

Natalie White picks her way through the rocks on her way down to Ogden Clough in the Half Tour

(Photo Pete Hartley)

# The Fellrunner Magazine

June 2005





# The Fellrunner Magazine

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**Q**uite refreshing really, the preparation of this edition of the magazine; no letters of complaint, no instances of unacceptable behaviour, nothing really contentious, no-one accusing me of misrepresenting them, just the Yorkshire Thug a bit unhappy about the hairiness (or not) of his/her legs! Quite a pleasant late Spring experience and I even managed a couple of races before my hamstring gave up again.

I would like to pass on a reminder from Jon Broxap to all competitively minded vets that it would help the organisation a lot if those of you who intend to participate in the World Masters at Keswick in September could actually get your entries in before the deadline. You can enter online or by post and there are details of both of these methods inside this magazine to help you expedite the process. It has all the signs of being both an excellent series of events and an enjoyable weekend, so don't leave it too late or you may miss out!!

In the last edition of the magazine there was an article from Keven Shevels which looked, quite properly, at the darker possibilities of organising fell races in litigious times and there has also been some concern about risk assessments. Both of these issues are addressed in this edition, the first in an excellent piece by Alistair McDonald and the second in a piece explaining what the FRA's position on the subject is. Fundamentally the FRA feels that risk assessment has no place in fell-running and has gone to some lengths to ascertain that our current way of doing things is both acceptable to the insurers and the best possible way of operating.

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We have slightly altered the procedures but the approach remains the same – race organisers will receive four more lots of information with their race registration forms from now on but they will involve no more work and will give organisers the documentation they will need to deal with any questions from landowners or other concerned parties.

Some of the ramifications of UKA's interference with fell-running have well and truly emerged – we now have one English body, two Scottish bodies, two Welsh bodies, some confusion about Ireland and the Isle of Man, three and a half calendars (and ours has a foreign supplement!!), any number of Championships and no discernible benefits at all!! How the forthcoming re-organisation of athletics in the UK will affect us even further it's hard to tell but I'm willing to bet that we won't benefit from it. For those of us who share Scoffer's viewpoint that three quid extra per head would be a small price to pay to see our sport running itself without anything to do with UKA there is a little light at the end of the tunnel in that the search for an affordable insurance policy outside of UKA has started to show results – watch this space eagerly for further details in due course and pray for that glorious day when we have one UK body responsible for fell-running, one UK calendar, one insurance policy and no outside interference from people who have neither knowledge of nor interest in fell-running!!

Have a good summer.

### Data Protection Act

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

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

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

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## The "Fellrunner" will be published three times a year in the second half of February, June and October.

Please send in any articles, letters, etc. which you feel may be of interest – if possible send them in Word format, either on disc or by email.

Photographs of runners and events are particularly welcome; please give details of the subject of the photo and your address if you want it returned.

Photos published in the magazine will be paid for at £7 per photo (£20 for a front cover)

Deadline for the next edition is Monday 12th September 2005.

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### Please send Advertising Copy to:

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# Chairman's Chat

from Alan Barlow

As I write this the first two rounds of the championships have been completed and everything is wide open - with four races still to be completed it all looks very interesting.

Details of the new fell coaching award are elsewhere in this magazine. When we met with UK Athletics at the end of last year we discovered that most of the courses are the same whether you are involved with throwing heavy weights or running up and down mountains. Consequently we are able to introduce the higher level coaching courses at a much earlier time than previously envisaged and we expect the fell specific course to be available in 2006.

Further announcements will be made as and when the information is available.

The committee have been working hard in recent months to provide race organisers with a document to assist them in providing evidence that they have exercised their legal "duty of care" should it be called into question at a later date. Sadly these types of "legal" precautions are an ever-increasing trend in our society and fell running has no exemptions.

The position regarding the new administration of athletics in England appears to be getting more complicated with the late arrival on the scene of yet another organisation, The Association of GB Athletic Clubs, which has been formed to oppose the new plans and is growing in strength. We just need to keep an eye on developments and make sure it does not adversely affect us.

On the international front it was sad to see the departure of Robin

Bergstrand who has done a great job as England Team Manager. However at the same time I would like to extend a big welcome to Mark Croasdale, who has been appointed as his successor. Whilst on this subject some of you may recollect that when New Zealand won the bid to hold this year's World Trophy one of their claims was that the subsidies from the bodies connected to them would mean that European countries would

pay no more for their plane tickets than for travel to a European destination. You are probably not too surprised that we find on booking the tickets for this year's event that they are costing a figure nearer to a two weeks' package holiday to a European destination, which speaks volumes for the control exercised by the management of the WMRA.

I look forward to seeing many of you at future events and hope you all have a successful and enjoyable summer.



The FRA Chairman properly attired for the hills



### Advertising Rates:

£160 Full Page, £100 Half Page  
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These are not for people seeking commercial gain but designed to be runner to runner ads.

£2.00 for the first ten words, 15p per word thereafter.

Advance payment necessary.

### Colour Rates

Available on request from Tony Hulme

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# Calendar Update

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

Details of all races not included in the Calendar itself together with corrections and amendments are also on the FRA website,  
[www.fellrunner.org.uk](http://www.fellrunner.org.uk)

In addition, links can be found on the FRA website to the following organisations' websites: Athletics Association of Wales, Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners and Welsh Fell Runners Association. Details of some races not registered with the FRA can be found on these sites.

Margaret Chippendale

## ENGLISH RACES

The following list of English races are permitted and insured to be run in accordance with the "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition".

**WED. JUN 1. BLENCAETHRA FELL RACE.** AM. 7.00 p.m. 8m/2700' from Mungrisdale Village Hall, Cumbria (GR NY364303). £3 on night only. Teams free. ER/LK/NS. Over 18. Records: 59.15 A.Bowness 1989; f. 74.34 A. Brand-Barker 1994. Please park on roadside verges. Details: Joe Faulkner, 3 Larch Close, Penrith, Cumbria, CA11 8UH. Tel: 01768 895293. Email: faulknerjoe@hotmail.com Website: joefaulkner.com or edenrunners.co.uk

**SUN. JUN 5. BLACK FOREST JUNIOR TRIAL.** Cancelled.

**SUN. JUN 5. SUSA JUNIOR TRIALS RACE.** AS. 11.30 a.m. 2.2m/600' from Ilkley Moor, Wells Road (GR115470). £1 on day only. PM. over 12 on day of race. Separate races for boys and girls. Selection race for SUSA. Details: Shirley Wood, 1 Daisy Hill, Addingham, Ilkley, LS29 0PN. Tel: 01943 831765. Email: shirley@ilkleyharriers.org.uk Website: ilkleyharriers.org.uk

**TUE. JUN 7. PADDY'S POLE FELL RACE.** Please note change of website to: prestonharriers.net

**SAT. JUN 25. TOM TITIMAN** (race 2 in Midsummer Madness Series). Please note that although the gala will probably not be held this year, the race is still on. There will be no evening ceilidh. Instead there will be a beer festival and hog roast at the Hare and Hounds pub all day on both Saturday and Sunday. All other details unchanged.

**SUN. JUL 3. SETTLE HILLS RACE.** Please note change of date from Sun. June 26th. All other details unchanged.

**SUN. JUL 10. BOLLINGTON NOSTALGIA RUN.** Please note change of email address to: ann.dropincentre@tiscali.co.uk

**SAT. JUL 16. MOUNT SKIP FELL RACE.** Please note that although the gala will not take place this year, the race is still on. All other details unchanged.

**SUN. JUL 24. JUNIOR ENGLISH 2.5k UPHILL CHAMPIONSHIPS.** AS. 11.30 a.m. 1.6m (2.5k)/715' from Ilkley Moor Cattle Grid, top of Wells Road (GR115470). £1 on day only. PM. U12 (over 10), U14, U16 and U18. Ages as at Jan. 1st 2005. Records: 11.38 A. Brownlee 2004; f. 13.55 B. Haywood 2004. Certificates and treats to all finishers. Details: Shirley Wood, 1 Daisy Hill, Addingham, Ilkley, LS29 0PN. Tel: 01943 831765. Website: ilkleyharriers.org.uk

**SUN. JUL 31. JUNIOR WORLD TROPHY TRIALS RACE.** 1.30 p.m. Junior Women 4.92km/379m; 2.00 p.m. Junior Men 8.73km/681m; from Braithwaite Lodge, Braithwaite, nr Keswick. £2 on day. PM. Trial races open to athletes aged 16-19 on 31st Dec. 2005. Automatic selection for first two finishers in each category. Remaining places will be filled at the discretion of the selectors based on current form. Athletes wishing to be considered for selection must register their interest and provide the team manager, Steve Fletcher, with details of any form they wish to be taken into account by 1 p.m. Sun. July 31st. Also junior races, U16 1.00 p.m.; U14 12.35 p.m.; U12 12.15 p.m.; U10 (over 8 on day) 12 noon. Details: Steve Fletcher, Ings, Threlkeld, Keswick, Cumbria, CA12 4TB. Tel: 017687 79362. Email: steve.j.fletcher@btinternet.com

**SAT. AUG 27. LINGMELL DASH.** AS. 2.00 p.m. 4.5m/2500' from the Wasdale Head Inn carpark (GR 18700875). £3.50 on day only. ER/LK/NS/PM. Over 16. Records: 46.02 T. Austin 2003; f. 65.00 A. Forrest 2004. All proceeds to Wasdale Mountain Rescue Team. Details: Tim Brooks, Lingmell House, Wasdale Head, Seascale, Cumbria, CA20 1EX. Tel: 019467 26261. Email: bookings@lingmellhouse.co.uk Website: WasdaleHead.co.uk

**TUE. AUG 30. EYAM FELL RACE.** BM. 6.30 p.m. 6m/1000' from Hawkhill Road car park, Eyam (GR 216767). £3 on day only. LK/PM. Over 16. Records: 39.38 M. Fowler 2000; f. 50.42 K. Davison 2004. Details: Neale Vanstone, Townhead House, Townhead, Eyam, Hope Valley, Derbyshire, S32 5RE. Tel: 01433 631859. Email: the.vanstones@virgin.net

**WED. SEP 14. ILKLEY INCLINE.** CS. 7.00 p.m. 1m/560' from the junction of Wells Road and Keighley Road, Ilkley (GR SE114469). £1.50 on night only. Teams free. PM. Over 16. Records: 7.01 J. Henegan

2004; f. 9.20 S. Glover 2004. Uphill only, tarmac road, then track. Also junior sprint relays (0.5m) at 6.00 p.m., teams of 4, £2 per team. Two competitions - 6 to 10yrs. and 11 to 15yrs. Categories for boys, girls and mixed (two boys and two girls) teams - can only count in one team. Medals for the six winning teams and chocolate bar for all finishers. No toilet facilities at this venue. Details: Geoffrey Howard, 20 St Philips Way, Burley-in-Wharfedale, West Yorkshire, LS29 7EW. Tel: 01943 862953. Email: incline05@ilkleyharriers.org.uk Website: ilkleyharriers.co.uk

**SUN. OCT 9. PINCHINTHORPE PLOD.** Please note change of date from Sun. Oct. 2nd. All other details unchanged.

## CELTIC RACES

The following races in Northern Ireland, Scotland and Wales are included for information only. They are not registered with the FRA and the FRA cannot vouch for their permit or insurance status. Please contact the race organisers for details.

**SUN. JUN 19. GB TEAM SELECTION RACES FOR EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS INCORPORATING FIRST UPHILL WELSH CHAMPIONSHIP MOUNTAIN RACE.** AM. 11.30 a.m. ladies' race; 12.30 p.m. men's race. Both races 6.8m/3563' from the Spar Shop, High Street, Llanberis to Snowdon summit - uphill only. Over 18. Registration at Royal Victoria Hotel from 10.00 a.m. Event Co-ordinator: Adrian Woods, Ty'r Mynydd, 7 Heol Coed Cae Uchaf, Blaenafon, Torfaen, South Wales, NP4 9JA. Tel: 01495 791754.

**SAT. JUL 23. INTERNATIONAL SNOWDON RACE.** AM. 2.30 p.m. 10m/3300' from Padarn'Park, Llanberis. £14 pre-entry only on official form obtainable with SAE from organiser or website. Teams free. ER/LK/NS/PM. Over 18. Records: 1.02.29 K. Stuart 1985; f. 1.12.48 C. Greenwood 1995. Details: Ken Jones, 6 Blaen y Ddol, Llanberis, Gwynedd, LL55 4TL. Tel: 01286 870721. Email: ken@snowdonrace.com Website: snowdonrace.com

**THU. JUN 30. MANOD MAWR.** 7.00 p.m. Please note change of date from Sat. Aug. 20th. £3.50 on day only. B.B.Q and drinks (but not live music) after race. All other details unchanged.

**SUN. NOV 6. CLWYDIAN HILLS.** AM. 11.00 a.m. 10m/3100' from Cilcain Village Hall (GR SJ175653). £3 on day only. Teams (4) free. LK/NS. Over 18. New course. No safety pins. Registered and insured with the WFRA and run under WFRA rules. Details: Peter Taylor, 3 Pen-y-coed, Nannerch, Mold, CH7 5RS. Tel: 07711 390624. Email: peter@runnerltd.freemail.co.uk Website: newsar.org.uk and wfra.org.uk

# NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place on Saturday 19th November 2005 at 4p.m. at the Castle Green Hotel, Kendal, prior to the Annual Dinner.

1. Motions for the Agenda must be notified to the Secretary by Friday 2nd September 2005. Details of the Agenda and Motions will be published in the October edition of "The Fellrunner".
2. Election of Executive Committee.
  - a) Nominations for Officers must be notified to the Secretary by Friday 2nd September 2005.
  - b) Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Friday 4th November 2005.
  - c) Nominations for Membership Representatives (four seats) may be made at the meeting.
3. Voting.
  - a) Individual members of the Association, including family members, who are present at the meeting have one vote each.
  - b) English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Friday 4th November 2005.
4. As usual, an Open Discussion will follow the formal business. This is an ideal opportunity for the Membership to express views on any aspect of our sport.

*Alan Brentnall, General Secretary, May 2005.*

## WORLD MOUNTAIN TROPHY 2005

### TRIAL RACES FOR THE ENGLISH TEAMS (EOD £2)

**Location:** Braithwaite Lodge, Braithwaite, Keswick (NY233231)

#### JUNIORS:

Sunday 31st July: Junior Women 13.30, Junior Men 14.00

#### Eligibility:

age 16-19 (inc) on 31st December 2005.

#### Non-selection Junior Races:

for U10, U12, U14, U16 races from 12.00.

#### SENIORS:

Sunday 14th August: Senior Women 13.00, Senior Men 14.00

#### Note:

Senior Races are for selection purposes only. No prizes.

#### Route:

Lodge-Barrow-Barrow Door-Stile End-Low Moss-Lodge.

Junior Women: 4.92k, 379m ascent

Junior Men/ Senior Women:

8.73k, 681m includes extra loop.

Senior Men: 12.54k, 983m includes two loops.

**Map and Profile:** as shown or see FRA website.

#### Selection:

At least first two in all races are guaranteed selection.

Selection is decided on day of trials and any athlete who cannot attend the trial must speak directly with Mark Croasdale (01524 388748), who has succeeded Robin Bergstrand, Sarah Rowell (01535 644975) or Steve Fletcher (017678 79362) before appropriate trial date.

*Graham Breeze  
Chairman- International Selection Committee*

## Calling All Coaches

**from Alan Barlow**

Following recent discussions with UK Athletics the FRA is pleased to announce that the event specific coaching award at Levels 3 and 4 for 'Mountain and Fell' is being made available again. The course is split into three modules - two of these are available now and are the same for all events. Please see the table on the FRA Website for details of the courses available this year. To apply for a course please contact one of the co-ordinators on the list.

The third part of the course, which includes the event specific work, should be available in Autumn 2006 and a further announcement will be made nearer to the time.

In the meantime Peter Shields is leading a small team to design the course and if you wish to make a contribution or require further information please contact him at:-

6,Longmeadows;Burley in Wharfedale;

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Email : [Shields.Coach1@btinternet.com](mailto:Shields.Coach1@btinternet.com)

In addition it should be noted that UK Athletics make a charge for these courses; however it is not expected that coaches will pay for themselves as the cost should be recovered by the clubs through the Clubs Future programme. Having said that, if there are members of the FRA who are unable to recover the costs of a coaching course this way the Association is prepared to help and you should contact me or Peter Shields.

**2005  
INTERNATIONAL  
SELECTION RACES  
FOR THE EUROPEAN  
CHAMPIONSHIPS  
FOR THE GREAT BRITAIN  
MOUNTAIN RACING TEAM  
AND INCORPORATING THE FIRST  
UPHILL WELSH CHAMPIONSHIP  
MOUNTAIN RACE  
(CATEGORY 'A' MEDIUM)**

**SUNDAY 19TH JUNE – LLANBERIS,  
SNOWDONIA, GWYNEDD**

LADIES' RACE STARTS AT 11.30 am FROM THE SPAR SHOP ON THE HIGH STREET

MEN'S RACE STARTS AT 12.30 pm FROM THE SPAR SHOP ON THE HIGH STREET

Registration will be AT THE ROYAL VICTORIA HOTEL from 10.00 am.

Both the senior men and ladies will run the same course; a distance of 6.8 miles (11 km) with 3563 feet (1086m) of climb and will follow the Bwlch Maesgwm path and the Snowdon Ranger path to finish on the Snowdon summit.

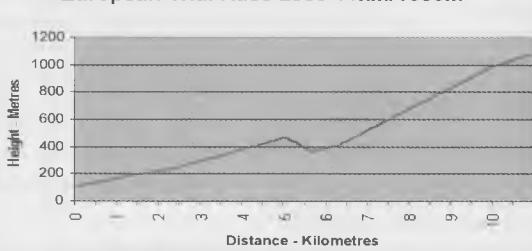
In the event of bad weather all competitors should be prepared to bring and carry windproof whole body cover, a map of the course, compass and a whistle.

All competitors must be over 18 years of age on the day of the race.

**EVENT CO-ORDINATOR:**

ADRIAN WOODS: Ty'r Mynydd, 7 Heol Coed Cae Uchaf, Blaenafon, Torfaen, South Wales, NP4 9JA  
Tel: 01495 791754

European Trial Race 2005 11km/1086m



	Km	Height	Climb (m)
Spar	0.000	106	0
Ty'n yr Aelgerth	2.500	250	144
Bwlch Maesgwm	5.000	467	361
Snowdon Ranger Path	5.625	360	(-107)
Bwlch Cwm Brwynog	6.250	405	406
Bwlch Glas	10.000	993	994
Yr Wyddfa			
Snowdon summit	11.000	1085	1086

# CLAYTON-LE-MOORS EVEREST MARATHON TEAM

Even of us from Clayton Le Moors Harriers are going out to Nepal in November to compete in the Everest Marathon. The trip itself will be fully funded by ourselves. After a very humbling experience watching one of our team members (Mark Brown) in the Athens Paralympics we decided it was time to put something back into the sport.



Garry Wilkinson, John Roche, Mark Brown, Neil Worswick, Tyrone Morgan, Peter Booth and Candice Leah

We are spending the year raising money for a charity 'Get Kids Going' in particular a 17 year old disabled wheelchair athlete called Shelly Woods. She has already beaten Tanni Grey-Thompson and needs funding for the next three years to realise her dream of getting to the Beijing Paralympics Wheelchair Marathon in 2008.

We are hopefully going to give her that opportunity.

We have bought a Mercedes Sprinter Van to advertise our commercial sponsors and it will be travelling to all the major fell races during the year. We have already over £12,000 of sponsors on it from Natwest Bank @ £500.00 to Joe Bloggs @ £50.00.

There are various fund raising events throughout the year, dates below. We are also selling sponsored Everest-Challenge T-Shirts (bright yellow if you haven't already seen one) and raffle tickets as we tour the race circuit.

Our fund raising year ends on Friday 23rd September with a Dinner Dance the 'Everest Marathon Ball' at the Dunkenhalgh Hotel, Accrington. We have so far booked a live rock/jive band, to follow the four course meal, together with a pianist and vocalist. Andy O'Sullivan MBE will compere the evening. Our main guests are Dame Tanni Grey-Thompson and her husband Ian and Ron Hill MBE and wife May. The top table includes honorary guests Joss Naylor MBE, Billy Bland, Harry Walker, John Calvert, Keith Anderson and Dennis Quinlan. Other guests include Gary Devine, Sean Livesey, Ian Holmes, Gavir Bland to name but a few big names from the Fell Running World. We hope to make it a night to remember with an auction of portraits of the legends by Paul Shackleton, the £2,000 first prize raffle draw and the presentation of the Race Series Winner which has been sponsored by Waterford Crystal and ETA Sports.

We are looking for table managers to collate tables of 12 at £50.00 per ticket.

Contact either Garry Wilkinson – 07973 817677 or John Roche – 07789 770324

You can also donate at our website - [www.everest-challenge.co.uk](http://www.everest-challenge.co.uk)

**PLEASE HELP US TURN DREAMS INTO REALITY.**

## EVEREST CHALLENGE FUND RAISING EVENTS

**1st MAY:**

NORTHERN SOUL ALL DAYER - THE CIRCULATION CLUB - BURNLEY

**29th MAY:**

JS ROCK BAND - RENDEZVOUS - WHALLEY

**18th JUNE:**

UPTOWN BAND - KEIRBY HOTEL - BURNLEY

**14th AUGUST:**

MAG 7 WORSTHORNE - LIVE BAND & DISCO

**23rd SEPTEMBER:**

EVEREST MARATHON BALL - DUNKENHALGH HOTEL - ACCRINGTON WITH SPECIAL GUESTS

## EVEREST CHALLENGE RACE SERIES

**OVERALL SERIES WINNER PRIZE SPONSORED BY WATERFORD CRYSTAL**

Wed 4th May 7p.m. – Don Barton 4.2m Trail Race – Whitworth

Sun 29th May 12 noon – The Great Hameldon Hill Race – Accrington

Wed 15th June 7p.m. – Roger Hargreaves Memorial 5m Trail Race – Foulridge

Sun 14th August 11a.m. – Mag 7 Fell Race – Worsthorne

WORLD  
MASTERS



KESWICK  
2005



## World Masters Mountain Running Championship Keswick 2005

### Entry Form for Postal Entries.

Postal entries must be received by 1<sup>st</sup> September 2005 (sorry no late entries or entries on the day) and sent to:

World Masters Keswick 2005 Entry  
The Council Offices  
50 Main Street  
Keswick  
Cumbria  
CA12 5JP  
UK

Entry Fee: £20, £15 to FRA members. Cheques should be made payable to 'Allerdale Borough Council'. UK Entrants please include a SAE.

Overseas entrants **only** can pay at Registration but you must still pre-enter as we must allocate you your race number.

**Class**      W35  M40W40  M45W45  M50W50  M55W55   
                  M60W60  M65W65  M70W70

**Sex**      Male  Female

**Forename**

**Surname**

**Club**

**FRA Membership No.**

**Nationality**

NB - UK entrants please give Home Country i.e. England, Scotland, Wales or Northern Ireland

**Date of birth**

**Address**

**Postcode**

**Telephone**

**Email**

**T shirt size**

Small  Medium  Large

I agree to comply with the Rules and Regulations of WMKeswick2005 and I am physically fit to compete in the Event.

**Signature**.....

*Dr. Sean Hudson, the author of the next piece, is an occasional Keswick AC member and adventure racer and is coordinating "Expedition Medicine" who are providing medical cover for the World Masters in Keswick this September.*

# Marathon des Sables 2005

I believe there are two essential items for the creation of adventurous trip: likeminded individuals and alcohol. In the summer of 2004 events conspired to unite me at a party with some expedition friends: middle aged, drunken males looking for another challenge. The conversation eventually came around to the possibility of trying the Marathon des Sables, an ultra distance marathon across the Sahara desert. Buoyed up by bravado and alcohol we agreed to sign up.

By October my deposit was paid and our original excited group of five had reduced to two. The next six months were to be an endless treadmill of 70-100 miles per week, testing different foods, shoes, gaiters, hats and worrying about sand in shoes, eyes, and shorts. About 2000 miles later and several worn out New Balance trainers, I found myself in Morocco.

Initially I was surprised by how cool Morocco felt. This relative coolness I soon discovered was the result of Quazarate being relatively high and close to the Atlas Mountains. Five hours later in the Sahara Desert the temperature had risen by about 10 degrees to around 40 and the dry heat was stifling.

The event itself was the creation of the inspirational Patrick Beaur. Imbued with Gallic flare he managed on a daily basis to transform subdued, tired individuals into running maniacs. His enthusiasm was certainly infectious and the team whom supported him seemed to have been infected by his contagious enthusiasm and worked constantly and, on the whole, enthusiastically despite the often unpleasant conditions.

He greeted us on arrival, despite the sand storm, and outlined the following week. It now sounded a more daunting prospect than ever. There followed a grilling by the French medical staff and a two-day settling in period with our new tent mates. Most of the two days were actually spent in our Bedouin tents, goggles on and scarves wrapped around faces as the sand storm

continued virtually unabated for all this period. Flattened tents, toilet blocks and the almost continual sensation of chewing sand.

By the morning of the first day of racing the weather had cleared, beautiful clear skies. The first stage was viewed as a warm up: 29 km mostly across sand and dunes. Like the rest of my tent we had decided to take things easy and drink plenty. The temperature reached 38 degrees and the dry heat made it feel like running at altitude. However we all felt relatively comfortable and not too daunted by our initial experience of the desert.

During the evening the normal rumour machines started, 'This is going to be the hardest MDS yet, as New Balance wanted it to be the hardest footrace in the world.' The consensus of opinion is that it appeared hard enough already, why make it worse. The next day we discovered how unpleasant things could get. The second stage was 38 km. This was designed as the dune phase, but there seemed to have been little other than sand and dunes up to this point. Despite the 800 competitors it was incredibly easy to lose sight of others through the dunes. It was like being on the high seas, only spotting others on the tops of dunes and, incredibly, people were all over, navigation not being a strong point of other European countries.

Day 3 was only 6-7 km longer than day 2, mixing dunes with beautiful ridges and long sandy plains, the final checkpoint was positioned just prior to what looked like a relatively simple climb and then down to camp, easy! The last climb was 900m up a bank of sand, which allowed access to the ridge. There were bodies all the way up the dune in various states of disarray, I passed several passed out and stopped twice to lend assistance to unconscious runners. Surprisingly only eleven drop-outs were recorded after three days out of nearly 800 starters.

The 4th day was the crux, 76km. Most people had trouble going to the toilet in

the morning never mind running two marathons back to back across the Sahara. However everyone lined up and struggled off. It was a test of stamina, and mental fortitude, it was difficult to drift off in an attempt to focus on something other than the heat and pain, as you had to concentrate to drink and eat and manage any hot spots. Sixteen hours later we arrived in camp. Runners were still arriving 33 hours later, several having been rescued after getting lost during the night and running out of water. The Korean team seemed to suffer very badly and several participants were confined to the clinic. The proposition of time penalties did drive some to make escape bids before IV lines could be sited!

Our 5th day was a rest day, but in Saharan fashion a sand storm blew up which confined us to our tent. This particular tent was designed not to blow down by virtue of its string vest design; it did however result in more sand for breakfast, lunch and dinner.

The remaining two days were a marathon and a half marathon. Those who could walk without the aid of opiates were now feeling acclimatised and I was now 8kg lighter so the next two days were quick, with the British surprisingly doing very well (not beating the Moroccans, but they aren't normal).

The finish was fantastic, running into the arms of our ebullient French host, tears in his eyes, greeting every competitor. Bands playing, the clinic in full swing, and palpable relief in abundance.

It was an incredible feeling to finish what was for me one of the hardest events I have ever been involved in. I was bewildered by the conversations in the bus back to our hotel of repeating the whole torture next year!

It's definitely a once in a lifetime challenge for me.

Cold challenges in the future.

## Please Sir, can I have some more ... fell running shoes



**Do you have you an old or unwanted pair of fell, trail, or XC shoes that you can pass on to a junior fellrunner?**

We have no bare-footed waifs (one lad finished in his socks at a Bunny Run, but that had more to do with the glutinous mud sucking off his shoes ...). But many of our new junior fellrunners are running in trainers that don't give them the grip they need.

They'll be buying their own shoes soon enough (fear not, retailers!), but your unwanted shoes could get them off on the right foot.

Contact Dave & Eileen Woodhead, 01535 669100 if you can help.

PS All sizes of shoes needed - some of the juniors have really big feet!

# THE 17TH UK ATHLETICS BRITISH FELL & HILL RUNNING RELAY CHAMPIONSHIPS

OCHIL HILLS - ALVA - CLACKMANNANSHIRE

SUNDAY 16TH OCTOBER 2005

ORGANISED BY SCOTTISH ATHLETICS HILL RUNNING COMMISSION

This year the British Fell and Hill Running Relay will return to Alva, the venue of the 1999 event. Alva is located in the central belt of Scotland, close to Stirling, and at the foot of the Ochil Hills, within easy driving distance of northern England. The Ochil Hills themselves rise steeply above the town offering some tough climbs, but once you're onto the tops there is some lovely grassy ridge running to be found. The courses will capture all of the variety of terrain to be found in the area. A sheer pleasure to run in, the Ochil Hills are also the local training ground for three recent British Champions.

#### Details

The race will start at 10.30 a.m. on the road adjacent to Johnstone Park. Registration will be open from 8.30 a.m. to 10.00 a.m. in Alva Academy. Parking will be at the academy.

#### Experience

All runners must have recent experience of fell racing (competing in at least 2 category "A" races in the last year).

#### Eligibility

The relay is open to Clubs affiliated to UK Athletics (or one of its constituent area associations). All runners must be first claim members and be over 18 years old on the day of the event. Each team must consist of six runners, each of whom may run only one leg of the event, i.e. no "doubling up" within or amongst teams.

#### Categories

- Clubs may enter teams in three categories –
- Open (this may include members of both sexes)
- Veteran Male (40 or over)
- Ladies

#### Entries

There will be a limit of 100 teams for this event and Club entries will be allocated on a "first come, first served" basis until the limit is reached. Clubs may enter more than one team in each category but the acceptance of these additional teams will be dependent on entries received and cannot be guaranteed.



On the way up Ben Evers above Alva  
(Photo Mark Johnston)

The entry fee is £40 per team and cheques should be made payable to "Carnethy Hill Racing Club". Entry fee includes maps and food. All entries should be sent on the official entry form (photocopies acceptable) to Moira Stewart, 38 Darnell Road, Edinburgh, EH5 3PJ and must be received by Monday 5th September.

#### Safety Requirements

In accordance with FRA safety requirements, the following equipment MUST be carried by ALL runners:

- Waterproof and windproof full body cover
- Compass and whistle
- Hat and gloves
- Map (provided)
- Emergency food

Kit will be checked and non-compliance will result in team disqualification. Passing equipment onto next leg runners is not allowed.

#### Route description

The course area is covered by OS Map 58 and the Harvey's Ochils Map. Two 1:25,000 Harvey's maps per team will be provided at the event (approx. A4 size). The courses have steep grassy climbs and descents, some with heather and tussocks in places, though much of the running is on good grassy terrain. Hill shoes with studs are strongly recommended. The routes for legs 1 and 4 will be partially marked with leg 2 fully marked.

Leg 1 : Solo 6 miles, 2500ft (est. 45min fastest time)

Leg 2 : Solo 6 miles, 2500ft (est 45min fastest time)

Leg 3 : Pairs Navigation (est. 65min fastest time)

Leg 4 : Pairs 8 miles, 3700ft (est. 70min fastest time)

Navigational experience is required for legs 1, 3 & 4, especially so for leg 3. The distances and ascent may be subject to slight alterations. Details of the routes for legs 1, 2 and 4 will be available at [www.carnethy.com](http://www.carnethy.com) as soon as the routes have been finalized. Full information will be provided with the final details.

#### Further information

All competing clubs will be sent a race information pack shortly after the closing date. For further queries regarding the event, contact:

Mark Johnston (Tel : 01506 670184, Email : [frarelays@carnethy.com](mailto:frarelays@carnethy.com)).

Also keep an eye on [www.carnethy.com](http://www.carnethy.com) for further event information.

# THE 17TH UK ATHLETICS BRITISH FELL & HILL RUNNING RELAY CHAMPIONSHIPS

OCHIL HILLS – ALVA – CLACKMANNANSHIRE,  
SUNDAY 16TH OCTOBER 2005

## Official Entry Form

Club	
Name of Club official responsible for entries	
Address of Club official responsible for entries	
Phone number of Club official	
Email address of Club official	

Each club is guaranteed one entry in each of the categories. Please enter as many teams as you like. However, if there is more than one entry in any category, the organisers reserve the right to refuse the extra entries if the race limit is reached. Extra teams will be distributed as fairly as possible across clubs who require them.

Team Category	Number of teams entered
Open	
Male Veterans	"
Ladies	

Total number of teams entered	
Total amount @ £40 per team	

Please make cheques payable to "Carnethy Hill Racing Club"

Entries to be returned to – Moira Stewart, 38 Darnell Road, Edinburgh EH5 3PJ

Please enclose a stamped, self addressed envelope (preferably A5)

Entries to be received no later than Monday 5th September 2005

LATE ENTRIES WILL NOT BE ACCEPTED

# Secretary's Corner

There have been the two meetings of the FRA Committee since the last issue of the Fellrunner.

Here are some brief notes from these meetings. Further information can be obtained by contacting me directly.

## COMMITTEE MEETING – KENDAL

Saturday 13th February, 2005.

The Committee agreed to fund junior athletes attending the WMRA Championship in Wellington by an amount not exceeding £250 per head. This is to be paid into a central fund, and drawn on subject to approval by the Chairman and the Treasurer.

However, a proposal by the Chairman of the International Selection Committee to provide similar funding for senior athletes provoked a great deal of discussion, as might be anticipated. Ultimately this was put to a vote and it was agreed that provision of funding would be made – but the amount would be restricted to a maximum of £150 per head, and it would only be available to runners who are FRA members on 13th February 2005, and it would be administered as above. This funding is for the 2005 championship only. Future funding will be subject to the outcome of the debate on the issue at the 2005 AGM. The selection process remains the same.

The AAAoE will only provide a limited amount of kit every three years for athletes selected to run for England. We accept that it is reasonable for athletes to partly fund their kit but also agreed that, if the AAAoE held to this limited provision, the FRA would share the cost to a maximum expenditure of £1500. If this needs to be done, then we also think that this kit should carry the FRA logo.

The PST have expressed concern at the proposed lack of English teams at the 2005 Knockdhu Home International. After a discussion, where some Committee members said that it was a shame that we would lose this opportunity for runners to represent England, it was, however, agreed that the International Selection Committee's decision would prevail.

The next Junior Training Weekend at Westfield Lodge, near Haworth (30 April – 1 May) was detailed by the Junior Coordinators, Dave & Eileen Woodhead.

The replacement for the Black Forest Teenager Games is Suza. This event clashes with the Settle Hills race (a Junior Championship race), so the latter is probably going to move to a different date. The old trials race for the Black Forest Teenager Games is to be retained as a Junior English Uphill Championship Race.

Jon Broxap, the Event Director for the World Masters in Keswick, asked for help at the event from any runners who would not be directly involved in racing on the Saturday.

Concern was expressed that some remarks which had been made on the FRA Website Forum were libellous, and that, unless some control was applied, the FRA may be legally at risk.

A Coaching Subcommittee has been set up comprising Peter Shields, Sarah Rowell and Adrian Woods to look into providing event-specific modules for fell running.

It was decided that the regrading of the Three Peaks, while mathematically correct, should really have been done in discussion with the organiser, and it should have been done as part of an exercise dealing with all such anomalies. It was agreed that the FRA would send a letter of apology to the Three Peaks Committee and that the race should revert to its former grade – pending a regrading exercise which we will be conducting in the future.

## COMMITTEE MEETING – BUTTERMERE

Sunday 8 May, 2005.

It was reported that the English Championship is proving successful - the only major problem being the entry restriction at the Buttermere Sailbeck, which was limited because of parking facilities, and the number of "dibbers" available.

The AAAoE has altered its position again and will now supply all kit requirements for 2005 subject to the "three year rule". The FRA has offered to facilitate discussions between INOV8 and England Athletics with regard to future kit provision.

At the last meeting it was suggested that the International Selection Subcommittee put together a package of suggestions regarding sponsorship - "A Guide to Grant Aid" has been produced by Steve Fletcher.

Jon Broxap gave a report on the Keswick World Masters weekend, and of the work that the Local Organising Committee is doing for this event. Registration is to be at the Moot Hall, with most other events being centred around Fitz Park where there will be a marquee to accommodate the award ceremony, pasta party and dance. Vests for the World Masters event in Keswick are to be supplied through Pete Bland Sports. The Open race, which will be on Sunday, is now confirmed as following the long course. Concern has been expressed about an article in a German Running Magazine decrying the habit of downhill racing, and we are to publish an article on our website refuting these claims.

Meetings with the National Trust and the Lake District National Park Authority have raised concerns about the numbers of runners taking part in fell races, and there is a general feeling that this might lead towards limits, which could, in turn, impact on future championship selection. It was agreed that race organisers should be encouraged to discuss routes with landowners with a view to assessing potential damage to fragile areas, and re-routing where necessary. This may improve the situation and protect the future of some races.

The 1993 agreement between the FRA and North West Water (now United Utilities) is to be reviewed, and this may result in a charge for race organisers.

Access to the NT-owned Peak District Eastern Moors (incorporating Stanage, Froggatt, Burbage etc) is possibly under threat from a proposed change of ownership to RSPB. We are being kept in touch with developments by the BMC.

At the time of this meeting, the future of the PSTs (and not just the Mountain Running PST) was under review, with rationalisation of the endurance disciplines into a single body being the bookie's favourite. By the time you read this magazine, you may know the answer ... but I doubt it.

At the December meeting we set up a subcommittee to look into Risk Assessment and assess its necessity and practicability, with particular reference to runners' safety, organisers' liability, and legal requirements. This subcommittee reported back to the meeting and their findings were ratified by the full Committee. Details of these findings should appear elsewhere in this magazine.

# OVER THE HILLS TO GLENLIVET

or "It's a lang wa tae gang fae a bath in hot whisky"

from Colin Lavery

Glenlivet is situated some thirty five miles north west of Aberdeen on the edge of the Cairngorm mountains.

It was one of those memorable evenings. Sheep bleated contentedly and an air of peace prevailed across the glen. I always enjoyed the drive down Glenbuchat, especially on an evening like this. I swung off the tarmac road and took a rough, unmade track into a dark forest. For several miles I coaxed the car along, swinging left and right but also up and down. The suspension wasn't happy. At last I arrived at a clearing in the forest and a solitary house marked on the map as Aldachuirie. It is difficult to imagine a more lonely spot than this, yet this house is visited by a steady stream of visitors who brave the rough forest road to see the many art exhibits on display. This place is better known as the Lost Gallery, an appropriate name for such an isolated and magical spot. I parked my car next to the gallery and asked permission from the owner to leave it overnight. I informed him that I intended to be back by lunchtime the following day. I rummaged in the holdall in the boot and quickly sorted out the gear I would need. This was going to be an evening for shorts and vest, a minimalist approach to hill running. My bum bag was quickly crammed with those items vital for the trip and the final touch was to stash my keys under a prominent rock. A final glimpse at the watch showed it was six, which meant that all being well, I should arrive in Glenlivet at about eight thirty.

I broke into a gentle jog through the trees on an easy level path, an undemanding start. Early evening sunbeams pierced the trees and lit up the trail in front of me. All that could be heard was an occasional bird call in the distance and the tumbling noise of a burn which ran alongside my path at the margin of the trees. A rabbit darted out at my feet and quickly disappeared into the undergrowth. Without warning, the burn suddenly became noisy and cut across my path. Somehow I had to cross it. The large tree trunk which spanned the water last year was gone, so it was going to be necessary to jump the boulders in the river bed. After some searching, the best crossing point was finally found. I set off, bounding from boulder to boulder. After seven jumps I was across the burn but it cost me a soggy foot. The grassy bank was a welcome relief and gave me the opportunity to wring out my sock. God, how I hate cold, wet, soggy socks! I continued running and soon arrived at the ruined bothy known as Duffsdefiance. This was where a would-be squatter by the name of Duff built a hasty shelter and lit a fire before the factor's "man" could arrive. He could therefore claim "squatter's rights" and not be evicted, under the laws of the day. Hence Duff showed defiance against the factor and his laird.



Colin halfway to Glenlivet (Photo Colin Lavery)

From the ruin a narrow peaty path started to wind its sinuous way, steeply upwards through rough grass and heather. Legs and lungs began to labour as I slowly ascended the unrelenting incline up to the ridge of Finlate Hill. After some twenty minutes of sustained climbing, I reached a broad Landrover track which levelled out on the crest of the ridge. Fifteen minutes of easy, flat running was spread out before me and I was able to recover some breath. I looked back, the view was spectacular. Glenbuchat lay below me and in the distance could be seen the celebrated hills of Lochnagar and Morven. The narrow ridge fell rapidly away on each side of my path and straight ahead could be seen the main ridge of the Ladder Hills, my immediate destination. The ridge was breached by a tiny nick and to its left stood the high point of Dun Muir at 2,474'. My path began to climb steeply again and the going became boggy. I started to leap from one tussock to another in a vain effort to avoid another wet foot. The ground steepened even more and I soon reached a gully filled with pure white snow. This was relatively easy as it was firm and smooth. It easily bore my weight. At last I reached the nick in the main ridge. A great whaleback of a ridge clothed in short grass and stones. A gentle breeze blew pleasantly through the gap and I collapsed with my back to the cairn and hastily rummaged for my Mars bar. Below me the ground dropped away in a great sweep and the whole of Glenlivet came into view, complete with a distant distillery. This was the best bit of the whole route, one of my favourite spots. I savoured the view until I had recovered enough to move on.

Looking down the fearsome slope, I began the very steep zig zag descent down a narrow shaly path. This was easy going on both legs and lungs and I was able to take in the spectacular views as I gradually descended the Ladder Pass, a route made famous by the cattle drovers and whisky smugglers who passed this way. After a long and sustained descent, I arrived at the valley bottom, known as the Braes of Glenlivet. The lonely cottage of Ladderfoot

was the first cottage I came to and a burn had to be crossed again. This time, mercifully, a narrow one so wet feet were avoided. A broad and level Landrover track took me to the hamlet of Chapeltown of Glenlivet with its tiny Catholic church and distillery. This remote area is still strongly Catholic having been largely by-passed by the traumas of the Protestant Reformation. Near by was a cluster of buildings known locally as Scalan where priests were relatively safe to train during the troubled Jacobite times.

The rest of my route was to be a straight forward four miles of tarmac. Just as well as I was beginning to tire. The air was cooling rapidly as early evening began to fall and a head torch was needed for the last leg. I slipped into a comfortable, un hurried jog. Left-right-left-right the running became mantra-like through the failing light. I passed a farmhouse in the "gloaming" and a dog barked its warning, then fell silent. The dark outline of The Bochel (Shepherd) Hill slipped past on my right. Eventually I reached the road junction at Knockandu, Gaelic for "little black hill". Turning right I took the deserted Tomnavoulin road, great names these! My feet were definitely becoming a bit "nippy" by now as I reached my final destination, The Roadside Cottage B&B, run by Rita Marks.

This is without a doubt, the best bed & breakfast in the glen if not the entire universe!

Now Rita and I have this unique arrangement. I take the fried part of my breakfast on arrival, which is sufficient to cope with after a long run, then it's cereal and toast in the morning which isn't too heavy to run on, when I make my return to Glenbuchat.

Rita met me at the door and showed me my room. I collapsed in a heap on the bed until I recovered a little. Then it was off for a hot bath in water so peat stained that it looked like hot whisky! This is very appropriate, after all this is Glenlivet! After the meal it was time for a stroll down to the "local" for a beer, followed by late night TV in bed. I put the light out and looked straight up through the velux window that was directly above my head. The stars were out in full force and contrasted against a jet black sky. A Curlew gave out its cry somewhere in the darkness out over the moor. As I gazed out of my own personal observatory, I wondered if the weather would hold for my return trip tomorrow. My legs had a satisfying ache about them and my feet were not so bad. I should be in good shape by the morning. I lay back in contentment and dreamed of the many other runs I have made and runs I hope to make.

A perfect end to a memorable and classic route.

*When I received the next article and read it I found many happy (?) memories flooding back. The Edale Skyline used to be one of my favourite long races and Philip has clearly come to terms with the ambience of the race - it really is an event for bad weather, preferably with appalling visibility thrown in, when your progress alternates between straightforward, fast, exhilarating ridge running and what seem like hours of floundering through bog and tussock in a permanent state of navigational anxiety. I well remember on one particularly foul day coming across a stationary fellow competitor mid-calf deep in bog halfway across the endless stretch to Brown Knoll - when I enquired if he was OK he burst into tears, forced out a strangled, "No, I'm bloody not!!" and started to stagger his doleful way off the route and back down into the valley to solid ground. Lovely race!!*

# The Edale Skyline – “What Skyline?”

from Philip Jones

“Don’t go anywhere on Kinder in any sort of weather without a map and compass. There’s a lot of peat and a lot of sharp edges to fall off.” - Mike Harding: “Walking the Peak and Pennines”

We all laughed at the start when Monday’s weather forecast was announced alongside Sunday’s. Three hours later I was stuck in a bog. The possibility of still being there the following day didn’t seem quite as amusing, somehow.

“Visibility – poor”, the man had said. The man wasn’t wrong; the clag was down, the skyline up there somewhere and our first task was to find it.

After three paces I took my first deep breath and the strain sprang the clip on my over-stuffed bumbag, causing it to whip round like a bolas and nearly take out the four runners immediately behind me. I mumbled my apologies and we carried on, through the green meadows and then zigzagged our way up Ringing Roger. By the top, I felt like wringing Roger’s neck, though I have since learnt that Roger isn’t a person at all, but a corruption of the Old French word ‘rochez’, or rocks. So we ran around and around the ringing rocks, and around a bit too far in the case of a couple of dozen of us who took the wrong line in the fog and played Follow-My-Leader for a mile or so before realising that the leader hadn’t a clue where he was. Next came a series of ad hoc conferences, the main purpose of which seemed to be to shuffle leaders on a rota basis so that no-one would know who to blame for our predicament. For a while, there was more conversation than running:

“We should be heading East, not North-West.....I’m sure there aren’t supposed to be any grouse butts here....”. In the end we had to drop down towards a valley to find out where we were, which, sure enough, wasn’t where we wanted to be. We were supposed to be heading for Win Hill, not Snake Pass. So it was back up the hill for us, and a spot more milling about, until we finally rejoined the correct route and the descent off Crookstone Hill to the Roman Road.

Vital time had been lost. I knew that my chances of making Mam Tor Nick and the cut-off within the two and a half hours allowed had become slim. I was going to have to cover the next few miles at a quicker pace than I’d planned. I kept going up Win Hill, and pelted down the slope to Hope village. It all seemed so easy when you could see where you were going.

The climb up Lose Hill was more of a leisurely ramble but by the time I hit the ridge to Hollins Cross and Mam Tor I thought I might have done enough to make the cut-off and, as it turned out, I had, though with barely four minutes to spare.

Something I overheard at the checkpoint puzzled me, though. I was certain that I was very near the back of the field, and knew that around a couple of hundred runners had started out. Yet one of the marshals clearly said, “It’s nearly cut-off time and we’ve only had eighty through.” Where had everybody gone, I wondered? Had my group not been alone in going astray on Ashop Moor?

There was no time to hang around speculating and the marshals were obviously as baffled as I was. I headed off up Rushup Edge with a faint glow of satisfaction. I’d come through the drama and only had to keep jogging gently round the end the valley and I’d be home.

How wrong can you be! The thickening fog should have alerted me to the possibility that the second half of the race was not going to be straightforward.

What followed was several hours of blind wandering through peat hags and swamps, rock climbing, stumbling down groughs and puffing up cloughs. I seemed to inhabit a strange world in which I could see only my own feet. However, once in a while there would be strange meetings, such as at the summit of Brown Knoll, where a dozen bedraggled runners converged, drawn by the magic of magnetic compasses.

I was the last away from this checkpoint, having stopped to fill my cagoule pocket with jelly babies and pull on a second hat. This meant that by the time I sank thigh deep in jet black peaty mud, there was nobody anywhere near me, in front or behind. There was no firmer ground within reach. Both legs were stuck. If I tried to move, I sank deeper. My calves and hams started knotting with cramp. I remembered the weather forecast for Monday. I uttered some pithy remark which could be translated for polite company as, “Well this is a pretty pickle, and no mistake”. I swayed to and fro in the swirling cloud like a bizarre bogland plant. Lost in a bog, in a fog.

A number of plans sprang to mind: rolling, though I feared that, once down, I might get my arms stuck too; or using my whistle in the hope that sooner or later someone would come to my rescue. (The equipment we carry on fell races isn’t just to satisfy some bureaucratic whim – it’s potentially life-saving. I’m willing to bet that there were plenty of runners on the Edale Skyline on 20th March who were glad that the Dark Peak organisers had been thorough in their pre-race equipment checks and who would have used every item on the checklist, including compass and whistle).



At least they know where they are on this bit!! Skyline runners in the mist  
(Photo John Gunnee)

In the end I made a decision to dig. Using my hands as shovels, I managed to excavate holes around my legs. These kept backfilling themselves but I found that, if I worked fast, I could scoop out holes to below knee level. This worked, and I was free again to stumble on to the checkpoint at Jacob's Ladder.

The after-effects of my adrenaline rush combined with exhaustion to make the next few miles a stagger. I gobbled jelly babies furiously and plodded on, before getting lost again amid a jumble of weirdly shaped rocks, which I think must have been 'The Woolpacks'. The witches from 'Macbeth' would have looked at home there.

I was so certain that I'd been left well behind by all the other remaining runners that it came as a shock to find folk wandering around trying to find the checkpoint at the cairn on Grindslow Knoll. With hindsight, it was hilarious – pairs, groups and individuals would loom out of the fog, coming and going in all directions, some returning from the Knoll, some still on their way out, none of them certain where they were.

After Grindslow, I only missed my way twice, although the second mistake caused me to begin a second lap of the course, which wasn't exactly what I had in mind at this point. It was a shout from a fellow runner that put me right, and I retraced my steps to the path that dropped down to the final checkpoint, back on Ringing Roger. This time, though, it was Whistling Roger. The marshal, bless him, was giving out blasts on his whistle every five seconds to guide the runners down from the Kinder Plateau.

The final run in across the meadow was glorious. I could see again, I was alive, those kind jelly babies had refuelled my legs, and it was the finish.

The results later showed that over a third of the starters didn't finish, though comments on the Dark Peak website suggested that even they had enjoyed the adventure.

Runners were full of praise for the organisers, which I must echo. Some of those marshals were stuck in Godforsaken places, at the highest, soggiest, foggiest and muckiest points of the whole route.

What good value the race had been, with those extra, bonus miles and all that farcical comedy! However, I would have liked to have seen the Edale Skyline, at least once. Still, there's always next year....

# Today is race day!

from Ben Abdelnoor

**I**t begins with the preparation and attention to detail: distance, estimated times, ascent, checkpoints and terrain. My mind plays out the various possible outcomes... a top-ten finish? Getting lost in the mist? Missing a checkpoint? A slip, a fall, an injury? But nothing quite prepares for awakening on race day. First thoughts are over a forced breakfast of porridge, toast and honey. What's the weather like? Have I got all my kit? Out the window grey cloud drapes the mountain tops. Rain is promised and I'll be grateful for the cooling breeze. Nervous anticipation swirls in my stomach whilst the excitement of starting begins to bubble inside. I gingerly warm up, stretching and looking at my competitors - who looks good? Who do I recognise? How big is the field? Friendly faces smile back and nod - each of us acknowledging the pride of being involved in this almost secretive event.

Called together, we huddle like sheep, jogging stationary in a futile attempt to keep from freezing whilst instructions are shouted: "Use the stiles", "Four checkpoints", "Cut-off times...", "Full kit necessary", "Best of luck", "Go!" And with that we charge off up the lane, jostling and pushing for position. The climb through the heather begins in earnest, quickly the pack spreads out, a peloton in the Alps, trusting only our legs. A neat and orderly spacing of runners stretches out, above me disappearing into the cloud tops and below me snaking down to the valley floor. So pretty to watch yet so painful to belong to. Time drags as we gain height, reach the summit and first checkpoint where encouragement stands clapping, jotting down numbers, calling out times. By now lactic acid is a burning pain in the muscles, sweat drips stinging into the eyes and my back aches from climbing bent double. But the brief respite of rough summit ground is welcome. My mind wonders what I am doing, I decide that it is no fun: "My last race," I mumble. I look at the view through streaming eyes and with burning lungs, barely registering the beauty of the fells - purple heather, tussocks of grass and swathes of green amid rock-strewn fell-tops. Pained appreciation. And then it's down; steep, twisting down with quick thinking mind, darting eyes and clumsy ballerina feet tucked tight into Walshes. I try to twist and turn, instead trip and tumble downwards. Old men are passed and stronger men flash by (and vice versa) as the helter-skelter downfall continues. The knee-jarring, aching back and mental games plateau out as I hit the valley bottom. Rain and sweat-sodden clothes cling to the body but it's barely noticed as I urge, nay plead, with myself to lengthen my stride. Alas, it is gone - I have nothing left to give. And then suddenly I am swept on by euphoric feelings: I've nearly done it, I'm high in the field, people'll be watching, I'll be watching, analysing, thinking, dreaming, re-running this race for weeks. I have to do well, I cannot let myself down. No regrets. With a rush of blood to my head I stretch out for the finish, collapse over the line, exhausted, relieved, so happy and so proud. Drink in hand, soaked and salt-crusted, cold and cramped I stand at the finish applauding each friend cross the line. For to me all fellrunners fit that cliché, "Friends (and lovers of this game) I haven't yet met." Eventually I turn to seek warm clothes, food, a beer and the inevitable chatter of post-race discussions. And when the time comes to take my leave I think to myself: "Why ever did I think to make this my last race? To run is the greatest feeling in the World!"

# UNLUCKY 13 FOR THE HARDEN MOOR BUNNY

By Eileen & Dave Woodhead

**H**ow to start this 'tail'?? In October when the bunnies were booked in to the FRA Handbook and Calendar everything was in order, police permission given, countryside commission sanctioned, moor key gates obtained, negotiations with the model aeroplane club, farmers with access to the moor notified and, as always, a mail drop organised to all the stables/ riding establishments who might use the bridleways on the moor on the Tuesday nights through the Bunny Run season. But then, three weeks prior to the races, the Guide Inn landlady moved the goal posts, so to speak, after being OK about them in October. Demands were then made that we should up the entrance fee so the pub would not lose money, since the statement was that they lost money on these events. How this is possible is beyond us, because the pub has always been packed to the rafters for thirteen years now, as anyone would testify who has enjoyed the somewhat enthusiastic prize giving. Also all previous Guide Inn proprietors have been overjoyed to have the business and have bent over backwards to make the event what it has become. The question also begs, why wasn't it mentioned in October that the Guide Inn had lost money on the 2004 bunnies?

First off we will NEVER EVER add money onto an entrance fee to have a prize giving in a public house, this is totally against what we believe in as race organisers, the pub should be more than happy to have people through the door and if they can't make money on them then surely they are doing something wrong. Our races off Penistone Hill, where we return to the Old Sun Hotel, have no problems, and they even go out of their way to supply FREE SOUP & ROLL to all who attend the prize giving.

So our first obstacle this year was that she wanted money for us to stage the bunny races; at such short notice we had no

option, so money crossed palms, much to our disgust. However it didn't stop there, car parking became a problem, registration had to be done in a little alcove in the pub, as in the past photos had been displayed on the windows this now became an issue, even toilet paper became an issue and the final insult was when she said that, "runners were disrespectful of the pub". Next year she wants to see a levy on all runners, that way the Guide Inn would not supposedly lose money.

So there was an undercurrent in this year's Bunny Runs, but hopefully this didn't detract from the experience for the 1200 plus athletes who attended the four race series and the finale, the Bunny Run Relay.

## BR1 - for chocoholics only

Besides our dilemma over what was happening behind the scenes, BR1 took place with a massive 267 runners racing round the three mile route, all for the customary Creme Egg and mammoth chocolate prize giving. 'Southern softie' John Heneghan finally got his hands on the perpetual cuddly bunny rabbit trophy, which is only available at BR1 to first man, first lady and first V40 and he also won the egg stage prize in 3-21, a slow time considering the tail wind. The V40 cuddly bunny is firmly hatched in the Andy Shaw household now for the 4th year, obviously Andy's bedtime stories, lots of carrots and his daily cuddles are keeping the bunny happy.

Remember last year we said, "Blue is the new you"? How right we were, because U14 English Champion, Blue Haywood, started her BR campaign by not only winning her age group, U14, but "Blue" away all the U16 girls, and more impressively left all the senior ladies in her wake as she recorded a new FU14 & FU16 record of 21-44. Second to Blue was 2004, BR2 winner Lisa Mawer, who had recently won the South Leeds 5 road race,

but last September 37 year old Lisa damaged her knee just after setting the fastest time at the Northern Road Relays and only found out much later it was a fracture. "I have only been training since late January, so was well pleased with my run, I suppose I did go down the steep descent like a fairy, because I was passed by loads. It was on the steep slippery banking that Blue and Amy just powered past. I thought to myself, not having that, will have to pull my socks up in future, but could do nothing that night." The main reason Lisa ran was so Rosie and Harry her children could compete because they had had their own training programme since watching mum triumph last year. All bunny runners know that your shoes must be tied tight, double knotted, taped to your feet, otherwise the glutinous, evil smelling knee deep bog will soon swallow them, never to be seen again. Amongst the bog's victims was aptly named Jonathan Hare of Halifax Harriers who finished in his socks in an astounding 6th overall and first U16.

## BR2 - the Holmfirth night

"Born to win, superstar", Mark Buckingham returned to record his 10th egg stage win and third BR win to deny John Heneghan, who at the weekend helped Yorkshire to win the men's Inter Counties title at Wrekin. Mark first competed here in 1997 to finish 103rd in 22-29, and since then has won the U16's title nine times and been second U16 five times. It has also come to our attention that way back in 1999, before we had the U14 age group, Mark in BR1 ran 20-36 to finish 29th overall, just ahead of Sarah Rowell, hence we have amended the U14 record.

Holmfirth Harriers also supplied the lady winner, Natalie White, Natalie not only obtained her third BR win here, but had just finished third in the Inter Counties at Wrekin and helped Yorkshire ladies take gold team medals for the

first time ever, making it a grand Yorkshire day out. Natalie, like "Sharky", had first competed in the bunnies as an FU16, and had finished second to Stefana Duniec in the overall 1996 series. Second lady, Sharon Taylor was also one of the "golden girls", while "Little Blue" tried in earnest to exhaust the organisers' chocolate supply by yet again reducing her own record for FU14 and FU16, this time by an incredible 25 seconds.

Loud at the best of times, the Holmfirth contingent nearly brought the roof down when Mr. Consistency, Andy Shaw won the V40 title for the 10th time, with once again an astonishing 265 turning out, with 55 of these being BU16, 20 FU16 and 49 senior ladies.

## BR3 - the Cumbrian raid

The Kendal home of Rob Jebb and partner Sharon Taylor was all the sweeter after their taking their first ever bunny wins on a cool dry evening, although the underfoot conditions were wetter than of late, making the steep slippery banking much harder to negotiate, hence the slow times. Twenty-two year old Jorge Thomas was the surprise package of the evening, running in the colours of Cardiff AC, and he raced to the egg stage prize in 3-30, ahead of a staggering 277 athletes. Studying creative writing at Leeds University, this was only his second ever fell race, having finished third at the Withins Skyline, so he was a bit of a "raw egg" as to how the race should be run and road shoes didn't help his cause. It was on the hill where Jorge struggled the most and ended up pulling on tree roots and digging his fingers into the earth to manhandle himself up the 1 in 2 climb. Rob however is an old hand at these courses, but why he chose this to be his final speed session before winning the 3 Peaks on the Sunday is quite baffling - rumour has it he didn't want to be left at home. Will Rob now become only the second athlete ever to do the double

and win the 3 Peaks Cyclo Cross, for which he will be favourite? Sharing the car with Rob and Sharon was twice British and current senior English champion, Lou Roberts, who although told to set off fast by Sharon, was totally caught out by the ferocity and enthusiasm of the runners at the start of BR2, but progressed to third here behind Blue Haywood. Sharon is also one of those juniors to have come through the BR ranks, and it was Bingley Harrier, Ruth Whitehead, who talked Sharon into competing at BR4 in 1995, where she ran 25-07, now Sharon, like Natalie is one of the best runners in the country. One thing Sharon has remarked on is how times have changed – "Now it's unbelievable how fast the junior boys and girls are running and more encouraging the amount of them; hopefully they'll progress into the senior ranks."

Nick Pearce celebrated his 52nd birthday to finish just behind Sharon Taylor to take the V50 chocolate egg prizes and along with Alistair Brownlee, 17, and Katie Ireland, 14, had "Happy birthday" sung to them by the slightly off key fell running crowd.

#### **BR4 - the wet one**

On a very wet night last year's overall series winner Mark Buckingham duly collected his personalised crate of Briscoe's beer, named, "Sharky's Best

Bitter, the beer with extra bite" at the prize giving, but before this he had demonstrated his fleetness of foot to take three seconds off his own egg stage course record. After a week's illness he needed a short blast, to test himself for the 3000m British University Championships. ( He finished a vest away from victory ). BR1

winner, John Heneghan duly caught the lactic acid leg filled "Sharky" to go on to win and take the overall series.

Surprise, surprise, Andy Shaw won the V40's yet again, notching his tally up to twelve wins, as the nearest veteran was club mate Julian Rank amongst the 215 runners.

Blue Haywood, after running 10m-12s for 3000m at Sheffield easily had the pace to leave Sharon Taylor and Lou Roberts way behind, although these two had competed at Moelwyn Peaks, the British Championship race at the weekend and they said their legs were dead. Like "Sharky", Blue is immortalised on the Bunny Run overall series 2005 beer bottle labels, and was chuffed to little mint balls to see the label "Blue's Little Tipple - small but very strong", underneath her picture. She got dad Russell to carry the crate, since her arms were full of chocolate eggs.

These limited edition bottles, as anyone who has won one will know, have become a much sought after collectors' item. Yet again the pub accused the runners of disrespecting them by drinking this unique

beer in the pub, instead of drinking what the pub bar was selling. This as you all know is sheer fantasy and a sacrilege to a good beer, which has seen at minimum three weeks of toil, sweat and fierce competition to earn. We have yet to see the proof of this accusation, although we had to be very diplomatic.

Unfortunately despite all our best efforts, the pub wasn't interested in accepting our usual contribution of £70 towards the overall buffet, which in the past thirteen years the Guide Inn has been happy to lay on. That was the reason behind all 215 runners at BR4 receiving a small 100g box of Cadbury Crème Egg minis as they crossed the finish line. It was the best we could do in the difficult circumstances and actually everybody who ran got the benefit, whereas the buffet only benefited those at the prize giving. Thirteen years ago when we first ventured with the BR's, the idea behind the buffet has always been that the pub would make extra revenue and since the runners were eating, they would need an extra drink or two.

#### **BR RELAY - the sunny one**

The same men's team won again, Mark Buckingham - 12-27, Lee Siemaszko - 12-52 and Chris Doyle - 12-55, just that they renamed themselves, "The North X1", why, who knows, but they beat the "Bingley Boys" of Ian Holmes - 12-49, Andy Peace - 14-06 and Rob

Jebb - 12-47 easily. "Sharky" ran the fastest leg and the third fastest time ever, behind Mick Hawkins's 12-13 and Mick Hill's - 12-17. This year saw two solo runners, with 17 year old Alistair Brownlee finishing 5th overall, with an impressive running display, although the bog monster managed to suck him in on first leg, so he finished covered from head to toe in grime. The other solo runner finished 17th overall, Mark Richards, who entered as the Lonely Heart, and had competed in costume at the London Marathon as a heart to finish there in 3hrs 1mins and first fancy dress. For the ladies Sharon Taylor ran the fastest time, 15-44, which puts her 6th on the all time list, with team mate Lou Roberts doing 15-51, and along with Saz Rowell, 16-48, "Team 100" took the honours. Why "Team 100"? , it was their combined ages. U14 Amy McGivern ran the third fastest time that night, 15-53 and along with sister Ruth, and Beth Pettit took the FU16 title, with nine chocolate eggs to share. Interestingly their combined ages don't even add up to Saz's.

Sixty teams competed, with a change from the usual relay egg baton because this year saw the baton being a box of three Cadbury's Crème Eggs and it was up to the team to get them round safely, before they could scoff them. It was rumoured several third leg runners just kept on running, since they had the baton and the spoils of their team's efforts.

So hopefully none of you were disappointed with the 2005 Bunny Run series but to be honest the pressure we have had to endure makes you wonder why you bother - especially when a broom is thrust in your hands to sweep the pub floor after you've already cleared away all the debris from the prize giving!! It was only the passion you runners have displayed for the bunnies that kept us going at times and your inexhaustible hunger for everything associated with these low key evening races.

#### **THE FINAL CHAPTER**

ON THE NIGHT OF THE RELAY RACE, THE PUB PUT BUNNY STEW ON THE MENU.....

WE CAN'T BELIEVE SHE BOILED THE BUNNY!!



Bunny Series Lady winners - Sharon Taylor, Natalie White and Blue Haywood  
(Photo Woodhead)

# Not Another History Lesson! (Classic Fell Races part 5)

from Graham Breeze

## Bill Smith: The Bob Dylan Factor

When Pete Townsend, guitarist with The Who, was asked how Bob Dylan had influenced him he replied that one might as well ask how he had been affected by being born. Those who write about the history of fell running must feel the same way about Bill Smith; because we are all pygmies standing on the shoulders of a giant.

Only 1800 copies of the monumental *Stud Marks On The Summits* were printed. There are now over 5000 members of the FRA so the majority of younger members will not have even seen, and clearly cannot own, a copy of this masterpiece. Or to put it another way; Bill's commentary finishes with the 1981 season when the current English Champion, Simon Bailey, was celebrating his first birthday.

This article is concerned with seven races in the 1970s and early 1980s and is based on data published in *The Fellrunner, Stud Marks On The Summits* and original race results. My debt to Bill Smith and the conscientious collators for the early *Fellrunner* magazines is freely acknowledged.

## The Best Is The Enemy Of The Good

Last year a question was posed on the FRA Website Forum on the familiar lines of "Who was the best fell runner of all time?" Comparisons between different eras with different levels of competition, equipment, diet, etc have little meaning but, nevertheless, the Forum question prompted me to revisit the winners of the eight races I considered in the first article on Classic Fell Races (June 2001), but over the first 16 years of the FRA's existence (1970-1985) to compare with the 15 year period (1986-2000) covered in the earlier article.

## Seven or Eight Races

The choice of the original races was explained in the earlier article and included two Welsh, two Scottish and four English races. Going back to 1970 precedes the first running of some of the eight races but for the comparison to be valid the original events have been retained. However the Peris Horseshoe was first run in 1987 and so cannot feature here at all. Of course the race selection remains a selection but the original choice was made to illuminate; not to prove a preconception.

The other striking factor in returning to 1970 is the amount of blank space in the lady winners' columns highlighting the times when women were not allowed to enter fell races and particularly longer races. Blank spaces in the accompanying listings should therefore be interpreted as

no lady runner rather than incomplete information.

Those who have an interest in the early days of "Women in Fell Running" are referred to Eileen Woodhead's article under this title in issues #9 and #10 of the late lamented *Up & Down* published in 1992 (copies available). Eileen starts her article at the 2nd April 1977 when Kath Binns of Sale Harriers won "the first ever official women's fell race, made possible by changes in the AAA laws" at Pendle. However Eileen does also note that fell running at that time was not completely closed to women although recording names in results without any indication of gender, to avoid repercussions from the WAAA, was not particularly encouraging for women, although it certainly reflected the attitudes of the times.

## And So?

Perhaps the most obvious difference in comparing the two eras, 1970-85 and 1986-2000, is the dominance of a smaller group of winners in the earlier period. In the June 2001 study, the only runner to score more than three consecutive victories in any of the eight races was Colin Donnelly with consecutive victories in the Welsh 1000 Metre Peaks between 1991 and 1997. This study records consecutive wins for Billy Bland (4 Borrowdale; 4 Ennerdale; 6 Wasdale), Joss Naylor (9 Ennerdale; 5 Welsh 1000 Metre Peaks), Jeff Norman (6 Three Peaks) and Mike Short (5 Welsh 1000 Metre Peaks). In fact two of Billy Bland's consecutive runs were even longer because he also won the first three Borrowdale and Wasdale races covered by the June 2001 study.

In terms of simple victories Billy Bland is supreme. He records 19 victories in this study ahead of Joss Naylor (16) and Mike Short (11) but he went on to record a further 9 victories after 1985 whereas neither Naylor nor Short won any of these races again. Bland won five of the seven different events listed here and, as noted in the June 2001 study, won a sixth, the Isle of Jura race, in 1987.

