

The Fellrunner Magazine

June 2006



*Lois Noble of Cosmic coming off
Catbells at the Anniversary Waltz
(Photo Pete Hartley)*



The Fellrunner Magazine

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At the last FRA Committee Meeting we were informed that FRA Membership now stood at a mighty 6,452 and that no fewer than 1,100 of these members had joined in the last Calendar year.

Why, one might ask, has fell-running become ostensibly so popular? One factor has undoubtedly been Richard Askwith's phenomenally successful book "Feet in the Clouds", which has stimulated a lot of people to give fell-running a try but there are other factors too – judging by some of the remarks on the FRA Forum there are a number of road/track runners who are either switching activities or trying something else as well and there has also been something of a general boom in leisure pursuits involving being healthy in the outdoors. Whatever the reasons, it is good news both for fell-running and the FRA but there are associated problems; it is clear from some of the very, very basic questions being asked on the Forum that many of the people coming into the sport have no mountain background and haven't a clue either about how the sport operates or about the skills they need to keep themselves safe. One of the reasons our sport has the exemplary safety record it does is that most people used to come into it gradually, often from a climbing or hill-walking background and built up the knowledge and skills needed for dealing with things like the Duddon in dreadful weather and there is a risk that the "we'll have a crack at fell-running" mentality could easily lead to all sorts of problems – hence a plea to those newcomers to the sport; you are very welcome indeed to join us in one of the most rewarding pastimes on the planet but please remember that it does carry a lot more potential hazards than other activities and for your own sake and the good of the sport don't jump in at the deep end until you're sure you've got the experience to handle it.

One of the other problems the increase in Membership brings with it is an increase in fields in the more popular races and this was evidenced

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recently at the Anniversary Waltz. Much has appeared about this, on the Forum and elsewhere, and some of the comments were singularly unfair and ill-informed. I was there on the day and Wynne and Steve deserve congratulation for producing an excellently organised, successful and most enjoyable event but there is no doubt that the unexpected number of runners brought difficulties in its wake and this is likely to increase as more people come into the sport. Having a large number of events in the Calendar helps to spread the load but the problems crystallise at Championship races and surely the time has come to put a limit on Championship race numbers (500?) and insist on pre-entry – as the Ben did some time ago. I know this also brings difficulties but what's the alternative? Wait until that lovely, sunny day when 900 runners turn up at a race, a storm sweeps in and organisational chaos and environmental damage ensue – I think not!!

On another tack entirely, a delegation from the Committee recently had a meeting with Dave Moorcroft at UKA headquarters to discuss the FRA's problems and its relationship with UKA. The meeting was both positive and friendly and UKA accepted most of our points and undertook to attempt to resolve them BUT at the time of writing the Committee is trying to sort out the potentially serious problem caused by the unexpected appearance in UKA's Rules of a section on qualifications for race officials, starters and timekeepers. This section is impossible to reconcile with the way fell races operate and, one way or another, something will have to be done about it and organisers can rest assured that a solution will be found by the Committee in a very short space of time. There are further details about this issue elsewhere in the magazine but, yet again, it seems a pity UKA thought it unnecessary to either consult or communicate with us before the Rules appeared in print!!

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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Chairman's Chat

from Alan Barlow

Some of your committee visited UK Athletics in Birmingham and had a full and frank discussion with David Moorcroft and other officials regarding fell running. It was very apparent that they are keen to help us where they can and have recently agreed funding of some £3500 for junior development. This is mainly with a view to supporting juniors who will be eligible to compete for GB at next year's European Championships where there will be junior races for the first time. Sarah Rowell has worked hard on this project and is to be commended.

We all left the meeting feeling that improved relations had been established. Already there are the signs of improved communications with championship fell race reports appearing on their website and an article in this magazine. However it is disappointing that a new rule regarding endurance officials which includes the fells has been introduced against our advice and with little notice to the FRA. We are currently in negotiations with UK Athletics and by the time you read this I hope the matter will be resolved.

There has been a change on the international committee as Steve Fletcher had to step down due to the commitments of his new job but continues to help especially in junior matters. His hard work and commitment is much appreciated and I hope he will be around for years to come. The junior manager post has been taken over by Bashir Hussain who many of you will know as a leading competitor and international athlete. He is having to learn the ropes quickly as he is leading the junior team to Italy for a competition in June. I am sure you will all join me in wishing them the best of luck and look forward to seeing the results.

Hopefully I will see many of you over the coming summer months at events where I will no doubt be keeping the tail enders company.



