri	2.05.42

VETERANS O/50

1. D. Williams	Eryri	2.14.36
2. J. Marsh	TarrenH	2.15.19
3. D. Whiteside-Thomas	Eryri	2.22.59

LADIES

1. V. Musgrove O/40	Eryri	2.40.47
2. G. Evans	Shepshed	2.46.34
3=R. Naish O/40	BroDys	2.51.28
3=A. Goode	BroDys	2.51.28

EILDON TWO HILLS RACE**Selkirkshire****AS/4.5m/1500ft 24.06.00**

As you can see by the winner's time, Alan led almost from the start and watching from the Greenyards, you could see by halfway up the first hill he was well clear coming off the second and was one and a half minutes up on the field.

The day was warm with slight wind and overcast.

George Meikle

1. A. Milligan	Fife	267.26
2. S. Culshaw	Horw	29.29
3. E. Jardine	Fife	30.32
4. M. McGovern	Gala	30.55
5. N. Aitchison	Gala	31.43

VETERANS O/40

1. N. Aitchison	Gala	31.43
2. N. Renton	Gala	33.31
3. L. Turnbull	Carn	34.34

VETERANS O/50

1. G. Armstrong	Hadding	38.34
2. D. Francis	Fife	39.58
3. A. Lorimer	HBT	40.12

LADIES

1. I. Knox	HBT	38.18
2. D. MacDonald O/35	HBT	38.58
3. R. McCann	Gala	39.10
4. L. Howie	Gala	39.19
5. L. Haning O/35	Gala	41.20

JUNIORS

1. E. Jardine	Fife	30.32
2. S. Cassidy	Fife	32.24
3. F. Johnston	Gala	35.17

FLAGSTAFF TO CARLINGFORD**Northern Ireland****AM/11m/3000ft 24.06.00**

The 1996 Flagstaff to Carlingford ladies' record set by Patricia Sloan of 2.02.30 looked unmatchable at the time but Shileen Donnelly took no less than 26 seconds off to establish a new record of 2.02.04. This performance placed her 8th overall from a record entry of 45.

Brian Ervine once again won the men's event in another outstanding time of 1.30.57, almost a minute faster than last year's winning time by Deon McNeilly's 1997 record of 1.27.25. Ervine and McNeilly are the only two runners to have broken the 1.30.00 barrier since the race started over 20 years ago.

The race was also notable for the record number of female competitors this year – a total of eight ladies completed the course with Anne Sandford 2nd home and 18th overall in a time of 2.10.08. In third place was Violet Cornder, 25th overall, and a time of 2.20.45.

The men's race had similar big gaps in the top three finishers with Stephen Linton 2nd in 1.41.07 over ten minutes down on Brian Ervine, while Jim Patterson was 3rd in a time of 1.50.03. Fourth and fifth finishers, Jeff Sommerville and Paul Mawhirt finished over two minutes apart despite both reaching the Slieve Foye checkpoint almost together. However, Mawhirt went off course on the descent giving Sommerville and over two minute advantage by the finish. Both recorded good times of 1.50.36 and 1.52.46, the only other runners to break the two hour barrier.

The race was as usual superbly organised by Armagh AC with many club members giving their time and energy to marking and stewarding the course as well as taking entries, results and times. The club is grateful for the support in Carlingford, particularly the generous use of showers at the Adventure Centre courtesy of Tom McArdle, and the use of the Hall and its facilities, courtesy of Fred Adamson.

Brian Vallely

1. B. Ervine	Ballyd	1.30.57
2. S. Linton	BARF	1.41.07
3. J. Patterson	Albert	1.50.03
4. J. Sommerville	BARF	1.50.36
5. P. Mawhirt	N'castle	1.52.46

VETERANS O/40

1. J. Brown	BARF	2.01.14
2. F. O'Hagan	Newry	2.05.12
3. P. Baxter	W'lands	2.07.04

VETERANS O/45

1. F. Hammond	BARF	2.06.29
2. J. McBride	BARF	2.07.58

VETERANS O/50

1. J. Patterson	Albert	1.50.03
2. W. Kettle	ACKC	2.09.32
3. R. Cowan	Willow	2.18.45

VETERANS O/55

1. B. Magee	Larne	2.07.42
2.R. Donaldson	CIYMS	2.27.42
3. B. Doherty	GenOC	3.34.10

VETERANS O/60

1. H. Young	Ballyd	2.54.18
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LADIES

1. S. Donnelly	BARF	2.02.04
2. A. Sandford	Ballyd	2.10.08
3. V. Cordner	LaganV	2.20.45
4. E. Scott	W'lands	2.30.30
5. H. Kelly	BARF	2.59.44

JUNIORS

1.S. Taylor	BARF	2.01.01
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HUNSHELF AMBLE**South Yorkshire****CM/8m/1000ft 24.06.00**

Part of the celebrations by this small Parish of 250 souls, the Saturday morning race attracted a much larger field than last year. Local Anthony Wright won the men's race from last year's winner Andy Carruthers. Another local, this time Jacqueline Howlett of the neighbouring village won the ladies' event in her first fell race., with Jane Asher the L40. Sue Highham collected the L50 for the second year while Paul Keen

(M40) and Billy Wilson (M60) won two of the other age categories. A visitor from over the border was the winner of the M50, Frank Reilly.

The day before the Fun Day and Fell Race the organisers were adamant that this year would be the last. The day after I hear it will be bigger and better next year

David Horsfall

1. A. Wright	P'stone	54.46
2. A. Carruther	Crawley	55.26
3. S. Patton	DkPk	55.35
4. A. Meskinuon	HolmeV	57.25
5. P. Keen	Hallam	58.26

VETERANS O/40

1. P. Keen	Hallam	58.26
2. G. Desforges	DkPk	59.11
3. K. Bowskill	P'stone	60.38
4. A. Moore	DkPk	61.23
5. R. Innes	P'stone	61.51

VETERANS O/50

1. F. Reilly	Stock	60.30
2. A. Harmer	DkPk	62.07
3. R. Walker	HolmeV	63.23
4. M. Cochran	Roth	65.22
5. M. Nunn	Kimber	68.28

VETERANS O/60

1. B. Wilson	Hallam	64.05
2. K. Bamforth	HolmeV	67.09

LADIES

1. J. Howlett	Unatt	68.37
2. L. Bland	DkPk	69.58
3. K. Bryan-Jones	DkPk	70.10
4. K. Goldthorpe	P'stone	76.04
5. J. Ashworth O/40	Unatt	78.55

ROYAL DOCKRAY HELVELLYN FELL RACE Cumbria AL/21m/5500ft 24.06.00

The Dockray races started as long ago as 1983 and when Barry Thompson was the landlord of the Royal Hotel, in the village of Dockray. Barry retired from active publican duties several years ago but continued to organise the races and we are grateful to the current landlord, Jim Johnson, for his continued hospitality.

This summer, Barry officially retired from fell race duties leaving me holding the reins, although he is as passionate and enthusiastic as ever. No race can ever take place without the contribution of others, and Larry and Judith Pratt, Ken Ledward, Ruth Taylor and several others have shaped the tradition of the Dockray races. A detailed history of these races is difficult to find but my involvement with Dockray must have started in 1984 or 85 and I remember both the medium race (Dockray Fell Race) and the long race being held on the same day. Runners chose either a 10 mile or a 17 mile route. Several years later, it was decided that as both races were classic courses, it was a shame we had to choose and couldn't do both, so the medium race was moved to a Wednesday evening. Later still, Barry organised a Mell Fell Dash as part of the Patterdale Fair but when that ceased, Common Fell Chase was the obvious replacement. Around the same time, the long race was exented to take in Helvellyn summit. Therefore, we now had three different length races all from The Royal and Larry and Judith donated a trophy for the Matterdale series. The winner of the series is the runner who completes all three races in the lowest aggregate points Sarah and Jim Johnson have also donated a trophy awarded in the long race. In 1998 we hosted the English Championship Long fell race; an experience not to be forgotten with the larger numbers and all the extra work involved.

This year all three races attracted 40 plus runners, 11 people completed both of the first two, of which three - Richard Unwin, Philip Pearson and Chris Knox - completed the series. Well done!

The long race was run in good clear conditions, much better than the weather I had on Friday evening and early Saturday morning when marking the course. Many closely fought battles must have occurred, especially coming off Common Fell, judging by the close finish times, and like so many fell races, the more mature athletes are strongly evident. Age is not important, we have a relaxed attitude to prizes and runners seem to enjoy the small friendly atmosphere, or simply relaxing on Jim's lawn with a beer following a good hard run.

The front group of five runners reached Helvellyn summit in approximately 97 minutes - Paul Singleton, Joe Blackett, James Archibald, John Hunt and Steve Murdoch - having a five minute lead. This group pushed on strongly down to Greenside where the climb up to Hartside always tests everyone. Some of the chasing bunch came through well including Willie Bell and Alan Miller. Equally fierce competitive battles further down the field such as Paul Twyford, Keith Gresty and Doug Brown, and between Alan Buckley, John Woodcock and Andy Grant are evident. I'm sure that quite a few runners had bad patches but, sadly, Rainer Burchett had a bad day experiencing severe and debilitating cramp and a navigational mishap, although finished strongly and safe.

So what for next year? I am keen to hear of any constructive criticism as we intend to review all aspects of the races. Several proposals are being considered, some small, some a little more fundamental. One definite change will be the re-siting of the Greenside checkpoint, as recent erosion work and the lack of volunteers to staff it, has made the check a little unclear. Offers of help to staff key checkpoints, or any other task, will always be gratefully received and makes the role of any organiser a lot easier and enjoyable. It is also a good way to get some exercise without racing the route. Now is the time to have your say - speak to me at a race, phone or e-mail very soon as many details need finalising before the deadline of the FRA calendar. Contact details are 44 Wordsworth Street, Penrith CA11 7QZ. Tel: 0778 7772262. E-mail: faulknerjoe@hotmail.com.

Joe Faulkner

1. J. Blackett	Mand	2.40.21
2. J. Archibald	CFR	2.41.44
3. P. Singleton	Amble	2.42.22
4. J. Hunt	CFR	2.44.10
5. W. Bell	CFR	2.49.54

VETERANS O/40

1. W. Bell	CFR	2.49.54
2. A. Miller	Kend	2.53.30
3. R. James	CFR	2.57.48
4. A. Lewsley	Kesw	2.57.57
5. R. Unwin	CFR	2.59.47

VETERANS O/50

1. M. Litt	CFR	3.20.36
2. G. James	B'poolF	3.26.22
3. D. Robinson	Amble	3.37.22
4. C. Last	DkPk	3.37.38
5. J. Ely	CFR	3.41.33

VETERANS O/60

1. K. Gresty	Wesh	3.48.24
2. D. Brown	Clay	3.48.26
3. J. Escritt	Felland	4.42.15

LADIES

1. K. Beaty O/35	CFR	3.21.11
2. M. Bradley	CFR	4.03.46

JAMES BLAKELEY FELL RACE West Yorkshire BS/3.75m500ft 24.06.00

The 61st Annual James Blakeley Fell Race took place over a new course due to problems with the landowner. As usual, the race started with 1.5 laps of the sheepdog trials field, with the 500 feet climb coming towards the end of the race leading back to the trials field.

Rob Jackson won the race by 100 yards from Andy Shaw. This made it a hat-trick of victories for Rob, adding to his 1996 and 1997 wins. Andy had the consolation of leading Holmfirth to a team triumph.

First lady was veteran, Ros Dunnington, who had a convincing victory margin.

Julian Rank

1. R. Jackson	Salf	21.04
2. A. Shaw	Holm	21.21
3. R. Sunman	Barns	22.09
4. R. Griffiths	Holm	22.23
5. P. Hinchcliffe	Barn	22.40

VETERANS O/40

1. R. Jackson	Salf	21.04
2. A. Shaw	Holm	21.21
3. R. Sunman	Barns	22.09

VETERANS O/45

1. R. Griffiths	Holm	22.23
2. R. Kersley	Holm	23.48

VETERANS O/50

1. A. Styan	Holm	23.00
2. S. Crowther	Holm	25.46
3. R. Bradley	Holm	26.28

LADIES

1. R. Dunnington	EChesh	25.32
2. J. Bradwell	EChesh	28.43
3. S. Smith	Unatt	38.20
4. E. Blackford	Unatt	38.24

THE CHEVY CHASE Northumberland BL/20m/4000ft 24.06.00

A number of day visitors, sheep, grouse and other bystanders watched the 122 starters of the 45th Chevy Chase move expertly across the mixed ground conditions of the route. Forty six entries did not show up for this annual fell race - that is a shame for a healthy turnout if encouraging for this marvellous sport. Nevertheless, it was a good day in these hills for the participants because ideal weather prevailed - cool; high, almost complete cloud cover; a light wind and some patchy rain to quench the generated body heat. Good spirit and finish times mirrored the climate and relatively dry ground.

Northumberland Fell Runners, a recent fell running force in this area, dominated proceedings. Both the men and lady victors were club members - Shaun took his 4th successive title (a record) and Jane regained the trophy she won last year. To complete their "silver lined" day the NFR team added this trophy.

Ray Hayes, just 60 years young, celebrated his new decade by being first veteran - he was regularly first veteran over 50.

Teams including Tynedale Harriers and Saltwell Harriers, Wooler Running Club, Alnwick Harriers and Claremont Road Running Club, plus the FIT Club, and many unattached runners are great supporters of the Chevy Chase, which makes this event viable. Thank you for being Chevy Chasers. We would like to see other North of England Fell Clubs taking part - you would be most welcome.

Lawrence Heslop

1. S. Scott	NFR	2.45.06
2. M. Donnelly	NFR	2.51.06
3. G. Owens	NFR	2.52.18
4. J. Dickinson	Tyne	2.57.11
5. M. Broadhurst	Tyne	3.02.05

VETERANS O/40

1. G. Owens	NFR	2.52.18
2. J. Dickinson	Tyne	3.57.11
3. M. Broadhurst	Tyne	3.02.05
4. F. Smith	Saltw	3.14.07
5. T. Forster	Unatt	3.15.40

VETERANS O/50

1. J. Cockburn	Alnw	3.29.40
2. P. Moralee	Unatt	3.32.59
3. R. Gray	NFR	3.37.00
4. C. Watson	NFR	3.45.33
5. T. Hart	Unatt	3.53.53

VETERANS O/60

1. R. Hayes	NFR	3.37.00
2. D. Donaldson	Unatt	4.01.16
3. W. Wright	Alnw	4.17.50

LADIES

1. J. Saul	NFR	3.50.31
2. A. Wild O/50	Unatt	4.12.21
3. J. Gardiner O/40	Unatt	4.47.08
4. L. Brosnan O/50	Unatt	4.54.19
5. C. McKay	Wooler	4.55.53

TOM TITTIMAN
West Yorkshire
CS/4m/600ft 24.06.00

Race winner, Andy Beevers, shocked one or two people with his speed, as a little known force to most fell runners.

I have to say that although I hadn't seen him on the start line, I wasn't too surprised to see his name at the sharp end, only because I used to regularly report on his track, cross country and road running successes when I wrote a regular athletics column for the Yorkshire Post (he has won county honours and represented Yorkshire on numerous occasions).

Well done also to Nicki Lee, again in good form over a short, sharp fell course.

Thanks to everyone who helped me out on the day and to all the runners. The village gala committee reported their best day financially for five years.

Cheers.

Allan G

1. A Beevers	Leeds	24.30
2. A. Wrench	Tod	24.33
3. S. Oldfield	BfdA	25.26
4. M. Lee	Ross	26.00
5. A. Atkinson	Wharfe	26.07

VETERANS O/40

1. S. Oldfield	BfdA	25.26
2. R. Crossland	BfdA	26.47
3. J. Butler	Kghly	27.15
4. R. Hamilton	Wharfe	27.29
5. C. Speight	Kend	27.50

VETERANS O/50

1. P. Jepson	Ross	29.38
2. M. Lee	StBedes	31.56
3. M. Sadula	Roch	32.06
4. D. Quinlan	Bing	32.29
5. G. Hignett	Bury	33.18

VETERANS O/60

1. M. Houghton	Chor	34.00
2. L. Ward	Wesham	43.22
3. T. Maden	PennyL	50.20

LADIES

1. N. Lee	Huncote	30.00
2. L. Lacon	Holm	31.01
3. S. Beconsall O/40	Tod	31.05
4. A. Rees O/40	Tod	31.48
5. H. Allcock O/35	Tod	32.07

KINDER TROG
Derbyshire
BL/18m/3490ft 25.06.00

There was a good turnout for the Kinder Trog in spite of misty weather conditions. Fast times were achieved throughout. Local runner, Paul Deaville, achieved a victory over a very strong field.

We would have seen a new ladies' record this year had a revised route omitting Southhead not been forced on the organiser by the National Trust. Well done to

Christine Howard in an overall 13th place.

Thanks especially this year to Hayfield Mountain Rescue Team. Their services were called upon at the end of the race to find a runner who had failed to return - he was soon found safe and well.

On behalf of Hayfield Scouts, thanks go to all helpers, landowners and runners for a successful race.

Steve Wyatt

1. P. Deaville	Stock	1.50.00
2. C. Donnelly	Eryri	1.51.28
3. G. Watson	Altr	1.52.04
4. M. Williams	Penn	1.55.34
5. R. Woods	DkPk	1.56.07

VETERANS O/40

1. C. Donnelly	Eryri	1.51.28
2. D. Allen	DkPk	1.57.05
3. A. Fitzpatrick	Manch	2.04.24

VETERANS O/45

1. K. Holmes	Unatt	2.04.04
2. S. Houghton	CaldV	2.06.40
3. F. Fielding	Gloss	2.08.38

VETERANS O/50

1. D. Tait	DkPk	2.05.19
2. R. Marlow	DkPk	2.07.53
3. A. Brentnall	Penn	2.09.14

LADIES

1. C. Howard	Matlock	2.03.24
2. N. Bardsley	Gloss	2.14.13
3. P. Leach	DkPk	2.15.49
4. S. Gilliver	Penn	2.19.07
5. K. Harvey O/40	Altr	2.23.06

BEACON BATCH FELL RACE
Somerset

BS/5m/1000ft 27.06.00

After three of us spent an energetic morning preparing the course, the day turned into a perfect mid-summer's evening for running. A field of seventy four athletes set about the first climb "just a taster", led by Rene Hauser of Switzerland. Ladies numbered fourteen and in all, twenty two clubs were represented with runners from Yorkshire and Evesham. How's that for marketing skills? A vast improvement on last year.

Back to the race. The second climb took them to the trig point at one thousand feet, one mile of fast footpath, then they hit the gorse, or the gorse hit them! Not too popular with the ladies that! The remaining distance is steep downhill on stony paths. Every runner who started, finished. Times ranged from 31.47 to 70.37 for this five mile course. Everyone then adjourned to the local hostelry for prize-giving and a well earned drink.

Roger Hart

1. R. Hauser	LGGlarus	31.47
2. M. Duxbury	T&C	32.12
3. A. Hatchard	T&C	32.36

VETERAN O/40

1. J. Duncan	Bristol	32.33
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VETERAN O/50

1. T. Sperrin	Weston	37.55
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VETERAN O/60

1. H. Clayton	Bristol	37.48
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LADIES

1. J. Constable O/50	Cheddar	42.57
2. R. White	Weston	44.45
3. J. Hallett O/40	BOK	45.32

TIDESWELL FELL RACE
Derbyshire

BS/4.5m/820ft 28.06.00

The race took place on a dry and warm evening, overcast but pleasant running conditions with thankfully no accidents or mishaps.

This year's race saw a record entry of 145 (more than double previous years) with runners from a good distance and more local entries than in previous years.

The winning time was another record, two seconds faster than the winning time last year.

Sandra and Bill Howard

1. S. Penney	Chest fld	26.13
2. G. Cudahy	Unatt	26.14
3. M. Hayman	DkPk	27.12
4. A. Carruthers	Crawley	27.52
5. A. Jenkins	DkPk	27.58

VETERANS O/40

1. G. Morson	Bux	28.49
2. G. Cresswell	Penn	29.13
3. R. Hutton	DkPk	29.17
4. K. McGrath	DkPk	29.36
5. K. Holmes	Unatt	29.40

LADIES

1. E. Batt	Bux	31.02
2. C. Greasley O/40	Macc	31.09
3. N. Bardsley	Gloss	32.20
4. E. MacGuire	Stock	32.35
5. L. Bland	DkPk	35.19

LOCALS

1. T. Janaway	Unatt	29.23
2. T. Sutherland	Unatt	30.02
3. S. Claye	Unatt	31.22

LANGSTRATH RACE
Cumbria

AS/4.5m/1400ft 28.06.00

1. J. Davies	Borr	39.05
2. M. Amor	CFR	39.23
3. M. Holroyd	Borr	39.39
4. P. Skelton	CFR	39.47
5. J. Archbold	CFR	40.26

VETERANS O/40

1. P. Skelton	CFR	39.47
2. A. Beaty	CFR	42.06
3. R. Unwin	CFR	44.11

VETERANS O/50

1. S. Sharp	CFR	47.46
2. D. Norton	CFR	51.32
3. D. Patey	Borr	52.02

VETERANS O/60

1. W. Booth	Kesw	51.20
2. D. Rigg	CFR	57.27
3. J. Rutter	Unatt	63.32

LADIES

1. S. Forsyth	Kesw	49.15
2. K. Beaty O/40	CFR	51.37
3. S. Lewsley O/40	Kesw	53.04

GIANT'S CHAIR
Shropshire

AS/3.5m/1210ft 28.06.00

1. A. Davies	Mercia	28.35
2. P. Cadman	Mercia	31.10
3. H. Thomas	TAC	31.11
4. G. Forida James	RSutton	31.12
5. A. Yapp	Mercia	32.00

VETERANS O/40

1. B. Dredge	Mercia	32.49
2. P. Martin	Mercia	32.53
3. R. Mapp	Mercia	33.16
4. A. Pickles	TAC	33.19
5. R. Heelis	Mercia	33.27

VETERANS O/50

1. J. Coombes	Mercia	33.44
2. D. Ormerod	MDC	36.01
3. A. Hodgkiss	Unatt	42.30

VETERANS O/60

1. R. Formby	Wrekin	51.12
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LADIES

1. S. Pritchard Jun	Brecon	40.31
2. G. Roberts O/40	Mercia	45.04
3. J. Davies	Unatt	45.51

FOX AND HOUNDS CHASE
North Yorkshire
BM/9m/1500ft 29.06.00

There was a minor alteration to the course to help those who have had navigation problems! This seems to have made no real difference in the times. Indeed Nick Barrable came within a few seconds of breaking Robin Bergstrand's long standing record. I can recollect that when this was set the bracken was much higher in the latter stages but equally Nick was well clear of the field on a route with which he was not familiar. An excellent night's competition which saw two visitors victorious. Nick who aligns himself to the Scottish club Livingston and Margaret Curran on her annual visit from South Africa. Nick was a clear two minutes in the lead when I sighted him on the binoculars above St. Helena. It was difficult at this stage to reconcile who it was but it was obvious to the experienced observer that he was flying. It was touch and go whether the record would go but in the end Nick was defeated on this one front by his lack of familiarity with a course that requires navigational skills. It was good to see the return of Vic Brudenell who lead the Mandale team to victory in the team race. It was also a welcome return for Peter Connor in the V50 section who won this category by almost five minutes. In the series Alison Raw still leads the womens section with Gary Barnes holding on to the aggregate lead in the mens. In the V40 section Rob Pollard has the edge at present whilst Jill Soper leads the women's V40. The V50 is lead by Mike Shaw and Maureen Gibbs respectively. Ronnie Sherwood leads the men's V60 whilst Sandra Jemson leads the female V45.

Dave Parry

1. N. Barrable	Liv	58.16
2. M. Wynne	Saltw	61.55
3. P. Stephenson	Hartle	62.08
4. I. Marr	RAFLeem	62.26
5. V. Brudenell	Mand	63.15

VETERANS O/40

1. P. Buckby	Mand	63.54
2. I. Ellmore	Scarb	64.48
3. A. Normandale	Nestle	69.05

VETERANS O/50

1. P. Connor	Mand	71.53
2. M. Hetherton	Nestle	76.01
3. M. Shaw	Mand	76.36

VETERANS O/60

1. R. Sherwood	NMarske	82.33
2. M. Horan	Quak	116.03

LADIES

1. S. Jackson	Middles	78.20
2. S. Rouse	Quak	82.00
3. H. Bridle	Ind	83.25

LADIES VETERANS (1)

1. M. Curran	SAfrica	73.07
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LADIES VETERANS (2)

1. S. Jemson	NMarske	85.08
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LADIES VETERANS (3)

1. M. Gibbs	Thirsk	91.41
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SHEEPHOUSE LANE FELL RACE Lancashire 01.07.00

New race is a complete success

The first Sheepphouse Lane Fell Race took place on the hillside near Noon Hill last Saturday, which was the fifth race in this years English Junior Fell Championship. The race organised by Horwich Harriers was put on with the kind permission of North West Water who helped sponsor the event. As the race was a new race this year, the competitors didn't know what they were up against. With the course being organised by Junior Vice Captain Ian Smith, it was always going to be a difficult and tricky course - and the competitors were not disappointed. The senior course included 4 climbs and some 1200 feet of climbing. The under 12s climbed some 250 feet, the under 14s climbed 400 feet, the under 16s 650 feet and the under 18s and under 20s had to complete the senior course of just over 5 miles.

The first race off was the under 12s and in a very competitive race the winner was Simon Clifford in a time of 9.06. Second was Stephen Mitchell in 9.14 and just 2 seconds later was David Shepherd. Emma Stuart was first girl in 10.23, just 3 seconds ahead of second place runner Katherine Woodhead in 10.26 with Danielle Walker third in 10.41.

The under 14s were next off with Matthew Smith trying to hold onto third place in overall fell championship standings. He led the race off at a smart pace and showed the other competitors the quality of his climbing. By the time the second climb came around Matthew had fallen back to third but he battled hard to hold on to valuable points. Andrew Wilkin was first in 15.51 with Matthew Stuart in second in 16.15. Matthew Smith held on to third in 16.38.

The under 16s race was one of the races of the day. Mark Smith having seen his younger brother set the pace in the under 14 race, Mark decided to do the same and gave all the rest of the field something to worry about. He set off at a blistering pace and spread the field out after some 400m. The eventual winner was the mighty impressive Mark Buckingham 25.50 with Ray Edgar second in 26.18 with David Sugden third in 26.35. Mark Smith had one of his better races recently with a 4th place finish in 27.41.

The under 18s, under 20s went with the seniors in the five mile fell race over some 1200 feet. Michael Cayton (U20), won the race with some very impressive running up and down the fell in a time of 33.59. Stuart Reid (U20) was second in 35.34 and senior James Logue was third in 35.57. Stephen Savage (U20) was fourth overall but third under 20 in 36.12. The next three runners home in 5th, 6th and 7th were all from the under 18's race. George Crayston was first under 18 in 36.18. James Mason second in 36.32 and Chris Walters third on 36.34. Natalie White won the under 18 girls race in 42.40 with Kate Rogan second in 45.25 and Lisa Richardson third in 48.22. Christine Boardman was 7th girl home in the under 18s in 53.33, whilst the winner of the under 18's girl's race was Sarah Dugdale in 44.54. After the quality juniors came



Terry Orrell, Horwich, followed by Clive Davis, Bowland at Sheepphouse Lane Photo: Steve Bateson

the rest of the senior field. Steve Williams was first Vet 45 in second place in 38.04 with Tony Rowley over from the Isle of Man third in 38.40 who was also first V40. Chris Seddon of Horwich was second senior in 38.47 with Robert Green third senior in 39.19. In the lady's race Judy McBride was first in 47.59 with Gill Darby second in 48.44. Karon Forster was third in 50.56.

Peter Ramsdale

1. J. Logue	Horw	35.57
2. S. Williams	Salf	38.04
3. T. Rowley	ManxFR	38.40
4. C. Seddon	Horw	38.47
5. R. Green	AchR	39.19
6. M. O'Donnell	Chor	39.40
7. M. Seddon	Horw	40.12
8. A. Alty	Chor	40.19
9. M. Christie	Chor	40.31
10. S. Hemmings	Chor	41.17

VETERANS O/40

1. T. Rowley	ManxFR	38.40
2. A. Alty	Chor	40.19
3. A. Shepherd	Settle	41.20

VETERANS O/45

1. S. Williams	Salf	38.04
2. D. Emmerson	Unatt	42.11
3. M. Leck	LancsM	43.49

VETERANS O/50

1. J. Dore	Roch	43.00
2. A. Barlow	Altr	46.49
3. K. Makin	Horw	52.35

VETERANS O/55

1. P. Jepson	Ross	42.25
2. R. Wignall	Altr	51.14
3. T. Gidman	Horw	52.57

VETERANS O/65

1. L. Pollard	AchR	57.38
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LADIES

1. J. McBride	Macc	47.59
2. G. Darby	LivPemb	48.44
3. K. Forester	Spect	50.56
4. E. Smart O/40	Horw	51.31
5. P. Dore O/45	Ross	52.53

UNDERS 20s - BOYS

1. M. Cayton	Horw	33.59
2. S. Reid	Kend	35.34
3. S. Savage	Amble	36.12

UNDER 18s - BOYS

1. G. Crayston	CFR	36.18
2. J. Mason	Bing	36.32
3. C. Waters	Skipton	36.34

UNDERS 18s - GIRLS

1. N. White	Holm	42.40
2. K. Goran	Wharfe	45.25
3. L. Richardson	Chor	48.22

UNDER 16s - BOYS

1. M. Buckingham	Holm	25.50
2. R. Edgar	LancsM	26.18
3. D. Sugden	Holm	26.35

UNDERS 16s - GIRLS

1. K. Ingram	Chor	30.21
2. H. Glover	Kghly	31.59
3. H. Booth	LancsM	33.01

UNDER 14s - BOYS

1. A. Wilkin	Helmhill	15.51
2. M. Stuart	Kesw	16.15
3. M. Smith	Horw	16.38

UNDER 14s - GIRLS

1. K. Hawitt	Warr	16.53
2. L. O'Gorman	P'stone	17.00
3. K. Roberts	Kend	17.28

UNDER 12s - BOYS

1. S. Clifford	CFR	9.06
2. S. Mitchell	ValeR	9.14
3. D. Shepherd	Settle	9.16

UNDER 12s - GIRLS

1. E. Stuart	Kesw	10.23
2. K. Woodhead	Holm	10.26
3. D. Walker	Burnley	10.41

ERRINGDEN MOOR FELL RACE West Yorkshire BM/8.5m/1900ft 01.07.00

Overpaid, over sexed and over here they used to say and now winning our fell races. Congratulations to Paul on a superb run smashing second placed Andy Wrench's record by an incredible 5.30. In fact, all the first five were within Andy's old record.

Sue also had a storming run just missing out on Carol Greenwood's record by nine seconds. 109 runners started the race and 105 finished this tough out and back route with a tour of both sides of the valley in between. Strange then how a small number of runners lost their way on the return section of the fully flagged course. As one leading runner stated "If an American can find his way round, why can't people who live in the same valley as the race?" Enough said, I think.

Just over £200 was raised from the race for Overgate Hospice and all enjoyed a good event and free sandwiches and chips at the pub afterwards. Thanks to all the runners and helpers for making the race a success. See you all next year!

Tony Bradley

1. P. Low	P&B	58.14
2. A. Wrench	Tod	58.21
3. G. Devine	P&B	61.21
4. S. Neil	P&B	62.56
5. A. Clarke	CaldV	63.13

VETERANS O/40

1. R. Crossland	BfdA	63.59
2. P. Taylor	Ross	65.05
3. N. Holding	WPenn	67.04
4. D. Beels	CaldV	67.39
5. K. Holmes	Unatt	67.56

VETERANS O/50

1. D. Tait	DkPk	68.17
2. B. Horsley	CaldV	72.32
3. G. Newsham	Clay	76.19
4. D. Armstrong	StBedes	77.10
5. R. Poulter	Tod	78.09

VETERANS O/60

1. G. Barrow	Tod	93.06
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LADIES

1. S. Becconsall O/40	Tod	72.54
2. L. Lacon	Holm	75.22
3. H. Allcock	Tod	77.45
4. A. Rees O/40	Tod	80.20
5. A. Lloyd	StBedes	82.46



Michael Cayton, U20 winner at Sheepphouse Lane Photo: Steve Bateson

GUTO NYTH BRAN

Gwent

BM/6m/1300ft 01.07.00

This year's race was down in numbers due to two new races being staged within the area, but nevertheless, this did not stop us from having a good race.

It was nice to see Nigel Webb, who was pushed in the early stages by Phil Crane, win after so many years of trying. Nigel has taken part in this race since 1982, and has always been well placed. The team was once again won by MDC, with Nigel becoming the man participant.

This year saw the presentation of the long awaited Silver Cup, which will be held by the winner until the forthcoming year. The Cup shall be inscribed with all previous winners to date, and shall continue to do so for the approaching years.

Hopefully, the coming year will have an increased amount of silverware to present, and will encourage bigger and better fields for the future years.

Phillip Morris

1. N. Webb O/40	MDC	43.09
2. P. Crane	Caer	44.40
3. L. Gwilym O/40	MDC	46.33
4. P. Crane	Unatt	47.29
5. P. Morris O/50	Heref	47.53

VETERAN O/60

1. P. Payton	Hengoes	60.02
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LADIES

1. A. Bedwell O/35	MDC	54.34
2. M. Darby O/35	MDC	58.50

NICKY NOOK CHALLENGE

Lancashire

BM/8m/1200ft 01.07.00

It was the second year for this race with numbers up slightly on last year. It was a very busy weekend with five other races on, so we were pleased to have retained our appeal

Last year's record could not be matched so we are going to put up a twenty five pound prize next year for bettering the time to get under the hour.

Twenty five clubs were represented from the one hundred and four runners. **LADIES** were less prominent this year, perhaps the course is not to their liking (the gauntlet will be thrown down for next year).

Everyone seems to like the mix between fell and cross-country with the water crossings being a strong post race discussion point.