The earlier study concluded that the great runners from the 1986-2000 period were Colin Donnelly, Gavin Bland and Ian Holmes; but of those only Donnelly has a victory in this earlier period: Ben Nevis in 1979. However eighteen years later in 1997 he won the Welsh 1000 Metre Peaks to demonstrate a unique longevity at the pinnacle of fell running. No other runner has sustained this performance level for so long.

Billy Bland won Borrowdale in 1976 and thirteen years later in 1988 he won again (and Wasdale) but he then effectively

retired. This writer has no interest in counter-factual revisionism and will not address "what if he had not retired..." questions but there is no need. Who will argue against the proposition that Billy Bland is the greatest fell runner of all time?

Of course Joss Naylor has his devotees with nine consecutive Ennerdale and five consecutive Welsh 1000 Metre Peaks victories amongst the races listed here and Naylor is 11 years older than Bland but this analysis is based on the data illustrated. Races were selected and then winners were identified: data was not sought tendentiously.

What about Kenny Stuart? Triple British Fell Running Champion and still record holder for Ben Nevis, Snowdon, etc.

Well of course he was a great runner but because his early running career was as a professional and the later part as a road runner (Houston Marathon 1989 PB of 2.11.36) his amateur fell running career was relatively short. He scored 6 victories in this listing but none in the 1986-2000 listing and so his overall record, on this data, is less impressive than that of Billy Bland.



"Simply the best?" Billy Bland leaving Blisco summit at Langdale '86 (Photo Pete Hartley)

It might be argued that drawing conclusions from the winners of particular races is flawed and certainly winning does not give the whole picture. Like many riders Joop Zoetemelk only won *Le Tour de France* once (1980) but his six second places indicate that he was a great rider who was unlucky to be at his peak in the same era as Eddy Merckx and Bernard Hinault; both five times winners.

In his booklet, *The Best of British*, Neil Shuttleworth wrote, with considerable prescience, "It is likely that Billy Bland will go down in history as the greatest fell runner to date." Those words were written over fifteen years ago and, in my view, nothing has changed and if another opinion is needed I recommend the rigorous and monumental study "Lakeland Classics-Top 20 Men All Time Ranking" by Brian Martin published elsewhere in this issue.

#### Nemine contradicente?

#### Women

The names of two lady runners appear here more than any others, Pauline Haworth (Keswick) and Ros Coates (Lochaber) both with seven victories and both British Lady Fell Running Champions. The latter (as Ros Evans) later won two more Ben Nevis races achieving her seventh win in 1995.

The June 2001 article concluded that whilst Angela Mudge might eventually become recognized as the supreme female fell runner the record of wins of Angela Brand-Barker was outstanding and she is listed here as the winner of Ben Nevis and Wasdale in 1985 (as Angela Carson) so that suggestion can stand.

#### Other Changes 1970-1985

Of course there were fewer fell runners in the 1970s and between 1971 and 1985 membership of the FRA went from zero to around 2000 and it is now around 5400. The number of races in the Calendar in the same period went from 42 to 190 and it is now over 500.

Whether or not this is all for the better is debatable but what surely is a matter for celebration is that races like Ennerdale and Wasdale, now over 30 years old and epitomizing fell running, are still around for us all to enjoy. There are those who think that if all the gala races and races with silly names disappeared and only 42 fell races survived, as long as Ennerdale and Wasdale were amongst them then things would not be too bad.

#### Fell Runner of the Year/

#### British Fell Running Champion

For reference the annual Champions are included below. The year 1985 was the last in which the Championship was decided on a 10 from 15 format and the 5 long races in 1985 included 3 of the above; Ennerdale Horseshoe, Welsh 1000 Metre Peaks and Wasdale, all of which Billy Bland won (although he came second in the Championship to Kenny Stuart).

#### Sixteen Hundred Words

To conclude this review by recognizing the pre-eminence of Billy Bland may seem as profound as forecasting that the sun will rise in the morning but then, if it was so self evident, why did the question arise to prompt debate on the FRA Forum in the first place?

Since I started with Bill Smith I should finish with him. In 1981 he wrote that Billy Bland had proved to be "one of the finest athletes in the history of the sport" when Billy was only at the mid point in his racing career. As one might expect, Bill's

judgement, conservative as ever, was sound.

#### Thank you

Martin Brady, Allan Greenwood, Pete Jebb, Tony Peacock, Brian Martin & Eileen Woodhead.

#### Ben Nevis:AM:10m:4400

		(first race 1895)
1970 Jeff Norman	Altrincham	1.40.45
1971 Dave Cannon	Kendal	1.33.05
1972 Dave Cannon	Kendal	1.32.57
1973 Harry Walker	Blackburn	1.29.38
1974 Dave Cannon	Kendal	1.30.17
1975 Dave Cannon	Kendal	1.29.58
1976 Dave Cannon	Gateshead	1.26.25
1977 Allan McGee	Keswick	1.29.56
1978 Billy Bland	Keswick	1.26.56
Ros Coates	Lochaber	1.53.23
1979 Colin Donnelly	Cambuslang	1.31.26
Ros Coates	Lochaber	1.56.11
1980 Cancelled		
1981 Bob Whitfield	Kendal	1.26.57
Ros Coates	Lochaber	1.44.25
1982 Kenny Stuart	Keswick	1.27.12
Ros Coates	Lochaber	1.49.22
1983 John Wild	CFR	1.25.35
Ros Coates	Lochaber	1.45.17
1984 Kenny Stuart	Keswick	1.25.34
Pauline Haworth	Keswick	1.43.25
1985 Hugh Symonds	Kendal	1.28.00
Angela Carson	Eryri	1.52.45

#### Borrowdale:AL:17m:6500ft

		(first race 1974)
1974 Dave Halstead	Blackburn	3.05.07
1975 Mike Short	Horwich	3.13.30
1976 Billy Bland	Keswick	2.53.30
1977 Mike Short	Horwich	2.49.03
1978 Mike Short	Horwich	2.44.52
1979 Billy Bland	Keswick	2.37.11
1980 Billy Bland	Keswick	2.41.34
Pauline Haworth	Keswick	3.50.45
1981 Billy Bland	Keswick	2.34.38
Ros Coates	Lochaber	3.30.30
1982 Billy Bland	Keswick	2.43.38
Rosie Naish	Eryri	3.55.13
1983 Kenny Stuart	Keswick	2.45.25
Daphne Varney	Keswick	3.54.30
1984 Billy Bland	Keswick	2.37.45
Pauline Haworth	Keswick	3.26.05
1985 Billy Bland	Keswick	2.42.13
Sarah Haines	Unatt.	4.13.43

#### Ennerdale Horseshoe: AL:23m:7500ft

		(first race 1968)
1968 Joss Naylor	W. Cumb OC	4.00.00
1969 Joss Naylor	W. Cumb OC	4.08.25
1970 Joss Naylor	Kendal	3.53.20
1971 Joss Naylor	Kendal	3.35.40
1972 Joss Naylor	Kendal	3.30.40
1973 Joss Naylor	Kendal	3.33.00
1974 Joss Naylor	Kendal	3.32.42
1975 Joss Naylor	Kendal	3.30.55
1976 Joss Naylor	Kendal	3.46.08
1977 Mike Short	Horwich	3.41.11
1978 Andy Styans	Holmfirth	3.27.00
1979 Andy Styans	Holmfirth	3.23.44
1980 Billy Bland	Keswick	3.21.04
Pauline Haworth	Keswick	4.37.47
1981 Billy Bland	Keswick	3.50.59
Ros Coates	Lochaber	5.16.55
1982 Billy Bland	Keswick	3.24.43
Sue Parkin	ASVAC	4.40.32
1983 Billy Bland	Keswick	3.30.38
Linda Lord	CLM	5.29.57
1984 Kenny Stuart	Keswick	3.32.59
Pauline Haworth	Keswick	4.55.52
1985 Kenny Stuart	Keswick	3.20.57
Pauline Haworth	Keswick	4.27.52

#### Isle of Jura (Bens of):AL:16m:7500ft

		(first race 1973)
1973 Bobby Shields	Clydesdale	3.54.53
1974 Bryan Finlayson	Lochaber	3.29.22
1975 Jim Smith	Bury	4.31.30
(then not run until 1983)		
1983 Andy Styans	Holmfirth	3.24.37
J. Niel	E. Kilbride	5.43.59
1984 Andy Styans	Holmfirth	3.16.54
Anne Curtis	Edinburgh	4.35.19
1985 Ray Aucott	Dark Peak	3.18.36
Anne Curtis	Livingston	4.32.35

#### Three Peaks: AL:24m:4500ft

		(first race 1954)
1970 Jeff Norman	Altrincham	2.48.11
1971 Jeff Norman	Altrincham	2.36.26
1972 Jeff Norman	Altrincham	2.36.27
1973 Jeff Norman	Altrincham	2.31.58
1974 Jeff Norman	Altrincham	2.29.53
1975 Jeff Norman	Altrincham	2.41.37
1976 John Calvert	Blackburn	2.43.59
1977 John Calvert	Blackburn	2.51.04
1978 Harry Walker	Blackburn	2.43.34
1979 Harry Walker	Jean Lochhead	2.53.11
1980 Mike Short	ASVAC	3.43.12
Sue Parkin	ASVAC	3.35.34
1981 Harry Walker	Blackburn	2.56.34
Fiona Hinde	Lochaber	3.59.16
1982 John Wild	RAF	2.37.30
Jane Robson	Leeds Univ.	3.40.54
1983 Kenny Stuart	Keswick	2.53.34
Carol Walkington	Horwich	4.08.01
& Wendy Dodds	CLM	4.08.01
1984 Hugh Symonds	Kendal	2.50.34
Bridget Hogge	Eryri	3.41.00
1985 Hugh Symonds	Kendal	2.50.34
Vanessa Brindle	CLM	3.38.10

#### Wasdale:AL:21m:9000ft

		(first race 1972)
1972 Harry Walker	Blackburn	4.25.10
& Jeff Norman	Altrincham	4.25.10
1973 Joss Naylor	Kendal	3.48.55
1974 Andy Churchill	CLM	3.53.12
1975 Joss Naylor	Kendal	3.41.49
1976 Ian Roberts	Holmfirth	3.38.35
1977 Mike Short	Horwich	3.53.15
1978 Andy Styans	Holmfirth	3.39.15
1979 Andy Styans	Holmfirth	3.30.51
1980 Billy Bland	Keswick	3.37.51
Pauline Haworth	Keswick	4.51.20
1981 Billy Bland	Keswick	3.35.10
1982 Billy Bland	Keswick	3.25.21
Sue Parkin	ASVAC	4.45.3
1983 Billy Bland	Keswick	3.49.50
Bridget Hogge	Eryri	3.35.45
1984 Billy Bland	Keswick	3.42.27
Bridget Hogge	Eryri	5.08.28
1985 Billy Bland	Keswick	3.55.29
Angela Carson	Eryri	5.00.51

#### Welsh 1000 Metre Peaks: AL:21m:9000ft

		(first race 1971)
1971 Dennis Weir	Sale	3.47.20
1972 Joss Naylor	Kendal	3.37.00
1973 Joss Naylor	Kendal	3.38.00
1974 Joss Naylor	Kendal	3.44.15
1975 Joss Naylor	Kendal	3.22.20
1976 Joss Naylor	Kendal	3.26.46
1977 Mike Short	Horwich	3.33.54
1978 Mike Short	Horwich	3.21.35
1979 Mike Short	Horwich	3.32.59
1980 Mike Short	Horwich	3.36.39
1981 Mike Short	Horwich	3.38.55
1982 John Wild	CFR	3.26.33
1983 John Wild	CFR	3.26.33
1984 Mike Hoffe	OBMS	3.35.45
1985 Billy Bland	Keswick	3.44.13
(Record Times Emboldened)		

#### THE CHAMPIONSHIPS

		Fell Runner Of The Year
1972 Dave Cannon	Kendal	
1973 Harry Walker	Blackburn	
1974 Jeff Norman	Altrincham	
1975 Mike Short	Horwich	
1976 Martin Weeks	Bingley	
1977 Alan McGee	Keswick	
1978 Mike Short	Horwich	
1979 Andy Styans	Holmfirth	
1980 Billy Bland	Keswick	

#### British Fell Running Champion

1981 John Wild	RAF Cosford
Ros Coates	Lochaber
1982 John Wild	RAF Cosford
Sue Parkin	ASVAC
1983 Kenny Stuart	Keswick
Angela Carson	Eryri
1984 Kenny Stuart	Keswick
Pauline Haworth	Keswick
1985 Kenny Stuart	Keswick
Pauline Haworth	Keswick

Note: The English Championship dates from 1986.

# Simon Bailey: a Profile

by Neil Goldsmith

'A fine view', I said as I got out of the car. 'You can see Shuttlingsloe, where it all started', said Simon's dad, waving towards the distinctive pointed hill to the north, as I took in the expanse of Shining Tor, Shuttlingsloe and the Roaches.

It was a sunny day in May, and I had come to talk to Simon Bailey at the family farm at Cloud Side in Staffordshire. The farm is on the side of Boseley Cloud and overlooks the village of Rushton Spencer where the family lives. 'The Cragg Hall race?' I asked, 'The one which finishes uphill?'. 'Yes, the Shuttlingsloe race', he replied. Shuttlingsloe known to many of us as the Cragg Hall race because that is where it starts and finishes, is one of those eccentric traditional fell races, usually with an aging and idiosyncratic organiser. Well worth a visit as it part of the local fete: cream teas, Aunt Sally stalls and jumble sales - the works! Once after the race a friend rescued an antique plate from the Aunt Sally stall just before we tried to break it!

Simon entered the race as a 14 year old and finished second behind Dave Neill. Dave, seeing Simon's potential, encouraged him to take up fell running and since then Simon has not looked back, becoming English Junior champion at under 16, under 18 and under 20 (twice). He was 5th in the World Championship in Borneo in 1999. He recently broke the record for the Shuttlingsloe race, which along with Borrowdale he rates as one of his favourites. He has no real 'traditional' athletics background, though he ran the English Schools cross-country where he was 20th and the English National cross-country as a junior where he was 6th. He has not really trained on the track and confesses to finding track running boring. Club-mates think that he has great potential as a cross-country runner.

As for other sports and social life he has done a few cycling time trials, up-hill usually, and has won a few local ones. He did play some hockey at school but now he does not have much time for other sports.

Simon and his dad farm sheep (400 ewes) and they have a few cows though they primarily sell breeding rams. (For the non-agriculturally minded: The ewes produce the rams with a little help from one or two rams). It is a sort of sheep stud farm. The farmhouse is unoccupied and the family live in Rushton Spencer a couple of miles away. Simon is renovating the farm-house as a home for himself and his fiancee Kirstin (coincidentally also called Bailey) who is also a fell runner with Bingley Harriers. 'Why farm?' I asked. 'I was brought up to do it and I am an outdoors person', he replied. 'Couldn't stand a job inside'. Simon is every inch an outdoors person as indeed all of the family appear to be, mum teaches horse riding. Farming is in the blood. Looking out over the countryside and enjoying the sun, I could see the sense in what he said, not long having returned myself from a business trip to London where even Hyde Park feels noisy, grubby, busy and unfriendly.

His father and mother have been very supportive of both Simon and his sister Kate and took them to races when they were juniors. Simon and Kate came to national prominence when as juniors they both won an international race at Knockdu, each winning the race overall, not just their category. Kate is now only running to keep fit and is concentrating on studying to be a veterinary surgeon.

Simon joined Staffs Moorlands and ran with them until recently. He now runs with Mercia, and one of the benefits he derives from the club he finds having people to travel with and to arrange his accommodation at events. He has helped them to their first ever championship medals and second place in the British fell relays at Hayfield.

Simon is the current British and English fell champion and at 24 is the youngest ever to achieve the double. To be a champion requires more than raw athletic ability, it requires a mental edge, a



competitive instinct. Simon clearly has both in abundance as his record shows:

He won five out of the eight championship races, setting three new course records (Donard/Comedagh beating Ian Holmes' record, Elidir Fawr and Kentmere).

His wins at Buckden Pike and Melantree were just 6 and 8 seconds off the existing records.

Quite an achievement so early in a running career.

I once did the Three Peaks Race the day after spending all day on my feet lecturing. I suffered cramps very early and soon dropped to

a snail's pace and finished much lower down the field than I expected. Since then I have always admired those who have jobs which require them to be on their feet all day and yet still manage to compete and run well. How, I wondered, did Simon cope with the demands of farming and running.

'Well, I only run about 30 miles a week', said Simon, 'and I don't run every day'. Farming provides enough exercise in itself. Lambing does present a problem he admitted, March through to the end of April is difficult and training takes a back seat. There are long days and little sleep during lambing. Simon remarked that Gavin (Bland) had been 'down the field' on Sailbeck a fact that he put down to Gavin being worn out owing to the demands of lambing time. I recall that Andy

Darby, another sheep farmer, who used to hold the record for the Kinder Downfall, seldom raced in the lambing season.

A 30 miles a week training schedule must have a large proportion of quality if he is to do well, so I asked Simon about his training schedule:

Monday - rest, Tuesday - hill reps. Wednesday - turbo trainer (bike). Thursday - hill reps. Friday - rest. Saturday - (if not racing) hill reps or a sustained hill session of 10-15 minutes. Sunday - long run or race

Simon is self coached and has developed this programme for himself. It obviously works!

Unfortunately both Simon and sister Kate suffer from Ankylosing Spondylitis, (a condition similar to rheumatism) which often produces various forms of tendonitis and in Simon's case, plantar fasciitis. Simon had obviously researched the problem and has evolved strategies to deal with it. He has had a recurrence this year after the Fiensdale race and unlike previous times, he has decided to be sensible and let the problem subside before he races. He did the World Mountain Running Championships in 1998 after suffering from plantar fasciitis and he now thinks that it was a mistake to run. So this year he is concentrating on the British championship, injuries permitting, rather than going for the double. He may yet go for selection for this year's world championships but it will depend upon how well he is running at the time.

Fell running is a demanding sport and long fell races, like marathon running, appear to be more suited to the older runner and perhaps too they require a training programme with more sustained running in it than Simon can currently find time for. Although seventh in the Three Peaks and second at Borrowdale he admits to being better at the shorter races and no doubt his best is yet to come in the longer races, especially the long Lakes races where local knowledge is very important. He is not a bad navigator, he said, but there are so many short cuts you need to know on the longer Lakes races that it is difficult to beat someone with good local knowledge. His fiancee Kirstin has helped him by showing him the best routes on championship courses. Long may this fruitful partnership continue.

Let's hope that Simon has an injury free season and gets into top form for the World Championships!

Photo: Simon at speed downhill. (Bailey Collection)

# Gear Reviews

We have had quite a few items on test over the last few months, predominantly from Helly-Hansen, long-time stalwarts of the fell-running clothing scene, and Salomon, who appear to be moving more into our area.

A number of people have been involved in using the products, so as to ensure we have a range of opinions, and the reviews below are amalgamations of all their opinions – thanks to all of them for their contributions, which I hope you will find useful, and I'd like to point out that the manufacturers have had no input whatsoever into the reviews, they have simply provided the gear and let us get on with it, so what you have below are the honest opinions of fell-runners such as yourselves.

## Lifa Sport Dynamic Crew

Hell-Hansen base layer garments and their imitators are one of the standard and indispensable items of a fell-runner's wardrobe for most of the year and testing the new Helly Lifa Sport Dynamic Crew top was consequently very interesting. It is in every way an excellent base layer garment and looks set to be the replacement for the traditional striped-arm "Helly Vest" (I still use one of those that I bought in 1989 on a regular basis!!) This new "Lifa Sport" fabric improves on the older polypropylene material and is very comfortable. It is slightly smoother than its predecessor, wicks moisture away efficiently and dries quickly. All the seaming and stitching is bombproof and well up to the standard we have come to expect from HH.



HH Dynamic Crew and Boxer Shorts

I've worn the vest for fell running, walking and under a pile-pertex top when winter climbing. The cut is superb, being nice and snug, as it needs to be to wick effectively, but is also unrestricting. The neck, cut in a slight "V" shape is especially good, being comfortable and holding its shape better than the old style round neck. The cuffs are extra long and have thumb holes, so can be used to give some extra warmth to your hands and ensure there's no exposed skin between sleeve and glove on those raw winter days. This

works very well indeed because with the cuffs folded back you still have a double-thickness cuff which keeps your wrists really cosy and when the cuffs are folded down, the thumb-hole brought into play and gloves put on as well you have a system which can withstand just about anything – all very versatile and effective. Unfortunately, and this is a very minor criticism and one limited to people with the same wrist and forearm dimensions as I have, they are too tight over my relatively large paws. The forearm and cuff section of the sleeves are also too tight for me to be able to push my sleeves up when it gets warm – but then you wouldn't very often want to wear a garment like this unless it was pretty cold.

The garment has stood up to a lot of abuse without either losing its shape or "pilling" in any way and has undergone innumerable washes without shrinkage or shape-changing – but, as with all garments of this type, don't ever put it in a tumble drier or you'll ruin it!!

All the above comments apply equally to the men's and ladies' versions, although the pink lady's version did evoke the comment from its tester that the colour was rather "too girly" - which might be worth bearing in mind by the designers.

In summary, another rock solid "Helly Vest" – try the Dynamic Crew on, and if the thumb loop cuffs don't suit you, buy the Lifa Sport Crew instead.

## Helly Hansen Lifa Prowool Hybrid Zip Turtle

Testing this Helly Hansen top proved to be more than a little frustrating – how a company with the vast experience of HH can get something so right with the Dynamic Crew and yet make the mistakes they've made with the cut of the Prowool Zip Turtle I just cannot understand.

The basic idea is sound and the material is excellent; this is a thicker garment than the Dynamic Crew, intended either as a base layer in really cold conditions or as a stand-alone top on warmer occasions, with added versatility being provided by a fairly long zip neck. The main body of the vest is made from Merino wool fabric with Lifa polypropylene for the sweaty under arm area and the forearms, a clever and well thought-out technical combination which works most efficiently in practice. The construction throughout is up to the usual impeccable HH standards.

I have worn the vest for fell running on cold days, under a windproof when it was particularly windy but sometimes on its own; for rock climbing on cool days under a fleece then on its own once I'd warmed up; for piste skiing at Easter under a Goretex shell and, probably most of all, for putting on after exercise to warm up.

I have a tendency to get chilled, particularly if I get wet and it is in these situations that I really look forward to putting on this top. The Merino wool is particularly comfortable and instantly warm, even when put straight



HH Prowool Top

on to a cold, wet body in a cold, wet car park. For the more active uses, the fabric is very comfortable, copes well with the perspiration inducing uphill slogs and then dries quickly when the going is a bit less energetic. Also, it was quite notable that even after a fortnight away over Easter and being worn for a variety of uses, the vest didn't develop an antisocial odour like my other thermal vests and it also washed frequently without either distorting or "pilling".

So far, so good – materials which have been knowledgeably chosen and combined in a garment which has the potential to be a winner. But now to the down side - the cut. I don't think I'm particularly anatomically different to a lot of fell runners or climbers but the vest didn't fit half as well as you would expect. The under arm area was quite baggy and the sleeves were too short. Also, and worst of all, the zip neck was very low and had a wide opening, two flaws disastrous for this type of garment, allowing the neck area to get very cold and uncomfortable. If a garment is fitted with a zip neck then I would expect that neck to be quite high and closely cut, so as to provide good protection and insulation in adverse weather, with the zip providing the opportunity to loosen things off so as to cool down when necessary. The design of the neck would stop me from using the vest for winter climbing or other cold mountain activities, which is a shame because the material would suit these activities well.

In summary, I like the combination of materials and found the vest very comfortable but I wouldn't buy one with the current cut, particularly the neck.

## Helly-Hansen Lifa Boxer Shorts

I've always been a fan of Helly-Hansen undergarments, especially for the longer and/or more extreme events where you can get sweaty, soaked, windblasted and generally subjected to all sorts of extremes. Their material seems able to keep you warm and comfortable without ever becoming sodden

with moisture of one sort or another and, because they are light, they also have the benefit of being unrestrictive. I have three pairs of the traditional HH underpants with the extremely practical windproof front panel, which has warded off genital discomfort on a number of occasions, and regard them, despite their advanced age, with considerable affection. Hence I was very interested to see how the boxer shorts version would compare. The material is the old-style HH Lifa, so they are instantly snug, and the construction is of HH's usual high standard, with seaming and stitching both comfortable and virtually indestructible. Being something of a traditionalist I initially viewed the boxer cut with some suspicion but was soon won over by their incredible comfort; because of the longer leg there is no chance whatsoever of any chafing in the groin area and they gave much appreciated added warmth to the upper thigh throughout the cold winter months, in fact they were easily the most pleasant underpants I have ever worn. In addition to using them for running I also took to wearing them under cycling shorts or tights for mountain biking (a sport followed by many fell-runners) and here they really excelled over more traditional garments, with the longer cut completely eliminating the sometimes uncomfortable bunching and chafing in the groin area which traditionally cut underpants sometimes produce on longer rides.

They have undergone frequent washing without any deterioration whatsoever and the only thing that could be added, although I confess I can't see how it could be done without adversely affecting the comfort of the garment, would be a windproof front panel to provide more protection in really severe weather. Otherwise – highly recommended.

### **Salomon XA Series Shorts**

Salomon have designed the XA Series shorts to combine a casual baggy style with the restraining security and reduced friction of cycle shorts. While overcomplicated in construction they are comfortable and well fitting.

The shorts comprise a light polyester outer short with a slightly stretchy rear to accommodate the unconventional backside of the larger fell-runner. A close fitting, tights-style inner short made of a stretchy polyester mesh is suspended from the outer short by three elastic fixings. Despite looking vulnerable those fixings are well made. They and the rest of the shorts made it through six months of relatively frequent running, falling and squirming over fences without any obvious signs of wear, fading or impending failure.

Nice features include the zip pocket in the small of the back- a perfect alternative to leaving the car key underneath the car wheel, and the reflective flash on the front and back leg of the shorts.

Though comfortable once on, these are not the shorts for a last-minute dash to the starting line. Nor are they ideal for changing into in a public place. By default your legs miss the inner webbing, going straight through the outer leg. Unless great care is taken you inevitably end up perched half-naked on one leg wondering what has gone wrong.

Despite wearing the shorts for races whenever they were clean, I cannot report any admiring

glances or wolf-whistles. That may however, be down to my chunky thighs and should not be seen as a slur on the shorts.

In summary the XA Series shorts offer the comfort and hard-wearing needed for fell-running, with a dash of style that seems to have been wasted on me. The main drawback and opportunity for an improved XA Version 2 is the semi-detached nature of the inner shorts and the problems they give to the careless dresser or man in a hurry.

### **Salomon XA Harrier Shoes – revisited**

In the October 2004 edition of "The Fellrunner" Mark Williams wrote an introductory review of the Salomon XA Harrier shoes giving his first reactions to them and, now that we have had experience of them over a longer period of time, including a full English Winter, we felt it only fair to re-visit them and go into greater depth.

Firstly, the overall construction of the shoes has proved to be very durable indeed. Despite quite heavy use on all sorts of terrain and in all sorts of conditions, neither of the pairs under review has shown the slightest wear or weakness. The stitching remains as good as new; there are no holes or tears in the material; the sole/midsole/upper bond shows no signs of coming apart; the futuristic lacing system still works excellently and the shoes have not distorted in any way – they are obviously well constructed and made of extremely durable materials.

The firm heel counter, together with the effective use of cradling straps for the upper part of the shoe, make it a very stable performer indeed, yet the lightness of construction and the narrow, "tucked-under" midsole stop it being stiff or clumsy and make it flexible and responsive to the terrain.

The lightly reinforced toe area has stood up well to abrasion and scuffing and is still firmly attached to the rest of the upper material.



Salomon XA Harrier Shoes  
(Photo Mark Williams)

The mesh upper, although undeniably durable and, being non-absorbent, ensuring the shoes stay light even in the wettest, muddiest conditions, has provoked differing reactions because of its "flow-through" characteristics. Those who run with cold feet are of the opinion that the shoe makes their problem worse while warmer people (who appear to be in the majority) are happy to

put up with an influx of cold, refreshing water from time to time for the sake of the fact that the shoe never gets clumsy or heavy. The upper has the definite advantage in hot weather of being breathable and hence keeping the feet much more comfortable than usual.

After arousing some initial misgivings, the lacing system has turned out to be very popular. For those not familiar with it it consists of very thin but very strong lacing running through reinforced tunnels and being tightened by a sliding "gripper" which locks off and is then tucked into a little elasticated pocket at the top of the tongue. It is essential to trot for a few hundred yards after the first tightening and then re-tighten the shoe, because for some reason it seems impossible to get the optimum tightness without that initial bedding-down first, but once you've done that the shoe has the snuggest fit imaginable with no sliding or pulling anywhere and no loosening of the system however long or arduous the run may be. If you don't put the gripper into its little pocket then it gets mud in it, locks solid and refuses point-blank to be undone, so the pocket, despite its unusual appearance, is actually a very functional feature.

The midsole is a little thicker than the usual fell shoe midsole, being 10mm under the front part and thickening to nearly 18mm under the heel; this gives the shoe a welcome degree of cushioning for trails, hard ground and long runs and the midsole material, although light, is quite robust and doesn't distort on impact, thus maintaining its stability. The only drawback of the midsole is that the 18mm height at the back is a bit too high for traversing on steep, uneven ground and this is the only type of running on which the shoe doesn't perform well.

The outersole is designed with arrowhead shaped studs of medium height well spaced out and reversed on the heel section. This means that the sole doesn't clog up in mud and the arrowheads give good grip both up and down. The compound gives good grip on wet rock of most types, apart from slate – although, to be fair, what shoe does grip on wet slate??!! For most conditions the stud height is sufficient but in deep mud the shoes will slip before a more deeply studded model such as the Mountain Bear. Wear on the sole has been surprisingly good – you can't have it both ways, fewer studs don't clog up but wear faster, while more studs last longer but clog up. However the test pairs have been going right through the Autumn, Winter and Spring and are still good for some considerable time yet, although the very back ones are chamfering off noticeably now.

All in all these have proved to be very good shoes indeed – light, comfortable and precise yet very stable and durable indeed and suitable for a variety of terrains and distances.

Highly recommended.

### **Salomon Technical T-shirt**

We've got one of these under review at the moment but the reviewer (who shall be nameless but lives VERY near the Lantern Pike pub!!) is a true countryman of farming stock and refuses to wear anything but wool and Harris Tweed until the end of Spring. Consequently he feels he hasn't given the garment a fair try-out yet – we await a comprehensive review in the October edition.

# How to Recognise a Qualified Chartered Physiotherapist

by Denise Park, MSc MCSP SRP Grad Dip Phys MSOM



## Why am I writing in the FRA magazine?

Last year, I was invited by Graham Breeze, Chairman of the International FRA Committee, to become the Physiotherapist to the Junior and Senior England Trophy Teams. After much persuasion and a number of phone calls, I eventually agreed and accompanied the teams to the World Championships in Sauze D'Oulx in September '04. I spent time treating existing injuries, but also doing intensive stretching sessions with some individuals the day before the race. I wanted to make sure that our athletes were in the best possible shape and the night before the Senior Men's Race worked until 10.45pm. I'm sure the results made it worthwhile.

In my capacity as physio to the England Team, I was approached by the ever-persuasive Dave Woodhead to write an article for the junior section of the FRA magazine. In my experience, juniors aren't particularly interested in injuries as most haven't had any, but the seniors and vets will discuss them forever!!!! I once did a talk for Preston Harriers and was still answering questions at 11.35pm – having started at 7.30. Consequently, I am mainly writing for the seniors but with some tips for the juniors.

This article may become a regular feature in the magazine, so I would be happy for readers to suggest topics that they would like advice on. It will be the advice that I would give to my patients, which may be very different to advice you have already been given. Anybody who has been treated by me will know that my ideas are sometimes very different to what they have been told by other medical practitioners - or what some of the published literature suggests - but my opinions are based on experience. I qualified in 1984 and have taken a particular interest in fell and cross country running injuries since 1989, so feel I now have considerable experience in treating running injuries!! BUT and this is a big BUT, all physios have their own way of operating and it must be remembered that there is more than one way to get to a finishing line.

When I refer to specific named runners, it is strictly with their permission as I respect patient confidentiality but many runners are happy to pass on their experiences if it benefits somebody else or stops somebody else making mistakes that they may have made.

Rather than discussing injuries in this first article, I would like to take this opportunity to address an issue which I feel very strongly about:

## Is Your Physiotherapist Chartered?

Many people are unaware that, currently, anybody can advertise as a "physiotherapist" without any training whatsoever, or with a very basic knowledge from a short course. The term 'physiotherapist' is not a protected title, the term 'chartered physiotherapist' is.

It is a number of years since Maureen Laney, current over 50's World Masters Champion, came to see me after an unqualified physiotherapist treated a stress fracture in her foot with ultrasound. Unfortunately the ultrasound vibrated the fracture site, shattering the clean break into multiple fragments. A straight forward problem which would have healed quickly with correct management, suddenly became a serious complicated injury. Maureen didn't know at the time that her "physiotherapist" wasn't qualified as he advertised that he had been the physiotherapist to a number of premiership football teams. (As a matter of



Maureen with Denise at the World Masters Championship 2004 after winning the Gold Medal (Photo Pete Hartley)

interest, premiership football clubs employed unqualified physiotherapists until very recently. Can you believe that a business would buy a multi-million pound asset and expect somebody not trained to look after it?)

Last year I treated a lady who had been told by her 'unqualified' physiotherapist that her injury would never get better, but if she attended on a regular basis she would be able to keep on top of it. She told her that she would never compete at a high standard again. The person was eventually rushed to hospital by ambulance when she collapsed due to intense pain. Her Orthopaedic Consultant, (who luckily had an interest in sports injuries), advised her that the injury was fully treatable. Her 'physiotherapist' for the previous 18 months had been unable to diagnose the injury or treat it

appropriately. Following accurate diagnosis and treatment, this lady was quickly back training and competing for England again within 6 months.

Another runner came in to tell me that he kept getting injuries and had seen a 'physiotherapist' but was still experiencing problems. He had been told that he overpronated (very fashionable at the time!) and sold him some orthotics for £70. Unfortunately they were doing the opposite to what he needed and causing the injuries.

I have also had incidents of runners coming to see me with what appears to be a 'running injury' but which turns out to be something far more serious. Sometimes even GP's miss these as they cover such a multitude of conditions, but I am sure an unqualified physiotherapist with their limited medical knowledge could miss the 'alarm bells'. Testicular cancer can appear to be a groin strain, cancer in the spine - a bad back!!! I have seen these on more than one occasion. Frightening at the time, but, if diagnosed quickly and correctly, can be dealt with.

My list of stories could go on forever, but I want to make sure that YOU are aware of the situation. I accept that some massage therapists/ sports therapists/ 'physiotherapists'/ remedial therapists have a very good knowledge of some sports injuries, (sometimes more than qualified physiotherapists who do not have a specific interest in sports injuries), but it worries me how many times injuries are misdiagnosed, resulting in the wrong advice and sometimes the end of a running career.

## Junior Tips

### When do I ring my physiotherapist?

I have been asked this many times by juniors, parents and coaches.

If you are serious about running and don't want to lose training time due to an injury, I would suggest:

1. If you know you have had a specific injury (eg. twisted your ankle) or have developed a pain which has come on suddenly,
  - a) REST FROM TRAINING FOR 2 DAYS (I will discuss what you do with an injury immediately afterwards in another article)
  - b) TRY TO RESUME TRAINING ON DAY 3 AFTER THE INJURY IF IT SEEMS BETTER

## To check if a physiotherapist is qualified:-

1. Is your physiotherapist 'Chartered'?
2. Do they have a Health Professions Council number? – qualified physiotherapists now HAVE to be registered with this council and are allocated a number – mine is PH 43302
3. Have they ever worked for the NHS (they only employ Chartered Physiotherapists)?
4. Are they listed on the CSP (Chartered Society of Physiotherapy) website – [www.csp.org.uk](http://www.csp.org.uk)? (not every private physiotherapist is listed as it is a voluntary register)
5. Do they have the letters MCSP – Member of the Chartered Society of Physiotherapy, FCSP – Fellow of the Chartered Society of Physiotherapy or SRP – State Registered Physiotherapist after their name? Other letters are NOT a chartered physiotherapy qualification – (I know someone who has letters after his name which refer to carpet fitting!!)
6. Are they registered with a Health Insurance Companies such as BUPA, PPP? (BUPA have very strict criteria to be on their register, so this is a good guide, but not all Chartered Physiotherapists are registered with BUPA due to the criteria).
7. Do they wear the badge which indicates they are a member of the CSP?
8. Do not ask if someone is qualified – most people are qualified to do something! You need to ask what qualifications they have. Also check that they are covered by professional liability insurance.

All medical professionals are fallible, myself included, and we don't always get it right. When injured you tend to have total trust in the person who is managing your recovery, but do not hesitate to explore other avenues. YOU deserve the best treatment and advice so make sure you get it!

c) IF YOU ARE UNABLE TO RESUME TRAINING OR THE PAIN IS STILL THERE AND DOESN'T SEEM TO BE GOING AWAY – THINK ABOUT RINGING YOUR PHYSIOTHERAPIST (I prefer people to ring me at this stage)

d) IF THE PROBLEM IS STILL THERE 10-14 DAYS AFTER THE INJURY – DEFINITELY RING YOUR PHYSIOTHERAPIST

2. What happens when you haven't had a specific injury? Something is hurting, but

you are still able to run (eg. your knee has been hurting for 2 weeks but it hasn't stopped you running). If you continue to run with this type of injury you may eventually make it worse, or cause another injury because you alter your running style to avoid the pain. Sometimes you can 'run it off', but

IF YOU HAVE RUN FOR 2 WEEKS WITH DISCOMFORT OR PAIN WHICH DOESN'T SEEM TO BE GOING AWAY – RING YOUR PHYSIOTHERAPIST

Your physiotherapist may not be able to see you straight away because they are busy.

I prefer people to ring me 3 days after an injury, but then to cancel the appointment if it gets better in the time before I see them. Depending how serious the injury is, the physiotherapist may decide that it needs to be treated urgently and see you sooner. If you don't ring until 2 weeks after, you may have lost valuable time.



## THE SPECIALISTS FOR RUNNING INJURIES

- ◆ digital dynamic running analysis
- ◆ one visit treatments available
- ◆ custom made orthoses "while you wait"
- ◆ on-site workshop ensures comfort
- ◆ orthotics tested in Video Gait Laboratory
- ◆ all devices individually designed/produced

Clinical Director and PODIATRIST  
**ANDREW STANLEY BSc (Hon) PodM MChS SRCH**  
Specialist in biomechanical dysfunction, sports and activity related injuries in the feet and legs

## DON'T RUN THROUGH CHRONIC INJURY

### COMMON RUNNING INJURIES

- ◆ All foot problems
- ◆ Plantarfaciitis
- ◆ Achilles Tendonitis
- ◆ Ankle Pain
- ◆ Deep Calf Pain
- ◆ Shin Splints
- ◆ Knee Injuries
- ◆ Osgood Schlatters Syndrome
- ◆ Chondromalacia Patellae
- ◆ Iliotibial Band Syndrome
- ◆ Hip Pain
- ◆ Lower Back Pain. etc

[www.reboundclinic.co.uk](http://www.reboundclinic.co.uk)

Or for a brochure and appointments

Tel - 01729 825900

Rebound Clinic, The Sidings, Settle, North Yorks

# Dr Martyn's Problem Page

**H**aving only just recovered from the rigours of covertly guiding New Labour to an unprecedented third term in office (although after 10 years I am not quite sure if it can still be called new) I can now find time to respond to the cries for help that constitute my mail. Whilst New Labour were victorious, I personally voted for the candidate who promised to make organised crime illegal and be even tougher on disorganised crime. Hearty sentiments indeed.

## Why Fell Running?!

Dear Dr Martyn,

I write to seek your assistance. For years I have been unable to convince my wife as to the merits of fell running. She has persistently refused to be swayed from the view that all fell runners are a little bit strange to say the least.

R Balm

Dear R

Not an easy argument to win as people's reasons for being attracted to the sport differ so widely. Mine for example is entirely based on a love of safety pins and sub-standard toilet facilities. However, given that the entire country has recently been battered to death by political rubbish – I thought that in order to help you I would seek the views on the sport of the various political parties.

New Labour (formerly Conservative)

We are concerned about the environmental damage that larger fields cause, or the so called Races of Mass Destruction. We know they exist and will if required use military action to eradicate them from our National Parks. Additionally, as a token gesture to our Party's socialist origins we would like to make fell running more accessible to all – particularly those in flat areas such as Norfolk, Lincolnshire, etc. To do this we would create some new Privately Operated National Parks with the Private Finance Initiative system used to build some new hills in these areas. The involvement of the private sector would ensure the success of the scheme, just like the railways, and we would pay for it all with our share of the oil in Iraq.

Conservatives

We understand that this is predominantly a Northern sport and is therefore not particularly of interest to us. However as we need votes of any kind I am prepared to say that we have the same view on the matter as New Labour only we would do it better than them. Additionally we would promise to do it more cheaply and let fewer people into the Country to enter the races.

Liberal Democrats

As Liberal Democrats we would only enter a fell race with the specific intention of coming third, although on a proportional basis I think you will find that we would actually deserve a share of first place. Additionally we would put a penny on income tax in order to pay for more committee meetings.

The Green Party

It sounds like a very healthy outdoor sport and we are in favour of any form of racing that doesn't involve cars. Mind you when you run, you breathe harder and therefore generate more CO<sub>2</sub>. If everyone who lived in China did eight fell races a year the additional CO<sub>2</sub> generated would be sufficient to increase global warming to such an extent that the polar ice caps would melt. This would leave polar bears homeless and possibly force them into a life of petty crime, a worrying development as polar bears have a reputation for ferocity second to none amongst larger land based mammals. Perhaps fell running is not such a good idea after all.

British National Party

As we are heavily into racism we are clearly the party most suited to races of any kind. We would be happy to support all races so long as Johnny Foreigner wasn't allowed to enter.

## Plaid Cymru

The problem is not so much the race itself as our opposition to the English people that tend to enter them. We would propose to entirely devolve our hills and races, limiting involvement to only fluent Welsh-speaking runners.

Scottish Nationalist Party

In a similar vein to Wales we would devolve our fell running but would build a new SFRA headquarters out of marble, crystal and titanium. The costs for which would be gladly borne by all Scottish Fell Runners.

I feel the final word on the matter should be reserved for the.....

Monster Raving Loony Party

You enjoy doing what?.....actually running up and down hills in ridiculous ill-fitting lycra!.....even if it's raining. Show me where these races are for there are clearly lots of voters for us there!

## Childish Drivel

Dear Sir,

I write to object most strongly to the offensive and childish drivel that is your Column!

Ino Humour

Dear Ino,

It saddens me that a light-hearted and irreverent page can be the source of such discomfort. I can only suggest that you don't read it. I don't particularly like horror movies so I neither buy, rent or watch them – and guess what – they no longer bother me. But I don't want to leave the impression that complaints are not dealt with the gravitas that they deserve, I have forwarded your request (as I do with all requests for change) to my solicitors – Norfolk and Chance.

## Weight Loss

Dr Martyn

I have recently embarked on a campaign of weight loss and in order to accurately record my progress I treated myself to some new digital bathroom scales. Alas, no matter how hard I run I seem to be stuck with a weight of Windows 98. I am not familiar with the unit of windows but I know that I want to be less than 98 of them! Can you help?

Ronde Blunner

Dear Ronde,

Thank you for the photo as this makes diagnosis a lot easier. Alas, I must advise that you have simply been sold defective scales.



## Call themselves fell runners!!\*!

Dear Dr Martyn,

I was in the pub after a race the other day and overheard a group of reformed road runners bragging at the bar that they were fell runners. Fell runners my foot – they walked half the race. I tell you I gave them a right old piece of my mind.

Jed Steel

Dear Jed,

Your generosity with scarce resources does you credit but you really must show more tolerance to those less able – after all we are all just out to enjoy ourselves.

# *Amazing the things some people let themselves in for!*

# The Tunes Advert

**from Paul Rushworth**

If you think you are accustomed to banter between fell runners, you have seen nothing until you have spent a morning on a film set with a gaggle of frustrated runners, in the middle of the North Yorkshire Dales, at 6 a.m. on a bitterly cold March morning, as an industrial hose sprays even colder water on you to give a rain affect.

I use the word frustrated due to the nature of the task we were asked to perform. Imagine the familiar scene – it's race day; you shuffle to the start line with nervous enthusiasm in the legs. Whilst nervous you are looking forward to the off, the chance to release the potential energy and thrash round the route in good time. It seems an age waiting for the gun..... only today is different. There is no gun. Instead the race is started by the word, "Action!" You career into stride, past the pub to the track where open fells lie before you. This is it, you are finally ready to get into rhythm and fly when suddenly you hear ..... "and cut!"..... "Back to number ones please chaps". 'Number ones' is the fancy term film makers use which really means get back to your starting positions - we're going to do it again. And this was the script for the day's filming towards the new Tunes menthol sweets television advert.



Runners head past the White Lion in the "rain"!  
(Photo Debbie Roe)

It all began by my responding to an advert on the forums section of the FRA website. In short, a Manchester based casting company were looking for "wiry skinny looking Northern types" to take part in the new television advert for Tunes menthol sweets. Initially I, like others thought the advert was a wind up. When you are amongst company that organises the London Underground fell race you have to be alert.

On deeper inspection and having knowledge of the media industry I recognised the name of the casting agent, Beverley Keogh. Beverley Keogh is a casting agent of good repute and is responsible for casting such Television shows as Cracker, Fat Friends and Shameless amongst others. I responded to the advert and was given a casting a couple of days later.

Now if standing on a film set at 6 a.m. in the North Yorkshire Dales in a pair of shorts and vest is surreal, a close second is the experience at the casting. Picture a room a mile out of Manchester City Centre. It's Thursday afternoon and I was standing in front of a camera on the second floor of a large Victorian House, again dressed in fell gear, standing next to two other runners and having to talk about my experiences on the fells. This was the casting. After talking to the camera and having our photos taken we were thanked and despatched to the exit. The whole process took less than twenty minutes. It was less than a week later that I was called to say I'd been successful. I was off to Yorkshire to star as a background artist, or an 'extra' to be blunt about it. Initially we all auditioned for the lead which was worth a couple of thousand pounds. In the end the Dales were not to be covered in gold as a London based actor got the part. The real fell runners were given roles as extras worth a couple of hundred instead.

I stayed the night before at The Bunkhouse at Thoralby. I can recommend the Bunkhouse as a place to stay if you are in the area. A fantastic hostel and due to the time of the year I had it all to myself. After an early get up at 5 a.m. I trundled across the tops to Cray and the White Lion pub. The day began when a sultry young make-up artist came to flick brown liquid on my legs. I was grinning widely at this point hoping that the day would carry on as it had started. Unfortunately this was the high point and despite the nicety of a deeply tanned woman flicking fake mud simulation on your legs and face, you later wonder if it's worth it when you walk into a shop in Skipton after forgetting to wash your face at the end of the shoot.

The production company were filming three adverts to be shown later in the year. The adverts illustrate people having moments of clarity presumably after clearing their heads following the consumption of a Tune. The first involves a woman walking down the aisle to get married before having a moment of clarity, deciding against marriage and running off at high speed. The second involves a train spotter. No explanation needed for his moment of clarity! And finally the fell race in which eight other runners and myself were involved. The story is of a runner who races in tough conditions. Mid way through the race he passes a pub, has his moment of clarity and bolts inside for a pint by the log fire. It was suggested, and not by me, that the part of the undetermined runner should have been given to someone from Bingley! In defence of the person who made the claim, I later heard him talking of Bingley as the Manchester United of fell running clubs. Obviously he has little knowledge of Macclesfield Harriers!

The actor playing the part of the slack runner was an agreeable chap, interesting to chat to. He did however have a habit of putting his coat on between takes and a woman had been employed to pass a coat to him. Us fell runners gave him a bit of stick about this, he certainly fitted the role of Southern Softie and we let him know he had to toughen up if he wanted to take the fell running thing seriously. Another fine moment came in between takes when he gathered us round to tell us about his experience working on an anonymous actor's film. His story revolved around the actor allegedly having a huge manhood. Now I couldn't help but think he was telling his story to the wrong group of people but we humoured him anyway. The actor seemed a decent guy. He's had parts in Star Wars II, Billy Elliot and Tomorrow Never Dies amongst others.

And so a fine morning ended. The afternoon was spent coasting back through the Dales, stopping at Skipton to buy polony and curd tarts (with make-up on my face). Now I've been brought up by good Yorkshire parents and know the value of such delicacies which are difficult to come by around the Manchester region. If anyone knows of a polony or curd tart retailer in South Manchester I'd be more than grateful.

The day was enjoyable despite its repetitive nature. I think the film crew enjoyed working with a bunch of down to earth fell runners. It must have made a change from the stereotypical image of the Primadonna thespians of your average film set. It was certainly the most unusual start to a fell race that I've had and many laughs were had along the way. I couldn't help but think about the money put into the shoot. There must have been twenty crew including directors, make up artists, lights, sound and special effects. The owners of the White Lion Pub at Cray did the crew justice, providing not only the picturesque location but also the catering, including sound bacon sandwiches and copious amounts of tea and coffee. The police were also employed to close off the road.

So are you likely to see us on TV? It's unlikely, you are more likely to see the third from bottom stud on the sole of my New Balance fell shoe as it coasts past the camera but you never know, watch out for the Tunes fell race ad coming to a screen near you soon. And any leads on the polony thing are more than appreciated, I'm hungry.

# THE RELUCTANT SPECTATOR

## an alternative account of the Yorkshire Three Peaks Race

FROM BEN ABDELNOOR

Often in an evening, as sleep has beckoned, I have found myself engrossed in the trials and tribulations of a race report in 'The Fellrunner'. Entombed in my own little 'running world', snuggled under the duvet, I have relived the accounts of races through the eyes of the hardy runner or dedicated organiser until the midnight hour has long ticked by. It wasn't until I returned from my sojourn 'down south' to spectate (long-term injury ruled out any chance of competing) at the Yorkshire Three Peaks Race, that I thought to report from the less conventional position of the spectator, rather than the standard dispatch from a runner or organiser.

My logistics for arriving at the event weren't perhaps as troublesome as those for the Three Peaks organisational team, yet still required a modicum of planning. Because I was staying overnight at Dentdale Youth Hostel (there being no hostel in Horton) I had to catch the first train of the day, travelling on the beautifully picturesque Carlisle-Settle line to Ribblehead Viaduct. I would arrive with just enough time to get in place to watch the first runners coming through checkpoint two - and so begins my account...

I alighted at Ribblehead Station in eager anticipation and excitement – somewhat surprising given the parallel emotions of frustration and anguish at being unable to compete. The sun was shining, wisps of cloud skittered across the sky, and a cooling breeze was blowing – a perfect April Sunday morning. Crowds were milling around the T-junction/checkpoint. Beyond, spectators lounged around on the grass, enjoying the magnificent scenery, chatting and listening to snippets of loudspeaker commentary announcing the split times from the first checkpoint on Pen-Y-Ghent summit. Word was that Rob Jebb had a short lead, with a string of chasers not far behind.

I've competed in races, read hundreds of results, seen plenty of race photos but realised I'd never actually seen 'in the flesh' any of these phenomenal athletes that dominate the front of the field. This was the first fell race at which I was a spectator. Now was my chance to see some of the great and the mighty of fell racing. I found a good vantage point just beyond the viaduct, looking down on the route that the runners would take as they ran towards me. Whilst I waited I scouted some paparazzi positions, hoping for a few opportunistic moments to take photographs, in an effort to keep editor Dave Jones happy! Indeed Rob Jebb of Bingley Harriers was first to the viaduct checkpoint and came through amid a round of applause and encouragement. Andrew Schofield (we're not yet on personal terms so the sobriquet "Scoffer" will have to wait) of Borrowdale Fell Runners was next through; John Hunt of Cumberland Fell Runners shortly followed.

I felt like a football-mad schoolboy who's seen pictures in *Shoot!* magazine of his heroes and can't believe it when he goes to a game and, lo and behold, there they are! There followed for me an enthralling and enjoyable hour, basking in the sunshine, watching runners in various states of pain, distress, undress (one little girl was only moved to clap and cheer when a runner in topless attire passed by!) and general exhaustion. I really felt for them as I thought back to my running of the Wasdale Horseshoe: 21 miles and 9000 feet of ascent. I see myself as new to fellrunning but I enjoyed recognising the famous club vests, offering the opportunity to provide slightly less generic and more appreciable personal encouragement; "Keep it up Keighley", "Go on Calder", "You're doing great Clayton". Indeed it was a surprise to spot, what are for me, the local vests of Northumberland Fell Runners. I'm not sure who got the most thrill – they certainly weren't expecting a one-man NFR support team! I had to smile at the runner who was taking a leak by the side of the path muttering something about, "If Paula Radcliff can get away with it..."! Time passed by and with it the make-up of the field shifted to the more unusual (or exotic?) club runners of Exmouth, Haywards Heath, Goyt Valley, et al., to the unattached runners, the highly admirable vet runners and those generally taking things at a somewhat slower pace. An executive decision was made that it was time to move on to the finish. Down to the road I ambled, out went the hitchhiker's thumb (it's been all over New Zealand!) and not 30 seconds later I was in the passenger seat next to a Skipton runner discussing the Moelwyn, Waltz and Three Peaks races that were being run that weekend.

Back at the finish in Horton I was a little early but took the opportunity to wander down to the finish line and marvel at the speed at which the split times are posted up. Before the leaders had reached Ingleborough summit I was already reading a printout of the split times of the first 30 runners over Whernside summit. A six-minute gap had opened up between first (Jebb) and second (Schofield), with John Hunt just a couple of minutes behind. I got into discussion with an elderly man who commented that Hunt looked fairly fresh heading off for Whernside. "He must be", I laughed, "he threw me a bag of marshmallows as he ran past that were obviously surplus to his requirements!"

I walked back up the road to the point where the runners leave the fells for the final few hundred yards along the road. A small group had gathered and were eagerly scanning the skyline for competitors. Dogs, sheep and stationary cairns were all wrongly identified as a bounding runner, until eventually one was spotted. The lead was over 10 minutes between Jebb and



Allan Greenwood on Ingleborough in a SUPER hat  
(Photo Mick Watson)

Schofield. Hunt followed six minutes after Schofield. Robertshaw of Otley AC was next through the gate in 4th position, trailing five minutes on Hunt. From here on runners began appearing in ones and twos every minute or so. All of them absolutely exhausted, toiling in the heat, struggling to stay upright on suffering legs, crumpled bodies and tortured faces, every one of them. Earlier in the day at Ribblehead each runner had returned a whispered thanks to my encouragement as they'd passed by; now they could do nothing but stumble drunkenly forward as we offered meagre inspiration for the final drag. Standing watching this unfolding drama was, for me, like being administered a drug – I could feel the cramp in my legs and the heaviness in my arms. I could feel the torturous agony of being drained of energy and sapped of any moisture. How these men and women were suffering; and how we were enjoying watching them do so! Stranger than that was my thought: how I wished I could be one of those runners going through the same pain and suffering.

And so to the end. Well, for me I had a train to catch from the station in Horton. But as I sat on the station bench I could hear from the playing fields below the race commentary as runner after runner returned home after 24 miles and 4500 feet of climbing. And as I sat in the afternoon sun, reflecting on what a wonderful day it had been I munched on John Hunt's marshmallows. Thank you John.

And in true textbook fashion, *to summarise*. If you're not up to racing one weekend why not make a special effort to go to a race and support those running it. In fact support those *organising* it by offering to help out. Whilst you're there you'll doubtless enjoy a great day out amongst like-minded folk. Like-minded folk who crave nothing more than to watch as others mercilessly self-inflict untold pain upon themselves in the name of fell running.

**JOHN HART.** Secretary of Loughton Athletic Club, writes about an unlikely outpost of fell-running and recommends the Isle of Wight Fell Run Series for all fell-runners.

# WHY WIGHT?

Loughton is a London dormitory town, edged by Epping Forest and ancient water-meadows, both of which are fully used by our club for training and races and in both of which, unlikely as it might seem, we can train for our fell races.

We are a small, lower divisions club which could be lost in the shadow of our very big neighbours had we not carved out a little niche for ourselves serving our local community and anyone else who comes along. We are all such good friends that it is hard to spot the line between our athletic and our social activities. Newcomers soon get sucked in, and, before long a certain club member will edge up to them and ask, "Have I ever told you about the Ben Nevis Race?"

That is where the madness started. That 'certain member' is John Cash. Now 67, he has been a member of Loughton AC since 1953. In 1975, with no fell-running background - rather the opposite, County medals for the sprint and middle distances - he was lured into his first Ben race.

He went back again and again, most times seducing one or more non-fellrunners into going with him. In the 1980s the club was the frequent winner of the Reading Trophy (for the first South of England team) and, in the dreadful conditions of 1988, twelve members got up the Ben, and twelve got down (one of them in a helicopter). After that apocalypse, most of us became disillusioned with the Ben. Our rationale was that we had done it in the worst possible conditions, what challenge was there left? That said, some continued to keep John company and in 1998 when he was going for the McConnochie Plaque (for his twenty first Ben) we went back in numbers to support him (in a race which he personally sponsored). We cheered when he was handed his plaque by the legendary George MacFarlane and again when he signed a statement

on a beer mat that this would be his last Ben.

This left a bit of a vacuum in the life of our living legend, and one evening after training and enjoying a pint in the pub, some of us started flicking through John's FRA calendar for 1999.

There in a box in the

September fixtures was the 'Isle of Wight Fell Run Series'. A beer-fuelled resolution was made to give it a go and to use the Waun Fach as a warm-up. Unlike most of the running-related resolutions which we make in the pub, we kept this one and now we keep going back to the island series.

'There are no fells on the Isle of Wight' someone declared; someone who had not been to the island. Well no, there are no fells, but there is at least one damn big hill. It is called Boniface Down and it rises straight from the seashore through the town of Ventnor and over an open grass face to a bracken covered summit at 785 feet and this hill features in the three races over the week-end.

On the Saturday morning you start on the seafront promenade, run up to and through Ventnor's main street, through the back of the town and on to the open and steep climb to the summit of Boniface Down where you do a loop and come down again via the route by which you went up. That's the AS race out of the way!

Four and a half hours later



John Hart on the hills above Ventnor  
(Photo John Hart)

you are on the 'prom' and out through the town again, up Boniface's little brother and out into the country. At about half way you pick up the track of an old railway. This is, of course, dead level. and, if you did not know

better, you'd be thinking "What sort of fell race is this?" You soon find out. Leaving the railway you cross some gut-wrenching hilly fields and then comes this race's most memorable feature. The route up on to the downs is by way of a steep staircase which you haul yourself up by way of a banister rail made of scaffolding poles. At the top, with your legs stinging, you still have a steady climb to the ridge which takes you back to Boniface and Ventnor. That's your BM.

The CL is the following morning and missing out Boniface you take a beautiful coastal path for about three miles before climbing inland for another four or five. It is then what is sometimes called, by completely dishonest people, 'pleasantly undulating' country until you hit the railway and know that you are going to have to cope with 'that stair' again. Along the ridge again, as yesterday, but feeling more than a day older, and down into Ventnor.

You are almost human after a dip in the sea or a shower in the star's dressing room at the Winter Gardens (yes, that's included for those who want to say that they stood in

Helen Shapiro's or Vince Hill's footsteps).

At the end of the weekend you have climbed the equivalent of Ben Nevis and run just short of an undulating marathon. It takes the body of an ordinary mortal a week or two to get back to normal.

Ventnor is a beautiful little resort, with a Mediterranean climate reflected in the tropical plants in its Botanical Garden. There seems to be enough hotel accommodation to cope with this September boost to business, but runners can stay free-of-charge in the rugby clubhouse. Two pubs on the sea-front both serve excellent evening meals and excellent ranges of beers.

Families not hooked into runner-support can find plenty to do on the island: the beaches and resorts, castles and mansions, a preserved railway, and so on. Special ferry rates are available through the race organisers: so, why not consider extending the summer this year by having a September week-end on the Isle of Wight?

Meanwhile, by way of preparation, we will be making the reverse trek up north and west with a random collection of fell races this year. In recent years we have included the Waun Fach, Llangorse, the Rac-y-Mynydd, Edale, West Nab, Ingleborough, Lad's Leap, and Skiddaw races. At one of these, as we registered, we were asked, "Where is Loughton?" We said, "Essex". After a pause: "Oh, Essex. Where do you train, on a motorway embankment?"

How did they know, we asked ourselves. Yes, a thirty-foot earth bank was piled up when they built the M11 - we use it in the summer for hill repetition sessions. In the winter we have cross-country races to keep us hardened and lovely muddy hills in Epping Forest to attack. Still, they are no substitute for the fells of the Dales, the Lake District or the Black Mountains, or, come to that the Isle of Wight!

*This is definitely an article for those people who love statistics and statistical arguments – personally I haven't a clue what Brian's talking about half the time but I have every confidence that he's right. At least the next time I have a lousy race (or even ANY race, come to that) I can hide the fact by explaining that unfortunately I marginally underachieved on my Targetted Standard Time!!*

# Lakeland Classics – Top 20 Men All Time Ranking

by Brian Martin

**H**aving read the recent articles by Bill Smith and Graham Breeze on the subject of the Lakeland Long 'A' races, and analysed the results of the six races included in the Lakeland Classics Trophy during the last three years, these two questions particularly intrigued me :

**1. Past & Current Generations :** How do the performances of the current top fell runners compare with those fell runners who set most of the race records in the late 70's / early 80's.

**2. Lakeland Records :** Why have most of the records for these six races not been broken during the last 20 – 25 years ; only a new record has been set in recent times at Three Shires.

Trying to answer these questions led me on a voyage of discovery through 30 years or more of fell running history and the results of 174 races. This article refers solely to Men's results, but the intention is to complete a similar analysis for Ladies.

## 'Statistical Bit' – Standard Race Times

The history of these Lakeland races has been illustrated by lists of winners and times achieved each year. But is it feasible to summarise and derive a single statistic for each runner's performance, no matter when they competed at these classic races?

For the last three years the Lakeland Classics Trophy has ranked runners by race times rather than race position, allocating points from 100 to zero based on the winner's time being 100 time points. Several other race series and even Championships calculate rankings based on times, albeit that there are slightly modified methods of transforming race times into time points or percentages.

By establishing a common reference time – a Standard Time - for each race, it is feasible to assess all race times within the history of these races. Thus Time Points are calculated from relating the race times to the Standard Time for each race, rather than that year's winning time.

The setting of Standard Times is somewhat arbitrary, but so that it also acts as an achievable Target time for the top runners, Standard Times have been set at approx. 10% slower than the current records. This means that the measurement or yardstick for assessing performance ranges from 100 equivalent to the Standard Time up to close to 110 points if the Record time was equalled. Times slower than the Standard gain points from 100 downwards to zero.

The Standard Times ( ST ) set are for Duddon Valley 3.00, Ennerdale 3.40, Wasdale 3.50, Borrowdale 2.50, Three Shires 1.55, and for Langdale 2.05. Thus, these ST's are some 10 minutes slower than the current records for both Three Shires and Langdale, some 15 minutes for Duddon Valley & Borrowdale, 20 minutes for Ennerdale, and 25 minutes slower than the record for Wasdale.

## Top Fell Runners PB's

From the Top 50 or so Best times ( those better than Standard Times ) for each race it is possible to extract the top runners' Personal Best times, highlight those times close to the current record, and the sequence of records since the races started.

Name	Club	D-V	E-D	W-D	B-D	3-S	L-D
1 Billy Bland	Keswick	2.43.10	3.21.04	3.25.21	2.34.38	1.53.45	1.55.17
2 Gavin Bland	Borrowdale	2.44.21	3.23.45	3.53.56	2.39.47	1.45.08	1.56.13
3 Andy Styans	Holmfirth	2.51.38	3.23.44	3.30.51			1.55.03
4 Simon Booth	Borrowdale	2.49.05	3.21.24	3.44.50	2.35.18	1.51.10	

5 Kenny Stuart	Keswick	2.46.10			3.20.57	2.45.25		2.03.12
6 Bob Whitfield	Bingley	2.49.58	3.25.21	3.40.25	2.43.27	1.49.07	1.58.59	
7 Mike Short	Horwich		3.27.51	3.39.48	2.44.52			1.56.08
8 Mark Rigby	Ambleside	2.51.49	3.28.10	3.37.08	2.40.07	1.51.55	1.58.27	
9 Jonny Bland	Borrowdale	2.52.48	3.25.39	3.46.56	2.41.26	1.47.58	1.59.43	
10 Ian Holmes	Bingley	2.52.10	3.30.53		2.42.22	1.47.02	1.57.37	
11 Colin Donnelly	Eryri	2.47.55	3.31.16	3.41.33		1.50.07		
12 Shaun Livesey	Rosendale	2.46.25	3.32.03	3.54.09			2.00.52	
13 Mike Fanning	Keswick	2.48.00	3.37.22	3.39.56	2.44.12			
14 Jack Maitland	P&B	2.57.15	3.24.10	3.54.10			2.00.31	
15 Joss Naylor	Kendal	2.57.00	3.27.27	3.40.14	2.55.38		2.08.20	
16 Mark Roberts	Borrowdale	2.58.00	3.26.19			1.52.15	2.01.24	
17 Hugh Symonds	Kendal	2.52.52	3.34.45	3.43.02				
18 Rob Jebb	Bingley	2.57.57	3.26.58	3.46.48	2.51.03		2.02.42	
19 Andy Trigg	Glossopdale	2.55.38	3.32.12	3.50.32	2.49.48	1.52.33		
20 Ian Ferguson	Bingley		3.35.17	3.49.13	2.49.27	1.50.12	1.58.18	
Record Time		2.43.10	3.20.57	3.25.21	2.34.38	1.45.08	1.55.03	
Standard Time		3.00.00	3.40.00	3.50.00	2.50.00	1.55.00	2.05.00	

No recorded time in this table means either the runner has never run that race, or that he has a PB time slower than the Standard Time. .

Billy Bland holds three of the six records – Duddon Valley 1981, Wasdale 1982 and Borrowdale 1981, all when he was a member of Keswick. Andy Styans holds the Langdale record from 1977, Kenny Stuart the Ennerdale record from 1985 and Gavin Bland the Three Shires record achieved in 1997.

Two of the current Lakeland specialists have achieved times close to these long standing records. Gavin Bland holds the Three Shires record set at the British Home Championship event in 1997 and has run within some 70 seconds of two other records at Duddon Valley (1992 Championship event ) and Langdale in 1997. Simon Booth has achieved times within 40 seconds of two records, at Ennerdale in 2000 and Borrowdale in 1999 both being Championship events.

## Top 20 All Time Ranking

The following table shows a ranking of these runners using the same selection as the current Lakeland Classics Trophy; the total points being derived from the best two points scores of the Super Long races – Duddon Valley, Ennerdale and Wasdale, plus the next best points score from any of the other four races – points from three races in total.

Rank	Name	Club	D-V	E-D	W-D	B-D	3-S	L-D	TOTAL
1	Billy Bland	Keswick	109	109	111	109	101	108	329
2	Gavin Bland	Borrowdale	109	107	98	106	109	107	325
3	Andy Styans	Holmfirth	105	107	108			108	324
4	Simon Booth	Borrowdale	106	108	102	109	103		323
5	Kenny Stuart	Keswick	108	109			103	101	319
6	Bob Whitfield	Bingley	106	107	104	104	105	105	317
7	Mike Short	Horwich		106	104	103		107	317
8	Mark Rigby	Ambleside	105	105	106	106	103	105	317
9	Jonny Bland	Borrowdale	104	107	101	105	106	104	317
10	Ian Holmes	Bingley	104	104		104	107	106	315
11	Colin Donnelly	Eryri	107	104	104		104		315
12	Shaun Livesey	Rosendale	108	104	98			103	314
13	Mike Fanning	Keswick	107	101	104	103			314
14	Jack Maitland	P&B	102	107	98			104	312
15	Joss Naylor	Kendal	102	106	104	97		97	312
16	Mark Roberts	Borrowdale	101	106				102	310
17	Hugh Symonds	Kendal	104	102	103				309
18	Rob Jebb	Bingley	101	106	101	99		102	309
19	Andy Trigg	Glossopdale	102	104	100	100		102	308
20	Ian Ferguson	Bingley		102	100	100		104	308
	Record Time			109	109	111	109	109	329
	Standard Time			100	100	100	100	100	300

This Top 20 list includes both past and present British & English Champions from the last 30 years since 1975. No surprise that Billy Bland, British Champion in 1980 tops this list with a maximum points score from his three race records, and confirming his superiority and numerous wins at these long Lakeland races.

Within 2% and a few points of Billy Bland's maximum score are, in 2nd place, Gavin Bland, 1999 British Champion; 3rd Andy Styman, 1979 British Champion, and 4th Simon Booth, 2002 British Champion. The addition of Kenny Stuart in 5th place, British Champion 1983, '84 & '85, completes a select list of Champions from the last four decades, who between them hold all of these six race records.

The next five ranked, all closely within 1% of Kenny Stuart's points total, are Bob Whitfield 1987 English Champion; Mike Short, British Champion 1975, '78; multiple British & English Champion Ian Holmes in 10th place, just behind noted Lakeland specialists Mark Rigby and Jonny Bland.