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

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 11th September 2006.**

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Please send Advertising Copy to:

Tony Hulme, Running Bear, 5 London Road, Alderley Edge, Cheshire, SK9 7JT.
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Calendar Update

At the beginning of May I had received details of 392 and 54 English and Celtic races respectively for 2006. The corresponding numbers for 2005 at the end of the year were 402 and 55. Since a very high proportion of fell races held in England are permitted/registered with the FRA this indicates that the total number of events is fairly static with the few that are discontinued each year being replaced by new ones. To my mind this is a healthy state of affairs so long as we can bring young blood into the sport to ensure that it continues to flourish.

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

In addition, links can be found on the FRA website to the following organisations' websites: Welsh Athletics, 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".

SAT. JUN 10. TANSLEY HILL RACE. Please note that the start time for this race has been changed to 12 noon. All other details unchanged.

SAT. JUN 17. HUNSHELF AMBLE. Please note change of event centre to the Green Moor Cricket Club, Hill Top Lane, Green Moor, Sheffield (GR SK281992). The cricket field will be signposted from the village centre.

Parking in a nearby field and refreshments available in the pavilion. Slight route change so that the race can finish in the cricket field. All other details unchanged.

MON. JUN 19. COINERS' FELL RACE. Please note change of date from Tues. June 20th to avoid clash with England World Cup football match. There will be junior races. All other details unchanged.

MON. JUL 3. HATHERSAGE GALA FELL RACE. BS. 7.30 p.m. 4.5m/925' from the School Field, School Lane, Hathersage (GR SK234818). £3 on night only. PM. Over 16. Records: 27.38 D. Yates 2003 f. 30.44 J. Smith 1999. Parking limited around school - try to combine for transport and use village car park near swimming pool. No safety pins. No dogs on course please. Details: Kirsty Bryan-Jones and John Dalton, c/o 1 Cannonfields, Hathersage, Hope Valley, Derbyshire, S32 1AG. Tel: 01433 659523. Email: johndalton@mac.com

TUE. JUL 4. 20 BARRIERS RACE. CS. 7.00 p.m. 5m/500' from Carnforth High School (GR 503702 on OS 97, OL7). £4 on night only. LK/PM. Over 16. Records for new, slightly longer course: 32.23 E. Simpson 2005; f. 42.02 P. Holland 2005. Some refreshments provided. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, Lancashire, LA6 1DE. Tel: 01524 734035 or 07765 346958. Email: shinny@overkellet.freeserve.co.uk Website: dallamrunningclub.com

WED. JUL 5. DANEFIELD RELAY. BS. 7.15 p.m. 2.5m/500' per leg. A three-leg relay on marked course from Danefield Park, East Chevin Road, Otley, Leeds (GR SE217444). £6 per team of three on night only. PM. Over 12. Records: 17.31 I Fisher 2000; f. 18.58 C. Sanderson 2001. Please use one of three nearby carparks. No toilets.

Details: Ian Wilson, 5 Westfield Avenue, Eggborough, North Yorkshire, DN14 0TW. Tel: 01977 661400. Email: iwilson@newsmiths.co.uk

SAT. AUG 26. DENTDALE FELL RACE. AS. 2.00 p.m. 2.9m/1385' from Church Bridge, Dent (GR 707871). £3

on day. Teams free. PM. Over 16. New race. Out and back route to Aye Gill Pike trig point. Part of Dentdale Show. Showers available. Further information will be available on website. Since this is a new event it would help the organiser estimate numbers if those intending to enter would let him know in advance by phone or email. Details: John Hyde, Coombe Scar, The Laning, Dent, Sedbergh, Cumbria, LA10 5QJ. Tel: 015396 25503.

Email: geoff.maddison@btinternet.com Website: dentdale.com

SAT. SEP 23. TWELFTH FORCE TEN (PHOENIX) LONG O. Please note change of date from Aug. 19th because of access permission problems for original date. All other details for this two-day event unchanged.

SAT. OCT 7. LANGDALE HORSESHOE. Very sadly, Geoff Clayton, the organiser of this event has died. The new contact for entries and details is: Roger Bell, 11 High Gale, Ambleside, Cumbria, LA22 0BG. Tel: 015394 32730. Email: bell.roger@btinternet.com Website: amblesideac.org.uk

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.