Phil Griffiths

1. M Laithewaite	Wigan	1.01.21
2. S. Neimarlija	Wigan	1.02.16
3. I. Clinch O/40	Unatt	1.02.26
4. C. Reade	Bow	1.02.51
5. C. Giltrow-Shaw	Clay	1.03.00

VETERANS O/50

1. A. Appleby	Preston	1.13.42
2. L. Stephenson	Kend	1.14.51
3. G. James	B&F	1.15.00

VETERANS O/60

1. D. Spencer	B&F	1.14.56
2. D. Brown	Clay	1.20.31
3. B. Atkinson	N.Vets	1.21.45

LADIES

1. K. Thompson O/40	Clay	1.22.24
2. B. Dickinson O/35	Wesham	1.22.44
3. J. Taylor O/35	L&M	1.24.34
4. J. Devoy	B&F	1.29.31
5. A. Parkinson	Unatt	1.30.31

SKIDDAW FELL RACE

Cumbria

AM/9m/2700ft 02.07.00

My thanks to Pete Richards for organising this race whilst I attended a wedding in Birmingham. I hear that the weather was dull, with claggy conditions on top - this now seems to be normal for this event!

Congratulations to all prizewinners, and competitors, and thanks to everyone who helped to organise this race.

Allan Buckley

1. C. Roberts	Kend	1.10.14
2. S. Curshaw	Horw	1.10.38
3. D. Frampton O/40	Kesw	1.11.12
4. R. Jackson	Salf	1.11.36
5. R. Maddams	Kesw	1.12.56

VETERANS O/50

1. G. Howard	Ilk	1.20.53
2. M. Litt	CFR	1.22.03
3. B. Martin	Amble	1.28.53
4. P. Dowker	Kend	1.31.26
5. P. Helder	Ilk	1.31.54

VETERANS O/60

1. R. Hayes	N'land	1.36.36
2. J. Taylor	Amble	1.43.33
3. K. Heywood	Kend	1.47.52

LADIES

1. S. Dolan	Harr	1.20.56
2. S. Taylor	Bing	1.29.01
3. S. Forsythe	Kesw	1.29.13
4. R. Isaacs	Pensby	1.32.21
5. D. Thompson O/35	Kesw	1.36.41

EUROPEAN MOUNTAIN RUNNING TROPHY

Miedzygoize, Poland
02.07.00

Richard Findlow went one better than last year's bronze medal winning performance in Austria, by taking silver in the sixth running of this event, second only in prestige behind the World Mountain Trophy.

The thirty three year old Bradford runner - who also took silver in last year's World Mountain Trophy in Malaysia - managed to split the traditionally dominant Italians to finish ahead of defending champion Antonio Molinari, in third, but just over half a minute behind Massimo Galliano, who landed his first major senior title.

Former World Trophy fourth-placer, Bobby Quinn, eighth last year, finished just outside the medals in sixth as Scotland's excellent packing - Neil Wilkinson (seventh) and Chris Robison (eighth) saw them place second and take their first ever team medals behind holders Italy. Indeed, Scotland were poised to take gold until very late on before the third Italian counter edged into twelfth place.

Last year's silver medallist and former British cross-country champion, Angela Mudge, was disappointed to finish outside the medals in fifth as former Berlin Marathoner, Isabelle Zatorska - competing on home ground - successfully defended her title.

England trials winner Kate Bailey was next Briton home in nineteenth place, with team mate Sally Newman finishing two places further back. England could fare no better than ninth, however, one place behind Scotland - as Italy claimed an impressive winning team double.

Gareth Webb

1. M. Galliano	ITA	50.22
2. R. Findlow	ENG	50.56
3. A. Molinari	ITA	51.03
4. R. Skalsky	CZH	51.19
5. P. Gonclaves	POR	51.31
6. B. Quinn	SCO	51.37
7. N. Wilkinson	SCO	51.57
8. C. Robison	SCO	52.04
9. Z. Zoubek	CZH	52.19
10. J. Ceh	SLOVEN	52.21

OTHER BRITS

16. A. Milligan	SCO	52.58
21. A. Bowness	ENG	53.42
28. R. Jebb	ENG	54.50
40. A. Davies	WAL	56.11
45. J. McQueen	WAL	56.56
52. E. Roberts	WAL	58.46
54. R. Thomas	WAL	59.28
60. M. Hill	ENG	60.26

LADIES

1. I. Zatorska	POL	33.38
2. B. Sonntag	GER	33.53
3. R. Geipi	ITA	34.17
4. S. Demidenko	URS	34.23
5. A. Mudge	SCO	34.37
6. F. Gaviglio	ITA	34.56
7. C. Heinzle	AUT	35.26
8. L. Melicherova	SLOVAK	35.30
9. I. Guillot	FRA	35.49
10. M. Grosso	ITA	36.08

OTHER BRITS

19. K. Bailey	ENG	37.35
21. S. Newman	ENG	37.51
26. H. Diamantides	SCO	38.21
31. H. Johnson	ENG	38.53
33. A. Brand-Barker	WAL	39.15
38. J. Rae	SCO	40.26
39. S. Bretherick	WAL	40.29
40. C. Tomkinson	ENG	40.34
42. J. Lloyd	WAL	40.41
51. E. Turner	WAL	43.56

PEAKERS STROLL

Derbyshire

BL/25m/4000ft 02.07.00

1. S. Gregory	3.10.00
2. J. Lawrenson	3.42.00
3. D. O'Brien	3.46.00
4. M. Hudson	3.50.00
5. A. Jones	4.03.00

BROWN CLEE TWIN PEAKS FELL RACE

Shropshire

BM/10.8m/2160ft 02.07.00

On a warm and steamy day both the ladies and the men's records were broken.

The first man in was Mark Hayman, breaking the record by 16 seconds, followed by David Turvey and Tim Taylor.

Tracy Ambler was the first lady in breaking the record by a massive 12.07, followed by Polly Gibb and Victoria Musgrove, also breaking the previous best time.

Many thanks again to all those who turned up to run - I hope your efforts were rewarded. Also thanks must go to the landowners, marshals, timekeepers and those who helped set out the course and clear it on the day. Hopefully, we'll see you all at next year's race, provisionally fixed for Sunday 1 July 2001.

Andrew Spreadborough

1. M. Hayman	DkPk	1.21.38
2. D. Turvey	Hales	1.24.03
3. T. Taylor	Mercia	1.25.03
4. A. Carruthers	Hales	1.26.43
5. H. Thomas	Telf	1.27.10

VETERANS O/40

1. T. Taylor	Mercia	1.25.03
2. R. Mapp	Mercia	1.33.05
3. S. Littlewood	HerefC	1.34.47
4. P. Johnson	Mercia	1.34.53
5. C. Perkins	HerefC	1.35.05

VETERANS O/50

1. G. Farmer	Mercia	1.32.29
2. R. Jones	Eryri	1.37.34
3. D. Ormerod	MDC	1.42.27
4. T. Davies	CAmbrey	1.44.26
5. P. Beckett	DewsbRR	1.46.38

VETERANS O/60

1. B. Evans	Eryri	1.57.04
2. T. Breakwell	Borr	2.01.13
3. T. Ashcroft	ShropSh	2.10.09

LADIES

1. T. Ambler	P&B	1.33.44
2. P. Gibb	Mercia	1.35.37
3. V. Musgrove O/40	Eryri	1.43.12
4. S. Connop	CAmbrey	1.47.18
5. C. Mills O/40	Unatt	1.53.18
6. A. Goodall O/45	Mercia	1.56.30

WASDALE FELL RACE

Cumbria

AL/21m/9000ft 08.07.00

Wasdale 2000 had a small entry - 36 set off including one lady but only 10 were not veterans!

Andy Trigg led from the start and by the valley crossing at Greendale had extended his one minute lead over Bill Sullivan at Whin Rigg, to four minutes. From then onwards, Andy held from three to eight minutes advantage over the chasing group of Veteran Over 40, Leigh Warburton, Paul Thompson and Rick Ansell. Leigh and Paul ran pretty much together to the Pike but Leigh's descent was the faster. Bill Sullivan had been leading Rick and Veteran Over 45, Dave Hyde, to the Pike but had a slow descent allowing the other two past. Further back, Veteran Over 65, Brian Leathley, at 69, the oldest fellrunner ever to complete a Wasdale, was running strongly in a group of four.

The weather deteriorated and by 15 00 hours, driving rain made navigation a challenge but Clayton had packed well to win the team prize from Calder Valley.

The single lady entry, Wendy Dodds, ran a marvellous race to come in 14th overall and just ahead of Veteran Over 55 winner, Dennis Lucas. The veteran Over 50 category was won by David Robinson.

This Wasdale was run as a charity event with Joss Naylor's Multiple Sclerosis Organisation as the main beneficiary. Checkpoints visited counted as "scores" for the sponsors. Top donation receives a prize. Once again, thanks to all helpers on the ground and fell, St John's and Wasdale Campsite.

R. Eastman

1. A. Trigg	Gloss	4.13.00
2. L. Warburton	Bowland	4.22.48
3. P. Thompson	Clay	4.43.39
4. D. Hyde	CaldV	4.50.31
5. R. Ansell	Tring	4.52.10

VETERANS O/40

1. L. Warburton	Bowland	4.22.48
2. R. Ansell	Tring	4.52.10
3. M. Wardle	CaldV	5.03.38
4. P. Browning	Clay	5.03.49
5. A. Heaton	Bowland	6.11.13

VETERANS O/45

1. D. Hyde	CaldV	4.50.31
2. R. James	CFR	4.57.09
3. I. Block	CFR	5.02.51
4. S. Houghton	CaldV	5.07.14

VETERANS O/50

1. D. Robinson	Amble	6.00.18
2. K. Allen	Nofts	6.50.32

VETERANS O/55

1. D. Lucas	Roch	5.30.40
2. J. Ely	CFR	6.00.34

VETERANS O/65

1. B. Leathley	Clay	6.37.10
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LADIES

1. W. Dodds O/45	Clay	5.29.57
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LORDS SEAT RACE

Cumbria

AS/5m/1400ft 04.07.00

The Lords Seat senior race saw over one hundred fell runners complete the course. They were led home by Simon Booth. First veteran was over forty previous race organiser Pete Skelton. Pete finished third overall in. Keswick provided first veteran over fifty and sixty. The ladies' race was won by Angela Brand-Barker. Lyn Thomson in sixty ninth position was second lady and first lady veteran.

Angela & Tony B-B

1. S. Booth	Borr	31.55
2. M. Amor	CFR	33.51
3. P. Skelton O/40	CFR	33.59
4. A. Schofield	Borr	34.16
5. B. Taylor	CFR	34.26

VETERANS O/50

1. D. Spedding	Kesw	37.55
2. I. Charlton	Kesw	39.58
3. D. Bridge	Borr	42.49

VETERANS O/60

1. D. Hayes	Kesw	42.54
2. B. Booth	Kesw	44.32
3. M. McDougall	Cumber	47.12

LADIES

1. A. Brand-Barker	Kesw	39.07
2. L. Thompson O/40	Kesw	42.29
3. S. Forsyth	Kesw	43.09
4. S. Lewsley O/40	Kesw	44.02
5. D. Thompson O/40	Kesw	44.18

SALTWELL HARRIERS FELL RACE

County Durham

BS/5.5m/1000ft 04.07.00

It may not be the longest fell race or the race with the most ascent but the terrain surely makes it one of the toughest in the BS category. Tracks, only on the 500-foot ascent to the finish. If it's a bit of heather bashing with the odd bog and good soaking in the burn then try your luck in this race. Morgan Donnelly did, after an absence of a few years he confirmed his status as one of the top fell runners in the north east with his first victory in this fast race. It was also good to see Bob Johnson back to form and he pushed Morgan throughout the first 4 miles. Fortunately for Morgan, Bob's bowl movements were also racing ahead, enforcing him to have two pit stops allowing Morgan the ease of a 90 second victory over the ever youthful veteran, Fred Smith. Sean Smith broke the domination of the vets finishing 4th behind David Armstrong, with James Dickinson and Neil Cassidy ensuring the ever lighter Bob Johnson, who worked extremely hard finished in 7th place. Enough to help host club Saltwell claim the men's team prize, 'The Moorcock Trophy' donated by the landlord of the Moorcock pub which provides a welcoming environment for the presentation.

Sally Rouse, who is beginning to establish herself as the one to beat among the ladies, claimed victory by nearly 4 minutes from the ladies' course record holder Karen Robertson, who despite being 3 months pregnant, only paid one entry fee! Beverly Renwick was the fastest veteran and 4th overall. With Jane Saul and fastest veteran, Pat Cooper, adding to Karen's points to take the team prize.

Thanks to all the marshals, particularly those who provided the midges with an evening meal, and especially to Kath Dallinson who graciously accepted the once in a life time opportunity to become a timekeeper. And to every competitor who make this race such a joyful event, that we can tolerate presentation hecklers like Derek Cushard. No wonder he's unattached!!!

Keith Wood

1. M. Donnelly	NFR	41.37
2. F. Smith	Saltw	43.07
3. D. Armstrong	NFR	43.25
4. S. Smith	Saltw	43.54
5. J. Dickinson	Tyne	44.07

VETERANS O/40

1. F. Smith	Saltw	43.07
2. D. Armstrong	NFR	43.25
3. J. Dickinson	Tyne	44.07

VETERANS O/45

1. N. Cassidy	Tyne	45.22
2. J. Dallinson	NFR	47.50
3. K. Cooper	NFR	56.10

VETERANS O/50

1. R. Dawson	NFR	47.01
2. P. Graham	Tyne	49.26
3. C. White	NFR	51.55

VETERANS O/55

1. T. Hart	NFR	51.16
2. R. Gray	NFR	54.34
3. N. Dyson	Mand	55.34

VETERANS O/60

1. J. Gabrarino	NFR	59.22
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LADIES

1. S. Rouse	Quak	52.17
2. K. Robertson	NFR	56.03
3. J. Saul	NFR	58.07
4. B. Renwick O/35	Saltw	61.20
5. P. Cooper O/40	NFR	62.27

RAWNSLEY HILLS & SLADES

Staffordshire

BS/5m/900ft 05.07.00

The weather was cool and wet, reasonable for the runners but difficult for taking entries on the night and for taking times/numbers at the finish. Stephen Pyke won for the third time, his sequence of wins having been interrupted by Dave Neill last year.

Anna Jackson finished seventeenth as first lady, only two seconds outside Polly Gibb's course record.

Trentham won the team prize, but it was more closely fought than in previous years, with Mercia second only six points behind.

Despite doubling the food order for the buffet, it all went in the first half hour back at the Ruceley Royal British Legion Club

John Heminsley

1. S. Pyke	Trenth	30.14
2. T. Werret	Merc	30.54
3. P. Bowler O/45	Merc	30.56
4. T. Orton	Tan	31.33
5. D. Colclough O/40	Trenth	31.55

VETERANS O/40

1. D. Colclough	Trenth	31.55
2. G. Dews	C&S	33.19
3. M. Wood	Merc	34.01
4. R. Drew	Lich	36.26
5. A. Evans	Trenth	37.39

VETERANS O/45

1. P. Bowler	Merc	34.56
2. P. Wood	Trenth	34.39
3. G. Trainer	Spark	35.29
4. D. Myatt	Trenth	36.04
5. M. Perry	Tam	39.14

VETERANS O/50

1. G. Farmer	Merc	33.04
2. J. Clemens	Merc	35.32
3. P. Rawnsley	Unatt	31.16
4. T. Thomison	Merc	38.15
5. P. Hodletts	Staffs	38.34

LADIES

1. A. Jackson	Lich	34.54
2. K. Walker	Tam	37.43
3. K. Buckley	DkPk	38.26
4. R. Kendal	EBOR	38.41
5. S. Motrall	Chise	39.11



Angela Brand-Barker, winner at Lords Seat

Photo: Les Houghton

HOPE WAKES FELL RACE Derbyshire BS/4m/650ft 05.07.00

This Millennium year race had the distinction of providing the worst weather conditions for at least two decades with low cloud, poor visibility and heavy rain.

Nevertheless, the field of one hundred and forty six seemed to revel in it and Dem Whiting who established an early lead and gradually extended it, splashed to the finish thirty five seconds ahead of Steve Penney with last years winner, Ged Cudahy, in third place.

Both Chaanah Patton, First lady (thirtieth) and Katherine Harvey, lady veteran (sixty sixth) won with plenty to spare over their respective rivals.

The first Hope Valley local, Paul Bywater, finished a creditable thirtieth and Roger Butterfield, a super veteran, did well to place sixty eighth and be the first local.

The Juniors 'weathered' the conditions quite readily and it took club runners nathan Morson (Buxton), Stuart Cameron (Stockport) and Daniel Tett (DPFR) to beat local runner Matthew Nash into fourth place.

Derick Jewell

1. D. Whiting	Hallam	25.14
2. S. Penney	C'field	25.49
3. G. Cudahy	Stock	25.56
4. M. Wilson	Hallam	25.59
5. M. Fowler	Salf	26.11

VETERANS O/40

1. C. Fray	Penn	27.47
2. M. Salkild	DkPk	27.55
3. T. Tett	DkPk	28.11
4. G. Morson	Bux	28.22
5. R. Hutton	DkPk	29.01

VETERANS O/50

1. D. Trickett	Hallam	29.25
2. D. Tait	DkPk	29.46
3. R. Marlow	DkPk	30.39
4. R. Scotney	Penn	31.09
5. N. Goldsmith	Alt	32.03

LADIES

1. C. Patton	Hallam	30.00
2. E. McGuire	Stock	31.42
3. K. Harvey O/35	Alt	33.17
4. J. Bednall	Sheff	33.36
5. K. Bryan-Jones	DkPk	34.03

GRISEDAL GRIND Cumbria AS/3m/1600ft 06.07.00

The junior Tarbarrel race saw only nine runners compete. They were led home by James Walker. James set a new record in the under twelves boy category. James Downie was second winning the under fourteens. Third overall and second under twelves was Grant Robinson. First girl was Phoebe - a new record for the under fourteens girls. Second girl was Katherine Downie, her time provided another record, this time in the under twelves.

The Grisedale Grind race lived up to its name. Toiling uphill in the mist with only a ruined wall for reference obviously put a few runners off and smaller fields were seen in both senior and junior races. The surprise of the evening was Alan Bowness breaking the 1987 record by winning the race. Close on Alan's heels was Simon Booth. Gary Devine was then a minute adrift in third. First veteran over forty was Pete Skelton just missing out on the benchmark "sub 30". First super veteran was Dave Spedding just making the top ten. First lady was Lyn Thompson, thirty second overall - a remarkable achievement for a lady who was injured for most of last season.

The junior Grisedale was a race between the Walker lads and Sarah Clifford. Ben won the race closely followed by James. The only record breaker was Sarah who set a new under fourteens time.

Five new records were set in the series, well done to all.

Many thanks to all marshals and helpers, we couldn't to it without you.

Thanks also to Martins Bakery of Cockermouth who provided the cakes. All category winners took a Whinlatter 'log' home.

We regret that there will be no junior races next year. We planned to run them for two or three years in the hope that numbers would increase. This year's small fields and the blatant flaunting of FRA rules stipulating that FRA races are for ten years and over leave us with no option. The records are here for posterity.

The Brand-Barkers

1. A. Bowness	CFR	27.19
2. S. Booth	Borr	27.53
3. G. Devine	P&B	28.53
4. A. Schofield	Borr	29.07
5. J. Bland	Borr	29.33

VETERAN O/60

1. B. Booth	Kesw	37.42
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LADIES

1. L. Thompson O/35	Kesw	38.02
2. S. Forsyth	Kesw	38.27
3. M. Bradley	CFR	44.51
4. L. Buck	CFR	45.58
5. B. Banks	CFR	47.31

JUNIORS U/18

1. R. Lightfoot	CFR	35.52
2. D. Hawley	CFR	40.28

WHARFEDALE TTT North Yorkshire 07/08/09.07.00

Sally Newman and Gary Taylor joined a select band of athletes winning their respective categories in the fifth Wharfedale TTT Grand Prix held over the second weekend of July earlier this year.

Most runners race once over a weekend, a few two, but very few race three times on consecutive days including an uphill only road race and a tough fell race involving navigation.

Sally and Gary triumphed not only against other competitors but also against a combination of events designed to test all aspects of fell running

With a forecast for a poor weekend and perhaps our organisational build-up resting on its laurels after a successful event last, the turnout dropped similar to that for the first three promotions, although the bad weather did manage to hold off until Sunday.

The Grand Prix is based on Kettlewell in the heart of the Yorkshire Dales, a pretty village boasting three pubs, and becoming increasingly famous for its Scarecrow Festival, held a few weeks after the Wharfedale TTT. The three race Grand Prix includes Tarmac, Trail and Tussock, hence the TTT in the title. This area does not have many fell races, so the rare opportunity to race over Great Whernside particularly, is worth making the effort to attend the weekend.

The weekend is intended to be enjoyable and sociable for all the family; the amenities include a field for camping and parking with adjacent showers and toilets at the farm. A marquee on the field provides shelter in the event of bad weather but, more importantly, a griddle where hot sandwiches, cakes, tea, coffee and soft drinks can be bought - so there's no need for campers to cook either. The three pubs provide evening (and lunchtime for some!) food and drinks, and the village has cafes, gift and outdoor shops.

The first event on the Friday evening saw a star-studded field contest the 4k uphill only road (Tarmac) race comfortably won by fell running international, Robert Jebb, followed home by a string of other fellow internationals. Sally Newman easily won the ladies race, the first of her three victories. Graham Breeze held off Geoff Howard, these two destined to a ding-dong battle throughout the three events for the Over 50 category.

On Saturday, weather conditions were perfect for the feature event, a tough 18K 'A' category fell race, over Great Whernside. Navigational skills are required on this course and in bad weather these skills would certainly be put to the test! The finish was very close, Gary Taylor winning by barely forty seconds ahead of second placed Nick Pearce, who finished a hairsbreadth ahead of Andrew Wood and Geoff Howard, the latter two sharing the same time! The descent from the last checkpoint must have been frantic as these four vied for the leading places.

Nick Pearce was now starting to dominate the Over 40 category and Geoff Howard started to turn the tables on Graham Breeze.

Sally Newman finished sixth overall in this event, an excellent result considering also that she is a veteran Over 35, and took an unassailable position in the Grand Prix barring a catastrophe in the final event. Lynn Eden's persistence and determination paid off; although finishing well down the field in two events, she was the only Over 45 competitor and dominated the category - moral - you don't win if you don't compete!!

The final race on Sunday, a short fell race, was won by Robert Jebb (he'd been to recce Kentmere on the Saturday). Sally Newman's dominance of the ladies event continued and Graham Breeze proved his superiority on the shorter courses over Geoff Howard.

In the Grand Prix, Sally was supreme in the ladies' category (fourth overall and first veteran Over 35). Gary, with consistent results, comfortably won the men's category.

Nick Pearce finished second in the Grand Prix overall as a veteran Over 40, and Geoff Howard just pipped Graham by one point. Lynn Eden only had to complete the last event to be sure of winning her category. Shiel Whyld finished first senior but second to Sally.

The team Grand Prix is unusual in that each team must include the first senior, veteran and lady. Three ladies (different clubs) got together and formed a team, which came second in the team event to Keighley & Craven.

The event organising committee are keen to attract a few more competitors, particularly for the Grand Prix. We would be pleased to have one (or all) of our races as a counter in a club championship. If any Fell Captain is interested in further information please contact David Weatherhead (01535 273508).

David Weatherhead

GRAND PRIX

1. G. Taylor	DarwD	13pts
2. N. Pearce	Ilk	19pts
3. A. Robertshaw	Otley	19pts
4. S. Newman	ThreeP	29pts
5. D. Wright	N'bury	29pts
6. G. Howard	Ilk	34pts
7. G. Breeze	Skyrac	35pts
8. P. Hindle	Kghly	40pts
9. P. Crabtree	Bing	48pts
10. J. Airey	Bing	51pts

VETERANS O/40

1. N. Pearce	Ilk	19pts
2. B. Weedon	Kghly	64pts
3. R. Hawksby	Otley	73pts

VETERANS O/50

1. G. Howard	Ilk	34pts
2. G. Breeze	Skyrac	35pts
3. R. Jones	Eryri	62pts

LADIES

1. S. Newman O/35	ThreeP	29pts
2. S. Whilde	ThreeP	73pts
3. E. Tomes O/35	Kghly	79pts

RACE 1

1. R. Jebb	Bing	16.30
2. J. Taylor	Bing	16.37
3. A. Pearce	Bing	17.04

LADIES

1. S. Newman O/35	Gloss	20.03
2. S. Whilde	Sadd	21.57
3. E. Tomes O/35	Kghly	22.23

RACE 2

1. G. Taylor	DarwD	1.32.10
2. N. Pearce	Ilk	1.32.49
3. A. Wood	Bing	1.32.50

LADIES

1. S. Newman O/35	Gloss	1.33.07
2. E. Tomes O/35	Kghly	1.46.52
3. S. Whilde	Sadd	1.48.33

RACE 3

1. R. Jebb	Bing	13.14
2. S. McDonald	Bing	13.33
3. G. Taylor	DarwD	13.50

LADIES

1. S. Newman O/35	Gloss	14.54
2. S. Whilde	Sadd	15.22
3. E. Tomes O/35	Kghly	16.17

THURLSTONE CHASE
Derbyshire
BS/4.25m/800ft 08.07.00

What seemed to be a rainy race day turned out to be warm and breezy.

An early start getting the field set was troubled by a brief but spectacular dawn.

A good team effort from club members made for a well organised twenty first race.

The junior races were well attended with keen competition throughout the classes.

The adult race held its own with just over one hundred competitors. Next year bring a friend and his/her friend too!

Paul Young could not make first place this year and was placed second to first-timer, Steve Penney. Finishing with ease but still missing the course record, Tony Wright (fast lad) eased home in third.

Jaqueline Howlett and newcomer to fell and local cross-country led the ladies' section and came home in thirty-one minutes and ten seconds, and looked well chuffed.

Richard Taylor and David Horsfall ran their own race and showed they've got the grit sweeping up the back end. Well done.

A big thank you to all the regulars who helped pull it together. See you next year then?

Simon Rippon

1. S. Penny	C' field	23.34
2. P. Young O/40	Hallam	24.33
3. A. Wright	PFR	24.43
4. T. Pearson	Hallam	24.52
5. A. Shaw	Holm	25.31

VETERANS O/40

1. P. Young	Hallam	24.33
2. N. Stone	Cty of Stk	25.58
3. K. Holmes	Unatt	27.01
4. A. Moore	DkPk	27.04
5. J. Spencer	Hallam	27.11

VETERANS O/50

1. B. Toogood	Hallam	26.25
2. G. Hayes	Barns	26.32
3. D. Tait	DkPk	26.51
4. S. Crowther	Holm	28.31
5. K. Bamforth	HolmeV	29.08

LADIES

1. J. Howlett	Unatt	31.10
2. T. Ferraro	Hallam	32.17
3. B. Nixon O/40	PFR	32.56
4. J. Welbourn O/50	PFR	33.03
5. S. Hewitt	Barns	34.07
6. P. Farnworth O/40	Spn	34.26
7. S. Higham O/50	PFR	34.53
8. G. Cooke	Hallam	35.23

JUNIORS U/16

1. A. Thomas	Silcoates	11.59
2. A. Lowe	D&S	12.36
3. P. Durkin	D&S	12.39
4. K. Wragg	Hallam	13.46
5. L. Austin	D&S	13.48

JUNIORS U/14

1. K. Cooke	Hallam	10.32
2. K. Bolland	Hallam	10.50
3. J. Rhodes	Spn	11.03
4. M. Yates	Holm	11.39
5. T. Jones F	Holm	11.41

JUNIORS U/12

1. A. Gibson	Holm	06.28
2. J. Harman	Holm	06.41
3. N. Hepworth	Holm	06.47
4. K. Woodhead	Holm	06.52
5. S. Youl	PFR	07.05

CHARLESWORTH & CHISWORTH CHALLENGE
Glossop
BS/3m/500ft 08.07.00

A good day, although strong headwinds meant that the course records set by Andy Trigg, Stella Boam and junior Alex Vincent stayed intact. A good entry of sixty four set off on the twelfth challenge race won by Paul Targett. The real race being for second place, with Dan Oldham shading it from Carl Moriarty. A strong entry from Glossopdale Harriers with Frank Fielding finishing fourth overall and first veteran over forty.

Nuala Bardsley comfortably won the ladies' race, whilst James Vincent repeated his win last year in the under fourteens' section. First local home was Dominic Oughton. Thanks to all involved in organising and marshalling the event, with particular thank you to CEC Rhodes and North Star equipment for the race prizes. Everyone I spoke to seemed to enjoy the day and thought it worth the trip. Thanks to all participants and I hope to see you at next year's race.

Bill Deakin

1. P. Targett	Clay	23.33
2. D. Oldham	Unatt	24.05
3. C. Moriarty	PFR	24.06

VETERANS O/40

1. F. Fielding	Gloss	24.25
2. M. Hudson	Goyt VS	25.28
3. J. Barber	Unatt	26.12

VETERANS O/50

1. R. Marlow	DkPk	25.08
2. R. Scottney	PFR	25.13
3. P. Tilley	Birstall	25.24

VETERAN O/60

1. N. Bardsley	Gloss	25.40
2. M. Edgerton	PFR	27.58
3. J. Bradwell	Ech	28.49

JUNIORS U/14

1. J. Vincent		27.02
2. A. Bedwell		29.45
3. J. Hitchmough		33.45

BOOTLE BLACK COMBE
Cumbria
AS/5.5m/1900ft 09.07.00

Jon Deegan was involved in an uphill dual with Martin Amor at the Bootle Blackcombe Fell Race. The pair forged ahead from the chasing pack early in the race with Deegan taking up the running at the start of the climb. Unsure about where he was going he kept glancing over his shoulder to see that Amor, a winner of the race two years ago, was still following.

Half way up the climb Amor got on to Deegan's shoulder and pushed on, building up a small lead at the mist shrouded summit. Here they split up with Amor losing his way on the featureless descent and ending up taking a more direct, if less orthodox route to the finish, while Deegan located the well defined path back. They almost met up at the farm at the bottom of the hill where Amor kicked in to win by twenty five seconds.

Mike Addison was third virtually all the way round and led Kendal to the team prize with the other counters being his brother Shaun, who was fifth and John Quine who came home ninth.

Lyn Thompson won the ladies race, finishing fifteenth out of a field of thirty three starters.

Mike Addison

1. M. Amor	CFR	43.02
2. J. Deegan	Amble	43.27
3. M. Addison	Kend	46.31
4. D. Spedding O/50	Kesw	46.37
5. S. Addison O/40	Kend	47.05

LADIES

1. L. Thompson	Kesw	55.24
2. H. Bramsby	CFR	58.12
3. L. Winder	CFR	62.32
4. L. Buck	CFR	64.30
5. M. Chippendale	Penn	65.04

WINDY GYLE FELL RACE
Northumberland
BM/9m/1500ft 09.07.00

1. D. Wood	Unatt	1.02.40
2. G. Owens O/40	NFR	1.03.26
3. J. Dickinson O/40	Tyne	1.06.28
4. D. West	Kesw	1.06.35
5. J. Ross	NFR	1.06.52

VETERAN O/60

1. R. Hayes	NFR	1.18.21
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LADIES

1. S. Rouse	Quakers	1.21.51
2. P. Cooper O/45	NFR	1.28.32
3. S. Davis O/40	NFR	1.30.10
4. A. Mitchell O/40	Morp	1.30.42
5. J. Cross	C'mont	1.38.52

WHARMTON DASH
Lancashire
AS/2m/600ft 09.07.00

1. J. Ingram	Sadd	15.53
2. S. Hayle	Ross	16.57
3. A. Shaw	Holm	17.12
4. B. Waterhouse O/45	Sadd	17.35
5. D. Franklyn	Sadd	17.43

VETERAN O/40

1. D. Willis	Unatt	19.41
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VETERAN O/45

1. B. Waterhouse	Sadd	17.35
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VETERAN O/50

1. R. Scottney	Penn	18.40
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VETERAN O/60

1. P. Duffy	N.Vets	23.23
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LADIES

1. R. Dunnington O/45	E.Chesh	19.06
2. K. Mather	Sadd	19.50
3. J. Barber	Sadd	23.41
4. L. Brown	Unatt	24.29
5. L. Clough	Sadd	24.52
6. J. Hannah	Unatt	25.06

JUNIORS U/18

1. J. Carter	Spn	18.16
2. A. Gross	E.Chesh	21.16
3. J. Gross	E.Chesh	21.58
4. D. Carter	Spn	22.42

REETH HILL RACE
North Yorkshire
BS/4.5m/1000ft 09.07.00

Luckily the rain managed to avoid Reeth until after the race, with stories of heavy rain almost everywhere else in the region we were very lucky. Numbers were slightly up for this year with runners coming as far away as Bradford and Cumbria. I suspect that we will always have quality instead of quantity.

The course can be split up roughly into four parts, with a gentle warm up of about one mile along the undulating valley bottom after crossing the Arkle Beck. It's here that the runners were faced with a climb of six hundred feet before reaching Fremington Moor and a relaxing descent to the turn round point. From here a gradual ascent for half a mile takes you to the top of the steep descent before rejoining the course to once again cross the Arkle before the short run in to the finish.

From the start it was Steve Oldfield out in front to pull out a commanding lead on the climb, from here he was in no threat of being caught and broke the course record by nine seconds, over four minutes in front of the second placed man. From here onwards the race became closer with Rhett Harrison taking second place from local man, Pete Smith.

Special mention, though, to Grainne Archbold who completed the course despite having a few worries when looking down at the descent back to the finish.

Everyone went home happy, most with a bottle of wine so I think everyone enjoyed themselves and had a good run out.