Some may be surprised to see Ian Holmes in 10th position, but these Superlong Lakeland races are not really Ian's speciality. Suffice to say that he has twice won two of the other Long races, Borrowdale and Langdale, and has the 3rd best ever time at Three Shires.

By chance the Top 10 ranking includes two groups of runners, five who achieved their best times in the late 70's / early 80's, and the other five who have achieved their best times in the last 15 years. Collectively the older generation hold five of the six records, but their total points score is only just ahead 1606 to 1597, a difference of only 10 points – a margin of less than 1%!

In close contention to the Top 10, Ranks 10 – 15 all have total scores at approx 95% compared to the maximum and the next 16 – 20 rank all score close to 94%.

A further five runners ranked 21 - 25 and scoring approx 93% are Paul Sheard 308, Colin Valentine 306, Stuart Bland 306, Bob Ashworth 306, and Robin Jamieson 305.

To my knowledge, only one other runner meets the criteria of achieving PB's better than the Standard Times at three races and thus in total scoring higher than 300 points. As with the Top 20 / 25 his name is very familiar to all fell runners – his score 302. Who is he? Perhaps someone will reveal his name on the FRA Forum?

## Winners & Records

It would be remiss just to list the PB times of these top fell runners without drawing attention also to their notable multiple wins and record breaking achievements.

### 1968-77

Joss Naylor won the first nine Ennerdale races 1968-77, the inaugural 1973 Langdale race, and Wasdale races in 1973 & 1975. The other prominent race winner in these early years was Mike Short – he won Ennerdale, Wasdale & Borrowdale in 1977 having previously won Borrowdale in 1975, plus three consecutive wins at Langdale 1974-76. So in this initial period 1968-77, Joss Naylor 12 wins and Mike Short 7 wins, won 19 races between them out of a total 25 races held.

Only four of the six races existed during this period - Wasdale starting in 1972, Langdale in 1973, and Borrowdale in 1974. Following the inaugural race records being set, Joss Naylor reduced the Ennerdale record a further three times and twice set new records at Wasdale during the initial few years of these events. Mike Short broke records at both the 1975 Langdale and 1977 Borrowdale races, before going on to further reducing the record at the 1978 Borrowdale race - his last Lakeland Classic win.

The only record still remaining from this initial period is the Langdale record set in 1977 by Andy Styman with three other runners – Billy Bland, Alan McGee, and Mike Short – all within 65 seconds of the record; such that these four times still remain the best four in the Langdale Top 50 Best Times list.

### 1978-88

The inaugural 1978 Duddon Valley and 1983 Three Shires races were both won by Billy Bland. During this period of 11 years Billy Bland achieved a magnificent series of 35 wins from 49 races completed, also including five second and four third places. These 35 wins comprised six wins at Duddon Valley, four consecutive wins at Ennerdale 1980-83, plus a 5th win in 1987, nine consecutive wins at Wasdale 1980-88 after being 2nd in both 1978 & 79 races, nine Borrowdale wins 1979-82 and 1984-88, plus five wins at Langdale and the inaugural Three Shires race.

This was probably the most competitive period of the Lakeland Classics history featuring three other Top 10 runners in addition to the previously mentioned Mike Short. Andy Styman won a further six races ( three wins in 1979 ) in addition to his one record Langdale win, and Kenny Stuart and Bob Whitfield each won four races.

Billy Bland set his three race records in 1981-82, and Kenny Stuart his Ennerdale record in 1985. But between them these top runners were regularly setting new records at these Lakeland Classics – 12 records being set during these 11 years, in addition to the two inaugural race records mentioned.

In fact during this period and ever since 1968, race records were being set nearly every year, and only in 1969, 1986 & 1988 were no new records established. Thus after the initial four years of Ennerdale 1968-71, the next period 1972-87 saw 25 new records being set, whereas the most recent years from 1989-2004 have seen only two new records set - both at Three Shires in 1989 & 1997.

### 1991-97

Billy Bland's last win was achieved at Duddon Valley in 1991 when 43, by which time his nephew Gavin was winning the English Championship in his 20th year, and starting a comparable sequence of wins between 1991-97.

During these seven years Gavin Bland gained 19 wins; comprising five consecutive wins at Duddon Valley 1992-96, three consecutive wins at both Ennerdale and Borrowdale, two wins at Wasdale, three wins at Three Shires & Langdale; and concluding by setting the Three Shires record and the best time for 20 years at the 1997 Langdale.

Other multiple winners during this period were Gavin's cousin Jonny Bland with five wins, Ian Holmes four wins, and Simon Booth three wins.

### 1998-2004

The most prominent winner of these races since 1998 is Simon Booth, accumulating ten wins, including seven consecutive wins at Borrowdale, and other wins at Duddon Valley, Ennerdale & Wasdale. Several runners have won two Lakeland Long A races during this period, but Jonny Bland's five wins gives him a current total of nine wins and makes him the 5th most prolific winner behind Joss Naylor 12 wins, Simon Booth 13 wins, Gavin Bland 22 wins, and Billy Bland 37 wins in total.

## Yearly Total Scores

In addition to those top fell runners that have dominated certain time periods, some of the Top 20 runners have also scored impressive total points scores in a single year.

Joss Naylor	301	1973
Mike Short	311	1978
Andy Styman	319, 311	1979, 1980
Billy Bland	325, 325	1981, 1982
Mark Rigby	308, 305	1987, 1988
Colin Donnelly	313	1988
Mike Fanning	314	1988
Gavin Bland	313, 312	1992, 1993

Billy Bland's yearly scores ranged from 308 – 325 during the period 1978-88, achieving high scores in 10 of these 11 years and

his yearly scores of 325 in both 1981 & 82 have not been beaten by any other runner's lifetime scores!!

Since the start of the Lakeland Classic Trophy series, as yet no runner has achieved a yearly total score higher than 300 points. The best scores to-date : ( 2002-04 LCT on same basis as PB lifetime scores)

Andrew Schofield	292	2004
Jonny Bland	288	2002
Gavin Bland	288	2004

### Some Conclusions

Billy Bland's achievements on the Lakeland fells are so exceptional that it can be difficult to give due prominence to other fell runners' performances. Certainly a tough act to follow, but both Gavin Bland's achievements in the 1990's and Simon Booth's consecutive wins at Borrowdale in recent years demonstrate that the performances of the current generation merit comparison with previous Champions.

In addition to Gavin's Three Shires record, these two Borrowdale runners have achieved times very close, within 1% of four existing race records - three of these four being achieved in Championship races. The Wasdale race is the exception, agreed to be the toughest of these six races, where few runners have achieved times better than 3.50 – only eight since 1990 and none within 10 minutes of Billy Bland's record.

It would be fascinating to know how the current Lakeland runners might have performed in the competitive environment of the late 70's and early 80's when these races were frequently Championship events, prior to the new British and English Championship formats established in 1986. The rankings derived from this analysis suggest that the current top fell runners would have gained their fair share of the honours, although no doubt Billy Bland would still have been the favourite at many events, particularly Wasdale.

New records were frequently set in the initial 10-15 years of these Lakeland races, but though times have been set very close, most records have existed for 20+ years. Not, I suggest, a reflection on the capability of the current generation of fell runners; more a case of changing competitive agendas over the years and that records do become progressively harder to beat - patently it is easier to beat the previous record time than the existing record! Also, it is worth noting that minor course changes at some of these races may not make the task any easier.

But some of these records and rankings will change. Many of these top runners are in their thirties or early forties and still have opportunities to improve on their best times, especially this year at the Wasdale & Langdale Championship races.

### Acknowledgements :

Many thanks to Bill Smith and Graham Breeze for their stimulating articles on these and other Classic races, and for providing race results – also thanks to Jon Broxap, the race organizers, and those runners who provided or checked PB times

Thanks to the imagination and commitment of Graham Breeze and Brian Martin there has been quite a bit of publicity in the last year or two about the Lakeland Classics Series, originally instigated as a way to combat the falling numbers of runners competing in the big Lakeland 'AL' races and now taking on, quite rightly, a life of its own. Up to now there hasn't been a lot of feedback from participants but this is remedied below by Jackie Lee, who won the Ladies' title in the Series last year, and allows us to share her reflections on the experience.

## LAKELAND CLASSICS

By Jackie Lee

Everyone must by now have at least a vague idea of the existence of the Lakeland Classics Series and what it entails, so I won't bother to go into the details – especially as I suspect that most readers have no intention of ever even attempting it. Last year it was my good fortune that far better runners than I didn't turn up to enough of the required events, so leaving it open to me to battle it out with only a handful of other women and subsequently win the ladies' title. Of course at the time of the races I was delighted that the competition was minimal as this improved my chances of getting a better result but, in retrospect, my victory felt a little hollow for this very reason.

When I first became addicted to fell racing, a little over two years ago, it took me just one month to realise that I far preferred the long distances to the short. I always seem to go at one speed, whatever the race, and so I obviously do better the longer the race lasts - actually that's not quite true, I often even go a bit faster after two or three hours!! I also like it rough – underfoot that is – and the rougher the better. So when I moved to Borrowdale in April 2003 for a three-month stint working for the YHA the races that caught my eye above all others were the ones very aptly named as the Superlong Lakeland Classics.



Jackie at the 2004 Snowdon race (Photo Jackie Lee)

I was unfortunate, however, in that it was in 2003 that both the Dockray/Helvellyn and the Ennerdale Horseshoe races were cancelled (the former, apparently, permanently) due to a lack of support and very few race entries. I'd already been out to recce sections of the Ennerdale and there are still drinks planted out there that random walkers are more likely to find than I ever am!!

I know it's sad but I nearly went into mourning when I heard that the Ennerdale had been cancelled due to a clash with a British Championship race; I thought it was a sick joke. If the race suffers again this year because of all those namby-pamby big girls' blouses dashing over to Edale, having got their priorities all mixed up, don't blame me if a heavy dose of laxative mysteriously works its way into their post-race orange squash!!

The Duddon Valley race was omitted from the 2003 FRA Calendar and, without even realising that it existed, I missed it – and so that year I managed to do only one of the Superlong races; the one I'd probably have been happiest to have missed – the Wasdale. The Wasdale fell race is undoubtedly the toughest course I've ever encountered; in 2003 it took me weeks to recover from the psychological trauma and even longer for the thick pads which used to be my heels to grow back! I vowed I'd never do it again!!

Holidaying in the Pyrenees meant that I missed the Borrowdale, which had temporarily been upgraded to Superlong status, and therefore I couldn't count in the Classics Series that year. Yet it was, and still is, the races themselves that were the incentive rather than the Series.

# Celtic Corner

In which we are kept up-to-date with developments around the UK via articles from our International Correspondents

Manx News  
from Christine Barwell  
& Ken Watterson  
Manx Mountain Marathon

**M**ost classic fell races seem to start from humble beginnings and the Manx Mountain Marathon is no exception. The inspiration behind this annual event held each Easter Saturday came from George Broderick, who in 1966, had the idea of a walk over the hills from Ramsey in the north to Port Erin in the south. The course covered 31 miles of difficult, rugged terrain and en route visited thirteen peaks, including the Island's only mountain, Snaefell. In 1968 Tony Paine of East Grinstead completed the challenge in less than 10 hours and the standard had been set. The first official year for the race was 1970, where a mere 12 competitors finished from a total start line of 74, with the near arctic weather conditions having a major impact. Although initially a walking event, it was the fell runners who set the pace and Bury's Bob Meadowcroft completed the course in 5 hours and 47 minutes. May and Bill Lloyd, the wardens of Port Erin YMCA presented him with a trophy they found lying in a cupboard. Thirty-five years later, and in spite of its modest beginnings, the Lloyd Trophy is still the premier award. Over the years the course has tested many of the top mountain athletes such as Joss Naylor, Wendy Dodds, Mike Short, Kenny Taylor and the current course record holder Colin Donnelly. Ian Gale scored a legendary victory in 2003, and is the only Manxman to date to win the event. Such is the enthusiasm for the Manx Mountain Marathon that many competitors return year after year to take part. Paul Thompson, the popular winner in 2004 and again this year has a race tally now in double figures. In fifth place this year, Andy Hauser has won the event an incredible six times. Rolf Bruhwiler from Switzerland, a consistent top 20 finisher, is one of the many international visitors to regularly return to the Island. In fact the winner of the women's race this year was Jolanda Linschooten of Holland and she certainly plans to return and defend her title in 2006.

More information on the Manx Mountain Marathon and fell running in general on the Isle of Man can be found by visiting the new website - [www.manxfellrunners.co.uk](http://www.manxfellrunners.co.uk). The site contains the full race calendar, with route descriptions, course records and race histories, including the infamous Bob Baxter Round, plus some interesting anecdotes, which provide fascinating reading. Should you require further details about the club or our events, contact us at [info@manxfellrunners.co.uk](mailto:info@manxfellrunners.co.uk), and we will be pleased to assist.

It is just over the halfway stage and already the competition to become this year's league champion is hotting up, with Pudsey and Bramley athlete and newly recruited Manx Fell Runner Paul Sheard, currently holding the top spot with an 'in form' Tony Okell. With her statutory long race under her belt, Cal Partington looks well on her way to her first title in the women's competition. It has been quite a record breaking year so far, with almost every race seeing a record or two tumble. The most notable performance has been in the veteran over 60 category, where Dave Corrin has certainly earned the title of 'Super' Vet. Since reaching his 60 status, he has broken the course record in every race he has competed in and May's Carraghan fell race, a mere 2 miles, was no exception. Incredibly, he smashed the 2003 record held by Trevor Coleman, by 10 minutes. Cal Partington added Carraghan to her Laxey record from last year, and Tony Okell not only won the race, but also improved on his own veteran 40 record by 11 seconds.

The 11th March was a sad day for Manx fell running when we learned of the tragic death of our good friend James Coulson. James' great big personality made him one of the most popular people in the local community and living on a hill sheep farm gave him the perfect opportunity to indulge his favourite pastime of fell running. Not one to do things by halves James not only broke his neck once but twice, the first break only being found after he crashed a second time in a cycle race in 2003. After a 10-hour operation and nearly a year wearing a "halo" brace James was driving us all mad with his desperation to return to fell running. A man of the open hill it must have been an anathema to consider the gym, however that was all the medics would allow and typically James took to it with his usual determination and promptly gained 2 inches in collar size! With such muscle development it was perhaps no surprise that he snapped both of the tungsten screws the surgeons had planted in his neck. Although unable to descend with such abandon as in the past, James was able to get back onto the fells in Autumn 2003 and entered his first race again on New Years Day 2005. His determination clearly showed when, in his third race of the season in late February, he finished in a time only a few minutes outside his best ever for the course. Keen to have a go at anything, James, a gentle giant of a man, was a great supporter of all running events whether on the road, cross country or on the fells. He gave tremendous encouragement to everyone starting out in the sport. Together with a couple of friends he'd planned to start recce'ing the Bob Graham Round in April. I was fortunate to run a great deal with James, and will always remember those moments three close friends shared after a

lung bursting climb to a hill top cairn on a summer's evening, as we took time out to watch the world go by, in the glow of the setting sun. An enthusiastic MFR committee member and a highly accomplished sportsman, James was also a Manx car rally champion. One of the kindest people you could meet and one the world does not deserve to lose so young, James collapsed as he worked in the gym, still keen to improve his speed and stamina. The throngs of people from family and friends to athletes, rally drivers, lifeboat crews and work colleagues who attended the service at Lonan church high above Laxey were testimony to his popularity. Surrounded by hills of yellow gorse, a favourite of James, which adorned his coffin, the lone piper played a lament as the mourners packed the church. There wasn't a dry eye in the church, these weren't tears of sorrow but of laughter as his elder brother Ian told stories of his over-adventurous brother James, who would not want to be remembered any other way - no fussing over him, no crying, just remembering such good times.

News from Scotland  
from Keith Burns

**T**he 2005 four-from-six-race Scottish Hill Runners Championship series started with a very successful event at Bishop Hill in Fife. SHR owes thanks to Lomond Hill Runners for organising a great little race and coping with the large numbers.

With deep snow over the top half of the course, and a beautiful sunny day, it was a fantastic first championship race. This is the only really short race of the series this year. There's a long gap to the next race in June, and with many familiar faces missing due to other commitments, the initial positions are likely to change considerably over the season. However, several of last year's names are back. A very fit Brian Marshall (HELP) won easily at Bishop Hill to take maximum points and put down a marker for the others. Likewise, Stewart Whitlie (Carnethy) had an easy win in the O/40s; and the evergreen Alison West (Carnegie) and Charlie Love (Dundee) in the ladies O/50s and men's O/60s respectively.

However, there are some interesting newish faces to the leader board. New to hill running, Cameron Watson (Pitreavie) followed up a 3rd at the Carnethy Five with a 3rd at Bishop Hill. Les Turnbull (Norham) (not a new face but a new O/50) could give John Blair-Fish some problems. Les is also organiser of the next championship race at Yetholm in June - a lovely runnable Borders race.

In the women's race, Eilidh Wardlaw (HBT) has taken an early lead to put the pressure on the others. She is a new name to the



Ffion Tressider high up on Ben Lomond (Photo Keith Burns)

championship but not to hill running. Maggie Keegan (Carnethy) is another new face and could yet spring some surprises in the O/40s.

Please note that the date of the Angus Munro race has had to be changed because of mountain rescue availability. It is now on 28th August (NOT as in FRA calendar on 21st Aug). There's a commemorative mug for anyone who completes the championship. You don't have to be Scottish.

At the Knockdhu Home International, Alasdair Anthony (Ochils), running as a freelance, won the Open race. The next four home were Euan Jardine (a late replacement for Brian Marshall), Cameron Watson, Colin Donnelly (the first veteran) and Andrew Wright. With Kyle Creig in 17th place, the Scots were first team.

The vets were equally successful, with Ronnie Gallagher (8th overall; 2nd vet), Alan Smith (12th; 5th) and Des Crowe (14th; 6th) supporting Colin Donnelly. So too were the women, with Sula Young, Sue Ridley and Eilidh Wardlaw 1st, 2nd and 5th. The Junior Men were pipped for the individual prize, but with David Phee 2nd, Kyle Cowie 3rd and Andrew McCall 4th were clearly first team.

There was no Junior Women's race due to insufficient competitors. This must have left Jennifer Emsley somewhat frustrated.

The Scottish Athletics one-off 2005 championship event takes/took place at Falkland on May 14th - after our copy deadline. Frustration has been expressed by some runners that we have two Scottish hill race championships. This has been a consequence of the past few years of controversy between the governing body, Scottish Athletics, which chooses to stage a one-off championship event, and Scottish Hill Runners, which argues that it responds to the known enthusiasm of the majority of its members. Many like a championship series to run through the season as a test of all-round hill racing ability over the broadest spread of distance and terrain. The counter argument is that it overloads the training schedule of contenders. At

present there seems to be enough interest in both formats to keep them going together. So why not? This could be seen as another aspect of the debate south of the border on the differences between European style mountain races and our home countries' tradition. Can they co-exist? Should one displace the other? The people whose views are the most important, as always, are the runners and the race organisers. The experiment continues.

Last year's troubles arising from SAL's threat to excommunicate hill running now seem to be dormant. Following SAL's withdrawal of the excommunication threat, a state of peaceful co-existence has broken out between the debating protagonists. The SAL-Hill Running Commission is under new administration led by Dave Armitage and this seems to have been a very good and productive change. One bit of tension still running is over the independent civil liability insurance set up by Scottish Hill Runners for its own members and any race organisers who choose to insure their races separate from the governing body. As with the issue of championship formats, there seems to be a demand for both at present. The test will be whether services to runners and race organisers will improve as a result. It's a pity that there's little evidence of progress on finding an independent all-UK solution to the race insurance problems. This would reverse the unfortunate fragmentation of Wales, Scotland and the rest of the home countries over race calendars and insurance arrangements.

#### Information from Wales (part 1) from John Sweeting WFRA News

A very promising season in progress in Wales this year - new races appearing, extending the sport outside the traditional Snowdonia-Brecon Beacons heartlands (see Tyn-y-Groes news below for latest addition), new faces appearing at races, old faces appearing at races (see Llanbedr-Blaenafon result).

general rise in race numbers. The WFRA hopes that it has played a part in this success, and is greatly encouraged by response to its re-formation last November - we now have nearly 160 members; about 50 races insured through our insurance scheme; a race calendar with 90+ events (including Shropshire and West Country races); a website ([www.wfra.org.uk](http://www.wfra.org.uk)); regular Newsletters (first published in April); Welsh Open Championship series; and two regional series. More details on some of these below and general contact details further below:

#### Calendar

These come "free" with WFRA membership (contact Geoff Clegg), but are also available for £2.00 from Geoff or John Sweeting.

#### Open Welsh Championships

(website or Martin Lucas for results)

Looking at the situation after three races, we have an "interesting" situation, with the somewhat unusual sight of an MDC member in number one spot (well done Dan Booth!). I'm sure Eryri are not going to take this lying down and we are hoping for a backlash at the Waun Fach race on August 13th.

#### Regional Championships – North

(6 races to count from 9 – website or Ross Powell for results)

This has been very well supported, with around 100 entries for each of the first two races, and over 50 for the long Foel Fras race. The leader board looks a bit more familiar with Tim Higginbottom and James McQueen only a point apart at the top, and Maggie Oliver leading Jenny Ewels and Ellie Salisbury in the women's competition. A few other statistics: 179 runners have taken part so far from about 39 clubs (including "unattached"). Biggest contingent from Eryri (46), closely followed by unattached (42), and with impressive turnouts from Buckley (14) Bro Dysynni (9) Wrexham (8). Some people are prepared to travel - Jaroslav Vitek (Atletico Batelov) may have just beaten two MDC and one Westerland runners in this category! Twenty-nine women have taken part so far, but only one junior.

Next race is Cader Idris (but that will already have happened by the time you read this), then Moel Siabod on July 16th.

#### Regional Championships – South

Good news - this series hasn't started yet (at time of writing). However if the Coity Race (June 15th) has already happened, there's still plenty of time to do four races out of the seven-race series - Guto Nyth Bran (July 2nd), Waun Fach (August 13th), Ras Beca (August 27th), Machen (August 29th), New Race (to be announced - September 17th), Fan Fawr (October 8th).

#### Tyn-y-Groes Race Revival

(Ganllwyd Village Fete, near Dolgellau). Saturday 25th June (afternoon start - time to be announced). 2.1 miles/700 feet. Another race carrying the Bro Dysynni seal of approval. Details (including the history of the race) on their website

([www.brodysynniac.com](http://www.brodysynniac.com)), or contact the organiser: Bob Chilton (01341 440611).

## WFRA Contacts

(full list in Calendar and on website)

Ross Powell (chairman) 01286 881491  
[rosspowell@wfra.org.uk](mailto:rosspowell@wfra.org.uk)

Andrea Goode (secretary) 01341 251061  
[andreagoode@wfra.org.uk](mailto:andreagoode@wfra.org.uk)

Martin Lucas (statistician) 01656 880009  
[martinlucas@wfra.org.uk](mailto:martinlucas@wfra.org.uk)

Geoff Clegg (membership, calendars)  
01492 582631  
[geoffclegg@wfra.org.uk](mailto:geoffclegg@wfra.org.uk)

John Sweeting – (fixtures, calendars)  
01550 721086  
[johnsweeting@wfra.org.uk](mailto:johnsweeting@wfra.org.uk)

Please send any suggestions, results, reports (e.g. Cardiff Harlequins mass attempt at the South Wales Traverse), etc., to Geoff or any Committee member.

## Information from Wales (part 2) from Adrian Woods

### WELSH ATHLETICS ATHLETAU CYMRU

### WELSH MOUNTAIN RUNNING COMMITTEE PWYLLGOR RHEDEG MYNYDD CYMRU

### INTERNATIONAL EVENTS AND SELECTION RACES 2005

#### HOME COUNTRIES INTERNATIONAL FELL RUNNING CHAMPIONSHIPS

SATURDAY 30TH APRIL 2005  
KNOCKDHU CO ANTRIM  
NORTHERN IRELAND  
AS 4.7 M/1470 FT UP AND DOWN  
([www.nimra.org.uk](http://www.nimra.org.uk))

#### Teams

8 senior men, 4 senior ladies, 4 junior men, 4 junior ladies (juniors under 20 in year of competition)

#### Selection

Senior Trial Race 12th March. Moel Wnion Race AS 1.00pm 4m/1600ft from near the Royal Oak, Rachub, nr Bethesda (GR 962662). The first two in each category will gain automatic selection. The remaining athletes will be chosen by the selection committee. Junior athletes will be considered on current form.

### MARCO GERMANETTO MEMORIAL INTERNATIONAL MOUNTAIN RACE UNDER 17 SUSA, (TURIN) ITALY SUNDAY 26TH JUNE 2005 (UP AND DOWN COURSES - UP TO 2 1/2 MILES) ([www.atleticasusa.it/rules](http://www.atleticasusa.it/rules))

#### Teams

3 junior boys under 17 years  
3 junior girls under 17 years

#### Selection

Athletes performances will be considered in either the World Trophy Trial

Races Saturday 4th June Afan Argoed Forest Park (grid ref 801942) (Must be

over 16 years on 31st December 2005) and the Hay Bluff Fell Race, Sunday 5th June (14-16 years) 10.15am. Stone Circle on the Hay on Wye – Capel Y Finn Road, (Grid ref. 374239)

Contact Adrian and Sharon Woods for Details of races in Italy.

### EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS, AUSTRIA, SUNDAY 10TH JULY 2005

#### SELECTION OF GREAT BRITAIN TEAM ([www.grossglocknerberglauf.at](http://www.grossglocknerberglauf.at))

Trial race Sunday 19th June 2005,  
Llanberis, Gwynedd.

#### Ladies Race

11:30 from Spar Shop Llanberis

#### Men's Race

12:30 from Spar Shop Llanberis

Registration at Royal Victoria Hotel from 10:00

Contact. Sarah Rowell Chair of Selectors  
01132 754459 or

Adrian Woods Team Leader / Trial Race Organiser 01495 791754

### INTERNATIONAL SNOWDON MOUNTAIN RACE SATURDAY 23 JULY 2005 LLANBERIS, SNOWDONIA 10 M/3250 FT UP AND DOWN ([www.snowdonrace.com](http://www.snowdonrace.com))

#### Teams

4 senior men (A team) 3 senior ladies  
3 senior men (development team)

#### Selection

Two athletes in the senior men's A team and senior ladies team will be considered on performances in fell races, taking into account current form. Two athletes in the senior men's A team and one other senior lady will be chosen by the Selection Committee taking into account current form and previous international achievements. The men's development team may be selected as a means for athletes to gain international experience.

### WORLD MOUNTAIN RUNNING TROPHY 17-26 SEPTEMBER 2005 WEILINGTON, NEW ZEALAND ([www.wmrt2005.org](http://www.wmrt2005.org))

#### Teams

6 senior men, 4 senior ladies, 4 junior men, 3 junior ladies  
(Juniors must be aged 16-19 years on 31st December 2005)

#### Selection

Trial race Saturday 4th June,  
Pontrhydyfen, Afan Argoed Forest Park

Registration will be at the Miners Arms,  
Pontrhydyfen Rugby Club 11am  
First Race 1:00pm

The first 2 in each category will gain automatic selection

The remaining athletes will be chosen by the selection Committee with greatest emphasis on performances in the trial race.

Contact Adrian Woods Team Leader for all details regarding the World Trophy Event.

### HOME COUNTRIES AND IRISH JUNIOR FELL RUNNING CHAMPIONSHIPS SUNDAY 9TH OCTOBER 2005 COUNTY WICKLOW, IRELAND ([www.imra.ie](http://www.imra.ie))

#### Team

4 under 18 boys, 4 under 18 girls, 4 under 16 boys, 4 under 16 girls  
(ages on 1 January 2005)

#### Selection

Athletes will be considered on current form in endurance events and must keep in contact with a Team Manager selectors and or Welsh Events Coach.

### GENERAL SELECTION CRITERIA – ALL EVENTS

- Subject to early season fitness and availability, the selectors may pre-select an individual athlete. All athletes should register their interest with a Team Manager, Selector or Event Coach for any event they wish to be considered.
- All athletes who register their interest in advance of selection races/selection meetings will be informed of decisions both successful and unsuccessful.
- All eligible athletes are expected to compete in the trial races.  
Any athlete who is unable to compete for exceptional circumstances must notify a member of the selection panel before the trial races
- Only athletes that have been selected using the above criteria will be eligible to run for Wales
- The selectors reserve the right, where performance standards are not considered sufficient to not select a full team.
- Selection will be made on the day of specific trials and the selected teams will be announced on the Welsh Athletics Website.

### WELSH ELIGIBILITY

In order to run for Wales, athletes must be registered with Welsh Athletics and must have at least one of the following qualifications:

- a) **BIRTH**  
The athlete having been born in Wales
- b) **PARENTAGE**  
One or both parents having been born in Wales
- c) **RESIDENCE**  
A minimum of 2 years' continuous residence in Wales immediately prior to the event to be competed in

For further information, selection policies and up-to-date details, please contact the Team Managers, Selectors or the Welsh Event Coach listed below:-

#### Senior Team Manager

Rod Jones, 7 Troy Gardens, Monmouth NP25 5DB Tel: 01600 772400 e:mail:  
[rod@rodjonesmountain.fsnet.co.uk](mailto:rod@rodjonesmountain.fsnet.co.uk)

**Senior Team Manager**

Sharon Woods, Ty'r Mynydd, 7 Heol Coedcae Uchaf,  
Blaenafon, Torfaen NP4 9JA Tel (H): 01495 791754  
e:mail: Sharon.woods@virgin.net

**Assistant Team Manager**

Angela Jones, 7 Troy Gardens, Monmouth NP25  
5DB Tel: 01600 772400 e:mail:  
rod@rodjonesmountain.fsnet.co.uk

**Welsh Event Coach / Team Leader**

Adrian Woods, Ty'r Mynydd, 7 Heol Coedcae Uchaf,  
Blaenafon, Torfaen, NP4 9JA Tel (H): 01495 791754  
e:mail: adrian.woods@virgin.net

**Selectors**

Shaun Tobin, 3 Victoria Terrace Cwmavon, Neath,  
Port Talbot, SA12 9BP Tel: 01639 895825

Adam Haines, Fron Deg, Rhyd, Penrhyneddudraeth,  
Gwynedd, LL48 6ST Tel: 01766 771050

**TRIAL RACE FOR WORLD MOUNTAIN RUNNING  
TROPHY**

17-26 SEPTEMBER 2005  
WELLINGTON, NEW ZEALAND  
(www.wmrt2005.org)

Saturday 4th June 2005, Sugar Loaf Mountain  
(Mynydd Penyfai), Abergavenny, Monmouthshire.

Senior Ladies/Junior Men and Junior Ladies races  
start at 1.00pm from Mynydd Llanwenart spur (GR  
265182)

Men's Race starts at 2.00pm from same venue.

Registration will be at the the Sugar Loaf carpark  
(GR 268167) from 11.30 a.m.

The Junior Ladies will run 1 lap consisting of 4.3Km  
286m ascent (2.6 miles 938' ascent)

Both the Senior Ladies and Junior Men will run 2  
laps 8.4Km 572m ascent (5.2 miles 1876')

Senior Men will run 3 laps 12.5Km 858m ascent  
(7.8miles 2814' ascent)

**Teams**

6 senior men, 4 senior ladies, 4 junior men, 3 junior  
ladies  
(Juniors must be aged 16-19 years on 31st December  
2005)

**Selection**

The first 2 in each category will gain automatic  
selection the remaining athletes will be chosen by  
the selection committee with greatest emphasis on  
performances in the trial race.

Subject to early season fitness and availability the  
selectors may pre-select an individual athlete.

The selectors reserve the right where performance  
standards are not considered sufficient and/or  
where there is limited funding to not select a full  
team.

**Event Co-ordinator**

Adrian Woods

Ty'r Mynydd

7 Heol Coed Cae Uchaf

Blaenafon

Torfaen

South Wales

NP4 9JA

Telephone: 01495 791754 Course Advisor

Adrian Orringe,

6 Edinburgh Close,

Greenmeadow,

Cwmbran,

Torfaen,

South Wales,

NP44 5HR.

Telephone: 01633 873577

# Napes Needle

## from Peter Travis

Was it your provocative sharpness  
that dropped the challenging gauntlet  
at the feet of dauntless cragsmen?

You evoked the daring spirit  
to spurn the space through which  
you thrust your rocky arrogance  
and cling with finger tip  
with clinkered and tricounied boot.

Piggott, dextrous and diminutive and with mind  
as agile as his lithesome body.

The mighty O.G.Jones, the strength of three  
to haul his massive frame up the rocky pinnacle  
which trembled at the giant's touch.

Tragic Dolphin who, with spider's deftness,  
ran your cold and towering smoothness.

I read of these immortals of the crag,  
their spirits fed a mind insatiable  
with longing for Lakeland fell  
and the awesome starkness of this climb.

I came to Borrowdale and stared with wonder  
at splintered wall and fissured crag.

I saw the wraiths of men long past  
that pointed down from Styhead's waters;  
the Needle, like some beckoning finger  
with mystic power to bewitch my brain.  
I sat with friends in thoughtful silence.  
An upward glance became a muted stare,  
and all at once, as through my mind  
there surged a wave of near despair,  
I felt the challenge melt away.

We talked of crags and climbs  
and conquests we had made, to dull  
the nagging doubts that plagued our spirits.

Then, as if with fevered minds,  
our bodies galvanised to action;  
we took the measure of our adversary,  
we climbed, our blood a coursing effervesence;  
we ripped apart the transparent veil of infinity,  
and from that precarious summit

with minds as breathless as our bodies  
we scanned the distant lake

where plunging scree is darkly swallowed.

Micklegavel, Scafells and guardians of the silent church,  
these we pondered, imbibed their pleasures  
and laughed with the ghosts of yesterday.

# Crying out - an anthem for the ancient fellrunner

from Geoff Holland

Crying out,  
"I am not dead,  
I am not dead!"  
I am again  
wild and free  
over cloudberry,  
wet after rain.  
Heather purple  
with flower.  
Ground cushioned.

Tumbling gently,  
air brushing cheeks,  
arms circling.

A grouse whirls upwards.  
A lark spins.  
Tiptoeing over  
loose rock.  
Skipping. Stones shift.

Dancing across  
deepening slope.  
Steeply descending.  
The valley quickens  
towards me.  
  
Crying out,  
"I am not dead,  
I am not dead!"  
I am alive and free.

## FRA MEMBERSHIP – AN ANALYSIS

BY MADELEINE WATSON

There have been occasional articles on the FRA membership and its breakdown (Winter 1987 and Feb 2000). This article gives some details of the current 5,251 members (as at the end of April 2005), and compares this with the earlier years' data.

The numbers in each age group are given in Table 1 for 2005, and the percentage distribution is compared with 1999 and 1987.

Of the 5,251 current members, over half are in their 40s and 50s, compared with over half in their 30s and 40s in 1987. The average age in 2005 is exactly the same as in 1999. Compared with 1987, the percentage of members in their 20s and 30s is significantly down. The 40s, 50s and 60s have increased the most. But there has also been an increase in the number of juniors.

Table 1 Age of FRA members

Age	Number		Percentages	
	2005	2005	1999	1987
less 20	186	3%	2%	1%
20-29	191	4%	4%	17%
30-39	924	18%	28%	42%
40-49	1,853	35%	38%	30%
50-59	1,298	25%	22%	8%
60+	606	12%	6%	2%
Average		44.2	44.2	38.1
Total	5,251	5,251	4,561	2,454
Age not known	195	195	579	235



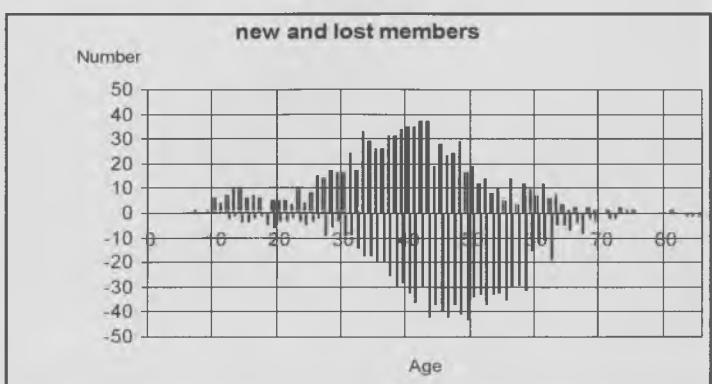
Table 2 shows those clubs with 20 or more FRA members (note that this is not the total number in each of the clubs - there will be a number of members of clubs who are not members of the FRA).

Table 2 Clubs with 20 or more FRA members

Club	FRA members	Club	FRA members
1 Dark Peak	189	20 Mynyddwyr de Cymru	41
2 Clayton le Moors	173	23 Glossopdale	39
3 Cumberland FR	109	24 Pudsey & Bramley	37
4 Bingley Harriers	95	25 Lancaster & Morecambe	35
5 Horwich RMI	86	26 Buxton	29
6 Calder Valley	70	26 Stockport Harriers	29
7 Kendal	69	28 Helm Hill	27
8 Mercia	68	28 Keighley & Craven	27
9 Rossendale Harriers	65	28 Totley AC	27
10 Keswick	63	31 Achille Ratti	25
11 Ambleside	62	31 Black Combe Runners	25
11 Todmorden Harriers	62	33 Borrowdale	24
13 Eryri	60	33 Dendy Dale Travellers	24
14 Holmfirth	56	33 Settle Harriers	24
14 Northumberland FR	56	36 Altricham & District AC	23
16 Bowland	52	36 Felldale	23
16 Pennine	52	36 Preston Harriers	23
18 Ilkley Harriers	51	39 Chorley Harriers	21
19 Saddleworth	43	39 Rochdale Harriers	21
20 Carnethy	41	41 Wharfedale Harriers	20
20 Macclesfield Harriers	41		

The number of members in April 2005 is slightly less than the previous year. There have been 900 new members (joining since October 2004) and 1,100 who have not renewed. There is a chance that some of these members will renew shortly, but at least half have had a number of reminders and the assumption is that they will not renew.

The chart shows the age profile of the new members and lost members





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**INOV**

# RESULTS

FROM  
DECEMBER  
TO MAY

COMPILED BY  
DAVE  
WEATHERHEAD  
& BARBARA  
CARNEY



Sally Malir (first lady)  
at the Three Peaks  
(Photo Tony Fickes)

This photo deserves a much  
funnier caption - please send in  
your suggestions to the editor,  
by email, to win a  
Running Bear fellshirt

### TURKEY TROT

Mourne Mountains

AS/5.5m/1560ft 26.12.04

1. S. Neill	Pud	46.46
2. A. McKitten	N'castle	48.22
3. S. Cunningham	N'castle	48.48
4. G. Bailey	ACKC	49.08
5. R. Rodgers O/40	N'castle	50.38
6. S. Taylor	BARF	51.12
7. P. Mawhirt	N'castle	51.27
8. K. O'Hara O/40	Unatt	53.00
9. R. Donaldson	ACKC	54.16
10. P. Elliot	Unatt	54.55

#### VETERANS O/50

1. (12) J. Patterson	N'castle	56.38
2. (24) P. McCookin	ACKC	59.08
3. (27) W. Kettrye	ACKC	59.29

#### LADIES

1. (21) M. Hawkins	N'castle	58.43
2. (26) A. Sandford O/35	N'castle	59.27
3. (29) C. Wilson	Kennil	59.55
4. (35) P. Sloane O/35	N'castle	61.05
5. (36) S. O'Kane	BARF	61.12

74 finishers

**GUISBOROUGH WOODS**  
N Yorkshire  
BS/6m/1000ft 27.12.04

1. P. Lowe	NYM	38.13
2. J. Rafferty	M'bro	38.29
3. P. Addyman	N'land	39.42
4. J. Blackett O/40	NYM	40.03
5. C. Jeffries	B'ham	41.40
6. R. Hall	Th&S	41.44
7. N. Strange O/40	Knaves	41.45
8. A. Harland O/40	NYM	41.59
9. B. Atkinson O/40	Knaves	43.31
10. R. Tomlin	Scarb	43.33

#### VETERANS O/50

1. (21) J. Winder	Scarb	45.23
2. (23) C. Rafferty	M'bro	46.09
3. (25) M. Hetherton	Acorn	46.18

#### VETERANS O/60

1. (46) N. Bush	Ilk	51.16
2. (48) R. Sherwood	NMarske	51.45
3. (69) M. Overton	Tad	58.24

#### LADIES

1. (31) S. Jackson	M'broClev	47.57
2. (49) A. Hall O/40	T&S	52.00
3. (61) E. Paleschi	T&S	54.54
4. (71) A. Henderson	NMarske	59.23
5. (76) B. Young	Wed	61.32

85 finishers

**CAPTAIN COOKS**  
N Yorks  
BS/5.5/750ft 01.01.05

1. P. Lowe	NYM	32.00
2. A. Brownlee	Bing	32.52
3. J. Rafferty	M'bro	33.17
4. D. Sargeant O/40	ElsPort	33.54
5. R. Wilson	Scarb	34.11
6. J. Blackett O/40	NYM	34.20
7. S. Mussett	Loftus	34.25
8. N. Strange O/40	Knaves	34.26
9. C. Mustill	NewtonA	34.28
10. K. Dowson O/40	NYM	34.32

#### VETERANS O/50

1. (34) C. Rafferty	M'bro	37.10
2. (40) M. Bennett	Elvet	37.52
3. (4) M. Hetherton	Acorn	38.50

#### VETERANS O/60

1. (90) A. Wikeley	Th&S	43.08
2. (91) S. Haslam	Scarb	43.13
3. (615) R. Clarke	NYM	44.02

#### LADIES

1. (142) J. Jackson	M'broClev	36.53
2. (31) M. McDonnell	ChestLSt	36.54
3. (61) C. Pollard O/50	NYMAC	40.15
3. (74) J. Grindley	Wigton	41.15
4. (84) A. Hall O/40	Th&S	42.25

204 finishers

### OVENDELL FELL RACE

West Yorkshire

BM/8m/1200ft 08.01.05

Thank you for making the final Ovenden fell race a great success. The biggest turnout ever for this race, and in such poor weather, made all the hard work organising it worthwhile. Andy Clarke and myself flagged the route in a horrendous hail shower on Friday afternoon. The gale force wind was bitterly cold and I noticed that the windmills had been turned off (they do this when the wind exceeds 65mph). When I arrived at Ogden Water on Saturday morning as the warden was closing the road due to storm damage I thought, "Right, time for plan B" so amended the course map and set off to re-flag the moor. Dave, the warden agreed that as long as we did not cross the reservoir embankment (very high side-winds), or go into the woods where trees and debris were blowing about we would be ok, so I came up with a high level moorland option. Although we had plenty of signs up, another hail shower prompted my additional announcement about full kit requirement at registration. Though the hailstones stopped just prior to start time, the winds made it hard going and I noticed that most runners came back to the finish wearing their cagoules.

Lloyd Taggart, on his first visit to Ogden, won the slightly shortened race in grand style chased home by George Ehrhardt - winner at Giant's Tooth race on New Year's Day seven days earlier - and Tim Austin (Giant's Tooth record holder) who shared the team prize with Lloyd and fourth placed Dave Taylor, the first vet over 40.

Ogden regular Ken Taylor won the over 50's section with ease while William Mitton won the over 60's category, though I erroneously awarded this prize to Tony Peacock. I will see that justice is done, William, with a bottle of wine at Ogden Moors in a few weeks.

Sharon Taylor made the long journey South from the Lake District to win the women's race in a very creditable 36th place overall, adding to her victory in the Ogden Moors last February. My long-time friend Emma Barclay finished in second spot leading her team to victory supported by Jo Foster and Rachael Gooch. Jane Smith led the veterans home in fourth, followed by Rebecca Weight and Sue Roberts, while a large Saddleworth contingent cheered loudly as I announced that Sue Heywood had won the over 50's.

Thanks as ever to all the marshals and helpers, especially Andy Clarke (course marking), Linda and Heath on registration and finish and our great friend Bill Smith who once again travelled all the way from Liverpool to offer us his very efficient results compiling skills. Finally to all the land owners and rangers at Ogden Water who allowed the race to go ahead despite the whole area having been officially closed to the public and, of course, Terry and Christine at The Causeway Foot for a warm welcome, with soup and chip butties!!

Allan Greenwood & Linda Crabtree

1. L. Taggart	DkPk	41.30
2. G. Ehrhardt	Tod	42.17
3. T. Austin	DkPk	43.42
4. D. Taylor O/40	DkPk	46.17
5. C. Smale O/40	Tod	46.32
6. P. Stevenson O/40	P&B	46.42
7. P. Conway	DkPk	46.52
8. N. Eccles	Altrin	47.22
9. B. Stevenson O/40	P&B	47.27
10. M. Scott	Bing	47.28

1. (19) K. Taylor	Ross	50.17
2. (26) R. Kersey	Holmf	51.07
3. (39) A. Duncan	Bowl	52.43

1. (92) W. Mitton	AchRat	59.57
2. (98) T. Peacock	Clay	61.18
3. (100) T. Minikin	K&C	61.51

### LADIES

1. (36) S. Taylor	Bing	52.00
2. (54) E. Barclay O/35	Ilk	54.23
3. (77) J. Foster O/35	Ilk	58.22
4. (83) J. Smith O/45	Tod	58.41
5. (103) R. Weight O/45	Bing	62.30

### ESTON NAB KNEE KNOCKER

Cleveland

BM/6m/1200ft 16.01.05

Paul Lowe produced his 4th win in a row in the Cleveland Winter Series, by winning the 5 mile Eston Nab Nee Knocker Fell race in a fast 35:05, ahead of Charlie Stead and Rob Pollard. However there were more red faces than red tape (marking the course) as many runners went wrong in a race which required a small amount of navigational skills (heaven help you lot if you ever do a proper fell race in thick mist!). Alison Raw returned to fell running after an Autumn of cross-country and marathon running to win the ladies' race in 45: 54 ahead of Sharon Gaytor and Denise Tunstall.

After seven races (from 11) now completed in the series, Joe Blackett leads the men's section ahead of Keith Dowson and Julian Barwick (all NYMAC). While in the ladies section Barbara Young proudly flies the flag for newly formed Wednesday A.C. ahead of Acorn's Jenny Grindley and Thirsk & Sowerby's Maureen Gibbs.

David Parry

1. P. Lowe	NYM	35.05
2. C. Stead	N'land	35.20
3. R. Pollard O/40	NYM	38.02
4. P. Kelly O/40	Darling	38.04
5. P. Figg	NYM	38.05
6. K. Maynard O/40	Durham	38.17
7. J. Barwick O/40	NYM	38.52
8. G. Brown O/40	NYM	39.25
9. A. Henderson	Quakers	39.39
10. J. Roberts	NYM	44.40

#### VETERANS O/50

1. (23) H. Smith	T&S	45.50
2. (27) D. Kirk	H'pool	46.10
3. (28) D. Welsh	Wed	46.12

#### VETERANS O/60

1. (19) A. Wikeley	T&S	45.30
2. (42) R. Sherwood	NMarske	48.13
3. (54) I. Welch	Redcar	52.10

#### LADIES

1. (25) A. Raw O/40	Durham	45.54
2. (43) S. Gayter O/40	NMarske	48.29
3. (45) D. Tunstall O/40	Tees	49.22
4. (48) N. Mason	Unatt	50.16
5. (49) S. Davis O/40	N'land	50.22

69 finishers

### LAMBS LONGER LEG

Derbyshire

AS/3.1m/950ft 16.01.05

Firstly, thanks to everybody who turned up and made the race such a great success – with a field of almost 130 runners. The sheer numbers placed a heavier than usual burden on the excellent admin team of Tina and Margaret, who coped admirably in the circumstances. Despite this, two or three runners missed the start and I must apologise for this – it won't happen again.

Lloyd Taggart was having a great race, well in front and looked like winning but unfortunately took the old route back and had to be disqualified.

Darren Dunn had a great race to win the men's but the 2004 record of 26.02 by John Brown remains intact.

Liz Batt won the ladies , taking 18 seconds off Mary Edgerton's 2004 record.

Many thanks for the superb support I received with course flagging, registration, marshalling, sweeping up and perhaps special thanks to Alec Becconsall

for his excellent help on the finish line with his electronic timer.

Thanks also to Dorothy of the The Lamb Inn for the use of the car park and for her terrific chip butties.

#### Brian Shelmerdine

1. D. Dunn	Penn	28.35
2. N. Winfield	Penn	29.34
3. S. Crabtree	Penn	29.41
4. D. Gibbons	Penn	30.05
5. R. Holt O/45	Gloss	30.18
6. K. Holmes O/50	DkPk	30.42
7. M. Richards O/40	Goyt Vall	30.51
8. M. Burchell	Penn	30.55
9. J. Nuttall	Chesh	31.07
10. C. Whitworth O/40	EastChesh	31.21

#### VETERANS O/50

1. (6) K. Holmes	DkPk	30.42
2. (13) D. Tait	DkPk	31.18
3. (25) R. Scottney	Penn	32.11

#### VETERANS O/60

1. (88) R. Brown	P'stone	40.12
2. (92) R. Ashby	Sale	41.38
3. (110) B. Robinson	Unatt	44.15

#### LADIES

1. (34) L. Batt O/40	Buxt	32.42
2. (41) K. Cooper	Gloss	34.18
3. (53) N. Spinks	P'stone	35.26
4. (55) N. Greaves	Penn	35.41
5. (58) J. Mellor	Penn	35.49

127 finishers

### SHINING CLIFF WOODS FELL RACE RACE 1 Derbyshire BM/6.75m/1100ft 16.01.05

It really was a day of celebration for Rod Harris in outsprinting Lewis Banton to win his first ever race in the delightful Shining Cliff Woods.

The popular fell races attracted a record field and some excellent competition on a far from easy and heavily muddy course. With 100 metres to go, it looked as though former winner, Banton, would take the title but after gaining his first County selection the previous day, Harris had a different result in mind.

Former Matlock runner, Esmond Tresidder, now of Edinburgh, finished in 3rd place over a minute and a half behind the leaders.

As a result of the race, £156 was raised from the entry fees for the Tsunami Appeal.

#### David Denton

1. R. Harris	LongEat	49.13
2. L. Banton	Clowne	49.15
3. E. Tresidder	Unatt	50.41
4. G. Moffatt	HolmeP	52.51
5. W. Prince	Birch	53.14
6. R. Keal	Unatt	54.35
7. A. Mouncey	Hinck	55.07
8. R. Ogden	Trenth	55.20
9. D. Haywood	Linc	55.30
10. E. Haywood	Linc	56.32

#### VETERANS O/40

1. (13) J. Birch	LongEat	57.54
2. (18) P. Rostron	Unatt	59.10
3. (21) S. Rollitt	Ashb	59.31

#### VETERANS O/50

1. (14) M. Moorhouse	Mat	58.16
2. (15) P. Pittson	Ere	58.47
3. (31) M. McDermott	LongEat	62.04

#### VETERANS O/60

1. (85) F. Makin	HolmeP	74.26
2. (89) B. Nicholas	Mercia	75.31
3. (102) M. Edwards	DkPk	79.57

#### LADIES

1. (50) J. Toone	Loughb	66.48
2. (73) H. Thornburn	DkPk	71.53
3. (77) Z. Fletcher	LongEat	72.20
4. (79) M. Mills O/40	HolmeP	72.54
5. (83) G. Tombs O/50	Ackworth	73.16

119 finishers

### BOX HILL FELL RACE

Surrey

BM/7.5m/1800ft 22.01.05

This year's race saw the youngest ever winner. Dean Lacy made his debut last year taking 2nd place at the tender age of 19. Now with a year's more experience he improved by a minute to take the title. The 11 time champion Chris Beecham was 21 when he won for the first time; so Dean I don't know what your plans are for the next 11 years, but....

Dean could actually have gone faster as he was saving himself for the following week's Southern Champs; that's a fixtures blight likely to affect us at Box Hill for years to come. Otherwise Dean could have made the all-time top 10. He pulled away from and broke up the lead group of 4 in the last 2 miles. Phil Sheard travelled from the far reaches of Pudsey & Bramley to take 2nd and last year's 3rd and 4th swapped places with Shaun Whelan in 3rd retaining the veteran's title but watch out Shaun as Phil Sheard says he is now 39!

A previous veteran winner, Kevin Harding, was 2nd vet and first time vet Mark Forrest 3rd keeping another former vet winner John Lowden out of the prizes. Gary Rayner was first supervet and Geoff Burrow first M60.

The ladies' race had the highest class field for over a decade and all time top 10 received a major rewrite. Top GB international orienteer (and SLOW member), Heather Monro, took the win in an excellent 57.35, the fourth best ever. She even took a map with her to check we'd put the flags in the right places. Chasing her home was newcomer Leah Walland; her 58.03 is now 5th best ever. In 3rd place was 2001 winner Sarah Rollins and she ran her best ever time to just make the all time top 10.

All that makes you feel rather sorry for Tracey Apps. Tracey has won for the last two years. Not only did she lose her title and get pushed out of the prizes but her excellent time from last year is no longer in the top 10. It was still a fine run for 4th place. To complete the classy field Alice Bedwell's time (64.52) as first vet makes me wonder what the fastest ever in that class was.

In the team classification Springfield Striders retained the title dominating the other clubs in both quality and quantity. Do they have a cunning plan to eliminate the opposition by taking a large proportion of the entries - 25 of them ran. They were however chased hard by Frontrunners who had a more select representation.

#### Dick Clark

1. D. Lacy	Camb	50.37
2. P. Sheard	P&B	51.08
3. S. Whelan O/40	Frontr	51.19
4. P. Dobson	SpringStr	51.56
5. K. Harding O/45	Tring	52.43
6. G. Chandler	SpringStr	52.47
7. S. Bottomley	P&B	52.53
8. M. Forrest O/40	Frontr	52.54
9. J. Lowden O/45	Worthing	53.39
10. E. Lyne	Belg	53.50

#### VETERANS O/50

1. (12) C. Davies	P&B	35.49
2. (18) S. Jackson	Altrin	36.12
3. (51) N. Hindle	Bowl	36.24
4. J. Hunt	Wirral	37.17
5. B. Bolland	Horw	37.45
6. G. Schofield O/45	Horw	37.52
7. L. Passco	Clay	37.58
8. R. Hart	WiganP	38.08
9. G. Groves	LivH	38.12
10. S. Barlow O/40	Horw	38.14

#### VETERANS O/50

1. (167) P. White	Reading	87.10
2. (22) L. Walland	SLOW	57.35
3. (30) S. Rollins	SpringStr	58.03
4. (41) T. Apps	BAOC	60.17
5. (59) J. Carritt	SpringStr	61.51
	TriLon	64.47

179 finishers

### ASHURST BEACON RACE

Lancashire

CS/5.9m/950ft 22.01.05

A frosty morning failed to last and the course was rather sloppy. The mud didn't put off race winner Danny Hope from repeating his previous success. He pulled steadily away from the bunch in the last couple of miles. Numbers were a bit down on previous years, probably due to a reluctance to advertise as we were uncertain about the pub's refurbishment. It seems they have done a good job and hopefully we can attract a larger field to enjoy the race next year.

Andy Quickfall



Pete Walkington with quarter of a mile to go at Ashurst Beacon (Photo Bill Smith)

1. D. Hope	P&B	35.49
2. N. Leigh	Altrin	36.12
3. S. Bolland	Bowl	36.24
4. J. Hunt	Wirral	37.17
5. B. Bolland	Horw	37.45
6. G. Schofield O/45	Horw	37.52
7. L. Passco	Clay	37.58
8. R. Hart	WiganP	38.08
9. G. Groves	LivH	38.12
10. S. Barlow O/40	Horw	38.14
1. (12) C. Davies	Saddle	39.33
2. (18) S. Jackson	Horw	40.33
3. (51) N. Hindle	Unatt	44.37
1. (39) J. Amies	Congle	43.36
2. (62) R. Hart	WiganP	45.31
3. (68) J. Morris	Buckley	46.05
1. (48) L. Jolley	WiganP	44.24
2. (56) S. Jackson	LivH	44.55
3. (75) K. Smout	Horw	46.32
4. (80) C. McKenna	Horw	47.14
5. (97) S. Gorman	Horw	49.44

139 finishers

**SOREEN STANBURY SPLASH**  
West Yorkshire BM/7m/1200ft 23.01.05



Stanbury winners Jon Brown, Ian Holmes and John Heneghan helping the sponsor (Photo Woodhead)

Ian Holmes who has dominated the Stoop and Auld Lang Syne races with ten consecutive wins, won the 22nd Soreen Stanbury Splash race for a perfect ten on a cold clear day. Underfoot conditions were perfect with frozen ground, although the strong wind put paid to Ian improving his own course record of 43.35. Ian, even at the age of 39, still had the legs to beat off John Brown, and newly crowned Yorkshire Cross Country Champion, John Heneghan.

The race is affectionately nicknamed the Malt Loaf run by the runners because of the generosity of Soreen, which enables every finisher to receive a Malt Loaf so they can restore their energy supplies, with the fruity cereal Go Bars being distributed at the prize giving. Ian always has toasted Malt Loaf every morning; maybe this is part of his secret of staying at the highest level for so long!

The first local trophy was once again won by Aire Valley cyclist come runner, Robin Bradbury, who only had 17 seconds to spare before five times winner, Colin Moses, crossed the line with Martin Roberts 3rd.

Stoop lady winner, Natalie White, who had a below par run at the Yorkshire Cross Country Championships, equalled Helen Johnson's 2000 time, which is the third fastest ever by a woman. Only six times winner, Carol Greenwood, and twice winner, Sarah Rowell, have run faster. Sarah, now living in Haworth, did win the O/40's title with 4th overall, behind defending champion, Sharon Taylor, and Helen Sedgwick.

Dave Woodhead

1. I. Holmes	Bing	44.46
2. J. Brown	Salf	45.07
3. J. Heneghan	P&B	46.23
4. D. Neill O/40	StaffsM	47.31
5. S. Sweeney O/40	Bowl	48.55
6. J. Hemsley	P&B	49.03
7. S. Willis	Tod	49.11
8. J. Wright	Tod	49.36
9. A. Shaw O/40	Holmf	50.14
10. A. Black O/40	Clay	50.26
<b>VETERANS O/50</b>		
1. (34) K. Taylor	Ross	53.45
2. (50) T. Hesketh	Horw	56.57
3. (54) N. Pearce	Ilk	57.10

Here we go again, yet another Tigger Tor Fell Race to add to the entertainment for the weekend. We were blessed, yet again with beautiful weather. This year's race was two weeks earlier than usual so keep a weather watch in two weeks' time!

The course was altered again this year due to access problems; a change seems to attract runners, keen to try something new and hungry for competition. Being able to choose your own route between checkpoints proved to be very popular and it enabled runners to spread themselves out along the route, which minimised "wear and tear" on the land. The following day there was very little evidence of a race having taken place, even at the flagged section, which took runners in a procession across private land.

Houndkirk Moss was an interesting area with heavy undergrowth disguising deep wet sections hence the volume of muddy faces at the finish. Some runners managed to avoid the tough run through the thick heather round Houndkirk Hill by taking the road. It was made clear at the start of the race that the roads were out of bounds. By rights we should have disqualified these runners. Watch out next year, we will have marshals on Houndkirk and anyone cheating will be out of the race.

Fortunately the lead runners took the correct course, even putting a few extra bits in, so when Lloyd Taggart and Andy Ward crossed the finish respectively, they were worthy winners. Dave Taylor, now a vet was close behind to take third place and first vet.

In the women's race Elizabeth Batt was both first in the race and first lady vet. Helen Winskill and Wendy Barnes were second and third. Dark Peak dominated the teams; they won the first three places plus the first ladies team. Well done.

Next year the course will be much the same as 2005 with just a little fine-tuning. We will try and put some photos of the checkpoints on the web site. The entry forms on the web site were a success but they are only for pre-entries; in order to complete the race results we use a sticky back form which obviously we cannot get off the internet.

We look forward to next year's race which will be our 21st.

Thanks to all our invaluable helpers, these races depend on them just as much as they do runners; we could not have one without the other. We have 118 entries already for the Race Series.

Don Longley

1. L. Taggart	DkPk	1.13.41
2. A. Ward	Clwn	1.13.53
3. D. Taylor O/40	DkPk	1.14.14
4. L. Banton	Clwn	1.14.27
5. T. Higginbottom	Eryri	1.14.31
6. G. Cudahay	Stock	1.14.57
7. P. Winskill	DkPk	1.15.06
8. A. Middleditch	DkPk	1.16.11
9. R. Little	DkPk	1.17.46
10. C. Sellens	Unatt	1.18.36

**VETERANS O/50**

1. (18) K. Taylor	Ross	1.24.10
2. (20) D. Tait	DkPk	1.24.34
3. (31) K. Holmes	DkPk	1.25.25

**VETERANS O/60**

1. (68) J. Amies	Macle	1.30.50
2. (171) T. Vernon	StaffsM	1.42.19
3. (178) M. Hayes	DkPk	1.42.39

**LADIES**

1. (57) E. Batt O/40	Buxt	1.29.11
2. (63) H. Winskill	DkPk	1.30.02
3. (74) W. Barnes	Barnsley	1.32.13
4. (83) E. McGuire	Stock	1.33.19
5. (102) L. Bland O/40	DkPk	1.35.51

360 finishers



Helen Winskill looking very determined at Tigger Tor (Photo Gary McMahon)

## RAAS GHREEBA

Isle of Man

AM/9m/2500ft 05.02.05

There was an exciting finale to this year's Greeba fell race with Tony Okell taking the honours, by a mere eight seconds, from former England international Paul Sheard. At the last checkpoint, six runners were in contention, however Okell and Sheard opened a lead on the final steep descent, with Okell outsprinting Sheard on the short road section. In an excellent seventh place overall, Doc Young won the V50 category and another impressive performance saw Dave Corrin break the V60 course record.

1. T. Okell	O/40	Manx	1.14.45
2. P. Sheard		Manx	1.14.53
3. S. Skillicorn		Manx	1.17.09

### VETERANS O/50

1. D. Young		Manx	1.27.39
2. R. Webb		Manx	1.34.49

### VETERANS O/60

1. D. Corrin		Manx	1.36.58
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### LADIES

1. C. Partington		Manx	1.29.30
2. J. Ashman		Manx	1.38.14

## PENNINE BRIDLEWAY RELAY

Lancashire

47m/6300ft 06.02.05

The new Pennine bridleway, when completed, will run from the High Peak trail in Derbyshire to Byrness in Northumberland, a distance of 560 km or 350 miles, and will be fully opened by 2008. This relay consists of 5 legs run in pairs around the Mary Towneley loop, a circular section of the Pennine bridleway of 47m with 6,300ft of ascent. This loop sits between the southern section to the peak, which is now complete and the Northern section through the Yorkshire Dales which is still under construction. The Mary Towneley loop is



Steve White and Alex Crane getting stuck in on Leg 2 of the Pennine Bridleway Relay  
(Photo Pete Hartley)

fully way marked and definitive i.e. no route choice and lends itself ideally to a team relay event.

This was the second running of the event and was notable for the attendance of British champions, Borrowdale Fell runners. The strength of their team and the fact that the Borrowdale runners received

their legs only the day before showed their commitment which was rewarded by a win knocking 14 minutes off the previous best. A battle similar to last year was going on behind with last year's winners battling it out with a quality Clayton vets team and the Clayton 'A' team. The Borrowdale team though were never headed after the second leg where Gavin Bland and Lee Siemazho posted the fastest leg time. The Sportident timing system proved effective and accurate and made things easier for us as organisers.

Graham Wright

1. Borrowdale			4.56.37
2. Horwich A			5.04.15
3. Clayton Vets			5.05.41
4. Clayton A			5.06.37
5. Bowland A			5.07.59
6. Todmorden A			5.09.27
7. Horwich Vets			5.12.05
8. Wharfedale A			5.19.01
9. Rossendale A			5.21.32
10. Preston H A			5.22.10

### LADIES

1. Clayton			6.08.27
2. Horwich			6.17.17
3. Todmorden			6.51.12
4. Rossendale			7.01.44
5. Stainland Lions			7.56.15

## LONG MYND VALLEYS RACE

Shropshire

AM/10.5m/4500ft 06.02.05

We decided not to have marshals on the last two checkpoints. These are hilltops and it is not fair on marshals to be on the tops in winter for well over 2 hours, so we put self-clips there. If marshals had have been there, they would have pointed people in the right direction, but instead they had to navigate. This showed as Dave Neill came home in a surprise first position. Well done Dave. It seemed that even some of the local lads lost their way a little. A super run by Andy Yapp to come in second, a good run by Roger Lamb, 3rd, with Adam Haynes showing how good Eryri are at descending He overtook 3 people on the short sharp descent to the finish. Tim Werritt who had been leading most of the way could only manage 11th place place, finishing with Harry Matthews. Andrea Priestley was first lady with Jacki Lee as second and Anna Bartlett 3rd.

Phil & Gill Harris

1. D. Neill	O/40	Staffs	145.50
2. A. Yapp	O/40	Mercia	146.06
3. R. Lamb	O/40	Mercia	148.47
4. A. Haynes	O/40	Eryri	152.13
5. M. Bouldstridge?		Mercia	152.17
6. A. Davies		Mercia	152.19
7. G. Craft		MDC	152.20
8. C. Davies	O/50	Saddle	152.53
9. C. Flower		Unatt	153.24
10. N. Burn	O/40	ThamesV	155.28

### VETERANS O/50

1. (8) C. Davies		Saddle	152.53
2. (19) D. Tait		DkPk	159.45
3. (26) C. Taylor		Mercia	203.28

### VETERANS O/60

1. (48) J. Amies		Congle	2.13.37
2. (111) C. Williamson		Shrop	2.39.53

### LADIES

1. (25) A. Priestley		Ilk	201.40
2. (39) J. Lee		Eryri	208.04
3. (45) A. Bartlett		SAC	210.34
4. (51) P. Gibb		Mercia	215.13
5. (64) R. Metcalfe		Eryri	219.07

160 finishers

## TITTERSTONE CLEE

Shropshire

AS/2.5m/750ft 05.02.05

1. A. Yapp	O/40	Mercia	2.47.34
2. T. Werrett		Mercia	2.56.27
3. A. Davies		Mercia	3.02.02
4. A. Carruthers	O/40	Hales	3.07.46
5. M. Bollam		Mercia	3.08.28
6. C. Taylor	O/50	Mercia	3.10.16
7. M. Rea		Spring	3.15.35
8. I. Cowle	O/50	Mercia	3.16.50
9. J. Lee		Eryri	3.19.47
10. A. Bartlett		SAC	3.23.10

44 finishers

## THE CARNETHY FIVE HILL RACE

Nr Edinburgh

AM/6m/2500ft 12.02.05

As this was the 35th Carnethy 5 Hill race, we continued what has become a tradition for every 5th race and gave all entrants an attractive race mug. Whether it was the incentive of getting a mug or just the chance to run in cold boggy conditions with a school meal afterwards (!), the entries piled in and by the closing date we had 534 and had to turn people away (there is an advertised limit of 500). One Swede even came across just for the race, his first Scottish hill race, and finished in 63 minutes in trainers!

The day itself dawned very cold and windy but luckily the forecast was for a mainly dry day - heavy rain is my nightmare for this race! About 460 of the entrants turned up to brave the cold winds (there was an average wind of >35mph recorded on the summit of Carnethy, with gusts to over 50mph and a wind chill of -10). This easily makes the Carnethy 5 the largest Scottish fell race (excluding relays and Mountain Marathons etc). The course and conditions made for a hard race this year. Every year the flagged route is slightly varied, at the request of farmers, to avoid erosion and this year it meant more deep heather and a longer descent off Carnethy. That, along with the strong head wind from Scald Law to the Kips and very boggy conditions meant slow times. In the end 452 finished the race which is exactly the same as last year!

Murray Strain, an international orienteer from Edinburgh University, took the lead on the first climb and managed to hang onto that all the way, an excellent run. Second was Brian Marshall, who is one of the best descenders in Scottish hill running, but despite flying down the last descent he just had too much left to make up in the finish field and Murray was able to run home with a 50 yard margin. Also, excellent runs by the Carnethy men's team to retain the team title and and by Jill Mykura of the host club (and British silver medallist in 2004), who completely dominated the ladies field to win by nearly 3 minutes and still look easy at the end and ran what was a very fast time on a "long course" year. Ilkley Harriers packed well to take the ladies team prize.

A good sign was that the 2.5 mile junior race attracted its largest field ever with 25 finishers. Elliot Simpson of Fife AC had a storming run and continues a tradition of Fife juniors winning this race.

There have been some interesting changes since I was first involved in the race in the late 1990s, showing changes in technology are affecting the fells! We used to distribute about 1000 entry forms. Now virtually everyone gets one from the web. There used to be about 200 results envelopes to empty of loose change; photocopying results and posting was another big job. This year, despite one of the biggest fields, there were just 4 results envelopes filled in! With results on the web within a few hours of the race finishing, there is now no demand.

This is a big race to organise, involving as it does, bussing 500 people to the start and providing hot



Adam Ward heading into the wilds at Carnethy (Photo Keith Burns)

meals etc and also being a winter race requires extra precautions, so thanks to all the helpers from Carnethy (more than 50), the farmers, the hill marshals, the race sponsors -TISO, the school and many others who are needed for this logistically challenging race.