SAT. JUL 29. PEN Y FAN. AS. 11.00 a.m. 3.5m/1930' from Cwm Lluch, near Brecon (OS 1:20,000 Sheet 12, GR 006244). £3.50 on day only. Teams(3) free. ER/LK/NS. Over 18. Records: 30.00 K.Anderson 1992; f. 38.15 P. Calder/C. Crofts 1990. No toilets. Details: Crispin & Naomi Flower, 5 Fronwen Terrace, Cradoc Road, Brecon, LD3 9HB. Tel: 01874 622000. Email: crispin.flower@ntlworld.com Website: <http://flowerhome.no-ip.info/penyfan.htm>

Secretary's Corner

from Alan Brentnall

There have been 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 – Ilkley, Sunday 19 March, 2006.

The Cow & Calf was the venue for this meeting - not one of our usual venues, but one which brings back many happy memories.

The meeting started with a presentation by Bill Johnson of the arrangements for the 2006 British Fell & Hill Relays which Calder Valley are hosting at Castle Carr near Mytholmroyd. This looks like a cracking event - there's even a dance in the evening after the races for those with any energy left!

With regard to the English Championship, a favourable report was received on the Carding Mill Canter race. There was also a general request that future championship races should be selected earlier in the year so that clashes with other events could be avoided - see the notes for the next meeting below.

On the International front, the Junior Team Manager Steve Fletcher has had to stand down because of work commitments. The Committee was very appreciative of Steve's work during his tenure.

Regarding Junior Internationals, although both the PST and the FRA have communicated with Irish Athletics expressing our concerns about the accommodation at last year's British and Irish Junior International at Carlingford, we have had no response, and further contact is to be made.

The Committee supported Chris Knox in his proposal to seek a national First Aid training course and qualification specifically for fell running. Chris will be publicising this venture elsewhere in this magazine.

Concerns were raised about the new rules for fell race officials. A draft proposal had been sent to the Chairman for comment, but he had replied that they were not appropriate and should not be adopted for fell running - but see notes from the next meeting.

I will be drawing up new distance rules for Parent/Child teams in paired orienteering events such as mountain marathons. A draft of this new ruling should be available for discussion at the next meeting.

COMMITTEE MEETING – Kendal, Tuesday 16 May, 2006.

Prior to the meeting, the interim Chair of the new North West Region, Charles Gains, gave the Committee a brief history of his involvement in the administrative side of athletics and described the progress that

has been made so far in the period following the Foster recommendations.

In the meeting proper, there was a lot of discussion about various championship issues, many of which will be carried forward, and hopefully resolved, at the next meeting in September. Some of this discussion concerned the various problems faced by championship race organisers, including financial matters and overcrowding, and potential solutions to these issues.

On the subject of overcrowding, I am pleased to say that it was reported that the size of the field at the Anniversary Waltz race had very little environmental impact. The race organisation coped well, and there have been no complaints from any of the landowners.

Following last meeting's request for earlier race selection for the championship, it was noted that the provisional list for both championships has been drawn up already - however, there are still some formalities to be finalised, so the list is not yet available for publication.

On the Junior front, the meeting noted, with approval, that the positions of Junior Co-ordinator and Junior Team Manager had been taken by Andrew Holbrey and Bashir Hussein. We wish them both every success.

Regarding the problems last year at the Carlingford Junior International in Ireland, we have now received a letter acknowledging and apologising for the problems. Hopefully any future problems of this nature will be avoided.

I have received a complaint about a runner at the Ravenstones race who attempted to evade the organiser's kit check, who was not carrying the kit required by the organiser and who was trying to run for a club where he wasn't a member. The committee discussed this, and the Disciplinary Subcommittee will look into this and deal with the matter appropriately. Fortunately, the Disciplinary Subcommittee doesn't have to meet very often, which is a very good thing. Race organisers need all the support we runners can give them - they get enough headaches and problems (see below) without this sort of thing.

On the International front, the new committee is up and running, with all the arrangements for the various events progressing well. In 2007, we were informed that the European championship will include a new Junior competition, and Sarah Rowell will be organising a training camp for elite junior athletes in preparation for this.

This year's European Trophy trial at Braithwaite will have the benefit of cash team prizes, in an attempt to attract more runners to the event, courtesy of the outgoing Mountain Running PST. There

will also be cash prizes for any record breakers in the individual event, courtesy of a local sponsor.