Paul Figg

1. S. Oldfield O/40	BfdAire	37.42
2. R. Harrison	R&Z	41.57
3. P. Smith O/40	Unatt	42.08
4. J. Tunstall O/40	Howg	42.58
5. M. Hetherton O/50	R'tree	43.22

VETERAN O/60

1. H. Catlow	CFR	49.13
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LADIES

1. E. Nutter	Ripon	43.36
2. P. Oldfield O/40	BfdAire	45.30
3. J. Soper O/40	T&S	50.46
4. S. Han	Unatt	51.39
5. G. Archbold	Darl	74.20

BROOMHEAD CHASE

Derbyshire

BS/3.5m/800ft 09.07.00

A reasonable turnout considering the weather forecast for the Sunday but as it turned out, Broomhead Show accepted what seems to be the annual weather window for this particular Sunday afternoon.

Steve Penney appeared at Thurlstone the previous day and took it by storm and did the same here with a new record. Local lady, Jacqueline Howlett did the same for the ladies by winning Thurlstone and Broomhead, although Jo Smith's ladies' record set last year, was never in danger.

Thanks must go to all the helpers in the lead up to the event, in particular to Paul Millward who spent a few hours cutting bracken with me and quite a few more hours erecting tents and putting out course markers. The comments received regarding certain parts of the route will be taken on board, the turnaround point at the trig will be less confusing and the turnback into the wood will be marshalled. If anyone has any other comments, will they please forward them to me. (Address in the Fixture List). Thanks again.

Andy Plummer

1. S. Penney	Chest fld	25.32
2. A. Carruthers	Crawley	27.00
3. T. Wright	P'stone	27.18
4. P. Crowson	DkPk	28.38
5. S. Rippon	P'stone	28.41

VETERANS O/40

1. D. Griffin	P'stone	30.00
2. M. Goodwin	P'stone	31.25
3. T. Beachill	Unatt	32.26

VETERANS O/45

1. K. Holmes	DkPk	29.06
2. K. Bowskill	P'stone	29.49
3. C. Barber	DkPk	30.58

VETERANS O/50

1. D. Tait	DkPk	28.47
2. R. Hope	DoncStain	28.59
3. R. Scottney	Penn	31.39

VETERANS O/60

1. K. Bamforth	HolmeV	32.13
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LADIES

1. J. Howlett	Unatt	34.32
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STOODLEY PIKE

Lancashire

BS/3.5m/700ft 11.07.00

Ideal conditions heralded this year's Stoodley Pike Fell race, with a cool air temperature and the sun breaking through.

Leaving the road outside the Top Brink Inn, Lumbutts, a field of two hundred runner set off along the walled track and up the steep path onto Langfield Common.

Leading the pack was John Brown, working hard up the climb with last year's winner, Stephen Hawkins, tucked in behind. On reaching the skyline Hawkins moved into the lead as planned, picking his way between the weathered boulders on the Pennine Way. For the next mile along the top towards the Pike, positions remained the same.

On rounding the Pike, Hawkins and Brown overshoot the flags and plunged down the steepest fall line next to the shale beds. Andrew Wrench, just fifty metres adrift at the Pike, descended on the path to see the race leaders below.

Hawkins, a former British champion in both amateur and professional codes, used his descending skill to open up a thirty second lead over Wrench who had stormed down to overtake Brown. Brown, the road race specialist, tucked in ominously, waiting behind Wrench on the flat ground of London Road.

Off the moor and onto the lanes towards the finish field, Brown made his break, with Wrench hanging on for dear life. So it remained with just one second between them at the finish line. But Hawkins, in his first race of the season, had already been 'home' for forty one seconds. Hawkins was thirty four seconds outside Alan Sladen's record time set in 1980.

The challenge goes out: Is there anyone who can beat Sladen's time?

In the women's race it was a repeat of last year's win for veteran Vanessa Peacock in thirty fourth overall. Both Peacock and Hawkins will have their names engraved on the winners shields housed at the Top Brink Inn.

A personal best by Robert Glover, saw him take thirteenth position and a coveted bumper toilet roll prize.

It was quite an evening for seventeen year old Alex McVey who finished eighteenth, to take the David Bray memorial trophy for the first home in the under twenty one category. For McVey, the current under seventeen British Fell champion, it was his first outing in nine months since he won the title in county Wicklow. On the eve of an operation on his knee this was a gutsy performance. All associated with the race wished him a speedy recovery.

The prize presentation was held inside the Top Brink Inn where race organiser Mark Anderton thanked race marshals, competitors, staff at the Brink, Joan Fielden for use of the field, and Langfield Commoners for their parts in making the event a success.

Stoodley Pike fell race is the seventh of the twelve race South Pennine Grand Prix series.

Thanks for supporting us. We hope to see you again in 2001.

Mark Anderton

1. S. Hawkins	Bing	17.23
2. J. Brown	Salf	18.04
3. A. Wrench	Tod	18.05
4. R. Lawrence	Bing	18.52
5. T. Neill	P&B	19.13

VETERANS O/40

1. I. Ferguson	Bing	20.30
2. T. Taylor	Ross	20.50
3. P. Brannon	Clay	21.05
4. R. Hamilton	Wharf	21.30
5. K. Masse	Ross	21.35

VETERANS O/50

1. K. Taylor	Ross	21.44
2. B. Horsley	Calder	22.30
3. P. Jepson	Ross	22.40
4. B. Parkinson	Bing	23.23
5. P. Bramham	Kly	23.45

VETERANS O/60

1. R. Jaques	Clay	25.38
2. D. Clutterbuck	Roch	27.39
3. H. Manning	Clay	29.05

LADIES

1. V. Peacock	Clay	21.59
2. L. Lacon	Holm	22.57
3. H. Jackson	Bing	23.29
4. S. Becconsall O/40	Tod	23.51
5. K. Drake O/40	Spenn	23.58

JUNIORS U/18

1. A. McVey	Horw	20.06
2. J. Carter	Spenn	21.09
3. M. Corbishley	Ross	22.54
4. M. Hounslow	Wharf	23.43
5. A. Gibson	Holm	24.18

RAGLETH

Shropshire

AS/4.5m/1600ft 12.07.00

1. A. Davies	Mercia	34.26
2. C. Lancaster	TAC	36.04
3. P. Cadman	Mercia	36.11
4. P. Bowler	Mercia	36.13
5. T. Taylor	Mercia	36.25

VETERANS O/40

1. P. Bowler	Mercia	36.13
2. T. Taylor	Mercia	36.25
3. D. Lambert	WyeV	37.49
4. A. Pickles	TAC	38.43
5. G. Jones	Shrews	38.51

VETERANS O/50

1. D. Ormerod	MDC	42.58
2. A. Hodgkiss	Unatt	51.36
3. G. Sproson	Unatt	66.26

VETERANS O/60

1. C. Brown	Mercia	51.51
2. R. Formby	Wrekin	65.44

LADIES

1. P. Gibb	Mercia	42.37
2. C. McQuade	Unatt	44.51
3. S. Prichard Jun	Brecon	47.08

BAMFORD CARNIVAL

Derbyshire

BS/4.5m/1000ft 12.07.00

Now in it's third year on the new course which takes in the top of Winhill, the Bamford Carnival Fell Race continues to be popular both with Club Runners and Locals alike. This year 278 finished the race making it one of the more popular local races. Slippery conditions meant that there were no course records this year, but there were fine runs by Malcolm Fowler and Elizabeth Batt to win the men's and women's categories respectively.

As well as the usual prizes for both men and women at Open, Veteran (40), Senior Veteran (50) and Super Senior Veteran (60+) Bamford Carnival provide prizes for 16 to 18 year olds. Only eight runners fell into this last category four of whom are from the village. Does anyone know where the youngsters are? Fell running is always going to be a minority interest but it would be nice to see some young blood.

Talking of blood. Apologies to the three people scalped on the course, the offending branch has now been dealt with. Seriously though the branch was missed by two experienced runners had checked the course beforehand looking for just such dangers. In the end we were lucky not to end up with some nasty eye injuries. My thanks to the volunteers at St Johns."

Peter Mackey

1. M. Fowler	Salf	71.35
2. S. Penney	Ch'fld	28.49
3. S. Oldfield	BfdA	29.05
4. G. Cudahy	Stock	29.13
5. M. Wilson	Hallam	29.17

VETERANS O/40

1. S. Oldfield	BfdA	29.05
2. P. Young	Hallam	31.40
3. R. Crossland	BfdA	31.47
4. M. Salkild	DkPk	31.56
5. K. McGrath	DkPk	32.01

VETERANS O/50

1. R. Hope	DoncSt	32.17
2. D. Tait	DkPk	33.10
3. H. Todd	SteelC	33.27
4. G. Hayes	Barns	33.36
5. N. Bolter	DkPk	34.34

VETERANS O/60

1. R. Mason	Totley	39.17
2. C. Henson	DkPk	42.05
3. A. Bourne	StaffsM	45.10

LADIES

1. E. Batt	Bux	34.50
2. K. Bryan-Jones	DkPk	36.52
3. J. Bednall	SheffTri	37.29
4. K. Harvey O/35	Altr	37.51
5. J. Smith O/35	DkPk	37.56

JUNIORS U/19

1. T. Sutherland	Unatt	33.02
2. J. Bacon	Unatt	33.26
3. R. Jones	Unatt	34.25

BULL HILL FELL RACE
Lancashire
BS/5.5m/830ft 13.07.00

The rain poured down on the night, but just cleared for the race start. We had a photographer and reporter from the Bury and Radcliffe Times at the start - 'now we will all be famous'.

This was the second running of Bull Hill. Last year the field was forty three, so we were delighted with a turnout of sixty six.

If we increase by the same margin in 2001, we will be getting there.

The main feature for Radcliffe A.C. was that all the finishers said they enjoyed the race. Also how well marshalled and unflagged it was.

Perhaps, the best part was the presentation in the Wagon and Horses pub, Hawkshaw, where the landlord made everybody welcome with a pint and a chip butty.

Alan Sumner

1. G. Sumner	Ross	38.03
2. S. Clawson	Ross	39.14
3. D. Schofield O/40	Ross	39.44
4. M. Aspinall U/18	Radc	39.46
5. D. Archer O/45	Bury	39.53

VETERANS O/50

1. G. Wright	Ross	43.04
2. A. Healey	Bury	46.22
3. R. Cathlow	PFO	48.25

VETERAN O/55

1. G. Navan	Ross	49.05
2. T. Gidman	Horw	51.31
3. M. Aspinall	Radc	52.24

VETERAN O/60

1. J. Butler	N.Vets	69.22
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VETERAN O/65

1. B. Gaskill	Swin	58.57
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LADIES

1. J. Smith	Alt	45.38
2. A. Foster O/45	Horw	51.22
3. J. Platt	Radc	53.15
4. G. Dickson O/50	Ross	59.34
5. C. Navan O/40	Ross	62.49

WHORLTON CHASE
North Yorkshire
BM/7m/1200ft 13.07.00

There were two minor alterations to the course one removing 80M. and one adding 80M. I was very pleased to receive the support of an abundance of marshals which helps greatly in the smooth running of events. Matty Wynne had a cracking run with both he and runner up Ian Marr breaking the old record. It was a night for records as Alison Raw in the women's event also broke her own record.

It was a very competitive night with the 0/40 men being extremely racey! Pete Buckby eventually pulled out all the stops to win this category in overall third position.

Dave Parry

1. M. Wynne	Saltw	44.21
2. I. Marr	RAFLeem	44.37
3. P. Buckby	Mand	45.30
4. P. Kelly	Darling	46.11
5. R. Pollard	Mand	46.20

VETERANS O/40

1. P. Buckby	Mand	45.30
2. P. Kelly	Darling	46.11
3. R. Pollard	Mand	46.20

VETERANS O/50

1. M. Hetherton	Nestle	52.33
2. D. Jestin	ThirskS	52.35
3. D. Grimwood	NMarske	52.44

VETERANS O/60

1. R. Sherwood	NMarske	56.26
2. M. Horan	Quak	72.00

LADIES

1. A. Raw	Darling	49.30
2. S. Jackson	Middles	52.31
3. C. Lowe	Mand	53.18

LADIES VETERANS (1)

1. J. Soper	ThirskS	56.57
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LADIES VETERANS (3)

1. M. Gibbs	ThirskS	59.26
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MEALL AN T SUIDHE HILL RACE
Highland
AS/3.3m/1500ft 15.07.00

Saturday's event attracted an entry of forty one runners.

The race itself is reckoned to be one of the toughest in the Scottish Hill Race Calendar, and the hot, humid conditions did nothing to help the participants.

But, with no big names in the field, the local runners were expected to do well.

Right from the start, veteran Ronnie Gallagher led the charge down the road and onto the hill, being followed by Rob Cant, Jnr, and the veteran Adam Smith.

Gallagher and Cant had a fine tussle up the steep slopes, but at the summit it was Gallagher who had a lead of thirty seconds over Cant and Smith.

John Maitland, Mark Shaw and Iain MacKellaig were also well up with the pace.

Meanwhile, in the ladies race, Anne Marie Reid held a seventy seconds lead over team-mate Nicola Forster, with another colleague, Sara Byrne just behind.

Try as he might, young Rob Cant could not peg back the golden oldie and Gallagher came back as a well deserving winner, a few seconds ahead.

Local dentist, Gregor Muir, had his best run to date, finishing in twelfth place.

Newcomers, Drew Broadley and Gordon Smith took fifteenth and sixteenth positions, with paramedic, Andrew 'Minner' MacGillivray, also showing a big improvement, taking twentieth.

Anne Marie Reid held onto her early lead and took the ladies' prize, completing the course in twenty third place overall. Nicola Forster was twenty fifth and Sara Byrne, twenty sixth. Aileen Kitson took the ladies veteran's prize with a very good display, particularly downhill.

Lochaber easily won the team prize.

John Maitland

1. R. Gallagher O/40	W'lands	32.02
2. R. Cant	Loch	33.01
3. A. Smith O/40	Dees	34.10
4. A. Liston	Durham	34.25
5. M. Shaw	Loch	34.58

VETERANS O/50

1. T. Ross	Fife	38.54
2. D. Wallace	Harmeny	39.45
3. G. Smith	Loch	40.09

LADIES

1. A. Reid	Loch	41.36
2. N. Forster	Loch	42.41
3. S. Byrne	Loch	42.55

FLAN FELL RACE
Cumbria
BS/1.75m/375ft 15.07.00

A small but competitive field contested Flan Fell Race, with Matthew Stephenson emerging as winner, narrowly beating last years winner, Ulverston based athlete, Chris Doyle by four seconds, setting a new course record of eleven minutes, sixteen seconds. Dennis Metcalfe came in third in thirteen minutes and five seconds, also claiming the veteran over fifty prize. The over forty prize went to Andrew Wilson and Hoad Hill took the team prize with the third team member being Philip Wilson.

The ladies' race was won by Vicky Halligan in fourteen minutes and forty four seconds. The junior race was won by Alistair Jones in thirteen seconds and forty six seconds with Jonathon Wilson second in fifteen minutes.

Run as part of the Furness Tradition Festival, spectators were entertained to Morris dancing during the race and the competitors finished through a 'Morris arch'.

1. M. Stephenson	Barrow	11.16
2. C. Doyle	Kend	11.20
3. D. Metcalfe O/50	GWHHH	13.05
4. A. Wilson O/40	GWHHH	14.16
5. V. Halligan	Unatt	14.44

LADIES

1. V. Halligan	Unatt	14.44
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JUNIORS U/10

1. A. Jones	Unatt	13.46
2. J. Wilson	Unatt	15.00

INGLEBOROUGH FELL RACE
Lancashire
AM/7m/2000ft 15.7.00

After the rain of '99, this year's race was run in ideal conditions. Two hundred and fifty six runners set off from the Gala field at three o'clock, and were led back to the finish by Stephen Hawkins, forty seven minutes and seventeen seconds later, to repeat his victory of 1996 (when he was three seconds faster).

David McGonnigal

1. S. Hawkins	Bing	46.17
2. J. Parker	Owls	49.54
3. S. Barlow		50.07
4. R. Jackson	Salf	50.21
5. J. Tomlinson O/40	Clay	50.54
6. J. Franklin	Owls	51.09
7. A. Carruthers	Crawl	51.16
8. M. Holroyd	Borr	51.32
9. N. Perciveal	Settle	52.07
10. G. Taylor	DarDash	52.50
11. K. Newton	B&H	53.11
12. C. Seddon	Horw	53.16
13. R. Glover	Tod	53.20
14. A. Nicholls	Acc	53.25
15. R. Crosscand O/40		53.35
16. E. Cullen	Skem	53.49
17. S. Donahue	Spem	54.41
18. P. Kelly O/40	Darl	55.03
19. P. Brannon O/40	Clay	55.09
20. M. Nuttall	Clay	55.19
21. L. Mannioin		55.53
22. L. Hill O/40	Dumf	56.02
23. R. Hope O/50	D&S	56.15
24. J. Greenwood O/40	H'fay	56.22
25. B. Willis O/40	Roys	56.30
26. P. Butterworth O/40	Clay	56.38
27. G. Johnston O/40	N.Fly	56.46
28. C. Jones	AchRat	56.55
29. P. Dennison O/40	Fellan	57.06
30. R. Doyle	Owls	57.17

VETERANS O/50

1. R. Hope	D&S	56.15
2. P. Bramhan	K&C	58.53
3. L. Stephenson	Kend	63.10
4. B. Crewdson	Unatt	63.21
5. A. Stafford	Kend	63.45

VETERANS O/60

1. A. Stendon	Fellan	67.26
2. B. Smith		71.27
3. J. Cash	Lough	72.46

LADIES

1. A. Raw O/35	Darl	60.06
2. E. Nutter	Ripon	61.26
3. D. Gowans O/35	Acc	61.30
4. S. Dugdale	Skip	63.11
5. J. Anne-Prowse O/45	K&C	63.37
6. C. Waterhouse O/35	H'fay	67.21
7. P. Oldfield O/35	Bfd/Aire	67.35
8. J. Taylor O/35	L&M	69.47

INTERMEDIATES

1. J. Symond	Kend	24.33
2. C. Miller	Harr	24.52
3. A. Mason		25.29
4. M. Hodgson		31.10
5. A. Lloyd	Chor	33.05

JUNIORS

1. M. Hurst	Sett	28.22
2. D. Coggins		29.21
3. D. Shepherd		31.28

KINNISIDE TWO TOPS
Cumbria
AS/3m/900ft 15.07.00

As a bit of an experiment the race was dramatically shortened from the rugged old nine mile circuit that enjoyed English championship status back in 1995, to a good fast run up and down the one time final checkpoint 'Dent fell'. This proved an instant hit with the locals, as the biggest turn out for many a year put on a first class exhibition of Fell running for the appreciative Cleator Moor crowds. The race now in its twenty seventh year has been a major attraction of the annual sports, which have been fifty five years in existence. The new three mile format offered superb viewing for spectators, as the temperatures headed towards the mid seventies. Pre-race favourite Alan Bowness has had his name on the splendid 'Watson

Trophy' on six occasions in the 90's and relegated last years victor, Martin Amor to the runner-up berth, this time to take the cup home with him yet again. Martin never dodged the fight and is returning to top form. Third place went to Blencathra winner, James Archbold, with Brian Taylor edging the precocious seventeen year old George Crayston out of fourth spot by the thickness of a CFR vest. Young George looks a fine prospect, as does fourteen year old Matthew Stuart who finished a fine twenty third against the 'old uns'.

On a day when the crowds flocked back to these popular sports it was fitting that the irrepressible youth should have their say, as a huge field of forty five youngsters no less (forty one of which are CFR junior members) ran their hearts out over a well flagged course. First and second back were talented Walker brothers, James and Jonathan, who were chased in by Sarah Clifford, who did the girls proud against the lads.

A great days racing what a shame it ended up once more as a CFR club run - come on folks it isn't all grim up North!

Irvine Block

1. A. Bowness	CFR	22.29
2. M. Amor	CFR	22.53
3. J. Archbold	CFR	23.50
4. B. Taylor	CFR	23.54
5. G. Crayston U/18	CFR	23.54

VETERANS O/40

1. J. Ritson	Derwent	26.15
2. D. Ansell	CFR	26.23
3. K. Smith	CFR	26.41
4. S. Steele	CFR	29.18
5. P. Normington	CFR	31.14

VETERANS O/45

1. W. Bell	CFR	25.33
2. R. James	CFR	26.17
3. J. Winn	CFR	26.51
4. D. Lees	CFR	29.52
5. B. James	CFR	34.52

VETERANS O/50

1. J. Hope	AchRat	26.34
2. M. Litt	CFR	27.10
3. J. King	CFR	30.54

VETERANS O/55

1. J. Richardson	CFR	30.07
2. M. Dawes	Kesw	30.52
3. J. Ely	CFR	31.34

VETERANS O/60

1. H. Cation	CFR	33.00
2. B. Hillon	CFR	33.24
3. S. Watson	Cumb A.C.	36.11

LADIES

1. L. Winder	CFR	33.03
2. L. Aitchison	Unatt	33.26
3. L. Buch	CFR	33.42
4. M. Bradley	CFR	34.28
5. S. Perry	CFR	35.23

INTERMEDIATES U/18

1. G. Crayston	CFR	23.54
2. M. Stuart U/16	Kesw	28.35
3. J. McCluskey U/16	CFR	29.42
4. C. Hindmoor U/18	CFR	30.49
5. A. Graham U/16	CFR	31.03

JUNIORS U/14 (1.5m)

1. J. Walker	CFR	11.07
2. J. Walker U/11	CFR	11.49
3. S. Clifford	CFR	12.11
4. L. Amor U/11	CFR	12.14
5. I. Smith	CFR	12.17
6. D. McGee	Unatt	12.39
7. P. Todhunter	CFR	12.39

MOEL SIABOD

Conwy

AM/6.2m/2300ft 15.07.00

Total of eighty four seniors competed in dry sunny conditions. The mens race was won by twenty year old Andrew Davies. A Welsh International runner from Welshpool! The ladies' race was won by Sarah Hammond from Tattenhall in Cheshire.

There was the usual excellent prize list with a pair of Welsh fell shoes for the first man and a fashionable 'animal' watch for the first lady.

I would like to thank the race sponsors, Cotswold, Ultimate outdoors, Cobdens Hotel, Running Bear, Ellis Brigham and outside for their support.

Finally a big thank you to everyone who provided assistance on the day to ensure that the race was a great success.

R. Powell

1. A. Davies	Merc	48.14
2. M. Donnelly	N'land	48.37
3. A. Haynes O/40	Eryri	51.48
4. G. Owen O/40	Eryri	52.00
5. D. Williams O/50	Eryri	52.35

VETERANS O/50

1. D. Williams	Eryri	52.35
2. R. Jones	Eryri	60.15
3. N. Boler	DkPk	61.43
4. C. Holland	Mich	62.07
5. J. Linley	Wrex	62.46

VETERANS O/60

1. W. Murphy	Ford	68.44
2. B. Evans	Eryri	69.29
3. D. McCaffrey	Unatt	72.23

LADIES

1. S. Hammond	Tatten	64.59
2. C. Mills	Unatt	68.02
3. E. Dunnington	Eryri	69.01
4. K. Ryan	Osw	69.50
5. V. Musgrove O/40	Eryri	70.06

JUNIORS

1. G. Williams	Eryri	22.59
2. T. Evans	Unatt	23.53
3. W. Pilbeam	Eryri	39.42

PEAK FOREST FELL RACE

Derbyshire

CS/6m/650ft 16.07.00

The Peak Forest Fell Race was entered by one hundred and five runners, many local but also from as far as Keswick and Watford. On the day of the race, weather conditions were dry, calm and sunny, ideal for the six mile race over Oxlow Rake, following the Limestone Way to the head of Cave Dale and back via the summit of Eldon Hill.

Hugh Barton

1. M. Fowler	Salf	38.22
2. P. Deaville	Stock	38.36
3. J. Maddocks	Wreake	38.48
4. L. Banton	Clowne	41.56
5. T. Janaway	Unatt	43.07

VETERANS O/35

1. M. Williams	Penn	40.44
2. P. Magner	Unatt	43.14
3. A. Moore	DkPk	43.28
4. R. Martin	Sutton	44.06
5. J. Ostorvskis	Matl	44.36

VETERANS O/45

1. F. Reilly	Stock	42.56
2. D. Fine	Unatt	43.21
3. G. McMahon	Notts	43.32
4. A. Bocking	Penn	43.36
5. R. Innes	P'stone	43.50

LADIES

1. K. Harvey O/35	Alt	47.45
2. N. Maddocks	Wreake	49.34
3. C. Lorimer O/35	Cosmic	50.36
4. J. Phizacklea	Bux	52.06
5. A. Lunt O/35	Unatt	55.05

KENTMERE HORSESHOE

Cumbria

AM/11.9m/3300ft 16.07.00

1. M. Roberts	Borr	1.25.00
2. S. Booth	Borr	1.26.12
3. S. Bailey	StaffsM	1.26.19
4. R. Jebb	Bing	1.26.28
5. D. Neill	StaffsM	1.28.13
6. Paul Sheard	P&B	1.29.27
7. J. Davies	Borr	1.29.43
8. P. Lowe	P&B	1.30.02
9. R. Hope	P&B	1.30.31
10. J. Bland	Borr	1.31.00
11. N. Barrable	Lothian	1.31.09
12. P. Leybourne	Unatt	1.31.35
13. G. Devine	P&B	1.32.05
14. C. Roberts	Kend	1.32.28
15. A. Schofield	Borr	1.32.32
16. S. Gould	Bing	1.32.59

17. Phil Sheard	P&B	1.33.47
18. J. Deegan	Amble	1.34.36
19. A. Wrench	Tod	1.34.53
20. N. Sharpe	Amble	1.35.14

VETERANS O/40

1. D. Neill	StaffsM	1.28.13
2. W. Proctor	Kend	1.36.55
3. G. Schofield	Horw	1.36.57
4. K. Harding	Tring	1.37.01
5. D. Houlsworth	Kend	1.38.09
6. P. Skelton	CFR	1.39.18

VETERANS O/50

1. D. Overton	Kend	1.37.39
2. D. Tait	DkPk	1.43.12
3. K. Taylor	Ross	1.43.28
4. D. Spedding	Kesw	1.45.39
5. K. Carr	Clay	1.46.22
6. R. Taylor	Penn	1.46.34

VETERANS O/60

1. R. Jaques	Clay	2.05.45
2. W. Wilson	DkPk	2.06.41
3. R. Booth	Kesw	2.07.24
4. B. Hood	Mand	2.25.26
5. D. Clutterbuck	Roch	2.27.51
6. G. Barrow	Tod	2.28.38

LADIES

1. H. Jackson	Bing	1.50.41
2. A. Brand-Barker	Kesw	1.53.14
3. H. Krynen	Kesw	1.54.37
4. T. Ambler	P&B	1.56.40
5. E. Tomes O/40	Kghly	1.59.52
6. S. Forsythe	Kesw	2.00.05
7. W. Dodds O/40	Kesw	2.00.17
8. P. Gibb	Mercia	2.00.50
9. S. Beconsall O/40	Tod	2.01.48
10. K. Mather	Saddle	2.02.31

PATRICK FELL RACE

Isle of Man

A/10m/2600ft 17.06.00

Tony Okell continued his incredible run of success, this time adding the Patrick Fell Race to his growing list of achievements. The Manx Harrier raced into the lead from the start, stringing out the rest of the field with only Fell Champion, Tony Rowley, prepared to take up the challenge. Conditions were far from ideal with thick swirling mist on the fell summits making no room for error. There was no such problem for Okell, who recorded his fifth victory of the season, just over three minutes ahead of second placed Rowley, this being his first outing since his heroic runner-up spot in the Easter Manx Mountain Marathon.

Dave Young got the better of fellow veteran, Brian Osborn, while visiting athlete, Nick Stringer from Sparkhill Harriers, made an impressive debut on the fells - a bit different from running round the streets of Birmingham!!

Phil Cain

1. T. Okell	ManxH	1.24.10
2. T. Rowley	MFR	1.27.08
3. D. Young	MFR	1.32.46
4. B. Osborn	MFR	1.33.06
5. N. Stringer	Sparkhill	1.35.57

VETERANS O/40

1. T. Rowley	MFR	1.27.08
2. B. Osborn	MFR	1.33.06
3. P. Cain	Nthn	1.36.09

VETERANS O/45

1. R. Moughtin	West	1.37.29
2. A. Bagley	ManxH	1.43.51
3. P. Cooper	IOMVets	1.52.37

VETERANS O/50

1. D. Young	MFR	1.32.46
2. D. Corrin	ManxH	1.41.28
3. S. Moynihan	MFR	1.43.44

VETERANS O/55

1. R. Callister	MFR	1.45.09
2. E. Brew	Nthn	2.24.37

VETERANS O/60

1. I. Chrystal	MFR	2.01.05
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LADIES

1. B. Walker O/40	MFR	1.36.47
2. R. Hooton O/40	MFR	1.53.02

BLISCO DASH**Cumbria****AS/5m/2000ft 19.07.00**

Probably the world's toughest race! Spencer Samson, in 50th place, went home with a case of beer while poor old Nick Sharp ran two minutes faster than last year to win, and ended up better off by a solitary bottle! As ever in this light hearted tussle, attempts are made to reward those who often labour in vain, at the expense of the "elite". Everyone seems to go home happy, some ever rather merry! The whole field seemed to find the summit and to return without close inspection of the Three Shires Stone, this is, of course, something of a novelty as the south side of Blisco is Langdale's answer to the Bernuda Triangle! By 10 p.m. nobody cared about the results but these are they, for the record.

Selwyn W

1. N. Sharp	Amble	39.16
2. S. savage	Amble	40.43
3. J. Deegan	Amble	41.37
4. W. Bell	CFR	43.50
5. G. Sumner	Ross	44.08

VETERANS O/40

1. W. Bell	CFR	43.50
2. R. Griffiths	Holm	44.27
3. A. Miller	Kend	44.38
4. A. Shephard	Settle	49.01
5. E. Parker	Amble	49.39

VETERANS O/50

1. G. wright	Ross	53.24
2. R. Baker	Amble	54.40
3. N. Dyson	Mand	58.08
4. D. Ablitt	Amble	59.08
5. R. Smith	Amble	60.02

LADIES

1. H. Krynen	Kesw	50.24
2. C. Kenny O/40	Kend	54.17
3. W. Dodds O/40	Clay	55.18
4. N. Slater Jun	Skip	62.21
5. J. Hornsby	BCR	62.54

SHELDON FELL RACE**Derbyshire****BS/4m/527ft 20.07.00**

This year saw a record entry of 120 runners on one of our rare fine evenings this summer. Conditions along the whole length of the course were, therefore, good.

First home was Jason Ward who is, we were told, an accomplished road runner taking part in his first fell race. Jason was presented with the SPAR perpetual shield. The first lady home was Julie Wilson.

Thanks to all the sponsors, local farmers, marshals, Buxton Radio Amateurs Club and timekeepers. A special thanks to Colin Melland and Brian Parker for marking out the course, a task they carry out so well each year.

Ralph Lord

1. J. Ward	Hallam	23.24
2. M. Wilson	Hallam	24.15
3. G. Cudahy	Stock	24.58
4. P. Clapham	Bux	26.25
5. L. Bantam	Clown	26.10

VETERANS O/40

1. D. Allen	DkPk	26.46
2. D. O'Brien	Bux	26.56
3. K. Holmes	DkPk	27.12
4. K. McGrath	DkPk	27.33
5. M. Starsmore	Unatt	28.55

VETERANS O/50

1. S. Brister	Matl	28.46
2. B. Hampton	N Derby	29.23
3. R. Marlow	DkPk	30.36
4. K. Jones	DkPk	30.11
5. M. Nunn	Kimb	31.08

VETERANS O/60

1. B. Wilson	DkPk	30.02
2. R. Mason	Totley	33.33

LADIES

1. J. Wilson	Hallam	32.44
2. J. Phizacklea	Bux	32.59
3. R. Marples	Unatt	33.44
4. P. Firthlee O/40	Unatt	34.46
5. J. Purus	Gloss	35.29

GATEGILL**Cumbria****AS/4m/1600ft 22.07.00**

Many thanks to all those runners who turned up for this "resurrected" race but if numbers drop off dramatically next year, the race will probably not survive.

The runners enjoyed hot and sunny conditions with The Horse and Farrier providing a welcome sight at the finish.

I understand that Paul Sheard led Simon to the summit but acknowledged his descending abilities and both runners "took it easy" on the way down. Paul's brother, Phillip took third spot.

My thanks to Dave Stones and family, Maureen and Darian Bridge, Mr Stuart, Alan and Trish, Steve Harwood and Louise Sharp for marshalling.

Hope to see you all next year.

Lyn Thompson

1. S. Booth	Borr	27.25
2. Paul Sheard	P&B	28.40
3. Phil Sheard	P&B	29.53
4. R. Unwin	CFR	34.13
5. T. Bland	Borr	34.54

VETERANS O/40

1. R. Unwin	CFR	34.13
2. S. Paling	Kesw	35.32
3. P. Orr	H'landHR	36.17

VETERANS O/50

1. T. Bland	Borr	34.54
2. P. Graham	Tyne	42.00
3. M. Moss	Howg	43.48

VETERANS O/60

1. H. Catlow	CFR	47.51
2. H. Blenkinsop	Kesw	50.53
3. N. Longworth	Kend	51.22

LADIES

1. L. Thompson O/40	Kesw	39.47
2. A. Livba O/40	Ilk	43.17

INTERNATIONAL SNOWDON**Gwynedd****AM/10m/3250ft 22.07.00**

The 25th International Snowdon Race was held on the hottest day of probably the wettest summer on record in Snowdonia. The runners had to contend with a temperature of 26 degrees as they set off from Llanberis. To mark the 25th running of the race, the owner of the Snowdon Mountain Railway, Kevin Leech, had offered a prize of £2,500.00 to beat Kenny Stuart's 1985 record time of 1.02.29 and £25,000 to break the elusive hour. Although Kenny was present to start the race, it was obvious that the hot conditions were not suitable for a record attempt and most runners were quite happy to finish the race in a good time.

The first to the summit was John Taylor of England, closely followed by Neil Wilkinson, who went on to win the race for the second year. The second home was Fabio Ciapponi from Italy, who was also the first Veteran in the race.

The ladies' race was won by Angela Mudge, making it a double for Scotland, who went on to win the men's and ladies' International class.