#### *Andy Spenceley*

1. M. Strain	EdinUni	52.10
2. B. Marshall	HELP	52.22
3. C. Watson	Pitreavie	52.27
4. E. Tresidder	Uni H'lands	53.01
5. N. Sharp	Amble	53.06
6. S. Whittle O/40	Carn	53.07
7. S. Bolland	Bowl	53.09
8. M. Scotney	Shettle	53.12
9. M. Roberts O/40	Borr	53.26
10. J. Davies	Borr	53.39

#### VETERANS O/50

1. T. McGaff	CheshHR	56.16
2. J. Blair-Fish	Carn	61.51
3. R. James	CFR	62.16

#### VETERANS O/60

1. G. Fleming	W'lands	69.03
2. C. Love	DundHH	69.50
3. C. Pritchard	Carn	75.50

#### VETERANS O/70

1. B. Bennet	Penicuik	90.04
2. J. Pittillo	Teviot	92.05
3. J. Wilkins	Arbroath	111.03

#### LADIES

1. J. Mykura	Carn	60.47
2. L. Roberts	Kesw	63.02
3. A. Priestley	Ilk	63.53
4. C. Ward	HBT	65.53
5. E. Barclay	Ilk	65.55

#### LADIES O/40

1. L. Burt	Fife	71.35
2. K. Boocock	Cosmic	73.35

#### LADIES O/50

1. J. Scott	Fife	71.41
2. A. West	Carnegie	80.28

#### SCALD LAW JUNIOR RACE

1. E. Simpson U/18	Fife	22.53
2. S. Greenway U/18	IsleMull	25.06
3. M. Harley U/18	Fife	25.36
4. C. Whyte U/18	IsleMull	26.19
5. S. Aitken	DundH	26.52
6. M. McLeod U/14	Moorfoots	27.27
7. E. McLeish Girl U/16	DundH	27.58
8. N. Emsley U/14	Arran	28.12
9. A. Hood U/14	Fife	28.20
10. P. Kingscott U/18	Lothian	28.22

### WADSWORTH TROG West Yorkshire BM/20m/4000ft 12.02.05

Well done to all those who completed The Trog. Sharon Taylor was the only runner to finish without shivering (and wasn't even wearing a waterproof!). I think the race was a matter of survival in the strong winds, rain, sleet and hail. No records were broken. The wind chill was down to -15 deg C and we had plenty of runners returning in near hypothermic condition. For these reason, we insisted on a full kit check for everyone at the start. This means having a map and having a waterproof (each!!) Number 108 was seen without a bumbag but retired shortly afterwards. Due to limited parking, we restricted the number of entries. Therefore, due to over subscription, runners were refused entry after the closing date and on the day. This didn't stop at least one runner going round the race causing chaos with the head counts at checkpoints!!

#### *Jon Underwood*

1. R. Jebb	Bing	3.01.02
2. N. Eccles	Altrinch	3.10.41
3. G. Wilkinson O/40	Clay	3.12.22
4. A. Shaw O/40	Holmf	3.13.11
5. J. Wright	Tod	3.17.36
6. A. Orr	Clay	3.18.07
7. J. Rank O/40	Holmf	3.19.16
8. K. Gray	CaldV	3.19.58
9. A. Clarke O/40	CaldV	3.21.08
10. A. Horsfall O/40	Tod	3.21.22

#### VETERANS O/50

1. (19) D. Tait	DkPk	3.35.57
2. (23) I. Cowie	Mercia	3.37.41
3. (26) D. Schofield	Ross	3.40.25

#### VETERANS O/60

1. (84) D. Lucas	Roch	4.40.19
2. (87) M. Coles	Skyrac	4.43.00

#### LADIES

1. (17) S. Taylor	Bing	3.33.30
2. (50) T. Johnson O/40	Dewsb	4.03.40
3. (53) C. Kenny O/40	CaldV	4.06.46
4. (55) J. Smith O/40	Tod	4.07.17
5. (74) H. Thorburn	DkPk	4.29.48

100 finishers

### WADSWORTH HALF TROG West Yorkshire BM/9m/1500ft 12.02.05

The Half Trog had slightly better weather than the longer race. The sleet, hail and driving rain held off until most runners had finished. Adam Breaks won comfortably but had to put any idea of the record out of his mind due to the conditions. Sue Mitchell took the ladies' trophy.

#### *Jon Underwood*

1. A. Breaks	CaldV	1.20.40
2. A. Haynes O/40	Eryri	1.23.54
3. B. Whalley O/40	P&B	1.24.47
4. S. Macina	P&B	1.26.07
5. M. O'Donnell	Clay	1.26.35
6. C. Balderson O/40	Clay	1.26.53
7. A. Mouncey	Hinckley	1.28.17
8. J. Hutchinson	Ilkley	1.28.22
9. S. Bourne	DkPk	1.19.24
10. D. Beels O/50	CaldV	1.30.10

#### VETERANS O/50

1. (10) D. Beels	CaldV	1.30.10
2. (14) P. Booth	Clay	1.32.56
3. (23) I. Simpson	Longw	1.38.32



Runners on their way down to Walshaw Reservoirs at Wadsworth (Photo Pete Hartley)



Wadsworth Half Trog winners Adam Breaks, Adam Haynes and Boff Whalley (Photo Woodhead)

#### VETERANS O/70

1. (49) B. Leathley	Clay	2.18.36
<b>LADIES</b>		
1. (21) S. Mitchell O/40	CaldV	1.35.55
2. (33) G. Dewhurst	Unatt	1.45.39
3. (37) C. Davies	CaldV	1.51.57
4. (39) J. Butterwoth O/40	Skipton	1.59.15

52 finishers

#### FOX AND HOUNDS CHASE North Yorkshire BM/9m/1500ft 13.02.05

Charlie Stead continued his 'comeback' with a close run victory over Joe Blackett in the 9 mile Fox and Hounds race. Charlie pipped Joe on the run in by 2 seconds, finishing the race in 66:53. The wintry conditions produced slower times than expected with the majority of runners running in full winter kit. Earlier Charlie and Joe had to back track after missing the self clip, promoting ever improving Carl Mustill into the lead. I imagine Carl was running scared from this point on, however his hopes of glory were dashed when Joe and Charlie reeled him shortly after 'Nightingale' Farm.

In the women's race Jo Newton had her annual outing and was again an easy winner with a superb top 20 overall place, clocking 77:27, 4 minutes ahead of Acorn's Jenny Grindley and Cleveland Police's Jen Milson.

North York Moors A.C. took the 1st and 2nd men's team prizes ahead of Thirsk and Sowerby.

Dave Parry

1. C. Stead	N'lnds	66.53
2. J. Blackett O/40	NYM	66.55
3. C. Mustill	NewtonA	67.35
4. A. Henderson	Quakers	69.16
5. R. Hall	ThirskS	70.03
6. S. Deakin	NYM	70.32
7. G. Lucas O/40	Scarb	70.42
8. C. Jeffries	BghmMHH	72.49
9. P. Kelly O/40	Darling	73.28
10. L. Metcalfe	NYM	73.54

#### VETERANS O/50

1. (27) M. Hetherton	Acorn	81.39
2. (30) H. Smith	ThirskS	82.31
3. (37) D. Welsh	Wednesday	84.53

#### VETERANS O/60

1. (35) A. Wikeley	ThirskS	84.27
2. (45) R. Sherwood	NMarske	88.58
3. (53) I. Welch	Redcar	92.48

from the start closely followed by Nick Keast, Malcolm Bayer and James Jackson all from Sidmouth.

A second group of Andrew Seddon, Jim Pyne and John Keast was formed. This group stretched out going from Buckton Hill to Sidbury, with Jim Pyne putting in a significant mid race surge from Sidbury, up to White Cross to Fire Beacon to close down on the leading group. A leading group of 5 runners descended into Harpford Woods, but in the depths of Harpford and nearly 2 hours into the race things got interesting, it is at this stage of a race when tiredness can creep in. The fastest way through Harpford Woods to the top of Four Elms is disputed, however this leading group didn't want to take any chances and all went the same way.

In the past Jim Pyne has been known to 'blow up' on long runs, but this time it was the turn of Garry Perratt to run out of fuel. He was overtaken coming out of Harpford Woods, by Malcolm Bayer and Nick Keast. From Four Elms there is a long climb up to Keble's Seat onto Muttersmoor; it was up this ascent where the forever youthful Malcolm Bayer pulled ahead from Nick. Once on the top of Muttersmoor Malcolm was able to inject some pace across the flat before the final trig of Higher Peak. Malcolm made a rapid descent to the sailing club to finish first.

Thanks to Stewart Hayman for providing the pasties and to Neil Tubbs for providing cake for all the finishers. The event also raised £160 and this will be donated to Appletree preschool, Manstone.

*Nick Keast*

1. M. Bayer	2.26.00
2. N. Keast	2.30.00
3. G. Perratt	2.34.00
4. J. Jackson	2.35.00
5. J. Pyne	2.36.00
6. J. Keast	2.41.00
7. D. Booth	2.42.00
8. A. Seddon	2.48.00
9. I. Andrews	2.50.00
10. B. Emmett	3.04.00

41 finishers

#### FOUR TRIGS CHALLENGE DEVON BL/16m/3000ft 13.02.05

The race saw that the 40 runners of the '4 Trigs' race were not only faced with the challenge of an additional hill, but also the challenge of extreme weather conditions, which included some sun, rain, hail and snow; and gale force wind all the time. Because of all the recent wet weather the course was very muddy and slippery. The four trigs race is unusual in that the runners can choose the route, but have to visit the 4 trigs in order – local knowledge is a definite advantage. The course alternates in direction each year, this year the course was run in an anti-clockwise direction. There is much debate about which direction is tougher, with consensus just before the race that the route about to be run is the harder! The event is classed as a fell race and has approximately 4300 feet of climb – almost as high as Ben Nevis.

As in last year's race, a small but perfectly formed group of lady runners started an hour early in pursuit of their own personal challenge to conquer the first 2 trigs. Their start was delayed by 5 minutes to wait for a heavy and cold squall to pass over, led by 'sherpa' Jeanette Pyne, who had enough food to last a week they headed east up Salcombe Hill. Because of the high tide runners had to remain on the coastal path, rather than use the beach on their way to the trig at Western, this gave the runners the pleasure of an additional hill. Up the first hill it was Liz Hayman who was looking strong, with Liz Maynard strong up the second hill. Sue Bennetts with a sniff of the trig at Western powered her way up the final ascent to the first trig. Running as a group they made their way to Buckton Hill and the second trig where Josie Vick led the scramble up a badger trail to the trig. Having completed 2 trigs they all ran back to the sailing club to claim their prize of a Hayman's pasty and Crusty Cobb cake.

Runners preparing to run all four trigs had difficulty in deciding what to wear as there was a huge variation in temperature, from very warm and sunny to freezing cold wet and windy. Stewart Hayman started the main race during a nice sunny period. Last year's winner Garry Perratt from Axe Valley Runners made his intentions clear and led

#### Y LLETHR MOUNTAIN RACE GWYNEDD BL/14.25m/2448ft 20.02.05

A superb February morning with sun and blue skies saw a strong field off from 'The Vic' in Llanbedr, heading for Y Llethr, highest of the Rhinogs Mountain Range, all 5 peaks pristine white with snow above c.1000ft.

Y Llethr is 2448 ft high, the previous 14.25 mile course record set at 2:04:42 by Steve Gilliland in 2004 with Jackie Lee the fastest lady at 2:22:27, but word of the Rhinog Race Series is spreading so there were many strong looking, unknown runners in the pack at the start to challenge the mainstays from 'local' clubs, Eryri and Bro Dysynni.

A bit of confusion at the outset, as many of the 40 paid up entries had not made it to the start, but with alert marshals and excellent radio communications from RAYNET, it soon became clear that we had a field of 32 runners through the first check point and onto the mountains.

At race HQ, the number 295 was becoming increasingly familiar on the radio as the first through the checkpoints: first on the mountain; first on the ridge; first back to the saddle and off the mountain.

By the time the last check points were calling through, it was evident we had a very fast field with records set to be broken, and so it proved as Pete Vale shot into view onto the last straight and home, a good 8 minutes ahead of the previous year's record at 1:56:13, with Dylan Wynne Jones also breaking Steve Gilliland's record, finishing in 2:01:58.

Jackie Lee swept along by the strength of the field,

managed to break her own ladies' course record of 2:22:27 by over 8 minutes, finishing this year in 2:14:14.

With returning runners gathering in the pub for hot soup and rolls donated by 'The Vic', it was time for Paul Rogers, one of the race sponsors, to present awards and trophies and the Welsh Mountain Lamb prize to Pete Vale, before a race debrief.

With excellent support from RAYNET and from the Llanbedr community, the Y Llethr Mountain Lamb race has now come of age, avoiding the few marshalling and route marking glitches located in the early years, earning some very positive feedback from runners well pleased with a great day's sport.

In 2005, for the first time, we have a full series of 3 races, with a supper planned after the Rhinog Horseshoe race in October at which the series and team awards will be given for best aggregate times over the season for each race class.

We have a good, solid event developing here, set in some superb mountain landscape, with great hospitality in the village: spread the word!

*Brian MacDonald*

1. P. Vale	Mercia	1.56.13
2. D. Wynne-Jones	Eryri	2.01.58
3. C. Near	Eryri	2.05.49
4. I. Houston	Wrex	2.09.10
5. S. Gilliland O/40	BroDys	2.11.20
6. D. Simmons	Unatt	2.13.49
7. M. Bollom	Mercia	2.14.00
8. J. Lee	Eryri	2.14.14
9. T. Mitchell-Smith	VictPark	2.17.14
10. D. Williams	Eryri	2.18.03
<b>VETERANS O/50</b>		
1. (11) A. Duncan	Bowl	2.19.12
2. (17) T. Hodgson	BroDys	2.22.52
3. (18) G. Oldrid	Aberyst	2.24.14
<b>VETERANS O/60</b>		
1. (16) J. Marsh	TarrenH	2.22.49
2. (27) P. Jones	Prestat	2.54.25
<b>LADIES</b>		
1. (8) J. Lee	Eryri	2.14.14
2. (13) R. Medcalf	Eryri	2.21.29
3. (29) G. Tombs O/50	Ackworth	2.59.11
31 finishers		

### NOON STONE FELL RACE Lancashire AM/9m/2300ft 26.02.05

Jon Wright led the field at the final checkpoint of the race but was out sprinted in the final run in and had to settle for third. A week of freezing



Sue Becconsall in the Arctic wilderness at Noon Stone  
(Photo Pete Hartley)

temperatures and heavy snowfalls led to a below average field of 97 runners for the 9 miles of rough South Pennine moorland with a total ascent of 2300 feet. The race starts and finishes in Mankinholes Village and is always tough but was even worse this year owing to the snow cover, which was 2 feet deep in places. The first and last thirds of the course are marked, the middle section which includes three checkpoints is left to the navigational skills of the runners.

Todmorden local and course record holder, Andrew Wrench led the field for most of the route, breaking the trail through the snow. However, it was team mate Jon Wright who found himself leading at the final checkpoint, having taken the optimum route of the last part of the navigational section. He unfortunately couldn't hold off the strong finishing Pete Vale and Karl Gray who finished first and second respectively.

The tough conditions were reflected in the times, the winner completing the course in 78.49, almost 15 minutes outside the course record.

The Ladies race was won by, Sue Becconsall, who took 55th place overall with a time of 93.39. Second place went to Jane Smith, closely followed by the 19 year old English Intermediate silver medallist Holly Williams.

Dark Peak took the men's team prize with an outstanding performance, having 4 runners in the top eight. There were no ladies teams.

*Andrew Horsfall*

1. P. Vale	Mercia	78.49
2. K. Gray	CVFR	79.02
3. J. Wright	Tod	79.12
4. P. Winskill	DkPk	79.43
5. D. Taylor O/40	DkPk	79.50
6. A. Wrench	Tod	79.54
7. A. Middle ditch	DkPk	81.03
8. R. Little	DkPk	81.06
9. S. Macina	P&B	81.39
10. N. Worswick	Clay	81.41
<b>VETERANS O/50</b>		
1. (12) J. Holt	Clay	82.38
2. (26) D. Tait	DkPk	85.32
3. (31) D. Beels	CVFR	85.54
<b>VETERANS O/60</b>		
1. (47) J. Amies	Congle	91.05
2. (82) D. Illingworth	BradAir	106.51
3. (85) G. Webster	VallStrid	109.44
<b>VETERANS O/70</b>		
1. (95) B. Leathley	Clay	129.31
<b>LADIES</b>		
1. (55) S. Becconsall O/40	Bing	93.39
2. (59) J. Smith O/40	Tod	96.55
3. (60) H. Williams	Unatt	97.46
4. (63) N. Fellowes	Eryri	99.24
5. (74) G. Dewhurst	Rad	104.12

96 finishers

### BLEASDALE CIRCLE Lancashire AS/5m/1250ft 26.02.05

The forecasted sleet and snow held off leaving clear, dry conditions with a chilly moderate north easterly wind and a covering of snow on the summits. Lloyd Taggart quickly established a commanding lead, winning in a record time of 35.24 and breaking the previous record by 1.43. Graham Schofield was 1st V40 and 4th overall. Alan Duncan was 1st V50 and John Nuttall 1st V60. Maureen Laney comfortably won the ladies' race and narrowly missed equaling the ladies' record by one second. First lady V40 was Jo Taylor and first team prize went to Bowland.

Thanks to the land owners, Glyn from Sweatshop for numbers and prizes, the many helpers from Bowland and to the local primary school who benefited from a donation from race funds.

*L Warbuton*



Tony Smith leads Shaun Livesey at Bleasdale  
(Photo Bill Smith)

1. L. Taggart	DkPk	35.24
2. C. Doyle	Traff	37.33
3. I. Magee	Skipt	37.45
4. G. Schofield O/40	Horw	38.01
5. A. Smith	Amble	38.32
6. Q. Harding O/40	Bowl	38.46
7. S. Livesey O/40	Bowl	39.04
8. C. Reade O/40	Bowl	39.14
9. D. Key	Horw	39.41
10. P. Taylor O/40	Ross	40.06
<b>VETERANS O/50</b>		
1. (22) A. Duncan	Bowl	43.56
2. (34) I. Cookson	RedRose	46.05
3. (38) M. McLoughan	Prest	47.22
<b>VETERANS O/60</b>		
1. (36) J. Nuttall	Clay	46.43
2. (54) R. Johnson	CFR	54.18
3. (55) K. Taylor	Prest	54.24
<b>LADIES</b>		
1. (26) M. Laney O/50	Clay	44.59
2. (51) S. Gohil	Prest	52.40
3. (56) N. Raby	Chorl	54.43
4. (57) J. Taylor O/40	L&M	55.52
5. (61) J. Wiseman O/40	Chorl	57.37
72 finishers		

### RAAS VING VRADDA

Isle of Man

AL/15m/4100ft 27.02.05

With a superb view across the hills from Cronk ny Arrey Laa to South Barrule and only a slight breeze, the conditions for year's Bradda Fell Race were just about perfect. From the start, it was obvious the competition for first place would be between Paul Sheard, Tony Okell and Simon Skillicorn, as they had a good lead over the rest of the field. At the halfway stage it became apparent that Tony was struggling and unfortunately was forced to retire. Paul, looking for his first win on the Manx hills this year, paced his finish perfectly, to take the honours.

Top female, Cal Partington, had the company of Paul Trees and first veteran over 60 winner Dave Corrin in the early stages. Feeling strong at the halfway point, she decided to part company and proceeded to reel in Rob Webb who had established a sizeable gap. Rob was not going to relinquish his ninth position that easily and it literally went to the wire, with them both recording identical times after a final mad dash to the line.

1. P. Sheard O/40	Manx	2.14.31
2. S. Skillicorn	Manx	2.15.09
3. R. Jamieson	NorthAC	2.23.24

**VETERANS O/50**

1. D. Young	Manx	2.37.55
2. R. Webb	Manx	2.41.01

**VETERANS O/60**

1. D. Corrin	Manx	2.49.30
2. R. Callister	Manx	3.07.02

**LADIES**

1. C. Partington	Manx	2.41.01
2. R. Hooton	Manx	3.04.54
3. L. Stigant	IOM	3.29.39

**ILKLEY MOOR FELL RACE**

West Yorkshire

AS/5m/1260ft 27.02.05

After last year's record field, we had a more typical 210 finishers. Snow on the ground affected times, but two runners who were affected less than most were Simon Bailey who was only 1.40 down on his record set last year and again 3.5 minutes clear of some quality opposition, and Emma Barclay who was first lady.

The team prizes were taken by regular winners Pudsey and Bramley, and Ilkley for the ladies. We awarded prizes to U18 and U20 runners for the first time, with some good results in those categories. The junior races had a record field of 86 finishers, with many new records.

**P. Wood**

1. S. Bailey	Mercia	37.51
2. T. Mason	Wharfe	41.21
3. D. Goodwin	AireV	41.37
4. R. Lawrence	Bing	41.42
5. J. Hemsley	P&B	42.13
6. L. Kellett	K&C	42.23
7. T. Kingsnorth	Brist&West	42.28
8. W. Smith	K&C	43.07
9. M. Lee O/40	Ross	43.31
10. B. Stevenson O/40	P&B	43.44

**VETERANS O/50**

1. (33) K. Taylor	Ross	47.33
2. (34) J. Adair	Holmf	47.36
3. (48) M. Pickering	Eryri	49.00

**VETERANS O/60**

1. (162) R. Johnson	CFR	62.28
2. (171) R. Payne	Otley	64.59
3. (195) M. McDonald	Bowl	70.12

**LADIES**

1. (35) E. Barclay	Ilk	47.40
2. (50) L. Lacon	Holmf	49.06
3. (67) A. Austin	LMU	50.54
4. (69) S. Malir O/40	Ilk	51.27
5. (73) L. Griffiths U/20	Holmf	51.37

**210 finishers****JUNIORS****U/16**

1. S. Webster	Bing	13.16
2. A. Fulton Girl	Bing	16.03

**11 finishers****U/10/12/14**

1. T. Sessford U/14	Kghly	7.06
5. M. Hinchcliffe U/12	Unatt	7.52
9. K. Ireland Girl U/14	Ross	8.19
10. F. Jordan Girl U/12	Ilk	8.22
18. H. Sessford U/10	Kghly	8.49
39. E. Rice-Birrell Girl U/10	Unatt	10.52

**53 finishers****U/8**

1. J. Stapleton	Unatt	4.26
2. Y. Wright	Unatt	5.09

**22 finishers****HALF TOUR OF PENDLE**

Lancashire

AM/9m/2250ft 05.03.05

The first week of March had us still in the depths of winter, with snow on the highest sections of the route. Post-race analysis by runners queuing up for the W.I.'s excellent soup and homemade cakes centred around the biting north-easterly wind. Odd that, since the organiser experienced no such discomfort in the Village Hall.

This year saw the race sponsored for the first time by Sweatshop of Chorley (many thanks Glyn; hope your mobile shop is mobile again) and was the second of a three-race series. The Bleasdale and the Fiendsdale made up this north Lancashire trilogy.

The race was a cracker, with Bleasdale winner, Lloyd Taggart, battling it out with the Bingley pair of Ian Holmes and Rob Jebb. Last year's winner, Ian, obviously feeling confident enough to leave the trophy at home. The three raced together until the steep drop from Spence Moor into Ogden Clough. Ian mastered the descent the best and ran over winner, with Rob and Lloyd separated by 4 seconds.

The ladies' prize also went to the wrong side of the Pennines, with a fine win by Natalie White. Second placed Sally Newman won the vet 40s category and third place Maureen Laney the vet 50s.

The men's vet winners were eighth overall Mark Horrocks, Jack Holt and John Nuttall.

A huge thank you to the helpers, both on the hill and in the frozen wastelands of the finishing field, on what was a bitterly cold day to be stood around, regardless of how good the views were.

**Keith Thompson**

1. I. Holmes	Bing	66.08
2. R. Jebb	Bing	66.31
3. L. Taggart	DkPk	66.35
4. G. Devine	Pud	69.10
5. P. Winskill	DkPk	69.17
6. P. Thompson	Clay	70.05
7. T. Austin	DkPk	70.40
8. M. Horrocks O/40	Wharf	70.42
9. P. Roby	Horw	70.46
10. D. Taylor O/40	DkPk	70.47

**VETERANS O/50**

1. (34) J. Holt	Clay	78.58
2. (35) D. Schofield	Ross	79.01
3. (50) K. Taylor	Ross	81.41

**VETERANS O/60**

1. (95) J. Nuttall	Clay	91.42
2. (126) M. Coles	Skyrac	96.56
3. (129) B. Buckley	Glossop	98.22

**LADIES**

1. (49) N. White	Holmf	81.22
2. (53) S. Newman O/40	CaldV	82.26
3. (60) M. Laney O/50	Clay	84.21
4. (66) A. Green	Kghly	86.02
5. (80) S. Malir O/40	Ilk	88.58

**179 finishers****PIPE DREAM**

Conwy Valley

AS/5m/1700ft 06.03.05

The weather could not have been better even if I had ordered it especially for this, my first foray into public race organisation. The day brought us crystal blue skies, sunshine and still crisp air. To add to it the day also brought fantastic views of the snow-capped hills of Eryri for all competitors as they headed towards the high point of the race.

31 took part in the 5 mile route and all finished with a smile and expressed enjoyment which is all an organiser can ask for.

There was a slight bottle-neck at the start as virtually the entire field sprinted off to the beginning of the climb, a situation which will be remedied next year. As predicted most bombed it up the first part of the climb seriously underestimating the pain it would inflict (1270' in

1 mile!), before being reduced to a slog.

Key positions barely changed after the climb with Rob Crane maintaining his lead throughout to win looking cool in 36.51, a full two and a half minutes ahead of Stephen Jones. Tom Prytherch 3rd only seconds later.

The ladies' race was a low turn out but still competitive with an excellent sprint for the line between Andrea Roberts and Yvonne Avesbury, the former narrowly taking it by a second 46.58. Sheila Bennell (over 50) finished 3rd.

Participants were well looked after by volunteers from the Community Centre which will receive the proceeds of the race. Prizes were provided by The Olde Bull Inn.

Thanks for coming and looking forward to next year.

**Craig Jones.**

1. R. Crane	Unatt	36.51
2. S. Jones	Wrex	39.20
3. T. Prytherch	N/WPolice	39.47
4. J. Williams O/40	Eryri	40.09
5. N. Coppack	N/WPolice	40.14
6. S. Cash	Unatt	40.46
7. D. Owens	N/WPolice	41.45
8. J. Bennell O/50	Eryri	42.13
9. B. Avesbury	Clwyd	42.19
10. V. Belshaw O/40	Eryri	42.36

**VETERANS O/50**

1. (8) J. Bennell	Eryri	42.13
2. (11) M. Cortvriend	MaccH	43.11
3. (15) M. Blake	Eryri	43.48

**VETERANS O/60**

1. (27) M. Edwards	Wrex	49.05
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**LADIES**

1. (23) A. Roberts	Unatt	46.58
2. (24) Y. Avesbury	ClwydR	46.59
3. (28) S. Bennell O/50	Eryri	50.20

**31 finishers****CLOUD NINE**

Cheshire

CM/8.75/95Q 06.03.05

The weather can be very variable on this race, but this time we had a beautiful clear, sunny, cold, frosty morning. Perfect. The conditions underfoot were generally good but the field sections were very deep and heavy going. With a record entry of 320, the scene was set for a good race. In the event, Lloyd Taggart led from start to finish to establish a new course record for the clockwise direction with a big lead from Malcolm Fowler, who was second.

The ladies were led home by Liz Batt who also led from start to finish.

With free food at the end and results out and prize giving done quickly, a good time was had by all.

**Pete Doyle**

1. L. Taggart	DkPk	54.02
2. M. Fowler O/40	CheshH	57.25
3. M. Crosby	Altr	58.10
4. G. McNeil O/40	CheshH	58.19
5. M. Kinch O/40	Stoke	58.26
6. T. McGaff O/50	CheshH	58.39
7. D. Nolan	Macc	59.21
8. M. Richards O/45	GoytV	59.24
9. B. Carr	Congle	59.26
10. C. Meir	Trenth	59.28

**VETERANS O/50**

1. (6) T. McGaff	CheshH	58.39
2. (26) R. Clucas	Unatt	63.56

**VETERANS O/60**

1. (105) T. Vernon	StaffsM	74.23
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**LADIES**

1. (41) L. Batt O/40	Unatt	66.49
2. (51) S. Gilliver O/40	CheshH	67.36
3. (55) E. McGuire	Stockp	68.44
4. (61) S. Charnock	StHelens	69.27
5. (71) K. Ayres O/45	CheshH	70.48

**320 finishers**

**BLACK COMBE FELL RACE**  
Cumbria Am/8m/3400ft 06.03.05



Runners struggle up the first climb at Black Combe (Photo Val Gill)

We were blessed with a fine blue sky and fantastic weather for this year's Black Combe race. Runners had perfect running conditions considering the time of year.

Thanks to all 115 runners, local farmers, marshals, soup kitchen, registration and results.

Look forward to welcoming you all back next spring, but can't promise a repeat weather forecast.

V. Gill

1. S. Booth	Borr	1.09.27
2. A. Davies O/40	Borr	1.11.53
3. J. Bland	Borr	1.12.49
4. G. Bland	Borr	1.13.11
5. S. Barlow O/40	Horw	1.14.30
6. R. Lightfoot	Ellenb	1.14.42
7. I. Magee	Skip	1.15.26
8. B. Thompson O/40	CFR	1.17.00
9. D. Golding	Amble	1.17.06
10. C. Hope	Borr	1.17.11
<b>VETERANS O/50</b>		
1. (13) W. Bell	CFR	1.20.31
2. (15) D. Spedding	Kesw	1.21.18
3. (29) C. Taylor	Mercia	1.26.06
<b>VETERANS O/60</b>		
1. (77) B. Mitton	Achille	1.46.25
2. (80) J. Ely	CFR	1.47.06
3. (84) R. Johnson	CFR	1.48.10
<b>VETERANS O/70</b>		
1. (107) B. Leathley	Clay	2.10.02
2. (108) J. Escritt	CFR	2.10.57
<b>LADIES</b>		
1. (37) K. Beaty O/40	CFR	1.28.19
2. (48) W. Dodds O/50	Clay	1.33.40
3. (57) J. Leather	Amble	1.35.35
4. (59) S. Wood	Amble	1.36.33
5. (66) A. Richards	Tod	1.40.23

115 finishers

**CARDING MILL CANTER**  
Shropshire  
AS/4m/1800ft 13.03.05

It was a fine day for a run and a good turn out. Tim Davies was on form even after Mercia's club dinner the evening before where he was seen having a pint. He had a strong run with a good sprint finish knocking 1.52 mins off his best time. Mike Bouldstridge had a good run but was no match for Tim. Pete Vale came 3rd and Andy Yapp stormed in as first vet. Mercia did it again. Ian

Hughes came in a strong 5th and first Stretton lad.

John Amies had a super run and was first vet 60, 15th overall. Well done John.

There was a good battle with Clare and Anna for first lady. Clare led most of the way, with Anna trying to catch her. Victoria was first vet lady and ran well with Gill Evans coming in as second vet lady.

Good running conditions, not too slippy, and a well marked course provided good running. From an organiser's point of view it is a great race where you can see a lot of the course/race from the finish line.

*Phil Harris*

1. T. Davies	Mercia	37.35
2. M. Bouldstridge	Mercia	40.00
3. P. Vale	Mercia	41.39
4. A. Yapp O/40	Mercia	43.04
5. I. Hughes	SAC	43.48
6. R. D. Smith	TAC	44.09
7. A. Davies	Mercia	44.21
8. C. Lancaster O/40	Ludlow	45.14
9. H. Thomas	TAC	47.18
10. A. Smith O/40	TAC	47.40
<b>VETERANS O/50</b>		
1. (29) M. Hand	FRA	52.45
2. (34) G. Spencer	Mercia	55.09
3. (35) M. Blake	Eryri	55.29
<b>VETERANS O/60</b>		
1. (15) J. Amies	Congle	49.34
2. (33) G. Whitmarsh	Croft?	54.37
<b>LADIES</b>		
1. (25) C. McKittrick	Charn	52.12
2. (27) A. Bartlett	SAC	52.19
3. (36) V. Musgrove O/40	Eryri	55.39
4. (42) G. Evans O/40	Shep	58.08

69 finishers

**LLANBEDR BLAENAVON**  
Gwent  
AL/15m/4500ft 19.03.04

Well that's 25 years been and gone. I can recall when I first started fell running in the Lakes 30+ years ago thinking how long the classic races had been going, and now here we are in S Wales having been going as long as they had then. I can also remember distinctly seeing some of the older competitors struggling to complete the course and thinking I certainly won't still be doing this at their age, and here I am at nearly 56 still at it after a

fashion and with half the field this weekend 40 or more.

I was very pleased to see entries up on last year at 42 though not quite up to the 80-100 we were getting in the 80's, still good considering the upheavals currently going on in Welsh and Scottish fell running.

There were four of the original field from 25 years ago that started the race, two of whom finished, the other two, myself included had no intention of finishing given current fitness levels. Phillip Dixon, one of the race founders was one, having made the journey down from the Lake District and still came a very respectable mid field in just over 3 hours, albeit nearly an hour off his best time of old. The other finisher from the 1980 field was Rob West who is still a regular runner, but again about an hour off his best time. Oh, the effects of ageing! Martin Lucas was the third old stager suffering this year but who has completed the race about the same number of times as me, which is more by a considerable margin than anyone else. Interestingly, his time that first year in his first fell race was slower by a few minutes than last year's time, but his best time in 1989 was 4 mins faster than this year's winning time albeit on a slightly longer course. It's only a matter of time before he overtakes me, given that he is still capable of completing the distance - my worn ankle means it's unlikely I will run the full course again.

Our other notable racer was multi-race winner from the 80s, Andy Darby, again about an hour off his times of old when he won the race no less than 7 times, breaking the 2 hour barrier in 5 of these victories albeit on a slightly shorter course. Those were the days!!

Enough reminiscing and on to the race. A misty start gave way to beautiful weather, if anything too hot and hardly a breath of wind, very unusual for March.

Poor Martin Humphries , 6th last year, must have thought the race was won with a 5 minute lead at the half way point of Sugar Loaf summit, only to be pegged back to a still comfortable 2 mins at Blorenge, to be overtaken by last year's winner, Crispin Flower, in the finishing straight, but he has to be pleased with a 14 minute improvement.

Jackie Lee, coming down from the North, comfortably took the ladies' trophy from the absent Angela Jones, though in a time one minute slower than last year's time. Dimitri Vorres was 20 mins clear in the Vets race, taking 4th only 4 mins off the winner. Adrian Orringe retained his SV title albeit 10 minutes down on last year and first year SSV, Dick Finch, took that title a few seconds faster than last year's time. The other ladies' prizes went to Victoria Musgrove in the FSV and Sue Ashton in the FSSV. Finally the locals' prize went to Andy Darby, taking it from regular winner his younger brother, John, who this year ran out of steam near the finish.

Afterwards, having delayed the prize giving to watch Wales's famous Grand Slam in the Six Nations rugby, we adjourned to a local restaurant for a well earned celebration for competitors, marshals and the organisers where lots of tales of past deeds were told. So I suppose having gone so well, we will be back for the 26th edition next year. See you there, don't miss it!!

Good running

Gareth Buffett

1. C. Flower	MDC	2.22.11
2. M. Humphreys	Stroud	2.22.15
3. D. Finn	Unatt	2.24.53
4. D. Vorres O/40	Griffiths	2.26.48
5. P. Wooddisse	MDC	2.31.57
6. J. Carter	MDC	2.41.35
7. T. Reynolds	GWR	2.41.45
8. R. Williams	MDC	2.42.05
9. D. Booth	MDC	2.43.18
10. T. Gibbs	MDC	2.43.38

**VETERANS O/50**

1. A. Orringe	MynDu	2.47.33
2. A. Darby		2.58.59
3. A. Nixon	MDC	3.14.05
<b>VETERANS O/60</b>		
1. D. Finch	MDC	3.05.50
2. J. Collins	Swansea	3.23.24
3. R. Canavan	AmazingF	3.45.53
<b>LADIES</b>		
1. J. Lee	Eryri	2.50.33
2. V. Musgrove O/40	Eryri	2.56.15
3. D. Woodbridge	Fairwater	3.21.12
4. S. Ashton O/50	Chep	3.37.27

39 finishers

**FIENDSDALE 2005****Lancashire****AM/9m/2600ft 19.03.05**

The emergence of warm spring sunshine transformed what earlier had looked like a navigator's day in fog to a navigator's day in sunshine. The detailed preparations paid off and the pre-race machine ran much more smoothly than we all expected. The field set off and with new route variations opening up early on as the runners moved across the fell using a number of routes to get over to the first rough patches on the way to checkpoint 2, with Simon Bailey taking on a significant early lead in the men's race.

It was at checkpoint 2 that the first major route choice began, the first three runners turning right and running down the new path to the stream and the next group Ian Holmes, Gavin and Jonny Bland going over the moor. After that it was more or less even with large groups following on until someone else had a change of direction. I gather there was much variation in the approaches to the stream with either route and the terrain led to widely differing times on this leg. Entertainment at the checkpoint was provided by Paul getting his foot caught in the top of the fence and ending up stranded and upside down. Eventually someone realised he needed help and he was freed. Also the number of runners we had to call back to the dibbers was quite astonishing.

So the race moved over to Langden Castle and the big run up to Fiendsdale Head. With so many runners on such narrow paths tactics were important to avoid ending up in a queue. From the top of Fiendsdale Head Simon Bailey maintained his early lead by several hundred metres. A

monumental error by Ian Holmes, Lloyd Taggart and Tim Davis led to them continuing down the main path about a mile out of direction and costing them valuable places. A useful check of the map cost Gavin Bland less time and only one place. From the sheep fold the field followed the fence line up with Simon in first place, Rob Hope second and Gavin third, positions which were to remain the same to the finish. Only the Bowland runners took the direct line up over Leigh's new stiles, although I'm unsure it was any quicker. From the top it was the fast ridge run, the final pull up to Parlick and legs away down to the finish.

Other anecdotes worth a mention were a Bowland runner sliding legs apart into the checkpoint stake at the Sheepfold and dibbing sat down, another runner getting very tired in the heat and having a 15 minute sleep in the heather before carrying on and a Bowland injury list nearly as long as our start list.

The ladies' race was dominated by Sally Newman who was first home, 101st overall and just one place behind Ian Holmes. I would have liked to have put a bob or two on that happening before the race started. No disrespect to Sally but I bet she didn't expect to be tailing Ian to the finish line.

The service, food and drink were excellent in the hall afterwards and hopefully the good crowd at the race and after will ensure we are able to make a significant contribution to the Bowland Pennine Mountain Rescue, to whom we are eternally indebted for manning all the checkpoints and providing much needed safety backup.

Thanks to everyone who helped make this such a great day.

**Chris Reade**

1. S. Bailey	Mercia	1.15.48
2. R. Hope	P&B	1.18.40
3. G. Bland	Borr	1.19.29
4. J. Davis	Borr	1.20.05
5. M. Roberts O/40	Borr	1.20.12
6. T. Austin	DkPk	1.20.23
7. D. Neill O/40	Staffs	1.20.29
8. M. Denham-Smith	Kesw	1.20.39
9. B. Bardsley	Borr	1.20.51
10. R. Little	DkPk	1.21.01
11. J. Heneghan	P&B	1.21.43
12. N. Leigh	P&B	1.21.58
13. D. Kay	Horw	1.22.14
14. A. Robertshaw	Otley	1.22.21
15. J. Blackett O/40	NYM	1.22.26
16. P. Dugdale	Kend	1.22.56
17. P. Thompson	Clay	1.22.59
18. D. Troman	Kesw	1.23.05
19. P. Vale	Mercia	1.23.08
20. A. Ward	DkPk	1.23.12

**VETERANS O/50**

1. (61) T. McGaff	CHR	1.29.04
2. (77) S. Jackson	Horw	1.31.40
3. (79) C. Davis	Saddle	1.31.57
4. (84) N. Hewitt	Nowl	1.32.31
5. (89) D. Overton	Kesw	1.33.03

**VETERANS O/60**

1. (127) K. Carr	Clay	1.37.41
2. (134) J. Norman	Altrin	1.38.18
3. (142) G. Howard	Ilk	1.38.43
4. (179) J. Amies	Macc	1.43.20
5. (203) J. Nuttall	Clay	1.45.46

**VETERANS O/70**

1. (359) A. Menarry	Durham	2.12.17
2. (376) D. Rigg	CFR	2.17.42
3. (407) D. Clutterbuck	Tod	2.47.44

**LADIES**

1. (101) S. Newman O/40	Cald	1.34.54
2. (109) N. White	Holmf	1.35.36
3. (119) H. Fines	B&W	1.36.31
4. (143) E. Barclay	Ilk	1.38.45
5. (146) E. Batt O/40	Unatt	1.39.11
6. (160) L. Roberts	Kesw	1.41.43
7. (166) K. Beaty O/40	CFR	1.42.07
8. (170) N. Davies O/40	Borr	1.42.30

**WHITE HORSE WANDER****North Yorkshire****BM/7m/1000ft 20.03.05**

Sarah Tunstall was in fine form in the 6 mile White Horse Wander Race when she smashed the existing women's course record by over 3 minutes! On a misty day Sarah clocked a speedy 50:29 finishing 15th overall, eclipsing Alison Raw's 3 year old record. Caroline Pollard was 2nd in 55:59, 35 seconds ahead of Angela Hall.

In the men's race Gary Dunn was a convincing winner ahead of Chris Miller and Charlie Stead.

Thirsk and Sowerby took the men's team prize ahead of NYMAC and Acorn, while T&S women were out in force and cleaned up in the women's team prizes.

**Dave Parry**

1. G. Dunn	ThirskS	43.07
2. C. Miller	Hgte	43.23
3. C. Stead	N'land	45.27
4. K. Dowson O/40	NYM	45.42
5. R. Hall	ThirskS	45.59
6. K. Maynard O/40	Durham	47.58
7. A. Normandale O/40	Acorn	48.38
8. W. Busuttil O/40	ThirskS	48.56
9. P. Figg	NYM	48.59
10. R. Burn O/50	ThirskS	49.11

**VETERANS O/50**

1. (10) R. Burn	ThirskS	49.11
2. (16) J. Shemilt	Acorn	50.42
3. (19) M. Hetherton	Acorn	53.00

**VETERANS O/60**

1. (34) A. Wikeley	ThirskS	56.57
2. (43) R. Sherwood	NMarske	59.07
3. (61) M. Overton	Tadcast	63.46
<b>LADIES</b>		

1. (15) S. Tunstall	Acorn	50.29
2. (31) A. Hall O/40	ThirskS	56.34
3. (42) S. Haslam O/50	Scarb	58.48
4. (51) C. Morgan	ThirskS	61.18
5. (59) N. Mason	Unatt	63.24

83 finishers

**DON MORRISON MEMORIAL EDALE SKYLINE FELL RACE****Derbyshire****AL/21m/4500ft 20.03.05**

Hopefully a few people, the leaders included, learned a salutary lesson about map reading and compass work! Visibility was very bad as soon as the first checkpoint was reached and a large group of runners seemed to go off on some very imaginative routes! Three even came straight back to the finish after a brief circuit of Kinder Scout. Most runners eventually found the eastern edge of Kinder (!) but the leaders had already spent 15 to 20 minutes wandering around, so times were down!! Featureless fell running at its best! There was a two and a half hour cut off time at Mam Nick and even though this was extended by some 20 minutes, over 50 runners were timed out, usually it's rare to time more than 5 out, so this gives some understanding of the conditions. The poor visibility continued to dog the runners and there were some epic blunders, two runners turning up some 6 hours later, one having visited Hayfield!!

The race was won by a local lad, Stuart Bradstock from newly formed Edale Athletic Club, in an excellent time, given the conditions but some 30 minutes down on last year's winning time. Daniel Golding was a very close second. Congratulations to all who took part in what was for many, a very lonely race!

**C P Barber**

1. S. Bradstock O/40	Edale	3.11.35
2. D. Golding	Amble	3.11.39
3. S. Watts O/40	Macc	3.17.31
4. B. Carr O/40	Congle	3.22.09



The Spirit of Fellrunning! Lloyd Taggart on the final descent at Fiendsdale (Photo Pete Hartley)

5. R. Ansell O/40	Tring	3.26.41
6. J. Brown	Macc	3.26.47
7. N. Lander O/40	Erewash	3.26.51
8. H. Jones	Unatt	3.28.53
9. P. Pittson O/50	Erewash	3.30.12
10. S. Crabtree	Penn	3.31.35
<b>VETERANS O/50</b>		
1. (9) P. Pittson	Erewash	3.30.12
2. (20) S. Adison	FRA	3.51.12
3. (26) R. Hopkins	DPFR	3.55.05
<b>VETERANS O/60</b>		
1. (39) N. Geeson	Ryde	4.12.19
2. (48) A. Yates	DPFR	4.26.48
3. (58) B. Jarvis	HolmeP	4.47.29
<b>LADIES</b>		
1. (25) N. Spinks	P'stone	3.53.37
2. (42) C. Geddes	Retford	4.17.29
3. (44) M. Calvert	Macc	4.22.36

### MIDGLEY MOOR FELL RACE

West Yorkshire

AS/m/1250ft 26.03.05

Steve Oldfield won the Midgley Moor Race again. He has won four out of the five years it has been run (he did not compete last year). Who will challenge him next year? Ruth Pickvance won the ladies' section, though she is now a vet. It was good to see her back in English fell running.

No records were broken because it was soft underfoot. The weather conditions were changeable – not very cold but with drizzle and a cooling breeze at times. The following day Midgley Moor was covered in mist – one year soon this will add interest to the race!

Pudsey and Bramley won the men's team prize. There were no women's teams.

#### Rod Sutcliffe

1. S. Oldfield O/40	BfdA	39.12
2. S. Thomson	Clay	39.54
3. P. Stevenson O/40	P&B	40.02
4. N. Worswick	Clay	41.35
5. J. Hensley	P&B	41.42
6. B. Stevenson O/40	P&B	41.44
7. S. Goosman	Tod	42.09
8. P. Prescott O/40	Tod	42.40
9. B. Johnson	CaldV	43.55
10. S. Macina	P&B	43.58

#### VETERANS O/50

1. (23) D. Beels	CaldV	46.20
2. (37) G. Scott	Penn	52.26
3. (38) G. Breeze	Skyrac	52.30

#### VETERANS O/60

1. (45) M. Coles	Skyrac	56.39
2. (62) A. Sumner	Radcliffe	64.52

#### LADIES

1. (25) R. Pickvance O/40	LesCroup	46.33
2. (26) H. Shirley	Holmf	46.36
3. (44) D. Allen	Radcliffe	53.38
4. (59) G. Tombs O/50	Ackworth	60.47
5. (60) S. McNulty O/50	Radcliffe	60.57

70 finishers

### THE 50TH RIVINGTON PIKE FELL RACE

Lancashire

BS/3.25m/700ft 26.03.05

Memories of this year's 50th Open Rivington Pike Fell Race will certainly remain with the people of Horwich for years to come. Horwich RMI Harriers and AC's annual classic fell race, the second oldest in the country dating back to 1882, was a fabulous occasion. Since its inception the race has always been tremendously well supported by the people of Horwich, the crowds of spectators always lending a great atmosphere to this short, classic race, and this year this tradition was well and truly upheld.

In the last few years the event has been diligently promoted and fields of over 250 runners have been



Going for it on the descent at Rivington  
(Photo Mark Aspin)

re-established, the race having re-gained the "carnival" atmosphere of old. However, this year's race was truly exceptional. Graced with fine weather, huge crowds and a record number of entrants of 431 runners this was indeed a remarkable event.

The 2005 race day was a very special occasion from start to finish. A total of 36 past winners who had won the race over the last 50 years (ladies since 1978) were in attendance, with 17 actually running the race. Past winners who ran included triple winner 66 year old Ron Hill (completing in 30.01) and the 1959 winner 68 year old Gerry North (completing in 35.22), the oldest past winner to compete. All the past winners who attended received a limited edition Royal Doulton plate bearing all the winners' names. The Mayor and Mayoress of Horwich, Kevan Helsby and Mrs. Alice Kilcoyne, were in attendance and assisted with these special presentations. The first 400 entrants to the race also received a smaller commemorative plate.

When the race was re-started after World War II it was run as a race "closed" to the Horwich RMI Harriers. There was only one award, the "RMI Cup", which has been awarded ever since to the first Horwich runner in the race. This year's first Horwich RMI Harrier winning this cup was Darren Kay seventh in a time of 18.31.

In 1969 an overall winner's cup was awarded and was presented by Councillor Mr Moss. The overall race winner this year, receiving the Moss Challenge Trophy, was Rob Hope in a time of 17.46. Rob is a top England Fell international and a regular winner on the fell scene.

Subsequently a ladies' trophy was donated by Councillor Mrs Doris Moss. Mrs Moss was on hand on Saturday to assist in the race start and at the presentation, the Doris Moss trophy being won by Mary Wilkinson in a time of 20.18. Mary, the current Yorkshire Half Marathon Champion, is studying for a PhD at Aberystwyth University.

Cash prizes were awarded in the 1950's races. Last year cash prizes were re-established (kindly donated by Horwich RMI Harrier Jason Hodgson) and these cash prizes were again generously donated this year for numerous categories.

The £50 cash prize for the first runner to the Pike tower, together with the Cyril Hodgson Cup, was won by Rob Hope in a time of 10.40. The cup was

donated some years ago by Cyril's family in his memory. Cyril having marshalled at the Tower for approximately 30 years. Mary Wilkinson won the first to the top £50 for the ladies in a time of 12.50.

Amongst the crowd of spectators at the start was 81 year old Frank Gratton, winner of the first Pike Race after the Second World War in 1946.

Race organiser Gordon Entwistle was extremely delighted with the way the whole event had gone. He made a point of thanking all the marshals and helpers who had helped to make the whole day run smoothly, including the Bolton Mountain Rescue Team for their invaluable help providing medical cover. Gordon was also extremely appreciative of the past winners and specially invited guests who had taken the trouble to attend and who had all made the 2005 Rivington Pike Race a most memorable occasion.

#### Gordon Entwistle

1. R. Hope	P&B	17.46
2. C. Roberts O/40	Kend	17.56
3. L. Taggart	DkPk	17.59
4. T. Auston	DkPk	18.02
5. B. Hussain O/40	Stockp	18.09
6. M. Boulstridge	Mercia	18.17
7. D. Kay	Horw	18.31
8. T. Cornthwaite JM	B'burn	18.35
9. C. Leigh	Traff	18.41
10. N. Leigh	P&B	18.48

#### VETERANS O/50

1. S. Jackson	Horw	20.29
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#### VETERANS O/60

1. J. Norman	Altrin	21.47
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#### VETERANS O/70

1. J. Payn	Chorl	28.38
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#### LADIES

1. M. Wilkinson	Skip	20.18
2. K. Ingram	Horw	21.24
3. C. McKittrick	Charn	21.54
4. A. Washington	Leigh	22.03
5. L. Lacon	Holmf	22.37

#### 431 finishers

### CAUSEY PIKE

Cumbria

AS/4.5m/1789ft 26.03.04

Another fine day saw some keen competition with Gavin Bland leading the field home in a time of 32.51. His team mate and record holder, Simon Booth, finishing in 3rd place and together with Jonny Bland in 4th, Borrowdale took the men's team prize. CFR won the ladies' team prize. There was a record number of 135 entrants, and my thanks must go to all the helpers and marshals.

#### Lyn Thompson

1. G. Bland	Borr	32.51
2. R. Jebb	Bing	32.59
3. S. Booth	Borr	33.32
4. J. Bland	Borr	34.43
5. R. Lightfoot	Ellenbro	34.51
6. C. Doyle	Traff	34.55
7. S. Stainer	Amble	34.57
8. A. Schofield	Borr	35.16
9. M. Fanning	Borr	36.03
10. W. Procter O/45	Helmh	36.07

#### VETERANS O/50

1. (23) J. Winn	CFR	39.38
2. (30) R. James	CFR	41.59
3. (40) R. Unwin	Kesw	43.01

#### VETERANS O/60

1. (97) R. Johnson	CFR	52.44
2. (99) P. Dowker	Kend	53.12
3. (103) D. Harrison	Kesw	54.16

#### VETERANS O/70

1. (118) D. Rigg	CFR	56.46
2. (130) J. Escritt	CFR	63.40

LADIES			
1. (33) N. White	Holmf	42.08	
2. (47) K. Beaty O/40	CFR	44.21	
3. (55) S. Wood	Amble	45.15	
4. (75) S. Schofield	Borr	48.29	
5. (92) C. Watson	Borr	52.13	
133 finishers			

**MANX MOUNTAIN MARATHON**  
**Isle of Man**  
**AL/31m/8000ft 26.03.05**

For the second year in succession Paul Thompson dominated from start to finish with another superb display of front running. Thompson had set his sights on the course record, set by Colin Donnelly in 2002. It was well within his reach for much of the race, however the heavy underfoot conditions obviously took their toll and he finished almost twelve minutes adrift. Tony Okell recorded his highest position to date over the thirty-one miles and his second place was the best local performance. Andy Davies finished an excellent third, having only competed the event on one previous occasion, back in 2002. Incredibly, he was some twenty-eight minutes quicker this time around.

In contrast to Thompson, Holland's Jolanda Linschooten set a steady pace early on and only took the lead from Victoria Musgrove and Hazel Jones after the 20 mile mark. Hazel maintained her second place, but Victoria dropped to fourth, following another well-paced performance from Anne-Marie Frankland.

It was no surprise that Clayton Le Moors won both the first and second team prizes, with six of their runners featuring in the top twenty.

1. P. Thompson	Clay	4.51.44
2. T. Okell O/40	Manx	5.07.04
3. A. Davies	Mercia	5.09.09

**VETERANS O/50**

1. R. Bellaries	Clay	5.58.43
2. D. Ashton	Salf	6.10.37
3. P. Booth	Clay	6.13.32

**VETERANS O/60**

1. R. Ashby	Sale	7.49.06
2. K. Geers	AMOR	8.43.58

**LADIES**

1. J. Linschooten	NOLB	6.30.05
2. H. Jones	Dallam	6.34.20
3. A. Frankland	Carnethy	6.50.59

**HALF MANX MOUNTAIN MARATHON**  
**Isle of Man**  
**BL/13m/2600ft 26.03.05**

Doc Young improved on his time from last year by over a minute to take the honours in this year's half. The second place went to another veteran 50, Raymond McArthur, with Jim Macgregor in third.

In an impressive eighth overall Rose Hooton won the ladies' race, over ten minutes ahead of her next rival Emma Aspden, with Fiona McArthur in third.

1. D. Young O/50	Manx	2.06.08
2. R. McArthur O/50	Meltham	2.08.05
3. J. MacGregor	Manx	2.09.58

**VETERANS O/40**

1. J. Young	Edinb	2.13.57
2. P. Trees	IOM	2.18.27
3. A. Bagley	Manx	2.34.25

**LADIES**

1. R. Hooton	Manx	2.21.28
2. E. Aspden	Dallam	2.31.56
3. F. McArthur	Meltham	2.59.29

**NORMAN'S LAW HILL RACE**

**Fife**

**BS/5m/700ft 27.03.05**

The mists shrouded Norman's Law for the Fife AC open hill running championship where Neil Munro was first back to Luthrie, with Glenrothes member Brian Cruickshank close behind in second, taking the club gold medal. Tom Scott followed Craig Love 4th.

The first woman clocked 40.33, with Jennifer Kibble 20th overall and first junior.

Club under 13 runner, Lucy Duff, Falkland, placed 3rd overall, first girl in the associated Emily Hill junior one mile race (250ft) timed at 8 minutes 49 seconds.

Thanks go to the large number of club members who turned out to help on the day.

*Graham Bennison*

1. N. Munro	HBT	34.45
2. B. Cruickshank	Fife	34.59
3. T. Scott O/55	Fife	35.27
4. C. Love	DundH	36.24
5. B. Smith	Fife	36.25
6. R. Scott U/20	Fife	36.25
7. T. Ross O/55	Fife	36.38
8. J. Hargreaves U/20	Carnegie	36.39
9. M. Galloway O/40	DundH	36.42
10. P. Buchannan O/45	Ochil	36.45

**VETERANS O/60**

1. (30) S. Cromar	DundH	44.02
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2. (43) J. Scott	
3. (47) R. Stark	

Unatt	
Fife	

51.47

56.45

**LADIES**

1. (17) F. Thomson	EZCarn	40.33
2. (20) J. Kibble U/17	Fife	40.56
3. (25) J. Scott O/50	Fife	41.18
4. (26) K. Fitzpatrick	Fife	41.31
5. (28) D. MacDonald O/45 HBT		43.55

**66 finishers**

**Emily Jill Junior Race (1m/250ft)**

1. C. Galloway	Lothian	8.17
2. C. McGaw	Pitreavie	8.34
4. L. Duff Girl	Fife	8.49
5. E. Aitken Girl	Carn	9.06
3. M. Galloway	Lothian	10.20

**BROUGH LAW FELL RACE**

**Northumberland**

**AS/5m/1250ft 27.03.05**

Some runners went a little further than others because of poor visibility, but not so Nick the winner in almost record time on his first visit to this AS classic

**R. Hayes**

1. N. Swinburne	Morpeth	37.54
2. T. Edward	Unatt	41.23
3. K. Maynard O/40	DFR	41.36
4. J. Dickinson O/40	Tyne	41.43
5. L. Williamson	Morpeth	41.50
6. W. Horsley	NFR	41.53
7. D. Scott	Norham	41.59
8. A. Anasasi O/40	Glossop	42.38
9. E. Bishop	Lowfell	42.51
10. I. Bell O/40	Wooler	43.12

**VETERANS O/50**

1. (16) P. Graham	Tyne	46.03
2. (17) J. Bunn	NMarske	46.11
3. (18) J. Numble	NFR	46.28

**VETERANS O/60**

1. (40) K. Rawlinson	NFR	56.32
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**LADIES**

1. (19) S. Mitchell O/40	Calder	46.33
2. (22) V. Oldham	Norham	51.43
3. (26) R. Vincent	Tyne	52.12
4. (41) P. Cooper O/50	NFR	57.51
5. (43) A. Wild O/50	Norham	58.42

**PENDLE FELL RACE**

**Lancashire**

**AS/4.5m/1500ft 02.04.05**

Near perfect weather conditions and dry ground welcomed the 170 entrants. As with last year our race clashed with the British Championship race in Northern Ireland, giving us a reduced field and only a few of the top names. Again, like last year, two names were to be added to the men's and ladies' trophies.

Mark Horrocks from Barnoldswick and now running for Wharfedale Harriers was chased all the way round the course by Christopher Smale. One of the marshals commented that on the climb to the cart track Mark was looking back to see how close Christopher was behind him. Mark finished just 17 seconds in front of Christopher with Chris Miller third, a minute behind Mark.

In the ladies' race unusually there were only 11 lady runners which at least meant that they all received some form of prize. Sue Becconsall finished first lady, with Deborah McGowan 2nd. Anna Kelly was in third place.

In the vet classes notably Derek Schofield was 1st V50 and 26th finisher overall, Tony Peacock was 1st V60 and Brian Leathley V70 took the Jack Riley Memorial trophy for the oldest runner.

Many thanks to Ken M & Co, co-organiser for as always marking out the course. We are sorry for the lack of marshals but thanks to those club members who helped at the finish and on the course. Thanks

Manx MM winner Paul Thompson very much alone!! (Photo Murray Lambden)



Veteran rivalry - Brian Leathley (O70 winner) leads Harry Blenkinsop (O65) up from Ogden Reservoir at Pendle (Photo Bill Smith)

also to friends and family members who also assisted in registration and results. Barley Village Hall has always provided excellent facilities with hot food and drink. Thanks to Mr Wetherill.

Hope to see you next year, first Saturday in April.

David Bailey

1. M. Horrocks O/40	Wharfe	33.18
2. C. Smale O/40	Tod	33.35
3. C. Miller	Hgte	34.20
4. G. Schofield O/40	Horw	34.34
5. P. Thompson	Clay	34.44
6. A. Breaks	Cald	34.56
7. I. Magee	Skip	35.14
8. J. Wright	Tod	35.24
9. A. Whittern	Tod	35.33
10. I. Greenwood O/40	Clay	36.13

#### VETERANS O/50

1. (26) D. Schofield	Ross	38.35
2. (45) P. Booth	Clay	41.12
3. (52) I. Cookson	RedR	41.54

#### VETERANS O/60

1. (96) T. Peacock	Clay	46.57
2. (108) S. Davis	Acc	48.31
3. (119) G. Navan	Ross	49.31

#### VETERANS O/70

1. (165) B. Leathley	Clay	59.00
LADIES		
1. (51) S. Becconsall O/40	Bing	41.50
2. (63) D. McGowan O/40	Acc	43.27
3. (73) A. Kelly O/40	Clay	44.31
4. (83) J. Commons O/40	Clay	45.39
5. (87) D. Allen	Rad	46.10

158 finishers

### SNAEFELL FELL Isle of Man

AS/5m/1900ft 02.04.05

For the second year in succession Paul Sheard took the honours in this year's event. It was no plain sailing for the Yorkshirer however, as he only secured the victory over Richard Jamieson, on the final descent from the summit of Snaefell.

With a personal best performance, Cal Partington took the women's race, ahead of the Manx Mountain Half Marathon champion Rose Hooton. Rose had a race-long battle with supernet, Robbie

Callister, who took second prize in the veteran 60 class. The winner in this category was Dave Corrin, who first acquired veteran 60 status at Greeba Fell Race in January and has since rewritten the record books.

There were a number of visiting athletes, with notable performances from Darwen Dasher's Julian Donnelly, in seventh place and his fellow Dasher, and only junior competitor, Daniel Ryan, in 34th. The slower times overall could not be attributed to the weather conditions, as it was just about perfect, with good visibility despite the lingering mist. However, the heavy conditions underfoot, combined with the fact that 22 of the runners competed in either the half or full Manx Mountain Marathon on Easter Saturday, proved significant.

1. Paul Sheard O/40	Manx	43.56
2. R. Jamieson	NorthAC	44.18
3. S. Skillicorn	Manx	44.59

#### VETERANS O/50

1. D. Young	Manx	50.19
2. R. Webb	Manx	51.09

#### VETERANS O/60

1. D. Corrin	Manx	53.23
2. R. Callister	Manx	58.25

#### LADIES

1. C. Partington	Manx	52.42
2. R. Hooton	Manx	58.22
3. C. Barwell	WestAC	61.09

### RAS CERRIG CALCH

Glamorgan

AS/3m/1500ft 02.04.05

Being an odd-numbered year, it was our turn for perfect weather and we got it! So much so, we almost decided to charge the marshals for allowing them out the hillside on such a fabulous day. A good turn out of 41 runners had the pleasure of perfect conditions and some good competition in almost every category. It has to be said that entry fields for South Wales Winter League Races have occasionally looked more like a days outing from the St Blorene Home for the Terminally Bewildered, but as well as a good juniors' field, the most hotly contested category was Senior Men instead of the usual 50+!

Always the hot favourite, Andrew Jones was never headed from start to finish, but even the perfect conditions couldn't help him get within two minutes of Tim Davies' course record.

A close tussle between Ellie Salisbury and Emma Seeward in the ladies' race still left them over seven minutes outside what must now be seen as a great (and unbeatable?) record set by Ann Nixon. Some good racing among the under 18s with Joe Thomas home in a very creditable 15th overall.

Much has been said about the future of fell racing and running in South Wales, but 41 is a decent field and the average age was considerably younger this year than in the past (although it is good to see John Battersby still running well long after his seventieth birthday). 12 clubs were represented (and six unattached runners) with 14 runners from MDC and 5 from CRB, the two senior South Wales Fell Clubs. Maybe there is hope for the future.

Thanks to K for summit duties, Fred and Clive for start and finish recording, Cliff for the use of his fields and facilities, and to Mas at the Red Lion for the beer and food.

Derek Thornley

1. A. Jones	MynyddD	29.18
2. G. Craft	Unatt	29.58
3. P. Ryder	CRB	30.26
4. M. Duxbury	Stroud	31.28
5. M. Fawcett	WyeV	32.06
6. J. Carter	LesCroup	32.20
7. I. Powell	Westbury	34.02
8. R. Williams	MDC	34.27
9. S. Bleasle O/40	CRB	34.36
10. M. Bryant O/40	MDC	34.49

#### VETERANS O/50

1. (13) S. Littlewood	Heref	35.52
2. (20) C. Ryder	CRB	38.15
3. (22) C. Thomas	MDC	39.20

#### VETERANS O/60

1. (30) R. West	MDC	42.23
2. (33) I. Turnbull	FODAC	44.14
3. (34) E. Meredith	MDC	44.37

#### VETERANS O/70

1. (39) J. Battersby	MDC	52.47
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#### LADIES

1. (28) E. Seward O/50	SBOC	40.53
2. (29) E. Salisbury O/40	Eryri	40.56
3. (35) H. Bennet O/40	Unatt	44.52

#### 41 finishers

### LLANTYSILIO MOUNTAIN RACE Gwynedd

AM/7.5m/2600ft 02.04.04

In my final year of promoting this race a small field gathered in good conditions. Dylan Wynn Jones easily beat James McQueen, making the margin bigger on the long final descent. Victoria Musgrave won easily, despite tired legs from the Manx Mountain marathon.

Geoff Gartrell

1. D. Jones	Eryri	51.20
2. J. McQueen	Eryri	52.05
3. J. Montgomery O/40	Buckley	56.14
4. S. Ellis O/40	Tatten	57.32
5. G. McAra O/50	Chesh	57.43
6. S. Hammond O/45	Tatten	59.20
7. R. Mapp O/45	Ludow	59.29
8. B. Amesbury	Clwydian	59.31
9. S. Jones	Wrex	59.53
10. S. L. Jones O/45	Eryri	60.42

#### VETERANS O/50

1. (5) G. McAra	Chesh	57.43
2. (19) N. Harris O/55	Ross	64.56
3. (21) P. Jones	Unatt O/55	65.49

#### VETERANS O/60

1. (13) J. Morris	Buckley	62.39
2. (15) Y. Tridimas	Bowl	64.04
3. (32) P. Norman	Wrex	73.03

#### VETERANS O/70

1. (43) J. Carson	Eryri	85.19
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#### LADIES

1. (18) V. Musgrave O/45	Eryri	64.40
2. (27) S. Ellis O/40	Tatten	70.02
3. (29) J. Ewels	Buckley	70.44
4. (36) Y. Amesbury	Clwd	75.44
5. (39) S. Montgomery	Buckley	78.09

#### 44 finishers

### SCREEL HILL RACE

Galloway

AS/4m/1300ft 02.04.05

The weather for the Screeel race could not have been better, blue skies and sunny with no wind; ground conditions were very wet, giving the runners a harder race.

From the start Marcus Scotney, the local runner took command of the race, followed by Euan Jardine and Nick Fish, but the descent proved to be the deciding factor with Euan passing Marcus on the forest road down to the finish, and Nick Fish having a tremendous descent, caught and passed Marcus on the final run to the line. Alan Smith took vet 40 honours with a good tough race, with Phil Whiting a few seconds behind. Richard Unwin collected the Vet 50 prize.

A good turnout of 47 runners, everyone enjoying this short tough course, which gives outstanding views of the Lake District and Solway Estuary, from which the organising club takes its name.

D. Milligan

1. E. Jardine	Galla	31.30
2. N. Fish	Amble	31.52
3. M. Scotney	Dumfries	31.53
4. A. Anderson	Carnethy	32.24
5. A. Smith O/40	Dees	33.33.
6. P. Whiting O/40	Kend	34.51
7. M. Whitelaw	Annan	34.56
8. R. Irving O/40	Annan	35.18
9. S. Bennet O/40	Carneg	36.12
10. N. Neilson O/40	Dumfries	37.03

#### VETERANS O/50

1. (12) R. Unwin	Kesw	38.14
2. (14) N. Taylor	Girvan	38.38
3. (21) J. Goldsowrthy	Gallow	41.13

#### VETERANS O/60

1. (38) A. Anderson sn	Dumfries	51.19
2. (39) D. Turnbull	West'lands	51.39
LADIES		
1. (32) S. Singh O/40	Unatt	47.49
2. (34) S. Dennis	Unatt	48.09
3. (44) C. Legg O/40	Annan	59.40
4. (45) R. Robson	Niths	59.55
5. (47) M. Forrest O/40	Carnethy	67.33

47 finishers

#### LAD'S LEAP FELL RACE

Derbyshire

AS/5.9m/1700ft 03.04.05

Once again the fine weather shone over Crowden, and with the biggest field since the 2003 championship, didn't stop Keighley runner, Amy Green "only 23", starting steady, and pulling through to win with a new record!

Wilmslow Half Marathon organiser, Malcolm Fowler, now running in the newly established Cheshire Hill Racers and 1st o/40, had a close run battle with Ged Cudahay to win in 47 minutes.

Thanks to our new sponsor Running Bear for their support, and John Bland for land access, Crowden YHA (Mick) for great hospitality and good soup!