Back in April 2006, a small group of us (Madeleine Watson, Alan Barlow, Dave Jones, Tim Cock and myself) had a meeting with David Moorcroft and Spencer Brandon at UK Athletics Headquarters in Solihull. This proved to be a very useful and informative meeting where many of the issues which have dogged fell running in the past were discussed. It was reassuring to find that these issues were taken very seriously by UK Athletics, and in some cases practical solutions were sought and even offered. For instance David Moorcroft stated that any of our race organisers who falls into financial difficulties because of the £750 excess (which is imposed by the UK Athletics insurance for property damage cover) should get in touch with UK Athletics, where they will receive sympathetic, financial assistance. All in all this was a very good meeting.

However, one issue which remains unsolved at the time of writing (and which I sincerely hope has been remedied by the time you read this) is the new set of rules regarding fell race official qualifications. These came in with the 2006 rule book, have been in effect since the beginning of April and require all our marshals, starters and time-keepers to be officially qualified, having obtained relevant training and experience and having attended an appropriate Health and Safety course.

There was very little consultation between UK Athletics and the FRA prior to the introduction of these rules. A draft of the new rules was sent, for comment, to the FRA Chairman who, after discussion with the Committee, responded that the ruling would not be appropriate for our sport. However, for whatever reason, this response was not acted upon, and we are currently stuck with a rule which most races will be breaking.

The immediate response to our issues with these new rules has been an offer to automatically "qualify" any officials on a list provided by the FRA to UK Athletics, but this will only be effective until the end of 2006. After that, qualification will be a formal process. This clearly isn't good enough - we need a waiver, in writing, and this is being sought as I type.

As I say, hopefully this issue will have been resolved by the time you read this magazine. If this is the case, and if UKA continue to be as supportive as they were at that meeting last April, then I think we can look forward to a period of productive cooperation between the FRA, UK Athletics and whatever regional framework Charles Gains and his colleagues finally evolve.

SITUATIONS VACANT

Chairman

The current FRA Chair, Alan Barlow, will not be standing for re-election at the 2006 Annual General Meeting at Kendal in November. Consequently, the FRA is seeking a replacement for this position with effect from November 2006.

Anybody interested in finding out more about the responsibilities of this post can contact either Alan Barlow or Alan Brentnall for further details, and they should bear in mind that, although Alan has been doing a grand job for six years now, the FRA has traditionally (but not constitutionally) limited the term of this position to three years. So it need not be a life sentence!

Applicants should email or write to the Secretary, Alan Brentnall, giving details of relevant experience; applications to arrive by Friday 25th August 2006 at the latest.

Contact details at the front of the magazine.

Treasurer

The current FRA Treasurer, Tony Varley, will not be standing for re-election at the 2006 Annual General Meeting at Kendal in November. Consequently, the FRA is seeking a replacement for this position with effect from November 2006.

Anybody interested in finding out more about the responsibilities of this post can contact Tony Varley for further details

Applicants should email or write to the Secretary, Alan Brentnall, giving details of relevant experience; applications to arrive by Friday 25 August 2006 at the latest.

Contact details at the front of the magazine.

EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS 2006

GB & NI TRIAL RACE

BRAITHWAITE LODGE, NR. KESWICK (GR 234232) SUNDAY JUNE 18

WOMEN'S RACE 12:00 1 LAP + 1 LOOP 8.73KM 681M CLIMB

MEN'S RACE 13:00 1 LAP + 2 LOOPS 12.54KM 983M CLIMB

Team -
4 senior men and 4 senior women

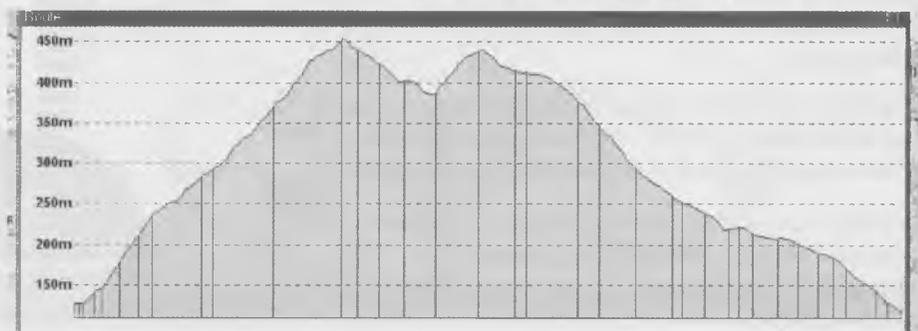
Selection - The first two finishers in each race trial race will be automatically selected for the GB&NI team. The two further places will be determined by the selection panel with greatest emphasis on performances in the trial race.