Ken Jones

1. N. Wilkinson	Scot	1.05.45
2. F. Ciapponi	CSIMorb	1.07.24
3. I. Holmes	Eng	1.07.48
4. A. Bowness	Eng	1.08.21
5. P. Low	P&B	1.08.59
6. A. Milligan	Scot	1.09.32
7. B. Novak	Slov	1.10.19
8. C. Donnelly	Scot	1.10.36
9. D. Neill	Eng	1.10.56
10. G. Icart	France	1.11.06

VETERANS O/40

1. F. Ciapponi	CSIMorb	1.07.24
2. C. Donnelly	Scot	1.10.36
3. D. Neill	Eng	1.10.56
4. R. Owen	Wales	1.16.44
5. G. Owen	Wales	1.17.07

VETERANS O/45

1. D. Armitage	Cosmic	1.21.14
2. S. Littlewod	Cour	1.31.27
3. G. Mamahon	Notts	1.31.54

VETERANS O/50

1. D. Williams	Eryri	1.23.11
2. G. Farmer	Mercia	1.27.02
3. W. Marsh	BroDys	1.30.48

VETERANS O/60

1. D. McAffrey	BroDys	1.57.27
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LADIES

1. A. Mudge	Scot	1.20.28
2. H. Jackson	Bing	1.27.29
3. T. Ambler	Eng	1.27.52
4. S. Dolan	Eng	1.28.04
5. P. Gibb	Eng	1.29.17
6. A. Brand-Barker	Wales	1.29.36
7. S. Bretherick	Wales	1.30.39
8. D. Scott	Scot	1.33.18

TURNSLACK FELL RACE**Lancashire****AM/8m/2000ft 22.07.00**

1. A. Wrench	Tod	60.07
2. J. Brown	Salf	60.32
3. S. Oldfield	BfdA	60.47
4. G. Oldfield	P&B	62.38
5. M. Lee	Ross	63.06

VETERANS O/40

1. S. Oldfield	BfdA	60.47
2. T. Taylor	Ross	67.19
3. N. Holding	WPenn	69.01

VETERANS O/45

1. K. Holmes	DkPk	69.07
2. J. Greenwood	Hfx	69.22

VETERANS O/50

1. K. Taylor	Ross	68.47
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VETERANS O/55

1. K. Carr	Clay	68.52
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LADIES

1. S. Becconsall O/40	Tod	77.27
2. R. Dorrington	Bing	79.00
3. P. Oldfield O/40	BfdA	82.54
4. M. Dixon	WPenn	83.55
5. A. Lloyd O/35	StBedes	85.17

HAYWARDS HEATH HARRIERS**'JACK & JILL CHALLENGE'****West Sussex****BS/5.5m/1100ft 23.07.00**

The 'Jack and Jill Challenge' - one of the few registered fell races in the South of England, saw a good field of one hundred and sixty tackle the climb off Clayton playing fields up the 'Two Windmills' that gave the race its name with the early pace soon being set by Huseyin Ibrahim, the eventual winner. Pressing him closely in the early miles were James Walker, and Stuart Holmes, but they could not hold on and eventually sprint out for second and third, nearly a minute behind. The winner in the ladies' race - veterans - set the fastest times with Alison Marks battling throughout with Charlotte Taylor, finally breaking twenty seconds clear on the final descent and lap of the playing fields.

For the seventh year, the race raised money for the charity 'Children on the Edge' which works with orphans and disabled children in Albania, Romania and Bosnia, and has now given over two thousand pounds towards this cause.

D Dalziel

1. H. Ibrahim	Unatt	34.42
2. J. Walker	Steyn	36.14
3. S. Holmes	C&C	36.33
4. M. Ansfield	N.Herts	36.50
5. S. Simpson	Hast	37.43

LADIES

1. A. Marks	Bing	42.18
2. C. Taylor	Hast	42.39

LADIES O/35

1. M. Nettell	Burgess	56.27
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NORTH BARRULE FELL RACE

Isle of Man

A/3.5m/1750ft 25.07.00

Having been there or thereabouts all season, Brian Osborn finally got that elusive first ever win with victory in the North Barrule Fell Race. In the absence of the "running machine", Tony Okell, and the in-form Tony Rowley, unfortunately called away to work at the last moment(!), it was left to "Ozzy" to deliver the goods, overhauling Dave Young in the latter stages of the race.

Mark Preston produced his best ever fell result to date, taking a well deserved third spot, while fell champion, Rose Hooton, took the ladies' award a couple of places ahead of Over 60s winner, Ian Chrystal.

Phil Cain

1. B. Osborn	MFR	37.28
2. D. Young	MFR	38.03
3. M. Preston	ManxH	38.52
4. R. Jamieson	Unatt	39.11
5. P. Cain	Nthn	39.30

VETERANS O/40

1. B. Osborn	MFR	37.28
2. P. Cain	Nthn	39.30
3. J. Gell	MFR	52.02

VETERANS O/45

1. R. Stevenson	MFR	42.49
2. J. Crellin	ManxH	43.20
3. A. Bagley	ManxH	43.27

VETERANS O/50

1. D. Young	MFR	38.03
2. D. Corrin	ManxH	41.59
3. C. Quirk	West	58.24

VETERANS O/55

1. R. Callister	MFR	45.47
2. E. Brew	Nthn	52.51

VETERANS O/60

1. I. Chrystal	MFR	47.19
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LADIES

1. R. Hooton O/40	MFR	46.27
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DUPONT ROSEBERRY TOPPING RACE

Cleveland

AS/1.5m/715ft 25.07.00

Another excellent nights racing as the summer season heats up. Competitors in the different categories are now looking at their strategies to score maximum points in the series. I noted some athletes running Roseberry who have said never again! (for instance) but they were running because they had to score points!!!! It was a slow night with close humid conditions which always slows the times and it was also slippery underfoot making the rocky track harder to get a purchase on particularly on the descent. The result was that there was a fairly even split amongst the leaders as to those who came down the chute and those who stuck with the track. The chute seemed to have it this year by about 8 to 10 seconds. Matty Wynne continued his winning ways holding off a very strong challenge in the latter stages from R. Johnston his club colleague and Ian Marr. You could have covered them with a blanket at the finish! In the women's race Alison Raw continued her summer of victories. The outstanding performance of the night however must be that of Luke Kelton of Quakers who is only a novice running in the very youngest category managed 14th position overall winning the junior race over many older competitors. Also Susie Pickard deserves a mention as she was only just old enough to enter but managing to win her first hill race in tricky conditions. At Junior level there was a marked increase in Junior participation with points for the North East Championship on offer. (Cumulative points are noted above.)

Saltwell almost took the team race but were just pipped by Mandale through excellent packing. In the women's section New Marske continued to dominate.

Photos of the race can be seen on www.mandaleharriers.com.

Dave Parry

1. M. Wynne	Saltw	12.10
2. R. Johnston	Saltw	12.11
3. I. Marr	RAFLeem	12.12
4. I. Ellmore	Scarb	12.23
5. C. Stead	Saltw	12.46

VETERANS O/40

1. I. Ellmore	Scarb	12.23
2. D. Armstrong	NFR	12.50
3. R. Mitchell	Mand	13.15

VETERANS O/50

1. D. Grimwood	NMarske	16.04
2. A. Wikeley	Thirsk	16.06
3. M. Shaw	Mand	16.08

VETERANS O/60

1. R. Sherwood	NMarske	16.34
2. R. Cutts	Longw	18.20
3. M. Horan	Quak	22.16

LADIES

1. A. Raw	Darling	15.55
2. K. Neesam	NMarske	16.33
3. S. Rouse	Quak	17.25

LADIES VETERANS (1)

1. J. Soper	Thirsk	18.52
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LADIES VETERANS (2)

1. S. Jemson	NMarske	18.57
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LADIES VETERANS (3)

1. M. Gibbs	Thirsk	19.04
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ROBIN HOOD FELL RACE

Derbyshire

25.07.00

1. S. Penney	Chest'fld	33.02
2. M. Scotney	DkPk	34.27
3. I. Smith	DkPk	35.19
4. A. Jenkins	DkPk	35.52
5. T. Tett	DkPk	36.06



Martin Brady on the final descent at Borrowdale
Photo: Bill Smith

VETERANS O/40

1. T. Tett	HolmeP	36.36
2. K. McGrath	DkPk	37.02
3. K. Holmes	Unatt	37.28
4. M. Beecher	Bux	37.30
5. M. Kuszynski	Matl	37.54

VETERANS O/50

1. D. Tait	DkPk	37.49
2. R. Hopkinson	DkPk	40.47
3. K. Jones	DkPk	41.18
4. B. Hampton	NDerby	41.43
5. N. Oxley	Unatt	43.22

VETERANS O/60

1. B. Howitt	Matlock	45.16
2. D. Haynes	NDerby	45.53
3. R. Mason	Totley	45.53

LADIES

1. J. Wilson	Hallam	44.34
2. E. Dent	Totley	44.52
3. J. Phizacklea	Bux	45.21
4. P. Firth Lee O/40	Unatt	46.16
5. A. Lunt	Unatt	46.42

GOYT'S MOSS FELL RACE

Derbyshire

BM/6.2m/1100ft 26.07.00

Almost 100 runners gathered for the 2nd Goyt's Moss Fell Race on a perfect summer's evening in the Goyt Valley. The race involved six miles of testing ascent with the runners starting and finishing at Derbyshire Bridge and completing a scenic but demanding circuit across Shooters Cough, Errwood Ruins and Berry Cough.

Steve Penney was first home and last to arrive. He abandoned his car on the start line and presented the first obstacle for the enthusiastic runners. Despite the fact that he was still tying his shoelaces as the race commenced, he managed to complete the course in an excellent time. Malcolm Fowler followed him closely home after a hard fought battle across Burbage Edge. Local runner, Ged Cudahy, was only seconds behind in third place after an impressive and consistent run. First Buxton AC runner home was Lloyd Taggart, who finished in fifth position despite an outstanding placing in the Snowdon Fell Race only days before. Malc Brown and Don O'Brien were not far behind in 10th and 11th places respectively and with Andy Whittingham 13th, Buxton AC took the team prize for the second year.

Liz Batt was the clear ladies' winner. She received a commemorative plate, specially commissioned by local runner, Mike Beecher. Continuing an excellent season, Ro Cole finished second and with Karin O'Brien, Buxton ladies also took the team prize.

Mark Fitzgerald

1. S. Penney	Chest'fld	45.58
2. M. Fowler	Salf	46.10
3. G. Cudahy	Stock	46.21
4. N. Bassett	StaffsM	47.57
5. L. Taggart	Bux	48.15

VETERANS O/40

1. P. Light	StaffsM	48.50
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VETERANS O/45

1. V. McKay	Gloss	55.04
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VETERANS O/50

1. H. Todd	SteelC	52.42
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LADIES

1. L. Batt	Bux	57.04
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CROWN DERBY

Cheshire

CS/3.5m/400ft 25.07.00

1. G. MacNeil	Penn	23.14
2. D. Dunn	Penn	23.56
3. M. Williams	Penn	24.04
4. C. Fray O/40		24.26
5. B. Heaton		24.51

FIRST LADY

1. S. Gilliver	Penn	27.52
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WIDDOP FELL RACE West Yorkshire BM/7m/1200ft 26.07.00

I think proper fell running weather involves howling wind, horizontal rain and clag down to sea level or below. Peat bogs and tussocks are merely bonuses! So, I was sorry to disappoint the 79 entrants with warm sun, good visibility and dry conditions underfoot. The tussocks were still there, especially on the climb up from the reservoir.

Times were significantly quicker than last year. Paul Sheard, who won by just over 30 seconds, missed the record by 11 seconds. Congratulations are also due to Deborah Gowans who was a clear winner of the ladies' race, and to Pudsey and Bramley for their team victory.

I offer my thanks to all the Calder Valley members who helped flag the course the evening before and who assisted as marshals, sweepers, recorders and timekeepers, and collectors of entry fees. Thanks are also due to the landlord of the Pack Horse Inn for the use of the barn to take entries and, in particular, for his generous donation towards the prizes.

As to the weather, it can only be beginners luck for my first race as organiser. Normal conditions are expected once again for next year!

Mike Bell

1. Paul Sheard	P&B	48.33
2. A. Payne	Ross	49.09
3. A. Black	Clay	50.06
4. G. Taylor	Darwen	50.57
5. W. Sullivan	Clay	51.02

VETERANS O/40

1. R. Crossland	BfdA	52.25
2. T. Taylor	Ross	53.33
3. D. Beels	CaldV	54.04

VETERANS O/50

1. K. Payne	Stubb	54.49
2. J. Dore	Roch	57.22
3. P. Jepson	Ross	58.42

VETERANS O/60

1. H. Thompson	Clay	70.54
2. G. Arnold	Prest	80.28

LADIES

1. D. Gowans	Acc	60.41
2. J. Rawlinson	Ross	68.29
3. S. Finnerty	RoadR	80.02

1. J. Duncan	Cosmic	1.57.00
2. J. Hepburn	Loch	1.57.27
3. T. Griffin	Cosmic	2.02.11
4. R. Gallagher	W'lands	2.03.34
5. M. Flynn	Carn	2.09.21

VETERANS O/40

1. R. Gallagher	W'lands	2.03.34
2. M. Flynn	Carn	2.09.21
3. A. Smith	Deeside	2.16.39

VETERANS O/50

1. B. Preece	Deeside	2.34.38
2. D. Amour	H'land	2.41.14
3. F. Duguid	Deeside	2.43.59

VETERANS O/60

1. B. Gauld	Carn	2.35.51
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LADIES

1. K. Jenkins	Carn	2.40.23
2. L. Horton	Cosmic	3.03.24
3. E. Stewart O/35	Cosmic	3.05.10
4. A. Wood	Carn	3.16.23
5. A. Anderson O/50	Cosmic	3.39.33

HOLME MOSS FELL RACE West Yorkshire AL/16m/4000ft 30.07.00

1. G. Oldfield	P&B	2.21.56
2. M. Fowler	Salf	2.27.34
3. D. Watson	Holm	2.28.18
4. J. Blackett	Mand	2.31.59
5. J. Rank	Holm	2.33.05

VETERANS O/40

1. A. Moor	DkPk	3.01.16
2. C. Gray	Bing	3.06.42
3. A. Wilkins	Gloss	3.17.16

VETERANS O/45

1. K. Holmes	DkPk	2.38.47
2. P. Grimes	Hfx	2.39.52
3. N. Pearce	Ilk	2.41.10

VETERANS O/50

1. R. Futrell	Holm	2.52.45
2. M. Cochrane	DkPk	2.55.27
3. R. Bradley	Holm	3.02.09

LADIES

1. H. Diamantides	Carn	2.48.17
2. C. Howard	Matl	2.51.59
3. M. Edgerton O/35	Penn	3.27.44
4. J. Cave O/35	DkPk	3.31.27

CROW HILL RACE West Yorkshire BS/5m/1000ft 01.08.00

Steve Oldfield, the veteran international from Bradford, rang me during the week before the race and asked if I needed a hand with flagging of the route. Steve has devised the excellent loop off the summit of Crow Hill, which replaces my silly and unnecessary out and back collision course directly from the standing stone on the Calderdale Way to the summit and back. As with twelve months previously, we spent a couple of hours on Monday evening trampling the overgrown section of the woods and marking out the course, then, in a carbon copy of the previous year, Steve turned up on race night and set about destroying the rest of the field and breaking the course record yet again.

Paul McTigue pulled half a minute out of Jon Wright for second, while 15-year old Mark Buckingham ran brilliantly in fourth. The last time Mark ran at Crow Hill was when he won the Under 12s English Championship Race up and down Hill House Farm fields. Second junior was James Henry in seventh, while Matthew Pierson was placed 11th.

Steve won the veterans' category ahead of improving Thornton Tayloe and local man, Dave Beels.

Ruth Dorrington made a welcome return after illness to win the ladies' race, though 17-year old Kate Rogan gave her a good run for her money, finishing second only half a minute adrift.

Jane Smith took third and first veterans' prize with Janet Barbour first Over 45.

Saddleworth Runners picked this race as a club championship race and were well pleased as their members picked up a good share of the prizes, including the first men's team.

Thanks to Angela and Peter at the Dusty Miller who provided us with shelter, good beers and free food afterwards.

Cheers, see you all next year.

Allan Greenwood



Widdop winner Paul Sheard accompanied by James McQueen and Scoffer Schofield at Ennerdale
Photo: Peter Hartley

1. S. Oldfield	BfdA	30.11
2. P. McTigue	P&B	31.05
3. J. Wright	Tod	31.35
4. M. Buckingham	Holm	32.45
5. C. Robinson	Woodkirk	32.53

VETERANS O/40

1. S. Oldfield	BfdA	30.11
2. T. Taylor	Ross	33.23
3. D. Beels	CaldV	33.38
4. A. Robinson	Clay	34.35
5. B. Waterhouse	Saddle	35.33

VETERANS O/50

1. B. Horsley	CaldV	34.33
2. G. Breeze	Skyrac	36.15
3. P. Bramham	Kghly	37.16
4. J. Nolan	RoadR	37.59
5. J. Platt	Saddle	38.22

VETERANS O/60

1. R. Jaques	Clay	38.42
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LADIES

1. R. Dorrington	Bing	38.54
2. K. Rogan U/18	Wharfe	39.27
3. J. Smith O/40	Bing	40.34
4. R. Gibbon	Saddle	43.53
5. K. Boobyer	P&B	44.12

JUNIORS

1. M. Buckingham U/16	Holm	32.45
2. J. Henry U/17	Spen	33.19
3. M. Pierson U/16	Holm	34.03



Juniors have to ford the Derwent in the Borrowdale Race
Photo: Bill Smith

BEN RINNES FIVE TOPS HILL Moray AL/14m/4900ft 29.07.00

There was a superb turnout of 57 competitors from as far afield as Orkney, London, Denmark and Holland. For the first time, conditions were cool with atmospheric mist patches and thick cloud over Ben Rinnes summit. The demand for course maps was, therefore, high. From the outset, defending champion John Hepburn, took control pulling Jon Duncan through the checkpoints until they both turned together at the half way summit for one and a half minutes outside the record time. Then the madness ensued with Hepburn unleashing a ferocious Ben Rinnes descent time of 12 mins 20 secs (over a minute quicker than any previous descent!), with Duncan not far behind. However, the re-ascent of Meikle Conval proved the race turning point with Duncan who was, incidentally, having cramp problems, overhauling Hepburn to establish a slender lead, which he maintained to the finish. The gritty Hepburn, however, never gave up the chase with the pair both in the highland games finishing arena at the same time and both finishing inside the four-year old course record of 1.58.34.

In the ladies' race, things were nowhere near as exciting with defending champion, Kate Jenkins, although running below par, easily retaining her title ahead of Liz Horton.

The favourable weather conditions gave rise to many personal best times with Ronnie Gallagher setting a new Veterans' record by a couple of minutes. Stewart Whitlie, one of the distant chasers, stormed up the ascent of Ben Rinnes in a record time, only to throw the advantage away by getting lost on the descent, while the remarkable Bill Gauld showed many a younger man that he's still got the upper hand!

Thanks to all for turning out and with this level of support, I'll gladly be organising it again next year.

Graeme Bartlett

CLAY BANK EAST
North Yorkshire
BM/6m/800ft 01.08.00

A brilliant night's racing with new records for both men and women. Paul Lowe winding up for his Duathlon British vest in October put in a stunning performance. Setting off at a steady rate he ran up the first climb just behind the leading group of four runners. After this it was just not fast enough and on the long steady climb up to the highest point on The North Yorks Moors at Round Hill he had opened up a comfortable lead being chased by Matty Wynne and Ian Marr. In completing the course he had taken over a minute off the previous record. In the women's race Alison Raw also ran to form breaking her own record of last year by over 20 seconds.

Dave Parry

1. P. Lowe	Mand	35.35
2. M. Wynne	Saltw	36.41
3. I. Marr	RAFLeem	36.50
4. M. Burn	Thirsk	37.36
5. P. White	LeedsC	37.43

VETERANS O/40

1. P. Buckby	Mand	37.52
2. A. Normandale	Nestle	38.50
3. I. Ellmore	Scarb	38.54

VETERANS O/50

1. M. Hetherton	Nestle	43.54
2. C. White	Hartlep	44.25
3. D. Grimwood	NMarske	46.36

VETERANS O/60

1. R. Sherwood	NMarske	47.19
2. M. Horan	Quak	60.04

LADIES

1. A. Raw	Darling	42.12
2. C. Lowe	Mand	46.00
3. K. Neesam	NMarske	46.51
4. S. Kempson	NMarske	48.58
5. J. Soper O/35	Thirsk	49.40

BRADWELL FELL RACE
Derbyshire
BS/4.5m/600ft 02.08.00

There were 197 starters - all finished!

This was a good turnout considering the clash with Cracken Edge and the false start last week (sorry to those who didn't see the amendment in the June "Fellrunner").

A strong climb by Steve Penney meant that the race was always only for the minor places - well done to Ian Smith and Al Buckley who got them!

Alan Ward

1. S. Penney	Chest'fld	26.45
2. I. Smith	DkPk	27.44
3. A. Buckley	DkPk	27.51
4. A. Jenkins	DkPk	27.54
5. T. Pearson	Hallam	27.59



Aggies Staircase winner Brian Cole leads Simon Thompson
Photo: Steve Bateson

VETERANS O/40

1. T. Tett	DkPk	28.12
2. S. Smith	Nstaffs	29.23
3. K. McGrath	DkPk	

VETERANS O/50

1. B. Toogood	DkPk	30.27
2. N. Boler	DkPk	31.37
3. R. Bradley	Holm	32.11

LADIES

1. W. Barnes	Barns	33.31
2. J. Bednall	SheffTri	34.17
3. K. Dalton	DkPk	34.34
4. T. Ferraro	Hallam	35.59
5. M. Marples	Unatt	36.11

CAW FELL RACE
Cumbria
AM/6m/1800ft 02.08.00

1. D. Birch	Kesw	55.45
2. J. Deegan	Amble	55.56
3. D. Ratcliffe	Ross	56.25
4. L. Mannion	Unatt	57.14
5. D. Spedding	Kesw	57.33

VETERANS O/40

1. D. Ratcliffe	Ross	56.25
2. M. Berry	BCR	59.17
3. A. Miller	Kend	59.25

VETERANS O/50

1. D. Spedding	Kesw	57.33
2. K. Lindley	BCR	70.30
3. D. Turnbull	W'lands	73.30

VETERANS O/60

1. H. Catlow	CFR	85.17
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VETERANS O/70

1. J. Peel	BCR	98.20
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LADIES

1. H. Krynen	Kesw	65.33
2. W. Dodds O/40	Clay	65.58
3. M. Smith O/40	Kend	77.35

RYDAL ROUND FELL RACE
Cumbria
03.08.00

1. M. Roberts	Borr	1.17.53
2. G. Devine	P&B	1.18.53
3. N. Spence	Borr	1.21.25
4. B. Proctor	Kend	1.21.18
5. N. Ashcroft	Amble	1.21.27

VETERANS O/40

1. B. Proctor	Kend	1.21.18
2. S. Hicks	Borr	1.27.20
3. R. Hutton	DkPk	1.31.57

VETERANS O/45

1. M. Richardson	Amble	1.32.13
2. D. Richardson	Unatt	1.33.22
3. L. Sands	Unatt	1.36.10

VETERANS O/50

1. N. Boller	DkPk	1.40.02
2. M. Hudson	Kend	1.42.19
3. D. Robinson	Amble	1.46.38

VETERANS O/55

1. A. Ligema	CFR	1.46.55
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VETERANS O/60

1. H. Thompson	Clay	2.04.28
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LADIES

1. D. Thompson O/40	Kesw	1.53.55
2. J. Bellis O/40	Bolt	2.03.17

CHURN MILK JOAN
West Yorkshire
BM/7m/900ft 05.08.00

Ahead of a field of 97 starters, Andy Wrench took a well earned victory in this second running of the Churn Milk Joan race (formerly the New Wadsworth) breaking Paul Muller's 12-month old record of 46.11 by 14 seconds in the process.

It was made clear on the start line that although the route had been marked with flags as a guide, runners were free to use their local knowledge and navigational skills between the checkpoints.

After the initial mandatory marked section along Wainsgate track to reach checkpoint one on the Calderdale Way, veteran Richard Crossland used this ruling to his advantage. He cut straight across the moor to checkpoint two at Churn Milk Joan standing stone, while Andy Wrench, admitting to not being totally au-fait with the lie of the land in this area, chose to follow the "safe" route marked out by myself and Tony Bradley the previous evening. By the time Andy reached the standing stone, Richard had gained about 120 yards lead, for which he, along with Carl Greenwood who took a similar line, earned many congratulations from his rivals at the finish.

Andy reeled Richard in on the long drag from Ferney Lee, up Dimmin Dale to checkpoint four at High Brown Knoll trig, opening up a margin of over a minute over the chasing trio of Crossland, Martin Lee and in-form Graham Schofield.

Richard finally settled for fourth place after his brave solo excursion.

Graham was first veteran home while Barry Mitchell took the superveterans' prize in a splendid 10th position ahead of Ken Taylor, who finished in 17th.

Arguably, however, the the run of the day came from Helen Allcock, who also chose the direct line across Wadsworth Moor to checkpoint two. This gave her a good lead over last year's winner and record holder, Vanessa Peacock, though Vanessa admitted to not being aware of the fact.

Jeff Webster pointed Helen out to Vanessa on the final sting-in-the-tail section towards Wall Stones Flat but by now, Helen had the finish in sight and managed to hold on for a popular victory by one place.

Andy Wrench led Todmorden home to victory in the team competition, picking up a large quantity of beer for himself, seventh placed Robert Glover and veteran, Derek Donohue in eighth. Andy also gained valuable points in our fun series, further strengthening his bid for the South Pennines Grand Prix title overall title.

Once again, the Wonderful Wadsworth Ladies did us proud as they opened up the Community Centre, providing teas, sandwiches, home made fayre and the bar stayed open all afternoon.

Thanks to Tony Bradley (flagging), John Agg, who prepared the finish refreshments, then helped at the finish after his unfortunate and untimely retirement from the race, Lindda Crabtree who did registration and finish recording, and Tony Meakin on the stopwatch.

Next year's race will be run in reverse direction.....

Cheers, see you then.

Allan Greenwood

1. A. Wrench	Tod	45.57
2. M. Lee	Ross	47.05
3. G. Schofield	Horw	47.11
4. R. Crossland	BfdA	47.35
5. I. Greenwood	Clay	49.32

VETERANS O/40

1. G. Schofield	Horw	47.11
2. R. Crossland	BfdA	47.35
3.T. Taylor	Ross	50.21
4. D. Donohue	Tod	52.20
5. K. Holmes	DkPk	53.05

VETERANS O/50

1. B. Mitchell	Clay	52.25
2. K. Taylor	Ross	53.35
3. J. Hoffman	BfdA	54.27
4. A. Steele	Radcl	55.32
5. G. Webster	VallStr	55.38

VETERANS O/60

1. R. Jaques	Clay	58.47
2. J. Dearden	Helsby	64.04
3. P. Davies	Saddle	64.33
4. D. Clutterbuck	Roch	65.45
5. P. Robinson	NVets	72.45

LADIES

1. H. Allcock	Tod	55.09
2. V. Peacock O/45	Clay	55.21
3. S. Becconsall O/40	Tod	57.44
4. L. Lacon	Holm	58.07
5. M. Dixon	WPenn	62.32

BORROWDALE FELL RACE**Cumbria****AL/17m/6500ft 05.08.00**

1. S. Booth	Borr	2.42.46
2. J. Bland	Borr	2.45.55
3. Paul Sheard	P&B	2.46.46
4. G. Bland	Borr	2.52.57
5. A. Schofield	Borr	2.56.22

VETERANS O/40

1. S. Jackson	Horw	3.22.22
2. D. Allen	DkPk	3.24.33
3. S. Hicks	Borr	3.30.49
4. D. Hyde	CaldV	3.34.00
5. R. Bellaries	Gloss	3.43.10

VETERANS O/50

1. D. Spedding	Kesw	3.18.29
2. A. Bland	Borr	3.34.12
3. D. Lockwood	DkPk	3.50.15
4. I. Charlton	Kesw	3.57.16
5. J. Holt	Clay	3.59.43

VETERANS O/60

1. B. Booth	Kesw	4.04.55
2. J. Naylor	CFR	4.17.22
3. R. Smith	Amble	4.44.31

LADIES

1. J. King	CFR	3.17.19
2. H. Jackson	Bing	3.03.03
3. S. Newman	Gloss	3.43.10
4. C. Howard	Matlock	3.46.30
5. N. Davies O/40	Borr	3.56.03

BEETHAM SPORTS FELL RACE**Cumbria****BS/5.7m/927ft 05.08.00**

A dry sunny day meant a good turnout for both the children's sports and the fell race.

All runners enjoyed the course and records were broken for both male and female times by husband and wife team, Paul and Evelyn Dugdale.

Chris Merckel

1. P. Dugdale	Horw	36.44
2. W. Sullivan	Clay	37.24
3. D. Houldsworth	Kend	37.27
4. L. Siemaszko	Kend	37.33
5. N. Spencer	Unatt	38.23

VETERANS O/40

1. D. Houldsworth	Kend	37.27
2. M. Leck	LancsM	43.13
3. J. Rodgers	Bowland	44.10
4. D. Shinn	Kend	44.14
5. R. Barlow	Unatt	45.10

LADIES

1. E. Dugdale	Salf	43.19
2. H. Krynen	Unatt	44.00
3. M. Green O/35	Bing	48.00
4. H. Coburn	Newtown	48.39
5. M. Smith O/35	Kend	51.54

TEGGS NOSE FELL RACE**Cheshire****BM/6.5m/1100ft 05.08.00**

On a lovely summer's day, the runners left the sheep dog trials' field to the sound of the hunting horn heading over the Hollies for the first ascent of Teggs Nose. The leading group soon spread to leave Malcolm Fowler blazing the trail. The second climb and final descent left him almost two minutes clear of last year's winner, Dale Gartley in second place and first veteran this year.

First lady, Rachel Pleeth, had a comfortable lead over Jane Mellor with local lady, Natalie Abbott, third.

Only 73 runners toed the line - is this a reflection of the number of races in the calendar this year, or just that a lot of people were on holiday?

Gregg Rowson

1. M. Fowler	Salf	48.17
2. D. Gartley	Gloss	50.21
3. C. Fray	Penn	50.40
4. T. Werrett	Mercia	52.21
5. P. Winskill	Penn	53.22

VETERANS O/40

1. D. Gartley	Gloss	50.21
2. C. Fray	Penn	50.40
3. S. Smith	Nstaffs	53.28
4. N. Stone	Stoke	54.20
5. S. Entwisle	Gloss	55.47

VETERANS O/50

1. J. Kershaw	Macc	55.00
2. R. Marlow	DkPk	57.04
3. H. Ramczyk	StaffsM	58.37
4. C. Holland	Mich	58.49
5. P. Nolan	Macc	59.18

VETERANS O/60

1. A. Peers	Spectrum	61.00
2. B. Thackery	DkPk	63.56
3. B. Howitt	Matlock	66.30

LADIES

1. R. Pleeth	Macc	60.30
2. J. Mellor	Penn	65.38
3. N. Abbot O/40	Unatt	66.48
4. M. Fletcher O/40	SChesh	67.23
5. K. Dalton	DkPk	68.18

RHEWL ROUGH RUN**Clwyd****AS/5.5m/2360ft 05.08.00**

On a hot and humid day, Colin Donnelly cruised round the circuit. He was followed round by Mark Roberts who, having heard that the race may be a British Championship event next year, took the opportunity of holidaying in the area to try out the circuit; he liked it.

Runner of the day must be Don Williams. Veteran Over 55, who took 6th place overall. With Donnelly being now Veteran Over 40 and winning the race, the Veteran Over 40 prize went to Charles Ashley. First Veteran Over 45 was near local, Gordon Manson.

A good turnout of the ladies, ten in all, saw Samantha Bretherick come home first in an excellent time of 41.20 with Victoria Musgrove, Veteran Over 40, in second place.

The Eryri squad dominated the team race.

Only two Under 14s turned up - Kelli Roberts and William Pilbeam, both using it as a training run and getting a prize for their efforts. I shall not be repeating the Under 14s race again next year.

All in all, the race was a great success with 71 runners toeing the start line and most visiting the Beer Tent post-race. £70 was raised for the local charity and whilst mentioning charities, the profits of the March Llantisilio Mountain Race gave £60 to Guide Dogs for the Blind. Thank you to all runners for your contribution.

See you all next year.

Geoff Gartrell

1. C. Donnelly	Eryri	33.51
2. M. Roberts	Borr	35.45
3. G. MacNiel	Helsby	36.37
4. I. Houston	Desstr	38.24
5. R. Bretherick	Preseli	38.46

VETERANS O/40

1. C. Donnelly	Eryri	33.51
2. C. Ashley	Wrex	39.33
3. D. Whitley	BroDys	39.39
4. C. Perkins	Heref	41.01
5. R. Mapp	Mercia	42.48

VETERANS O/45

1. G. Manson	Oswest	39.41
2. B. Wells	NWRCC	40.47
3. C. Edwards	Wrex	43.17

VETERANS O/50

1. D. Whiteside Thomas	Eryri	40.52
2. M. Potter	Mercia	43.06
3. R. Jones	Eryri	43.10

VETERANS O/55

1. D. Williams	Eryri	38.50
2. W. Mitton	AchR	47.09

VETERANS O/60

1. P. Norman	Wrex	45.11
2. B. Evans	Eryri	49.01
3. R. Webster	Helsby	49.10

VETERANS O/65

1. J. Carson	Eryri	55.57
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LADIES

1. S. Bretherick	Preseli	41.20
2. V. Musgrove O/40	Eryri	44.48
3. G. Darby O/35	L'pool Pemb	47.15
4. A. Goode	BroDys	48.11
5. A. Goodall O/45	Mercia	48.23

KIELDER BORDERER FELL RACE**Northumberland****BL/17m/3000ft 06.08.00**

Thirty runners set out from Kielder Castle on the Kielder Borderer Fell Race during Forest Enterprises festival day. Although a category B race, this is a really tough undertaking crossing some rough terrain. The winning times over the years of around three hours bear witness to the toughness of the course.