Amy Green on her way to victory at Lad's Leap  
(Photo Woodhead)

Thanks to Dave and Eileen Woodhead for assistance with timing and results in preparation for Junior champs here in September.

One female runner had to be assisted by a member of Glossop Mountain Rescue with a fractured foot, thanks to G.M.R.T. and a speedy recovery to the injured lady.

Des Gibbons

1. M. Fowler O/40	Chesh	47.00
2. G. Cudahay	Stock	47.16
3. J. Helme	DkPk	47.31
4. K. Lilley O/40	DkPk	47.46
5. R. Pattinson O/40	P&B	47.51
6. C. Fray O/45	Chesh	50.44
7. P. Targett O/40	Clay	50.54
8. N. Kirk	Unatt	51.46
9. R. Green	Saddle	52.47
10. B. Whalley O/40	P&B	52.49

#### VETERANS O/50

1. D. Emmerson	Unatt	54.31
2. J. Adair	Holmf	55.38
3. R. Futrall	Holmf	60.16

#### VETERANS O/60

1. J. Amies	Macce	55.45
2. G. Breeze	Skyrac	63.18
3. T. Vernon	StaffM	66.08

#### VETERANS O/70

1. B. Thackery	DkPk	86.33
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#### LADIES

1. A. Green	Kghly	55.53
2. T. Sloan O/35	Salf	57.42
3. L. Lacon	Holmf	57.54
4. K. Harvey O/45	Altrin	63.23
5. J. Caddick	Unatt	66.11

#### THE KRUNCE SERIES – FIRST RACE

Aberdeen

3.5m/500ft 05.04.05

1. M. Rigby O/40		22.39
2. D. Whitehead		23.35
3. C. Pryce O/40		24.31
4. B. Sheridan		24.32
5. J. Williamson		24.33
6. K. Robertson		24.56
7. D. McDonald O/40		25.40
8. B. Copeland O/40		25.49
9. S. Helmore O/40		26.16
10. S. Wingrove		26.17

#### VETERANS O/50

1. (21) M. Bryce		28.58
2. (27) A. Mouat		29.42
3. (36) P. Thompson		33.28

#### LADIES

1. (10) S. Wingrove		26.17
2. (22) A. Miller		28.59
3. (24) E. Reid		29.19
4. (30) L. Chellingsworth		30.48
5. (33) N. Rhind		31.39

50 finishers

#### FIVE TORS MOORLAND RUN

Cornwall

CM/11m/1170ft 03.04.05

Imagine a beautiful sunny day with a clear blue sky and a soft gentle breeze – that was the day before the Five Tors. Picture a sunny day with fluffy white clouds in a blue sky – that was the day after the Five Tors. Now envisage a day when all you can see is grey, wet, low clouds, visibility less than 20m. That was the day of the Five Tors 2005!!

By 8.00am marshals were scurrying to increase markers which had been put in place on the previous days, organisers were struggling to fix notices which wouldn't stay fixed on wet surfaces, or were whipped away across the moor by gusty, cold winds. But the runners arrived, set out and all returned safely, full of tales of missed markers. Marshals reported hearing calls of "Where are you?" At last the emergency whistle had found a use guiding runners in. However, in spite of the weather, comments such as "Best race ever, I'm going to do more moorland running" proliferated. The runners enjoyed the challenge, the organisers were relieved that all was complete, no one lost. A good day – Five Tors 2005!

#### C. Weston

1. J. Horton	NDevon	1.11.39
2. J. Pascoe	Cornw	1.11.43
3. O. Jones	Caradon	1.12.04
4. K. Hagley	SWRR	1.16.07
5. P. Aked	Reading	1.16.16
6. P. Mallison	Chesh	1.16.20
7. C. Walker	PH3	1.16.22
8. M. Horton	NDevon	1.16.40
9. G. Marson	TamTrot	1.17.23
10. M. Lewis	TriLog	1.17.28

#### VETERANS O/50

1. (17) P. Lockett	Newquay	1.20.52
2. (23) M. Bulzot	BTHHH	1.23.08
3. (31) K. Burnett	Newquay	1.25.46

#### VETERANS O/70

1. (116) D. Bristow	Unatt	2.13.00
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#### LADIES

1. (8) M. Horton	NDevon	1.16.40
2. (19) S. Daw O/40	Caradon	1.21.37
3. (27) J. Nash O/40	Caradon	1.25.09
4. (46) S. Waddsworth O/40	Plym	1.29.38
5. (51) A. Martin	Clifsk	1.30.38

#### BUNNY RUN ONE – FOR CHOCOHOLICS ONLY

West Yorkshire

CS/3m/300ft 05.04.05

1. J. Heneghan	P&B	17.32
2. C. Doyle	Traff	18.19
3. A. Shaw O/40	Holmf	18.46
4. J. Hemsley	P&B	18.49
5. D. Brame	K&C	18.58
6. J. Hare U/16	H'fax	19.09
7. A. Grenfell	Ross	19.22
8. N. Bourke	EPOC	19.26
9. S. Webster U/16	Bing	19.42
10. M. Jones U/16	Holmf	19.48

#### VETERANS O/50

1. (52) N. Pearce	Ilk	21.57
2. (60) N. Hindle	Unatt	22.13
3. (64) J. Adair	Holmf	22.18

#### VETERANS O/60

1. (129) M. Coles	Skyrac	24.58
2. (135) D. Weatherhead	Bing	25.13
3. (145) D. Illingworth	BfdAire	25.33

#### LADIES

1. (55) L. Mawer	Bing	21.59
2. (73) L. Lacon	Holmf	22.32
3. (79) H. Sedgwick	Ilk	22.54
4. (81) R. Edwards	H'fax	23.05
5. (84) L. Livesey	Chorley	23.09

#### BOYS UNDER 14

1. (32) T. Sessford	K&C	21.06
2. (40) T. Crowley	Bing	21.27
3. (41) S. Tosh	Ross	21.31

#### GIRLS U/14

1. (47) B. Haywood	LincW	21.44
2. (63) A. McGivern	Holmf	22.17
3. (121) K. Ireland	Ross	24.44

#### BOYS U/16

1. (6) J. Hare	H'fax	19.09
2. (9) S. Webster	Bing	19.42
3. (10) M. Jones	Holmf	19.48

#### GIRLS U/16

1. (67) A. Anderson	Pendle	22.21
2. (95) R. McGivern	Holmf	23.29
3. (105) D. Walker	Burnley	24.11

266 finishers

**McVEIGH CLASSIC**  
**Mourne Mountains**  
**07.04.05**

'Toute ca change, toute c'est la même chose' – 'Bord Faite' – everything changes, but really it's more of the same and everyone is very welcome to the Mourne for the 2005 Blue Lough Hill & Dale Race Series.

For the following ten weeks the competition will be fierce, not just at the front end, but also all the way through the field to the very last finisher as individuals battle to beat their own expectations.

After a brief glimpse of summer the previous weekend as the clocks went forward, the full force of winter had returned by race night as the runners gathered in Castlewellan Forest Park for the McVeigh Classic. 134 runners, a record for this race, started and they struck it lucky as the weather stayed dry albeit it with a harsh cold wind. Underfoot, although it was forest, was wet and slippery enough to cause a few thrills and spills.

The winners of both this race last year and the Series' titles overall were both in the field in the shape of Newcastle AC athletes, Alan McKibben and Kerry Harty.

The race started with the usual cavalry charge up the hill with the Castle as the backdrop. The nearest thing that locals will see to Kenyan style running comes courtesy of the McKibben twins. They love to front run, they love to surge, they love to win and...one of them usually does.

That evening, North Belfast Junior, Eoghan Gill, Junior winner two years ago at the tender age of 16, laid down the gauntlet early on along with a slower starting Deon McNeilly. As the leaders reached the top of the first climb after just over seven minutes, the four were together. After the swift drop to the castle for the first time, the longest climb of the race, the Ridge Walk, and onto the top of Slievenaslat followed. Gill was soon crouched and scrambling as the McKibben's pushed on relentlessly with McNeilly in hot pursuit followed by Kevin Kearney and Gareth Arnott.

The leaders sped once again down to the castle with McNeilly now isolated in third. The final climb is to Fox's Green and it was on this one that Alan got the better of Dave and pulled away to lead clearly as he started the one and a half miles run back to the finish.

Harty led from start to finish beating last year's time by 2 minutes 25 seconds. Club mate, Anne Sandford, now competing as a veteran 40, also demonstrated a vast improvement to better her last year's time by 2 minutes 5 seconds, in tougher conditions.

Blood? Not a problem! Runners are well known for their reticence in giving blood as it affects tough training schedules. However, for the second year running one competitor, Joe McCann, running in the London Marathon this year, demonstrated his top quality ability to fall for the cause. On his, not so fast, descent off Slievenaslat, he was suddenly staring at the sky from the comfort of his back. It was only a graze, but by the time he reached the finish some 15 minutes later, there was blood everywhere. Shame the Blood Donation service had not been booked and the opportunity was missed – at least until next year.

**BOGBOY**

1. A. McKibben	N'castle	32.58
2. D. McKibben	N'castle	33.22
3. D. McNeilly	N'castle	33.41
4. G. Arnott	Willow	34.00
5. R. Rodgers O/40	N'castle	34.07
6. E. Gill	NBelF	34.56
7. P. Rodgers O/40	N'castle	35.05
8. K. Kearney	NBelF	35.13
9. G. Bailey	ACKC	35.20
10. S. Cunningham	N'castle	35.24

**VETERANS O/50**

1. (14) B. McKay	Albert	36.36
2. (29) D. McHenry	Willow	38.25
3. (55) P. McGuckin	ACKC	41.55

**VETERANS O/60**

1. (75) B. Magee	Larne	44.39
2. (109) H. Young	Unatt	48.47
3. (123) E. Moore	L'time Legends	51.40

**LADIES**

1. (28) K. Harty	N'castle	38.15
2. (47) A. Sandford O/40	N'castle	41.15
3. (58) C. McCourt	Derry	42.15
4. (62) M. Hawkins	N'castle	43.04
5. (73) C. Galbraith O/40	ACKC	44.20

**132 finishers**

**MIDDLEFELL FELL RACE**

**Cumbria**

**AM/6.6m/1700ft 09.04.05**

Considering the dreadful weather on the morning of the race and the alternative races on the same day, there was a good turn out for the Middle Fell Race.

Brian Thompson, the winner, ran exactly the same time as last year, when he finished in 3rd position.

*Danny Hughes*

**VETERANS O/40**

1. B. Thompson O/40	CFR	53.49
2. D. Golding	Amble	54.09
3. S. Birkinshaw	NFR	54.22
4. J. Deegan	Amble	54.56
5. P. Pollit	CFR	56.52
6. N. Cockbain	CFR	57.11
7. M. Cunningham	Borr	58.27
8. D. Atkinson O/40	CFR	61.05
9. K. Hayden	Unatt	61.24
10. M. Roberts O/40	Tod	61.32

**VETERANS O/50**

1. (11) H. Jarrett	CFR	62.04
2. (12) R. James	CFR	62.45
3. (13) I. Block	CFR	64.51

**LADIES**

1. (14) N. Davies	Borr	65.33
2. (21) J. Casey	BarrowS	69.09
3. (22) R. Cash	Borr	69.17
4. (23) J. Meeks	Kesw	69.36
5. (30) R. Putnam	Unatt	74.38

**43 finishers**

**FLOWER SCAR**

**Lancashire**

**AS/4m/1100ft 09.04.05**

A change in day and month for the race due to personal commitments proved a healthy move, resulting in a good turn out by local clubs, with an interesting battle at the head of the field and in the ladies race.

Times were considerably down on previous years, but I believe the catalyst of this was the strong wind and rain.

Well done to Karl and Jane. It will be a Saturday race in April for the foreseeable future. Thanks to all marshal and runners

*Jon Wright*



Sean Bolland and Andy Wrench negotiate the tricky descent path at Flower Scar  
*(Photo Pete Hartley)*

**VETERANS O/50**

1. K. Gray	CVFR	30.14
2. S. Bolland	Bowl	30.17
3. A. Wrench	Tod	30.18
4. C. Smales O/40	Tod	30.32
5. S. Thompson	Clay	30.33
6. A. Breaks	CaldV	30.37
7. J. Logue	Horw	31.04
8. G. Schofield O/40	Horw	31.27
9. I. Greenwood O/40	Clay	31.37
10. N. Worswick	Clay	31.49

**VETERANS O/50**

1. (22) K. Taylor	Ross	34.36
2. (23) J. Holt	Clay	34.40
3. (33) A. Robinson	Clay	35.59

**VETERANS O/60**

1. (74) A. Stafford	Kend	46.27
2. (81) M. McDonald	Bowl	49.40
3. (86) G. Arnold	Prest	52.12

**LADIES**

1. (54) J. Smith O/40	Tod	40.36
2. (55) K. Brierley O/40	Tod	40.54
3. (61) H. Corbishley	Ross	42.21

**LLANGYNHAFAL LOOP**

**Denbighshire**

**AS/4.5m/1500ft 09.04.05**

Despite a cold and miserable day, with a little rain and a strong wind, this year's race attracted a record entry. Counting for the WFRA Open and Welsh Championship and also being a counter in the North Wales series of races no doubt being a contributing factor.

With consistently improving times in his last three Llangynhafal races it was, perhaps no surprise than Dylan Jones was this year's worthy winner, with over a minute to spare over Ian Houston, who although over two minutes faster than last year had once again to settle for second place.

It was good to see a record ladies' entry, led home once again by previous three times winner, Victoria Musgrave, who had a comfortable margin over Dawn Urquhart with Jenny Ewels just edging out Yvonne Amesbury for third place.

The Golden Lion has proved a popular venue with runners and the hospitality extended by Helen and Colin has, I have no doubt, contributed to the success of the day and I am indebted to them, as indeed I am to the race sponsors; CBI Insurance, G.E. Tools, Sinclair Steel, and the ever supportive Tony Hulme of Running Bear, also all marshals and officials, a number of whom have been regulars since the race inception six years ago, all

who donated prizes and last but not least, all runners for their support on the day.

Thanks to all the above, £275 has been raised for St Kentigern's Hospice.

*Brian Evans*

1. D. W Jones	Eryri	37.20
2. I. Houston	Wrex	38.33
3. D. A. Rees	Eryri	38.39
4. T. Higginbottom	Eryri	38.45
5. J. McQueen	Eryri	39.16
6. S. Gilliland O/40	Brodys	40.01
7. J. Montgomery O/40	Buckley	40.28
8. S. Jones O/50	Eryri	40.40
9. N. Shepherd O/40	Bowl	40.47
10. B. Amesbury	Clywd	41.52

#### VETERANS O/50

1. (8) S. Jones	Eryri	40.40
2. (11) G. McAra	Chesh	42.06
3. (35) M. Cortvriend	Maccle	46.47

#### VETERANS O/60

1. (22) J. Arries	Congle	43.59
2. (34) J. Morris	Buckley	46.24
3. (40) P. Roberts	Buckley	47.54

#### VETERANS O/70

1. (93) J. Carson	Eryri	63.59
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#### LADIES

1. (45) V. Musgrave O/40	Eryri	48.36
2. (53) D. Urquart	Buckley	50.05
3. (57) J. Ewels	Buckley	50.23
4. (58) Y. Amesbury	Clywd	50.24
5. (72) M. Oliver O/50	Eryri	54.12

98 finishers

### WREKIN FELL RACE

Shropshire

AS/5.5m/1700ft 10.04.05

After a very hectic start to the morning due to the school not being opened up until 10:30am and increased entries of the English championship classification, things eventually settled down.

Apologies for families kept waiting especially as some had to travel long distances. It was therefore a relief when the races got underway on time. Special thanks here to the Woodheads whose enthusiasm helped immensely.

*Andy Smith*



Juniors threading their way up through the trees at Wrekin (Photo Dave Brett)

1. W. Levett	Shrop	35.36
2. I. Holmes	Yorks	36.19
3. J. Brown	GtManch	36.25
4. A. Vaughan	NWales	36.42
5. J. Heneghan	Yorks	36.51
6. M. Bouldstridge	Warwick	36.53
7. R. Little	DkPk	37.11
8. M. James	Shrews	37.13
9. L. Taggart	Derby	37.21
10. L. Siemazko	Cumb	38.00
11. J. Mellor U/20	Merseyside	38.06
12. D. Kay	GtManch	38.16
13. P. Winskill	Derby	38.22
14. M. Croasdale O/40	Lancs	38.34
15. C. Doyle U/20	Cumb	38.58
16. B. Nock O/40	Worcs	39.05
17. T. Edgerton	Chesh	39.14
18. P. Vale	Derby	39.16
19. A. Brownlee U/18	Yorks	39.18
20. M. Humphreys	Gloucs	39.20

#### VETERANS O/40

1. (14) M. Croasdale	Lancs	38.34
2. (16) B. Nock	Worcs	39.05
3. (29) M. Aspinall	Lancs	40.06
4. (30) M. Wallis	Lancs	40.24
5. (34) G. McNeil	Chesh	40.41

#### VETERANS O/50

1. (40) T. McGaff	Chesh	40.58
2. (72) G. McAra	CheshHR	45.24
3. (73) T. Hulme	CheshHR	45.25
4. (76) B. Dredge	Mercia	45.36
5. (100) J. Adair	Holm	48.04

#### VETERANS O/60

1. (157) C. Williamson	ShropShuff	54.25
2. (177) A. Hodgkiss	Telf	57.45
3. (180) M. Edwards	Wrex	58.27

#### LADIES

1. (41) M. Wilkinson	Yorks	41.04
2. (61) C. Howard	Matlock	44.01
3. (63) S. Gray	EWales	44.17
4. (66) N. White	Yorks	44.40
5. (70) S. Newman O/40	GtManch	45.11
6. (74) S. Taylor	Yorks	45.26
7. (82) E. Barclay	Yorks	46.11
8. (84) K. Ingram	Lancs	46.34
9. (86) M. Laney O/50	Lancs	46.48
10. (90) L. Roberts	Cumb	47.09
11. (91) J. Lloyd O/40	NWales	47.10
12. (93) T. Sloan	Lancs	47.13

#### MEN UNDER 20

1. (11) J. Mellor	Mersey	38.06
2. (15) C. Doyle	Cumb	38.58
3. (48) S. Hunn	Yorks	42.34

#### MEN UNDER 18

1. (19) A. Brownlee	Yorks	39.18
2. (35) A. Peers	Mersey	40.46
3. (36) J. McGonigle	Warring	40.47

#### LADIES UNDER 20

1. (119) R. Thompson	GtManch	49.30
2. (131) P. V. French	Matlok	50.46
3. (150) R. Crowe	LythS	53.15

#### LADIES UNDER 18

1. (110) E. Stuart	Cumb	48.55
2. (145) E. Clayton	Scunth	52.31
3. (172) R. Haworth	Leigh	57.03

#### INTER-COUNTIES TEAMS

##### MEN

1. Yorkshire – Gold		24 points
2. Greater Manchester – Silver		33 points
3. Derbyshire – Bronze		34 points

##### LADIES

1. Yorkshire – Gold		9 points
2. Lancashire – Silver		26 points
3. Greater Manchester – Bronze		39 points

209 finishers

### WIRKSWORTH INCLINE RACE

Derbyshire

BS/4m/600ft 10.04.05

The annual Wirksworth Incline race was held from Ravenstor Road, Wirksworth. The 4 mile long course rises steeply from Ravenstor Road over Middleton Moor, a climb of over 600 feet, then returns to the starting point.

A good turnout of 100 finishers completed the course in almost ideal conditions, sunny, dry and a refreshing breeze.

The dry conditions enabled the runners to return good times, especially Clare McKittrick, who recorded the second fastest for a female for fifteen years. Kyle Fowler won the junior race for the second year and at only 12 years old returned the excellent time of 14.45.

The Sam Taylor Shield was awarded to 11 year old Henry Patridge from Nottingham who finished in an excellent time of 16.51 as the first runner under 12 years.

Nine year old Jessica Raynor from Nottingham was the winner of the Under Ten shield for the second year running.

The oldest contestant shield was awarded to Bryan Rogers of Chesterfield who returned a time of 34.44 at the tender age of 71, also for the second consecutive year.

*Alan Woolley*

1. A. Ward	Bolsover	22.20
2. D. Yates	Matlock	24.47
3. M. Stenton	Sheff	25.21
4. K. Brailsford O50	Derby	25.52
5. C. McKittrick	Loughb	25.56

6. S. Mee	Ripley	26.39
7. D. Holloway	Ilkeston	26.51
8. M. Kuszynski	Matlock	27.24
9. M. Moorhouse O/50	Matlock	27.47
10. S. Edwards	Wirks	27.50

#### VETERANS O/60

1. (47) B. Allsop	Buxt	34.25
2. (48) B. Rogers	Chesterf	34.44
3. (60) T. Platts	Bols	37.45

#### VETERANS O/70

1. (48) B. Rogers	Chesterf	34.44
2. (51) C. Greasley	Alderley	27.59
3. (13) L. Lilley	Mansf	28.26
4. (18) S. Young	Matlock	29.36
5. (24) J. Reed	Chesterf	30.18

100 finishers

#### JUNIORS 2M

1. K. Fowler (12)	Bux	14.45
2. R. Robinson ( Girl 13)	Scun	15.40
3. L. Seddon (13)	Bux	16.01
4. C. Brown (14)	Mans	16.04
5. C. Rushworth (12)	Bux	16.21

20 finishers

### KINDER DOWNFALL FELL RACE

Derbyshire

AM/10m/2500ft 10.04.05

I was delighted that pre-entries for this race reached the maximum of 300. Eventually 258 competitors arrived to collect their numbers and gather on the bridge at Hayfield village centre. The runners set off in near perfect conditions with just a touch of mist on Kinder Low to please those with local knowledge. Esmond Tresidder led the race from start to finish, however he also discovered the difficulty of reaching Edale Cross in mist, and so missed checkpoint 3. This meant that the second runner home and first vet, Kev Lilley won the race. First lady was Amy Green of K&C.

Most competitors seemed to enjoy the event and I was able to provide an extensive prize list, due to the generous sponsorship of Mountain Equipment



**Colin Fray of new club Cheshire Hill Racers demonstrates fine simian climbing style on his way to 4th at Kinder Downfall (Photo Stuart Crabtree)**

and Running Bear. Post race refreshments were provided by the committee of Hayfield Playgroup and the sale of food raised money for this charitable cause.

This was my first attempt at organising a fell race and I was continually and pleasantly surprised at the enthusiastic offers of help I received at every turn. In particular, I would like to mention the local residents who turned out to marshal, KMRT who provided the best possible cover and Sue McCall for her T-shirt design. Typifying this attitude was Steve Firth of Barnsley, who simply turned up, offered help and ended up organising car parking and kit checks.

Hope to see all competitors for a re-match next year and check the Hayfield fell races website for picture of yourself near checkpoint 2.

#### D. Soles

1. K. Lilley O/40	DkPk	1.11.23
2. J. Holme?	DkPk	1.11.42
3. K. Webster	Matlock	1.14.07
4. C. Fray O/45	Chesh	1.14.52
5. N. Ashcroft	Amble	1.15.00
6. N. Kirk	Unatt	1.15.47
7. J. Ascroft	DkPk	1.16.04
8. S. Gregory O/40	HolmeP	1.16.23
9. S. Bradstock O/40	Edale	1.16.28
10. V. Booth O/40	Traff	1.16.32

#### VETERANS O/50

1. (26) B. Blyth	Macc	1.20.22
2. (27) K. Holmes	DkPk	1.20.32
3. (46) A. Howie	Penn	1.23.05

#### VETERANS O/60

1. (52) J. Amies	Macc	1.24.03
2. (127) B. Buckley	Gloss	1.34.16
3. (138) J. Carner	Siemens	1.35.04

#### LADIES

1. (44) A. Green	Kghly	1.22.49
2. (49) J. Smith	CaldV	1.23.35
3. (71) K. Davison	DkPk	1.26.00
4. (76) W. Barnes	Barnsley	1.26.57
5. (86) J. Mellor	Penn	1.29.15

#### 257 finishers

### GUISBOROUGH MOORS North Yorkshire BL/12.5m/2600ft 10.04.05

Chris Miller made lite work (sorry) of the 2005 Gisborough Moors Race leading from start to finish. Miller's crossing (sorry) of the moors took 83 minutes 17 seconds, 33 seconds ahead of Mike Fanning. Chris has now finished his apprenticeship having previously finished 9th and 3rd in this race. Paul Lowe out-sprinted club mate Joe Blackett to take the 3rd spot after Joe had earlier overtaken Paul on the final muddy descent.

In the women's race Veronique Oldham was a convincing winner ahead of Caroline Pollard and Angela Hall.

In the team events North York Moors AC won both the men's and women's team prizes with 37 and 31 pts respectively.

#### Dave Parry

1. C. Miller	Hgte	83.17
2. M. Fanning	Borr	83.50
3. P. Lowe	NYM	84.09
4. J. Blackett O/40	NYM	84.12
5. P. Addyman	N'land	87.27
6. P. Kelly O/40	Darling	89.19
7. C. Stead	N'land	90.04
8. R. Hall	ThirskS	90.07
9. E. Cadogan	Unatt	90.14
10. D. Middlemas	Loftus	90.37

#### VETERANS O/50

1. (33) P. Bramham	Kghly	103.33
2. (42) M. Hetherton	Acorn	104.50
3. (45) J. Bunn	NMarske	107.33

#### VETERANS O/60

1. (58) G. Breeze	Skyrac	110.46
2. (64) R. Sherwood	NMarske	111.57
3. (109) M. Overton	Tadcast	122.45

#### LADIES

1. (41) V. Oldham	Norham	104.45
2. (56) A Hall O/40	ThirskS	110.16
3. (70) S. Haines O/45	Arienteers	113.17
4. (76) R. Vincent	Tyne	115.39
5. (78) S. Haslam O/50	Scarb	115.54
6. (81) S. Gayter O/40	NMarske	116.24

#### 163 finishers

### BUNNY RUN TWO - THE HOLMFIRTH NIGHT West Yorkshire CS/3m/300ft 12.04.05

#### 1. M. Buckingham

1. M. Buckingham	Holmf	17.09
2. J. Heneghan	P&B	17.31
3. R. Jebb	Bing	17.40
4. D. Hope	P&B	18.10
5. C. Doyle	Traff	18.16
6. A. Shaw O/40	Holmf	18.40
7. D. Brame	K&C	18.45
8. S. Hunn	Skipt	18.56
9. J. Hare U/16	H'fax	18.58
10. S. Webster U/16	Bing	19.08

#### 2. J. Heneghan

2. J. Heneghan	P&B	17.31
3. R. Jebb	Bing	17.40
4. D. Hope	P&B	18.10
5. C. Doyle	Traff	18.16
6. A. Shaw O/40	Holmf	18.40
7. D. Brame	K&C	18.45
8. S. Hunn	Skipt	18.56
9. J. Hare U/16	H'fax	18.58
10. S. Webster U/16	Bing	19.08

#### 3. (69) S. Moss

3. (69) S. Moss	SPEN	22.05
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#### VETERANS O/60

1. (122) M. Coles	Skyrac	24.31
2. (211) D. Weatherhead	Bing	28.33
3. (212) T. Cock	Holmf	28.39

#### LADIES

1. (36) N. White	Holmf	21.01
2. (39) S. Taylor	Bing	21.10
3. (45) B. Haywood U/14	LincW	21.19
4. (68) L. Roberts	Kesw	22.02
5. (72) H. Sedgwick	Ilk	22.09
6. (77) A. Anderson U/16	Pendle	22.18
7. (88) R. Edwards	Hfx	22.40
8. (95) R. McGivern U/16	Holmf	23.12
9. (98) K. Bailey	Bing	23.23
10. (104) A. Fulton U/16	Bing	23.35

#### 264 finishers

### TOLLYMORE Mourne Mountains 14.04.05

Despite the fact that winter was still with us, 150 brave souls turned up at the Tollymore Mountain Centre for the 2nd race of the Blue Lough Hill & Dale Race Series. Persistent drizzle with heavier showers refused to stop all day and as race time approached the ground was already very soft underfoot; the sun made a few appearances, but it continued to rain and it was cold. The one comfort was that the runners had the shelter of the trees as they snaked their way through the forest in this 5 miles race with 900 feet of climbing.

The usual cavalry charge followed the starter's whistle as the large field wound its way down to Parnell's Bridge and the first climb, in three stages,

to the top of the New Park. Last week's winner and defending champion, Alan McKibben was first to show again at the front, closely followed by his twin Dave. Club mate Deon McNeilly was also showing strongly along with Neil Carty, in his first Hill & Dale race of the season. All four are previous winners of the Series title. In the ladies' race, once again it was a fast start from Kerry Hart, with club mates Anne Sandford and Martina Hawkins not far behind.

As the leaders dropped off the first summit, the leading group approached four-minute mile pace as they almost literally flew down the greasy track. Once into the second climb, Alan McKibben, who had been closed slightly by McNeilly on the descent (McNeilly with the advantage in the power to weight ratio, that is, he had the weight and McKibben had the power), once again started to pull away. Behind brother Dave was having a great tussle with Carty.

The climb to the second top on the Long Haul trail saw positions much the same and the runners plunged from there to the Lake and onto the two miles run for home. Crossing the Shimna River on the Footstick Bridge, the runners then climbed steeply for the Mountain Centre and the finish. Alan McKibben cemented his strong start to the Series with another victory coming home in 29 minutes dead, 13 seconds clear of McNeilly who went one better this week in second place. Dave McKibben made up the first three, 25 seconds clear of Carty.

In the ladies' race, Hart too strengthened her claim for the title with a second victory, coming home 36th overall and nearly two minutes ahead of club mate Anne Sandford, who claimed the Lady Vet 40 win. Sandford was winner in record time of the first Northern Ireland Championship race of the season in March over Slieve Gullion and is in the best shape in years at the moment. Fast finishing junior, Michelle Sturm caught Hawkins on the last run in to the Mountain Centre. Sturm was part of a big crowd of eleven runners led by Hazel and Bill McCausland who made the long trip from Omagh to the race. It is great to see the effort from people travelling from so far away to make the race and there were some great performances as well as Sturm's with another junior Noel Collins leading the way in 19th place overall to take second placed junior.

Another distant traveller, Mid-Ulster's Jonathan McCloy, was 15th overall and took first place junior. McCloy is starting to return to the form seen last year, as is local Adam Mitten who showed an impressive improvement over just one week to finish third junior in 26th overall.

Once again Newcastle AC won the team race with the perfect score of 6 and contributed 31 runners to the race. A record number of 11 teams finished at least three runners including Physio&Co (could well be some services to be rendered there), the reincarnation of last year's U4EA.

A special mention is due to Team Purple, the excellent and witty team from the South Mourne, with many of them more at home on two wheels rather than two legs. This week they supplied ten runners, with one of their number facing more staff room embarrassment having finished 56 places and 5 minutes behind his colleague. No greater motivation is needed to see him improving between now and the last race in Donard Forest.

#### BOGBOY

1. A. McKibben	N'castle	29.00
2. D. McNeilly	N'castle	29.13
3. D. McKibben	N'castle	29.33
4. N. Carty	NBelf	29.58
5. R. Rodgers O/40	N'castle	30.30
6. G. Arnott	Willow	30.45
7. E. Hanna	ACKC	30.52

8. G. Bailey	ACKC	31.38
9. M. Kendall	N'castle	31.55
10. A. Gregg	Larne	32.04
<b>VETERANS O/50</b>		
1. (29) B. McKay	Albert	34.11
2. (45) D. McHenry	Willow	35.58
3. (71) P. McGuckin	ACKC	38.35
<b>VETERANS O/60</b>		
1. (91) B. Moore	Larne	40.18
<b>LADIES</b>		
1. (36) K. Harty	N'castle	35.19
2. (57) A. Sandford O40	N'castle	37.08
3. (69) M. Sturm	Omagh	38.19
4. (70) M. Hawkins	N'castle	38.28
5. (84) H. McCausland	Omagh	39.34

147 finishers

### FOEL BOETH Gwyned AS/4m/1500ft 16.04.05

The day had arrived for the Foel Boeth , the 2nd race in both the Bro Machno and district hill series, and also the Betws Bro Machno club championship. A record 33 runners lined up for the start, compared to 17 for last year's inaugural race as we had advertised, the race in the FRA calendar. We had one runner all the way from London, Rhian Bennion, also 3 from Ludlow.

It looked as though Stephen Gilliland would win this year's race, leading most of the way up to the final marshal where he took a wrong turn, leaving Ben Amesbury to cross the finish in first place. With Richard Tones 2nd and Richard Roberts 2nd. Victoria Musgrave came in 1st lady, almost 10 minutes ahead of Yvonne Amesbury.

The flooded river at the race finish made an exciting finish to the race. Apart from a few members on the WFRA committee everyone I spoke to enjoyed the day and the route and found the river at the end great fun.

Although a BBQ was arranged after the race the weather was a bit against us, but that did not stop some of the locals and our Betws Bro Machno members staying for a night to eat afterwards.

During the week before four of us from B.Bro Machno went for an evening run up Snowdon - Ian Smith, Jason Surridge, Sue Roberts and myself all in aid of the Penmachno OAP Christmas dinner. I would like to thank everyone who sponsored us - we raised between £70 and £100.

Finally I can't end this report without giving the Welsh rugby team a mention, the best team in Europe, Grand Slam champions and of course beating England 11-9, what a night! Da sawn chi hogaia.

I would like to thank Russell and Seb for helping me mark the route. Seb's parents and sister Naomi for timekeeping, Team Dolly, Ken Wil, Nick Llanerchigwynion for marshalling and a big thanks for Pete Bland sports on their sponsorship deal with the numbers. There is a DVD of the race available, £1 each details 01690 760 498 or 320. The next race in our series is the Manod Mawr fell race, August 20.

Arwyn Jones

1. B. Amesbury	CRR	42.19
2. R. W. Jones	Eryri	42.24
3. R. Roberts	Eryri	42.33
4. S. Jones O/40	Eryri	42.36
5. R. Mapp O/40	Ludlow	42.41
6. J. Jones	BroDys	42.54
7. C. Tones	Eryri	43.02
8. H. Lewis O/40	Buckley	44.48
9. A. Jones	BBM	44.50
10. M. Cortvriend O/50	Macc	45.02
<b>VETERANS O/50</b>		
1. (10) M. Cortvriend	Macc	45.02
2. (21) P. Jones	WFRA	46.54
3. (18) D. Jones	Eryri	47.16

<b>VETERANS O/60</b>		
1. (14) P. Roberts	Buckley	46.43
2. (28) J. Carson	Eryri	61.52
<b>LADIES</b>		
1. (17) V. Musgrave O/40	Eryri	46.56
2. (24) Y. Amesbury	CRR	55.25
3. (26) A. Davidson	Abergele	61.08
4. (27) S. Roberts	BBM	61.14
5. (29) R. Benion	VPH	63.04

30 finishers

### CLAY BANK EAST North Yorkshire BM/6m/1000ft 17.04.05

Gary Dunn was a convincing winner of the Clay Bank East Race in 38:31, over a minute ahead of Joe Blackett. In the ladies' race Sarah Tunstall produced another fine run, winning in 45:58, over 2 minutes ahead of course record holder, Alison Raw. However, course records were never in danger as fallen trees and muddy tracks made for slow going in the final counter of the Northern Runner Winter series.

With Paul Lowe unable to compete in the final race, the overall men's title was won by Charlie Stead with 286 pts ahead of Joe Blackett with 279pts.

In the Ladies' section Jenny Grindley won with a race to spare with 285 pts, 7pts ahead of Angela Hall.

Several of the age categories were closely contested notably the V40 and V50 mens sections which both produced ties for the runners- us. No one managed to complete all 11 races in the series (not even Julian Barwick) although several managed 10 out of 11.

Dave Parry

1. G. Dunn	ThirskS	38.31
2. J. Blackett O/40	NYM	39.43
3. K. Maynard O/40	Durham	40.08
4. K. Dowson O/40	NYM	40.15
5. P. Kelly O/40	Darling	40.26
6. A. Normandale O/40	Acorn	41.30
7. A. Henderson	Quakers	41.52
8. B. Anglim	Hardley	42.43
9. G. Brown O/40	NYM	42.44
10. N. Clough	ThirskS	43.20

**VETERANS O/50**

1. (11) J. Shemilt	Acorn	43.22
2. (18) M. Hetherton	Acorn	46.02
3. (21) S. Mummery	Acorn	47.41

**VETERANS O/60**

1. (41) R. Sherwood	NMarske	51.34
2. (49) M. Overton	Tadc	54.28
3. (58) A. Musgrave	H'pool	56.58

**LADIES**

1. (17) S. Tunstall	Acorn	45.58
2. (25) A. Raw O/40	Durham	48.26
3. (37) K. White O/40	NYM	51.13
4. (38) S. Haslam O/50	Scarb	51.15
5. (45) C. Worth O/45	NYM	52.53

63 finishers

### BUNNY RUN THREE West Yorkshire CS/3m/300ft 19.04.05

1. R. Jebb	Bing	17.48
2. J. Thomas	Cardiff	18.05
3. C. Doyle	Traff	18.30
4. A. Brownlee	Bing	18.31
5. A. Shaw O/40	Holmf	18.55
6. D. Brame	Kghley	19.05
7. J. Hemmey	P&B	19.18
8. A. Clarke O/40	CaldV	19.24
9. S. Webster U/16	Bing	19.27
10. M. Cox	Otley	19.32

**VETERANS O/50**

1. (41) N. Pearce	Ilk	21.26
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2. (63) J. Butler	Kghly	22.00
3. (67) S. Moss	Spen	22.17
<b>VETERANS O/60</b>		
1. (100) G. Breeze	Skyrac	24.14
2. (153) D. Illingworth	BfdA	25.57
3. (206) T. Cock	Holmf	28.22

**LADIES**

1. (40) S. Taylor	Bing	21.25
2. (50) B. Haywood U/14	LincWell	21.42
3. (55) L. Roberts	Kesw	21.46
4. (64) A. McGivern U/14	Holmf	22.04
5. (70) L. Griffiths	Holmf	22.28

274 finishers

### SLIEVE MARTIN Mourne Mountains 21.04.05

There was a record turnout for this year's Rostrevor race of 115, greeted this week by beautiful fine spring weather, more traditional for the Hill & Dale Series.

This week's race organiser, Deon McNeilly, also holds the record for the race from 2003 at 33 minutes and 2 seconds, but with both McKibben brothers in the field again this week, it was possible that it could be beaten. A frantic start was soon curtailed as the field settled down to the tough climb. Overall it is around 1750 feet from the start to the summit of Slievemartin. In between the course first takes in the Cloghmore Stone, then the steep rise alongside the forest fence and onto the summit of Slievemeen before an undulating run to Slievemartin. The descent from there is fast with the fastest getting back to the start in around ten minutes.

Back to the climb and by the Cloghmore Stone it was Alan McKibben and Deon McNeilly who were neck and neck having pulled away from Neil Carty, Davy McKibben and up and coming star in the making Eddie Hanna. As the bulk of the field approached the Stone, McKibben reached the top of the steep fence ride and started to pull away from McNeilly. Behind Hanna was dropped by Carty and Dave McKibben.

The ladies' race was also interesting, with winner of the first two races, Harty resting up, Cathy McCourt led Anne Sandford at the Cloghmore Stone with club mate Martina Hawkins in third. Billy McKay was belying his years climbing strongly and well clear in the veteran 50 category.

Once clear, McKibben was not to be caught. He sped home in 33 minutes and 11 seconds, some 14 seconds ahead of McNeilly, but missed McNeilly's record by a mere nine seconds. That won't worry him as he now has three wins out of three and looks unstoppable for the 2005 title. Carty pulled strongly away from Dave McKibben to take third with Hanna finishing strongly in fifth.

McCourt also ran on strongly to win, after her second place in the opening race of the season and she missed Sharon McBurney's 2003 record by 20 seconds, home in 42 minutes and 26 seconds. Sandford took the ladies' vet 40 category in second overall only 28 seconds down with Hawkins in third in 45 minutes and 52 seconds.

Special mention of the race goes to Clare Galbraith who celebrated her 42nd birthday with an excellent second in the ladies' vet 40 category and then trailed her mates on a pub crawl and only arrived back to Belfast in the early hours of the morning, many kisses and licks later apparently, including an impromptu candle lighting ceremony in Doran's Pub.

Special silly boy mention goes to Mark Hopkins who despite his orienteering prowess and the course being well marked from start to finish with sawdust, managed to get lost on a clear and beautiful summer's evening on his way to 112th place.

BOGBOY

1. A. McKibben	N'castle	33.11
2. D. McNeilly	N'castle	33.25
3. N. Cartt	N'castle	34.49
4. D. McKibben	N'castle	34.54
5. E. Hanna	ACKC	35.04
6. R. Rodgers O/40	N'castle	35.27
7. S. Cunningham	N'castle	35.48
8. G. Bailey	ACKC	36.18
9. D. Woods	TeamPurple	36.33
10. P. Mawhirt	N'castle	37.04

#### VETERANS O/50

1. (11) B. McKay	Albert	37.07
2. (32) D. McHenry	Willow	41.41
3. (44) P. McGuckin	ACKC	43.10

#### VETERANS O/60

1. (59) B. Magee	Larne	45.35
2. (115) H. Young O/65	NDown	60.36

#### LADIES

1. (38) C. McCourt	Derry	42.26
2. (42) A. Sandford O/40	N'castle	42.54
3. (60) M. Hawkins	N'castle	45.52
4. (75) C. Galbraith O/40	N'castle	47.13
5. (81) H. Cassidy	Physio&Co	47.53

115 finishers

### BEINN RATHA HILL RACE Highland CM/7.5m/800ft 23.04.05

A small but competitive field of athletes from all over Scotland competed in this years' Beinn Rathna Hill Race. The race, which is hosted by Caithness Amateur Athletics Club from Reay Golf Club, is a gruelling 7 mile route which goes from sea level to the double summit of nearby Beinn Rathna – a height gain of around 800 ft and back down again. Added to this is the fact that most of the race is run over trackless heather moorland and peat bogs – real ankle turning territory and judging by the look on the returning athletes' faces – not much fun! However, the weather was just right for running such a route, with sunshine and not too strong a wind and the course proved drier than it has been in previous years. These factors led to some impressive results at the sharp end of the field.

Race winner Manuel Gorman managed to stay in front of his nearest rival, previous winner Alan Smith, by 35 seconds to take the Senior Men's trophy. In the women's field Martine Hughes took the Senior Women's trophy, staying ahead of fellow Caithness athlete, Jayne Hall by 2 minutes and 08 seconds.

It's a pity more athletes don't make the long drive north for this race – it's a fantastic route with the views from the top of Beinn Rathna of Dunnet Head and the Orkney Isles almost making the climb worthwhile! Also, the post race catering laid on by Caithness Amateur Athletic Club is second to none – worth the trip in itself! It would be fantastic to see some new faces next year.

J. Hall

1. M. Gorman	West'lands	48.40
2. A. Smith O/40	Dees	49.15
3. A. Boulton	Unatt	51.57
4. S. Worlsey	Inverness	51.33
5. R. Wilby O/40	HighlandH	52.03
6. R. Bremner	Unatt	53.18
7. M. Sutherland	Caithness	55.15
8. A. Brett	HighlandH	56.39
9. A. Hughes	Caithness	58.59
10. I. Fraser	Irvine	59.14

#### LADIES

1. (18) M. Hughes	Caithness	66.45
2. (21) J. Hall O/40	Caithness	68.53
3. (23) A. Cummins O/40	Unatt	74.22
4. (24) T. Smith	Dee	77.14

29 finishers

### ANNIVERSARY WALTZ

Cumbria

AM/11.75m/3600ft 23.04.05

The ninth Anniversary Waltz was run in perfect conditions and clear blue skies, and a light cool breeze on the tops. 172 runners started and completed the senior course. The junior course doubled in size to around 50 runners. The junior races were a great success, thanks to the efforts of Chris Knox and marshals from Keswick and CFR.

The senior event was won by Simon Booth for the 6th time. Simon won by a clear margin. First lady home was Natalie White. First male vet 40 was Ian Greenwood and first lady vet 40 was Jane Meeks.

The race donated £300 to the village hall fund.

Thank you to Pete Bland and Foxfield Brewery who sponsored the event. Finally a huge thank you to the people in the valley for supporting the races, you (the runners) and all the marshals.

Wynn & Steve Cliff

1. S. Booth	Borr	1.38.10
2. A. Wrench	Tod	1.48.32
3. K. Darren	Horw	1.48.38
4. C. Doyle	Traff	1.50.11
5. M. Cunningham	Borr	1.50.14
6. I. Greenwood O/40	Clay	1.51.31
7. M. Riley	Clay	1.52.32
8. D. Birch	Kesw	1.53.14
9. K. Wood O/40	Saltwell	1.53.21
10. P. Crompton O/40	CFR	1.53.39

#### VETERANS O/50

1. (15) J. Holt	Clay	1.54.56
2. (20) T. Hesketh	Horw	1.57.20
3. (24) A. Robinson	Clay	2.00.26

#### VETERANS O/60

1. (49) J. Amies	Macc	2.06.22
2. (98) G. Breeze	Skyrac	2.23.13
3. (101) R. Johnson	CFR	2.24.33

#### VETERANS O/70

1. (149) L. Sullivan	Clay	2.46.29
2. (165) Leathley	Clay	3.11.35
3. (169) Addison	Kesw	3.13.03

#### LADIES

1. (33) N. White	Holmf	2.02.20
2. (58) H. Dawe	Ilk	2.09.01
3. (68) J. Meeks O/40	Kesw	2.11.27
4. (74) K. Roberts	N'umberland	2.13.11
5. (82) J. Casey O/40	Barrow	2.15.38

172 finishers

### DINAS BRAN HILL RUN

Shropshire

BS/5m/800ft 23.04.05

A good entry – the race was run in very good weather conditions considering the prevailing wet and cold conditions during the week. Obviously to the liking of Mike James who sliced a minute off Graham McNeil's record for the course – Amanda Wright ran brilliantly to murder Sarah Hammond's course record, taking 5 minutes off the existing time.

Local charity benefitted to the tune of £130 profit made from the event, which was supported by ASICS and Yale Hospital, Wrexham.

Doug Morris

1. M. James	Shrews	28.00
2. I. Houston	Wrex	30.41
3. A. Gray	Shrews	30.57
4. A. Wright	Mercia	31.39
5. K. Francis	Shrews	32.19
6. G. Jones O/45	Shrews	33.28
7. T. Smith	Shrews	33.44
8. S. Jones O/45	Eryri	34.05
9. E. Reid O/40	Abergele	34.11
10. A. Bartlett	Shrews	34.45

#### VETERANS O/50

1. (12) G. Manson	Oswestry	35.06
2. (17) M. Cortvriend	Maccle	35.42
3. (27) D. Owen	Shrews	37.22

#### VETERANS O/60

1. (20) P. Roberts	Buckley	36.27
2. (26) J. Morris	Buckley	37.18
3. (39) P. Norman	Wrex	39.52

#### VETERANS O/70

1. (65) J. Beswick	Helsby	48.24
1. (10) A. Bartlett	Shrews	34.45
2. (16) G. Chillingworth	Shrews	35.32
3. (29) H. Davies	Wrex	37.43

69 finishers

### 51st THREE PEAKS RACE

North Yorkshire

BL/24m/4500ft 24.04.05

The weather leading up to the Three Peaks Race had been mixed and unpredictable so organisers and competitors were fortunate to have a good weekend for the event. The course was dry and the weather on race day mainly sunshine, but a cool breeze on the higher slopes, made this a perfect day for a long race.

After last year's race, the 50th anniversary and an English Championship counter, it was expected that this year the field would be significantly reduced, but not so! 340 finished the event, with over 160 of these being novices to the race, and nearly half of these seniors i.e. under 40; very encouraging after the trend up to a couple of years ago was of fields reducing in numbers and the average age increasing.

Rob Jebb was keyed up and eager for a win in this classic race, which boasts many fell running greats amongst previous winners. Sure enough, Rob led from the start and to cut a long race short, never lost the lead to win very comfortably. Can he do the double and win the Three Peaks Cyclo Cross in September?!

The first four finishers were well separated at the finish, the second and third being Andrew (Scoffer) Schofield and John Hunt, down from the Lake District. Graham Schofield and Richard Pattinson battled the veterans O/40 category throughout the race, these two swapping positions with Graham just having the edge.

Sally Malir, a veteran, gained a slight lead on Amy Green by the summit of Pen y Ghent and maintained the margin right to the finish. Peter McWade was dominant in the veterans O/50 category, finishing nearly 10 minutes ahead of the next O/50 veteran. Wendy Dodds also dominated her veteran O/50 category. Bill Wade in 183rd position won the veteran O/60 category comfortably, with the next four Over 60s finishing within four minutes of each other – Richard Clark, David Scott, Bill Buckley and John Swift – tough this over 60 racing!

The day was marred by an accident, when a runner having retired from the race was struck by a motorcyclist and suffered severe injuries. We wish him a speedy recovery and send our best wishes to his family.

Once again the Three Peaks Race Association promoted a flagship event. The Sportident and Raynet combination provided instantaneous checkpoint positions using state of the art computerised recording and communications.

Thanks to all who helped on the day; checkpoint and route marshals, start and finish officials, administration staff, first aiders, fell rescue and many others who provide much needed help not only on the day but in the necessary build up to the event. The local police deserve special mention and provided superb support on the road sections.

Dave Weatherhead



Scoffer and his amazing bloodstained nipples nearly home at Three Peaks (Photo Tony Fickes)

1. R. Jebb	Bing	2.57.50
2. A. Schofield	Borr	3.08.06
3. J. Hunt	CFR	3.14.18
4. A. Robertshaw	Otley	3.19.08
5. I. Magee	Skip	3.21.10
6. J. Hemsley	P&B	3.22.17
7. M. Cox	Otley	3.22.44
8. C. Loftus	Kghly	3.22.54
9. G. Schofield O/40	Horw	3.23.55
10. R. Pattinson O/40	P&B	3.27.52

#### VETERANS O/50

1. (43) P. McWade	Clay	3.50.05
2. (65) B. Gregory	CheshH	4.00.49
3. (83) P. McDermott	Kghly	4.08.14

#### VETERANS O/60

1. (183) W. Wade	Holm	4.34.48
2. (227) R. Clarke	NYM	4.47.09
3. (236) D. Scott	Clay	4.49.39

#### LADIES

1. (64) S. Malir O/40	Ilk	3.59.56
2. (68) A. Green U/25	Kghly	4.01.53
3. (77) L. Tomes O/40	Kghly	4.05.33
4. (110) C. Preston O/40	Kghly	4.16.10
5. (114) N. Spinks	P'stoneFP	4.16.37
6. (117) J. Shotter O/40	Holm	4.17.07

340 finishers

#### CARLTON CHALLENGE North Yorkshire BS/5m/850ft 26.04.05

Paul Lowe threw away a certain win in the 5 mile Carlton Challenge fell race, the first in the Cleveland Summer Series of races. In a quality field Paul had a 50m lead ahead of Charlie Stead and Gary Dunn at the final trig point, within sight of the finish. However he chose to descend via the tourist path, whilst Charlie and Gary took a direct line to the finish (as did the majority of the field). Charlie said thank you very much and won 2 seconds ahead of Gary, with Paul 3rd just a second behind. This was the first time Paul had done this race so you can be sure he won't make the same mistake next time (N.B. sometimes it pays to do your homework....).

In the women's race Sarah Tunstall was an easy winner ahead of Sharon Gayter and Kay Neesam.

#### Dave Parry

1. C. Stead	NFR	34.08
2. G. Dunn	ThirskS	34.10
3. P. Lowe	NYM	34.11
4. A. Burt	Acorn	35.28
5. R. Hall O/40	ThirskS	36.34
6. S. Ratcliffe	Acorn	36.51
7. N. Clough	ThirskS	36.52
8. P. Kelly O/40	Durham	36.53
9. A. Normandale O/40	Acorn	37.17
10. F. Blunt	Unatt	37.26

#### VETERANS O/50

1. (13) R. Burn	ThirskS	38.12
2. (24) J. Shemilt	Acorn	39.48
3. (28) J. Winder	Scarb	40.59

#### VETERANS O/60

1. (45) A. Wikeley	ThirskS	45.09
2. (63) R. Sherwood	NMarske	47.58
3. (76) A. Menarry	Durham	51.07

#### LADIES

1. (26) S. Tunstall	Acorn	40.13
2. (46) S. Gayter O/40	NMarske	45.16
3. (50) K. Neesam	NMarske	45.46
4. (52) S. Grindley	Acorn	45.59
5. (59) S. Haslam O/50	Scarb	47.39

99 finishers

#### PENTYRCH HILL RACE

Glamorgan

BM/6.5m/1600ft 26.04.05

The day of the Pentyrch Hill Race, the biggest Fell Race in South Wales, dawned to thick mist nestling on the Garth Mountain. That cleared to give a very sunny afternoon and the hope of a clear evening. An hour before the race started the promised heavy rain duly arrived. Fortunately, and most surprisingly, it stopped a few minutes before the start, giving good running conditions although underfoot it was very slippery.

The race attracted 102 starters (101 finishers); the biggest field and the most competitive for many years. At the end of the first mile, a down hill section, Matthew Collins, Julian Baker (winner in the two previous years), Peter Ryder and Andrew Jones were all pushing to be first into the forestry section, and it remained very competitive through the first very steep and slippery climb through the forest. However, Matthew Collins emerged about 8 seconds in front of Baker, with Ryder a further 10 seconds behind. This gap was maintained on the first climb to the top of the mountain before Collins showed an impressive turn of speed on the steep downhill moorland section. Water was holding just below the surface making this section very slippery. Positions were maintained for the second gruelling climb to the top of the mountain, although Collins again showed his form by extending his lead over Baker, who probably had his 2:26.00 London Marathon still in his legs. Peter Ryder closed on Baker at this point and came off the top of the mountain for the final down hill mile to the finish just 2 seconds adrift. Baker, however, held Ryder off finishing just 4 seconds ahead at the finishing tape. Collins, meanwhile had extended his lead to 1.01 minutes finishing in an impressive 44:35, 20 seconds outside Baker's record time of 44.14 set in 2004. Andrew Jones continued to have his own private battle with Alex Donald, eventually opening a gap on the final climb that he maintained to finish in fourth place in 46.02.

First lady home in 22nd position overall was Ruth Pickvance in a time of 51.59, just over a minute outside her course record set in 2003. Peter Coles, M40 finished in 7th position and M50 Chris Taylor 11th. John Collins, President of the Welsh AAA, and an M60 finished in a very creditable 61st place.

John Gough

1. M. Collins	MDC	44.35
2. J. Baker	Les Croup	45.36
3. P. Ryder	Brycheinnog	45.40
4. A. Jones	Neath	46.02
5. A. Donald	Cardiff	46.37
6. D. Finn	MDC	47.21
7. P. Coles O/40	Pontypridd	47.55
8. K. Davies	LesCroup	48.08
9. R. Jones O/40	Les Croup	48.22
10. T. Gibbs	MDC	49.03

#### VETERANS O/50

1. (11) C. Taylor	Mercia	49.28
2. (17) M. Tabor	SanDom	51.08
3. (20) M. Chandler	Pontypridd	51.39

#### VETERANS O/60

1. (61) J. Collins	Swansea	62.04
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#### LADIES

1. (22) R. Pickvance O/40	LesCroup	51.59
2. (40) A. Evans O/45	Pontypridd	57.30
3. (47) A. Bedwell O/40	MDC	58.40
4. (66) S. Woods	MynyddD	63.03
5. (88) M. Claydon	MDC	71.59

101 finishers

#### BUNNY RUN FOUR

West Yorkshire

CS/3m/300ft 26.04.05

1. J. Heneghan	P&B	17.39
2. M. Buckingham	Holmf	18.09
3. C. Doyle	Traff	18.22
4. A. Brownlee	Bing	18.24
5. K. Gray	Cald	18.52
6. S. Webster U/16	Bing	18.55
7. A. Shaw O/40	Holmf	19.00
8. D. Brame	K&C	19.14
9. J. Hare U/16	H'fax	19.31
10. N. Bourke	P&R	19.39

#### VETERANS O/50

1. (28) N. Pearce	Ilk	21.17
2. (39) J. Butler	K&C	21.36
3. (62) N. Hindle	Unatt	22.49

#### VETERANS O/60

1. (98) G. Breeze	Skyrac	24.39
2. (115) D. Illingworth	Brad/Aire	25.30
3. (132) M. Coles	Skyrac	26.32

#### LADIES

1. (35) B. Haywood U/14	LincolnWell	21.30
2. (49) S. Taylor	Bing	21.58
3. (53) A. McGivern U/14	Holmf	22.08
4. (54) L. Roberts	Kesw	22.13
5. (56) A. Anderson U/16	Pendle	22.20

205 finishers

#### OVERALL BUNNY RUN SERIES RESULTS

1. J. Heneghan	4 points
2. C. Doyle	8 points
3. A. Shaw O/40	14 points
4. D. Brame	18 points
5. J. Hemsley	22 points
6. S. Webster U/16	24 points
6= J. Hare U/16	24 points
8. N. Bourke	31 points
9. P. Wadsworth	38 points
10. P. Bolton U/16	53 points

#### OVER 50

1. N. Pearce	3 points
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#### OVER 60

1. M. Coles	5 points
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#### LADIES

1. B. Haywood U/14	4 points
2. S. Taylor	5 points
3. A. McGivern U/14	11 points
4. L. Roberts	12 points
5. A. Anderson U/16	16 points

#### LADIES O/35

1. J. Haworth	4 points
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#### LADIES O/40

1. S. Fulton	7 points
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#### LADIES O/50

1. M. Jagan	3 points
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#### UNDER 14

1. T. Sessford	3 points
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### GRISEDALE GRIND

Cumbria

AS/3m/1600ft 27.04.05

Sixty hardy fell runners braved the windy conditions to complete the classic route up and down the ridge of Grisedale Pike. The first runner reached the summit in approximately 21 minutes. To beat the record, he would have had to descend back to the Whinlatter visitor centre in under 7 minutes to break Alan Bowness's record. Perhaps it was a tactical race this year. Should we provide incentives for record-breaking runs? Watch next years press!

The summit marshal needed two large glasses of red wine to recover from being blasted by the strong south-westerly wind. Maybe the rewards should go to these guys who put up with adverse weather and speeding cars on the road crossing. Running the race is a comparative doddle!

*Angela & Tony B-B*

1. S. Booth	Borr	29.31
2. J. Bland	Borr	29.49
3. N. Lockwood	Kesw	30.52
4. R. Lightfoot	Ellenb	31.09
5. A. Schofield	Borr	31.28
6. P. Brittleton	HelmH	32.51
7. P. Cornforth O/40	Borr	33.01
8. I. Turnbull	Borr	33.16
9. K. Hagley O/40	SWRR	33.19
10. M. Cunningham	Borr	33.34

**VETERANS O/50**

1. (18) D. Overton	Kesw	35.28
2. (20) R. Unwin	Kesw	35.52
3. (35) J. Downie	Kesw	39.20

**VETERANS O/60**

1. (44) D. Harrison	Kesw	42.59
2. (59) J. Rutter	Kesw	55.59

**LADIES**

1. (23) N. Davies O/40	Borr	36.24
2. (47) J. Fletcher	Borr	43.19
3. (48) S. Lewsley O/40	Kesw	44.00
4. (51) R. Jones	CFR	44.49
5. (53) L. Buck O/40	CFR	45.11

**60 finishers**

### WREKIN STREAK

Shropshire

AS/2.75m/810ft 27.04.05

Pete Vale took control of the race following the start line dash and was in front from then on with Robin Sedman-Smith climbing well in second place to the summit. By the finish Pete's lead had grown to a commanding 34 seconds.

Andy Yapp had closed on Robin by the finish and was a mere 3 seconds adrift, Andy took the first vets prize some 14 seconds clear of Roger Lamb in 6th place. Ian Hughes looks like he's getting back to form with a solid performance in 4th place.

Run of the night though has to go to Louise Taylor, who was the clear Ladies' winner and ran a very creditable 21mins 11secs which gave her the 4th fastest ever time! Louise is new to the fell scene and seems to be enjoying the challenge. She also represented Shropshire in the fell inter-counties (1st counter) and in the cross country inter-counties this year – certainly one to watch! Anna Bartlett was 2nd Lady exactly a minute behind, but also setting a personal best on the course.

There were 111 finishers in the event which was a few up on last year.

A special thanks to all the helpers on the night, even to race organiser Paul Sanderson who stepped in to cover for Simon, who as we all know is taking time out in NZ.

The prompt results were courtesy of Keith and Pauline Richards who also presented the winter series prizes on the night.

1. P. Vale	Mercia	18.28
2. R. Sedman-Smith	Telf	19.02
3. A. Yapp	Mercia	19.05
4. I. Hughes	Shrews	19.11
5. R. Challinor	Deeside	19.16
6. R. Lamb	Mercia	19.19
7. S. Hugh	Telf	20.09
8. K. Francis	Shrews	20.14
9. M. Orchard	Unatt	20.19
10. H. Jones	Maldwyn	20.23

**VETERANS O/50**

1. B. Dredge	Mercia	20.57
2. G. Spencer	Mercia	23.02
3. D. Owen	Sherws	23.52

**LADIES**

1. L. Taylor	Telf	21.11
2. A. Bartlett	Shrews	22.11
3. D. Thomas O/40	Shrop	24.13
4. J. Turner O/40	Telf	24.42
5. G. Evans O/40	Shepshed	24.57

**III finishers**

### WHANGIE WHIZZ HILL RACE

Scotland

BS/4m/800ft 27.04.05

This midweek race, held a few miles north of Glasgow, continues to grow, with 121 runners taking part in the senior event. For the third year in a row, excellent weather prevailed, with those so inclined rewarded with fine views north over Loch Lomond. Over the last year, the trail has been churned up by highland hairy coos; this, added to reports of hillrunners being butted by the same beasts added another dimension to what should be a relatively easy 4-mile, 800 foot race.

Jethro Lennox set off like a bullet straight from the start, but, despite building up an impressive lead, the underfoot conditions prevented him from breaking the course record. The record time of 26:32 was set, incidentally, in 2003 by an Algerian steeplechaser, Sanhaji Kamal, based in Paris who just happened to turn up at the start with his racing flats!

Jethro easily won the men's race, with Val Houston winning the woman's race. Bellahouston Road Runners were rewarded for their excellent turnout with team victory.

**D. Calder**

1. J. Lennox	Shettle	27.38
2. J. Kennedy O/40	Maryhill	30.42
3. S. Simpson	Ochil	30.44
4. G. Baillie	EastKilbride	31.05
5. A. Morrison	Dumbarton	31.09
6. D. Ross	Bellahouston	31.13
7. D. Robertson O/40	Clyde	31.16
8. J. Thin	HBT	31.32
9. E. Mackay O/40	Ochil	31.58
10. M. Williamson	Bella	32.01

**VETERANS O/50**

1. R. Hurt	Clyde	35.40
2. J. Hall	Highland	36.16
3. M. Macleod	W'lands	36.17

**LADIES**

1. V. Houston	W'lands	35.31
2. A. Scriven	S'lands	36.10
3. H. Palmer	Garscubue	37.51
4. A. Winship	Bella	38.15
5. J. Berry	Bella	38.37

**121 finishers**

### HARTCLIFFE HILL RACE

South Yorkshire

BS/2.5m/500ft 28.04.05

A glorious spring evening for the first running of this event, even though it was a little cloudy underfoot from the previous month's rain. With a strong westerly wind behind, almost everyone managed to run up the rough ascent of Brock Holes Bank. Half a dozen had broken away by the top of the incline and by the flag at the top of Hartcliff Hill this had reduced to three, with James Hargreaves coming out a clear (and youthful) winner at the end of the gallop down the fields.

There was an equally emphatic Ladies winner in Jane Mellor. Stuart Walton decided to celebrate his 60th birthday by running this event – a rather brutal bit of exercise I would have thought!

All profits go to Woodhead Mountain Rescue Team, who also provided excellent first aid back-up for the event.

**Pete McLeod**

1. J. Hargreaves	DkPk	16.22
2. A. Middleditch	DkPk	16.53
3. P. Hodges	DkPk	16.57
4. S. Ripon O/40	Barnsl	17.27
5. A. Shelbourne	Barnsl	17.45
6. M. Law O/40	Barns	18.00
7. D. Kilpin	P'stone	18.17
8. M. Hulley	DkPk	18.19
9. A. Akroyd	DenbyD	18.22
10. M. Bown	Thames	18.25

**VETERANS O/50**

1. (11) A. Howie	Penn	18.33
2. (12) I. Mitchell	Longw	18.40
3. (17) S. Frith	Barns	19.07

**VETERANS O/60**

1. (66) D. Cartwright	P'stone	22.36
2. (78) B. Needle	DkPk	23.37
3. (79) R. Brown	P'stone	23.48

**LADIES**

1. (49) J. Mellor	Penn	21.05
2. (51) N. Spinks	P'stone	21.24
3. (62) C. Rayner	Stainland	22.15
4. (69) R. Forest	DkPk	22.45
5. (70) E. Rose	Penn	22.48

**104 finishers**

### MOUGHANMORE

Mourne Mountains

28.04.05

It rarely feels like summer, at any time of the year, at the Deer's Meadow in the central Mourne near the Spelga Dam. This year's race was no exception with a cold northwesterly breeze feeling cold and the wet underfoot conditions chilling the feet. Moughanmore is the fifth of the Hill & Dale Series.

115 runners turned up to tackle the initial climb of Pigeon Rock, followed by a swift descent to the col between Pigeon and Moughanmore and thence to Moughanmore before turning for home and retracing the outward steps. This is a very traditional mountain race with the ground uneven, very steep in places, very slippery in places and no time to settle into any real rhythm.

There is also the challenge of route choice – the only checkpoint is on the top of Moughanmore and over the years this has led to much debate about which part of the Pigeon Rock ridge to cross. At the start the temptation is to follow the dry-stone wall. Less so this year as with the ground closest to the wall flooded, the vast majority of the field quickly set a diagonal route heading for the wall corner on Pigeon Rock. Jim Brown, now a vet 45, stuck to his traditional route and climbed alongside the wall – "never again" he said after, as divorced from the rest of the field, he ploughed a lone furrow through the bog land and suffered for it

Coming off a disappointing run at the Knockdhu Home International the previous Saturday, Kerry Harty faced two of the people who had beaten her there, club mate Anne Sandford and Cathy McCourt. A victory tonight would give Harty three wins and leave her clear in the bid for the title, a win for either of the others would leave the ladies' series wide open.

Harty loves to front run and set off to banish the memories of Saturday and led through the top of Pigeon. Sandford though is hard to shake and she climbed determinedly and closed on Harty, as the climb of Moughanmore got under way. Just as the summit arrived Sandford was nearly alongside Harty, who, without as much as a 'hello' turned and dropped off down the steep descent like a stone. After that, try as she may, Sandford could not close again and off the drop of Pigeon, Harty pulled away to finish in 39 minutes and 31 seconds, having taken nearly a minute out of Sandford by the end.

Alan McKibben is a front-runner, surging anytime anyone challenges. By the top of the first hill he had only Deon McNeilly and Ed Hanna for company. Descending off Pigeon he pulled away slowly and it was Hanna who emerged as the main contender with McNeilly suffering on the steeper second climb of Moughanmore.

McKibben led all the way home to make it five wins out of five and now needs only one more victory to guarantee the retention of his overall title. A determined McNeilly overtook Hanna in the closing stages with Hanna an excellent third, improving with every race.

#### BOGBOY

1. A. McKibben	N'castle	30.35
2. D. McNeilly	N'castle	30.43
3. E. Hanna	ACKC	30.53
4. N. Carty	NBelf	31.40
5. G. Bailey	ACKC	32.30
6. R. Rodgers O/40	N'castle	32.44
7. P. Mawhirt	N'castle	32.57
8. D. Woods	TeamP	33.27
9. J. McCloy Junior	MidUls	33.45
10. D. Travers	Armagh	33.49

#### VETERANS O/40

1. (6) R. Rodgers	N'castle	32.44
2. (20) D. McGreevy	Ballyd	35.39
3. (21) J. Brown	BARF	35.57

#### VETERANS O/50

1. (15) B. McKay	Albert	34.39
2. (44) M. Barton	ACKC	39.47
3. (46) D. McHenry	Willow	40.06

#### VETERANS O/60

1. (65) B. Magee	Larne	42.14
2. (94) J. Adey	ACKC	46.18
3. (113) D. Turnbull	W'lands	54.39

#### 114 finishers

### CONISTON FELL RACE Cumbria

AM/9m/3500ft 30.04.05

A few runners found navigating to the new event centre a little challenging but everyone managed to line up at the start for 11.15. Rob Jebb was the first over the top of Mouldry Bank with Mark Horrocks on his heels. By Swirl How Rob had a comfortable lead with his Bingley team mates, Ian Holmes and Andy Peace, several minutes adrift. Andy went walk-about here; off down to Seathwaite Tarn!!

Rob eventually won comfortably, Simon Stainer chasing Ian Holmes for a 2nd and 3rd spot.

Sharon Taylor continued her run of good form to win the ladies' race.

Teacakes and beer were enjoyed by all back at the club.