TRIAL RACE TEAM PRIZES - CLUB TEAMS OF THREE (FIRST THREE FROM EACH CLUB TO COUNT),
1ST MEN £250, 1ST WOMEN £250,
2ND MEN £150, 2ND WOMEN £120, 3RD MEN £100 AND 3RD WOMEN £80.

European Championships - Upice-Male, Czech Republic, Sunday 9th July, this year's race is an up and down lap course similar to the trial race (<http://emrc.maratonstav.cz/>)

Selection details : Sarah Rowell :
saz@srowell.demon.co.uk

Course details : Steve Fletcher :
steve.j.fletcher@btinternet.com





The 18th British Fell & Hill Running Relay Championships

Castle Carr Estate - Luddenden Valley -
South Pennines

Saturday 14th October 2006

Organised by Calder Valley Fell Runners

The venue for this years relay is in the picturesque Castle Carr Estate, near Halifax in the South Pennines. This will be a first for most runners as a fair bit of the relay runs over private land. The running is of mixed terrain including tough climbs, fast and technical descents, runnable tracks, bogs and the occasional tussock. Something for everyone!!!

PARKING/ACCESS

Limited parking at this venue - £3.00 to park. Access for parking will be from 8.30am. **FREE** mini bus will operate all day from Mytholmroyd which is convenient for main railway and bus routes.

DETAILS

The relay will start at 10.30am. Registration will be open from 8.45am to 10.00am.

EXPERIENCE/ELIGIBILITY

All runners must have recent experience of fell running and have competed in at least two category A races in the last year.

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 over 18 years of age on the day. Each team must consist of six runners who may run one leg only for the team. No doubling up within or amongst teams is permitted.

CATEGORIES

Clubs may enter teams in three categories

- Open
- Veteran (40 or over)
- Ladies

ENTRIES

There will be a limit of 100 teams and 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 cannot be guaranteed.

The entry fee is £45.00 per team and cheques to be made payable to CVFR. This cost includes meal tickets, leg 3 maps and the evening's entertainment.

Entries to be sent to: Alistair Morris, 2 Stoodley View, Hebden Bridge, HX7 8HX, 01422 845806 by **Monday 4th September**. Photocopies of the entry form will be accepted.

SAFETY REQUIREMENTS

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

- Waterproof full body cover
- Compass and whistle
- Hat and gloves
- Appropriate map
- Emergency food

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

ROUTE DESCRIPTION

The course area is covered by OS Map 21 "South Pennines". Maps for legs 1, 2 and 4 will be available from our website. These three legs will be flagged and marshalled. It is possible, however, to stray off course so a map and compass and the ability to use them are always required.

- Leg 1 (AS, solo): 5.8mls - 1500'
- Leg 2 (AM, pairs): 9.1mls - 2300'
- Leg 3 (pairs/navigation): approx. 7mls
- Leg 4 (AS, solo): 5.8mls - 1500'

PRIVATE LAND

Please see our website for information/route maps on where you are allowed to reccie running. Anyone found running on private land ... beware ... your remains will be prosecuted!!!!!!

PRIZES/DANCING

The prize giving will be at Mytholmroyd Community Centre followed by dancing to live band "Detroit Spanners" with **FREE** entry for all runners and supporters. Food and beer will be at your own expense!

FURTHER INFORMATION

All competing clubs will be sent a race information pack shortly after the closing date. Any enquiries please contact Bill Johnson on 01422 881312 or email watchcave@hotmail.com or visit our website at www.cvfr.co.uk

Sponsored by





The 18th British Fell & Hill Running Relay Championships
Saturday 14th October 2006 - Castle Carr Estate
Organised by Calder Valley Fell Runners

OFFICIAL ENTRY FORM

CLUB	
NAME & ADDRESS OF CLUB OFFICIAL RESPONSIBLE FOR ENTRIES	
PHONE NUMBER	
EMAIL ADDRESS	
IT IS IMPORTANT THAT YOU PROVIDE AN EMAIL ADDRESS AS WE WILL BE SENDING FURTHER INFORMATION TO CLUBS WHO HAVE ENTERED ABOUT THE MINIBUSES, ETC.)	

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 organiser reserves 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. A full refund will be given to unaccepted teams.