This year we had clear skies and very warm weather. Is there something in the fact that 25 out of the 30 runners were vets? Do we get dafter with age?

First home was David Armstrong, followed by past winner, James Dickinson and Gary Owens. The team shield went to Northumberland Fell Runners.

The festival day is a great day out for all the family so many runners bring the family along and they enjoy the events, entertainments and music while the race is underway.

1. D. Armstrong	NFR	2.49.39
2. J. Dickinson	Tyne	2.56.28
3. G. Owens	NFR	3.09.36
4. P. Fernandez	Unatt	3.26.04
5. G. Hodges	Macc	3.27.17

VETERANS O/40

1. D. Armstrong	NFR	2.49.39
2. J. Dickinson	Tyne	2.56.28
3. G. Owens	NFR	3.09.26

VETERANS O/45

1. G. Hodges	Macc	3.27.17
2. J. Pollard	Gloss	3.36.29
3. P. Reed	NFR	3.46.33

VETERANS O/50

1. L. Stephenson	Kend	3.40.50
2. R. Grey	NFR	3.41.15
3. T. Hart	NFR	3.56.07

VETERANS O/60

1. R. Hayes	NFR	3.46.33
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LARA DERBYSHIRE CHEVIN**FELL RACE****Derbyshire****BS/4.5m/800ft 08.08.00**

Steve Penney continued his winning streak with an easy win at the Milford Chevin Fell Race.

David Denton

1. S. Penney	Chest' fld	28.17
2. T. Plant	Derby	29.20
3. K. Spare	Derby	29.23
4. C. Rowe	Matlock	30.57
5. A. Brooks	SheltStr	31.25

VETERANS O/40

1. K. Spare	Derby	29.23
2. K. Brailsford	Derby	31.38
3. R. Morgan	Belper	32.21
4. N. Lander	Erewash	32.57
5. D. Thornton	SheltStr	33.00

VETERANS O/50

1. B. Allsopp	BellH	35.31
2. B. Warwick	DerwentR	35.57
3. D. Keegan	SheltStr	37.54

LADIES

1. A. Caseley	DerwentR	41.23
2. D. Worthy O/50	Vege	41.49
3. S. Taylor O/40	Cheadle	42.41
4. L. Hart O/40	Derby	43.34

MEARLEY CLOUGH FELL RACE
Lancashire
AS/3.5m/1300ft 09.08.00

Well – we flagged the course at 4 o'clock out to the fell wall, Pendle looked magnificent. We got back into Worston at 5 o'clock, looked back over our shoulders and Pendle had disappeared down to Mearley Farm, and that was just the beginning. By 7 o'clock it was raining hard and some marshals had been unable to make the start.

The clag wasn't supposed to be a problem, especially to local runners. There's only 100 yards from the fell wall unflagged, left up one side of the Clough to a marshal at the cairn, turn right, run on a track on top to the other side, turn right and descend on the other side of the flagged return from the fell wall.

A lot of runners ended up I the beck and crossed back to the side they had gone out on. This shortened the course considerably and only missed the record by five seconds. This is a classic course and to flag it will take away the aged tradition of fell running.

Things were going wrong at the finish so we decided to move the finishing funnel over a few yards to try and keep dry in a garage but the early return of the runners caught us by surprise, papers got wet, pens refused to write and labels refused to stick – how it all came together right was a miracle!

Anyway, on the up side, 76 runners were started off this year by Arthur Goldsmith (Arthur who??). Arthur, when he was 21, won Pendleton Fell Race for three years running – that was 70 years ago! (Who says fell running isn't good for you!) The third year he was handicapped two and a half minutes but still crossed the line first. The fourth year it was four minutes – this proved too much and he came second. Arthur tells the tale that some runners had planned to "knobble" him before the start (the club shall remain nameless) but was thwarted by the local constabulary.

He also helped with the prize giving at the Calf's Head Hotel run by Chris and Pam, who generously provided a meal for two for first male and female and laid on a free pasta supper for over 80 runners and marshals. Support like this is the backbone of a great evening and a great sport and is very much appreciated.

Last but not least, thanks to the marshals who braved an awful evening, especially to Eddie at the Scout's Cairn.

See you all next year.

Geoff and John

1. G. Wilkinson	Clay	30.50
2. A. Payne	Ross	31.23
3. D. Hope	AchR	31.55
4. C. Seddon	Horw	31.56
5. M. Horrocks	Clay	32.11

VETERANS O/40

1. J. Tomlinson	Clay	32.22
2. A. Robinson	Clay	36.57
3. S. Hounslow	Wharfe	37.07
4. I. Robinson	Clay	37.42
5. B. Slater	Kghly	38.29

VETERANS O/50

1. J. Hope	AchR	34.39
2. P. Booth	Clay	38.00
3. C. Taylor	FRA	43.15
4. D. Munroe	Clay	45.00
5. G. Rawlinson	Clay	49.39

VETERANS O/60

1. N. Bush	Ilk	37.40
2. R. Jaques	Clay	42.21
3. T. Targett	Clay	48.35

LADIES

1. V. Peacock O/40	Clay	37.54
2. B. McWade	Clay	41.19
3. N. Slater Int	Kghly	48.29
4. O. Smilie O/35	Unatt	67.54

INTERMEDIATES

1. S. Hounslow	Wharfe	38.22
2. M. Hounslow	Wharfe	39.50
3. N. Slater	Kghly	48.29

CRACKEN EDGE FELL RACE
Derbyshire
BM/7m/1450ft 09.08.00

The 5th running of this race was held in practically ideal conditions – not too hot, ground dry but not too hard and the rain holding off until most of the runners were down. We were expecting records to be broken and we weren't disappointed. Both first and second came in inside the old record with Malcolm Fowler pulling decisively away from Ged Cudahy in the finishing fields to win in 42.16. Third man was first Veteran, Alan Kirk, and the first Veteran Over 50 was Rob Taylor in 16th place.

The ladies' race was no less dramatic with Elizabeth Batt beating Tricia Sloan by a mere four seconds. Jo Stevenson came in third and the ladies' veterans' Over 40 and 50 prizes went to Kath Harvey and Margaret Chippindale respectively.

Pennine's Phil Winskill, Tom McGaff and Colin Fray took the team prize and the Mountain Rescue Team prize went once again to Oldham Mountain Rescue Team – Stephen Kendra, Tony Tombs and Denzil Broadhurst.

Thanks to all those who elped with a special thanks to Dave Jones for his unflagging assistance, to Simon Ramwell for a smooth start, to Alison Brentnail and Alexis Dinsmoor for fast results and to Andy Slack for the unique medals.

The organisers, Kinder Mountain Rescue Team, would like to thank all the runners for supporting the race.

The 6th Cracken Edge Fell Race will be on 8 August 2001 – make a note in your diary now!

Alan Brentnail

1. M. Fowler	Salf	42.16
2. G. Cudahy	Stock	42.31
3. A. Kirk	Gloss	43.14
4. P. Winskill	Penn	43.45
5. M. Bradbury	Bux	43.57

VETERANS

1. A. Kirk	Gloss	43.14
2. D. Gartley	Gloss	44.03
3. T. McGaff	Penn	45.31
4. C. Fray	Penn	45.35
5. N. Peach	Kend	46.03

LADIES

1. E. Batt	Bux	51.03
2. T. Sloan	Salf	51.07
3. J. Stevenson	DkPk	53.43
4. S. Gilliver	Penn	54.03
5. K. Harvey	Altr	54.59

ARNCLIFFE GALA FELL RACE
North Yorkshire
AS/1.8m/443ft 12.08.00

As usual, this was superb family day. No field admission and plenty of other activities for kids and grown-ups! Ted Mason overhauled Steve Oldfield (previous winner) to post the second fastest time ever recorded.

Tom McKenzie

1. T. Mason	10.37
2. S. Oldfield	10.55
3. G. Schofield	11.20
4. M. Horrocks	11.34
5. J. Wooton	11.50

LADIES

1. E. Nutter	14.06
2. S. Haines	16.20
3. S. Shepherd	17.25

JUNIORS – BOYS U/17

1. R. Whittaker	13.55
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JUNIORS – BOYS U/14

1. M. Hirst	10.34
2. D. Cutts	11.45

JUNIORS – BOYS U/12

1. D. Shepherd	7.25
2. J. Kelly	8.10
3. L. White	8.19

JUNIORS – GIRLS U/14

1. A. Smith	12.03
2. R. Ingham	12.31

JUNIORS – GIRLS U/12

1. K. Waite	10.06
2. S. Yeomans	10.35
3. C. Haines	10.40

MYNYDD GARN-FAWR
Gwent
AL/12m/1500ft 12.08.00

Bit disappointed at the start with only fourteen runners but seeing them finish and listening to their comments at the end made it worth the effort.

Many thanks to the people who helped me – Andrew Lott, Melvin Woods, Gareth, Kate, Rodry, Lyndon, Tracy, Carys and the owners of The Pottery for the use of their car park and toilets.

Just hope to get more runners next year.

1. L. Gwilym	MDC	1.23.30
2. A. Oringe	MDC	1.26.30
3. J. Darby	MDC	1.29.20
4. R. Stokes	Local	1.31.20
5. B. Martin	Amble	1.31.40

VETERANS O/40

1. L. Gwilym	MDC	1.23.30
2. A. Oringe	MDC	1.26.30
3. J. Darby	MDC	1.29.30

VETERANS O/50

1. B. Martin	Amble	1.31.40
2. J. Nolan	RoadR	1.32.05
3. S. herington	Heref	1.32.35

LADIES

1. M. Darby	MDC	1.42.00
2. S. Finnerty	RoadR	1.59.00

SEDBERGH HILLS RACE
Cumbria
AL/14m/6000ft 13.08.00

1. M. Roberts	Borr	2.12.15
2. J. Hunt	CFR	2.17.39
3. J. Deegan	Amble	2.17.55
4. M. Wallis	Clay	2.18.42
5. N. Barrable	Loth	2.20.21

VETERANS O/40

1. M. Wallis	Clay	2.18.42
2. G. Moffatt	Howg	2.26.47
3. K. Harding	Tring	2.27.02
4. A. Miller	Kend	2.34.13
5. G. Lyons	Garst	2.41.20

VETERANS O/50

1. D. Spedding	Kesw	2.27.41
2. G. Howard	Ilk	2.39.12
3. G. Houghton	CaldV	2.53.08
4. I. Beverley	Clay	2.54.01
5. G. Woolnough	Kend	2.56.08

VETERANS O/60

1. R. Smith	Amble	3.16.49
2. J. Taylor	Amble	3.18.51
3. D. Clutterbuck	Roch	3.30.14

LADIES

1. V. Peacock O/40	Clay	2.49.08
2. W. Dods O/40	Clay	2.54.32
3. D. Thompson O/40	Kesw	2.56.39
4. S. Lewsley O/40	Kesw	3.03.24
5. S. Jones	Horw	3.17.20

JUNIORS U/20

1. S. Dugdale	Skip	25.04
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JUNIORS UNDER 18

1. G. Crayston	CFR	19.55
2. J. Mason	Bing	20.42
3. C. Waters	Skip	21.40

JUNIORS U/16

1. R. Edgar	LancsM	16.28
2. M. Smith	Horw	16.55
3. A. Mason	Owls	16.59

JUNIORS U/14

1. C. Doyle	Kend	11.51
2. A. Wilkin	Unatt	12.32
3. B. McDonald	Telf	12.58

JUNIORS U/12

1. S. Clifford	CFR	9.52
2. D. Shepherd	Settle	9.56
3. J. Walker	CFR	10.20

THE FOREST BURN
Northumberland
BS/3.5m/500ft 13.08.00

The millennium staging of the race attracted 50 runners - a large field for this type of local event. This was due in part to the Forest Burn being selected as a NFR championship 'short' race, and also because the Royal Marines have discovered the race and decided the terrain and event is ideal for the torture of new recruits.

The field was largely bunched until the first major climb, where David Armstrong pulled away surprisingly quickly. He maintained his lead along the fast stretch following the Maglin Burn, and then pulled away even further on the pathless climb to the summit of Wards Hill. He flew down the descent back to the Forest Burn and had disappeared into the ravine before further runners topped Wards Hill, crossing the finish line an emphatic winner, gasping a complaint about the shortness of the race!

In the ladies' race, Jane Saul maintained her excellent form and crossed the finishing line well ahead of competitors, including the current record holder Karen Robertson.

Across all categories, NFR achieved a clean sweep.

Conditions underfoot this year were quite difficult, especially in the Forest Burn ravine, and the race records of Joe Blackett and Karen Robertson remain intact.

Bill Tomlinson

1. D. Armstrong	NFR	22.00
2. T. Mate	RoyMar	23.25
3. G. Owens	NFR	23.36
4. M. Cave	FellResc	23.40
5. D. Wood	Unatt	23.56

VETERANS O/40

1. D. Armstrong	NFR	22.00
2. G. Owens	RoyMar	23.25
3. R. Dawson	NFR	24.52
4. S. Walker	NFR	25.49
5. R. Ball	Concord	26.09

VETERANS O/50

1. T. Hart	NFR	26.29
2. B. Campbell	NFR	27.12

VETERANS O/60

1. R. Hayes	NFR	27.39
2. J. Garbarino	NFR	28.40

LADIES

1. J. Saul	NFR	27.21
2. K. Robertson	NFR	28.00
3. G. Mennin O/40	NFR	31.29
4. A. Mitchell O/40	NFR	31.56
5. P. Cooper O/45	NFR	32.08

BOUNDARY STONE BLAST
Cheshire
BM/6m/850ft 13.08.00

We had 65 runners on the day. The sun was good to us. All the runners arrived back safely. Tea and biscuits were served after the race and finally, the medal ceremony.

Peter Chappell

1. G. Oldfield	P&B	39.51
2. M. Fowler	Salf	39.52
3. T. McGaff	Penn	41.55
4. R. Taylor	Penn	42.26
5. M. Williams	Penn	43.00

VETERANS O/40

1. S. Smith	NStaffs	44.16
2. I. Warhurst	Penn	44.41
3. M. Beecher	Bux	45.21

VETERANS O/45

1. T. McGaff	Penn	41.55
2. A. Bocking	Penn	45.27
3. M. Cortvriend	Macc	52.08

VETERANS O/50

1. R. Taylor	Penn	42.26
2. P. Lyons	Ross	45.01
3. T. Hulme	Penn	45.10

VETERANS O/60

1. B. Thackery	DkPk	56.39
2. C. Henson	DkPk	58.08

LADIES

1. E. Batt O/35	Bux	48.29
2. M. Edgerton O/40	Penn	51.43
3. K. Harvey O/40	Altr	52.50
4. J. Mellor O/35	Penn	57.54
5. M. Fletcher O/40	SChesh	57.58

GRIBDALE GALLOP
Cleveland
BM/9m/1400ft 15.08.00

A fantastic turn out on what proved to be a slippery nights racing. In the afternoon whilst I was course marking we had the most unusual weather! Stair rods !!! A pleasant afternoon continued into a pleasant evening with the added attraction of a bit of humidity. This tended to slow times but it was Matty Wynne with another superb performance who came in ahead of Robin Bergstrand. Alison Raw continued to dominate the women's race coming home some two and a half minutes ahead of Sarah Jackson. The men's vet 40 category it was Kevin Carter who ran superbly to win in 52.40 some thirty seconds ahead of Ian Ellmore.

In the vet 50's Chris White ran home a fine winner with Ronnie Sherwood winning the over 60's. In the veteran women's categories, a welcome return from Angela Hayward saw her win Vet 1. Vet 2 was won by Sandra Jemson with Pat Kirby winning Vet 3.

In the Junior Race which was part of The North East Championship Series, there was a record breaking performance by the winner Luke Kelton, winning The Captain Cook's Race in 7min 25sec', narrowly beating Paul McNally, who was also inside the old record.

Photographs of the race are on www.mandaleharriers.com

Dave Parry

1. M. Wynne	Saltw	50.32
2. R. Bergstrand	Mand	51.25
3. P. White	Leeds	51.46
4. R. Hall	ThirskS	52.05
5. M. Burn	ThirskS	52.26

VETERANS O/40

1. K. Carter	Mand	52.40
2. I. Ellmore	Scarb	53.11
3. P. Kelly	Darling	53.14

VETERANS O/50

1. C. White	Hartle	60.46
2. M. Hetherton	Nestle	61.23
3. D. Grimwood	NMarske	62.14

VETERANS O/60

1. R. Sherwood	NMarske	65.22
2. M. Horan	Quak	98.00

LADIES

1. A. Raw	Darling	58.38
2. S. Jackson	Middles	61.09
3. K. Neesam	NMarske	63.27
4. K. White	Quak	63.37

LADIES VETERANS 1

1. A. Hayward	ThirskS	66.05
2. J. Soper	ThirskS	69.15

LADIES VETERANS 2

1. S. Jemson	NMarske	69.34
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LADIES VETERANS 3

1. P. Kirkby	Thirsk	79.18
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PILGRIMS CROSS FELL RACE
Lancashire
BM/6m/1000ft 16.08.00

1. G. Wilkinson	Clay	38.54
2. S. Sweeney	Bowl	39.19
3. I. Greenwood	Clay	39.56
4. M. Horrocks	Clay	40.03
5. B. Whalley	P&B	40.07

VETERANS O/40

1. J. Bentley	Bolt	42.15
2. M. Howard	Ratcl	42.23
3. C. Davies	Saddle	42.59

VETERANS O/45

1. S. Hounslow	Wharfe	43.46
2. D. Hindle	Clay	44.53
3. D. Bateson	AchR	45.27

VETERANS O/50

1. P. Both	Clay	44.44
2. J. Dore	Roch	45.30
3. G. Wright	Ross	46.12

VETERANS O/60

1. P. Davis	Saddle	54.23
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LADIES

1. V. Peacock O/45	Clay	45.36
2. K. Wallis O/40	Clay	49.13
3. K. Rogan	Wharfe	50.08

DENIS STITT MEMORIAL RACE
West Yorkshire
BS/5m/850ft 17.08.00

1. S. Oldfield	BfdA	28.39
2. G. Cudahy	Stock	29.52
3. J. Heywood	Holm	30.02
4. A. Kirk	Gloss	30.16
5. M. Buckingham	Holm	30.43

VETERANS O/40

1. S. Oldfield	BfdA	28.39
2. A. Kirk	Gloss	30.16
3. I. Moore	Holm	33.17

VETERANS O/45

1. K. Holmes	DkPk	32.44
2. C. Davies	Saddle	33.57
3. B. Waterhouse	Saddle	34.11

VETERANS O/50

1. R. Bradley	Holm	36.58
2. J. Dobie	PembSef	37.38
3. J. Somerville	Holm	40.07

VETERANS O/55

1. G. Breeze	Skyrac	34.24
2. B. Buckley	Gloss	39.04
3. T. Cock	Holm	40.49

LADIES

1. K. Drake O/35	Spenn	36.04
2. P. Oldfield O/35	BfdA	36.21
3. L. Atchison	Unatt	40.30
4. B. Hoyland O/35	Holm	40.54
5. R. Gibbon	Saddle	41.33

GREEN BELL FELL RACE
Cumbria
BM/6m/1300ft 19.08.00

An improved field of 50 runners took part in this year's race and secured its future as an ever diminishing number of entrants had taken part in past years.

Phil Davies was the clear winner but was pressed by the Clayton pair of Tomlinson and Sullivan. Similarly, Eileen Nutter for first in the ladies' race with Nicola Davies, but finished the race with a one minute cushion.

The organiser made a cock up when awarding the winners of the team prize as Howgill - it was indeed, Clayton! Sorry about that chaps! It was all settled in a civilised fashion after the prize-giving.

For all those who took part, thanks for coming and we hope to see you next year.

Fraser Livesey

1. P. Davies	Borr	41.17
2. J. Tomlinson	Clay	41.32
3. W. Sullivan	Clay	42.35
4. G. Moffat	Howg	42.41
5. P. Brittleton	Howg	45.11

VETERANS O/40

1. J. Tomlinson	Clay	41.32
2. G. Moffat	Howg	42.41
3. A. Millar	Kend	45.16

VETERANS O/50

1. G. Woolnough	Kend	48.12
2. M. Moss	Howg	50.36
3. L. Stephenson	Kend	51.26

LADIES

1. E. Nuttner	Ripon	48.45
2. N. Davis O/40	Unatt	49.42
3. D. Thompson O/40	Kesw	52.14

JUNIORS U/17

1. A. McMulkinn	Vaux	48.27
2. A. Godwin	Ross	52.42

BURNSALL CLASSIC FELL RACE
North Yorkshire
AS/1.5m/900ft 19.08.00

A top class field in perfect conditions had good racing with first to the top, up and coming Robert Hope. Newcomer to Burnsall, Robert Hudson, ran very strongly. Overall, Ian Holmes showed his class and with a terrific descent, took first place. The top seven finishers were from fell racing's elite and all finished in under fifteen minutes.

First Veteran Over 40 was Ian Ferguson, followed by Graham Schofield and first Veteran Over 50 was Ken Wilby.

The ladies' race was won in a fast time by Tracy Ambler in fine style.

James Maxfield

1. I. Holmes	Bing	13.41
2. R. Hope	P&B	13.45
3. R. Hudson	Hgte	14.10
4. P. Sheard	P&B	14.13
5. A. Peace	Bing	14.16
6. G. Devine	P&B	14.45
7. T. Mason	Wharfe	14.48
8. G. Oldfield	P&B	15.06
9. G. Wilkinson	Clay	15.15
10. I. Taylor	Kghly	15.16

VETERANS O/40

1. I. Ferguson	Bing	15.47
2. G. Schofield	Horw	15.57
3. N. Pearce	Unatt	17.12
4. D. Robinson	Clay	17.44
5. L. Sands	Unatt	18.00

VETERANS O/50

1. K. Wilby	Felland	19.25
2. D. Quinlan	Bing	20.23
3. D. Ackroyd	Unatt	20.39
4. D. Stockdale	Skip	21.24
5. M. Swale	Felland	21.52

LADIES

1. T. Ambler	P&B	17.50
2. H. Jackson	Bing	18.23
3. S. Hodgson O/35	Felland	19.13
4. J. Smith O/35	Bing	19.40
5. J. Prowse O/35	Kghly	19.44
6. R. Dorrington	Bing	20.16
7. K. Bailey	Bing	20.54
8. N. Weston O/35	Ilk	21.05

JUNIORS

1. J. Bumfitt U/16	Bing	8.18
2. S. Slater U/14	Skip	7.23
3. D. Shepherd U/13	Settle	6.37

HEART OF GRANITE
Galloway
AL/20m/6400ft 19.08.00

BRUCE'S CROWN
Galloway
AL/42m/13000ft 19/20.08.00

I felt an enormous burden of responsibility in taking over the Rings of Fire from Glyn Jones, the originator of these two splendid challenges. It was his idea to capture the spirit and demands of the Galloway Hills in the Heart of Granite and Bruce's Crown.

This could be described as the year of the Douglas in that Duggie (né Douglas) Gillespie was first home on Bruce's Crown and Douglas Brown was first on Heart of Granite.

The vegetation, tussocks, long grass, heather and reed beds seemed even more luxuriant this year, especially on the Heart of Granite and particularly in the crossing from the Round Loch of Glenhead to Dow Loch. This stretch defeated many accomplished walkers who were perhaps mentally unprepared for the demands made on our stamina by Galloway. If you did not complete Heart of Granite this year, then you will be welcomed back in 2002 to prove your mettle - it's only 21 miles!

The fitness and experience of Douglas Brown showed in his time of just over six hours for the Heart of Granite which proves that the tussocks can be defeated.

On Bruce's Crown, we were fortunate to see the performance of Duggie Gillespie who completed the



Ruth Dorrington, Bingley at Burnsall Photo: Steve Bateson

42 miles in an Olympian "running" time of 10 hours 2 minutes, which is more than one hour better than the time set by Mark Hartell in 1998 over an almost exactly similar course. (In 1998 the course included a control at the King's Well as competitors headed north along the Rhinns of Kells). Duggie has now set down a very difficult marker for all others to beat as well as showing that the ten hour barrier could be broken. We used to believe that the eleven hour barrier was formidable but Duggie has smashed that idea.

Colin Butler

HEART OF GRANITE

1. D. Brown	Solv	6.02.00
2. N. Priestley	Annan	7.23.35
3. A. Noble	Girvan	9.17.40
4. P. Jameson	Unatt	9.20.15
4. B. Young - Lady	Unatt	9.25.15
6. R. Winsbarrow	LDWA	8.55.05

BRUCE-S CROWN

1. D. Gillespie	Solv	10.02.15
2. C. Brash	Girvan	11.36.20
3. P. Gwilliam	Unatt	11.36.20
4. R. Blyth	Kend	11.51.39
5. D. Rodgers	West	12.20.03
6. N. Wrigley	Horw	12.40.10

LADIES

1. M. Huyton	Macc	16.06.00
1. M. White	Horw	16.06.00

THIRD BRADBourNE VILLAGE
FELL RACE
Derbyshire
CM/6.4m/600ft 20.08.00

Steve Penney continued his winning streak with another decisive victory. Behind him, Derby and County took the next three places.

David Denton

1. S. Penney	Ch'fld	32.32
2. J. Ward	Derby	32.51
3. T. Plant	Derby	33.28
4. C. Hawkins	Derby	33.32
5. M. Long	HattD	33.48

VETERANS O/40

1. M. Strange	Tipton	34.48
2. J. Matthews	Owls	35.41
3. N. Stone	CityStoke	35.49

VETERANS O/50

1. M. Round	Sutton	38.13
2. G. Smith	MilltMil	42.00
3. G. Young	Sinfin	42.12

VETERANS O/60

1. A. Bourne	StaffsM	48.19
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LADIES

1. J. Doe	Claro	42.14
2. E. Timmis	DerbyTri	42.56
3. S. Taylor O/40	Chead	49.00

WORSTHORNE MAG 7 RACE
Lancashire
BM/7m/900ft 20.08.00

After a disappointing forecast, we were pleasantly surprised to hold the race on a dry but cloudy day, in warm conditions.

There was an exceptionally high quality turnout this year for the Worsthorne Mag 7 Race, for this the ninth round of The Pendle & Burnley Grand Prix Championship. With 186 runners from across the North West and from as far a field as Surrey!

The race appeared to be between fell specialists Mark Roberts, Simon Bailey and Paul Muller V40, a specialist road runner occasionally running fells, setting a blistering pace, with Mark and Simon leaving Paul for a race to the finish, but Mark managed to leave Simon with about one mile to go giving him a winning margin of 28 seconds and a new course record of 37.52 min.

Ray Paul in 49th was the winning MV45 with Peter Lyons in 31st being the winning MV50, Graham Breeze first over 55, Ross Jaques first over 60 and MV65 Derek Clutterbuck finished in 132.

The ladies' race was well contested and ended in another victory for Kath Drake. Jean Rawlinson had a good run to second place with Natalie Ashworth a close third.

The race managed to raise £1000 for the Burnley & Pendle, Pendleside Hospice.

Special thanks must go to all organisers, time keepers, marshals and runners, but particular thanks to the main race sponsors Howarth Timber of Burnley, Felldancer Fell Shoes (Get a Grip!) and Walsh Electrical Contractors, who contributed to the race T shirts. Thanks also to Adidas, Rolls Royce, Railroad, and all the other companies for donation of prizes.

The after-race presentation was held at the local Bay Horse Inn. Thank you for your support in this race, perhaps we may see some of you next year.

Peter Thompson

1. M. Roberts	Borr	37.52
2. S. Bailey	StaffsM	38.20
3. P. Muller	Wrekin	38.43
4. S. Willis	Tod	40.12
5. M. Sandamas	Kghly	40.22

VETERANS O/40

1. P. Muller	Wrekin	38.43
2. M. Aspinall	Ross	40.57
3. P. Brannon	Clay	41.41
4. J. Hartley	Clay	41.51
5. T. Taylor	Ross	42.00

VETERANS O/45

1. R. Paul	Salf	47.18
2. S. White	Clay	47.27
3. C. Pickup	Clay	47.39
4. H. Symonds	Kend	48.05
5. S. Breckell	Clay	48.12

VETERANS O/50

1. P. Lyons	Ross	44.20
2. P. Booth	Clay	45.12
3. I. Ramsey	Clay	47.45
4. J. Hignett	Bury	52.55
5. J. Windle	Clay	53.13

VETERANS O/55

1. G. Breeze	Skyrac	46.09
2. B. Mitchell	Clay	46.35
3. D. Scott	Clay	47.25

VETERANS O/60

1. R. Jaques	Clay	49.56
2. T. Orrell	Clay	51.12
3. T. West	Radc	56.40

VETERANS O/65

1. D. Clutterbuck	Roch	56.48
2. P. Duffy	NVets	60.30
3. B. Hargreaves	Tod	65.25
4. J. Bentley	Clay	66.07
5. R. Packer	RedR	71.42

LADIES

1. K. Drake O/40	Spenn	49.41
2. J. Rawlinson O/45	Ross	51.42
3. N. Ashworth	Unatt	52.40
4. D. Robson	Clay	53.28
5. L. Hudson	Clay	54.14

JUNIORS U/20

1. G. Pearce	Ilk	47.58
2. J. Riley	Pend	48.37
3. K. Bridge	Acc	50.51

A Running Commentary on a Typical Run

Half past seven and Ailsa has just got up. Saturday morning, the day for a good long run. But same old weekend question: where shall I go? Pete is on call again, Hugh is on holiday, Chas is playing golf (of all things) and I've not managed to get hold of Anna this week. Just me and the dogs then.

The birch branch outside the bedroom window is wafting about so it'll be quite a strong wing on the higher tops. I think I'll stay reasonably low. But again, where? With so many hills around here I should be spoilt for choice, but I've been up every hill for miles and lots of times. Ah, that's right! When I went exploring above Cannich a few weeks ago I saw a large shallow corrie above Glassburn where I've not been before. It seemed to contain an unusual amount of bright green grass, surrounded by acres of dark vegetation and heather. I wonder if there's any shielings nearby that might account for it. At least it'll give me something to aim for. And it'll be nice seeing somewhere a bit different. Decision's made!

Nine o'clock and still hanging around the house. Come on Peck, finish your breakfast and get moving!

Ten o'clock: part the car just outside Cannich and at last we start running. God I wish Ghillie wouldn't bark so loudly at the beginning of every run. Luckily all the local shepherds know her by now. Let's run the 50 yards to the field quickly just to get off the road. I always worry that a car will come speeding round the bend and hit the dogs. Through the gate and we're off up the first steep bit. It looks a long way to the top of the field; I hope I can keep running and not have to walk. A wide ATV track to follow; amazing how these vehicles can climb the steepest gradients. I seem to recall that they are based on lunar vehicle designs. My breathing is getting laboured and I'm only about 200 feet above the road. You unfit bastard! Still this is much better than doing a race where a lot of the Carnethy lot will be; I think Ben Lomond is on today. Rather than me!

At last the gradient has relented and I'm still running. Perhaps I'm not as unfit as I thought. Some hopes! Now I must veer right and head for that hillock. Not been this way for years but I seem to remember seeing several old derelict buildings on a grassy ledge just below it. I'll look out for them. Yes there they are, three or four of them, I wonder if these are the dwellings that villagers had to move to because the estate owners didn't like their view being spoiled by the houses of poor peasants living nearby. It wouldn't half be a long way back home from the pub after a few drinks (if they had pubs in those days).

Edge of the field and luckily there's a huge hole in the fence where we can get through

to the forest. Ghillie and Bhreacan leap in. Bhreacan is getting quite good at dealing with fences and gates now; pleased to see that she's improved a lot in the six months we have had her. She might even be starting to enjoy hill running, but I don't think she'll ever be as fanatic as Ghillie. The running is tricky here because of the narrow passage between the deer fence and the dense trees. I have to keep turning sideways and keeping balance is difficult. I must find a place where the dogs can get under because we should be heading up the rise on the left. This will do. Ghillie goes under but Bhreacan the wimp is scared of the tight squeeze. I'll keep on until the next convenient gap. Here's one; surely even Bhreacan can get through here! She can and joins Ghillie on the other side. The fence post seems reasonably sturdy so I'll climb over here. I always have a dread of catching a foot while climbing a fence in remote spots like this, and hanging upside down for hours. Made it safely!

Now up to the next deer fence. I can just see a gate that I might as well aim for. The heather is unpleasantly deep here, and it's steep; I feel justified in walking this bit. There are two more ruined buildings across that burn: I wonder if they were part of the same dispossessed community. I'll follow the burn so the dogs can wallow and cool off. Here is another ruin, and another, and another. This was quite a large settlement. There are more ruins than I had remembered. And a couple of miles over there I can just see the corrie I'm heading for.

I've been as far as this before, but it's all new to me from this point. Looks as though there is a flattish boggy terrace that goes in the right direction; I'll start running again and follow the terrace as far as I can. This is really hard going over tussocky grass and bog, but it's flat so I'd better keep running. The corrie is getting closer and I can see that I will have to lose height. I wonder if I can avoid it. Don't be daft: if you wanted an easy life and to avoid minor hardships you wouldn't be running up here in the first place! So down we go. If only I could descend a bit quicker. I've never been good at descending; maybe it's something to do with a high centre of gravity; or cowardice or even weak ankles. Anyway I've been a useless descender for all these years so it's a bit late to start thinking of doing something about it now.

Now if I cross this flat rough bit I can follow the burn up to the bright green area. This is quite an interesting burn with lots of small waterfalls, and wee crags. Funny how you can find beautiful little bits in desolate landscapes like this. I haven't seen any signs of old buildings so my shieling theory is probably wrong. That's odd: the burn is now running inside a V-shaped groove coming down the hill for about 100 metres in the

middle of the bright green area. I'll just carry on running to the source of the burn.