Coniston runners heading off the fell and down to the final run-in (Photo Bill Smith)

Thanks to all who helped on the day. – Coniston MRT, Coniston Junior School and the staff at the Sports & Social Club, all of whom made it an enjoyable day for all.

#### Sam Clarke

1. R. Jebb	Bing	11.07
2. I. Holmes	Bing	12.58
3. S. Stainer	Amble	12.59
4. C. Doyle	Traff	13.08
5. L. Siemaszko	Borrow	13.12
6. M. Horrocks O/40	Wharfe	14.48
7. A. Dunn	Helm	16.34
8. A. Schofield	Borrow	17.43
9. J. Helme	DkPk	18.57
10. D. Golding	Amble	19.06

#### VETERANS O/50

1. (16) K. Taylor	Ross	23.06
2. (21) J. Holt	Clay	26.05
3. (41) P. Carr	Kendal	28.35

#### VETERANS O/60

1. (81) J. Nuttall	Clay	37.08
2. (131) P. Dowker	Kendal	1.48.31
3. (162) G. James	Bl'pool	1.54.15

#### VETERANS O/70

1. (214) H. Catlow	CFR	2.38.59
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#### LADIES

1. (40) S. Taylor	Bing	28.19
2. (45) S. Newman O/40	CaldV	29.07
3. (70) S. Wood	Amble	35.52
4. (96) J. Leather	Amble	1.38.36
5. (98) H. Dawe	Ilk	1.38.53

#### 215 finishers

### WRAY CATON MOOR FELL RACE

North Lancashire

BM/6.5m/1100ft 02.05.05

Over recent years as Wray Fair and the Scarecrow Festival increased in popularity the number of senior fell runners declined slightly. The change of the start time to 11.30 has turned around the Wray Scarecrow experience for the runners who are now

amongst the first to arrive and park. Our numbers are now creeping up again. 147 entered this year. However the mass start junior race with the younger age groups peeling off or turning round earlier than the older ones continues to break records. This year we had 132 junior entries.

Mark Croasdale won the senior race again. He said the going was very soft on the fell. Hopefully, our route changes of recent years are now over and we can settle down to establishing records again and PBs for most of us. With the distinct summit, the different descent route on fell and the finish through the wood at the end of the descent our optimum route, is now established.

The weather was perfect with ultra clear views and now with the early start, time to enjoy the tea and cakes, the birds of prey, the sheep shearing and usual attractions of a country event after the hard work.

#### Peter Edge

1. M Croasdale	LancsM	43.30
2. S. Bolland	Bowl	44.10
3. M. Aspinall O/40	Clay	44.15
4. C. Rigby	Horw	45.27
5. S. Thompson	Clay	45.30
6. M. Tickle	Horw	46.34
7. I. Greenwood O/40	Clay	46.40
8. M. Whyatt O/40	Gars	46.45
9. D. Massey O/40	Horw	46.50
10. Q. Harding O/40	Bowl	46.54

#### VETERANS O/50

1. (14) T. Hesketh	Horw	48.29
2. (23) R. Clucas	Unatt	50.22
3. (47) M. Laney Lady	Clay	53.03

#### VETERANS O/60

1. (80) P. Walkington	Horw	59.06
2. (89) T. Minnikan	Kghly	60.46
3. (104) A. Menary	Durham	63.44

#### LADIES

1. (45) R. Thompson	Horw	52.45
2. (47) M. Laney O/50	Clay	53.03
3. (48) C. Greasley O/40	'Chesh	53.21
4. (50) S. Tunstall	York	53.28
5. (62) N. Davies O/40	Borr	54.59

#### 146 finishers

### CRAG VALE FELL RACE

West Yorkshire

CS/5.9m/590ft 02.05.05

Lovely sunny weather and a magnificent turnout (120 runners) at this little village fete fell race meant we were going to have some fine competition.

Paul Green flew round the moorland section beating twice winner Karl Gray and setting a new course record of 34.00.

In third place and first veteran 40 came Paul Stevenson being chased down by Paul Logue. Young Jonathan Hare an Under 18, ran a superb race to finish 30th overall amid a steady stream of finishers. The narrow drainage channel on the moor meant bunching was impossible.

The ladies' race was a close contest with Donna Allen just pipping Becky Weight and Naomi Sharatt to the post. Local girl, Melanie Blackhurst ran an excellent race also.

I big thank you to all who took part, especially those who joined in the May fete festivities. You all helped us to make our £1,000 profit for Cragg Vale Primary School.

Unfortunately, the Cragg Fete next year will need to use a different race route as we have lost permission for the current route – English Nature are concerned about disturbance to the Twite.

J.S. Scarf

1. P. Green	Sale	34.00
2. K. Gray	CaldV	35.58
3. P. Stevenson O/40	P&B	36.58
4. J. Logue	Horw	36.40
5. J. Mellor	L'pool	37.24
6. A. Clarke O/40	CaldV	37.59
7. N. Worswick	Clay	38.44
8. R. Bradbury	Bing	40.00
9. M. Flatley	Middle	40.01
9= S. Clawson	Ross	40.01

#### VETERANS O/50

1. (13) D. Schofield	Ross	40.43
2. (15) F. Riley	Stock	40.47
3. (24) D. Beels	CaldV	42.19

#### VETERANS O/60

1. (50) G. Breeze	Skyrac	47.03
2. (93) M. Moore	SalfM	55.46
3. (108) R. Lee	Middle	63.00

#### LADIES

1. (55) D. Allen	Radc	48.11
2. (56) B. Weight O/40	Bing	48.17
3. (57) N. Sharatt	Stain	49.02
4. (61) C. Rayner	Stain	49.46
5. (63) M. Blackhurst	Tod	49.56

#### 119 finishers

### BUNNY RUN RELAY – THE SUNNY ONE!

West Yorkshire  
CS/3 x 2m/250ft 03.05.05

1. North X1		38.14
2. Bingley Boys		39.42
3. Pudsey & Bramley		41.37
4. AKA		42.32
5. Mr No Friends (Solo)		43.09
6. 2 Bobs and A Crab		43.18
7. Bingley BU16		43.40
8. Pudsey & Bramley Vets		43.50
9. 3 Grey Pobes		44.08
10. Run MJOs DA Punkstars		44.59

#### 59 teams finished

### THE KRUNCE SERIES – SECOND RACE

Aberdeen  
3.5m/500ft 03.05.05

1. D. Whitehead		24.59
2. K. Robertson		25.12
3. C. Pryce O/40		25.17
4. S. Rivers		25.21
5. J. Williamson		25.23
6. B. Sheridan		26.07
7. D. McDonald O/40		26.28
8. T. Jack		27.12
9. J. Reeves O/40		27.22
10. G. Quinn		27.44

#### VETERANS O/50

1. (19) M. Curtis		29.20
2. (22) A. Mouat		29.25
3. (23) D. Duncan		29.45

#### LADIES

1. (18) E. Reid		29.16
2. (31) L. Chellingsworth		32.04
3. (32) A. Hamilton O/40		32.12
4. (38) N. Rhind		33.10
5. (44) A. Stone O/50		35.24

#### 50 finishers

KAIM HILL RACE  
Scotland  
04.05.05

A good field of 36 turned out for the first Advertisign Kaim Hill Race, which is part of the Bog and Burn Series.

A mild night with the glen path cleared of bracken and brambles made for a brisk start with Dan Whitehead and Alan Smith pushing the pace with

the second pack close behind. Onto the open moorland and the field spread out slightly with Dan Whitehead over ten seconds clear at the turn from Alan Smith. Stuart McLoone was next to the trig point with U/20 team mate, Andrew McCall, hot on his heels and Stuart Simpson a close fifth.

Andrew McCall returned in a phenomenal 10 minutes 9 seconds, almost 20 seconds faster than the winner, Alan Smith, who himself worked hard on the downhill to catch Dan Whitehead (wearing racing flats!).

First lady, Helen Palmer, ran a fine race to finish mid-pack in 20th with team mates Helen McPherson and Pat McLaughlin next ladies home in 32nd/33rd places.

Under 17, Michael McLoone had an excellent climb, was 6th at the turn and finished in 12th. Under 17 Colin Sturgeon worked hard on the early climb before losing few places on the upper climb, finishing a very respectable 16th. First team home was Greenock Glenpark.

Winner, Alan Smith, commented that the race was "a true hill race course" with a rocky single track climb and onto open moorland with bog and heather on the upper climb. We hope to build on the turnout over the next few years.

We also ran a Under 16s' race to the glen with Girvan's future hill running stars in first and second. We are trying to attract the younger runners to a race which is an ideal introduction to hill running.

We thank the sponsors, Advertisign'Direct of Dalry, who provided what could be the best prizes in the hill running circuits with £100 of sportswear to both the male and female winners and a further £500-worth of assorted prizes.

#### Scott McKendrick

1. A. Smith O/40	Dees	30.29
2. D. Whitehead	Cosmic	30.33
3. A. McCall U/20	GreenGl	30.49
4. S. Simpson	Ochil	31.40
5. S. McLoone O/40	GreenGl	32.21
6. D. Theaker O/40	Helens	33.02
7. P. Walder	Shettle	33.16
8. D. McLaughlin O/40	GreenGl	33.25
9. L. Arnott	W'lands	33.32
10. C. Upson O.40	W'lands	33.38

#### VETERANS O/50

1. (11) N. Taylor	Girvan	33.40
2. (22) D. Duncan	Ochil	40.02
3. (24) D. Shinn	Dallam	40.38

#### VETERANS O/60

1. (30) I. McManus	Irvine	44.05
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#### LADIES

1. (20) H. Palmer	W'lands	38.36
2. (32) H. McPherson O/40	W'lands	48.55
3. (33) P. McLaughlan O/50	W'lands	52.39

#### 36 finishers

### BINNIAN TO THE TOP Mourne Mountains 04.05.05

The rain cleared, a fresh southerly gale arrived to help the runners and 103 souls braved the start line to tackle the much hated 'Binnian to the top' race – the fourth of the 2005 Blue Lough Hill & Dale Race Series.

One of the beauties of mountain racing is that the climbs do not last forever and, normally, when they are over there is the exhilaration of the descent when the legs are eased and the thrill of letting gravity do its best is experienced by all. In most Hill & Dale races there is more than one climb and descent. However, this week, despite it being the shortest of the series, the pain increases steadily as the mountain gets steeper and just as

the summit crags are reached the race is over and lungs gasp for air and the car is parked 2,000 feet below and what would be a spectacular descent becomes a post-race trudge for all 103 participants – all except Willie John Brown, who failed to make it to the finish when his back gave up.

The race starts at the top of Brackenagh Road East and climbs very easily initially up the old quarry track to... yes... the disused quarry. That's where the real climbing starts, keeping the wall on the left the flank of Binnian is conquered and then the Mourne Wall is reached and the summit crags are only 300 feet above. Robbie Bryson, one of the best climbers in the world on his day, won the race in 2003 in the formidable time of 20 minutes and 56 seconds – probably never to be beaten?

With a big racing weekend up ahead (Knockdhu International Mountain Race and the Belfast City Marathon) some of the front-runners from the men's and ladies' sections were missing. This did not include the brothers McKibben who once again showed a clean pair of heels to all. Surging is their trademark and Alan exploded out of the blocks with Dave close behind, with the former chaperoning the latter to the upper slopes of the climb. Alan won and with four wins out of four is now the firm favourite to retain the title he won last year. Dave turned up the pressure on Deon McNeilly for second place.

An excellent run from Steve Begley, a veteran 40, who led home the rest of the field in third after a great tussle with fast-improving Paul Mawhirt and Des Woods.

Alwynne Shannon has had a mixed twelve months with one injury or another dogging real progress. Racing for the first time in the Hill & Dale this season, she helped to throw open the series again coming home with a well-earned victory, 34 seconds outside club-mate Anne Sandford's record.

Jonathan McCloy took first junior in 13th overall and is looking more and more like the series winner. Dominic McGreevy continued his domination of the veteran 45 category with another win. Other category winners were Billy McKay (vet 50) 'resting up' for Saturday's Knockdhu International, Ricky Cowan (vet 55), and recently turned 60 year-old John Adey.

Noel Douglas is a former Northern Ireland mountain racing international and is now a vet 45. Having peaked at close to 16 and a half stone in weight, Douglas has been talking a good comeback for a few years and this year it seems that the wheels are moving again. Leaving his 'day job' in Magherafelt too late to be good for the health, he arrived this week at the start with only fifteen minutes to spare. Despite all, his new sylph-like body didn't let him down and he climbed strongly to come home in a decade's best of 41st place in 28 minutes and 21 seconds. Everyone beware, this man is a serious competitor and it looks like, at last, he means business again.

Silly boy of the evening brought a father and son double. Last week Mark Hopkins won the award for getting lost on the sawdust marked course on a clear night, this week his dad Bill picked up the 'cap with built-in GPS'. As a stalwart local orienteer, Bill will now, with the aid of the cap, teach his son the fundamentals of navigating so that there is a chance as the races now hit the serious mountains that he might not get lost again – and pigs will fly.

#### BOGBOY

1. A. McKibben	N'castle	22.46
2. D. McKibben	N'castle	23.00
3. S. Begley O/40	Albert	23.39
4. P. Mawhirt	N'castle	23.43
5. D. Woods	TeamPurple	23.47
6. A. Niblock	ACKC	24.21
7. B. McKay O/50	Albert	24.26
8. D. Brannigan	N'casatle	24.31
9. M. McManus	Larne	24.43
10. S. Herron	ACKC	24.56

**VETERANS O/50**

1. (7) B. McKay	Albert	24.26
2. (39) P. McGuckin	ACKC	28.21
3. (58) K. Quinn	N'castle	29.55
<b>VETERANS O/60</b>		
1. (91) J. Adgey	ACKS	33.42
<b>LADIES</b>		
1. (52) A. Shannon O/40	N'castle	29.12
2. (54) C. Galbraith O/40	N'castle	29.40
3. (63) H. Cassidy	Physio	30.41
4. (72) R. McConville O/45	N'Down	31.21
5. (79) B. Brown O/45	ACKC	32.15

102 finishers

**FOEL FRAS**

Gwynedd

AL/12m/3100ft 07.05.05

I was actually marshalling on the mountain so can only report on feedback from others.

It was an excellent course with plenty of challenges. It was cold but clear so route finding was not a problem.

There were 51 entries and the course included two mountain peaks - Druin 2500ft and Foel Fras 3000ft. There is plenty of open country, particularly on the return from Foel Fras to the village of Abergwyngregyn, where the race starts and finishes.

Competitors were complimentary about the route planning and marshalling. The village provided 20 marshals so even strangers to the area found no problem with the route. There is a bad weather return route from Foel Fras if there is inclement weather, so the race can still go ahead if weather changes occur.

Walter Brame

1. J. McQueen	Eryri	1.38.19
2. T. Higginbottom	Eryri	1.39.19
3. C. Near	Eryri	1.40.46
4. P. Taylor	Tatten	1.47.06
5. C. Jones	Eryri	1.48.48
6. G. Oldrid O/50	Aberyst	1.50.40
7. J. Montgomery O/40	Buckley	1.50.53
8. S. Hammond O/40	Tatten	1.51.30
9. E. Evans O/40	Eryri	1.52.58
10. B. Williams	Eryri	1.53.06

**VETERANS O/50**

1. (6) G. Oldrid	Aberyst	1.50.40
2. (19) N. Boler	DkPk	1.59.44
3. (20) C. Hartfall	WFRA	2.01.55

**VETERANS O/60**

1. (21) J. Morris	Buckley	2.04.18
2. (28) P. Roberts	Buckley	2.08.36
3. (35) P. Jones	Prestatyn	2.17.07

**LADIES**

1. (18) P. French O/40	Eryri	1.57.48
2. (23) S. Hammond O/40	Tatten	2.05.26
3. (36) J. Wells	NWRRC	2.17.58
4. (37) A. Roberts	Unatt	2.22.34

51 finishers

**BEN LOMOND HILL RACE**

Central

AM/9m/3192ft 07.05.05

This year's race went really well without any time-keeping cock-ups like last year. Going in heavy handed at the start and finish certainly paid off! Despite the ropey forecast, the weather wasn't too bad although the summit marshals assure me that it was pretty damn cold up top. Fortunately most runners heeded my advice about carrying plenty of gear.

Now to the race - Malcolm Patterson was first to the top (there is a great photo of him focusing on

the climb in the SHR website), followed (I think) by Brian Marshall, who put in a stunning descent to win by a country mile at the end. Nigel had a great ascent to reach the top just behind Andy Kitchen, but a 'crafty' descent route off the summit ridge meant that I had to apply a time penalty, which unfortunately pushed him down to 4th place. Good packing by Carnethy in 4th, 6th and 7th gave them the team prize. First V40 was Malcolm Patterson and it was left to the Westies golden oldies of Gordon Robinson and Murdo to restore some club pride by taking the first two positions in the V50 cat.

Now to the Wummin! - 1st in was Tracey Brindley with a new course record of 1.17.45 in 10th place overall! Previous race winner Andrea Priestly was 2nd, and now to the good news, 3rd in was an unattached lady by the name of Shona Robertson, who ran a great time of 1.27.45 and left with a Westies membership form - good recruiting by my wife! A clutch of Fife AC lady vets stitched up the vet categories, with Louise Burt, and Jocelyn Scott lifting the v40 and v50 prizes respectively. Fife AC also took the team prize.

The mountain rescue had a wee bit of work to do this year, as our Marc McColl decided to throw caution to the wind and break his ankle running up hill. Some people will do anything to get a lift. Seriously though, Marc, we hope you make a speedy recovery. Another runner broke a finger and there was the usual display of twisted ankles and minor abrasions.

Can I say a big thanks to everybody who helped out on the day, including the marshals who froze their 'b!!!'s off on the top, Muffy who was cosy in the sun lounge doing a brilliant job with results,

Des, Margaret and Donald on the start and finish, Helen and sprogs in the car park stopping runners getting run over, and my wife and family for doing race registration and putting up with me running around like a headless chicken. A special thanks as always to Graham Benny who is the unsung hero of this event. Graham marks the course and coordinates the marshals. Runners only get a fleeting glimpse of him on the summit, and by the time Graham gets down to the hotel everybody has left!! Graham, cheers Mate.

Don

1. B. Marshall	HELP	70.23
2. S. Peachey	Carn	72.17
3. M. Patterson O/40	Shettle	73.22
4. A. Kitchen	Lothian	74.06
5. N. Scott	W'lands	74.07
6. R. Gallagher O/40	Carn	74.31
7. E. Tresidder	Carn	76.22
8. A. Smith O/40	Deeside	76.30
9. S. Simpson	Ochill	76.40
10. T. Brindley	Unatt	77.45

**VETERANS O/50**

1. (36) G. Robinson	W'lands	89.04
2. (40) M. Macleod	W'lands	90.06
3. (50) J. Gebbie	Kilmarn	92.23

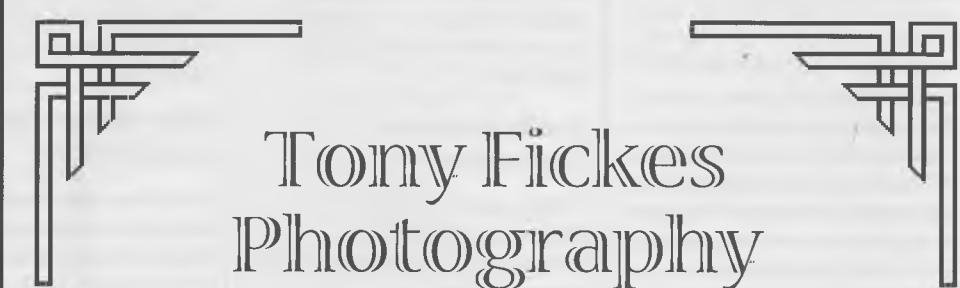
**VETERANS O/60**

1. (67) C. Love	Dundee	95.56
2. (109) D. Turnbull	W'lands	120.33

**LADIES**

1. (10) T. Brindley	Unatt	77.45
2. (23) A. Priestley	Ilk	81.23
3. (33) S. Robertson	Unatt	87.45
4. (35) E. Schmidt	Bella	88.24
5. (43) H. Johnson	Bing	91.05

115 finishers



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I am really grateful to Alistair for taking the trouble to present such a reasoned and detailed counter to Keven's rather disturbing piece in the last edition of the magazine. Together with the information gathered about Risk Assessment (another issue causing concern to organisers) published elsewhere in this edition it provides a very welcome breath of commonsense and re-assurance and, I feel sure, will go a long way to calming some anxieties.

# Fell Running & Litigation

from Alistair McDonald

The last edition of the Fellrunner carried an article by Keven Shevels suggesting that the threat of litigation is worrying a lot of race organisers. This is not good!

It is pretty clear from Keven's article that he and many other organisers are worried about the extent of their liability should somebody get injured in a race and decide to bring a personal injury claim against them.

I am a solicitor specialising in personal injury claims. I'm also a keen fell runner. I want people to continue to organise races and I've written this article to try and reassure race organisers like Keven that the chances of anybody bringing a successful claim against the organiser of a well-organised fell race are extremely low.

It may be of some comfort to note that I could not find a single report of a case where the organiser of a fell race (or similar event) was held liable for injuries to a participant or spectator. I think that it is fair to say that the sort of people who participate in these events just aren't the sort of people to blame somebody else when something goes wrong.

## No Compensation Culture

It may also be comforting to note that whilst there are a lot of stories published in the press about the "Compensation Culture" that has apparently engulfed us, a recent report by the independent advisory group The Better Regulation Task Force ("Better Routes to Redress", May 2004) actually found that there is no reason to believe there is such a culture.

In fact, the number of accident claims in the UK was pretty constant between 2000

and 2003 and even went down in 2004.

In 2000, the UK paid less out in compensation for personal injury claims, as a percentage of GDP, than France, Italy, Spain, Germany and Switzerland. The percentage that is paid out to Claimants in the UK has stayed pretty much the same since 1989. However, the percentage that the United States, for instance, has paid out, has been up to three times as high.

However, newspapers are happy to print stories about crazy compensation claims because they make good reading and politicians use them for populist purposes. In their report, The Better Regulation Task Force specifically asked the media to be more careful about how they report on compensation claims because of the effect those stories have on public perception.

## No Win No Fee Agreements

There is also a belief that the rise of "no win no fee agreements" has increased the number of silly compensation claims. Again, the figures show that this is not so. Moreover, there is no reason why they should. A solicitor who acts for a Claimant on a no win no fee basis is taking a risk – if the claim fails then they will not get paid. It follows that no decent solicitor would act for somebody in respect of a claim if they think that the chances of being paid are low. A sensible solicitor will not encourage anybody to bring a silly claim with a low chance of success – that is not in anybody's interests.

## Negligence

None of this means that it is not possible to sue a race organiser when something goes wrong with a race, but

you cannot sue a race organiser when anything goes wrong with a race. You can, however, sue them if they are negligent and you are injured because of that negligence.

A race organiser owes a duty of care to those people that it is foreseeable will be affected by their actions or omissions (which usually means competitors, sometimes spectators and sometimes passers by). The extent of that duty is simply to take those steps it is reasonable to take in the circumstances to ensure their safety. The duty is *not* absolute.

If the organiser breaches that duty of care and because of that breach somebody suffers injury or loss then the organiser will be liable to compensate that person to the extent of his or her loss.

That is what it means to be liable to someone in negligence.

## Who decides what negligence is?

One thing to remember is that personal injury cases are not decided by juries but by judges alone. That means it is never up to the whim of a jury whether someone has or has not been negligent.

Judges have to rely upon previous cases when they decide whether somebody has been negligent. They can't just make it up as they go along. They have to justify their judgments and it is possible to appeal judgments that seem completely wrong.

Perhaps contrary to public perception it does not appear as if judges wish to see the UK turn into a "nanny state". Many judges were previously commercial lawyers and can seem antagonistic towards personal injury claimants. A good example of judicial attitude to risk is the case of *John Peter Tomlinson v*

Congleton Borough Council and Cheshire County Council, a case that went to the House of Lords in 2003. Although the case had nothing at all to do with running, one of the judges (Lord Woodborough) made the following comment:

"...it is not, and should never be, the policy of the law to require the protection of the foolhardy or reckless few to deprive, or interfere with, the enjoyment by the remainder of society of the liberties and amenities to which they are rightly entitled. Does the law require that all trees be cut down because some youths may climb them and fall? Does the law require the coastline and other beauty spots to be lined with warning notices... The answer to all these questions is, of course, no."

He went on to say that people who argue otherwise:

"...attack the liberty of the individual to engage in dangerous, but otherwise harmless, pastimes at his own risk and the liberty of citizens as a whole fully to enjoy the variety and quality of the landscape of this country. The pursuit of an unrestrained culture of blame and compensation has many evil consequences and one is certainly the interference with the liberty of the citizen."

Judges are, I believe, likely to have more sympathy with the organiser of a well-organised fell race than with the runner who breaks his leg and sues.

## How to avoid being negligent

The best way to avoid being negligent is to ensure that when you organise a race, you have FRA authorisation and abide by the FRA Rules for

Competition and the FRA Safety Requirements for Fell Races. These set out the duty of care of a race organiser; "the responsibility of making sure his race is as safe as it can be".

If somebody is injured during a race that complies with all these requirements then the chances of that injury being due to the organiser's negligence are likely to be minimal.

If somebody is injured then the best way to avoid being found to be negligent is to make sure that you can show that you followed all the above rules.

The best way to show this is to ensure that you keep a record of how and why some important decisions were made. In "Health and Safety" terminology this means making risk assessments and keeping copies of them, but for a race organiser it may simply mean making notes about what they already do and keeping copies.

Here are some examples:

1. Make a note of which points on the course will need marshals and why, who might be a marshal and why. Keep a record of who actually does marshal the course.
2. Think about whether you need to limit the number of entrants and why. Keep a note to show that you thought about it.
3. If a race crosses a road, think about whether you need signs up to warn any motorists and where they might need to be. Keep a record of where you put any.

The important thing is not for race organisers to change what they think about but simply to keep a record of the fact that they have thought about it! That will also make planning the same race next year easier.

## What is not negligence

Race organisers do not have unlimited liability in the sense that they cannot be held to blame for anything and everything that might go wrong with a race.

It is important to remember that for accidents outside a work environment, it is highly unusual for one person to be found liable for the actions of another. That means that a race organiser is unlikely to be found liable for anything that a competitor does (unless the competitor had no choice because of something the organiser did).

Fell running is a sport in which the participants assume most of the responsibility for their own safety. A race organiser is responsible for making the sport as safe as they reasonably can given the nature of the sport and the environment in which it takes place. You can reasonably expect an organiser to choose a route that does not unnecessarily include certain hazards. For instance, a race should not include a rock climb likely to cause leading runners to dislodge stones to fall on runners below. However, you cannot expect a race organiser to be responsible for the state of the ground over which the race is run. This contrasts with the responsibility of the owners of a climbing wall to ensure that the surface on which people climb is as safe as possible. They have a level of control that a race organiser does not. This means that someone who falls off a climbing wall because it is in a state of disrepair may be able to sue whereas a runner who breaks a leg because the ground is rocky will not.

Here are some other examples of not being negligent:

1. Fell Runner One pushes Fell Runner Two over the side of Kinder Downfall. Who's to blame? Fell Runner One and not the organiser.
2. At a road crossing, Fell Runner Three runs under the wheels of a 4x4. Who's to blame? Even if there is no marshal and no sign to warn drivers, it is unlikely that the organiser will be found liable. Anybody crossing a road needs to be careful. If there is no marshal around then they really need to be more careful!

3. Fell Runners Four, Five, Six and Seven jostle a hiker who then falls over and breaks his arm. Who's to blame? If anybody it is the runners and certainly not the race organiser. Whether or not the harm was intentional, the race organiser is not liable. The fact that the jostling occurred during a race is irrelevant.

It is also important to note that it is not necessarily negligent to hold a race that uses a road even if the Police would rather you didn't.

## Taking care of the land

Race organisers may be concerned about damage done to land by the race competitors who, for instance, don't use a stile and cause a wall to collapse.

Firstly, it is worth noting that (as far as I can ascertain), the UK Athletics insurance policy that covers fell races provides cover where a race organiser's negligence leads to damage to property, such as fences, on land being used for a race.

However, if the race organiser makes clear at the start of the race that stiles and gates should be used and not fences or walls (although this is commonly understood) then he ought not to be liable when several of his competitors destroy a wall in getting over it if there is a stile that could and should have been used instead. He has not been negligent but the competitors have.

On a related issue, a landowner may ask a race organiser to indemnify them against claims against them arising from the landowner's negligence or defects in their land. As with any legal document it is worth reading what you are being asked to sign very carefully (and perhaps getting a generous fell running solicitor to have a look at it for nothing). However, race organisers can only be liable to the extent that the landowner is liable. If the organiser knows the route and knows that there are no traps or hidden hazards then there is unlikely to be a problem.

The UKA insurance does also, in any case, appear to cover such landowners in any case, as it has an "Indemnity to Principals clause". This means that the documents they ask organisers to sign may be unnecessary. However, it is worth clarifying this point with the FRA.

## Insurance

This, really, brings me to my last point – the fact that according to the FRA, a race authorised by them is covered by the UKA insurance. This means that even where an organiser is negligent, there is an insurance company there to indemnify them and pay out any compensation that the injured party is awarded. The insurance should also cover the organiser's legal costs (in fact, the insurers should do all the work in dealing with the claim).

The only worrying thing here, I suspect, is that any claim for property damage appears to have a £750 excess. I would expect most instances of property damage caused in a fell race to be worth less than £750 (e.g., a broken gate), which means, perhaps, that the insurance is not much use.

## Conclusion

The bottom line is that the sort of accidents that might happen in well organised fell races are just that; accidents. They are things that nobody is responsible for and that just happen to us all.

An inexperienced idiot who injures himself might want to sue a race organiser but he would also need to find an inexperienced idiot of a solicitor (going out of business fast) to take his case on. In any case, for the responsible race organiser there will be insurance to cover any liability.

Lastly, I must stress that this article is not itself a piece of legal advice! Anybody worried about a particular risk or threat of litigation needs to take proper legal advice that will address itself to his or her specific situation. But whatever you do, if you want any legal advice then don't ask the man in the pub. He rarely knows what he is talking about.

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# JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES



**I**t was in the June 2004 Edition of this magazine that I last prepared a report on the activities of the Foundation. It feels like an appropriate time to give a further update on what has been happening with the JTF, particularly in light of the most recent trustees' meeting held in early May.

Under our trust deed, we are obliged to have a formal annual meeting of trustees to deal with a variety of matters, amongst them the question of elections for the trustee body. At our annual meeting in 2004, I offered myself for re-election and was re-elected for a further term of three years. After some deliberation, Sue Becconsall decided not to offer herself for re-election to concentrate on her Bingley Club and FRA duties. The trustees would like to thank Sue for the work that she undertook on behalf of Foundation and her input generally.

At our recent meeting, the initial terms of office of Dave Hodgson and Chris Cariss came to an end. Both offered themselves for re-election and were re-elected; Chris for a further three years and Dave for two years at his request. Dave still has many irons in the fire, of which JTF is just one. He has a wealth of experience across our branch of athletics, we value his contribution to our affairs and are pleased that he has agreed to give generously of his time for a further period.

We have seen an increase in the number of applications that we have received for funding from young athletes, but, even so, applications are still rather thin on the ground. Our latest application received in late April this year was in respect of two young athletes and these were only the 19th and 20th applications received since the Foundation began to seek applications from beneficiary athletes.

During the period since my last report, the following young athletes have received support from the Foundation to allow them to pursue their various desired objectives:



James Kevan of Horwich (Photo Kirstin Bailey)

Natalie White (Holmfirth Harriers), Rosie and Emma Stuart (Keswick AC), Mark Buckingham (Holmfirth Harriers), James Kevan (Horwich RMI), Dionne Allen (Wigan AC), Blue Haywood (Lincoln Wellington AC) and Ryan and Niall Gould (East Cheshire AC).

It is clear from the feedback that we are receiving from those young athletes that we are supporting, that the help they receive from JTF is making a difference to their careers. There is "cash at the bank" and can I please encourage any young athlete who reads this report who is keen to pursue particular or specific objectives in their athletics career, and who will qualify under the Foundation's criteria for funding, to apply.

I would like to take the opportunity of thanking David and Eileen Woodhead who, in their capacity as FRA junior co-ordinators, have given us the opportunity to circulate grant application forms to a substantial number of young athletes. These were sent out with information packs that Dave and Eileen were sending out in connection with junior championship races. That activity took place relatively recently and has resulted in three recent grant applications, which have been considered and are to be funded. A further distribution of application forms will go out shortly with the next Woodhead junior communication.

On the question of grant applications, there are two particular points that I would like to mention by way of general guidance for applicants. These are:

1. It is necessary from the Foundation's point of view that we get as much information from applicants as we can about other sources of funding that have been made available to them in pursuing their objectives. So please help us out by providing as much information as you can on your other sources of funding when submitting an application.
2. The applications that we have received have covered a whole range of needs. Some have been to enable travel to and participation in a particular athletic event; others have been applications for more general assistance, for instance to enable the purchase of a particular item of equipment or general athletics kit; other applications have been in respect of travelling costs for a particular event or a series of events. Whatever the subject matter of the application, it is extremely helpful to us to know exactly how much funding an applicant is applying for. If you do not give us any assistance by putting a "wish" figure in the application, then we are short of a crucial piece of information when trying to arrive at a decision as to whether to, and how much, support to offer.

After feedback from a variety of sources, we hope to launch a revised Grant Application Form shortly available via the website. Please do let us have feedback on how we do things; it helps us to improve.

The financial position of the Foundation remains healthy. Our bank balance as at the end of April 2005 stood at approximately £12,300. As I remarked earlier, there is money ready and available to fund applications for assistance from those who need it.

We continue to receive donations from a variety of sources, including the Taylor family who continue to support the Foundation in whatever way they can. As ever, thanks to all those people who have donated money to the Foundation, and to all those who continue to help us on our way.

Morgan Williams, Trustee

# Une Course Française

from Richard Askwith

For reasons too complicated to go into, I recently found myself spending a few months living in France.

Naturally, the first thing I did was to look for a fell-race.

Actually, that's not true.

The first thing I did was lose all interest in fell-racing. Our little Languedoc village is in the middle of a gently rolling plateau, covered with vineyards and a kind of scrubby, rocky moorland known as garrigue. Dramatic mountains ring the horizon, which seems a good place for them. Who needs steep, rocky, painful ascents and descents when you can get all the rough running you need on the soft, undulating paths on your doorstep, with more wild flowers, wild animals and wild mountain views than you'd get in a month of Sunday runs in the English fells?

Eventually, however, duty prevailed, and I made enquiries. Everyone thought I was mad. "Dans les montagnes? Pourquoi?" I know that some serious mountain-running goes on in the French Alps but they're hundreds of miles from us, and, in any case, I'm not that keen on all that high-speed, marked-track, uphill-only Grand Prix stuff. That's athletics. Fell-running, to me, means scrambling around in the mist and mud, sharing a few laughs in the early stages and trying to make up for your lack of speed through careful navigation and reckless descending. There doesn't seem to be much of that in the Alps. Or, for that matter, in the Languedoc.

Or so I thought. Then, just as I was dismissing the French as a bunch of cheese-eating, flat-track surrender-monkeys, I discovered that there was an annual race more or less on my doorstep. The mountains in question were about half an hour's drive away, a spectacular ring of 2,000-footers around the ancient village of St Guilhem-le-Desert. No fell-runner could look at these hills without wondering what it would be like to run in them. They're green, precipitous and very rocky, with steep slopes of thick woodland punctuated by sharp cliffs and giant scree slopes. Part of the ring is called the "circle of hell", and you can see why.

The race has the added attraction of starting and finishing in a cobbled medieval square, complete with 1,200-year-old church and a 300-year-old plane tree. In summer, the place is packed with tourists. In early March, it was deserted – apart from 400 French runners, their supporters, a huge contingent of paramedics, and me. I had handed in my medical certificate of fitness (required by law), signed a fistful of disclaimers absolving the organisers from all

responsibility for anything ever, and stuffed my bum bag with essentials for surviving 48 hours on a freezing mountainside (this was early March, and the temperature at the start was zero). I had even – although no one else did – studied the map of the route. Now it was just a matter of waiting for the crowd to listen to the organisers' repeated pleas for order so that we could start the race. Some hope. For 15 minutes, the chattering grew louder and the milling more chaotic. Scarcely 20 of us heeded – or even heard – the instruction to get behind the starting line.

It was beginning to feel like a riot, and when someone fired a gun in the air I assumed it was an attempt to restore order. Everyone else took it as the signal to start, and the jostling crowd began to fight its way through the narrow cobbled streets.

It soon became clear that, while there were some seriously good runners in the field, there were also many – perhaps several hundred – who were neither good nor serious. This was irritating for those of us at the back, especially when the narrow streets gave way to an even narrower mountain path. The great difference between French mountains and ours is that the French ones tend to have trees on. The 26km of this race – known as the Sauta Roc – winds almost entirely through forest: low, gnarled evergreens (deciduous as well as coniferous), with thick, exotically scented undergrowth and roots and branches dangling treacherously into the narrow, stony path. This is fine for running on your own but hazardous if you're trying to work your way about 100 places further up a slow-moving field.

Still, the mountain was undeniably mountainous; in fact, the ascent, which was all runnable, seemed to continue for an impossibly long time. The total ascent and descent in the race – 1,150 metres – is relatively slight by English standards, but nearly all of it is concentrated at the beginning and the end, and this first climb was a long, hard slog. Every now and then, I'd spot half a gap and leap past someone; the rest of the time, I consoled myself by looking at the scenery. The sky was clear and the early morning chill had rapidly turned into blazing mid-morning sunshine, whose heat was redoubled by the undergrowth. There was no sign of a stream, and I realised, too late, that I should have carried less emergency kit and a lot more water.

Eventually, after about 45 minutes of winding ascent, the field and the forest thinned out. We were mostly still running, but from time to time were forced to

scramble. At one point, a line of marshals appeared to shepherd us away from a horrifying sheer drop. Behind them was the sort of view that makes you forget all about paths and, if you're unlucky, swerve straight off the cliff. Hundreds of miles of mountainous France stretched below us in a sea of hazy greens and blues. Somewhere on the horizon were... well, for all I know they may have been the Alps or they may have been the Pyrenees, because I hadn't been looking at either map or compass and had rather lost my sense of direction. The path had been clearly marked throughout, and, even if it hadn't been, there weren't any other paths to go on. So much for careful navigation skills. The long ascent finally yielded our first peak, which was followed by a scenic but increasingly weary hour or so of moderate ups and downs. I was well past the plodders by now and could concentrate simply on keep going, vying occasionally for position with people of my own pace. Overtaking – and being overtaken – remained hazardous but was at least infrequent.

Thirst, on the other hand, was continuous and severe. I was also getting footsore. Those damned stones were unremittingly sharp, and my feet felt as though they were turning into two giant bruises. Most people, I realised, were wearing trainers, whereas I'd stuck to my trusty Walsh boots. My feet were paying the price; on the other hand, my ankles remained intact, which was more than could be said for those of at least five other runners. Think of the "path" that runs along the very top of Skiddaw and you'll get a pretty good sense of the hard going; the difference being that this was generally steep – and continued for 26km. Still, at least it was bone-dry.



Richard in the French sunshine

The final five miles were the toughest of all, with the longest, craggiest ascent yet, followed by a 1,400ft drop in the final mile and a bit. They were also the most satisfying. The path broadened a little, replacing a slight sense of being hemmed in by trees with that hard-to-define feeling you get of being on top of a high mountain, with the sky slightly closer than usual and a different kind of freshness in the sweet-smelling air. For the first time, you could actually run alongside people, exchanging more than the odd "Excusez moi" and "Oo-la-la, pardonez-moi"; or, rather, you could if your throat wasn't too dry. There were more breathtaking views, too, especially on the final summit, from which you could see St Guilhem nestling on the hillside like a fairytale baron's mountain stronghold. And while the final descent was a bastard – imagine the path on the lower half of Ben Nevis, but with too much impenetrable vegetation to cut off the zigzags – it was as challenging as any anti-athletic English fellrunner could ask for. I was alarmed at the number of injured athletes I passed, but heartened too by the growing number of tourists walking up from the village, shouting "Bravo!" and "Allez! Allez!"

Best of all, when we finally reached the bottom we were faced, not with an agonising mile of undulating road (as you

get at Ben Nevis) but with just a few hundred yards of gently sloping downhill street. I sprinted into the square with the broadest of smiles and was only marginally disappointed to hear that, if I'd been a few seconds faster, I could have beaten the first veteran woman.

My place – 63rd out of 412 finishers (26th vet) – was at least 50 places better than I'd expect at an English fellrace of equivalent size, which I take to be an indication that English standards are higher. Or, rather, there's a stronger tradition of fellrunning in England. As far as I could gather, most of today's field were road-runners out for an adventure, many of whom acquitted themselves impressively. You can get away with such a large number of first-timers when the climate is good and the route is unmistakeable. Even so, I hope the bloodied crowds in the first aid tent at the end had all signed the necessary disclaimers.

Meanwhile, other traditions are unquestionably stronger in France. I'd been looking forward to the "buffet campagnard" promised for the end, and was mildly disappointed to find only a table lightly scattered with plates of cake, biscuit, energy bars and dried fruit. Quite welcome, of course, but somehow not the gastronomic adventure I'd been imagining

during the more gruelling stretches of the race. Half an hour later, I realised that those were only the pre-buffet appetisers. The buffet proper, which emerged just before the prize-giving, involved a whole line of tables, groaning under the weight of meats, cheeses, salads, baguettes and wine. Even the victims in the first aid tent seemed to agree that it made all the pain worthwhile.

The winner – who beat me by more than half-an-hour – was from Amsterdam. "Isn't it a bit flat there?" said the organiser. (I subsequently learnt that he was a Welshman: congratulations Sullivan Smith, if you're reading this.) But by that stage the details of the race seemed unimportant. Rather, I was drinking in the atmosphere and the wine, with the sunshine, bright views, fine food and languid chat adding spice to the usual post-race sense of relief and achievement. It might not be fellrunning as we know it but it's a great way to spend a Spring Sunday.

And it's a lot warmer than Keswick.

(Richard Askwith's book, *"Feet in the Clouds: A Tale of Fell-running and Obsession"*, is now available in paperback (Aurum Press, £7.99))

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# Letters, opinions et.al.

## Junior training weekend from Andi Jones

I have been meaning to write following the Junior FRA training weekend in Howarth. What an amazing event for the youth to be part of. Surely, if there were only a few more like the Woodheads this world would be an even better place. The range of activities they had organised for the younger fell runners was amazing. Even the weather couldn't put the runners off wanting to participate in the activities.

In the year of healthy eating schools and reports of children not doing enough sport, this was just an excellent example of children being actively involved in sport.

I look forward to getting my next issue of the "Fellrunner" magazine as the Junior pages are often the best pages in the magazine.

Well done to the Woodheads and all who help them.

## Unattached levies from Andrew Hirst

I have recently been made aware that an extra £2 may be charged for unattached runners to enter fell races; this, I believe, is to try and attract people to join Athletic clubs.

As an individual who enjoys fell running and the freedom this offers I feel I should not be penalised for the fact that I personally do not want to become part of a club; surely as a member of the Fell Runners Association, which sanctions and provides the rules for 95% of the races I compete in, I should not be forced to pay more than someone who is a club member and not necessarily a member of the FRA.

As usually a middle to lower half of the field finisher and tending to choose events for their aesthetic appeal, I get pleasure not by competing against other people particularly, or clubs, but for the challenge that each event holds and, most of all, against myself.

Fell running, I believed, offered this - maybe I was wrong, or is the sport becoming another victim to the world of corporate image and uniformity, where individuality and freedom of choice seem to be discouraged.

(Worry not, Andrew, the FRA is totally against the imposition of levies of any sort at FRA registered events and would appreciate being informed of any races which impose them. Remember though that thanks to the latest intervention by UKA the FRA cannot now register races outside England and hence what happens at races in Wales, Scotland and Ireland is beyond our influence and control - Ed.)

## Junior Training Weekend from Brenda & Bob Bolton

Dear Dave & Eileen,

May we thank-you, your team and also the FRA, for the Junior Training Weekend at Haworth on 30th April - 1st May.

It was obvious, as I arrived to pick up Phil how much all the children had gained and enjoyed themselves.

A credit to you all to keep a mixed bunch of 10 - 18 year olds happy.

Well done, thanks a lot

P.S. When Phil phoned on Saturday - not 'cos he was missing us but to find out how Bolton Wanderers were going on, he described his day as AWESOME.

## Insurance again!! from David Horsfall

I must admit that as well as doing fell races I also run the odd 10K road race and, with holidays looming and the possibility of finding a race to enjoy in foreign climes, I searched my holiday insurance policy very thoroughly to make sure that I was covered in case I became an insurance statistic. I found that any race, even on foot, is classed as a "dangerous activity" - right up there with bungee jumping, paragliding and the like.

Despite my entreaties that a gentle road race, marshalled for protection and staffed with first-aiders, etc., was inherently less dangerous than running alone on footpaths or fields (which IS covered!) and that in all my years of running fell races and the like I have managed only one grazed knee, the underwriters were adamant - racing of any kind is dangerous and is not covered. The catch comes in the clause "any speed or endurance event".

Far be it from me to suggest that if you do run a race on holiday abroad and fall/collapse that you strip off your number and claim you were only jogging!!\*!

## Mountain versus Fell - a response to Simon Bleasdale from Ken West

I found the article by Simon Bleasdale very interesting but must take issue with some of his findings. He quotes Robin Bergstrand's comment that, "it appears that a majority of fell and hill runners have little or no interest in elite international competition" and that he (Robin), "cannot think of another sport where there is this apparent 'disconnect' between the grass roots and the elite". Simon then suggests the reason for this is that fell runners, unlike track athletes, cannot share in the elite competition and that the competitive element is somehow separate from us. Later in the article, he quotes Selwyn Wright who suggested that we come to fell running to escape the bureaucratic, over commercialized, over-organized world of "accepted" sports.

For most fell runners, I would suggest that this is untrue. Once again, this seems to be an attempt to portray fell runners as the poet athletes of the hills, untainted by commercialism and somehow "pure". This is an absurdity, as is the suggestion that mountain running belongs in the commercialized arena but is somehow not fell running.

I would suggest that the real 'disconnect' is that the average fell runner is, like me, old and over the hill. To suggest that we should dominate this argument just because we make up the majority of the membership is not right. If, by excluding commercialism and elitism, we really mean to exclude change then I must worry for fell running.

This issue arises at an interesting time for fell running. It is evident that the sport is dying on its feet with falling fields and the increasing age of competitors. The old farts like me can wax lyrical about sparkling tarns and the first celandine but this means little to youngsters. The sterling work done by people like the Woodentops and routinely featured in the pages of "The Fellrunner" show the way forward. The youngsters like sexy track gear, medals, novelty and personal success, what some might call commercialism and over organisation. Who didn't at their age? They neither understand nor need an aesthetic appreciation of fell running at an early age. Hopefully, some of them will develop this later in life but only if we encourage them onto the mountains in the first place. If they are inspired by mountain running, even for elitist reasons, then that seems a way forward for us all.

I would suggest that the majority of fell runners come to the sport for the same reasons people run on the track or road. There is no "purity" inherent in these reasons. Many of them want competition, particularly if they find they have an aptitude at

running up, or down, or uppy downy. Track runners who lacked pure speed often found that they had good aerobic ability and were well placed in slower fell races, which inspired them. When I was younger I was guilty of a degree of elitism when I scored well in the championship or won prizes. In that sense it differed not one jot from when I previously did well in road races. The fell runners who won races and did well formed an 'elite' in precisely the same way as in any other sport. I recall that a number of fell runners raced on the fells for a few years, got bored and then went off to participate in other sports. The fells were just a setting for competition, much like a stadium is for a track race.

Fell race organizers are no better at recognizing these distinctions. When I won the Skiddaw Fell race in 1986 at the age of 40, I recall that, just before I was presented with my prize, the race organiser apologized to everyone at the prizegiving about the fact that the 'elite' runners were attending other races that day. A neat lead-in and, after setting me up as a second-rate fell runner, he presented the cup to me. Elitism was his focus and not some aesthetic concern for fell running. Small minds are not made any broader or wiser because they live in an area surrounded by the glorious fells! Let's get real on these issues.

Simon then slips in the sentence, "But are our wilderness places really the right environment for the corrosive effects of commerce." Where did that word 'corrosive' suddenly appear from, and just what does it mean? Are our present fell races any less corrosive than those organised for mountain running? Do the runners not create tracks where none previously existed? Do they not park cars and disturb wildlife? I recall that the so called "professional" fell racing of the last century did not destroy the Lake District. Surely this is all about scale and management. The use of inflammatory language without facts to support the assertion is not helpful.

A final point! Mention "fell" running down south and it means nothing. The word is parochial and archaic, though wonderful for a poet fell runner. Conversely, mountain running conveys its meaning perfectly and explains what we do in a language that the world, Scotland and Wales, understands. Let's bury these differences, support sport in all its varied forms and get off our high horse. We want people to run on the mountains of Britain and the fells of Cumbria for whatever reason. Sensitive managed, it could bring sustainable business to mountain areas and small farmers; it leads to people being more fit, opposes obesity and gives us all better psychological health. Commercialism, publicity and medals for mountain runners could be good for everyone.

It is clear to me that mountain running and fell running use the same medium and are one and the same sport. Commercialism is just a concept and has its part to play. To suggest that it can spoil fell running is absurd. If integrating fell running with mountain running makes it an accepted and successful sport, then so be it. Let sport be the winner, in whatever form it takes.

### Simplicity from Kev Walker

There is a huge and very complicated debate that has been running (no pun, honest) for quite some time regarding affiliation or membership of AAA's/BAF/UK Athletics/England Athletics or whatever it will be called next week (as the name will surely change again).

I don't intend to comment on the detail and add to the mountain of print (some of it very well informed) that has been written already on the subject. All I want to do is to take the whole thing back to its most basic level as I see it.

When I started fell running I joined the FRA. In my opinion the FRA is the governing body for Fell Running; the FRA is run by an extremely capable bunch of like minded individuals (who deserve our thanks) and that is where it should end. Fell running is a simple sport; I love doing the races and like the idea of just turning up, handing over a few quid and doing a race. No pre-entry (in most cases), few rules and an acceptance (by me) that if I enter a race I will be responsible for my own safety.

That's it really, do we need any more?

### Bishop(s) Stortford Speaks from Les Thurston

It was nice to see the piece from Kevin Wright in the last Fellrunner giving a toot for us deprived Southerners. Years ago I had some battles with Kev on the hills of the old Tour Of Epping Forest, but recently I could only follow him at a respectful distance around the Box Hill race. I've managed to go one better than Kev in my magazine appearances so far, with an underwhelming 3rd O/50 at Arnison Crag in 2000 reaching your results pages. No photo opportunities yet, though I did once appear as a blurred figure in the background of one of Bob Saunders' pictures in the SLMM results booklet.

Like Kev, I've tried to spread the fell running gospel among my clubmates and over the years we've had small contingents at the Welsh 1000 Metres and the Saunders (two of our lads even beat off the northern challenge to win the Bedafell class in 1995!). Apart from that, down here in the flatlands we have to make do with Box Hill, the Isle of Wight and plodding round the Orion 15 and the Grizzly.

The highlight for this year of course will be the World Masters at Keswick – no qualifying required and a chance to take on Jed Steel, Gerd Stahl, Jacques Acier and the rest of the elite. I just hope I finish before the pubs close.

### The fell-runner's duty to the Nation from Nick Lander

It was recently brought to my attention by the BBC that, contrary to popular belief, smokers were actually net contributors to the National Health Service in that they contributed a huge amount of taxes and didn't reap the benefits because, as a group, although they did undergo the odd operation (cost up to £10,000) they generally gave up the ghost at a minimal cost to the nation. The overweight were not quite as generous and were net users but the biggest drain on our Health Service was old, fit people whose life expectancy had increased to the point where they were becoming senile and had to be looked after in homes at a cost of £400 to £500 per week for anything up to 10 years or more (£0.25m)

Now my personal observation reveals that fell-runners are not generally spring chickens but on average fall into the old, fit category and are therefore likely to outlive their mental capabilities (some sooner than others) and become a drain on the nation's resources.

As a patriotic citizen I therefore propose that it is the duty of older fell-runners to drink themselves to death before they succumb to mental frailty. Now the time at which each individual should start to consider this seriously is open to debate but as a rule the fitter the earlier. This has the added benefit that it would also act as a handicap system, increasing the competitiveness of the M50, M60 & M70 classes as the faster runners should start drinking at an earlier age, leading to a more rapid decline in performance.

Fell running lends itself to this approach as the majority of races start and finish near pubs. Not only does it benefit the nation's health service it helps maintain the brewing industry and keep brewer and landlord in employment.

Of, course, I will be exempt from this for a few years yet, as although I am approaching fifty my friends will back me up when I claim that I haven't yet cleared adolescence.

### Increase in subscriptions – Oh, yes!! from Ross Powell (Chairman Welsh FRA)

I refer to your editorial in the last edition of 'The Fellrunner' in which you quote Scoffer's view at the AGM that he'd "rather have £3 extra on the subs, have the FRA run the sport and kick UKA into touch". (As I understand it the £3 figure is the cost to each member for the FRA to arrange its own insurance).

The current situation in Wales appears to support this view. The Welsh Fell Runners Association (WFRA) was reformed as a body independent of Welsh Athletics last November and already membership is approaching 160 (which is a significant proportion of fell runners in Wales). The vast majority of fell races in Wales (more than 50 to date), have opted to insure with the WFRA and

not with Welsh Athletics. All this only serves to highlight the feelings of grass roots fell runners and Race Organisers in Wales on this issue.

In England the cost for an athlete to register with a regional Athletics Association is about £2 or £3. In Wales the Welsh Athletics Registration Fee is £15, in Scotland I believe it is more than £20. The average Celtic fell runner sees very little in return for this tax. If Welsh and Scottish Athletics have their way then to enter an 'Official' fell race in Wales and Scotland runners will need to be registered, or pay an unattached levy. English Fell Runners beware, once UKA get their act together expect to pay similar taxes in England. All this makes £3 extra on the subscription to cover insurance a small price to pay to govern our own sport.

### Juniors from Tricia Sloan

(Salford Harriers, Newcastle AC (N.Ireland),  
Lancashire County, Northern Ireland and Ireland! Phew

I am very impressed with the development of the Junior Section in the FRA under the watchful eye (and very loud mouths) of the Woodheads....especially Dave! Seriously, I now look forward to reading the the Junior section of the magazine to identify the young guns of the future, several of whom are already threatening the course records of not only the mediocre such as myself, but also the more famous such as Sara Rowell, Anne Buckley and dare I say, Carol Greenwood! I notice there that the youngsters are coming from a much wider and more diverse geographical area such as Blue Haywood from Lincoln (how did she learn to run up hills so fast over there!?) Dionne Allen from Leigh (ditto!), Alistair Brownlee (Bingley.....watch out Salford boys!) Adam Peers from the Wirral (where?) and of course, the Lakes providing us with star material such as Tom Doyle. I also have great craic with the juniors who travel with the senior Northern Irish team to all our races....Mighty Mitty from Newcastle AC being the biggest star of them all!

As an ageing but not yet spent fell runner I watch progress with interest and take hope in seeing the junior side starting to populate the races, which are becoming more aged, and this is not an ageist comment. We all know that child hood obesity is becoming a major health problem, we know that younger people are becoming more sedentary and we know that parents and guardians are becoming more and more risk averse with our

children, limiting their right to roam because we fear what might befall them. So, I take heart that that we have dedicated people such as Dave and Eileen who are willing to give time and effort to support young people to participate and enjoy in what some consider to be an "extreme minority" sport in safety. Keep it going.

### The Thug Speaks Out!!

I realise that, as editor of the FRA's thirdly Rag Mag, you can't always control your contributors, but you should at least check out what they include in their articles.

I received my copy of "The Fellrunner" today (late, yet again!!) and in a very poorly presented cartoon (Gripping Yarns by somebody called Wheeze) was a picture of an extremely hairy leg - and the caption at the side of this picture says (more or less) that it's mine!!

Well, my legs aren't hairy - ask anybody from the polite side of the Pennines and they'll verify that fact. At first, I thought it might be a harmless mistake - Diamantides' leg, for instance, but then I realised that it's actually a man's leg. I can tell. Ask any doctor.

I demand a full apology to be published at the front of the June "Fellrunner" - just above Jasper Carrot's "Chairman's Chat" will do very nicely. And, in the meantime, you can put something suitably grovelling on the website. Otherwise I will be writing to the Disciplinary Committee - and no mistake.

Wheeze indeed!

Yours etc,  
Yorkshire Thug (The)

### Editorial Response to the above letter

I refused to publish the letter above (purporting to be from the Yorkshire Thug) unless photographic evidence was forthcoming to support the allegation that the Thug is in fact of the non-male gender - the response was the photograph opposite. I leave it to the readership to try to identify these legs and make their own decisions as to the girliness or non-girliness of said appendages.



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# RISK ASSESSMENT AND THE FRA

“Risk Assessment” is a term which sends shivers up the spines of race organisers, conjuring up visions of hours spent completing forms of doubtful relevance to fell-running with the nagging background worry that if anything is omitted then it might lead to the invocation of litigation and potentially appalling consequences. It was something like this that no doubt impelled Keven Shevels to write his piece for the last edition of the magazine – a piece undoubtedly written with the best of intentions but whose conclusions were just a touch on the black side and I am happy to see that Alistair McDonald, himself a solicitor working in this type of area, has produced an excellent response to Keven’s article which I think will go a long way to dispelling worries people might have.

The FRA has always been utterly opposed to risk assessments in fell-running, for reasons which will appear later in this piece, and has maintained, with the support of the insurers, that our Safety Requirements, Rules for Competition and Hints & Suggestions for new Race Organisers form a constructive and pro-active framework for organisers which is the best and most appropriate approach for our sport. However, UK Athletics (bless them!!) recently asked the FRA to let them know our views on the use of risk assessments in the sport, various race organisers have been asked for risk assessments occasionally by landowning bodies and a few clubs have voluntarily chosen to impose the production of risk assessments (perhaps, it has to be said, somewhat ill-advisedly) on their members who organise races.

Consequently the FRA recently appointed a sub-committee to investigate the whole area of risk assessments and their relevance to fell-running and to present their findings and conclusions to the full Committee, which was done at the last Committee Meeting at Buttermere.

The sub-committee, Margaret Chippendale, Ross Powell and Dave Jones, sought information and advice about the relevant legal and insurance situations relating both to our current procedures and to any possible alterations to them. They also investigated existing risk assessment forms and the likelihood of producing an appropriate model for fell-running. After doing this they were able to produce a list of findings and draw certain conclusions for presentation to the committee – an extract from their Report follows :-

## **Section 1. Information and advice were sought about the relevant legal and insurance situations relating both to our current procedures and to any possible alterations to them.**

Material was gathered from the Health & Safety Executive, the Adventure Activities Licensing Authority, UK Athletics, Perkins Slade, Beddis & Hobbs, Trafford Authority Legal Department, the British Orienteering Federation and WMRC.

Some of this was in written form and some in the form of phone conversations, most usefully with the HSE.

The conclusions from the above are as follows:-

- a) The FRA’s first concern in this matter is to ensure that its organisers have clear and effective guidance for the organisation of their races which satisfies the requirements of the insurers.
- b) There is no legal requirement for the FRA or its organisers to produce risk assessments. Risk assessments are only required from employers and self-employed people who have duties under Health & Safety law to assess risks in the workplace.
- c) The FRA (and, consequently, its organisers) does have a “duty of care” in the organisation of its events. Precisely how it implements that “duty of care” is a matter for the FRA as the Governing Body of the sport in England.
- d) The current policy of Safety Requirements (plus Notes for new Organisers and personal advice from the Fixtures Secretary and other experienced FRA Committee Members) was accepted by the UKA insurers at the meeting last year which was attended by Alan Barlow as being “good practice”. This, together with the fact that the implementation of this policy has never resulted in a claim against insurance, indicates that the policy is both effective and appropriate for the sport. Therefore at present the FRA has nothing to worry about.
- e) The introduction of another policy or the modification of the existing one could be said to be negligent unless the new policy can be proven to be more effective than the old one, which, given the record of the existing one, would be extremely difficult to do. Hence if UKA were to suggest the adoption of another approach which could not be demonstrated to be superior to our current policy then they would find themselves in the firing line if it proved to be flawed or inappropriate.
- f) To produce a “risk assessment”, “tick list” or whatever, which would be objectively applicable to every aspect of every fell race would be impossible and hence a useless exercise.

The FRA Committee considered this and all the other material and decided that it would not be prudent or appropriate to change our current approach because it is clearly and provenly the most appropriate for the sport but that, in order to ensure that race organisers gave due attention to the issue of safety at their races, we would modify our implementation of this approach as follows:-

1. The “Hints and suggestions for new Race Organisers” will be updated and renamed “Guidelines for Race Organisers”.
2. All race organisers will be sent, together with their Race Registration form, a copy of the Safety Requirements, the Rules for Competition, the Guidelines for Race Organisers and a Summary of the insurance cover. All four of these documents will be retained by the organisers.
3. The copy of the Safety Requirements sent to organisers will be sectionalised and numbered with each section being followed by a “tick box” to enable organisers to use the Safety Requirements as a checklist for their races.
4. At the bottom of the Race Registration Form the wording will be modified to include the sentence - *“I have received and read the accompanying Safety Requirements, Rules for Competition and Guidelines for Race Organisers and will organise my event in accordance with the FRA recommendations.”*

In conclusion, therefore, if organisers follow the FRA procedure they can be assured that they are fulfilling their “duty of care” to the satisfaction of the insurers and if they are approached by landowners (or anyone else) for risk assessment and/or insurance information they can produce the appropriate documentation from the four pieces they will have been sent by the FRA and the problem, hopefully, will be solved. In this way, without adding to the workload of organisers, the FRA will have maintained its traditional approach to the issue of safety at races and will in addition have given organisers the material they will need to address any risk assessment or insurance queries they might encounter.

# Book Review

by Bill Smith

## "Up the Ben wi' Eddie" – by Jimmy Jardine



The late Eddie Campbell of Lochaber AC was, for the benefit of those who don't know of him, a legendary character of Scottish Hill Racing who ran forty-four Ben Nevis Races and won three of them, 1952/53/55. He died of cancer in 1996 and a booklet in tribute to him was published the following year, edited by his clubmate, Leen Volwerk.

This new book, also a tribute, has been compiled by another of Eddie's clubmates, Jimmy Jardine, a top Scottish hill runner of the 1970s (and still active, incidentally), when he ran for Penicuik AC. In 1974 he won a one-off "Doon The Ben" race against such luminaries as Bobby Shields (Lochaber) and Eddie himself, also a noted descender in his famous "Green Flash" pumps. The previous year, Jimmy had finished 12th in the FRA Championship and he'd also been an early FRA committee-member, having donated the original Championship trophy. He wrote a "Hill Racing" column for *Athletics In Scotland* during the '70s and contributed hill race reports to *The Fell Runner*, also two poems, "Doon The Ben" (reprinted in the volume under review) and "The Rime Of The Ancient Fell Runner", a tribute to triple Ben Nevis Race winner, Mike Davies (Reading AC), contributed under the pseudonym, "Benjamin Nevis".

Jimmy's book covers all aspects of Ben Nevis except rock climbing and is presented in a light-hearted, humorous style. It includes running and walking, history and folklore, and numerous anecdotes about many of the characters associated with the area, athletic and otherwise. His workmates had presented him with a digital camera as a retirement present and, though initially cautious about the instructions not to get it wet, in April 2003 he began interviewing and photographing walkers on the Ben, people of all ages and from all walks of life.

Many of these people are featured in the book, including Jamie Andrew, who had lost both arms and legs below knee and elbow from frostbite in the Alps eighteen months earlier and raised £15,000 for charity on his Ben walk, using walking poles; while Richard Lamb lost a leg and most of his fingers in a 1,000 foot fall on the Ben, in which his climbing partner was killed, and returned to climb it via Tower Ridge last year to raise £10,000 for The Limbless Association and Disability Sports. Not all the people interviewed offered such dramatic stories, however, and one man had decided to include the Ben on his Land's End-to-John O'Groats charity walk, while others were merely casual walkers intent on attaining Britain's highest point. Then there is strong man Kenny Campbell from Sutherland, who has hauled various heavy items to the top in aid of Cancer Research, including an organ on which he played "Scotland The Brave" on the summit.

There is also, of course, a wealth of material on the Ben Nevis Race, both textual and photographic, and numerous stories and pictures of Eddie from youth to old age, including comments from the likes of Jos Naylor and Wendy Dodds and a particularly impressive photo contributed by Hugh Syrnonds showing Eddie emerging from the mist on the Carn Mor Dearg Arete while assisting Hugh on his Munros run.

Other famous Ben runners are prominently featured too, including the "Welsh Wizard", Roger Boswell, "Pacemaker Extraordinaire"; triple 1950's winner Brian Kearney, interviewed from his hospital bed and Lochaber AC runners Ronnie "Cammy" Campbell (he of the sharp elbows!) and Graham Brooks describing their Ben Race debuts, the latter's being particularly humorous. There is also a page on Pete and Anne Bland, both former Ben runners, with photos of them by Pete's famous van and also completing the 1978 Karrimor Elite together, reproduced from the cover of the summer 1979 *Fell Runner*. As Jimmy notes: "No Ben Nevis Race is complete without runners looking around Pete's van ....."

There is also a picture of a youthful-looking Harry Blenkinsop (then of Sale Harriers, now with Keswick AC) and Jim Smith (then of Bury AC, now with Todmorden Harriers) at the 1973 Ben Race and, later in the book, another showing them at last year's event. Harry has completed twenty-five Ben Races while Jim has done over forty but will not be seeking to break Eddie's record out of respect for the memory of the man. One interesting fact to emerge from the book of which I was not aware is that Tranter's Round (later extended to become Ramsay's Round) was not inaugurated by the late Philip

Tranter but by Ken "Jono" Johnson of Lossiemouth MRT, who had modestly suggested to Philip that he should attach his name to the walk. There is also a well-illustrated history of the summit Observatory.

I could go on and on in this vein, highlighting various aspects of the book but hopefully the foregoing will have whetted the appetites of most FRA members. This is essential reading for anyone who has run or plans to run the Ben Race or equally for anyone who just enjoys running or walking in the hills. Referring to the time spent by Jimmy interviewing walkers on the mountain, a friend commented to his wife Jane: "You could be Darby and Joan if Darby ever showed up!"

In conclusion, I must state that the book hadn't yet been published when I wrote this review and it is based on the A4 sized pages from Jimmy's computer, 183 of them, all profusely illustrated in both colour and black-and-white, with colour predominating. However, Jimmy tells me that the printed version, by Nevisprint Ltd, Fort William (who also printed the aforementioned 1997 tribute booklet), will be more or less identical, with a laminated cover similar to that used for Hugh Dan MacLennan's book, *The Ben Race*. The idea of reviewing it now, before publication, is so as to give FRA members a chance to order a copy before it gets sold out as only 2,000 will be printed. The book is a strictly non-profit-making venture, with all proceeds going to Cancer Research. It will cost £10 plus p&p (amount not yet known) from Sharon Smith, The Cancer Research Shop, 8 Tweedale, High Street, Fort William, Inverness-shire, Scotland. Tel. 01397-705116.

## VIDEO REVIEW

by Bill Smith

### The British Mountain Running Championships 2004.



£14 (inc. p&p) from Peter Thompson, PWT Productions, 1 Castle View, Sedgwick, Kendal, Cumbria, LA8 0JL. (Please make cheques payable to Peter Thompson.) Also available from Pete Bland Sports.

The word "mountain" has for some reason replaced "fell" in the title this year but don't worry, this isn't what generally passes for "mountain running" in Europe but is typical British fell racing, as a glance at the events covered will confirm. Both the camera work and the commentary maintain the high standard of previous issues in this series and the generous three hours' playing time is also worthy of note. With one exception, all the races are covered in the usual way, with one camera at the start/finish and one or more on the tops, plus numerous short interviews with runners and race organisers.

The Donald-Commedagh race is viewed from the col between the two peaks and also shows the bouldery forest section lower down, while both Elidir Fawr and Melantee offer some great summit scenery and action, the latter being split into separate races for men and women and featuring several spectacular tumbles on the steep descent.

Kentmere has cameras on Ill Bell and Nan Bield Pass, with the added novelty of a herd of fell ponies joining the race near the latter point.

Borrowdale is viewed from Sty Head, affording impressive views of the Scafell range and showing runners approaching from the Corridor Route and beginning the climb up Gable.

The final event, the Two Breweries, comes as something of an anti-climax, however, not because of the race itself but because it lacks the highly-charged atmosphere of its predecessors due to the lack of leading English contenders in the open championship (apart from race winner Nick Sharp) and also to the fact that this is the only one which did not have a camera on the hill, probably because it's a point-to-point course. Still, this is only a minor criticism and it does not detract from the overall excellence of the 'video, which is strongly recommended.

# BATTING IN THE DARK: ROLL ON WINTER!

## Running through the winter

from Duncan Elliott



A snowy night on Whelpstone Crag, Gisburn Forest, Bowland

8 p.m.