What the hell is that large monolith at the top? Looks a bit like a giant stone coffin with the lid open. It's about 7 feet long, 3 feet wide and 3 feet deep, with a big hole underneath. There are no other rocks on the hillside in the immediate vicinity. Almost certainly man made, but why and by whom? There are lots of brochs and duns further up Strathglass, so it could be linked to them in some way. But there's also remnants of old lead mines high above Struy. They used to mine using the force of water; they would build a dam and release the water down channels, thereby removing soil and vegetation and exposing the ore. But there isn't any sign of a dam near here, and the ground above the monolith is too steep for there to have been one. I've no idea. Let's take some photos and I can send them to the Council for Scottish Archaeology; they will probably be quite interested. Bhreacan can stand on top of the monolith to give an idea of the scale.

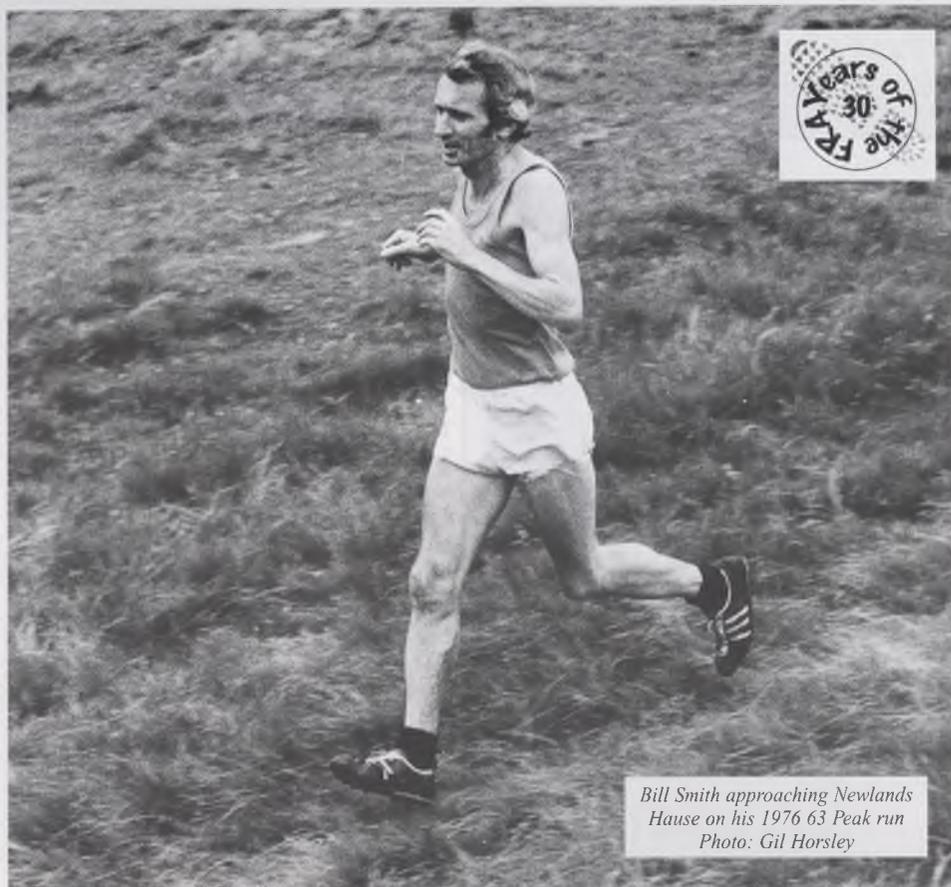
A last look around for other artefacts. No, nothing else of interest here. If we run up the hill a bit we can follow that high terrace that seems to lead in the right direction. The going is hard but I keep running. My 'close-to-the-ground' running style is economical on smooth terrain, but on rough heathery ground I really feel the difference. Knackered! OK we are now at the highest point of the terrace so it's downhill all the way from here. We can follow this burn; I think it will lead to the shielings at the turn round point on the (now defunct) Cannich Gala Hill Race. Again this is a surprisingly interesting burn with shallow rocky gorges. Now just over that heathery hillock are the shielings, I think. Yes, there they are. Just a couple of miles downhill to the car.

Now we are in familiar territory again. Along this flat boggy bit, down the steep short bank, up again slightly to a new deer fence. Several more shielings on each side as we approach the old metal deer fence. Through the birch woods, and down the steep hill to the road. We are in full view of the farm on this bit, so I hope the dogs behave themselves. There are no cars coming at the gate, so it's safe to let the dogs through, then it's a short jog along the road to the car.

Well I've been out about 2 hours, I will have done about 10 miles, and saw nobody at all. In 10 minutes I'll be home. I still find it amazing that I can be amongst some of the wildest and emptiest hill country in Europe but be only a few minutes from home. God I fancy a beer!

Dave Peck, August 1999

First published in Carnethy Hill Running Club's 'Hillennium' Book



Bill Smith approaching Newlands Hause on his 1976 63 Peak run
Photo: Gil Horsley

THE FELL RUNNERS' ULTIMATE

Some further notes on the Bob Graham Round by Bill Smith

-First published in The Fellrunner, Spring 1976

The bulk of this article was written during the late autumn of 1973, at which time literature appertaining to the "Bob Graham Round" and Lakeland 24 Hour Fell Record existed mainly in the form of historical summaries or straightforward reports by authors who had not completed the round themselves. Since then, of course, Fred Rogerson has published the first supplement to his monumental History and Records of Notable Fell Walks 1864-1972 within the Lake District, which consists almost entirely of chronicles of achievements written by the runners themselves.

In fact, part of this article was published in that supplement, but in view of the fact that many F.R.A. members probably haven't read Fred's book, I am allowing this section to stand as it is.

On the other hand, the quite lengthy preamble to the original narrative now seems rather superfluous, and I have therefore abridged it somewhat. The title, by the way, has been borrowed - with Fred Rogerson's permission - from an information sheet on the 24 Hour Club.
-Bill Smith.

Runners attempting "Bob Graham's Round of the Fells", or one of its muti-

peak variations, are of course supported by a party of helpers. A car is necessary to transport the helpers from one access point to another (there are four on the 42 peak course), and it can also possibly serve as shelter for the contender to relax in when the weather is bad, while he eats and drinks whatever he feels is necessary.

On the fells, the contender is usually accompanied by at least one pacer over each section, though two per section, is probably the ideal number, especially at night. When there are more than two pacers, however, the occasion sometimes becomes more of a social affair, with a resultant loss of concentration of the part of the contender.

Runners assisting on the fells are required not only to act as pacers, but also to help with route-finding and time checking, and of course to assist in the event of anyone being injured or overcome by exposure. They are also required to carry food, drink and items of spare clothing, such as a spare vest or cagoule, for the contender. I feel that such experience is essential for anyone who fancies having a go himself, though I must admit that I didn't reap the full benefit from it myself. (Someone once described a fell runner as

being "strong in the leg, but weak in the head", and that certainly applies to me). For some reason, I refused to view the course with the seriousness it warrants and stupidly regarded it as a piece of cake, comparing it to other - though shorter - long distance routes I'd done, such as the "Lakeland Threes" and The Fellsman.

Anyway, there were four of us starting from Keswick at 10.00am on Saturday August 4th, 1973 and we had plenty of assistance, both for the fells and access points. Our time schedule was based on the successful 1971 attempt by Mick Meath. We set off in clear, breezy weather, accompanied by pacers Ken Smith and Pete Walkington. I found the initial section of road leading to Newlands Church rather tedious.

Andy Churchill commented about part of it forming the final section of the Derwentwater "10" road race, in which we'd both competed the previous November, and I must admit that as road races go, this particular course must be one of the finest.

However, I felt much better when we started jogging up the farm track to High Snab, beyond which point we ascended the fellside to reach the path leading up the nose of the ridge to our first summit, Robinson. I quite enjoyed this ascent, incidentally, though when we reached the plateau, our spirits were somewhat dampened by the sight of dark clouds hovering menacingly above peaks to the South, over which our route lay. Our next two objectives, Hindscarth and Dale Head, were attained with similar ease and enjoyment, after which we made a quick descent down the path to Honister Hause. Fred Rogerson, with typical enthusiasm was waiting near the foot of the path to take photographs.

It began to rain as we stood around the cars drinking hot, sweet tea and having a bite to eat: cake, biscuits or sandwiches. Fred Rogerson enquired if we wanted anything special preparing or laying out in readiness at Wasdale Head. I said no, nothing, apart from a cup of tea, feeling that a piece of cake or two from my holdall in Fred's car would be sufficient.

Keith Windle now replaced Ken Smith for the next section, though 24 hour fanatic Pete Walkington stayed with us. We donned cagoules over our vests and shorts and set off into the rain to climb mist-shrouded Grey Knotts.

The summit was attained without much effort, though we sweated in our cagoules, and we were then able to run all the way to Brandreth, and most of the way to Green Gable. The rain had now ceased, though mist still hung in patches

over the fells. From Windy Gap, we climbed the rock stairway to Great Gable, then made a speedy descent to Beck Head. Next we topped Kirkfell, then began the long ascent from Black Sail up to Pillar and, beyond that, Steeple, which involved a short, interesting run from the main ridge to the summit and back again. I was enjoying all these climbs, but found my interest flagging slightly on the more level sections.

The rain started again as we left Steeple and we ran into the teeth of a hailstorm as we approached Red Pike. This soon passed, however, and the weather brightened a little as we descended to Dore Head. Our spirits brightened also with the thought of only one more peak separating us from hot drinks and food at Wasdale Head. I found the initial rock scramble up onto Yewbarrow quite exhilarating, also the run along the undulating grassy ridge to the summit. The descent was anything but exhilarating, however, involving a long careful negotiation of steep scree and bracken. But at last we were running up the track leading from the campsite to Brackenclose, and there was Fred Rogerson again waiting with his camera as we approached the refreshment point, well up on our schedule.

Though I was offered the comfort of a chair and shelter from the rain, which had again set in, I stupidly refused both and sat out in the open on the grass, with my back to a car wheel, while I swallowed two chunks of cake and gulped down Janet Travis' hot, sweet tea. I felt that I couldn't get any wetter than I already was, so bugger it. Ken Ledward remarked that I was working up my resistance for the next section.

It never occurred to me to strip off, have a brisk rub down with a towel and put on dry clothing. Had I done so, what followed could have been avoided.

After about fifteen minutes, Andy and I set off with Joss Naylor and Ken Ledward as pacers. We ran up the Lingmell Gill track, but slowed to a walk at the foot of Brown Tongue, though Joss and Ken continued to jog.

"Don't try to keep up with Joss", said Andy. "He'll only go faster". We soon left Brown Tongue to cross the beck and ascend the steep, grassy fellside to Scafell. As we attained the mist-shrouded summit, a strong icy gale blowing from the southeast hit us. I don't know how Andy felt in his "waterproof" tracksuit top, but the wind penetrated through my cagoule and my shoulders felt particularly numbed. Ken asked if either of us wanted to borrow his cagoule, but we both refused it.

I was glad when we descended into the sheltered ravine of Deep Ghyll in order to reach Mickledore by way of the West Wall Traverse and Lord's Rake. We had decided that Broad Stand would be too greasy and dangerous in these conditions. By the time we'd reached Scafell Pike, my shoulders were freezing, and for the first time in my life, the wind was really beginning to bother me. My cagoule was now giving no protection at all, nor was the long-sleeved football jersey and sleeveless vest I had on underneath. I had lost my body heat.

We didn't meet a soul between Lingmell Gill and Langdale. There was nothing but wet grass and rock, and mist, rain and wind - especially wind. Ken kept cracking jokes and chatting away as though we were enjoying a pleasant stroll through the park on a warm, sunny afternoon, no doubt feeling that such light-hearted conversation would help to keep our spirits buoyant. And so it did - at first. Despite the wretched visibility, Joss led us unerringly from Broad Crag to Ill Crag to Great End...As we descended to Esk Hause, Andy finally agreed to borrow Ken's cagoule, for Ken was leaving us here to head back down to Wasdale by way of Sty Head Pass.

Still running, Joss led us to Esk Pike and on to Bowfell, whence we partly retraced our footsteps as far as Ore Gap in order to traverse the slippery grass slopes below Esk Pike and drop down to Angle Tarn. I stumbled and fell once between Esk Pike and Bowfell, and I occasionally found myself cursing and swearing out loud. Whether Andy or Joss could hear me, I don't know. Probably the words were drowned by the roar of the wind, the gurgle of rain-swollen becks, and the steady squelsh of running shoes over boggy grass.

From Rossett Crag, we began to traverse along the fellside above the Stake Pass. We had been told that a refreshment tent would be set up at the summit of the pass, where we would be expected to cross to the Langdale Pikes. Suddenly, the mist cleared for a moment, revealing Pike O'Stickle looming high above the other side of the pass, and seeming only a stone's throw away. Then the grey curtain of mist descended again, blotting it out.

Joss remarked that the quickest way to reach that summit would be to descend into the valley and climb straight up the other side, rather than by contouring around by Langdale Combe to avoid losing height. Andy seemed to think that this was a good idea too, so upon being asked for my opinion, I merely grunted assent.

Someone (I forgot who) mentioned the possibility of the support party not having arrived with the tent, as we were so far in advance of our schedule. Alan Heaton afterwards remarked that this was a grave mistake on my part.

In view of my deteriorating condition, adding that I would have probably been entirely revitalised by a hot drink and food, and some extra clothing at the tent.

Anyway, we hurried on through the evening gloom and the rain, with me continuing to curse out loud at the weather and everything else connected with the run. I was fully aware that this conduct, allied with my frozen shoulders and generally declining condition, were the warning signs of exposure. Yet I didn't feel tired at all - just cold and dispirited. Anyway, 'bugger it', I thought - '...if I can get across to High Raise, the worst will be over and I'll be able to look forward to refreshment and dry clothing at Dunmail. Then I'll be okay.

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The rest of the course is easy, once we get up on Dollywagor Pike.....?

On Pike O'Stickle, however, I began to feel worse, due mainly to my frozen shoulders, it seemed to me. We had originally planned to include two extra summits, Loft Crag and Skidda' Little Man. I was therefore relieved when we bypassed Loft Crag without anyone so much as mentioning it. By the time we'd reached the top of Harrison Stickle though, my shoulders were shaking uncontrollably, and Joss said decisively, "I'm sorry to tell you Bill, but you're in no fit condition to continue". He and Andy pointed out the danger of me flaking out on the exposed section ahead, around Thunacar Knott or High Raise.

I therefore assented to Andy accompanying me down to the New Dungeon Ghyll Hotel, while Joss continued on over the tops to Dunmail Raise to send a car round for us. As we got down below Stickle Tarn, I began to feel better physically, but was disgusted with myself for having had to pack in: my first retirement in any event. At the same time, I realised the wisdom of Joss' and Andy's warning about my flaking out on the plateau.

It was almost dusk and the rain still pouring down when we reached the N.D.G. We stood in the doorway, clad in cagoules and running gear, looking like a couple of drowned rats. Pools of water formed on the floor about us. Andy took off Ken Ledward's cagoule and handed it to me. He wouldn't harbour my protests, so I finally took his advice and put it on over my own. Gradually, some of the iciness began to thaw out of my shoulders.

We'd not been there long when Joss came running down. He'd gone astray in the mist and gathering gloom, and realising his error, had decided to continue on down to the N.D.G. to make sure we'd arrived safely. He then set off into the night, saying he'd hitch a lift.

Customers kept passing in and out of the bar, giving us funny looks but saying nothing. We must have looked a right pair of characters. After we'd been standing there for nearly two hours, one man asked us why we weren't inside, where it was warmer. We told our story and explained that, having no money on us and being clad as we were, we didn't like going into the bar. Without a word he turned and entered the bar, reappearing almost immediately with two glasses of rum. Then the manager came out and told us to go inside and warm ourselves. When we did so, he gave us each a cup of tea.

At closing time, Keith Windle and Ken Smith arrived in Keith's car. Joss hadn't

been able to get a lift after all and had had to run through the darkness and rain all the way to the top of Dunmail Raise. We now learned that the other lads attempting the course with us had also packed in - one of them because he'd descended in error down the Wythburn Valley to Steel End - and we heard also that two other Lancashire fell runners doing the round independently had retired at Wasdale Head because one of them had been injured.

At Dunmail, we were given hot drinks and plenty to eat.

"Never mind lads", Fred Rogerson consoled us. "The mountains won't run away. They'll still be here next year".

Eric Roberts and Boyd Millen of Kendal A.C., who had been waiting to accompany us through the night over the Helvellyn range, were both staying with their families at a farm near Stanah - Eric in his caravan, Boyd under canvas. The former insisted I spend the night with him, to which I gratefully agreed, it seeming highly unlikely that I'd get accommodation elsewhere at that hour. So, after hot soup, tea and food, I settled down for a good night's sleep, while the wind howled and the rain poured down outside.

Next day, which was clear and sunny, half a dozen tough runners who had assisted in the various attempts on Saturday, competed in the Latrigg Fell Race: Alan Heaton, Joss Naylor, Eric Roberts, Pete Trainor and Pete Walkington. Meanwhile, I returned home somewhat disconsolately, resigned to waiting till next year before having another go at the Bob Graham Round. Nights were now getting longer and vegetation growing thicker, and there didn't seem to be any chance of further attempts this year, save for what turned out to be another unsuccessful attempt the following weekend by a Lakeland runner.

On this same weekend, I returned to the Lakes for a week's holiday, centred at Grasmere. I'd promised Eric I'd do some training with him during the week, and in fact we met on the fells above Grasmere on the first day of my holiday, late on Sunday afternoon. Eric was accompanied by Boyd Millen, Pete Trainor and Pete Walkington, the latter also being camped near Stanah.

Eric said he was going home to Carlisle to do some work, but would be returning on Thursday night, so I told him I'd come down Friday for a training session. As it happened though, a spell of fine weather set in, causing Eric to abandon the job he was doing at home and return to Stanah earlier in the week.

On Wednesday evening, while taking an after-dinner stroll around Grasmere, Eric's car passed me on the road and drew to a halt. Pete Walkington jumped out and crossed the road to me, while Eric drove on to find a parking place.

"What are you doing Friday?", Pete asked promptly.

"Training with Eric", I said

He ignored my answer. "We've decided what you're doing", he told me. "What?"

"The 42 Peaks..."

It turned out that Boyd Millen wanted to take advantage of the good weather and have a go himself, so they'd all decided that I'd be willing to have another bash too. Needless to say, I jumped at the chance.

At 7.30 a.m. on Friday morning, August 17th, Eric picked me up at Grasmere and drove me down to his caravan for breakfast. The previous day, though initially sunny, had grown hazy and dull, and there'd been rain during the night. The morning was now fresh, though as we topped Dunmail we saw that both Skidda' and Blencathra summits were hidden in cloud. After breakfast one of Eric's little girls said to me: "Bob Graham's up on the fells clearing the mist away for you". And this turned out to be an accurate prophecy, for apart for a thin veil of mist on Skidda' at the end of the course, all the fells were quite clear when we reached them.

The previous day, Pete Walkington had made a solo traverse of the "Lakeland Threes" in the remarkable time of 8 hours, 26 minutes, this being only two minutes outside Joss' existing record. Since lowered by Joss to 7 hours 30 minutes in June 1975. Boyd and I remarked that if it had been us, we'd still be in bed, but at 9.32 a.m. Pete set off from Keswick to accompany us over Robinson, Hindscaith and Dale Head to Honister, where Eric would take over. Pete would then drive Eric's car round to Wasdale Head to prepare refreshments for us, and would afterwards be ready to join us at Dunmail for the night section.

Eric based our 23-hour schedule on his own, which in turn had been derived from the time schedule of the successful 1972 attempt by Ken Brooks and Jim Loxham. We were well up on schedule by the time we reached Honister and here we had tea, cake and jam butties laid on by Mavis Kenyon. (Wouldn't they have been squashed then...?! - ed) On our way over from Keswick, we'd been pleased to notice that all the Lakeland fells were now quite clear and that we seemed to be in for a perfect day: calm and sunny, but

not as warm as it had been earlier in the week. Conditions were, in fact, ideal.

We now began to reap the benefit of Eric's careful planning and experience. At Honister, he shouldered the rucksack containing our spare kit and food etc., and led off up the fellside to Grey Knotts. Coming over from Keswick, feeling fresh, we'd run some of the uphill sections, but Eric, in his quiet firm manner, now forbade this. He wouldn't even allow us to run short, moderate inclines. Similarly, he insisted on us taking it easy on the descents, especially the rough ones like Great Gable and Kirkfell, where we came down a little faster than a walk.

At one point between Grey Knotts and Brandreth, I remarked that the pace was too slow. "Don't worry", said Eric, "You're moving on a 22 hour schedule. If anything, you're going too fast". On the other hand, when I lagged a bit, leading the way up Gable, he said, "Here, let me get in front and set the pace".

He constantly emphasised the need for concentration, and for making every movement count as a step towards Keswick. Once, when I stumbled on a piece of unsteady rock, he reprimanded me: "You're not concentrating!".

His routefinding was flawless: not once did he hesitate, nor refer to map or compass. (To be fair, the same must also be said for Pete Walkington). Broad Stand was the only place with which Eric was not intimately acquainted. In fact, his sole experience of this moderate rock climb had been on his own 42 peaks circuit, when Alan Heaton had led him down it. Nevertheless, he showed Boyd and I the way down with expert ease.

At Wasdale Head, Pete had everything laid out in preparation, with hot tea and soup ready for us as soon as we trotted in. Following Eric's advice we towelled ourselves down and donned new clothing in order to retain our body heat. Then we sat in the car and ate and drank all the good things Pete offered us. We took almost the full half-hour's rest scheduled for us before setting off at a walk up Lingmell Gill, Brown Tongue, and so onto Scafell summit. At Angle Tarn we made our first stop of the day, apart from Honister and Wasdale, and rested for ten minutes, while refreshing ourselves with jam butties and orange juice.

I compared this enjoyable run in the calm evening sunlight with my last excursion over this area only a fortnight previously. The pace Eric had set for us was ideal: we were running easy and relaxed, yet seemed to be covering ground very quickly. At Dunmail, refreshments were provided by Pete, Mavis and Eric's wife Gladys. Here we changed clothing once more and I borrowed two vests off Eric

and a pair of tracksuit bottoms off Pete. The latter then led off up Seat Sandal, and we also had an additional pacer for this section in Mike Pearson of the West Cumberland Orienteering Club (now of Keswick A.C.)

It was fully dark when we reached the summit of Fairfield and we could see the lights of Carlisle and Penrith in the Distance. On the way up Dollywagon Pike, the moon rose from behind the clouds, rendering our torches unnecessary, in fact, we hardly used them at all throughout the night. A cold wind greeted us as we approached Nethermost Pike and we donned our cagoules.

Just below the summit of Raise, where the hill crest sheltered us from the wind, we rested for about 10 minutes and had biscuits and orange juice. Boyd was feeling really fit now and was out in front for much of the time, though we were careful not to get too enthusiastic and stuck to Eric's rule about not running uphill. On Clough Head, we signalled with our torches to let Mavis and Eric, stationed at Threlkeld, know we were on our way down and they'd better have a brew ready or else.....

We rested and feasted for the full half hour again here, and Pete Trainor replaced Mike as our second pacer. In weather less kind than we were having, this would have been another point for a change of clothing. I think Boyd did, in fact, have a change, though I decided I'd be okay as I was. The fact was, I didn't have any more spare kit to change into and I certainly didn't feel like scrounging any more from the lads. Boyd did offer me a pair of socks, but my own felt quite comfortable.

Off we went up Hall's Fell, or "Knee Wrecker Ridge", as fellrunners refer to it when descending. A fine narrow, rocky spine, like an inclined Striding Edge, which I always enjoy whether ascending or descending, in daylight or in moonlight, as now.

Blencathra's summit was quite clear when we reached it, but mist descended upon it as we dropped down to cross the River Caldew. We were all feeling great now, knowing it was in the bag, and Pete Trainor, The Singing Fell Runner (ever heard him in the middle of a long distance race?), serenaded us awhile over this section, much to the consternation of the sheep, who scattered in terror.

The mist cleared from Great Calva as we approached its lower slopes, and while we were thankful for this, we heartily cursed its knee-deep heathed flanks, both on the ascent and descent. As previously mentioned, a veil of mist glazed Skidda's summit as we climbed to it. Boyd, who was in front, ran up the last section to the

trig point with Pete Trainor.

"Hey!" I yelled, "I'll tell Eric!"

To Pete Walkington, I said: "I suppose I'd better do the same," and I began to jog.

"You bugger!" he groaned in mock dismay. "That means I'll have to do it too"

At the summit, we met three walkers who seemed a bit disconcerted to find us there before them. (It was 05.23 a.m.) Probably they'd come up to watch the sunrise.

We also threw in Skidda' little man as Peak 43 for good measure, then set off at a fast pace along the grassy ridge and down the fellside. Sunlight flooded brilliantly across the fells, and spread out below us was the sight we'd looked forward to all the while since the previous morning. Boyd, who had been running and chatting with Pete Walkington, holder of the 43 Peaks record (20 hours, 43 minutes: 1971), drew level with me and said: "We've got twelve minutes to get down and beat the record!"

Well, that really made me put a spurt on and I think we raced down to Keswick faster than Dave Cannon does it in the Skidda' race. (Or at least it seemed like it!). Eric was waiting at Moot Hall, delighted to see us turn the corner and come running up the street together, and overjoyed at our time of 20 hours, 38 minutes. Hot on our heels, the two Peters staged a mock sprint finish between themselves, then we all shook hands. Pete Walkington then solemnly suggested we all do a lap of honour.

Boyd admitted now that when he'd told me we had twelve minutes to get in and beat the record, we'd actually had seventeen, but he'd said twelve to make sure I moved myself. Pete Walkington's gesture in helping us to beat his own record was typical of the spirit of true sportsmanship which exists in amateur Fell Racing. (By the time this appears in print, the new record may well have been broken.....).

Incidentally, it may be of interest to mention that the noted athletics coach Denis Watts, had been staying at the same campsite as Eric and Boyd, and had been agreeably surprised to discover the existence of the 24 hour tradition. He was, in fact so greatly impressed that he wrote to the Athletics Weekly, saying how refreshing it was these days "to find that men are still prepared to stretch themselves to the limit of endurance, their only reward being the satisfaction of having done it and finding recognition amongst the small brotherhood of rugged fell runners who attempt these feats". (A.W. August 18th, 1973, p34)

BEINN FHIONNLAIDH'S CASE



Thoughts of having a go at the Munros record cropped up during a trip to Knoydart with Mike Walford in February 1987. Idle bothy talk led to a recce in May with Martin Stone amongst others which showed it would go but a bout of flu put paid to it that summer. Martin in the meantime raised the stakes to 26 with another of his solo tours de force.

I wanted to do a round this year so it was either Martin's faster or a new one with the Munros. Having done the Ramsey round last July, the basis for Martin's round, in an attempt to salvage something from a bad summer, the maps were out. The only area with a similar cluster of Munros was centred on Glen Affric, there being 32 in all but 28 looked a realistic total.

The chosen circuit started with the South Cluaine and then ran up the other side of the A87 over the Five Sisters before heading off north into Afric. Beinn Fhada and A Ghlas Beinn were included before Sgurr nan Ceathreamhan – Mam Sodhail circuit. Crossing Glen Affric south again it finished with the Cluanie Horseshoe. A couple of weekends in May with timed runs over the legs showed it would go. 42 Munros in 10 days with 3rd in Jura showed I was fit enough. I managed to persuade the pacers from last year along again plus Peter Barron and John Blair Fish. I was pleased Pete had asked to come as he had got me fell running years ago and we'd done the BG together. I only had six pacers for four sections and would have liked two on each leg but Gibbi and I worked around the impasse – Mark would do the last two sections again! David Richardson also agreed to do the support again and then was told he'd have to carry a tent in and then move it six miles down the Glen to do the two support stops.

The master plan was hatched – not state-of-the-art stuff like Mark McDermott's for Jos' 24 hour record but as foolproof as possible given the distance from the area. The very remoteness and unfamiliarity compared with, say, the Lakes, causes problems, but, given good weather, it was on for June 25th. What I had not bargained for was a surprise farewell party two nights before the run. I managed to restrict the flow of amber nectar but the pacers looked upon it as an excuse for some extra loading. The late night could not have been helped.

1000 hrs on Saturday was bright and sunny with a little cloud but very humid. Graham Hudson had already set off to meet us on Craig a Mhaim by the time John Blair Fish had arrived from his B & B. Graham having been dropped last year. We gave him a brisk chase and John was struggling as we set off along the ridge in superb

conditions. On the third peak a couple asked us if that was JBF behind us and if so why? (Ed – one of them was JBF's work colleagues). His notoriety goes before him. Whilst training for the Duddon race at Easter the same thing happened to me – that time his old maths teacher! The fifth summit, Sgurr an Dorre Leathin, was slightly off the main ridge so Graham decided to wait and get the water off John, then catch me up. John was only too willing and agreed to meet us on the road.

Traversing the inconvenient lump of Sgurr a Bhac Chaolais, Graham said he was flagging and would wait at the bealach below the Saddle. I yelled instructions to me how to get up Sgurr na Sgine: "Up the grass next to the big gully, when the grass turns to cliffs, climb into and up the gully. The summit is at the top of the gully." He got it right but descending from the summit I overshot down to the bealach and was heading onto the Faochag ridge before I realise the error. Frantic yelling and back tracking reunited me with Graham and we found the bealach safely. He had the map! We'd lost five minutes but it could have been a lot worse. Graham waited for me at the bealach. There was no-one by the circular trig point on the summit of the Saddle. The Ben, Cuillins, Knoydart and Torridons and a good deal else I did not recognise were all poking out of the mist. How many times did you wish you had a camera? The descent was slower than when I reccied it as there was much less snow to bomb down but I still made the road in half an hour.

Unlike McDermott the Terminator, who'd devoured his food on the move, I'd opted for short stops of 10 minutes which I determined to enforce. We'd got carried away with picnics on the Ramsey Round and wasted time. Talking of picnics, JFB had arrived safely and was on his fourth course. He was very apologetic about not keeping up but I consoled him by saying we at least got his water. We found no other on the ridge.

Les Stephenson had set off early to find the faint track I had found running up the spur of the ridge. We caught him cursing me – I'd forgotten how much bracken grows in a month. This was a real directissimo, hands on knees job – 3,350ft in a mile and a half. Pete and I nipped up Sgurr Fhuaran – Les had already done it

and then debated how to get up Sgurr na Carnach. Sir Hugh T had an off day when he designated Munros in the Five Sisters Ridge. We opted up and over and had a trouble free run through to Saileag, Pete picking a great line on the Glen Shiel side. It was still very humid – my T-shirt felt stuck on with treacle – and water was a problem. We found some snow in melt pools and more on the col below Ciste Dubh. The ascent of Ciste Dubh was livened up by Kathy telling us in the restrained manner Australians adopt that it was Sue and her waving on the other side of the col! I left Pete and Les as they got water and set off down Ciste Dubh to the tents.

I knew they should be in the bend in Allt Camban but had trouble picking them out. Tip – make your pacers use orange tents! Another quick stop and Dave plying the staple of breakfast cereal and squashed bananas and John and Mark packing frantically. I'd really cocked the schedule up for the second section and was one and a half hours faster. I'd done the first 15 Munros in nine hours but the biggies were yet to come. We left Les and Pete looking knackered which did not augur well for later.

Like the last this section started with a mega climb up on the vast plateau-like summit Beinn Fhada – long hill – which it certainly is, being six and a half miles from east to west. I was bothered about the descent to Bealachan Sgairne as it is a blunt craggy but Gibbi and Mark got it spot on putting up deer in the process. They also managed to avoid most of the six or seven false summits of A Ghlas Beinn for which I was grateful – for such an insignificant peak it could have been soul destroying. The descent to Loch Thuill Easaich was the only bit of the round I'd not done but we picked up the route to Sgurr nan Ceathreamhan bang on. This is another big hill like Beinn Fhada but the ridge we took to Mullach nan Dheiragain was more interesting. I'd done it in the reverse way in February when it had been a superb crampon crunching arrete. We met the only person on this section bivvying a little further on. He was nearly the last stranger gibbi ever saw.

Coming off the Mullach nan Dheiragain Gibbi contrived to do a double somersault. Judging by the yell it was serious! Mark

and I were both silently wondering how to retrieve ourselves from a difficult situation – 11.30 at night, at least 10 miles from a phone and half way up a rather remote craggy mountain! Luckily he landed on his side and had not broken anything. After fumbling around for his head torch he continued, very bruised.

Mark and I had to detour a gully unnecessarily onto Beinn Fhionnlaigh but rendezvoused successfully with Gibbi sheltering by the cairn on Carn Eighe. Last time we had been here he was melting snow on his head to cool off! Careful navigation in a dizzly mist from Man sodhail to An Socach cost us time but probably conserved energy for the last season. Gibbi had headed straight off and his torch led us to the support of the Affric track.

There were two tents which meant that Les and Pete had walked down the Glen with Dave. It had taken them a good two hours and taught them another lesson about the state of Scottish mountains. Gibbi opted to go directly to the finish so Pete was weaned into doing a bit more. I was keen to be off and made the others catch me up. Mark was more sprightly having loaded off the night gear but began to struggle on the first big climb onto the Cluaine Horseshoe. Not really surprising as it was another 3,000ft plus hard. We stayed together over Sgurr nan Conhhairean but Mark opted to

wait at the Glas Bealach while Pete and I went on to Carn Ghlusaid, an awkward outlier requiring a three mile dog leg. The clag was still down and I was glad Gibbi and I had checked the summit out. A back track to Mark and a long traverse round A Chralaig, the penultimate peak, let us out of the mist at last. The last peak, Mullach Fraoch Choire, meant running north away from the finish but this was made easier by the comical sight of little Dave, 5ft 5ins, struggling under a huge sac, leading big Les, 6ft 3ins, carrying two little sacs. Les plied me with a cup of blackcurrant and ice, an impromptu Slush Puppy with a few natural additives, the real thing could not boast! Fittingly the last peak has a sporting narrow ridge to traverse and reverse before the final plunge down Coire a Ghlas Thuill and a mindless trot down the track to the finish behind Pete and Mark seemingly oblivious to me now their job was already done!

The celebratory Guinness was consumed amidst midges and nearly everyone was fed – even JBJ – who had just arrived from his B & B – when we began to be concerned about Gibbi. I'd been secretly watching the hill for half an hour with no sign. Kathy got quite a shock when she found him asleep in the back of the car. Graham nonchalantly said he'd been there.

Jon Broxap



*The much requested image of the epitome of fell running - Steve Kirkbride of Kendal
Photo: Peter Hartley*

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"Three Peaks" The 1965 Race — as one competitor remembers it

At 9.15am on race day morning, the sun is already blazing down from an azure sky. The moors at Ribbleshead are bone dry. One more worry now adds itself to an already jittery pre-race mind, continually wondering "Can I cope with the early pace? Will I blow-up on Whernside?" Now the theme is "Will the sun tire me?" The dry course suits the speed merchants and the perfect visibility leave them no navigational problems. Spirits sag inevitably.

Ten fifteen finds me warming-up with old campaigner Dave Hodgson. He certainly believes in being thorough – we've already made four circuits of the large pasture. By now I've raised a light sweat and begin to feel ready for the off.

At the gun I sprit for the top of the slope only to find Peter Hall and David Spencer already ahead of me through the gate. I settle for third berth as far as the limestone crags, once across that we become a quintet as Dave Hodgson and Derick Lawson join us: Peter leads the way across the dry tussock grass. Crossing the long wall beyond Wife Hole, Dave veers off to the right whilst the four of us spearhead the main field in a direct line for Swine Tail. The gradient is easy but the long tussocky moorland makes it heavy work. Peter and David alternate in the lead: I hold them despite walking the steeper inclines. We negotiate the network of gullies forming Humphrey Bottom and turn towards the base of Ingleborough.

There is no holding David; scrambling up the stream bed he forces his way to the front. I follow, nose a few inches from his heels and Peter panting at my rear. The suicidal pace married to the warm unervating sunshine worry me – already my vest is soaked in sweat. With the devil in him, David forges away up Swine Tail. Peter pulls past me, remarking scornfully, "Let him go, he'll blow up". But none-the-less giving chase: unwilling to be left out of it, I tag Peter. We emerge onto the flat Ingleborough Plateau and a cooling breeze. The ebullient David hurtles past us on his way down. We clear the roped check point area and Peter gives chase. Now the field is well strung out and we slip cautiously down amongst crag and climbing competitors, onto soft grass once more and then drop down to the spongy peat hags.

Peter pursues David on a slightly higher course to my left; I tackle the gullies, boggy patches and occasional rock of Gaping Ghyll Beck Head. It is awkward and requires total concentration to stay upright. The merciless sun tires me, I'm losing ground so that the wooden steps of the Clapham fell wall come none too soon. Scrambling over I switch right, down the steep slope and take a direct line towards Sulber Bottom. It is a gamble but I'm lucky. The normally soggy peat is firm and the crossing easy. By the high limestone wall, at the head of Sulber, I've overhauled the Barrow speedsters.

The sun continues to grill me; my energies evaporate. Leaden feet rebel at chasing the flying Lancastrians. "I am so tired" I tell myself "and there are sixteen miles to go!"

Expecting to be overtaken at any moment I dare not look behind. Spirits sink further as the receding pair slip from view over the "Nick". I plod on, forcing flagging legs along the easy running of Sulber Bottom until I too make the "Nick". Scrambling down through the limestone crag I catch sight of Peter and David a field ahead. Here the easy going through Beecroft Farm gives me new heart to tackle the slope vigorously. At the crest I momentarily lose the flagged diversion in the welter of onlookers. I plummet down under the railway, brake sharply and end up abruptly on the Horton road.

Friends give me a cheer but as they tell me later "You looked Green" which colour exactly matched my feelings at this moment. More words of encouragement from spectators all the way to the Crown and my tormentor relents – the sky clouds over. The deceptively steep green lane makes my knees buckle and my attempt to gulp down proffered tea ends in a spluttering grasp, so I leave it. The leaders stride away up the green lane as I slip right into the field leading to Brant Gill Head. I have company in the shape of Dave Hodgson, last seen before Ingleborough! We clear Brant Gill cove bringing us level with Peter and David coming from our left, so a useful piece of route finding pays off again.

Over the second walled green lane we freewheel down a grassed slope, scramble across a broken wall, change gear for the grinding, stamina sapping, lung bursting jog up Limekiln Pastures and we're

heading for Pen-y-ghent. Derick Lawson catches us as we tackle the successive grass rises. So we are again all square as at one mile! Peter chats to Dave Hodgson but a look behind at the chasing field warns me that we must get moving. David Spencer has similar ideas. He makes another break. He is in such fine fettle that despite some hard graft I am left fifty yards behind. Perhaps the cooling breeze has invigorated him, it certainly suits me. I manage to jog most of the wet moorland approach to Pen-y-ghent, cutting into David's lead. We scramble up the 'chute' between the gritstone buttresses and the gap shrinks but once on the grassy top, David jogs purposefully towards the marshals. He shoots off to the north on the long curving descent and the gap widens again. Content not to overdo things at the half-way stage, I throttle back and coast down to Hull Pot Beck, slowly hauling David in. Not to be outdone, Peter has 'bombed' down behind us. A quick backward glance confirms he's just a stone's throw away.

Now we enter the "graveyard", that belt of undulating, boggy stamina sapping, drumlin country where so many competitors hopes have been slowly drained out of them as they squelch and stumble towards distant Whernside. "Never mind your foes, just get across this lot and don't go in", I tell myself. David stays just ahead as we negotiate walls, avoid bright green patches and seek a practicable route. He is wilting. We sweep down off the heathery drumlins and once on the limestone grassland I apply pressure and momentarily take the lead for the first time.

"It's great, I'm getting away. But no!" Rasping breathing and thudding footsteps spell a new challenge. Yes, it is Peter Hall again! My pace feels right so I hold it. I gain slightly at each wall only for Peter to press ahead on the running in between. We reach Old Ing gate together and clear the little stream. Two fields later, Peter gasps: "Is this the best route?". "Don't know" is my non-committal mutter: Glancing across I note his ashen face: "He is suffering as well" I think, "or is he?" Just then as Nether Lodge Farm appears in a fold in the ground, Peter spurts away. I cannot respond. He may look whacked but he seems pretty strong. The cryptic thought crosses my mind. "This is my best pace, so if he goes away that's it."



Peter holds the farmyard gate for me – last time through here we climbed it and got ticked off. Again he spurts off along the white stony farm road. At the next awkward gate I shout “vault it”, but Peter opens it and I just manage to squeeze through as it swings back viciously. Again he races ahead but seems reluctant to commit himself; can’t think why! He falters at Lodge Hall Bridge so we’re level again. We swing right to the gate to Gauber Bottom pastures. I flip over it and take the initiative. Peter draws up to my shoulder and our ding-dong struggle continues. I gain at the walls, Peter over the heavy pasture. As he comes abreast for the fourth time I gauge he is struggling. Here is my chance. Striving a little more I open a small lead up the drumlin slope to Gauber Farm. Easing to a walk I take a drink of tea, allowing Peter to get on terms again. We reach the Ribblehead road together but determined to press home my advantage I push ahead steadily to the road end. Past the cars and knots of supporters, I hear the announcer correcting himself on my finishing position last year, but I really want to know where Peter is right now and I just dare not check back.

Changing to moorland once more is like a kick in the stomach – it breaks up the rhythm but with the gradient in my favour I pick up again on the stony track. Just as well because I am clearly ahead and must push as hard as possible for Whernside. At Gunnerscales I slip through the large gate scattering fowl in all directions, by-pass the farm and head direct for the isolated barn above. My route drops into a marshy bottom from whence the agonising grind to Whernside begins.

Jelly-like legs respond spasmodically to frantic urgings and jog a little but it is mostly walking. Height is being gained steadily but I’m uneasy. I can’t see anyone behind. The thought occurs, “Just keep going and you can win.” Yet I recall that

many a previous leader has run out of strength on Whernside. The tussocky cotton grass, gullied slopes took their toll of his strength as he toiled upwards eking out his reserves and aware of his pursuers closing up. Is this to be my fate? These slopes are so familiar yet at this moment of weariness they seem a never ending expanse of sharply tilted brown stuff, lying between tired me and the summit. Each rise topped reveals yet more of the stuff. Will the broken wall never appear? Up yet another incline; jog an easier section and again an incline but at long last the slope eases off. I reach the haven of stones. Not a soul in sight except the group of tiny figures watching from the Olympian heights of Whernside top way above me.

Perhaps the most shattering point in the race this! I’ve been struggling for ages since passing under Ribblehead viaduct and I’ve only just reached the base of the third peak – a 400 foot cliff-face when seen from below after twenty miles of running. With stuttering strides I pick my way between pot holes and peat hags as if in slow motion. My protesting body demands to lie down: somehow I keep pegging away. Soon, hands on knees, I’m moving smoothly up the grass, traversing right on to the loose shale ever upward. I glimpse the check point watchers, they’re a little nearer now. I grind away again and soon I’m within nodding distance. Forces spent, I stop in my tracks. I suck in gulps of air, head hanging between knees. Suddenly I see two figures, Peter and Derick Lawson, far below crossing the final level area. This is breather enough! I can’t be caught now. A tremendous effort conquers those last forty feet, I haul myself over the top and totter towards the checkers, relishing the friendly encouragement of a local shepherd amongst others. Sharp left turn, build up some speed, flip over the wooden fence and follow the ridge wall. What a relief

after the uphill toil! Take care down the three steep drops; now sharp left and control that plunge down to the fell wall above Bruntscar. One foot on and over. How I enjoy freewheeling down that long first field. Careful at the stream! Over the gate and now down the lower field into Bruntscar. I’m glad there’s no late challenge my legs feel so weary.

Stepping onto the final roadway is like a sailor coming ashore – I’m all at sea, and the dreaded cattle grids require every ounce of concentration. At the second one a spectator calls “One forty-three and record”. “What’s he on about?” Quite a jolt. Had forgotten all about time, since 10.59am. A walker opens the next gate. My word of thanks stifles on my lips even before I reach the gate. Violent cramp contorts both calves. “Oh no! Not now, don’t stop”, I urge myself on. The spasms ease and I’m already dropping down that little dip in the road. Time to gather for the final drive slightly uphill.

Steady! Try to keep your form even if your knees are rubbery. The crowds are thickening, the clapping lifts me and the final gate beckons. How laboured it all seems. Only a hundred yards now. Phew the bumpy field has me all over the place! Done it! I’m thrilled; incredulous of the record time but mainly pleased to have got round the course. It’s been quite a battle. And on such a lovely sunny afternoon.



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Last straw for the men as ladies strike up first ever victory after 25 years of the Oxenhope Straw pub race classic

It's a sight common to any race on any Sunday, athletes warming up, discussing race tactics and deciding what gear to wear. In fact closer inspection reveals the race to be remarkably similar to that OTHER big race - registration the day before, considerable sums raised for charity, an elite field with sponsored athletes, plus plenty of fancy dress, closed roads, a large police presence, buses taking runners to the start and staggered start times. Except - here warming up involves carefully drinking a pint of beer, to ensure that, at 12 noon on a Sunday you still have 'your drinking head on' from the night before. Welcome to the 25th running of the Oxenhope Straw race. At 3 miles, even with 600ft of climbing, the course record of 15.52 might sound a little tame. But when you consider this race is run in pairs and involves carrying a bale of straw for at least 2/3 of the way plus the consumption of 5 pints of beer as you go along, it's not so bad really. Unfortunately that's for the men's and mixed teams, now, do not ask me why, but women's teams have to make do with only half a bale of straw and 2.5 pints. The things you have to put up with being female.....

Anyway, back to the race. It might not come as a surprise that this one starts at a pub, and due to the fact it's pouring with rain outside it's even more crowded than usual as the 173 teams prepare for the off. The race itself goes as follows - at the start there's the first pint to drink, this is followed by legging it downhill for a mile to the next pub, where there is another pint plus you collect your bale. Three more pubs (plus pints) follow in quick succession as the course starts to slowly wind uphill. After the last pint it's a quickish sprint over the last mile, all uphill to the finish, which surprise, is at another pub. Start times are staggered with two teams starting each minute.

Tactics then become important - do you both drink at each beer point or who drinks at which? How do you carry the bale? These are conveniently put in large plastic bags which have a nasty habit of splitting. While the teams at the front tend to just work on carrying the bale using their hands, further down more ingenious methods such as poles, pushchairs and carrying frames are used.

As Anne and I prepare for the off (number 4 means we are the second group to go) and decide who is drinking when, Anne's house mate Siggie Gould (who is doing the mixed race with Ruth Scofield) has other worries. He does not start until 12.46, by which time he is most concerned that the rain will have had a dilutory effect on the beer which, like all good drinks stations, is placed on tables outside along the course.... (this makes a change from the flies often consumed during hotter years). That Siggie still has his drinks head on is further evidenced by the fact he is the only person to complain that his first pint was not quite full enough (does he not understand that when racing you aim for the glass with the least full pint in it??)

DOWN IN ONE

Three, two, one, - go, I fly out of the car park and down the hill, in no time at all Anne has caught me after downing the first half (remember this is a woman who can drink a sub 3 second pint). Half way down the hill we pass the two pairs who set off before us, we

now lead the race. At the next pub Anne grabs the bale and I take the beer, straight down and chase after her. Here tactics come in, the next pub is only just round the corner so Anne goes straight on while

I take half number 3. This one is not quite so easy and it takes

me a little while to catch up with her as we start going uphill while trying to burp (like all good drinkers spillage is fronded upon). Carrying the bale between us and trying not to loose too much straw though the hole in the bag we make steady progress to the next beer stations, at both of which Anne drinks, while I sort of run on with the bale. Even she admits to having to take a couple of seconds to get her breath before downing the beer and takes just that little bit longer to catch me up each time.

Now for the hill and the finish - its hell, hills are bad at the best of the times, but this one, it seems like the beer has split itself and half gone to my head and half my legs. No, that can not be right because it still feels like my stomach is full, making breathing even worse than normal. Anne on the other hand is slightly in front pulling at the bale and shouting encouragement (must be signs of a misspent youth). Finally we arrive at the end and are able to drop the bale. It felt fast and it felt hard, surprisingly the time turned out to be slightly slower than my record from two years previously. On the other hand it was faster than all the men's teams (OK, I know they had a little more to drink and carry, but still...) and neither of us have picked up an injury; always difficult ones to explain away to your physio.

Now for the best bit, having jogged back down to collect the car left in the village (honest officer I have not been drinking, whatever gave you that impression), we can sit and watch the rest of the field arrive at the finish suitably wet, bedraggled and in various stages of disarray.

A large cheer goes up as a couple (male) arrive at the finish in pink body suits with the requisite female bits stuck in strategic places. An even larger one goes up 10 minutes later when a second pair, also male, arrive sans bodysuits, sans everything in fact except trainers, female bits stuck in the right places plus, of course, a bale of straw. Politically correct this race is not! However it is great for local charities. All runners are encouraged to get sponsorship and send this in to the organisers, this is then distributed by Judith Benjamin and her team to local charities. (If a runner has a particular charity he/she wants their money to go to that's fine.) Over the course of the 25 years it has been running the race has raised getting on for £200,000, with over £10,000 expected from this year's race. Regular recipients are the Sue Ryder home in Oxenhope itself, as well as the Resource centre for physically and mentally handicapped in nearby Keighley.

The results? They were revealed at the following night's prize giving (after which somehow my car came to be filled with bits of straw, but that's another story...) and it was one up for the girls with Anne and I clocking the fastest time of 17.30 - that one will look really good on her Puma race report for Uncle Geoffrey. Fastest members of the weaker sex were Shane Green and Robin Lawrence in 17.32, while Ruth dragged Siggie round to win the mixed in 19.20.

Sarah Rowell's next race? not sure, maybe even something sensible.

This article first appeared in Running Fitness magazine August - September issue 8

Results in centre section

LAST STRAW FOR THE FELLA'S

Victorious Anne Buckley and Sarah Rowell Photo: Woodhead



Jane Meeks, Gary Thompsett and Adrian Davies on the Grey Corries

Longing for Quiche in Lochaber

The Ramsay Round, established by Charlie Ramsay in 1978, is Scotland's answer to England's Bob Graham Round – and, indeed, the Welsh Paddy Buckley Round. The 60 mile circuit starts and finishes at the Glen Nevis youth hostel and includes around 29000 feet of ascent and descent. Originally billed as “24 Munros in 24 hours”, Ramsay's Round now traverses only 23 Munros since a demotion of one of the tops. The Ramsay is, nevertheless, generally acknowledged as being harder than the Bob Graham. Indeed, compared to the 1200 or more successful attempts on the latter, up to the start of this year there had been only 25 successful (ie under 24 hours) Ramsay attempts, including only one by a woman – that of Helene Diamantides. While the Ramsay may be shorter than the Bob Graham, it covers much rougher and rockier terrain with fewer paths and some long unpleasant descents. For extended sections water is hard to acquire and there are only two places where it relatively easy to change pacers. One of these is at the dam at Loch Treig after completing the 4000 foot peaks, the Grey Corries and the Easains; the second is at Loch Eilde Mhor. The latter, however, involves pacers walking or cycling in from Kinlochleven for over five miles before they even start the last section over the Mamores. These reasons combined with Lochaber's fickle summer weather and the difficulty of finding supporters prepared to journey up to reconnoitre the route, surely mean that

the Ramsay will always be seen as a rather special round.

Since completing the Ramsay himself three years ago, a good friend Paul McClintock has been subtly (and not so subtly) trying to persuade Jane to have a go herself. Jane, who would readily admit to not being a fast runner on the flat, has very good stamina and, most importantly, descends rough ground well – vital for success on the Lochaber terrain. Jane, however, has never felt sufficiently confident in herself to ask people to put themselves out for a weekend to help her - until this year that is. For a change, she has not had a chest infection that has prevented Spring training; and lots of cycling in recent months has led to a reasonable level of fitness without injury. On June 24th, Paul came down from Galloway to do the Helvellyn race and again suggested to Jane that she should consider the Ramsay. For once the bait was taken and planning began.

We quickly decided that the odds were very much against success and therefore everything had to be in Jane's favour if an attempt was to be worthwhile. With only a month to go it was clear that we had to get some good pacers committed as soon as possible. Picking up the phone to ask the first potential pacer was possibly the hardest step of all. Over the next two weeks, however, we found to our delight that we had been able to

gather together a superb team of helpers. Paul McClintock, who has done all three rounds, was the first to agree to come along. The others included - Adrian Davies, a very strong Carnethy runner who has completed a fast Ramsay Round himself; Glyn Jones, from Galloway, who has come close to completing the Ramsay and who has an impressive history of long distance runs; Alex Heron, from Penrith and Phil Blanshard, from Skelton, who has himself completed the Bob Graham Round. The five mentioned so far were already good friends and we were delighted when two others who hardly knew us offered their services. Colin Butler is a running friend of Paul's from Galloway who has a good knowledge of the route. Finally we received a phone call out of the blue from Gary Thompsett whom we knew only through his impressive list of fell running and biking successes. Gary also knew part of the route having made various attempts at a winter traverse of the round. Jane could not have been more fortunate in the make up of this team although we were sad that a number of other friends could not make it – particularly Jo, Paul's wife, who is currently working in Seattle. It would have meant a lot for Jane had Jo been able to be there.

How best to prepare physically during the last four weeks was a question answered by circumstances. We had already arranged to pace the night sections on two different Bob Graham attempts and we had a Trail Quest and The Polaris to do. These filled the four weekends nicely, leaving Jane just 5 days of rest leading up to the attempt. It is strange how your body seems to become more sensitive prior to a big event. In those last few days Jane suffered headaches, a sore throat, a cough, a trapped nerve in her hip, and a crick in her neck. It would be a braver man than I



Ben follows Photo: Gary Thompson

who would dare to say that these were psychosomatic phenomena. Indeed there was nothing imagined about the blood from the puncture injury caused by dropping her bike on her knee during the Trail Quest! Luckily, by the time we got in the car to leave after work on Friday 21st July, Jane was back in good health.

Owing to a delayed start waiting for Glyn to hitch up from a few days' Paddy Buckley recceing in Wales, we arrived in Lochaber quite late on Friday night and simply slept in a forest with Jane curled up on the back seat of the car. Saturday dawned fine and, at precisely 10.02 and 15 seconds on my watch, Jane, Adrian and Gary (T) set off up Ben Nevis.

For the next eight and a half hours, Gary and Adrian did a superb job of guiding Jane across the Ben, onto the Grey Corries and over the awesome Easains. These two guys can not only run, but they can also talk and their entertaining banter diverted Jane's thoughts from the monster climbs. I carried six litres of water into the col after Aonach Beag and I heard the trio well before I saw them coming off the side of the hill. Jane was feeling strong and, until Stob Coire Easain where she had a bad patch, she was climbing well and descending even better. The weather was very good with excellent visibility and enough cloud to take the edge off the hot sun at times (although Jane did burn through her tee-shirt). Adrian and Gary kept up both morale and food intake and Jane was 12 minutes on the right side of schedule at Loch Treig.

A 9 minute pit stop saw a change of socks and tee-shirt and a quantity of cold pasta being consumed. Jane appeared to be in good shape although signs of humour depletion were a little apparent as "How is it going?" resulted in "I'm here aren't I?", and there was a definite scowl when she realised that I had forgotten to bring any quiche to the changeover! Adrian and Gary went for a cooling swim as Alex, Paul and Colin set off with Jane, over the dam, heading for the three monotonous looking Munros on the east side of the loch. Any further participation on the hill for me had been dealt a blow through badly turning my ankle running out from Aonach Beag earlier in the day. So I limped back to the car and helped Glyn and Phil prepare for their march in from Kinlochleven.

On this second 'back of beyond' section the inadequacies of the schedule became apparent. With so few successful rounds yet completed it is hard to produce a reasonably reliable version. Jane's was based on the schedule Paul had used for his attempt but he started at a completely different time of day and the split times for this middle leg highlight the

differences. Jane was well up initially. However, by the time she reached the start of the long flat track into the Mamores she was almost exactly back to schedule. By Loch Eilde Mor she was half an hour down. Paul led the way, ably assisted in the dark and gloomy valley section by his collies, Moss and Roy, who sniffed out the best trods to follow. Colin also helped with navigation but he and Alex were mainly responsible for keeping Jane's spirits (and energy levels) up during the long two hours of tedious stony track. They did an excellent job. As they slipped gradually behind schedule, however, Jane became less cheerful and Paul admitted later that she was so miserable that they were deliberately taking it in turns to keep her company. At the loch Jane gratefully crawled into the haven of the tent and ate a bowl of pasta salad.

In many ways Glyn and Phil had drawn the short straws. They would be losing a full night's sleep and heading up into the Mamores in the dark for eight and a half potentially quite stressful hours. Jane would be at her worst at this time of the day and there would be the constant pressure of time at the back of their minds. It is not possible to overstate the feeling of responsibility that being asked to pace someone brings. Pacing is far more stressful than actually doing a round! To top it all Glyn and Phil had already had to walk for five miles carrying a three man tent (erected in great haste amidst a crowd of hungry midges), sleeping mats, stove and bags as well as all the paraphernalia that Jane might need at the changeover. On the actual leg they would also be carrying heavy packs due to the extra requirements of the night – torches, warmer spare clothes and so on. Jane was pleased to see them, of course, but was not happy when she discovered that I had again failed to send in any quiche!

The Mamores section begins with an hour's steady pull straight up the side of Sgurr Eilde Mor which Jane did well, even though the pasta she had eaten at the loch was soon available for the birds to eat later in the day! As the trio topped out, the moon was shining brightly behind them. This was of no help, however, as they descended into the completely black shadow on the northern flanks of the hill. The next section proved difficult and some time was lost. Nevertheless, through general encouragement and, quite simply, lying to her, Glyn and Phil managed to convince Jane that she was still in with a chance. As dawn began to light up the tops, spirits rose again and they managed to gradually claw back some of the missing minutes. There are three 'there and back' outliers in this section and Phil accompanied Jane, without rucksack, on

these excursions while Glyn contemplated the next hill. On Am Bodach they were surprised and delighted to come across Charlie Ramsay himself who had come out to support a friend Katie who was also attempting the round that day. There was, however, no time to chat. At around 6 am they were met by Adrian who had risen early to accompany them over the last few tops. With four hours to go success was definitely not certain and Jane reached a low point on Sgorr An Iubhair where she was an hour down on the 23 ? hour schedule.

Back in Glen Nevis, tension was mounting. I'm sure Islay and Mull (our dogs) could sense the stress. I reckoned that Jane had to reach the road where I was waiting with 12 minutes to spare if she was to make it to the hostel in time. When that 12 minutes passed I revised my estimate optimistically and illogically to 9 minutes. Gary, Alex, Colin and Paul had all gone up into the forest to meet her and to carry her along this last section. Apparently Gary was coaching Jane as she ran along the forest track - to lean forward more and extend her stride to gain those precious few seconds. My stomach turned when the host of runners appeared, descending madly through the break in the trees, and Jane emerged on the road with a mile to do in only 8 minutes. This would have been reasonable, I suppose, had it not been for the previous punishing 59 miles. Jane was, however, flying along the road as I overtook her in the car with my heart in my mouth. Waiting at the hostel steps at one point I thought she wasn't going to make it but the crowd of 5 pacers were still shouting encouragement at Jane as she appeared over the last brow. With just 50 seconds to spare she touched and sat down on the hostel steps. Adrian confirmed the time.

It was over. And we don't have to go back.

Charlie Ramsay met up with us all after the finish and was delighted that Jane had become the second woman to complete his round although he was saddened by the fact that his personal record of having the *slowest* successful round had now been taken! It was also sad that Katie and her friend Karen did not manage to complete the round in the time. I was rather annoyed that Jane refused my offer of some quiche.

Collectively, we limped a little stiffly into the Cafe Beag for a celebration lunch and the waitress gave us a knowing look.

"Been up Ben Nevis?" she asked.

Gary Baum

The Parish Fun Run!

Hunshel is a small hilly very rural Parish on the outskirts of Barnsley. A very active and enthusiastic Parish Council decided to run a Millennium Celebration event on a Saturday in June 2000 and as part of this decided to hold a Fell Race. As Clerk to this Parish Council I was the only member of the Parish Council who had any idea of what was entailed and the following is a selection of quotes from various meetings and calamities over the twelve months it took to organise

"OK so we are all agreed that we should organise a fun run on the third Saturday in June this coming year." "It is not a fun run Councillor, it is a Fell Race; fun runs do not cover 9 miles or so up and down all our hills." "Sorry, Fell Race. So we are agreed, Clerk please minute that." "We need a course planning and marking; the footpath sub committee will deal with that, OK Barry, over to you" "Well I think Dick will do a fantastic job; over to you Dick"

Youngest female member of the planning group. "You can not run across that field as it is planted with oil seed rape and you can not run when it is rape"

"Rosie. Would you buy the prizes and arrange to give them to the winners?"

"OK, but what do I do?" "Oh, buy a dozen large cakes from the WI market for spot prizes and then go begging for anything else you want. You can spend up to £60 or without any problem. Most important, make sure there is a cake for the last runner is as it will be me"

"I just put a message out in the village to say that we needed prizes for the gala day and for the fell race. When I got home I could not get in the porch, it was stuffed top to bottom with cuddly dolls, teddy bears, WI cakes, bottles of everything alcoholic. Nice place Hunshel"

"Do all the runners in the fun run get a prize?" "It is a Fell Race Councillor: fun it is not"

"Can we have some signs to direct people to the village?" "No problem, the Clerk will; arrange that". "Thank you Chairman".

"Do you think the Mayor of Barnsley will turn out to start the race?"

"We do not want him hanging around all day, tell him he can come along to the gala in the afternoon". "OK but he usually comes to all the fun runs". "No

Councillor, it is not...". "Oh yes I'll remember"

"Who has checked with the land owners?" "Send Kathryn to talk to the farmers; she is a real smoothy, she keeps six sheep in a paddock so they will think she is one of them"

"Do you think we might run across your land in the Fell Race Mr. Thorpe?" "Aye lad (and me an M60!) it is OK with me, you can go anywhere you want across there, and if you want I will get the silage cut early. Have you got enough prizes for the Fell Race, because if not I can find you a couple?" (Nice place Hunshel)

"The first aid people have let us down. The latest is that they are now sending some one from Wakefield 20 miles away" "We will have to give them directions to the village" "Tell them to follow all the cars with runners in"

"Why do we have always to register in the pub?" "Silly question it is the only dry place in the village"

"Who gave out the entry forms for next week's race? I am getting all the wrong forms at registration". "If they pay the entry fee take whatever form they write out."

"Can I have two more pins for my number please?" "No we have only budgeted for two each"

Hi Jacquie, glad to see you have come along" "Well I knew that you would not speak to me if I missed this one. What do I do. How do I know which way to go?" "Is this your first race?" "Yes, never run a Fell Race before, how do you read a map?" Just follow that lad there, he won it last year and should know the way"

"Is this where we are starting the fun run?" "I shall slap your wrist Councillor if you do that again with all the runners listening". "Oops! Sorry"

"With so many runners, we have had to put in a loop to string out the field before the first stile, so it is eight miles and possibly a bit more, 1 000 feet and possibly a little more". "You mean this translates to nine miles and 1 500 feet". Well yes". Enjoy the run"

"Did Mr. Fielding turn up after all and expect to start the race?" "No? Kathryn, you do it, just press the button and they will all go "

"Why are you at the back?" "I am



Adam Corn chases down fellow Denby Dale Traveller David Maddox Photo: David Horsfall

sweeping up after all the runners". "Where is your broom?"

"As the winner of the race which prize would you prefer; the cake? Of course, and you? The cake? Of course. Everyone gets a prize in this race today, even if it is a cuddly doll"

"Sweeper man come and get your prize, there is a cuddly doll left for you"

"Who won the ladies race?" "That Jacquie in road shoes!. She runs ten miles every morning at 5:00 a.m. and does not belong to a club" "Do not get her to Penistone, she is far too keen for us"

Mr. Battye, an elderly farmer marshalled at one of the junctions leaning on his shepherds crook. "I was impressed; all these runners going 'ell for leather past me and they all took the trouble to say thank you. I don't know how they can speak and run at that speed"

Results out, local club, my own, asks if there was any trace of a club member in the results as it was a club championship event. He was there but incognito as he had forgotten to put his club on the entry form

"We are not going to do this ever again"

"Well, next year we could run a Strawberry Tea and Fell Race on the 23rd of June"

"Good idea. All agreed?"

"At this debriefing meeting I will ask the Clerk to report on the Fun Run"

David Horsfall
Penistone Footpath Runners
Clerk to Hunshel Parish Council

THE CUILLIN ROUND



Some thoughts and comments, following a successful completion of the round by myself, Yiannis Tridimas, on Wednesday/Thursday 14th/15th June 2000.

It has become an annual pilgrimage our group of fellrunning friends makes to Skye. Last year it was Rob who successfully completed the inaugural Cuillin Round. This year it was my turn. Having supported Rob last year I decided that this was a challenge I would like to have a go at.

We started arriving on Saturday and by Monday we were all there; some in Sligachan camp site (myself, Chris, Rob, Wynn, Steve, Rick, Wayne) the others in the Coruisk memorial hut (Paddy, Richard, Gordon, Wendy, Sari, Clare, Mike, Ronnie).

Sunday was a day of showers and I spent the whole day doing some serious reeceing. The weather was not encouraging. Monday was stormy but the "Bella Jane" managed to sail from Elgol in the morning and take Paddy's entourage to the hut, where, for the next 24 hours, they experienced wind and rain as never before and saw the Mad Burn flow uphill!

There was no communication between Sligachan and Coruisk. Tuesday was quite bad, so I had a second day of rest. In the afternoon Gordon and Ronnie, braving the weather, paid us a visit.

The forecast was for the weather to improve from Tuesday night and a decision was made for a possible early morning start on Wednesday from Coruisk. I packed my heavy sack and on Tuesday evening Rick and I took the long path to Coruisk. Rob followed later.

The weather was improving but not fast enough. At 2:30am it was still quite windy and the cloud was low. Rob and I then decided to postpone the start till midday. The area most suitable as night section is that between Glen Sligachan and Mam a' Phobuill (Glamaig to Marsco) and a midday start from Coruisk is needed for this. An early morning start from Coruisk could do away with the night section altogether if the whole thing was done in about 21 hours.

I had very little sleep that night. Wednesday morning looked promising and a midday start was on. So, following a couple of stormy days, myself, Rob, Richard and Rick set off up Gars Bheinn in near perfect weather and suitably reinforced by Wendy's porridge. We made very good progress along the ridge with only a few minor mistakes. The In Pinn was quiet (we just beat three roped climbers to it). On our two feeding stops we were spoiled with drinks and tasty sandwiches.

We traversed the main ridge from Gars Bheinn to Sgurr nan Gillean in just under seven hours and that was after having thrown in the usual extras plus Sgur a'Bhasteir - a new top. Our time for this leg was about two hours shorter than scheduled and the whole team was in high spirits. Running along Glen Sligachan to the start of the second section I was thinking that the best was over and what followed was probably more demanding and less pleasant; I would rather be on the rocks all the time!

A longer stop was made at the next changeover point, where Wynn's homemade soup was consumed in large

quantities. There was still plenty of daylight left as Steve, Wayne and myself set off up Glamaig, the most intimidating of all climbs in the round - worse than Yewbarrow in the BG. The wind was picking up now as the day was fading and by the time we got to Marsco we had gone through a few heavy rain showers with blustery winds. I put on extra layers to keep warm and gladly feasted on more of Wynn's soup at the bealach, where Ronnie and Chris took over as pacers. Our descent from Marsco had been slower than expected, on wet rocks and darkness - our fault perhaps for arriving there too early. Daylight came at Druim Eadar da Choire and with it the rain retreated; it all looked good. Progress was steady although not as swift now as I was going through my second sleepless night. Clach Glas was a bit drizzly and damp but the rest of our journey was dry with long spells of sunshine. Willink's gully was not as efficient as it might be expected, mainly due to the lower slopes of Bla Bheinn being heathery and rough. I must explore an alternative descent, probably a direct line down the SW top.

It was exciting to see so many of the team waiting for us on Sgurr na Stri, showing us the best shortcuts to it and treating us to drinks - I particularly enjoyed Paddy's hot tea and packet soup brew! They ran with us down this magnificent hill to the finish at the hut.