Thursday 10th March 2005

Once at the summit the clag swept in like closing theatre curtains and we huddled in the summit shelter of Ingleborough surrounded by snow. After a couple of very dimly and perhaps appropriately, lit photographs, we headed off the summit plateau.

Contouring round the top of the cliffs, the seeds of doubt soon began to germinate. The wind seemed stronger, and the clag more opaque. We continued to run on around the summit crags not letting bewilderment get the better of us. Finally we found the footsteps leading off and down the snow drifted ramparts. It might have been clearer if we were blindfolded! As we descended my torch beam failed to cut through the fog and it was a lot easier to sit and slide just keeping an eye out for any cliffs in case I had gone off the path (you won't find this in a risk assessment!).

Ahead Andy whooped in glee ahead as he ran down through the footprint-burrowed drifts and, following behind, we finally slid onto the muddy path with the lights of Ingleton beckoning ahead. We were safe! Here there were only the gurgling reminders of

potholes - but we were unconcerned about such invisible perils - we were all well equipped with torches!

This was the last of our midweek 'bat runs'. Next week we would be running in the light and our winter adventures would be over until next year.

The idea of continuing to run on the fells on winter evenings was conceived on a recce that Andy Walmsley and I did of the Tour of Pendle in early October 2004. Normally as soon as the hour went on, our Wednesday evening runs based at Parlick, near Chipping, would finish and it would be March before we all got back together again in the week - not just for the runs but the pub afterwards and the germination of new daft ideas and challenges and some serious map fondling. Wouldn't it be a good idea if we could somehow keep the craic going through the dark nights and emerge again into the daylight in March? The problem was finding suitable venues where it would be possible to run without fear of serious injury or sectioning.

This was the germ of the idea that became our journey through winter.

Our venue had to have even tracks, hills, variety and a car

park and we eventually decided, after a recce in the light, that the mountain bike trails on Beacon Fell Country Park, north of Preston, fitted what we wanted. Fifty minutes of running gravel tracks and woodchips and no knee deep heather or tussocks.

The ranger would leave the gate to the car park unlocked so, once we had parked, we could close the gate and we were safe from the usual problems of leaving cars out at night in the middle of the countryside. Although there were no big climbs, we found that if you attacked the hills and kept up a brisk pace it was just what we wanted.

So this was our basic training session. No cars, lights, teenagers out on their evening ASBO walks - just running through the forest with the views across to the lights of Morecambe Bay - and, even better, a very good reason to continue our visits to the pub right through the winter. Television was something we would have to watch in the summer when there was less going on! The map fondling did not, after all, have to go into hibernation.

Our night running soon grew in confidence as we realised that not only could it be done but also could be done at speed, without leading to life threatening injuries.

At this point in mid November Andy decided that it would be a good idea to be a bit more adventurous and organise a Thursday evening run. The venues would be further afield but based on tracks and substantial footpaths, like the Pennine Way. There was even a suggestion to complete large sections of the Pennine way in the dark - that one will have to wait until next year.

These excursions would be more adventurous: Ingleborough, Pen y Ghent, and Cross Fell! The Calf - Scafell Pike even got a mention, and in Bowland Gisburn Forest and

Hazlehurst Fell. We then threw in a couple of special events like the mid winter solstice on Fairsnape and on the last Tuesday in January the 'Up Helly Aa'/Burns night run up Fairsnape to light burning torches - one of us even dressed as a Viking (although he now regrets it!) all followed by haggis butties from our own on site catering van.

To add incentive there was even a league table with points for attendance. This would really get the couch potatoes, and those suffering bouts of sanity out.

By the end of November we had our basic midweek runs and a Thursday adventure. There was even an emblem for the Bowland Bat Runs as they had now been christened.



In clear dry weather the adventure runs proved really enjoyable and perfectly feasible. In the wet and gales perhaps staying in was a better option.

The following diary of our adventure runs will give you some idea of the best winter training that I have managed as a fell runner. It might inspire some of you to decide that you can keep fell running during those midweek evenings when the only other option is tarmac, or the gym, or worst of all staying in. Roll on winter!

### Winter Runs 2004/2005

- Every Wednesday : Beacon Fell Country Park forest trails
- 2nd December : Ingleborough from Ingleton

- 9th December : Pen y Ghent from Horton in Ribblesdale
- 16th December : Whernside from Ribblehead
- 20th December : Winter Solstice Run - Fairsnape Fell, Chipping
- 21st December : Solstice Clougha Pike from Rigg Lane, Quernmore
- 30th December : Cross Fell
- 6th January : Pendle from Barley
- 13th January : Pen y Ghent from Helwith Bridge
- 20th January : The Calf, from Sedburgh
- 25th January : 'Up Helly Aa' Viking Fire Festival! Fairsnape Fell, Chipping
- 3rd February : Ingleborough from Clapham
- 10th February : Darwen Tower,
- 17th February : Fountains Fell from Rainscar
- 24th February : Whelpstone Crag, Gisburn Forest, Slaidburn, Bowland
- 3rd March : Hazelhurst Fell, Bleasdale,
- 10th March : Ingleborough from Ingleton

A few extracts from the diary of these runs might give you something of the flavour of the exercise -

### December 9th : Pen Y Ghent

Meet at Horton main car park 7:00pm

In the interests of making you mad if you missed it, Ian R, Duncan E, and myself had a cracking run up Penyghent last night. Cold, crisp and starlit, it was night-fell running perfection. On the top we turned off headlamps for five minutes and just gazed at an incredible canopy of stars with virtually no light pollution to spoil it. Stunning. We took the descent at what Ian called a "nice dogtrot" and retired to the welcoming arms of the

Crown for Theakstons XB and a bit of map and book fondling. All in all a great way to spend a frosty mid week evening!

### December 16th : Whernside.

Meet at Ribblehead (outside Station Hotel) 7:00pm We wondered why such a hard man had wimped out! Clive and Steve we might understand, but you?? It was er.... er... an experience. I arrived at 6:20 but the Lancaster lot (4 of them) were off at 6:28, leaving Yiannis (fresh from a 3 hour drive!) Ian, and I to set off in pursuit at about 6:35, heading up the Bleamoor Sidings route. We made a pact not to separate, which meant Yiannis and I struggled to stay warm at Ian's pace. Sleet on the upper stretch added to the fun! Surprisingly, it was fairly clear on top, with just a black void all around with a few twinkling lights in the valley. Part way down the Three Peaks Fell Race decent, we realised that some of the twinkling lights were Yiannis's Lancaster mates signalling to us and we regrouped at the first farm before splashing our way back along the valley to the cars. 2 hours 20mins!

Took ages to thaw out in the pub but it was worth it. Not sure why, it just was.

### December 21st : Solstice Run : Clougha Pike

Maybe Nick Hewitt wanted another challenge after the JNLC. The run up onto the tops on a gravelly shooting track was enjoyable but the descent over the icy cliffs of Clougha pike was a risk assessor's worst nightmare. We all fell; one of us even managing a head scar to be proud of in the pub afterwards. This was the one I would not choose to do again.

### January 13th : Penyghent from Helwith Bridge

Good run up Penyghent last night (Steve C, Mike G and me). We took 1:30 including loitering on the top, which is OK for a night run. Weather was not bad - a bit claggy at times but reasonable. The

route is good for night running; mostly good tracks with just one rutted section and some nice rock steps at the top for that mountaineering experience! We actually met some walkers on their way up when we were descending, which was a bit surreal. We are not the only ones daft enough.....

Helwith Bridge Inn proved a good hostelry for the apres-run chatter, with a nice selection of real ales (the Theakston's XB was excellent) and a good time was had by all three of us.

### February 3rd : Ingleborough from Clapham

Thursday's run up Ingleborough from Clapham saw the trio of Nick H, Keith D and myself make the ascent on a night of contrasting temperatures. Very mild in the valley, the temperature dropped dramatically as we climbed up into an icy cold wind at the top. This run was longer and rougher than we'd expected and we had bit of trouble with clag and fading torch batteries on the summit plateau, making progress pretty slow at times. We returned to Clapham after a round trip of 2:25 and retired to the New Inn for a thaw-out in front of the fire and well-deserved pints of Dent Brewery's Fell Beck Bitter. It never tasted better!

A blissfully traffic-free drive back (after 11pm!) rounded off a great evening out. Join the Bats - you know it makes sense.....!

### March 3rd : Hazelhurst Fell, Bleasdale

Last night's run on Hazelhurst from Stang Yule was excellent, with Duncan taking us on a magical mystery tour of adventure including a visit to the Bat Cave (location to be revealed only to members of the colony...). The weather was clear and views over the twinkling light of the Fylde were brilliant. After a photocall at the cave, a quick descent including an out-of-bounds trespass brought us into the Bleasdale estate and a jog back along the estate road (!) to the cars. A 1hr.25min. outing, followed by a pleasant hour in the

Calderbank Lodge with a pint or two of Ice Maiden - bliss!

### March 10th : Ingleborough from Ingleton

#### Fellow Bats,

It's all over (including the shouting). The fat lady has sung and we've emerged blinking into painful, dazzling sunlight. There was only a low turnout for the finale run on Ingleborough last Thursday but fittingly it was the main nucleus of the colony (with the exception of Steve) who made the trip to Ingleton. We had a very mild climb up to an encounter with clag and bitterly cold wind on top (an experience familiar to me from my last Ingleburger run with Nick and Keith). Plenty of snow on the upper slopes made for fun and games on the descent but we are now fully experienced in the art of negotiating appalling terrain in the pitch dark.....

It's not often I can say I've enjoyed winter, but this time I have! These night runs have given me a new lease of life and enabled all of us (I think) to maintain the fell legs during the dark days. As training, these runs have been invaluable. As a means of maintaining the club's social nucleus they have been fantastic; we've discovered some great little pubs on the Thursday outings and the finale introduced us to the best yet, the Marton Arms at Thornton in Lonsdale. This has been well known to Yiannis, Wendy Dodds and others for a long time (and I think Nick, Clive and Steve went there after the very first Thursday run back at the beginning of December) but I was unprepared for the unbelievable selection of real ales spanning the full length of the bar! Pity we could only have two each. Still, two pints, a roaring fire and great company (Yiannis, Paddy Buckley, Steve Cliff and Wendy Dodds were all there when the four of us walked in) made this a good end to the bat run series. If it wasn't for the fact that the summer is looking good, with Bowland exploration runs and maybe some Lakes evening runs in prospect I might even be saying, "Roll on next winter".

For some strange reason outdoor sports have a very varied quota of literature – climbing/mountaineering has spawned a colossal outpouring of books of every description; sailing has a very impressive list as well but others are nowhere near as well served and, regrettably, fell-running is one of these. Our literature is both sparse and hard to access, so the following piece by Rob was very welcome indeed – if, after reading it, you find that you know of a publication he hasn't mentioned then please contact him at his email address so his task of keeping our fell-running bibliography up-to-date is made that much easier and his record more complete – I'm sure he will be more than grateful.

# FELL RUNNING BOOKS

## from Rob Grillo

### INTRODUCTION

'The Fellrunner' magazine has many times over the years carried reviews of 'fell running' publications. However, no attempt has really been made to compose a definitive catalogue of fell running books that are available...until now that is!

Piecing together the bibliographies from the pages of the 'Athletics Compendium' (listed below) & other known books and magazines, and filling in gaps from my own collection and from the words (or should that be keyboards) of others, I hereby attempt to provide a comprehensive guide to all the fell running literature known to man. I should add though, that I don't personally have copies of every single book in the list, so please excuse the lack of detail for some books that may deserve a much fuller mention.

However..... it is obvious that there will be omissions and mistakes along the way, and I take full responsibility for this.

It could be argued that Richard Askwith's recent '*FEET IN THE CLOUDS*' has had the same effect on fell running literature that Nick Hornby's '*Fever Pitch*' had on football writing. It remains to be seen whether the market is suddenly flooded with similar accounts, maybe not very likely, but it has led to an upsurge in interest in athletics – and in particular fell running literature. There's still a huge demand for Bill Smith's seminal *STUD MARKS ON THE SUMMITS, A HISTORY OF AMATEUR FELL RACING: 1861-1983* (published in 1985) not only from established fell runners but also those new to the sport who wish to know a little more about the sport they have adopted. For those of you not familiar with this tome, it's a huge 600 page complete history of amateur (& professional) fell running up to its publication in 1985. Copies are scarce, and usually go for upwards of £50 in second-hand bookshops and on the internet! Inside are

contained features, route details & results from a myriad of fell races around the UK, as well as features on the top names in the sport over the years. Essential reading for anyone. There's no doubting that compiling the book must have been a huge task for Bill – whether he, or anyone else, has the time, ability or inclination to produce a much needed follow up remains to be seen.

#### 'The Bible'

*STUD MARKS ON THE SUMMITS – A HISTORY OF AMATEUR FELL RACING: 1861-1983.*

Bill Smith, 1985

### CLUB & AREA HISTORIES

There are a number of notable, well written UK athletics club histories to be found out there. Virtually all have had very limited print runs and are not easy to find, with the immense Blackheath Harriers history leading the way. As Blackheath take no real part in the fell running scene this book cannot, unfortunately, be included (& therefore neither can the impressive Ilford or Thames Hare & Hounds books either). There are far fewer publications involving fell running clubs, however. Those that do exist are even harder to track down but most are deserving of the effort.

One of the best written and produced is Joe Salt's *MILESTONES – A HISTORY OF ROCHDALE HARRIERS AND ATHLETIC CLUB*, (1994, ISBN 0 9524300 0 2). A successful athlete in his own right, Salt covers the club's exploits year by year, with detailed coverage given to Rochdale's Pennine Way Relay record attempt in 1994, details of team successes in notable fell races, and commentaries on the more successful Harriers through the years such as Robin Bergstrand.

The immensely successful Bingley Harriers have also been immortalized in print in *BINGLEY HARRIERS 1893-1993, THE STORY SO FAR*, (Mick Watson, 1993). Starting with details of early 'pack' runs in the late 1800's, the story runs on to cover the feats of their first international David Humphries (a past winner at Burnsall), through to the recent successes of the likes of the Hawkins brothers, Ian Ferguson, Andy Peace & Ian Holmes in the early 90's. It would take another volume to cover the achievements of this club over the past ten years, should Mick or his contemporaries choose to undertake the task.

My own *STAYING THE DISTANCE – THE HISTORY OF DISTANCE RUNNING IN KEIGHLEY & DISTRICT* (1999) also illustrates the successes of Keighley-based fell runners such as Holmes & Peace, but also includes details and results of all the fell races run in and around the district. (If you can handle the unfortunate typos in the fell running section that is). The formation of Keighley & Craven and Wharfedale Harriers are also fully documented, as well as details of races promoted by these clubs.

Ian Campbell's *HISTORY OF THE HORWICH RMI HARRIERS* (1987) is one of those publications that is a worthy addition to anyone's book collection. With nearly 300 pages, fell running features highly in this club's history, with many details of the Rivington Pike race alongside the career details of renowned fell runners such as Mike Short & Brent Brindle. With countless illustrations and statistics, it just goes to show that top quality books can be produced outside the glossy world of major publishers, and its very existence should be an incentive to anyone with anything truly worthwhile to write about. Horwich have, like Bingley, continued to gain success on the fells since the publication of this book and a more up to date history featuring the likes of Paul Dugdale is eagerly anticipated.

Other clubs with notable fell running sections have also published histories, although the following concentrate more on road, track and cross-country disciplines: *LONGWOOD HARRIERS ATHLETIC CLUB – DOWN THE YEARS 1888-1988*, J.W.Percy, 1990 (a previous club history was published in 1948) does feature several names at one time popular on the fell running circuit – Andrew

Pearson most notably, while Bradford Airedale produced an eight-page newspaper style format to celebrate their centenary:  
**AIREDALE & SPEN VALLEY A.C. CENTENARY NEWS 1880-1980.**  
 Salford Harriers have been increasing their presence on the hills in recent years and worth checking out is **SALFORD HARRIERS - BORROWED TIME, A SOCIAL HISTORY OF RUNNING 1884-1984** (Duncan Scott with Chris Bent, 1984) along with Borders club Teviotdale's: **FIRST HUNDRED - TEVIOTDALE HARRIERS CENTENARY 1889-1989**, (John L. Coleman, 1989, ISBN 0 9513562 0 8).

There is one more club history well worth getting hold of. Although not a fell running club as such, Cheshire Tally Ho Hare & Hounds are the oldest athletic club in the north of England. W.J.Sidebottom's fantastic privately published **CHESHIRE TALLY HO HARE & HOUNDS - THE HISTORY OF A CLUB, THE BIRTH OF A SPORT, 1872 TO 2000**, contains a highly interesting and fascinating account into the early years of trail running in the north of England. Stories of old style 'paperchases' abound – the type of recreation that, in 1877, the *Athletics News* noted 'It may seem – in fact we have heard it stated – that it (Hare & Hounds) is a stupid game, the only excitement of which comprises of following a trail of paper for a certain distance across country; but we maintain that any sport which necessitates the display of stamina, speed, pluck and endurance is worthy of all encouragement as being both healthy in its practice and advantageous in its results'.

I assume that modern day fell running fits that category too!

Finally, an interesting little booklet, published to celebrate the new millennium is Carnethy's **HILLENNIUM BOOK**. Not a history as such, but a nice collection of anecdotes, stories and other musings by club members, many of amusing content, is definitely recommended.

**AIREDALE & SPEN VALLEY A.C. CENTENARY NEWS 1880-1980**  
 (now Bradford Airedale)

**BINGLEY HARRIERS 1893-1993, THE STORY SO FAR**, Mick Watson, 1993

**CHESHIRE TALLY HO HARE & HOUNDS - THE HISTORY OF A CLUB, THE BIRTH OF A SPORT, 1872 TO 2000** W.J.Sidebottom, 2000 (previous club histories were also published in 1893, 1921 & 1952 )

**HISTORY OF THE HORWICH RMI HARRIERS**, Ian E.Campbell, 1987

**LONGWOOD HARRIERS ATHLETIC CLUB - DOWN THE YEARS 1888-1988**, J.W.Percy, 1990 (previous club history published in 1948)

**MILESTONES - A HISTORY OF ROCHDALE HARRIERS AND ATHLETIC CLUB**, Joe Salt, 1994, ISBN 0 9524300 0 2

**SALFORD HARRIERS - BORROWED TIME, A SOCIAL HISTORY OF RUNNING 1884-1984** Duncan Scott with Chris Bent, 1984,

**FIRST HUNDRED - TEVIOTDALE HARRIERS CENTENARY 1889-1989**, John L. Coleman, 1989, ISBN 0 9513562 0 8

**STAYING THE DISTANCE - THE HISTORY OF DISTANCE RUNNING IN KEIGHLEY & DISTRICT**, Rob Grillo, 1999

**CARNETHY HILL RUNNING CLUB - HILLENNIUM BOOK**, 2000

## RACE HISTORIES

Books on popular hill and mountain races are a little easier to get hold of and a little more widely heard of too. However, some of the most sought after usually fetch extravagant sums when they do become available!

Grasmere Sports are easily the most widely written about, the famous "guides' race" well covered in the following books as well as in 'Stud Marks...', with a more recent personal account of the occasion also featuring in 'Feet In the Clouds'. Easily obtainable and well illustrated, but not cheap, is the recently published **GRASMERE SPORTS: THE FIRST 150 YEARS** by Roy Lomas (2002)

Being a multi-sport event, Grasmere's guides race has also shared space with wrestling, track & field and hounds races in the other, harder to locate publications. These will set you back a considerable amount of Euros should you wish to purchase them. An illustration of this point being that there were reportedly only

250 copies printed of Hugh W.Machell's 1911 booklet **SOME RECORDS OF THE ANNUAL GRASMERE SPORTS 1852-1910**.

The widely sought after **SEE THE CONQUERING HERO COMES, AN ILLUSTRATED HISTORY OF THE GRASMERE SPORTS SENIOR GUIDES' RACE** by Michael Miller & Denis Bland (1973) is also highly recommended. Limited to 900 copies

this booklet appears a little more often than its predecessor, but is still likely to set you back a few quid.

Other books in the Grasmere 'series' include **THE GRASMERE BOOK: GRASMERE GAMES**, 1953 and **GRASMERE SPORTS RESULTS 1852-1952** which was published by the Grasmere Sports Committee in 1953, and **GRASMERE'S GIANTS OF TODAY**, by Rex Woods, 1975 (a book mainly concerned with wrestling but with a chapter on fell running).

For many years, Grasmere was the only traditional sports event to have had books dedicated to it, a situation only recently rectified. Marjorie Blackburn's well illustrated **OUR TRADITIONAL LAKELAND SPORTS** (published in 2000) covers the full range of sports at Ambleside. Most notably, a full list of junior guides' race winners accompanies the expected senior list at the back of the book.

One of Lakeland's most revered challenges is the Bob Graham Round. While Richard Askwith devotes a good deal of his recent publication to his personal 'battles' to achieve his dream, the BG has found itself in print a number of times previously. Best known is **42 PEAKS** edited by Roger Smith on behalf the Bob Graham 24 Hour Club in 1982 (& again in 1992), although two other booklets are also worth checking out: **HISTORY & RECORDS OF NOTABLE FELL WALKS WITHIN THE LAKE DISTRICT**, Fred Rogerson, 1978, and **INSIDE THE REAL LAKELAND**, A.Harry Griffin, 1961, which includes a chapter on the BG. Roger Smith's book covers not only the greatest BG feats but also includes commentary on other related Lakeland 'challenges' – such as the Wainwright Tops and Lakeland 24 hours.

Britain's highest peak has been extensively covered through the years, with Hugh Dan MacLennan's lavishly illustrated **THE BEN RACE - THE SUPREME TEST OF ATHLETIC FITNESS** the most recent (1994). However, no book collection would be complete without a copy of the late Eddie Campbell's **BEN NEVIS RACES 1951-60**. That Campbell is one of the race's most famous and best loved characters only serves to enhance the reputation of this publication. The first full histories of the race were published just prior to Campbell's, Charles Steel publishing his own history of the race in 1956, and again in 1959.

In August 2002, the Lake District Mountain Trial Association published a delightful 68 page history of their race, to celebrate its golden anniversary. At only £3 this must be one of the bargains on the century. Among the most fascinating features of this booklet are the photographs taken during the early years of the event – walking boots and woolly jumpers abound. George Brass's brave victory in the 1962 event at Glenridding has since gone down in mountain running folklore, and, as expected, his story is referred to in detail.

One of the more recent publications is Peter Watson's **RIVINGTON PIKE HISTORY AND FELL RACE**, which sits nicely alongside Ian Campbell's Horwich RMI club history. This is so



much more than a mere fell race history, more a commentary on the social development of the Horwich and Rivington communities. Of particular interest are the delightful photographs and illustrations – you too could own a pair of 'Alfred Shrub's Long Distance Shoes' if you read this book!

The famous Three Peaks race is given mention in countless books about the Yorkshire Dales, and a history of the race is, as expected, given in 'Stud Marks...', however, surprisingly, there has never been a fully comprehensive book given over to the race. This anomaly has been partly addressed as the Three Peaks Race Association produced a 50th Anniversary booklet in 2004, which was given free to all competitors in its golden jubilee year.

In the same part of the world, well, just over the dale, there has been a BOFRA type fell race for a number of years in Malham. Malham local history group's 2002 *HISTORY OF MALHAMDALE SHOW* includes brief mentions of some of the fell race winners, plus a few poorly reproduced photographs of some of the local youngsters who have won the junior race.

Among other hill and mountain race publications are those by Diana Penny Sherpani, one of the co-organisers of the Everest marathon. Since 1987 she has produced a published account of the biannual race, while, closer to home, Sedbergh School's annual hill race, which has received coverage on Yorkshire TV's 'Dales Diary' in recent years, had previously been covered in published form by Norman Berry in 1980.

To conclude this section, mention must be made of Allan Greenwood, who would just love to have his history of fell races at Ogden Water published....if this article stirs a publishing house, no matter how large, to do just that then we can all go home happy. It is much easier these days to self publish but it is still costly and unit prices for books with fairly low print runs are extravagant to say the least. I can personally vouch for that fact!

#### GENERAL

**OUR TRADITIONAL LAKELAND SPORTS- AMBLESIDE AND IT'S SPORTS: A LOOK AT THE EVENTS AND PERSONALITIES OVER THE YEARS**, Marjorie Blackburn, 2000

**FIFTY YEARS RUNNING, A HISTORY OF THE (LAKE DISTRICT) MOUNTAIN TRIAL**, 2002

**RACE YOU TO THE TOP**, Suse Coon, 1989, (Scottish Hill Running)

**RIVINGTON PIKE - HISTORY AND FELL RACE**, P.L.Watson, 2001

**THREE PEAKS RACE, 50TH ANNIVERSARY BOOKLET**, Three Peaks Race Association, 2004

**THE WILSON RUN: THE FIRST HUNDRED YEARS**, Norman F.Berry, 1980 (Sedbergh School's annual race)

**THE EVEREST MARATHON**, edited by Diana Penny Sherpani & Robert Howard – booklets on the 1987, 1989, 1991, 1993, 1995, 1997, 1999 races (& I assume also the 2001 & 2003 races too?)

#### BEN NEVIS RACE

**THE BEN RACE – THE SUPREME TEST OF ATHLETIC FITNESS**, Hugh Dan MacLennan, Ben Nevis Race Assoc, 1994, ISBN 0 952 4453 2 8

**THE BEN NEVIS RACE**, Charles Steel, 1956 & 1959

**BEN NEVIS RACES 1951-60**, Eddie Campbell, 1961

#### GRASMERE SPORTS

**GRASMERE SPORTS: THE FIRST 150 YEARS**, Roy Lomas, 2002

**SOME RECORDS OF THE ANNUAL GRASMERE SPORTS 1852-1910**, Hugh W.Machell, 1911 (250 copies only)

**THE GRASMERE BOOK: GRASMERE GAMES**, 1953

**GRASMERE SPORTS RESULTS 1852-1952**, Grasmere Sports Committee, 1953

**SEE THE CONQUERING HERO COMES, AN ILLUSTRATED HISTORY OF THE GRASMERE SPORTS SENIOR GUIDES' RACE**, Michael Miller & Denis Bland, 1973 (900 copies only)

**GRASMERE'S GIANTS OF TODAY**, Rex Woods, 1975, (a book mainly concerned with wrestling but with a chapter on fell running)

#### BOB GRAHAM ROUND

**42 PEAKS**, Roger Smith et al (published by the Bob Graham 24 Hour Club, 1982 & 1992)

**HISTORY & RECORDS OF NOTABLE FELL WALKS WITHIN THE LAKE DISTRICT**, Fred Rogerson, 1978

**INSIDE THE REAL LAKELAND**, A.Harry Griffin, 1961, (includes a chapter on the BG round)

#### AUTOBIOGRAPHIES / BIOGRAPHIES

There are a few, relatively easy to locate books out there that just go to prove that fell runners are an odd breed. Brave, foolhardy, determined, insane – whatever, but definitely odd. Unless you run up and down hills, dales or mountains yourself - in which case these people are still foolhardy, determined and insane , but at the same time heroic and most admirable.

Thankfully Hugh Symonds' epic *RUNNING HIGH* has at last been reprinted, as the original 1991 masterpiece has been much sought after in recent times. International fell runner Symonds' aim – and ultimate feat – was to traverse, in one go, all the 3000 metre peaks in Scotland, England and Wales, at the same time raising funds for the charity Intermediate Technology . He enjoyed it so much that he even did Ireland too. His personal account is effectively mirrored by diary entries made by his primary back up team, wife Pauline and children, Amy, Andrew and Joseph.

Two books that recount successful traverses of the Himalayas are also relatively easy to obtain at online destinations such as ebay or abebooks.com. The Crane brothers' *RUNNING THE HIMALAYAS* (1984), was repeated, by Edward Leys-Wilson and Justin Matterson in *THE HIMALAYAN SHUFFLE* (1992) less than a decade later. In a similar vein, the personal accounts of these authors and their battles with injury, fatigue and mental anguish are compelling. Interestingly, the three above books cover events undertaken on behalf of the 'Intermediate Technology' charity, whose work on sustainable projects in the developing world has assisted in the enhancement of tens of thousands of lives.

Mike Cudahy's *WILD TRAILS TO WILD HORIZONS*, published in 1989, is another exceptional personal account of hill running taken its the extreme in terms of physical and mental endurance.

Some of greatest and most revered fell and mountain runners have been immortalized in the pages of several well sought after booklets. Ken Ledword's *JOSS NAYLOR – FELL RUNNER EXTRAORDINARY* (1975) was the first to do so. However, Joss eventually got round to publishing his own memoirs in 1992, hence the publication of *JOSS NAYLOR M.B.E. WAS HERE*.

Ben Nevis's greatest son, Eddie Campbell is another of those lucky enough to have had a book dedicated to his feats. His colleague Leen Volwerk penned his biography following his death in the early 1990's in *EDDIE CAMPBELL: AN APPRECIATION*. Two other books pay homage to our fell running greats, *LAKELAND PROFILES* by Rex Woods, (1978) features several Lakeland runners, including Joss Naylor, this being followed in 1990 by *THE BEST OF BRITISH: FELL RUNNING CHAMPIONS* by Neil Shuttleworth. The great Stan Edmondson has had a chapter dedicated to him in Sheila Richardson's *TALES OF A LAKELAND VALLEY: BORROWDALE*.

Although achieving worldwide fame on the road and track, Ron Hill has a noteworthy background on the fells, which is why his double autobiography *THE LONG HARD ROAD – PART ONE: NEARLY TO THE TOP*, (1981) & *THE LONG HARD ROAD – PART TWO: TO THE PEAK AND BEYOND*, (1982) is highly recommended. The story goes that Hill was told by a major publishing company that his memoirs needed pruning in order for them to be published, he refused, took them away and instead published them himself in two parts. His accounts of the Three Peaks and Ben Nevis races, as well as lesser known ones around Lancashire and Cheshire are well worth checking out.

As previously mentioned, *STUD MARKS ON THE SUMMITS* covers the careers of many top fell runners through the years, while more recent fell running champions such as Andy Peace and Ian Holmes have their careers covered briefly in *STAYING THE DISTANCE*. It remains to be seen whether today's fell running stars have books dedicated to their exploits.

RUNNING THE HIMALAYAS, Richard & Adrian Crane, 1984, ISBN 0 450 06082 9 (also recommended: *Bicycles up Kilimanjaro by Richard & Nicholas Crane, 1985*)

THE HIMALAYAN SHUFFLE, Edward Ley-Wilson, 1992, ISBN 1 874027 33 1

RUNNING HIGH, Hugh Symonds, 1991 (2004 reprint now available) ISBN 1 904524 15 X

FEET IN THE CLOUDS, A STORY OF FELL-RUNNING AND OBSESSION, Richard Askwith, 2004 (H) ISBN 1 85410 989 8

WILD TRAILS TO FAR HORIZONS, Mike Cudahy, 1989, ISBN 0 04 440381 X

THE LONG HARD ROAD - PART ONE: NEARLY TO THE TOP, Ron Hill, 1981

THE LONG HARD ROAD - PART TWO: TO THE PEAK AND BEYOND, Ron Hill, 1982

JOSS NAYLOR - FELL RUNNER EXTRAORDINARY, Ken Ledword, 1975

JOSS NAYLOR M.B.E. WAS HERE, Joss Naylor, 1992

THE BEST OF BRITISH: FELL RUNNING CHAMPIONS, Neil Shuttleworth, 1990

EDDIE CAMPBELL: AN APPRECIATION, Leen Volwerk, 1994

LAKELAND PROFILES, Rex Woods, 1978 (several Lakeland runners, including Joss Naylor featured)

TALES OF A LAKELAND VALLEY: BORROWDALE, Sheila Richardson, 1997 (features a chapter on Stan Edmondson)

#### OTHER 'GEMS'

A PHYSIOLOGICAL & BIOCHEMICAL PROFILE OF THE FELL RUNNER, D.Simpson, Salford University MSc Thesis, 1984.!

It might be a good idea for us all to read this one – anyone out there have a copy??

AN ATHLETICS COMPENDIUM, compiled by Tom McNab, Peter Lovesey & Andrew Huxtable, The British Library, 2001. This large hardback updates a previous publication published way back in 1968, and attempts to bring together a definitive list of every athletics related book ever issued in the UK. A few important omissions, particularly regarding club and fell running histories, and rather expensive at £30 – but nevertheless a useful source for the athletics 'completist'.

#### INSTRUCTIONAL

FELL & HILL RUNNING, Norman Matthews & Dennis Quinlan, B.A.F, 1996

OFF ROAD RUNNING, Sarah Rowell, 2002

Sound advice on training and the like, written by experts!

#### ADULT FICTION

JOSH LAWTON, Melvyn Bragg, 1972- evidently the main character is a fell runner!

FELLRUNNER, Bob Langley, 1996

THE ROUND, Peter Travis – all about the BG Round!

I've never read either of these three, maybe someone could enlighten us all!.....

.....mind you, considering the feats, fables and interesting musings surrounding such outstanding athletes as Joss Naylor, Eddie Campbell, Hugh Symonds and the like, their feats are probably more amazing than any invented in adult fiction!

Thanks (in no particular order) must go to: Dave Jones (FRA), Peter Simpson (Salford Harriers), Ian Campbell (Clayton Le Moor Harriers), Leo Pollard, Dave Woodhead, Graham Breeze, plus anyone & everyone else who has helped in the compilation of this guide.

So, if I've missed anything out, made any serious errors, or you think I might be able to help you to track down that one book you need to complete your collection, then feel free to contact me at robgrillo@fsmail.net

## THE GLENDALE SHOW 6 MILE FELL RACE



29 August 2005 2.15pm

Category CM 6 miles/319m climb. LK PM

Grid ref: 0032504

Held in accordance with the rules/safety requirements of the fell runners association (FRA)

#### Route/Venue:

2 miles south of Wooler, Northumberland, part of the "Glendale Country Show"

Leaving the show ground the race heads into the Cheviot Hills and up to Middleton Old Town.

Next Brands Hills (319m) - maintaining height and parallel with happy valley, the race returns to Middleton Old Town and eventually returns to the show ground.

**Prizes kindly donated by:**  
**Glendale Engineering (Trophy/Shield)**  
**Glendale Heathers (Trays of Heathers)**  
**Northumbria Mountain Sports**  
**(Technical T-shirts).**  
**The Chantry Morpeth**

Please note: This is a newly registered fell race with the FRA. Runners of all abilities are welcome. The race is part of the Glendale Country Show with all the usual family attractions. Entry fee to the show is £6 with entry to the race free!



Any queries contact Glen  
on 01668 282059

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# Summary of British Championships 2005

## from Mark Hobson

After 2 Races (Spelga Skyline and Moelwyn 3 Peaks)

Note that detailed and comprehensive coverage of the Championships is available on the FRA Website

### Men's Open

1	Jethro Lennox Shettles
2	Nick Sharp Ambleside
3	Lloyd Taggart Dark Pea
4	Rob Hope Pudsey & Bram
5	Stewart Whittle Carnet
6	Alan Ward Dark Peak
7	Mark Denham-Smith Kesw
8=	Karl Gray Calder Valle
8=	Esmond Tresidder Carne
9	Dan Golding Ambleside
10=	Stephen Bottomley Puds
10=	Malcolm Patterson Shet
11	Adam Ward Carnethy HRC
12=	Joe Blackett North Yor
12=	Ronnie Gallagher Carne
13=	Tim Davies Mercia
13=	Rob Jebb Bingley
14=	Danny Hope Pudsey & Br
14=	Simon Booth Borrowdale
15=	John Henegan Pudsey &
15=	Gavin Bland Borrowdale

### Men's V40

1	Stewart Whittle Carnet
2	Adam Ward Carnethy HRC
3	Malcolm Patterson Shet
4	Ronnie Gallagher Carne
5	Joe Blackett North Yor
6	Dave Taylor Dark Peak
7	Adrian Davis Carnethy
8	Andrew Yapp Mercia FR
9	Mark Roberts Borrowdal
10	Andrew Davies Borrowda
11	Malcolm Fowler Cheshir
12	Leigh Warburton Bowlan
13=	Steve Jackson Horwich
13=	Brian Stevenson Pudsey
14=	Andy Clarke Calder Val
14=	Nick Hewitt Bowland FR
14=	Stephen Barlow Horwich
15=	Christopher Smallle Tod
15=	Shaun Livesey Bowland
16=	P Stevenson Pudsey & B
16=	David Spedding Keswick

### Men's V50

1	David Spedding Keswick
2=	Nick Hewitt Bowland Fe
2=	Steve Jackson Horwich
3	Ken Taylor Rossendale
4	Keith Holmes Dark Peak
5	Tom McGaff Cheshire H
6	Kieran Carr Clayton Le
7	Jackie Winn C.F.R.

### Stephen P Jones Eryri

95	8= Jim Patterson Newcastl
93	9= Chris Taylor Mercia FR
87	9= Billy McKay Albertvill
83	10 Andy Howie Pennine FR
79	11 Rob James C.F.R.
76	12 Kevin Grogan
71	13= Geoff Oldrod Aberystwy
68	13= John Blair-Fish Carnet
68	14= John Hope Pudsey & Bra
65	14= Duncan Overton Keswick
64	15 Graham McAra Cheshire
64	16 Murdo Macleod Westerla

### Men's O60

53	1 Kieran Carr Clayton Le
53	2 Geoffrey Fielding Ross
52	3 Richard Clives FRA
52	4 Geoffrey Howard Ilkley
49	5 Charles Love Dundee Ha
49	6 Dick Finch MDC
47	7= Alwyn Oliver Eryri
47	7= John Adgey ACKC
	8 John Carson Eryri
64	9 Mike McDonald Bowland
55	10 Victor Gretton Henfiel

### Men's Open Team

51	1 DARK Peak
50	2 CARNETHY
45	3 AMBLESIDE
44	4 PUDSEY & Bramley
37	5 BORROWDALE FR
29	6 BOWLAND FR
28	7 MERCIA FR
27	8 CALDER Valley
24	9 HORWICH RMI
23	10 KESWICK AC
23	11 ERYRI
22	12 CLAYTON Le Moor
22	13 C.F.R.

### Men's V40 Team

21	1 CARNETHY
21	2 BOWLAND FR
20	3 MERCIA FR
20	4 CHESHIRE Hill
	5 HORWICH RMI
36	6 PUDSEY & Bramley
35	7 DARK Peak
35	8 C.F.R.
33	9 CALDER Valley
27	10 TRAFFORD A.C.
22	11 CLAYTON Lee Moor
19	12 ERYRI
18	13 ACKC

### Women's Open

17	1= Sally Newman Calder Va
15	1= Sharon Taylor Bingley
15	1= Jackie Lee Eryri
14	2 Louise Roberts Keswick
13	3 Helen Sedgwick Ilkley
11	4 Emma Barclay Ilkley Ha
11	5= Helen Fines Forest of
10	5= Nicky Jaquière Ilkley
10	6 Elizabeth Batt
9	7 Sue Mitchell Calder Va
8	8 Nicola Davies Borrowda
9	9 Kate Beaty C.F.R.
24	10= Polly French Matlock
15	10= Sue Wood Ambleside
10	11 Kate Ayres Cheshire Hi
9	12= Jane Leather Ambleside
9	12= Jo Smith Calder Valley
8	13= Jayne Lloyd Eryri
8	13= Wendy Dodds Clayton Le
7	14= Clare Kenny Calder Val
7	14= Sally Malir Ilkley Har
6	15 Maureen Laney Clayton

### Women's V40

17	1 Sally Newman Calder Va
16	2 Sue Mitchell Calder Va
15	3= Elizabeth Batt
12	3= Nicola Davies Borrowda
11	4= Kate Ayres Cheshire Hi
8	4= Kate Beaty C.F.R.
7	5 Jayne Lloyd Eryri
6	6= Clare Kenny Calder Val
6	6= Wendy Dodds Clayton Le
5	7 Sally Malir Ilkley Har
4	8= Lynn Bland Park Peak
4	8= Maureen Laney Clayton
3	9= Alison Eagle Ilkley Ha
3	9= Celia Mills Calder Val
2	10= Gill Harris Mercia
2	10= Hilary Bloor Dark Peak
1	11= Victoria Musgrove Eryr
1	11= Hannah Shields Sparta

### Women's Team

24	1 ILKLEY Harriers
17	2 CALDER Valley
12	3 ERYRI
9	4 BORROWDALE FR
8	5 AMBLESIDE
7	6 C.F.R.

**PHOTO KINDLY PROVIDED BY  
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..... ooh, the places this magazine gets to !!\*\$!



# English Championship 2004 – an analysis

## by Madeleine Watson

Looking back at last year's English championship, here are some figures for the number boffins amongst you! Table 1 shows the number of runners in each age category who ran and the number who scored points as individuals. Assuming you finish the race, it is relatively easier to score points as you get older and if you're a woman. There are a lot of people who only run one or two of the championship races. Is this because of injury (beginning or end of season), apathy for championship (only running local races), or some other reason?

Table 1	Number of runners	Number who scored points	% who scored points	Number of races run						
				6	5	4	3	2	1	
Open men	891	117	13%		17	35	65	85	164	525
M40	625	115	18%		10	21	45	60	113	376
M50	251	79	31%		4	6	23	26	40	152
M60	69	55	80%		1	2	10	5	8	43
M70	8	8	100%	n/a	N/a	2	2	0	4	
Open Ladies	140	79	56%		6	10	8	11	25	80

Table 2 shows the number of runners in each of the six championship races. It shows that for the medium and long races there were around 400 runners in each of the races, slightly more at Kentmere. In general around 90% of the runners are included in the English Championships. Those excluded are unattached runners (apart from the few who notified me in advance), runners from non-English clubs, and English clubs which are not registered as a fell club. The main exception to the 90% was for Borrowdale, which was also a British Championship race (the Scots and Welsh did not really turn out at Kentmere, the other race in the British as well as the English).

The high numbers in the long races were helped by it being the 50th Anniversary of the Three Peaks, and because Borrowdale was also a British championship race.

The short races had fewer people running, with 292 at Buckden Pike and 243 at Shelf Moor. The lower numbers for Shelf Moor may have been because this was the last race of the championship and some positions had already been decided, as well as other races on the same day.

Table 2	Number of Men in English Champs	Number of Ladies in English Champs	Total English Champs	Total Runners
3. Buckden Pike (S)	227	43	271	292
6. Shelf Moor (S)	175	41	216	243
1. Noonstone (M)	318	63	381	404
4. Kentmere (M)	323	60	383	432
2. Three Peaks (L)	320	41	361	407
5. Borrowdale (L)	282	33	315	404

## Run for WaterAid to help the water flow a plea to race organisers from Rona Higgins

As you dash past a crystal clear mountain waterfall do you pause to admire its beauty, to ponder the life giving force that water is? Probably not, if you are in the middle of a fell race. But it can't be denied that water- clean water- is essential for life. In the UK It pours down some mountain sides in Britain, and we have the luxury of getting safe clean viewing these water from our taps. Yet for courses as objects of beauty. For over a billion people in the world the sight of clear flowing water is unimaginable. Twice that number live without any access to sanitation. The lack of clean water and sanitation in the world's poorest communities has dire consequences. A child dies every 15 seconds from water- related diseases such as cholera or typhoid.

Although it is shocking, this tragic statistic doesn't paint the full picture. It says nothing about those that the water doesn't kill. It doesn't show the impact on malnutrition that accompanies a life where 10 litres of dirty water from a water hole five miles away has to suffice for a day's drinking, cooking, and washing. The time burden of collecting this water, and the effect it has on health means that children cannot go to school and families cannot work. Without access to clean water, lives are crippled and cut tragically short.

By contrast the average person in the UK uses 135 litres of clean (not to mention hot or cold) water every day, drawn from one of several water points in any given building. Does this disparity in access to the most basic and essential amenities have to exist?

No.

WaterAid works with some of the poorest communities in Africa and Asia to build and maintain safe, clean and local water supplies. This prevents disease and creates time for education and livelihoods. Clean water not only helps a community survive, it allows it to fight poverty and begin to thrive. And it is very cheap. Just £15 is enough for WaterAid to help someone gain access to a lasting supply of clean water, sanitation and hygiene education.

Why not use fell running to support WaterAid?

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The piece below is the one which has been stirring up all sorts of controversy in the International arena – I've put it in so everyone can see what Herr Reitmeir's views are, not that they will have the slightest effect on anything to do with the way fell-running organises itself in this country, thank goodness!!

# Discussion: Do uphill-downhill races have a right of existence? a Continental view, provided by Brian Graves

(with apologies for the translation in places!)

**Master runner Helmut Reitmeir and his continuous fight against downhill races and hill Championships – DLV mountain race boss Wolfgang Münzel: "His criticism is not pertinent and is insulting"**

**H**elmut Reitmeir is an experienced and very successful mountain runner. There is absolutely no doubt. He is a two-time World Champion and won numerous German and Bavarian state titles – of course in mountain running. He is now sixty years old and as active as usual, so that the Süddeutsche Zeitung stated with a lot of respect about him: "He is a legend at the slope". Nowadays he might be a little bit more outspoken than years ago; maybe because he regards himself as a lawyer for the interests of the mountain runners which means that he has the opinion that mountain running should only consist of uphill races and nothing else. On his homepage [www.berglaufpur.de](http://www.berglaufpur.de) he does not only condemn the German Mountain Running Championships of the DLV as "Hill-Buckel-Championships" where, "the real mountains cannot even be seen with a stove-pipe"; he also conducted a poll in which participants can vote in favour of or against uphill-downhill running. Up to now 75 percent seem to be against uphill-downhill running, but it is not mentioned how many people actually took part in this survey. One thing is quite obvious: Especially among Master runners uphill-downhill running is quite unpopular and the "Reitmeiers" make up the majority.

But, Helmut Reitmeir does not only criticise, he is also able to work hard! In the scope of his 60th birthday last year he made himself and his likeminded colleagues a present by staging the premiere of the Wallberg race in Rottach-Egern. It was a birthday present over the distance of 5.3 km and 830 height meters. "Uphill races must be challenging, but they shouldn't be too hard", said Reitmeir. Thus, he harshly criticises the Brandenkopf race in Zell-Unterharmersbach which staged the World Masters in 2003. "That is not a mountain, that is a hill for idiots", railed Reitmeir against the offered 700 height meters that were spread over a distance of 10km. He himself was world best in 2002 in Innsbruck and 2004 in Sauze d'Oulx,

but placed only fourth in Unterharmersbach ...

Reitmeir holds the national and international associations responsible for the watering-down of the Championships. "Championships do not belong into regions where there are no mountains! Mountains in the Rhön, the Eifel and most of them in the Black Forest should only be used to organise regional events. People who would like to race in the mountains have to travel to them. The Tegernsee is not suitable for offshore regattas either!" Reitmeir believes that the main reason for the bad international results of German athletes is the lack of experience on highly demanding courses. "It is no wonder that they do not have any experience in the mountains if the German Championships take place in Beuren or Unterharmersbach! The measuring instrument for financial support in the Olympic disciplines is very, very high, thus the question has to be asked why the DLV should spend any money on athletes who only place 20th or worse at World or European Mountain Running Championships?

*It is not acceptable that 70-year-olds as well as teenagers have to run 600m downhill. The young athletes practice running downhill because they are too ambitious!*" Helmut Reitmeir regards mountain racing as amateur sports which can produce top athletes as well. In this matter Reitmeir shares his opinion with the national association which allotted the discipline mountain racing to the general competition sports and not the department of professional sports. Belonging to the category amateur sports is advantageous for mountain racing because many things can be solved with less bureaucracy and for the best of the discipline.

*"His criticism is mostly impertinent and insulting", comments the boss of mountain racing in the DLV, Wolfgang Münzel. "It is a fact that there are two mountain racing disciplines, uphill and uphill-downhill racing. Of course everything is a matter of practice. If I participate in a 3000m-steeple chase race without being prepared of course I risk my health. Thus, we advise our athletes to prepare for any kind of competition, e.g. uphill-downhill races. Also, we do not force anybody to participate in the uphill-downhill races!"* Münzel mentions in this context that this form of competition has a tradition since 1860 especially in

the Anglo-Saxon countries. "The WMRA pays tribute to this tradition and therefore organises the uphill-downhill Championships every other year". During the course check the competition directors pay close attention to any possibly dangerous parts of the course as well as to steep slopes and change the course if necessary. "That was the reason why some parts in Sauze d'Oulx were less difficult and dangerous than planned before."

Of course Helmut Reitmeir can understand the fact that organisers have to find a compromise. If mountain races are supposed to differ from road races and track events, then they will lose a great number of participants and will have no press worthy news due to a new participant record which can be mentioned in the media. Reitmeir's Wallberglauf with 830 height meters on a course of 5.3km is of course a perfect example of how a mountain race should be. It should not consist of asphalt, it should be a race course on natural paths and topographic difficulties, with pebbles, stairs and alpine paths. Great examples are the Wallberg, the Kampenwand and the Karwendelmassiv – mountains are, naturally, huge contrasts compared to the uniformity of big cities.

Helmut Reitmeir leads a pretty tough fight against uphill-downhill running and might be aware of the fact that the world best (uphill) mountain runner Jonathan Wyatt shares his opinion. Wyatt categorically refuses to take part in the WMRA initiated uphill-downhill world trophy. Consequently, he did not participate at the Championships in Arta Terme or Girdwood. "I do not mind to run 100m downhill in Sauze d'Oulx, but 700m and more like this year at the World Masters in Keswick or the World-Trophy in Wellington are not acceptable". He even considers to go to court against the WMRA. "I think my chances to win are very good due to the fact that this is consciously planned bodily harm." Helmut Reitmeir and like-minded athletes even think about the foundation of a new association which concentrates on uphill mountain running. "The DLV does not take part in the discussion at all, thus it cannot be our association that acts in the interest of mountain running. After all 99 percent of all mountain races go upwards!"



Jon Pawson leads the U16s at Pendle (Photo Pete Hartley)

## BARLEY/PENDLE RACES - 20TH MARCH 2005 FIRST JUNIOR CHAMPIONSHIP RACE

The 2004 season finished with the 'Spooky Do' prize presentation, so it was only fitting the 2005 championship began on the slopes of Pendle Hill, renowned for its bewitching powers where the famous witches of Mother Chattox, Alice Nutter and Mother Demdike cast many a spell. All the ghouls, witches, warlocks and Halloween 'Do' fancy dress costumes were nowhere to be seen, they were now exchanged for vests, shorts and studs as the serious matter of the Junior English Championships began in earnest.

A very healthy 137 juniors took part in the various age categories, this turnout actually surpassed every 2004 championship race attendance, but surprisingly the under 12's race wasn't as popular as usual. The innovation of the new

non-championship under-10 race series attracted 18 'tiddlers' setting off in the dry spring weather, Christopher Nash led from start to finish in a quick 3:49, whilst two Broughton athletes dominated the girls, with Hannah Bethwaite an impressive 4th overall, and Katie Wright 7th. Hopefully this introduction will make each race event more a family day out, especially since the runners can collect a commemorative T-Shirt for finishing four races or more. The Nash family displayed true dedication, because they just managed to stop off so Matthew and Christopher could race before heading off on a skiing holiday - with interest like this the junior section is bound to thrive.

Sorry about some of the races being two minutes too long, but the fields under Pendle were boggy due to heavy rain, and the trial runs over here were on frozen ground; a good lesson has been learnt by the organisers and junior coordinators, we will be more vigilant from now on.

Pendle Hill dominates the area and likewise the under 18's dominated the senior race of 4.5 mile/1400ft, just as we expected, with Adam Peers finishing some 1.5 minutes ahead of Lee Athersmith, the first senior, whilst two junior runners' dads, Mike Addison and Phil Clayton, finished four minutes adrift of the winner in 2nd and 3rd senior positions.

Helm Hill's Tom Addison, the under 16 winner, was the lucky Inov-8 prize draw recipient for a pair of their shoes, which was even more lucky for Tom because his Adidas Swoop training shoes had just fallen apart.

Talking of shoes, thanks to all who donated old or new shoes to our recycle appeal, this proved very popular with around forty pairs being freely available from 'Dusty Bin' to any athlete that needed them. Keep them coming, there's plenty more juniors who would gain from better traction. Although we don't know who the recipients are of these shoes, which is how it should be, we certainly know two youngsters won their respective races in now their "lucky shoes".

*"When I got up and out of bed I was excited to run in my first serious race. I got all my things together and we were all ready to go. We set off at quarter to ten, and got there at quarter to eleven, that gave me forty five minutes to sign in, get warmed up and get my Keighley & Craven vest on.*

*When the man called out to say it was our race I was excited and nervous at the same time. I was very nervous, because I saw some good runners that day and I was thinking they were going to beat me, I was very excited because I was wondering if I was going to do well.*

*The whistle went off and off we went. We all shot up the hill, and we were up on the flat in a couple of seconds. I was first. Jessica Wootton was coming second, and she was getting closer. I went up a couple of steep hills and finally I got to the last one. When I got to the last one Jessica was just about ten steps away from me, I thought to myself that I had to go really fast down the hills, so when I got to the top I went really fast so she couldn't catch me up.*

*I could see the finish line, and everyone was cheering. I had a sprint finish with a boy and at last I crossed the finish line. All my family rushed up to me, and said I had come first girl, I was really pleased. I went to the presentation after the race, and I won a big Easter Egg for coming first girl.*

*I had really enjoyed this race, and it was a good pace to keep at.*

**Under 12 girl winner - Rosie Hellawell of Keighley & Craven A.C.**

**Remember the Junior Relay Championship**

"It was perfect running conditions, dry but not too hot. Despite this I was feeling apprehensive as it was a big field, and this was my first fell race of the year. I also felt tired from the Cross Country Season.

An uphill incline dwarfed all the runners who were lined up on the start. The pressure was really on me because I am top of my age group. I was also running against my younger cousin James Mountain, so the family rivalry was coming into play. Also to make matters worse before the race Dave announced that the winner would get a pair of inov-8's.

The fog horn sounded and I sprinted off to lead the field up the first hill and over the brow. I was still leading, but Tom Addison was catching me up. We carried on out over the flat fields for a bit before reaching the real hill, by this time I was in second place. Tom just seemed to be able to run up the hill while the rest of us had to walk, by the top he was about 50m in front of me.

At the top to my horror I saw James only a couple of metres behind me, the humiliation of my younger cousin beating me was too much so I sprinted off back down the hill. Towards the bottom I could see Tom again, only a short distance in front of me; however we were near the finish so there was not enough of the course left for me to catch him.

If only it had been a couple of miles longer. In the end I came in second with Tom first and cousin, James third."

2nd Under 16 - Jonathan Pawson of Skipton AC

#### UNDER 10 - NON CHAMPIONSHIP

BOYS			
1 C. NASH	PRESTON	3-49	
2 H. SESSFORD	KLY&C	3-58	
3 J. FERGUSON	KLY&C	4-02	
4 R. PAYNE	DARK PEAK FR	4-11	
5 O. WATSON	CARNEGIE	4-15	
6 B. INGLESON	KLY&C	4-19	

#### GIRLS

4 H. BETHWAITE	BROUGHTON	4-05	
7 K. WRIGHT	BROUGHTON	4-18	
9 L. ALDERMAN	PENDLE	4-20	
10 B. HAYWOOD	LINCOLN WELL.	4-25	
11 H. WALLIS U/A		4-30	

#### UNDER 12 BOYS

1 R. ADDISON	HELM HILL	15-15	
2 M. NASH	PRESTON	15-45	
3 O. KENNEDY	PENDLE	15-56	
4 J. JOHNSTON	ROSSENDALE	16-00	
5 T. HUTTON	HALLAMSHIRE	16-19	

#### GIRLS

6 L. GREGORY	ROSSENDALE	16-34	
7 T. HAYNES	ERYRI	16-38	
8 K. THOMPSON	WHARFEDALE	17-11	
9 A. BATESON	LANCS&MORE	17-30	
10 G. MURDY	ELLENBOROUGH	17-45	

#### GIRLS

10 R. HELLAWELL	KLY&C	17-41	
12 J. WOOTTON	WHARFEDALE	17-49	
13 M. SEARSON	BLACKBURN	18-25	
14 F. JORDAN	ILKLEY	18-33	
15 E. THROUP	WHARFEDALE	18-43	

#### UNDER 14 BOYS

1 J. MOODY	MATLOCK	18-54	
2 N. GOULD	E. CHESHIRE	19-02	
3 L. JONES	MATLOCK	19-16	
4 R. GOULD	E. CHESHIRE	19-21	
5 T. SESSFORD	KLY & C	19-38	

#### GIRLS

6 J. KELLY	ROSSENDALE	19-41	
7 S. TOSH	ROSSENDALE	20-13	
8 R. NICHOL	ALTRINCHAM	20-29	
9 N. TILL	HELM HILL	20-44	
10 T. BARKER	MATLOCK	20-51	

#### GIRLS

5 B. HAYWOOD	LINCOLN WELL.	19-25	
14 R. STUART	KESWICK	21-24	

#### 15 A. McGIVERN

17 B. PETTIT	HOLMFIRTH	21-51
18 H. BATESON	HOLMFIRTH	22-14
24 C. LANCASTER	LANCS&MORE	22-23
26 R. SEARSON	LUDLOW	23-06
28 R. HANNAH	BLACKBURN	23-15
29 K. IRELAND	WIRRAL	23-23
30 J. DYBECK	ROSSENDALE	23-38
	ILKLEY	23-49

#### UNDER 16 BOYS

1 T. ADDISON	HELM HILL	23-25
2 J. PAWSON	SKIPTON	23-33
3 J. MOUNTAIN	SKIPTON	23-54
4 P. BOLTON	ROSSENDALE	23-58
5 R. JACKSON	PRESTON	24-33
6 S. LEDGER	CHESTERFIELD	24-35
7 E. HAYWOOD	LINCOLN WELL.	24-54
8 B. FARRELL	KESWICK	25-11
9 B. MORPHET	CFR	25-44
10 C. ANDREW	ROSSENDALE	25-55

#### GIRLS

9 DIONNE ALLEN	LEIGH	25-24
18 A. ANDERSON	PENDLE	27-36
22 C. LILLEY	SKIPTON	28-24
23 H. TIMMINS	WARRINGTON	28-49
24 R. McGIVERN	HOLMFIRTH	28-59
26 DANNI ALLEN	LEIGH	29-18
29 A. LILLEY	SKIPTON	30-01
30 H. NAYLOR	SKIPTON	30-41
31 S. VARLEY	HOLMFIRTH	31-32
32 A. KEVAN	PRESTON	31-49

#### UNDER 18 BOYS

1 A. PEERS	WIRRAL	33-59
2 J. KEVAN	HORWICH	34-10
3 S. MITCHELL	VALE ROYAL	34-31
4 J. MCGONIGLE	WARRINGTON	35-21
5 M. HIRST	SKIPTON	35-31
6 H. COATES	SKIPTON	35-46
7 A. RUSSELL	KENDAL	36-17
8 D. HAYWOOD	LINCOLN WELL.	39-23
9 D. WALMSLEY	SKIPTON	39-55
10 J. BURGON	MACCLESFIELD	40-07

#### GIRLS

19 E. CLAYTON	SCUNTHORPE	43-18
20 E. STUART	KESWICK	44-38
27 L. CAMPBELL	HELM HILL	49-10
29 S. MORPHET	CFR	50-28
34 H. CORBISHLEY	ROSSENDALE	64-33

## THE 28TH WREKIN FELL RACE AND ERCALL HILL RACES 10TH APRIL 2005 SECOND CHAMPIONSHIP ROUND

After a couple of years' absence the championships returned to the Shropshire area, because it was felt it was becoming too northern race orientated. The move certainly seemed popular with northern athletes quite willing to travel to compete and with 143 runners competing this vindicated the move southwards.

Another reason was that the Wrekin senior race, 5.5 mile / 1700ft, had been chosen as the CAU Inter Counties Championships for men and women, this gave the opportunity for under 18 and under 20 athletes a chance to persuade county secretaries that maybe they should be given the chance to compete in the senior county team.

Obviously this was taken on board, since nine athletes gained their county vests: Alistair Brownlee - Yorkshire, Adam Peers - Merseyside, James Kevan - Lancashire, Dave Marsh - Greater Manchester, Emma Stuart - Cumbria and Nicki Cornock - East Wales, all under 18, whilst Jonathan Mellor - Merseyside, Chris Doyle - Cumbria, Stuart Hunn - Yorkshire and Rachael Thompson - Greater Manchester are under 20 runners. It's a pity only Alistair Brownlee managed to get a championship medal, he anchored Yorkshire to team gold medals along with

seniors Ian Holmes and John Heneghan. Well done all of you, this was not only a big field, 200 plus, but a class field which, hopefully, has given you valuable experience and encouragement for the future.

Emma Stuart not only gained a county vest but she also won the GU18 category (and the cherry on it was also winning the Inov-8 shoe prize draw) this category could prove quite a tussle through the season as both Emmas battle it out.

One big surprise was the amount of under 10 runners willing to travel to compete, 22, although this is a non-championship event, you would not believe it if you saw how much zest, zeal and zippiness these youngsters put into their 'racing', where Harry Sessford and Bo Bo Haywood won.

As junior coordinators we had reservations about the junior race routes on Ercall Hill, especially being through woodland, but our fears were unfounded, as Telford AC with Louvaine Gatford, Andy Smith and Paul Sanderson made the event enjoyable and the courses were well received by the young runners even though they were run the opposite way round to previous years.



Amy McGivern jumps for joy on her way down at Wrekin (Photo Woodhead)

Note that next year, 2006, the Inter-Counties Race will be the Settle Hills.

"I woke up bright and early on Sunday morning, full of nervousness, but very excited at the prospect of running at the Wrekin.. I ran in the first race of the series, which was on home ground for me, at Pendle. I was very surprised to finish 2nd, because I only started running with Pendle A.C. a year and a half ago and my main focus had been on cross country and track events. However at the end of last year I started doing some fell races and I enjoyed them so much that I couldn't wait to do more fell races this season. After the usual debate about whether or not to bring any of our three dogs to the race, we set off for the Wrekin. Fortunately both my Mum and Dad could come, so navigating didn't have to be left to me, which meant we only made one wrong turning and arrived with plenty of time to spare.

After registering and watching the U10s race we decided to walk some of the course. There was a short stretch along the road and then we entered the wood, which was home to all the rest of the course. In the wood the path began a relatively gradual, but relentless climb. As we went up we met various friends coming down who all took great pleasure in telling us that this part of the course was positively flat compared to what was to come later.

Eventually the path levelled off and began to disappear down to the bottom of a quarry. We decided not to walk any more of the course, because from the descriptions we definitely didn't want to walk up the slope from the bottom of the quarry any more times than necessary.

Despite a quick shower while we were warming up, just to get us wet before the start, it was bright and clear when we started the race and managed to stay that way for most of the rest of the day. It was a very fast start because we ran around the school's playing field before getting on to the road, so I tried not to go too fast so that I didn't tire myself out too soon. I was really enjoying the race and managed to pull a few places back as we began the climb. When I reached 4th position I thought 'I've just got to keep on running'. Somehow I did keep on running and unfortunately it wasn't until I reached the top that I realised an important rule of fell running, which, surprisingly, was to walk. I knew that Dionne would be well out of my sight, however Heather and Alex were relatively close, but when they walked up the steepest slopes and I ran their long strides were easily as fast as my short steps and used much less energy. This meant as they reached the top and started running again they accelerated, but I couldn't and they quickly began to disappear into the distance. I didn't let it spoil the enjoyment of running down though, and was still in 4th position by the time I reached the finish.

We then watched the start of the seniors' race, and I cheered my Dad on amongst the huge field of 208. It was then the junior presentation with the usual mountains of chocolates and easter eggs. The seniors' course was much longer than the U16's and apparently included some very steep slopes where one of the main problems was dodging trees. This was shown by the various wounds

that some runners had acquired by the finish. The high standard was shown by the way lots of the first runners seemed to glide effortlessly over the finish line. However there were also a lot of runners, such as my Dad,

who run simply for the fun of it, who also finished and enjoyed the course. I'm very much looking forward to the next race, where I will try to remember to walk!"

#### 4th under 16 - Anna Anderson of Pendle AC

"The last time I ran the Wrekin was two years ago and I remember it being a particularly hard course. So, it being early in the Fell Season, I wasn't expecting much.

We were the first Merseyside team entered into the Fell Inter-Counties so it was quite a privilege for myself, and fellow junior Adam Peers. However I didn't rate our chances too highly, especially after speaking to Dave Woodhead when he described Alistair Brownlee as their team's weak point - some weak point! Also there is a slight shortage of fells in Merseyside for us to train on.

The race itself started off quite slow. I think most people had experienced the Wrekin before. Being an Inter-County race and part of the junior championship there was a big field but it soon started to spread out. I followed Alistair Brownlee most of the way up before he left me on the steep part. Hands up to anyone who managed to run the whole way up there! It seemed to go on forever and even once you had reached the top you still had a long "slog" to the top of the Wrekin. However I knew if I could keep in touch I'd have a chance coming down particularly when it got to the flat. It was a very fast descent because you could really afford to give it some coming down. The hardest part had to be the really steep downhill where literally you had to crash into trees to slow yourself down. There is a nasty climb back up breaking the descent, which I think a lot of people under-estimate. This is a real struggle, especially so late on in the race when your legs are getting tired. However once you get up this incline you're on the home straight and you can't slow down now. It was at this point I knew I was in first place in the Under 20 standings so I wasn't about to let that slip. I knew I had to use my strength on the flat, to ensure first place. I crossed the finish line in overall 11th and, more importantly to me, first Under 20.

For our first time I think the Merseyside team did a great job - myself, John Hunt, Adam Peers and Tony Smith ensuring 6th team place.

In a few years' time I'm sure that we'll be up there with that Yorkshire lot, although I think they have a slight advantage over us - Fells!"

#### 1st under 20 - Jonny Mellor of Liverpool Harriers

##### UNDER 10 - NON CHAMPIONSHIP

###### BOYS

1 H. SESSFORD	KLY&C	4-43
2 J. TOSH	ST. LAWRENCE	5-03
3 O. WATSON	CARNEGIE	5-04
4 R. PAYNE	DARK PEAK FR	5-05
5 D. JONES	UA	5-17
6 B. INGLESON	KLY&C	5-47
<b>GIRLS</b>		
5 B. HAYWOOD	LINCOLN WELL	5-11
7 I. DAVIES	RETFORD	5-18
8 F. BIDDLE	PENDLE	5-24
9 E. JONES	UA	5-35
11 J. MORRIS	UA	5-56
13 O. COFFEY	WHARFEDALE	6-05

###### UNDER 12 BOYS

1 T. DOYLE	HELM HILL	13-48
2 R. ADISSON	HELM HILL	13-54
3 J. JOHNSTON	ROSSENDALE	14-25
4 T. HUTTON	HALLAMSHIRE	15-04
5 L. GREGORY	ROSSENDALE	15-17
6 R. LESTER	TELFORD	16-03
7 S. THOMAS	TELFORD	16-22
8 L. TATTON	TELFORD	16-32
9 S. NICHOL	ALTRINCHAM	17-30
10 L. KINCH	CITY OF STOKE	17-32

###### GIRLS

4 L. RICHES	LEIGH	14-27
5 M. HYDER	DALLAM	14-30
9 F. JORDAN	ILKLEY	16-07
12 E. THROUP	WHARFEDALE	16-36
13 M. MORPHET	CFR	16-47
14 J. WOOTTON	WHARFEDALE	16-52
15 E. KERR	ILKLEY	17-13
16 R. HELLAWELL	KLY&C	17-22
19 C. MURPHY	TELFORD	17-33
25 C. PARR	UA	19-03

###### UNDER 14 BOYS

1 J. MOODY	MATLOCK	12-40
2 N. GOULD	E. CHESHIRE	12-46
3 T. SESSFORD	KLY&C	13-05
4 L. JONES	MATLOCK	13-10
5 R. GOULD	E. CHESHIRE	13-14
6 R. NICHOL	ALTRINCHAM	13-36
7 J. KELLY	ROSSENDALE	13-38
8 T. BAKER	MATLOCK	13-39
9 N. TILL	HELM HILL	14-05
10 J. ADDISON	HELM HILL	14-06

###### GIRLS

6 B. HAYWOOD	LINCOLN WELL.	13-27
15 R. STUART	KESWICK	14-13
16 A. McGIVERN	HOLMFIRTH	14-17
21 C. LANCASTER	LUDLOW	15-03
26 A. HOWARTH	LEIGH	15-29
28 C. CLARK	TONBRIDGE	15-41
29 J. DYBECK	ILKLEY	15-44
31 F. GREGORY	ROSSENDALE	15-56
32 A. CULLEN	HALLAMSHIRE	16-07
33 A. BRIDGEMAN	SCARBOROUGH	16-22

###### UNDER 16 BOYS

1 J. PAWSON	SKIPTON	17-35
2 J. KELLY	SKIPTON	17-52
3 M. JONES	HOLMFIRTH	17-57
4 T. ADDISON	HELM HILL	18-18
5 E. HAYWOOD	LINCOLN WELL	18-28
6 B. FARRELL	KESWICK	18-29
7 P. BOLTON	ROSSENDALE	18-42
8 J. MOUNTAIN	SKIPTON	19-00
9 S. LEDGER	CHESTERFIELD	19-20
10 B. MORPHET	CFR	19-34

###### GIRLS

10 DIONNE ALLEN	LEIGH	19-23
14 A. WHEATMAN	SCARBOROUGH	20-22
15 H. TIMMINS	WARRINGTON	20-48
17 A. ANDERSON	PENDLE	21-12
19 DANNI ALLEN	LEIGH	21-52
20 H. PAGE	HALIFAX	22-25
22 S. VARLEY	HOLMFIRTH	23-48
23 E. KNOX	KESWICK	23-52
26 S. YEOMANS	ROSSENDALE	25-20

###### UNDER 18 BOYS

1 A. BROWNLEE	YORKSHIRE	39-18
2 A. PEERS	MERSEYSIDE	40-46
3 J. MCGONIGLE	WARRINGTON	40-47
4 S. MITCHELL	VALE ROYAL	40-55
5 D. MARSH	GT. MAN.	41-51
6 J. KEVAN	LANCASHIRE	43-23
7 H. COATES	SKIPTON	43-47
8 D. HAYWOOD	LINCOLN WELL	44-06
9 S. CRUCHLEY	HALESOWEN	44-27
10 D. SHEPHERD	SETTLE	47-03

###### GIRLS

1 E. STUART	CUMBRIA	48-55
2 E. CLAYTON	SCUNTHORPE	52-31
3 R. HOWARTH	LEIGH	57-03
4 S. MORPHET	CFR	61-46
<b>UNDER 20 BOYS</b>		
1 J. MELLOR	MERSEYSIDE	38-06
2 C. DOYLE	CUMBRIA	38-58
3 S. HUNN	YORKSHIRE	42-34
4 J. TEECE	SKIPTON	43-46
5 K. COOKE	HALLAMSHIRE	44-44
6 L. MURRAY	SHREWSBURY	50-02
7 S. MARR	WIRRAL	53-27
<b>GIRLS</b>		
1 R. THOMPSON	GT. MAN.	49-30
2 P. VEAZEY-FRENCH	MATLOCK	50-46
3 R. CROWE	LYTHAM S.	53-15
4 K. COLE	HORWICH	60-22

**Remember the Junior Relay Championship**

# GET READY



for Spooky Do II



the Junior FRA Do

30th October, Skipton Rendezvous

Get your tickets from you know who ...

The decorations were great and definitely went with the time of year! The celebrities' fancy dress worked well as none of us had a clue who was who! The photos of us who ran in the races were great (although quite embarrassing!) and it was even better when we could take them off the wall and keep them. The buffet was nice too, and all of us from Holmfirth won't forget the pizza!

The games were good fun for the younger ones and the disco was really good because people actually danced! Altogether I think that everyone who went would've agreed it was a success and hope that this year's is just as good, if not better! Sophie Varley



Remember the Junior Relay Championship

# ARE YOU A GREAT UPHILL RUNNER?

## The inaugural Junior Uphill English Championships, Sunday 24th July

the title suggests are you more an uphill runner than a downhill runner?

Are you fed up with being first to the top of a hill, only to have some daredevil runners fly past and take all the glory?

If the answer is yes to the above, then maybe this is your chance to become an English champion, and take the glory and add a gold medal to your collection. This year gold medals will be awarded to the first U12, U14, U16 & U18 boys & girls (with ages being as at 1st January 2005). But the race, and you the runners, have got to prove to the FRA that this new innovative championship idea will be supported and please remember you must be 10 or over on the day to compete.

In 2004, Ilkley Harriers staged the Black Forest Trial, an uphill only selection race for the 9th International Black Forest Teenager Games, where the English girls of Rosie Stuart, Danielle Walker & Blue Haywood won team gold for England and the boys, Alistair Brownlee, Adam Peers & Ben Lindsay won team silver. Unfortunately due to lack of sponsorship this event couldn't take place this year, so England team management sought out a replacement, hence the Susa selection race on 5th June was introduced, which Ilkley Harriers are more than happy to stage.

If the BFTG trials race had such a good vibe, with over 40 juniors running, it was felt that we wanted to keep it in some format. So after discussion in the lofty realms of the FRA committees, discussions with coaches and of course you the athletes, the idea of an inaugural Uphill Championship race for English junior fell runners was born and the BFTG Ilkley course would be used for the inaugural event on Sunday 24th July.

The course is the same as in the BF Trial - 2.5k uphill on road, track, stone steps and path, with 220m of climb, which is runnable all the way. One of the main features of the race is that it is a spectator friendly course as the route is viewable virtually all of the way and more central geographically for all athletes to attend.

Once again, Ilkley Harriers have promised lots of treats and surprises to make the day a special one for everyone, with the prize giving being at the famous White Wells cafe, which you will have already run past during the race. The cafe also has the unique spa, where you can take an ice cold dip (with permission) to simulate what Paula Radcliffe does after her racing. Alistair Brownlee, the course record holder with a quick time of 11-38, has offered to be the first to take the plunge, but only if someone beats his record. The girls' record is held by Blue Haywood at 13-55.

So we hope to see you at 11.30am on Sunday 24th July at Top of Wells Road, Ilkley, GR 115470. West Yorkshire when four boys and four girls are going to be crowned English Uphill Champions, and go into the history books.

Lots of information and photos from last year on the Junior Ilkley Harriers Website - [junior.ilkleyharriers.org.uk](http://junior.ilkleyharriers.org.uk)

## RIVINGTON PIKE JUNIOR RACES - 26th March 2005 "CASTLES, EGGS & SHOES"

If you have never been to Rivington Pike on Easter Saturday, then you're missing out on one of Britain's oldest fell races. This short three mile race is steeped in history, with the annual perpetual silver cups being engraved with the best track, road, X-country and fell running athletes that the era has had to offer. This year saw nearly 500 seniors lined up on Lever Park Avenue, to compete in the 50th anniversary of the event, with Robert Hope and Mary Wilkinson winning their respective races and take the massive prizes that were on offer. More importantly is the fact that these two winners have come through the junior ranks and are now establishing themselves as two of the best.

Before the classic senior race, which includes the U18 and U20 runners, takes place, juniors have a chance to shine and if you finish first boy or girl then you go back home with a pair of Walsh fell shoes, a fantastic prize courtesy of Walsh Sports. Obviously this prize list always attracts quality athletes and this year was no exception as Tom Doyle and Rosie Hellawell both rewrote the record books with their fast times. The U12's were off first with a mile and a half of running, including 450ft of climbing, with the competition fierce from the gun as the early pace pulled the 18 runners into a snake like procession up the hill.

The combined U14 and U16 races, with 30

competitors, run to the Castle monument which stands proud on the summit and then back down the fierce descent and path to finish at the back of Rivington and Blackrod High School. Unfortunately due to a clerical error there are no times for the U14 and U16 races, although with joint English U12 champions Thomas Sessford and Ryan Gould, Blue Haywood the U14 champion and British champion Dionne Allen all racing together, times would have been exceptional. Pete Ramsdale and Ian Smith do apologise for this error, but the positions are correct.

Junior races have been at Rivington for twelve years now, although the current safer courses have been run for the last six years.

It being Easter the organisers couldn't let it go without rewarding all competitors with a Cadbury's Crème Egg.

### U12 BOYS

1 T. DOYLE HELM HILL 10-07

2 R. CROASDALE UA 10-15

3 R. ADDISON HELM HILL 10-16

4 C. ADAMSON LEIGH 10-26

5 R. POWELL LEIGH 10-41

### GIRLS

8 R. HELLAWELL KLY & C 11-54

9 BO HAYWOOD LINCOLN WELL 12-02

12 M. SEARSON BLACKBURN 12-33

13 B. TAYLOR BLACKBURN 12-51

17 C. PEARSON UA 15-07

**U14 BOYS**

1 T. SESSFORD KLY & C NT

2 R. GOULD E. CHESHIRE NT

3 R. NICHOL  
4 S. TOSH  
5 M. FRETWELL

### GIRLS

4 BLUE HAYWOOD

9 R. SEARSON

13 R. HANNAH

15 N. JACKSON

17 B. FAULKNER

### U16 BOYS

1 T. ADDISON

2 J. CHRISTOPHER

3 E. HAYWOOD

4 P. BOLTON

### GIRLS

5 DIONNE ALLEN

7 DANNI ALLEN

8 H. PAGE

9 A. KEVAN

### U18 BOYS

1 A. PEERS

2 P. HAWORTH

3 D. HAYWOOD

4 C. GREENBANK

5 R. GREEN

### GIRLS

1 R. HAWORTH

2 C. SIMM

3 T. BLEASDALE

4 J. MURRAY

### U20 BOYS

1 J. MELLOR

2 T. CORNTHWAITE

3 A. ELLIS

4 D. MARSH

5 R. YATES

### GIRLS

1 K. INGRAM

2 R. THOMPSON

3 B. ELLIS VALE

4 V. SNAPE

5 R. CROWE

ALTRINCHAM  
ROSSENDALE  
SETTLE

NT

# WOODENTOPS' CHINWAG

What a fantastic start to the season it's been, 178 championship junior runners competing and that doesn't include the 30 under 10 runners. Both Barley / Pendle and The Wrekin championship races (assisted by Inov8), attracted more runners than ever recorded in the past. In fact all junior races are seeing more competitors than ever, and it seems that more clubs are now realising an emphasis is needed on our younger athletes. Let's hope it keeps going from strength to strength.

This was no more evident than in the response to the FRA Junior Training Weekend held at Westfield Lodge, Haworth, on 30th April - 1st May, where we were over-subscribed, even though 61 juniors attended. Enjoy the article about this weekend on the junior pages.

**The 2nd FRA Training Weekend** - will be at Crowden Youth Hostel, on the 6th-7th of August from the venue of the last junior championship race, so that you can have a sneak preview of the courses, amongst all the other activities planned. There are a limited 34 places available, so book early; if it's over-subscribed all names will be put into a hat and a draw done, to make it fair.

Please note that each athlete attending will need to pay £10 towards the event. It's going to be a great weekend for everyone who attends, coaching tips, orienteering, physiotherapy, nutrition and lots of FUN! Entry forms are available from 01535 669100.

As for the Non-Championship Under 10 series, it has been a breath of fresh air, with an average of 20 keen young pups dashing their way round their own special courses. Obviously sometimes these courses may not take in any fell terrain, but the organisers have to abide by given guidelines, and this so far hasn't detracted from the competition and enthusiasm displayed by these potential junior champions of the future.

The FRA, always being supportive of the juniors, have introduced a new special award to all junior athletes who compete in all 6 of the English Junior Championship Races, this will be a unique shoe bag with the FRA motif on and 'The English Junior Championship - 6 out of 6 Competitor' in gold lettering. This doesn't affect the T-Shirt to all who finish 4 out of 6 races, the shoe bag is an extra bonus if you can get it.

We believe the Intermediate championship was a little misleading in its title, hence you will see it is now referred to as the Under 20 (Intermediate) championship. Before the wording 'Intermediate' didn't tell you the age group, so several athletes who were eligible weren't aware it applied to them, with it now being "Under 20 as of 1st Jan" we hope this clarifies the situation. The championship trophies will be altered to the appropriate wording.

By now the England boys' and girls' teams for the International Marco Germanetto Memorial Race in Susa, Italy will have been picked, we wish them all success and remember to wear your vest and wave the England flag with pride. Any feedback on the trials race, 5th June at Ilkley would be most welcome, good or bad.

It's not often that the magazine Athletics Weekly gives coverage to junior fell runners, Blue Haywood had her photo in last year after winning the National X-Country title but recently Dionne Allen was photographed bringing Leigh Harriers U15 girls' team into the lead on the final stage of the AAA's Young Athletes National Road Relays, which took part in Sutton Park, Birmingham on 3rd April. Not only did Dionne collect a medal for clocking the fastest time on the day, 13-56, but she helped Leigh Harriers claim one of the club's biggest ever achievements by shocking Aldershot Farnham and District into the runner up spot. Here's a wonderful quote from AW, "Cue Dionne Allen, the Home Nations' under 16 fell running champion, who quickly closed down on team

Southampton's last leg runner, and produced the fastest leg of the race with 13-56 to guide Leigh to what is believed to be their first national team title." Also getting a mention was Blue Haywood third fastest leg runner, 14-09, in the U15 girls, while Amy McGivern for Holmfirth ran second fastest in the U13 girls, how long will it be before AW carries a front cover shot of fell running? (Although they have had Karrie Hawitt as a cover girl.)

**Please give us some of your ideas** on the design and motif of the extra special t-shirts which are on offer in the under 10 non-championship series, remember to win one you just have to finish 4 out of the 6 races, see t-shirt competition advert in your junior section; note extra prizes have been added, so don't delay.

**Don't forget the inaugural FRA Junior Relay Championships** on 25th September, at Sedbergh, hosted by Helm Hill Runners at 12 noon. A team comprises of one U12, one U14 and one U16 runner, ages as at 1st January 2005. There is also a U10 race at 11-30am and over 16 race at 1-45pm, details from Alan Westworth 01539 728134. Email: Alanhelmhill@msn.com

**Spooky Do.** you've seen the advert, tickets are being sold already, £6 each, made payable to the FRA, it's going to be a frighteningly fantastic 2005 prize presentation at the horribly haunted Rendezvous Hotel, Skipton, West Yorkshire. Start getting your fancy dress ready, especially mums and dads, lots more prizes this year. Contact: 01535 669100.

**Junior Information Sheet** our thanks to "Up & Running" for generously providing all the paper which enabled us to provide this much appreciated service for the junior runners.

Remember the Woodentops motto, "If it's no fun, it's no good".

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Who says fell runners are slow? You only have to look at the County Track and Field Championships held in May to see how much versatility this next generation of fell runners really has.

**For Yorkshire**, Mark Buckingham, Holmfirth, 2nd Senior 800m; Jake Harman, Leeds City, U17 winner 800m & 1500m; Jon Hare, Halifax, U17 winner 3000m; Thomas Crowley, Bingley, U15 winner 1500m and, for the girls, Rosie Edwards, Halifax, U20 winner 3000m; Alex Wheatman, Scarborough, U15 winner, 800m.

**For Lancashire**, Thomas Cornthwaite, Blackburn, 2nd Senior, 5000m; Paul Wadsworth, Rossendale, U17 winner, 1500m S.C. and, for the girls, Laura Livesey, Chorley AC, U20 winner, 1500m & 2nd 800m; Danielle Walker, Burnley, U17 winner, 3000m & 3rd 800m.

**For Nottinghamshire**, Blue Haywood, Lincoln Wellington, U15 winner, 1500m.

**For Derbyshire**, Polly Veazey - French, Matlock, 3rd Senior, 3000m.

**For North Eastern Counties**, Claire Baudouin, Gateshead, U17 winner, 3000m.

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Remember the Junior Relay Championship

## BEST EVER - DESPITE THE WEATHER 30TH APRIL - 1ST MAY

**E**ven the wet weather couldn't put a dampener on the Spring FRA training weekend on the lofty 1000ft heights of Penistone Hill near Haworth in West Yorkshire. This year saw a much wider range of athletes attending, not just in ages, which ranged from 10 to 18 years, but also in abilities, from novice fell runners to champions already.

Geographically it has grown with the weekend's appeal, attracting runners from Cheshire, Derbyshire, Wales (both North and South), the North East, Lincolnshire, and of course the heartlands of fell running, the Lake District, Lancashire and the whole of Yorkshire.

The course began at 10 a.m. on a very wet Saturday, with lots of kit laden boys and girls looking a little unsure and very nervous at what might be in store as their parents left them, whilst the dozen or so runners who had attended last year quickly made themselves at home. Once billeted in their respective dorms, the 25 girls on the first floor, whilst the much noisier and boisterous 36 boys took up the ground floor, it was time to get down to why they had volunteered to be put through their paces, first by international orienteer and coach Shirley Wood. This approach gets

them working together, with unfamiliar people in team exercises on the moor, after very basic tuition they were split into groups of five, and then a two course team challenge race was run, where two are running at any time, but the emphasis is on team work, and helping each other to locate the kites in what was poor visibility.

Finally a simple "swinging clock" paired orienteering relay was completed with Jon Sharp & Elliot Dawson just managing to tag the finish marshal, who had mischievously climbed a hillock, ahead of team Rory Addison & Sam Tosh. A bedraggled looking bunch proceeded to warm down under Mike Hancock's expert supervision, before hitting the showers and then the buffet lunch to replenish their energy supplies.

Fully recharged, the afternoon saw a quiz to find out how much they knew about injuries and then Physiotherapist Zoe Wilson, took them through the answers and gave practical advice on how to stay healthy and what P.R.I.C.E. stands for. Most knowledgeable in the quiz were Holly Page and Sam Morphet. The other group were with Director of Sport Camps, Will Smith and speed coach Loz Hellawell

giving lectures and practical advice on their specialist subjects. Always trying to spring a surprise, World Mountain 4th placer and fresh from the London Marathon where he did 2 hrs 18 mins, Andi Jones turned up to take a select group on to the Bronte Moorland, where he demonstrated to them his training techniques, and offered advice.

The quarry area was the next venue, not for running this time, but for Wayne Mahomet, Tom Buck, Sam Wray and James Lovatt to demonstrate their unique cycling skills in a trials bike display over the ups and downs, rocks and crevices and finally crags of the country park. Bearing in mind the wet rock this display had everyone clapping and cheering, as they rock hopped around and then especially when Wayne and then James bunny hopped and then dropped 10ft off the edge of a crag to ride away unscathed, gasps could be heard all round - and we thought fell runners were mad. This wasn't the end because then they allowed anyone to ride their thousands of pounds worth of machinery but no big jumps were attempted, they also signed an Aire Valley cycle shirt and three caps which later that evening went into a prize draw. Scarborough's Jon Sharp was the lucky shirt winner, while Henry



Serious (and muddy) stuff at the Training Weekend (Photo David Till)

Remember the Junior Relay Championship

Fulton, Adam Peers and Danielle Allen wore the caps for the rest of the weekend. All this merchandise also had the signature of Chris Akrigg, the five times British trials cycle champion.

The yummy evening meal supplied by Westfield Lodge saw 45 choose Homemade Meat & Potato pie, 21 Chicken Curry & rice and 14 Vegetable Lasagne with seconds being served to this ravenous horde of juniors and staff, not forgetting you had to leave space for the strawberry and vanilla ice cream dessert.

In the evening down time a football match ensued on the waterlogged and muddy field, where a surprise egg throwing competition also took place with that lucky pairing of Sharp & Dawson again taking the honours from Amy Bridgeman & Thomas Sessford. There were plenty of good and bad catches displayed, with several runners having egg on their faces and hands afterwards, with a special mention to Ben Lindsay who headed one. Retiring indoors saw games, quizzes, bingo and general chat before as Zebedee says "TIME FOR BED".

After even more rain through the night the pre-breakfast run was delayed, although poor Tom Doyle and others had a practical joke played on them, when at 3 a.m. some of the lads changed their watches and persuaded them it was morning, and run time. The howls of laughter reverberated as they fell hook, line and sinker for the joke.

Consequently, after a light breakfast, one group ran to the famous Bronte Waterfalls & Bridge and used the hills there, whilst Mike Hancock did skills, race walking, uphill & downhill techniques in the quarry area and it was down to the athletes'

choice which they felt they would benefit from most.

A quick refuelling saw guest speaker Chris Cariss giving some insight into how he overcame his various health problems and what motivates him to become one of the best marathon runners in the country; he also offered his knowledge to any of the youngsters, and freely gave his contact number. Being associated with the John Taylor Foundation, he described how this foundation could benefit them to attain their goals and ambitions.

With the weather improving it was skills and drills on the grass with Pete Shields and Loz Hellawell before the buffet lunch was tackled. Tired and well fed, it was then Olympian Sarah Rowell's opportunity to discuss the importance of nutrition and diet. Her opening statement was, "How many of you brought a drinks bottle and snack bar - like you were instructed to do?" hands shot up. The next question, "Why should you never drink from anyone else's bottle?" Answers came, "In case they had something in that was bad for you." "They might have a cold and pass germs on." Then the prize one, "Someone may have weed in it." Even Sarah was astounded, along with the other 80 in the room, but not Henry and, as Sarah pointed out afterwards, someone could have weed in their bottle but it's mainly because you don't know what they might have in theirs. This talk was very informative and as Sarah pointed out, there is no bad diet, everything is OK in moderation, in fact her 10 favourite food items are; pasta, cheese, figs, bananas, bacon, scones, flapjack, bagels, chocolate & broccoli, which got a unanimous, YUK, although unbeknown to

them, the most popular quiche had been broccoli and tomato, - they'd eaten 10 large quiches of this variety.

With mums and dads arriving, it was time for the relay, a real atmosphere was there as the 800 metre grassy course was all viewable and only yards from the superb venue of Westfield Lodge. Grumbles were voiced regarding team selection but selection had already been made the night before by staff, the only concession was they could change the running order. One last twist was the introduction of the relay baton - an egg, which made the event even more enjoyable. Jon Sharp kept his winning streak alive, as he, together with Emily Kerr, Sam Tosh, Tom Addison and finally anchor woman Amy Bridgeman, brought team H home first. Adam Peers set the boys' fastest leg time at 2-01 and Alex Wheatman for the girls, 2-11, all this excitement seen under glorious sunshine, the first of the weekend.

Showered, packed, fed and then room cleaning led to the prize giving in the main barn, where family and friends watched as "I Survived" rainbow coloured certificates were presented, along with, what else, but EASTER EGGS!

Farewells were being said, and then it happened, one of the sweetest girls you could ever hope to meet, took courage in both hands and "egged" Junior Co-ordinator, Dave "The Voice" Woodhead, then promptly skedaddled home with mum.

Revenge is a dish best served cold Fiona, watch out!!

## RELAY RESULTS

		LEG 1	LEG 2	LEG 3	LEG 4	LEG 5	
1	H	JON SHARP 2-09	EMILY KERR 2-53	SAM TOSH 2-19	TOM ADDISON 2-14	AMY BRIDGEMAN 2-28	12-03
2	G	PHILIP BOLTON 2-16	JOS ADDISON 2-37	ANTHONY SHEPHERD 2-20	BRITTANY DAWSON 2-46	ALEX WHEATMAN 2-11	12-10
3	J	THOMAS CROWLEY 2-25	BROOKE VANHINSBERGH 2-44	BEN MORPHET 2-06	HOLLY PAGE 2-32	DIONNE ALLEN 2-35	12-24
4	L	JAMES KRAFT 2-21	ROSIE HELLAWELL 2-50	LOZ HELLAWELL 2-15	TOM DOYLE 2-35	KAREN NASH 2-36	12-37
5	C	JENNY DYBECK 2-53	RACHEL SEARSON 2-32	BEN PAGE 2-39	HARRY LIUBA-CARMICHAEL 2-33	ALIDAIR RUSSELL 2-07	12-45
6	D	JOHN JARDINE 2-28	MELANIE MORPHET 2-29	NIALL TILL 2-36	MATTHEW OTWAY 2-34	DANNI ALLEN 2-55	13-02
7	E	SAM MORPHET 2-51	RACHEL ROBINSON 2-35	RICHARD SHUTTLEWORTH 2-33	OLIVER WATSON 2-51	CARL ANDREW 2-16	13-04
8	B	GINA PALETTA 2-37	HENRY FULTON 2-35	POPPY LIUBA-CARMICHAEL 3-03	FIONA JORDAN 2-49	ADAM PEERS 2-01	13-05
9	A	MATTHEW NASH 2-43	THOMAS HAYNES 2-52	CLAIRE BAUDOIN 2-47	ALISTAIR BROWNLEE 2-06	MEGAN SEARSON 2-42	13-10
10	F	RYAN GOULD 2-27	ALEXANDRA FERRIS 3-16	RORY ADDISON 2-33	LIAM HORSFALL 2-33	ALICE FULTON 2-24	13-13
11	K	ANDREW HARRISON 2-40	DAVID WILSON 3-12	IAN SMITH 2-38	SOPHIE VARLEY 2-35	TOM SESSFORD 2-24	13-29

Remember the Junior Relay Championship

# FRA Junior Training Weekend PARTICIPANTS' OPINIONS

I went to the last weekend and enjoyed it a lot, so I expected this one to be just as good. Whereas Megan hadn't been before, so didn't really know what to expect but from what I had told her she was really looking forward to it!

The food there was very good at tea time. But in the morning I expected cereal bars as well as Soreen bars. Megan is very picky but said the food at tea time was good but didn't really eat much at lunch and breakfast, apart from bread and butter.

The beds were a bit uncomfortable but that was because of the blue plastic bags which were needed. The rooms were big which was great and there were even lockers to put valuables in the lockers.

The things I liked most of all were playing the egg catching game and finally getting to sleep at night. But what I disliked was forgetting my running pants, so I had to wear shorts or Megan's spare ones, especially in the rain and cold.

If I had the option of going again I would certainly go again. The thing which tempted me was Dave giving me a hint about what might be happening next time!

I think Eileen was very kind and caring; she just wants everyone to have a good time. She let us get up in the middle of the night to have some toast and then when we came back she wasn't bothered!

I think that there should be a wider food variety at breakfast and lunch and also we should do more little games in the evening, not just guess the faces!

Rachel Searson, Blackburn.

Hi,

I am 17 and I thought that the FRA junior training weekend was very good. I liked the fact that all ages were included. For example there were short easy sessions for some of the younger children but there were also opportunities for the older people to train properly. I enjoyed going on the run on the moor with Andi Jones and having the chance to run with someone of such a high quality.

I also thought that the lectures from the two experienced athletes, especially Chris Carris, were very good and I found them very helpful for my training.

The orienteering was also very good and I enjoyed getting the chance to socialise, whilst getting the chance to train at the same time. I think that the young people in my group also really enjoyed themselves.

Thanks,

Alasdair Russell, Kendal

Wet, windy and in Yorkshire. What could be in store?

I didn't have time to think of that thought or the weather again. There was orienteering, which some groups appeared to find much easier than mine did. Could it have been a problem with left or right? Talks to help us with our fitness and diet and the meaning of being in a team, which one group took to heart as they wanted an early morning run ..... 3,30 a.m. Remember the points! (Brittany)

In the afternoon, I managed to tag along with a group who went out for a run with Andi Jones. What an experience that was!!

But I very much doubt that anyone will be forgetting the pillow fights in a hurry, especially Grant (who I know will not let us forget the knockout of Tom Doyle).

Above are just a few events but there was loads of fun, mud, new friendships made, and most importantly knowledge and advice to help our running given.

Thanks to all the team for making it such a sound weekend.

A question that I wonder about is: - How many Easter eggs can you fit into a white camper van?

Cheers,

Phil Bolton, Rossendale

Hi Dave,

Mud, glorious mud!

There was mud by the bucket load at the fra junior fell running weekend at Oxenhope.

Around 60 of us went to the weekend, organized by Dave and Eileen Woodhead; it chucked it down with rain a lot of the time and everyone got caked in mud but it was a great weekend and we all learnt a lot.

There were expert coaches there who put us through our paces with speed training, orienteering, hills and longer runs, with a relay race at the end (just to finish us off!) – all of the training was really hard.

There were guest speakers who told us about things like injuries (Physio), lifestyle (fitting it all in!), nutrition, and motivation.

There was loads of good food, which very quickly disappeared!

It was great staying in the bunkhouse, far too much fun to sleep, so everyone was relieved when the Sunday morning run got delayed through yet more rain!

Altogether it was a fantastic weekend and I would like to say a big thank you to everyone who gave their time and effort to make it happen.

Thanks again and see you on 22nd .

Rachel Robinson, Scunthorpe

Remember the Junior Relay Championship

# JUNIOR INTERNATIONAL UPDATE

## from Steve Fletcher

The fell season is now well under way and the fine form shown by many young fell runners in both cross country and road races has been carried over to some very impressive performances in the hills and mountains. The early part of the season has also seen attendance at junior races continuing to increase as runners from other branches of the sport realise that fell and mountain running offers endurance runners a challenging alternative to track racing during the summer. Consequently, the competition for international places looks set to be intense and I'm looking forward to England having a successful international season.

Selection policy can be found in the FRA handbook or in the various copies of 'International Junior Fell & Mountain Running Update' these can be found either at [www.fellrunner.org.uk](http://www.fellrunner.org.uk) or [www.felljunior.org.uk](http://www.felljunior.org.uk). However, it should be noted that for all races some places are left to the discretion of the selectors. Athletes wishing to be considered for discretionary places must register their interest with the team manager, Steve Fletcher.

If you'd like to discuss any aspect of the junior international programme or to receive the regular 'International Junior Fell & Mountain Running Update' please don't hesitate to get in touch either by phone (017687 79362) or email [steve.j.fletcher@btinternet.com](mailto:steve.j.fletcher@btinternet.com).

### MARCO GERMANETTO MEMORIAL RACE

The Marco Germanetto Memorial race has replaced the Black Forest Teenager Games in the junior international calendar. The race takes place on Sunday June 26th at Susa in Italy and is organised by the same team that look after the senior races at Susa. Details can be found at <http://www.atleticasusa.it>. We're taking a group of twelve runners this year, six boys and six girls, who'll compete as England A and England B. The team will be managed by me and Pauline Stuart. Last year Italy, Germany, Austria and Slovenia sent teams. With the cancellation of the Black Forest Teenager Games it's likely that these nations will be joined by England, Scotland and Wales at this year's race. By the time you read this the squad will have been picked as the trials race was held over Ilkley Moor on Sunday June 5th (many thanks to Paul and Shirley Wood, and Ilkley Harriers for organising the race, and congratulations to all those who've been selected).

### OPEN BRITISH & IRISH CHAMPIONSHIPS AND HOME INTERNATIONALS

The venue of the JHI and Open British & Irish Junior Championships has been changed. They will now be held on the lower slopes of Slieve Foy overlooking the village of Carlingford, north of Dundalk (GR J185115, OS map 36). The preliminary timetable is:

10:30 U14 B&G – course 1  
10:50 U16 G – course 2 and U16 B – course 3  
11:30 U18 G – course 3 and U18 B – course 4

The courses are:

Course 1 2.5km and 250m of climb  
Course 2 4.0km and 350m of climb  
Course 3 5.0km and 400m of climb  
Course 4 6.0km and 500m of climb

Don't forget that these races are OPEN and benefit from official UKA Championship status with UKA medals being awarded. In other words, you don't need to be selected to run for England if you want to have a crack at becoming a British & Irish Champion. We're planning to take a coach over this year to enable as many of you as possible to compete and we'll be officially inviting the first two in the boys' and the girls' U14 English Championships to join the England party. As part of our development policy we'll also be taking a travelling reserve for each JHI race. However, neither the U14s nor the reserves will be representing England in the races.

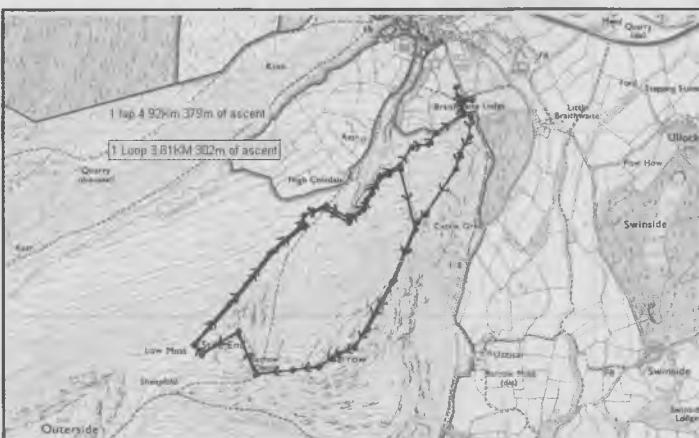
### THE WORLD TROPHY

The Trials races will be held on Sunday July 31st at Braithwaite, near Keswick. The races will start from Braithwaite Lodge (GR NY233231). Parking, toilets and limited changing facilities will be available at the start. The Junior Women's race commences at 13:30 and will involve a single lap of 4.92km with 379m of climb. Although the Junior Men's race is effectively two laps of the same course as the Junior Women it is 8.73km in length with 681m of climb. The Junior Men's race commences at 14:00. The courses closely replicate those in New Zealand in terms of distance and profile, however, they are not as windy or wooded as the World Trophy courses (take a look at <http://www.mountainrunning.org.nz/worldtrophy.html>).

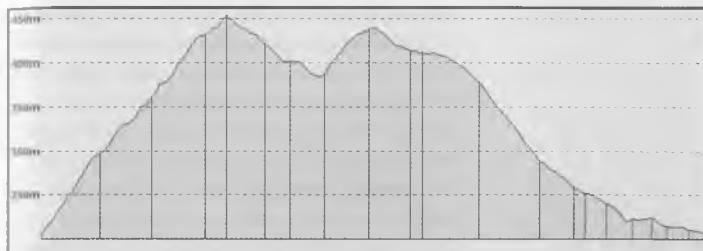
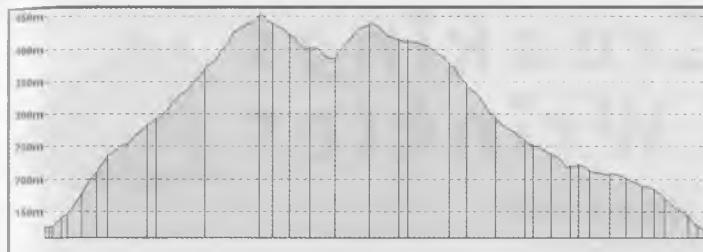
The World Trophy races are on Sunday September 25th. As a guide the team is likely to be away from Sunday September 18th to Tuesday September 27th.

The International Committee is working to minimise the athletes' contributions towards the cost of the trip to New Zealand. At present, thanks to the generosity of various governing bodies, the junior athlete contribution is likely to be somewhere in the region of £300/£350. However, the John Taylor Foundation has indicated that it will give favourable consideration to applications from individual athletes for assistance in meeting the athlete contribution. Consequently we believe that the total cost to athletes will be significantly less than £300.

### WORLD TROPHY TRIAL RACE – ROUTE & PROFILES



**Remember the Junior Relay Championship**



## INTERNATIONAL TRAINING CAMP

The training camp for current and prospective internationals will be held at Coniston Coppermines YHA from 10:00 Thursday August 25th to 10:00 Saturday August 27th (it will also be possible to make a week-end of it and stay either for the Arnison Crag Horsehoe on the Saturday or Grasmere Sports on the Sunday – Grasmere Sports is a great day with traditional straight up and down guides race and mountain bike races as well).

Activities will include:

- 30 mins one-on-one with the England Team physio (Denise Park) (this will be a good chance for athletes selected for the World Trophy to get to meet Denise and for everyone to have their range of movement assessed, discuss remedial/injury prevention strategies and current problems),
- Practical workshops (not too much lecturing but plenty of activities and q&a so we can focus on what affects and concerns the athletes) on applied nutrition for performance athletes (not X% of this and Yg of that but what to eat and drink when), the female athlete, planning, objective setting and long term development, and reflective performance analysis (how to link thinking about issues and problems to training and competition strategies),
- Mountain bike training for mountain runners,
- Navigation, hill-craft and orienteering (if the terrain allows it we might even have a mtb orienteering event).
- Training sessions in the fells.

The timetable will be structured to ensure that athletes and their coaches can incorporate the camp in their training schedules, and where appropriate enable athletes to train twice a day.

Coniston Coppermines YHA can accommodate eighteen athletes and eight helpers (it is hoped that some coaches and current senior internationals will also attend).

# COMPETITION

Come on, we need your help to Design

We need a logo for the new U10 race series.

It's not a Championship,  
so don't include that in the design,  
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The T-shirt will be awarded to all U10s  
who finish 4 out of the 6 races.



the new  
U10 Series  
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Designs to the Woodheads by the last race (Crowden, 3rd Sep): Dave & Eileen Woodhead, 166 Hainworth Wood Rd., Keighley, BD21 5DF

Remember the Junior Relay Championship



# Coaches' Croakings Skills and Wrinkles



from Mike Hancock

**H**ello again young athletes. This is all about SKILLS and WRINKLES. I have a few of the former and lots of the latter. Let's start with SKILLS.

When 'I were a lad' in the Cotswold Hills during and after World War Two we had plenty of steep wooded and grassy slopes about 300 feet high - but no falls. We'd never heard of them, nor fell running. The world ended at Birmingham to the north. (The Cotswolds is where there's lots of R's in the alphabet, ooh-arrgh like). However, I reckon we would have been quite good young fell runners. Our little hills taught us plenty of skills and techniques such as uphill/downhill methods, mental toughness and nerve, or just plain 'bottle'. Here's a few ways as to how ..... (forgive an oldie for reminiscing).

- 1) We had unofficial downhill races starting with obligatory forward rolls and somersaults on a fine-graded loose scree slope which led into a wood where we zigzagged in and out of huge beech trees and hurdled huge piles of dead leaves. If lucky we managed to stop before the barbed wire and ditch at the bottom. One 'star' once managed to clear the wire and drop into the ditch straight on top of a local farmer who was lying in wait for us to trespass on to his orchard for a 'scrumping' session. He got away with a broken leg - the farmer, that is.
- 2) There was another 'downhill run' inside a large oil-drum where the objective was to roll down the slope and hit a haystack at the bottom to make us stop, whereupon three or four stunned occupants would roll out - usually alive.

In both 1) and 2) there was always a power walk or power push (2) back to the top for a repeat performance. A winter variation was a night-time toboggan run down some of these inclines - wealthier participants had torches, the rest of us just hope. The summertime application of these skills was the annual cheese-rolling event at Cranham (near Stroud/Glouster) where a lunatic steep descent is made in pursuit of a large round cheese. Most

loonies ended up arse-over head so we little specialist hill descenders did quite well. (More Cotswold skills and adventures on another occasion). What does all this tell you about my generation - apart from many being 'certified'? Remember, by way of an excuse, we were the kids who used to look under our beds to see if Hitler or a Nazi was there. We had to suffer the 'black-out', so wandering round in the pitch-black was normal. Lastly we lived on a ration of about two sweets a week and I never saw a banana until I was 10. Above all, no one had cars so we walked or ran everywhere, like twelve miles to the swimming pool and back. Well it tells you that we acquired SKILLS for the HILLS. How can you acquire them and what skills do you need specifically? Put simply there are four basic fell skills for you to master as a junior. Do you practice any or all of them?

They are:-

- 1) Running uphill - the long climb.
- 2) Power walking on steep climbs. Really important this as youngsters may do a lot of it so it's best to be good at it and know when to do it instead of wasting energy by trying to run all the way.
- 3) Fast downhill running on gradual slopes.

Steep downhill running. Critical this. If your head gets further forward than your feet then you are in trouble or in hospital.

Remember, you can normally gain a lot more ground downhill than you ever will uphill. You only need relatively short distances of the various types of gradient to practice your technique and ideally someone to coach/advise and watch over your safety (funny how we never thought of that as kids all those years ago). Long uphill and downhill stretches are best left for races or until you are older. They are bad news for young legs, shins, quads, calves, achilles ..... In fact, everything. 'Bottle' is something you may or may not possess naturally and is hard to teach. Improving it does not necessarily involve running ..... witness some of the Cotswold skills. I am only recommending that you

acquire a little more boldness or madness and emphatically reject games of 'chicken' on the road or railway. Start with little feats of 'bravery' and build up. One of the youngest members of my group used to get really upset if she got out of sight of other athletes when on the weekly long hill run. She has now built up to solo climbs and descents on the mountain when conditions are clear and good. Another with a similar 'nervous' problem is partially sighted and she can now make a solo ascent, albeit with an understandably slow descent. The confidence both have gained is immense. The next stage is 'heather bouncing' downhill on steep slopes ..... you have to try really hard to hurt yourself.

On the recent FRA Junior weekend near Howarth it was interesting to note that some said that they did not rehearse the four basic skills or only some of them. Many knew about power walking but employed incorrect technique. They were using their arms and hands incorrectly with the result that they were pushing the lead leg down when it wanted to rise. For this technique you really do need a skilled observer. Other athletes owned up to never having attempted drills—sprint drills at that. If you are not co-ordinated with 'fast feet' then you will never be able to put your feet where you want them to go. So what chance have you got on a fast descent? Finally not many youngsters are consistent with regard to stretching - some regard it as just for elastic bands. Be warned, those who still cannot find their feet will be the ones who sooner or later will have hamstring, calf or other problems.

Well, so much for skills for the present. What about the WRINKLES? I'm counting mine in case someone asks. However, the ones you want are those constituting useful tips for racing/training.

- 1) Get used to running in various types of shoe. Many youngsters assume they only need fell shoes for fell races, when in fact a flat shoe or a trail shoe might be better. Get an experienced runner to advise you on the day of a race. As you get older you will come to own more than one

or two pairs of shoes. I know young ones grow out of their shoes and they are expensive but your shoes are the most important piece of kit by far. Posh athletic gear is for 'posers' and can come later and you do not need protective gear for bad weather in many junior races. However, older ones (16+) should rehearse running with a bum bag with full body cover in it as one day soon you will need it. Inappropriate shoes and lack of knowledge resulted in lovely scars and 'ops' on my achilles and probably partly explain my two hip replacements. Be warned! - and yes, I'm bionic.

2) Use a bit of cunning on race days. As you get a bit older do you really need to walk all the way round the course in the hour or so before your race like the 'sheep' do a cross-country event? (Usually too busy socialising to take in the important technical bits of knowledge/advice). Why not have a good look at the main downhill section where technique and nerve are all-important? It is usually located near the end of a race

so you do not have to walk too far.

- 3) Following on from the previous point think about running one or two less important races 'blind' as I call it. That means just run the race without a 'recce' or walking part of the course (that does not mean don't warm up properly). It teaches you to improvise and adapt quickly. You have to concentrate. After all, as a senior you will not be able to 'recce' all the medium and long races for sheer lack of time and money. I've never forgotten the looks of horror on the face of one of my young lady athletes as she somersaulted or belly-flopped down steep banks on both Latrigg and West Nab, having been banned by her heartless coach from any prior knowledge of the courses. (Luckily her Mum and Dad don't usually attend many races).
- 4) Having said all that, there is a serious case for a 'recce' and training on the course if there is a really important championship or trial coming up. It can be well worth travelling quite a long way just to familiarise yourself with the peculiarities of the terrain.

There could be a problem if the race is in Alaska or New Zealand but then it is usually possible to find something sort of similar at home if you get hold of race details and profiles. The first World Trophy I went to was in Italy to follow a young athlete (15 then) and the course had a remarkable series of little hills which were crossed outward and on the return. It was like a roller coaster ride. By sheer coincidence virtually on that athlete's back doorstep was a grassy amphitheatre with banks around it with exactly the same-sized ups and downs in quick succession and she had run weekly over them. So the race was no surprise - in fact very successful. In truth, however, we 'fluked' it because on that occasion we had no prior knowledge of the course. It just coincided with the training, but it taught us to prepare better.

That's enough croaking for now so good luck in your races and remember to try out a few new skills and wrinkles. I'll be listening and watching.

### Remember the Junior Relay Championship

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& wonderful hosts"  
Matthew & Selina,  
August 2004



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# "Sun to Sun" - May 2005

from Barry Johnson

I like to celebrate major birthdays (and some minor ones) with long mountain runs. So far the list includes the Bob Graham Round; the Lakeland 2500s; the Lakes, Meres and Waters; the Five Sisters of Kintail/South Glen Shiel Ridge round; the Skye Crossing (Flodigarry – Elgol), 55 at 55 and the Joss Naylor Challenge. Inevitably the runs are getting shorter as I get older, but something special seemed called for this year, my 65th.

When I was 60 I had enjoyed Joss's Joss Naylor Challenge which goes roughly diagonally from the north-east to the south-west of the Lakes and is a varied and demanding course through the rugged central fells. Joss had guided me through the Dunmail to Wasdale section in 2000. This was in my mind when in 2004 my friend and running companion Dave Clarkson and I started to discuss a run to celebrate jointly his 50th and my 65th birthdays. We have been running together now for over a decade and know that we enjoy similar challenges. Dave has completed the Bob Graham Round and we did the Everest Marathon and the Skye Crossing together. In March this year we both competed in the Cape Argus Bike Race in South Africa. We definitely wanted the run to be in the Lakes and finally came up with a route which takes the opposite diagonal to Joss's, in our case from the north-west to the south-east.

The "Sun to Sun" run starts and finishes at a pub – the Sun Inn at Bassenthwaite to the Sun Inn at Coniston. The name has a second connotation in that we decided to choose a date when it would be possible and comfortable to do the run between the hours of sunrise and sunset.

We started at sunrise on a wonderful clear crisp May morning, two days after Dave's birthday and a couple of months before mine, from outside the Sun Inn, Bassenthwaite. With the sound of the church clock chiming, twenty-five metres of tarmac saw us onto dew-laden fields and the gentle rise to Dash Falls, then a steady climb to Skiddaw. Carrock Fell in the distance and the snaking

River Caldew were lit by the morning sun as we started our first descent over Carl Side to Dodd Wood and more wet fields to Braithwaite. We had a big support team on this section, Chris and Danny from the M-Sport Ford World Rally HQ, and Tim Grisdale, Kit Brown and Geoff Ayers. We arrived fifteen minutes up on schedule at Braithwaite where we were met by my wife, Val, and Dave's wife Ursula. Stephen Sharp arrived and joined Dave, Kit and me on the next section.

We jogged out on the riverside footpath to Stair then climbed steeply onto Catbells and along to Maiden Moor and High Spy. We had the fells all to ourselves. We were entertained by conversation about Kit's cycling adventures, Stephen's update on the World Vets Championships and the spec of Dave's birthday present, a new bike. The running was easy and the crack was good. On Dale Head a pleasant surprise awaited us - Grant Edmondson, a partner of mine in the past on numerous long runs and mountain marathons. Dave and I were presented with a bag of rhubarb and custard sweets.

After a welcome tea stop at Honister Dave, Kit and I climbed out onto Grey Knotts and the easy path to Brandreth, then Green Gable and Great Gable and a long descent to Sty Head. Here we met Janet Sutcliffe with tea, chat and encouragement for us and also a very fit-looking Joss Naylor who joined us from this point to the finish. I've run often with Joss and though logic tells

me he is as susceptible to the years as the rest of us, I also know that when he is fit and full of running he is formidable on these rough fells. Oh dear!! We took the Corridor Route to Scafell Pike, where Joss was perturbed by the state of the summit cairn and gave us and passing walkers a masterclass in dry-stone walling!

The conditions were brilliant, warm but with a cool breeze. We could see Skiddaw in the distance behind us and Coniston Old Man in the distance ahead. There was no need for Dave or me to navigate – we had a master navigator in charge now. We ate, drank, walked, ran and yarnted. Great End, Esk Pike, Bow Fell and Crinkle Crags came and went. We made a brief diversion round the Bad Step, had a comfortable run down to Red Tarn and then to Three Shires Stone where refreshment and a change of clothes prepared us for the final stage.

Kit left us here and we were sorry to lose his companionship but Joss carried on with us up Little Carrs. The sun was still bright but the shadows were lengthening as we crossed Swirl How and embarked on the long wide ridge to Brim Fell. Weary of knee but light of heart, we crested the final summit, Coniston Old Man. A lovely curving, grassy descent led us to the Walna Scar road where a welcoming party of friends waited to encourage us on our last short steep run down the tarmac to Coniston. A couple of welcome pints rounded off a stunning day out.

The route is approximately 42 miles in length and has about 16,500 feet of ascent. There is no more than a mile or so of tarmac. There is lots of route choice, some big climbs and a mix of rough terrain and fast grassy running. Dave and I completed the run in just under fourteen and a half hours, half an hour faster than we expected. We had perfect weather and plentiful willing support, for which we were both very grateful.



Barry on the Corridor Route

# ACCESS & ENVIRONMENT FROM CHRIS KNOX

Firstly, a big big thank you to all those who helped on the Spring Safety and Navigation course at Kettlewell and what brilliant hostels the YHA have. I'm already looking forward to the Autumn course at Elterwater. It also seemed a really good way of celebrating April 4th. What's so special about April 4th??

It's only the FRA's 35th birthday! Hippo birdie two ewes.....Anyway, the little bit I helped with was good (nobody fell asleep during my talk) and I now remember what I'd embarrassingly forgotten on a very basic, yet essential, safety point. We all carry a whistle, with our map and compass just in case, but who can remember what the distress call is? Aha! See, I'm not the only one then!

Well just as a reminder;

**International Mountain Distress Signal:- 6 signals (whistle blasts, torch flashes or similar) in rapid succession. Pause for one minute and then repeat until help arrives. Ignore replies.**

It was good to see some of those course participants subsequently racing at Wrekin in the Inter Counties – even better when I just managed to beat them back to the finish!

Publication of the draft Natural Environment and Rural Communities Bill in February this year means that English Nature, the Rural Development Service and the Countryside Agency's Landscape, Access and Recreation division are working together (What? They didn't before??) to protect and enhance our landscapes and wildlife, promote countryside access and recreation. All very worthy but it seems to me that this will generate the same conflicts our hard pushed National Parks have to cope with i.e. protect and enhance v. access and recreation. Which gets the priority, protection or access?

However it won't be until 2007 that the three organisations will be united in a single body with responsibility for enhancing biodiversity and our landscapes and wildlife in rural, urban, coastal and marine areas; promoting access, recreation and public well-being, and contributing to the way natural resources are managed – so they can be enjoyed now and for future generations.

Margaret Beckett, as the then Secretary of State for Environment, Food and Rural Affairs, has announced that the new agency will be called Natural England.

Natural England will have a role in rural, urban and marine environments. Its general purpose will be to ensure that the natural environment is conserved, enhanced and managed for the benefit of present and future generations, thereby contributing to sustainable development.

Natural England will be:

- promoting nature conservation and protecting biodiversity
- conserving and enhancing the English landscape
- securing the provision and improvement of facilities for the study, understanding and enjoyment of nature
- promoting access to the countryside and open spaces and encouraging open-air recreation
- contributing in other ways to social and economic well-being through management of the natural environment

It will have all the powers of the existing bodies including awarding grants, giving advice and information, designating Sites of Special Scientific Interest, National Parks and Areas of Outstanding Natural Beauty, managing National Nature Reserves, and enforcing the associated regulations.

Natural England will work in partnership with the Environment Agency, who will continue to lead on environmental protection and improvement of soil, air and water, and the Forestry Commission, who will continue to lead on sustainable forest management.

Now all of the above is from the press release and web site information and frankly I can't see much change other than

working together, which they should be anyway. It will obviously cost money at the same time as our National Parks have been told to reduce their costs, which leads nicely into the Peak District and the sharp eyes of Tony Vardy who alerted us to the following :-

*Climbers, runners and walkers may have heard rumours about the future ownership of the Peak District National Park's Eastern Moors – which include Froggatt, Curbar, Big Moor, and Birchen.*

*The facts are that the National Park Authority is very properly conducting an internal reappraisal of all its assets. As a multipurpose body it has to ensure none of its purposes (conservation, recreation, economic) is compromised by any future arrangement, but because of financial pressures it has to be prepared to consider innovative approaches to land management.*

*The RSPB has raised the prospect with the Authority of further developing a partnership established through the Peak Birds Project into a leasing arrangement for the Eastern Moors. Separate but similar suggestions are believed to have been made in respect of Burbage, Higgars Tor and Millstone; Stanage North Lees; and possibly Longshaw. No firm proposals have yet been made, so in one sense there is as yet nothing to discuss.*

*Nevertheless, given an increase in recent years in restrictions on climbing (which the BMC has yet to be convinced are ecologically necessary or have had any impact on the size of breeding populations), the BMC has lost no time in registering extreme concern at even the hint of anything which has potentially disastrous consequences – despite some absolute assurances to the contrary – for core climbing areas and the local economy. The BMC has also received assurance that if matters are taken further, any process will be entirely open. This note will be updated as soon as there is more to report.*

Graham Lynch, BMC Access & Conservation Officer 11/3/05

Since this note from Graham, and it may still be just a rumour, the RSPB are apparently trying to control/manage/buy the Eastern Moors as a block outside of the Peak Birds Project. All our National Parks have had to review their ongoing costs in management (government cut backs) so it could well have some foundation. The local BMC group had a meeting on the 14th April in the Devonshire Arms, Pilsley, to which we were invited, where their local volunteer Henry Folkard gave an update on this potential access problem that was top of the agenda next to erosion issues. If you read, hear or see anything that may restrict our access in your area please let me or any of our voluntary committee know.

United Utilities (UU), previously known as North West Water, and Lancashire CC had a meeting with myself and the organisers of the Fiendsdale race to discuss damage recorded on a path after this year's event. It would appear that a combination of a recent big heather burn, over-grazing and sodden ground has led to a larger than normal field of runners increasing the damage to an unsustainable permissive path. The lack of heather allowed runners to break from the expected route taking them closer to a stream that is migrating over the path. We were also being ticked off for holding an event without permission, even though the organisers had sent the usual letter to the normal address. It soon emerged that the person written to is no longer an employee, the offices had been sold off and the letter was not passed to the current recreation team!

Thankfully hard work done in the past by Mike Rose, Selwyn Wright and my predecessor Matt Simms, giving us our agreement of free access over NWW land, was used to explain our responsible attitude to sensitive areas. Only thing was that UU had no idea of its existence. They do now, but because of the CRoW Act, the agreement is going to be reviewed. No surprise there then.

However please, please stay vigilant with your own personal rubbish not being left anywhere and respect the areas through which we run, this will make it much easier for us and our race organisers to maintain some of our most valued access.

# THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

There is nothing new to report since the October 'Fellrunner' but a great deal of interest has been shown in the new age groups for men and women of 55-59 and I await reports with interest. They are all without schedules – well, the only one I have would be daunting, to say the least! In the early days, until after 1993, there were no schedules on offer anyway. I hope to have some reasonable times to file away in due course.

Judging by the volume of enquiries from all the age groups, there will be many in good shape through training to consider boosting British entries in the World Masters in Keswick. Perhaps double celebrations at our Presentation Dinner at Santon Bridge on October 22nd?

Recent correspondence prompts me to print here two of the 'rules of the game' for those wishing to receive a tankard and be included in the Joss Naylor list of successes over this challenge.

- (i) Charity money receipts must be produced for at least £100.
- (ii) A pacer must accompany a contender over every summit. In exceptional circumstances, and with written permission, a known runner of proven experience may be permitted to run unsupported, though checked at intervals and with all summit times recorded en route. There have been only two such in 15 years of the challenge.

Information: SAE to: Monica Shone, Swn y Gwynt, Penmynydd, Llanfairpwll, Ynys Mon. LL61 5BX  
e-mail: mandc@gwyntog.freeserve.co.uk

## The Cestmorland Gazette

### Runners may act as prey



VALE of Lune Harriers led by master Clive Richardson at their final meeting on Wednesday. But there is now a possibility of bloodhounds chasing fell-runners. (D5B031MH-3)

AS THE huntsman's horn sounds for what could be the final time, a north Lancashire hunt is searching for a fearless fell-runner to act as a substitute hare, reports Ruth Lythe.

The Vale of Lune Hunt has been hunting hares with its pack of harriers for 110 years and many of today's hounds are descended from the hunt's original pack.

But all that is set to change today, Friday (February 18) as the Government's ban on hunting most types of mammals with dogs comes into force.

Now the hunt has announced that it is to continue its season, hunting within the letter of the law, with a new quarry – a fell-runner or athlete, who will be pursued by the hunt's pack of resident bloodhounds across the hills and dales.

The hunt gathered for a final meet on Wednesday – the last time that the harriers would ever run with the pack before the ban came into force.

David Welsh, Chairman of the Vale of Lune Harriers, said: "The athlete will try to 'outfox' the bounds by running in streams, over the tops of walls and circling, so the hounds will have to cast for the scent if it is lost. No trail is laid or dragged and the

bloodhounds have such a keen sense of smell that they can follow the scent left by the running shoes."

"We have been in touch with the Lancaster and Morecambe Athletics Club about it, but because we haven't done it before it is going to be a steep learning curve."

The pack of around 20 bloodhounds has been loaned by a friend of the hunt until the end of the season and it may remain with the hunt for years to come.

"No one really knows how long they will stay with us, it depends on the result of the General Election and whether the ban on hunting with dogs will continue," said Mr Welsh.

Sadly, the speedy harriers cannot be used to chase the runner because of fears that they will follow their instinct and go after a hare – leaving the hunt in breach of the law.

Instead they will remain in kennels to be cared for by the Master of the hunt, Clive Richardson.

Chairman of the Lancaster and Morecambe Athletics club Bill Gardner said that being pursued by the hounds could push runners to new limits. "It would certainly raise your pulse a bit," he said.

■ Focus on hunting ban, P6

Shelburne



### Believe it or not ...

..... and this one's SERIOUS!!!

There are still people out there, and some of them athletes of a calibre to know better, who (even on a recent category "A" Championship race) fail to take the specified equipment.

It's dead simple – if you don't follow the FRA equipment rules and you get found out you DESERVE to be disqualified!!!!

"I don't remember the Three Peaks Challenge being this gruelling last year."

Why not try a pleasant, but tough, end of season Fell Race over woodland paths, moors and rough fell around the Hebden Bridge area?

### THE GOOD SHEPHERD CLASSIC FELL RACE

15 MILES 2000 FEET

on

Saturday 24th September 2005 – 10.30am

from

The Good Shepherd Centre,  
Mytholmroyd

Bar and refreshments available

Details as FRA Handbook  
and from Kay Pierce, 2 The Brook, Mytholmroyd HX7 5ED  
with SAE please

# Leventon's Line

An extended version of the original route completed by Yiannis Tridimas and Ray Baines in 18 hours 17 minutes

It was Charlie Leventon's idea to do a challenge along a high ground route between Llangollen and Barmouth, taking in as many summits with trig points as possible that were lying along a straight line. In 1990 he and Rick Robson completed the challenge with the first and last trig points being on Y Foel and Cadair Idris respectively.

Some time ago Rick had given me a detailed schedule of the challenge and a report written by Charlie in 2002. Up to recently I had not found the time to look at the challenge seriously. Two things changed that recently -

1. My clubmate Duncan Elliott had been talking about planning a high level route between Llangollen and Barmouth apparently not aware of Leventon's line.

2. Having reached the age of 60 and preparing to attempt a 60-peak Bob Graham Round I needed to test whether I was up to it.

As my good friend Ray Baines was also planning a BG round the decision was made to have a go together.

A few recceing sessions and consultations resulted in an extended version of Leventon's line. Leventon had descended Cadair Idris along the Pony path but suggested in his report that a high level route could be followed as far as Craig-y-Llyn. Being very familiar with the area from my Meirionnydd round I not only took up his suggestion but extended the route as far as Pen y Garn so as to finish with a trig point. Another addition to the route was the inclusion of Foel Hafod-fynydd, an old favourite of mine, not a spectacular hill but a vantage point for a great view of the Arans.

The date was set as May 2nd, three weeks before Ray's BG and four weeks before mine. Wayne Percival was our driver and helper at road crossings.

Ray and I carried sacks with spare clothes, food and drink. We had decided to go at a steady pace and take our time at the service stops.

We set off from Llangollen early in the morning. I had drawn up a rough schedule of 15 hours and hoped to finish before midnight so as to get home afterwards, have a sleep and go to work in the morning. The weather was quite mild and visibility good. A southerly wind was blowing and we were to run against it most of the way to Barmouth.

We got through the heather around Y Foel without much problem and our spirits were good, enjoying a friendly conversation along the way. We arrived at our first road crossing behind my optimistic schedule but that did not bother me.

The next section over Foel Cwm-Sian Llwyd is the roughest with plenty of heather and other vegetation that makes running difficult. It also has an interminable track which, although fast, goes on forever. It was there that I took a rare tumble and grazed my knee.

At the road stops we enjoyed packet soup with extra salt. We replenished our food and drink supplies and departed with the statutory banana in the hand.

The following section also has plenty of thick heather. As we got to the trig on Foel y Geifr we were met by Alan Duncan, who had come out for a run on the Welsh hills. At that point the sky ahead was getting dark and soon we were in a middle of a horrendous thunderstorm. Rain mixed with hailstone was hitting our faces horizontally with great force. The rumble of thunder and flashes of lightning added to the gloom. We were lightly dressed and began to feel cold.

At our next stop at Bwlch y Groes we put on more clothes and expecting the bad weather to continue we took additional clothes in our sacks. On the way to the Arans the weather improved for a while but it remained changeable for the rest of the way with plenty of rain and quite low cloud from Dovey Forest to the finish.

Cadair Idris was shrouded in mist and was completely deserted in the twilight. The rest of the section was done with head torches. The descent to Mawddach from Pen y Garn through some intricate paths can be difficult if you are not well prepared.

Wayne met us on the way down and ran with us to Barmouth station. Neither of us had suffered any injury and we were satisfied to have completed this challenge successfully. We had met not a single soul on the hills all day although there were some people at the road crossings.

Conclusion: Leventon's line goes over wild and scenic Welsh hills. Despite the comparatively modest total ascent of 12,500 feet it is quite a tough undertaking due to the rough underfoot condition along many sections.

Leventon's Line  
Completed by Yiannis Tridimas and Ray Baines on May 2nd 2005.  
Road support and transport : Wayne Percival  
Statistics : 91.5 km/3800m (57 miles/12,500')

	START: Llangollen Car Park at SJ 215418 at 06:40	Cumulative Distance	Split	Cumulative time
1	Y Foel via Pen-lan and Finger Farm		00:51	00:51
2	Vivod Mountain via track at SJ 181394		00:18	01:09
3	Moel Fferna (No trig pillar)		00:47	01:56
4	Cadair Bronwen via Meml SJ 091366		01:17	03:13
5	Cadair Berwyn		00:22	03:35
6	Moel Sych		00:10	03:45
	Road at Milltir Gerrig SJ 017305; REST	29.2km	00:45	04:30
7	Foel Cwm-Sian Llwyd		00:08	04:38
	Road at SH 946273 via Track at SH 987288	41.0km	00:34	05:12
	REST		01:28	06:40
8	Foel y Geifr		00:05	06:45
	Road at Bwlch y Groes via Valley SH 918246	47.3km	00:15	07:00
	REST		01:00	08:00
9	Foel Hafod-fynydd via valley at SH 884229		00:15	08:15
10	Aran Fawddwy via SH 866231		01:03	09:18
11	Glasgwm		00:39	09:57
	Road at Bwlch Oerddrws via SH 818183 62.4km	91.5km	00:55	10:52
	REST		00:50	11:42
12	Waun-oer		00:11	11:53
	Road at SH 757139	69.1km	00:52	12:45
	REST		00:37	13:22
13	Mynydd Moel		00:13	13:35
14	Penygadair		01:09	14:44
15	Craig-las		00:21	15:05
16	Craig-y-llyn		00:44	15:49
17	Pen y Garn via SH 635111		00:29	16:18
	FINISH: Barmouth Railway Station SH 612158		00:56	17:14

Notes:

*Italic print*: hills with trig pillar

A far more demanding challenge than its statistics imply, due to rough ground. Weather: head wind, mild, dry initially, wet later, severe thunderstorm early afternoon.

# Martin Stone's Long Distance News Summary May 2005

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: Martin Stone, Sleagill Head Farm, Sleagill, Penrith, CA10 3HD, Tel/FAX: 0870 766 1792, Email: martin.stone@sportident.co.uk

There hasn't been a great deal of action on the long distance front this winter. If Cumbria is anything to go by, the weather has been fairly dire at the weekends and certainly not ideal for a very long outing in the hills. However John Fleetwood continues his amazing Winter journeys to far flung mountain regions of the UK.

## JOHN FLEETWOOD – FIRST WINTER ATTEMPT ON THE BROXAP ROUND

John wrote about his terrific adventure of Friday 25th February. "I had a go at a solo unsupported winter version of Jon Broxap's Round (the 24 hour Munros Record), the day after an outing on the Cuillin. I started from Cluanie Inn at 6.06 a.m. in overcast dreary conditions. On leaving the road to take the direct route up Creag a Mhaim, the going immediately became tortuous, with a foot of fresh snow overlying the heather, but it improved higher up where it was windblown. I donned crampons near the top and kept them on until the descent from the Saddle as the windblown slopes were covered in rock hard neve. Unfortunately, it was largely mist covered along the South Glen Shiel ridge with no tracks for most of it. However, at Creag nan Damh the cloud broke up and a beautiful afternoon followed. I front pointed up a gully on Sgurr na Sgine and likewise on a direct line for the summit of the Saddle. The view from there was truly stunning: snowy peaks as far as you could see - it really doesn't get better than that."

I made a meal at the road and loaded up my sack with two days' worth of food, fuel and plenty of winter woolies, so it was pretty heavy. You can imagine that the ensuing ascent of Sgurr Fhuardan was very tough. I went down to the bridge, up by a stream and then up the ridge of Sgurr nan Carnach until I could traverse round the side to the col with Fhuardan. This was pretty tricky in the dark, with slopes of neve, knee deep crusty snow and slabby ground all mixed up. The final slope to Fhuardan was desperate: crusty, one foot deep crusty snow which just about broke on treading on it and no trail. Indeed apart from a few places there was no trail all day. People had been up and down one mountain but hadn't continued along the ridges, presumably because the snow was so trying.

Anyway, I eventually reached the top of Fhuardan and gazed at a quite stupendous view. The full moon lit up the snowy peaks all around, from Torridon to Skye, from Knoydart to the Ben, and East to A Chralaig. I reluctantly descended and at this point I noted that the strap on my crampons was digging in to my leg, presumably from over tightening it. However, I had tied the straps up to prevent them from flapping around and these had frozen in to an impenetrable mass. I just couldn't prise them apart, so I had to press on regardless and this meant that I couldn't walk downhill properly, since I was forced to place my right foot parallel to the slope and use a pole to relieve the weight on my foot. Naturally, this didn't make for fast progress!

Apart from this, the traverse over the remaining Five Sisters was magical in the moonlight, although without a trail, the more

level sections were exceptionally time consuming, with a need to pull each foot out of the snow and then plunge the next one in. It then clouded over and even began to snow on the Brothers ridge. The snow became even more trying, as the brief trail which I had followed from Sgurr nan Ciste Dubh to Saileag stopped at the summit of the latter top and was unremittingly deep. I was forced to seek any rock going to keep out of the worst of the snow and although the downhill was easier, it was far more painful with the crampon strap acting like a saw against my leg. The subsidiary top of the last of the Brothers was desperately exhausting and I realised that I probably wouldn't get to the bothy at Cam Ban before 5 a.m., which was 2-3 hours longer than I had anticipated. With my leg, the prospect of even deeper snow on Carn Eige and little prospect of a trail, I couldn't see how I was going to complete the round, so I decided to retreat to my car at Cluanie.

It was a good decision because I was moving at a snail's pace, partly because of my leg and partly down to sheer tiredness. If the snow had been less crusty and deep things might well have been different, as I reckon that I could then have made it to the bothy at a more reasonable time, grabbed some sleep and then continued in reasonable shape. However, in those conditions it was just too much for me and I'm content with what was a magnificent round of Glen Shiel.

## STEVE BIRKINSHAW & MORGAN DONNELLY – VERY FAST BOB GRAHAM ROUND

On Saturday 21st May, Steve and Morgan completed two of the fastest BG's on record. Should be excellent preparation for their plan to compete together in the Lowe Alpine MM in mid-June. Steve has written a few sentences about the day.

"Morgan and I set off at 6 a.m. working on an 18 hour anti-clockwise schedule. The direction was chosen as I was keen to get the road and rockier section over with early on. The weather was wet to start with but cleared up nicely around midday and was a perfect afternoon. Everything was going to plan until I managed to lose Morgan and the pacers coming down Great Gable. I stopped and went slowly for a while but there was no sign of them so I finished the section to Wasdale by myself. Having had no drink and little food for the previous two hours I was a bit wobbly at Wasdale. I struggled from about half way up Scafell and on any big climbs after that but was running strongly on the flats and the downs. I really suffered on the final climb up Skiddaw so failed to make last orders finishing in a time of 17 hours 9 minutes. Morgan finished 15 minutes later having been catching me up since Wasdale."

## ROB WOODALL – 24 HOUR MARILYNNS CHALLENGE

It was good to see Rob was back in action on 12th – 13th March after being quiet for a year or two! He decided to visit as many Marilyns on foot as possible within a 24 hour period and where possible to link areas together by car. Marilyns are hills with a minimum drop of 150m on each side. He focused the challenge on mid/south Wales, the borders and Worcestershire & Herefordshire. During a 24 hour period he spent nine hours on the hill, climbing 40 Marilyns, covering 36 miles on foot and 4000M of ascent. He was driven 490 miles between the groups of hills and this took 14? hours. The hills Rob crossed started with Raw Head and included Hope Mountain, Allt y Main, Long Mountain, Corndon, Stiperstones, Caer Caradoc, Brown Clee, Titterstone Clee, Shobdon Hill, Worcestershire Beacon, on towards S. Wales and Graig Syfyrrdin, Myndd Machen, Garth Hill and finishing on Cefn Eglwysilan.



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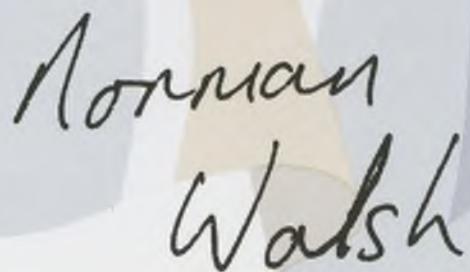
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