The attempt was a success in many ways: the time was good (apologies Rob) and I was completely free from injuries. The whole team functioned like clockwork. Rob, Richard and Rick did a superb job keeping up a quick pace on the ridge while carrying heavy packs. The two support groups of Sari, Gordon, Clare and Mike and Paddy and Wendy were just as impressive dispensing goodies with grand prix pit lane efficiency. Steve, my KIMM partner and Wayne did equally well in bad weather, Steve having to use map and compass in the showery darkness. Ronnie and Chris were very attentive at a time when I was slower than before and sleepy.

What a team! Many thanks to you all.

Special thanks to Rob, who, with Paddy, designed the Cuillin round. Although its length of 34 miles is short by 24-hour round standards, it is a superb round with special qualities. It requires rock climbing ability and a head for heights, as many of the climbs are quite exposed.

Yiannis Tridimas

Rob's view on page -39

THE BLISCO DASH!!!

By James Rotherham



Shortly after the start of Blisco Photo: Peter Hartley

From "The Fellrunner": Spring 1976

Early on this year I was most pleasantly surprised to receive copy of this next article by novice James Rotherham, giving a refreshing view of the 'Blisco Dash' event. I must reveal that the 'old school chum' referred to is Steve Breckall.

I usually play snooker. Saturdays are spent in the healthy atmosphere of stale beer, vitriolic language and luxuriant Woodbine smoke; among men whose only effort at sprinting is when the bell goes for last orders.

Happily, unhealthy and blissfully bulging at the belly I would leave at half-past-four to give my eyes time to focus on the football results. What better way could there be of spending Saturday afternoon?

To relate how my Saturday venue changed from the hazy comfort of "The Willow Mount Working Men's Club" to the hostile idiocy of a November fell, would leave little space in this excellent magazine for the advertising. Suffice to say that I began sharing a flat with an old school chum, to whom running was more of an exact science than a hobby. My resistance to extreme physical effort was eroded over a period of months and I think it was his ability to sprint between

pubs that finally won me over. With visions of athletic glory beckoning me on I began an erratic and very intermittent training schedule.

If my flat mate had any sense of humour at all – it was warped! The first race he persuaded me to enter was the ‘Burtonwood Road Relay’ which is akin to running Dobbin in the Derby. (The only first I gained there, was in the free beer queue afterwards). When he started talking about ‘The Blisco Dash’ I should have been more suspicious. It was short, he said, and slow, just the sort of race I would excel in. What his motives were I cannot guess – he didn’t even owe me any money. Whatever the reason I was duly entered and travelled to the Lake District with the blithe optimism of the totally ignorant.

Now, in the car-park of ‘The Old Dungeon Ghyl’, the bleak aspect of the Blisco Fell rose sheer before me, dominating the valley floor – at least it would have dominated if the cloud had risen a few more thousand feet. Fortunately, I had arrived too late for the warm-up which, while toning everybody else up, leaves little left in me to run the actual race with. As the other competitors twitched nervously on the starting line, I was still frantically tearing at the buttons of my service-issue, all-purpose sports shirt. I reached the starting line in time to hear a bearded man shout, “Ready, Set,” and forty-odd uncertified lunatics began the second annual running of the succinctly titled “Blisco Dash”.

Whoever thought that title up deserves to be writing scripts for “Worker’s Playtime”. “Grand”, I thought as we loped steadily along the tarmac road towards the fell.

“Gordon Bennet!”, I thought as I realised exactly what I was supposed to run up. It was the Eiger imported. A rock-strewn, marshy, turk’s head covered hillside that was as near vertical as made no difference. The path was straight, straight up, like a stone-age M6 for shepherds. From way down near the bottom my ill-trained, slightly overweight, unmuscular frame groaned at every step. To make matters worse some bright spark had suggested putting olive oil on my legs to keep out the cold. Cold I was not – aching I was! Each time I tried to use my arms for support my hands would slide off my thighs like twin long distance ski jumpers. They hung uselessly at my side, swinging in time to the creaks from my aching back.

I was last. Now I had only one aim left and that was to finish at all costs. (I had to finish, there was beer at stake). By now I was bent double and the ‘dash’ was more of a crawl. The dew had frozen on the grass and the rocks were glazed with ice.

Even going uphill it was hard to find purchase for the feet and I was using my hands to claw my way upwards. Fifty yards above me, two fellow stragglers would take it in turns to sit, chin on hand, like panting ‘Thinkers’, pondering me, the valley below and, no doubt, the folly of it all. Soon they too had disappeared over the brow of the hill.

I truly thought I had reached the top. The front runners were missing because they had run down the other side of the spur. Ten more yards and it would all be down hill. Ten more yards and utter disbelief hit me in the face like a slap with a wet fish. Five hundred yards away and still climbing, my two erstwhile companions were disappearing into a fog that would have cheered up Sherlock Holmes. I looked back to the doll’s houses in the valley. It was too and a half miles to me – who knows what the official distance was!

Running on the comparative flat, my legs did not feel too bad. They didn’t really feel too anything! Even a fast walk was enough for them to lose co-ordination. As I stumbled towards the bottom of a series of mist-shrouded rock faces, Harry Walker bounded out of the cloud like a suicidal mountain goat. He, and many of the others that followed him, took the trouble to shout encouragement which did, in fact, work to some extent. At this point, however, I was travelling at a grope, through thick, cold fog. As the last man passed me I asked him how far the check-point was and he told me just five minutes further. I should have asked him which way it was as well.

All the other runners had gone round to the left of the huge, rocky knoll that forms the top of the Blisco Pike. I, without a second thought or hesitation, ran round to the right. Almost immediately I was transformed from fell ‘runner’ to rock-climber. Some of those rock walls were fourteen or fifteen foot high but there did not seem to be an alternative route upwards. My slow pace had rested me somewhat and I went up them like a Sherpa on piece-work until finally, lack of rope and crampons made me stop. I was beginning to get nervous. It was twenty minutes since I had seen anyone, and being lost on top of a fog-thick, frozen, rock-spotted mountain-top was not my idea of a weekend treat.

Running around in tiny circles, dressed in tiny shorts and shouting “Halloo”, in a tiny-sounding voice makes you feel a trifle idiotic. The only answers to my shouts were from sheep who sounded even more worried than I did and I was beginning to suspect that the check-point people had gone back to the pub long since. (And who could blame them). My main worry at this point, was that someone would call out the mountain-

rescue which would really have rubbed salt into my wounded pride. It was bad enough finishing hours behind the others; a procession to the pub I did not need.

Coming down was worse than going up. Visibility was down to a few feet and I had to search carefully for the rock-walls before I could climb down them. The path must have been well to my right and would not have been easily discernible – even on a clear day. Descending through the rough was a series of slips, slides, stumbles and hasty reversals of course. At the edge of the plateau I was still unsure of my position and almost ran merrily down into the wrong valley. Fortunately one particular spur stood out from my earlier, panoramic sweep and I made a bee-line for it. Halfway down that first painful hill I managed to regain the path; I felt pretty sure then that I would make it back.

The last half-hour or so of my ‘race’ had been spent searching for a way off the mountain that did not require a cable car. Consequently, when I ran back along the tarmac road I was almost as fresh as when I started. (Perhaps GREEN would be a better word to use there). In the car park there wasn’t a rescue helicopter in sight. Far from being the centre of operations it was more like gate-crashing an outdoor, working-class, cocktail party, with everyone chatting in small groups and drinking tea out of plastic cups. My time was one hour and fourteen minutes, which surprised me because I thought it had taken all day. It was, however, good to be back, to clean the mud off my feet under the cold tap and to get into something sensible – like clothes.

Through the pub window I looked to the brooding, fog-bearded fell. If I had known the way I would have cracked it and there was a small satisfaction in that. It was vastly outweighed, however, by a back that took brute force to straighten it and a wall to keep it straight. My arms could only be kept at shoulder height by propping them on the bar and unless I held a barrel-glass, of bitter my fingers would clench into cold arthritic fists. I was still in a state of shock when my former flatmate came up behind me and cheerfully knocked my back muscles further out of place.

“Well done, Jim”, he said. “Great effort. We’ll certainly make a fell runner of you yet.”

I stared at him grassily.

“There’s another one at Ambleside in a month. It’s only short”, he said hurriedly. “Three miles, and after this one it will be easy for you.” With a look of outstanding derision I turned, and limped painfully, hurriedly, in the direction of the ‘Gents’.

Pennine Firebug Strikes Again !

Scotland set ablaze – Ben Alder left a smouldering ruin

Scottish Police, National Park Rangers and enraged Conservationists are still scouring the ravaged countryside around Ben Alder for clues as to the identity of the mystery pyromaniac who endeavoured – and so nearly succeeded – in setting the whole of the Scottish mainland to the torch last Easter. As yet the perpetrator has not been brought to justice but, once again, two months of unremitting research and fearless investigative journalism have uncovered the Shocking Truth. There are those people (well, one person actually) who would rather the episode remained shrouded in darkness but the Truth will out. The names of those involved have been cleverly encrypted to protect the innocent but the facts are as follows – Last Easter two Pennine members, Wil Phallace and Ron Jichardson (hereafter referred to as “The Bug”) set out from Kinloch Rannoch for three or four days walking and fellrunning around the Ben Alder area. They took enough dehydrated food for four days, enough malt whisky for two months and all the usual equipment for a stay out in the wilds. Snow lay thinly on the ground and a chill breeze blew for their four hour walk in to their chosen base in a remote glen on the side of Ben Alder. On their arrival the pair set up camp and the trusting Wil, little suspecting what was in store for him, not possessing the luxury of the duvet jacket and eight-season sleeping bag brought along by the self-indulgent Bug, crept into his own tent and, in his Spartan fashion, attempted to eke some warmth out of the down-free environment of his fifteen year old Lightline sleeping bag.

INFERNO

He had not been there more than a moment or two when a dull “WHUMP” broke the silence and the evening sky outside his tent suddenly became considerably lighter and started to flicker. He leapt out to a scene of devastation – a half-naked Bug was standing, wringing his hands, in front of a raging inferno where his tent had been. Clothes, rucksack, dehydrated food, wallet, money, credit cards, car keys and transponder, Sony mini-disc player, tent, flysheet and groundsheet were all roaring merrily away, helped greatly by the pair’s single malt whisky which the Bug had stored “for safekeeping” in his tent while millions of flakes of blazing goose down (Wil has confessed to an inward smirk at this sight !) were drifting away down the wind.

The unlikely story told later by the arsonist was that he had sat down inside the entrance to his tent and started to light his

Gaz mini-lantern (another touch of unnecessary luxury) when flames started to come out of the join between cylinder and unit. Bravely he attempted (or so he claims) to screw the sections more tightly together, burning his hands in the process, but to no avail and he just had time to jump out of the tent when the cylinder exploded.

BEN ALDER BURNS

As he stood surveying the roaring bonfire in front of him, Wil became aware that, despite the covering of snow, the deer grass behind where the tent had been had caught fire and the flames, fanned by the breeze, were racing up the valley side. His attention was drawn by the Bug to the two Karrimats which, by some strange quirk of fate, had been still outside the tents at the moment of conflagration. (Regular readers of the Pennine Newsletter will be beginning to recall a number of similarities between this latest episode and the Bug’s last debacle, where a Karrimat and a stove featured prominently in the attempt to eliminate the Karrimor Event Centre at Drumlanrig Castle, in Scotland !)

The Bug rapidly managed to convince poor Wil, no doubt distraught at the circumstances and not his usual logical self, that it would be a good idea to try to curb the spread of the grass fire by beating it with the Karrimats; (i.e.: beat a raging fire with two strips of highly inflammable closed-cell foam) and so the two of them spent an hour and a half dashing randomly round the hillside in the gathering gloom flailing at every available flash of flame – one of them struggling to put it out and the other, no doubt, trying his hardest to fan the flames into a blaze of such intensity that it would engulf the whole of the Ben Alder massif and surge out from there to ravage all Scotland. However, as night fell, the fire ran out of fuel and flickered out, leaving the two smoke-blackened runners to trudge through the ashes back to the wreck of their camp.

DESPAIR & DEPRIVATION

Here, with the Bug emerging from his psychopathic frenzy, harsh reality began to sink in – one tent, no food, no whisky, two layers of small, thin nylon masquerading as a sleeping bag, a cold, snow-laden wind and four hours back to a car they could neither get into nor start. By all accounts it was a cuddly but cold night and an equally cold walk-out in the morning.

The AA man couldn’t do anything with the car and so a low-loader was summoned. To add to Wil’s tribulations the driver turned out to be a Fire and Brimstone born-again

Redemptionist who, once he found out about the malt whisky, spent the whole journey to Pitlochry lecturing the pair on the errors of their ways and suggesting the whole episode was a form of just retribution on them for their depraved lifestyles.

And why Pitlochry, as opposed to, say, Manchester ?! Because the driver would exceed his time allocation if he went beyond Pitlochry and so lodgings (and food and drink but not clean or spare clothes) were found at a grand and expensive establishment and, as the only form of remotely negotiable currency left from the fire was Wil’s Credit Card

.....

They are both now back in Manchester – Wil, no doubt, a wiser and poorer man, probably scarred for life by yet another encounter with a deranged mind roaming the Outer Limits and the Bug, no doubt, back to his cunning and ever so plausible masquerade as a pleasant and quietly spoken member of normal, civilised society – UNTIL THE NEXT TIME !!

A TRIBUTE TO ROSSENDALE A.C.

by JOHN VOSE



’Ast ever been Rossendale
We’er they run tho’ muck and grime?
O’er fells and dry stone walls
We’er its misty most o’ time.

Cross rubbish dumps, farmer’s fields,
It’s – man stuff by gum!
Parliament fields and public parks?
Why, there’s only a bit o’ fun.

It fair makes me glad that I don’t run
As they slog up rocks and fell
It’s punishment to even watch
In fact it’s bloody hell!

But lads battle on and dream of ale,
In t’ local after t’ run,
Foaming pints and hot shower baths
When race is lost and won.

Then it’s pie and peas and pickle dip
Back in t’ ’arriers running club.
There’s a reet good smell of gradley soup
Mixed with sweat and Ellerman’s rub!

So it’s three good cheers for Rossendale
and Ladies what makes brew.
It’s best club I know for sport and grub
It’s a reet good Lancy do.

From “The Fellrunner”: Autumn 1977.

Skye Crossing – Flodigarry to Elgol

The journey north, Cumbria to the Isle of Skye, took most of Friday, but there was loads of leg room in the back of Dave's Merc, Van Morrison on the stereo and masses of food. It seemed the blink of an eye and we were gliding across Rannoch Moor, through Fort William and on the road to Skye. By tea time we had reached our start point and overnight bunkhouse stop at Flodigarry. Dave and I sorted out our gear for an early start then embarked on more food. In our determination to fuel up well, we had overestimated and gave away some of our pudding to other residents.

I anticipated the alarm by a few seconds on Saturday morning. After the squally drive up, the weather on Saturday morning looked settled and we did not need to change our scheduled start time of 4.00am. We had yet more food, filled our camel packs, checked the time and left a silent bunkhouse for a sharp, clear morning. A couple of hundred metres of bluebell-lined tarmac and we were on the fell.

Our first objective, Meall na Suiramach, came on time. It was a mystical start through the needles and buttresses of the Quiraing, with frost underfoot and rabbits everywhere. Our afternoon objective of the Black Cuillin looked forever away, but more immediately the Trotternish Ridge lay before us, the real start after many months of planning.

Back in December I had read about David Paterson's journey across Skye in his book 'A Long Walk on Skye'. I was looking for a challenge as a lead up to my 60th year celebrations and though the route described did not suit me precisely, the idea of crossing Skye from north-east to south-west kindled the spark of an idea.

A wet week on Skye at Easter with Valerie enabled me to suss out some of the strategic sections of a route which was to take me in a single journey across the island. The route was to incorporate the whole of the spectacularly beautiful Trotternish Ridge from Flodigarry to Portree and initially include a coastal path from Portree to Sligachan. It would then thread a way through the challenging gabbro buttresses of the Cuillin Ridge to the wild Coruisk corrie with its dark loch and, the sting in the tail, the infamous Bad Step. The final section would follow the coast to Camasunary and Elgol. In the event, we made one change to this plan.

The route was decided and soon I had a schedule, a time slot, a good mate to make the attempt with and vital support from our wives. It was on for May 27th 2000. My

running partner was to be Dave Clarkson, a good friend and neighbour. We have run together many times, notably during a trip to Nepal to do the Everest Marathon, and often in the Lakes. We are compatible running companions, and I was delighted he was free to spend the Bank Holiday weekend attempting this crossing of Skye.

So here we were, and the whole route stretched ahead of us. All we had to do now was keep moving for 15 hours or so.

My feet were very cold. I should have worn by new waterproof socks. The first descent was easy, the ascent to Bìoda Buidhe easier. The short turf underfoot made for delightful running. We kept a steady pace, slurping from our camel packs as we walked uphill. The precipitous summit of Ben Edra came; the sun began to warm us, and we had the rare pleasure of seeing our own shadows in a Brocken Spectre.

Sgurr a Mhadaidh Ruaidh gave us a salutary warning as we attempted to run off in the wrong direction. The route on this ridge in good visibility is obvious, but in the slightest mist or cloud, careful map and compass work are essential. Big crags abound, and spur glens could lead you miles off course. Dave is a trustworthy navigator, and when the clouds came down we conferred repeatedly on the many subsidiary summits. Although basically north – south, the ridge does zigzag on and off the main summits.

Baca Ruadh came an hour up on our schedule. This was a psychological boost, but as this was the first time for either of us on this part of the ridge, we had expected some time gains and losses. Hartaval summit was next, then the Storr and the undulating descent to Portree. Here we met our support crew, Valerie and Dave's wife, Ursula, who gave us encouragement, food, warm and cold drinks, clean clothes – and cycling shoes and helmets.

This was the one change to my original schedule. We were uncertain of our time on the next mountain stage over the Cuillins. It was new ground to us both, and we knew the technical difficulties of the terrain, especially in bad weather, were to be treated with respect. We had investigated the possibility of recruiting some support on the Cuillin section, but nobody with any depth of knowledge was available. We were happy to do it by our own efforts, but it seemed sensible to reserve some energy and mental alertness. We therefore chose to cut down the time over the Portree-Sligachan section by using bikes.

It proved a good decision. The cycling was a delight – legs loosened out, a chance to talk more freely and breathtaking views of the Cuillin ridge as we descended to Sligachan. The tops were clear and the temperature perfect at this stage.

A brief stop at Sligachan for top ups of food and fluid, additional gear, a change of maps and we are off again on foot, running steadily up the track at Bealach a' Mhaim. The river alongside us is full of lovely pools, and the Cuillin ridge is emerging ahead, jagged and mightily impressive. Once the bealach is reached, we change direction onto the smaller, rough track that leads to the foot of Sgurr an Fheadain. You could not imagine a more delightful introduction to the very heart of the Cuillin, with the awesome rocky precipices closing in around you as you descend gradually into Coir' a Mhadaidh.

The weather was changing. It was becoming colder, with signs of rain and hail. We took a short break to eat and put on extra clothes, check the map and start the final pull up to the ridge. Steep ground, loose scree, big unstable boulders, hard going, heavy hailstones.

Finally we reached the big expanse of Tuppenny Buttress. From the base of the slabs we followed the gully to the extreme left. The ground again was loose and steep for about 800 feet until we reached a wide grassy ledge and an easy ascending line to the right over the top of the buttress. This brought us out onto the main ridge on the Bealach na Glac Mhor – fantastic! We ate more food, took photos and marvelled at the situation and the extent of our view. Our objective, Elgol, looked ar away and our immediate thoughts were on navigating the forbidding descent into Coruisk corrie.

Steep scree and looming rock walls lay ahead. We cast about continually for safe lines and finally, later than my rough schedule had predicted, emerged in the corrie at the foot of the Glac Mhor torrent.

The corrie floor is wet and muddy, but at least there is a path to follow. It is rough and rocky, but we still have running in our legs and soon gain the shores of Loch Coruisk. The track widens and the weather is better. We wave at two sea kayakers peacefully and gracefully paddling the late afternoon waters of the loch. Here, I think, we know that we will succeed in completing the route, and are quietly jubilant.

The outlet of the loch has a wide river crossing with stepping-stones, slippery today but manageable. We eat and drink again and tighten our shoes for the start of

the coastal track to Camasunary. But first we have to tackle the Bad Step, the easiest line around a buttress of rock plunging into the sea. We teeter around it, afraid more of cramp as we stretch tiring muscles than the technical difficulties of the move.

The track to Camasunary is rough but mainly runnable. We wade the river and run the short grass around the bay, trying to avoid the piles of disfiguring plastic litter carried in on the tides. Behind towers the impressive bulk of Bla Bheinn. The final,

undulating clifftop track to Elgol is relatively quick, and a last pull up a seaside meadow brings us into the village.

Ursula and Valerie welcome us with hugs and congratulations, relieved that we have emerged safely from the ominous black clouds they have seen shrouding the ridge all afternoon. Dave and I are pleased to be finished, but delighted with the classic route and our own performance.

The day ends with a warm welcome from the owners of the Coruisk House Hotel,

Lesley and Robin, several glasses of Red Cuillin ale and one of their wonderful seafood dinners – but it is not long before we can't resist the call of the deep. comfortable beds and a long night's sleep.

It seems fitting that, back home on Bank Holiday Monday, we hear again and again the theme of a BBC music programme. Lou Reed's 'Perfect Day.'

Barry Johnson

Yiannis' view on page 34

.....and now Rob's view of things:

This year it was Yiannis Tridimas's turn to do the CR. In fine style, he added a peak and sliced over 2 hrs from my Round, completing in 21:22. Being half-goat he has an unfair advantage.

This being Skye, we had to wait till Wednesday (14 June) for a weather window. The plan was to start from Coruisk at 3 a.m., with Yiannis, Rick Houghton and I walking in from Sligachan the Tuesday evening. In the event, the weather was still stormy so after a brief half-waking conference we recalculated for a midday start. Not that any of the Main Ridge support team were complaining - least of all I, who had overdone the Marilyn-bagging the previous day and hadn't arrived at the hut until after midnight.

In shameful sacrilege and to Paddy Buckley's evident disgust, we exchanged the Mad Burn for a more direct ascent of Gars-bheinn, with myself, Richard Lamb and Rick Houghton in desperate pursuit of the merciless Contender. It is becoming a tradition that Main Ridge support get to do the whole ridge - undeniably a privilege, although not without its share of suffering at today's speed of travel. Soon the first big Munro is out of the way, I make my first unforced errors going to and from the brutal little tower of Caisteal a" Garbh Choire and make amends in the tricky Andy Hyslop traverse out to Sgurr Dubh Mor and the T-D Gap bypass. In a bid for survival I sit out the outlying Sgurr Sgumain; by the time I've had a drink they're back with me again and in no time we're on cloud-girt Sgurr Alasdair, then we're scrambling up exquisite An Stac, hoping it's still too cold and windy for the In Pinn punters. Indeed we (they - I sit this out too) have no competition: whilst waiting I chat with a single party who are roping up ("...they can't all three have fallen off - they're not roped..." Rob that was tactless....)

Just before Sgurr na Banachdich is our first support party, with lashings of hot soup and Possibly the Best Tuna Sandwiches in the World. Not wishing to re-live last year's routefinding disaster, in the mist we count summits carefully, yet still have to fight to keep the right line on the descent to where to our relief, the unfeasibly steep Sgurr Thormaid rears out of the mist. In contrast to my Round last year, the weather stays dry for this section and we romp along the fabulously airy crest of Sgurr a' Greadaidh and the splendid in-your-face climbs of the Mhadaidh tops. At Bealach na Glaic Mhor, despite being over 2 hrs up on schedule, we are met by Paddy Buckley and Wendy Dodds - legends both, although the soup and victuals are real enough.

Yiannis and I are both a bit scared of Bidein Druim nan Ramh. Him because his arms are too short, me because ... well, it's a scary place. Today, in perfect conditions, cool and dry, this best of Cuillin peaks goes like a dream. I puzzle my way down the Diff downclimb, Yiannis bounces down, Richard long-arm Lamb reaches across to the critical hold with heart-breaking ease.

With an embarrassing amount of time in hand, Yiannis doesn't need much persuading to take 15 minutes out from the Sligachan peaks to take in an extra: Sgurr a'Bhasteir. Suits me too - I've not been there before. Then we skitter off down the Lota Coire screes to find the easy way up the Basteir Tooth. Not so easy - I don't even try to keep up, instead spending time eating, retrieving Rick's Mars Bar, arriving at The Nick just in time to meet the other three descending the Tooth, and to seek the delicate little climb up onto Am Basteir. Its East Ridge has just fallen apart - a recent rock fall forces a messy little bypass, but soon we're threading the superlative West Ridge of Nan Gillean. Nicholson's Chimney (or was it its neighbour?) provides great entertainment - we practice our techniques of bridging, chimneying, thrutching, head-jamming, knee-banging.... Then I point out that we're on for a sub-7 hour Main Ridge (including extras). We're on the airy summit of Sgurr Nan Gillean just 6:57

after leaving Gars-bheinn (a breathtaking average of OVER 1 M.P.H.!!!). Then, as if we've already finished, wives and kids are phoned, views are admired, food is nibbled, Ground Support at Slig is alerted to our imminent arrival and we head off for Knights Peak Except that I miss this out too, on the pretext that I have to recce an alternative superdirect descent route off Sgurr na h-Uamha. Even so, it seems no time at all before YT and his 2 surviving pacers are at the summit. I warn Yiannis - I think the descent will go but it's seriously steep and won't be any quicker... As aforementioned, we have time in hand, and Yiannis is game for a challenge. Rick and Richard demonstrate our folly by reascending to the top, descending the usual way and still getting down before us. But we have a fine time crab-crawling our way down hundreds of feet of steeply angled gabbro slabs before finally succumbing to the grassy wastes of Coire Glas and the boggy run-out along Glen Sligachan.

Now the midges make their own contribution, ensuring the changeover is kept brief. Somewhere there is a group photograph, the 3 pacers unrecognisable under layers of cagoul and balaclava in an effort to exclude the aerial piranas. Then it is Steve and Wayne's turn to suffer. Richard, Rick and I collect the debris of flasks and food and wander dazedly back towards Sligachan, not quite sure what has hit us.

Overnight my sleep is disturbed by some nasty rain squalls; I wonder how it is, traversing out to Belig in the dark; how the Clach Glas - Blaven traverse is going; how the new route off Blaven is working out.

Thursday afternoon it's no great surprise to see Yiannis arrive back at Slig, having finished the Round at Coruisk that morning and then walked the 9 miles out; I'm only slightly bemused to learn that over 2 hours has been sliced off my time of last year. So much for the myth that the Cuillin Round is difficult. Next year it'll be done in bedroom slippers, blindfolded. Someone buy that man a dram.

Rob Woodall

This summer has seen a bumper crop of long distance achievements and so there is no shortage of candidates for the FRA Long Distance Award. Are we seeing a revival of interest in long days out on the hills - let's hope so! The bad news is that I submitted the summary to the editor very late and so most of the 4 pages will appear in the next magazine.

FRA LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, FAX:0870 1685749, EMAIL: martin@staminade.co.uk*

SCOTTISH MUNROS RECORD - CHARLES CAMPBELL

Charles set a new record of 48 days 12 hours for the 284 Munros on foot, by bike and swimming. *Charles writes* "I started my journey on the Isle of Mull on Monday 29th of May and after climbing the only Munro, Ben More, I successfully swam the sound of Mull, to reach the mainland (1? miles) against tide and current. I became the first person to do so and not use a boat during a continuous Munros attempt. The three year planning of the schedule went out of the window immediately as I realised I wouldn't have enough time to climb the next 3 hills as planned on the first day. Leaving them and getting back on schedule the next day, a niggling shin/ankle injury developed on day 3, which was much worse on day 4. By day 5 it was too painful to continue, so a day of rest and a visit to the nearest hospital in Oban was required. The doctor confirmed the worst, that it was tendonitis and the only cure was rest but I scaled down my planned schedule and continued the following day. So, by the end of the first week I was 3 days behind my schedule with a continuing, painful injury to deal with and the record attempt already seemed to be on shaky ground.

Without going into all the daily details, I struggled on during the next two weeks with the injury hampering progress. High winds and torrential rain meant that further days were getting dropped from the schedule. At least I knew that having planned a very ambitious schedule, I still had a few days in hand and a psychological boost was gained as I passed the 100 Munro mark in Glen Tilt. Achilles tendon and calf strains on both legs came and went and finally after three and a half weeks, the ankle/shin injury cleared up. After a few "low" days in the Cairngorms, I picked up on all fronts

and heading west again I was looking forward to some of my favourite mountains. At last I got a break in the weather when I most needed it through Knoydart, some of the roughest mountain terrain. It went well and I enjoyed a perfect day to complete the Cuillin ridge on the Island of Skye, the most difficult ridge in Britain. A further bonus had been the swim across to Skye from Glenelg, which although it is only around 500 meters, it has a very fast tidal current. I managed to cross it in 20mins, with the ferryman saying that it was the only swim crossing that he knew of.

Munro no. 200 passed soon after on the Glen Shiel ridge, and at last the end was in sight. Some very big days were completed and there was a return to poor weather, but I enjoyed a lot of good support from club mates. Getting past the 250 mark in Torridon, I developed another muscle strain above the left knee, which was bearable on climbing but painful when descending. Progress was now slower and a further day was dropped in the final week, but it was still possible to beat the record. Starting on Saturday 15th July, I decided to compact my last three scheduled days together, so after the hills in daylight, I continued through the night, took a brief sleep of one and a half hours and then completed Munro no. 283 on Sunday morning. By now the sun was out heralding a beautiful day and with all the family and friends there, spirits were on a high. A quick 1-hour cycle to the foot of Ben Hope left just the last Munro to be climbed. Enjoying the moment, I hit the summit trig point at 4.15 pm to the cheers of about twenty family and friends, to come in almost 3 days under the old record. After plenty of champagne and celebrations, people went their merry way, rounding off a perfect day and great trip.

I do realise the vital contribution that everyone made, from my family in the support motor home to my club mates from Westerlands Cross Country Club, who helped me on the hill. The great team effort made the record-breaking run a reality with about two thousand pounds being raised for the children's charity, Dreams Come True.

Statistics: The run took place between Monday 29th May to Sunday 16th July, giving an exact time of 48 days 12 hours 0 mins. This took 2 days 21 hrs 22mins inside the previous record. I am the first person to be 100% purely self-propelled during a continuous Munro attempt, as I swam from the island of Mull and to the island of Skye and didn't use a boat like previous record holders. The approximate totals for the journey were 2.33 miles of swimming, 764 miles of cycling, 893 miles of running and 411,717 feet of climbing".

WASATCH 100-MILE TRAIL RACE - MARK MCDERMOTT 2ND OVERALL

Mark Hartell writes: "Utah!! The state of Deserts and Sandstone Towers, of Mormons, one drink at a time and no more than 8 in the hot tub (state law). Also the home of the Wasatch Front mountain range and one of the USA Grand Slam 100 mile

Endurance Races. Starting just north of Salt Lake City the course rapidly climbs up to around the 9000ft level and then heads south, much of the time following ridges at between 8 and 10,000ft all the way down to Sundance - home of Robert Redford and possibly the smallest ski resort in the world (1 lift, 4 runs).

A small UK contingent of Mark McDermott, Rex Stickland and Mark Hartell once again made the journey across the Atlantic to take on the might of the US. With three weeks high altitude trekking in Kashmir and Ladakh, Mark McD and Rex were fit and ready. With 6 months commuting to Edinburgh under his belt, Mark H was fat and ready. Arriving 10 days ahead of the race the team checked out almost the entire course and discovered a fine route, mostly on footpaths and some of it quite alpine in character. With a record of just over 20 hrs for the 100 miles and 23000 feet of ascent, the scene was set for a tough race.

The two Marks stuck together for 75 miles, gradually working their way through the field of 185 starters up to about 5th place. After nightfall, Mark McDermott took off while Mark Hartell nodded off. The end result of this being a fantastic 2nd place for evergreen McDermott in 21 hours, rapidly catching the leader who is the current record holder. I took 8th place and Rex Stickland was 35th. The team would like to thank Jo McClintock, currently in exile in Seattle, who made the journey to pace and support the guys and Julie Stoddard - the rest of the now practiced and expert support crew! Details of the race for anyone fancying a go are on the Web or contact Mark on mhartell@figroup.co.uk.

WESTERN ISLES CHALLENGE SOLO WINNER - HELENE DIAMANTIDES

This multi-day, multi-sport race is held in early May each year on the Outer Hebrides. In the solo class, the competitors have to sea kayak, road bike, mountain bike and run north across the highest hills from the Isle of Barra in the south, South Uist, Benbecula and North Uist, across Isle of Harris and finally Lewis to finish after 3? days at the Butt of Lewis Lighthouse. The total distance is some 160 miles and the weather this year was spectacular. By the end of day 1 Helene had established a lead over Marc Laithwaite and Chris McSweeney, two of the UK's most experienced multi-sport athletes. By the end of the event Helene, who is new to mountain biking and sea kayaking, had achieved a quite remarkable victory, recording a time of 36hrs and beating the next (male) competitor by 4? hours.

Deferred to the next magazine - Apologies:

THE 4 PRINCIPAL SUMMITS OF WALES - TOM GIBBS & KERI JAMES
DARK PEAK WRECKS 100 MILES - JULIAN RANK & ANDY SHAW
SCOTTISH 4000'S BIKE/FOOT - JOHN COYLE, PAUL MCCLINTOCK & DUGGIE GILLESPIE
TRANTER'S ROUND LADIES RECORD - DAWN SCOTT
A (LESSER) SOUTH WALES TRAVERSE - RICK ANSELL
EVEREST BASECAMP TO KATHMANDU RECORD - KUMAR LIMBU
ST CUTHBERT'S WAY RECORD? - HILARY SPENCELEY
BOB BAXTER TRAVERSE - JOHN KEWLEY
RAMSAY ROUND SUCCESSES
PADDY BUCKLEY ROUND SUCCESSES