TEAM CATEGORY	NO. OF TEAMS ENTERED
OPEN	
MALE VETERANS	
LADIES	
TOTAL NO. OF TEAMS ENTERED	
TOTAL AMOUNT @ £45.00 PER TEAM	£

Please make cheques payable to "CVFR"
 Entries to be returned to -
 Alistair Morris, 2 Stoodley View,
 Hebden Bridge, HX7 8HX
 Tel. 01422 845806
 Please enclose a stamped, self addressed
 "A5 sized" envelope
Entries to be received no later than
MONDAY 4th September 2006
NO LATE ENTRIES WILL BE ACCEPTED



World Trophy Trial

from Neil Goldsmith

The trial races to select the English Teams for the World Trophy in September will be held in Llanberis on the 13th August, probably over the Snowdon course. The race is uphill only and will be run in conjunction with the Welsh selection race on a course which is representative of the World Trophy course in Turkey. It is hoped that this will give a bigger field and a more interesting set of races.

Details are as follows:

Trial races : Sunday 13th August, Llanberis, Gwynedd from 11.30am

Registration : at the Quality Hotel (formerly Royal Victoria) from 10.00am

Further details : will be published on the FRA web site.

Selection criteria:

Seniors. All eligible athletes wishing to gain a place are expected to compete and the selectors view the trial as the primary means of selecting the team. As a minimum the first two male and female runners will be offered places. The

remaining places will be decided on current form and in addition performance in a specified European Uphill race such as the Schickeralm Berglauf, Telfes, Austria on 6th August, may be taken into account.

Any runners wishing to be considered for selection but not able to compete at the selection race must let Mark Croasdale, England Team Manager know well in advance of the selection race.

Juniors. All eligible athletes are expected to compete and the selectors view the trial as the primary means of selecting the team. As a minimum the first three junior men and the first two junior women in the trial race will be selected. The remaining places will be decided on known form up to and including the day before the trial.

Any runners wishing to be considered for selection but not able to compete at the selection race must let Bashir Hussain, England Junior Team Manager know well in advance of the selection race.

Ben Nevis Entries

from Kieran Carr

Dear Dave

Unfortunately for me I have missed getting in the Ben Nevis Race - this year it reached its 500 earlier than usual. I was talking to Steve Jackson at the Three Peaks last Sunday; he's got in and the general thought in Scotland is that with entry forms on "t'internet" it's easier to enter races with entry limits as you do not have the hassle of writing off for a form then posting it back. It seems they are getting higher than usual entries for races and think this is contributing to it. The Ben have a list of 500 runners whom they refer to as 'provisional entries', also a reserve list which I am on, together with many others. The entries remain provisional until end of July (I think it's the 29th) and by this time they assume anyone who is on the list who is not going to run will have told them and they can give the number to someone on the reserve list. I doubt that the majority of runners are aware of this and if they cannot make it they will just not turn up on the day but some runners do tell them and I would like to thank those that already have. Please could you put something in next issue of Fellrunner and ask anyone who cannot make the race to let the Entries Secretary know before the end of July.

Desperate.....on the Ben Nevis Race
Reserve List



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- ◆ Osgood Schlatters Syndrome
- ◆ Chondromalacia Patellae
- ◆ Iliotibial Band Syndrome
- ◆ Hip Pain
- ◆ Lower Back Pain. etc

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BOYD MILLEN — An Appreciation

from Neil Shuttleworth

Members of an earlier generation of fell runners will be saddened to hear of the death of Boyd Millen who left his mark on the sport in the 1970s before specialising in long distance walking.

He died a day after his seventieth birthday (Burns Night), having achieved many excellent results as a competitor, coach and organiser. At the age of sixty he wore a Great Britain vest, becoming the oldest person to have competed in an athletic event, and he competed well into his seventh decade. One uses the word 'legend' cautiously: his feats certainly carry that noun, his mettle showing right to the end of his fight with cancer.

Our paths crossed many times over the years: both of us were around in the early 1970s when the Bob Graham Club was in its formative era. Over the years he paced a great many people, including yours truly. Boyd, initially a racing cyclist with Merseyside Wheelers, met Kendal's Pete Dawes when both were working in Huddersfield. Soon a life-long friendship was formed, with Boyd helping him on the Pennine Way run that Pete did in three days and a few hours in 1975.

Hereabouts I recall Boyd doing well in an Edale Skyline but soon his forays were from Cumbria and, as a member of Kendal Athletic Club, he was part of their many successes of that time. Second in the 1971 40-mile Lyke Wake Walk or fourth in the 61-mile Fellsman Hike are typical results. Another life-long friendship began in 1973 with fell running author and guru Bill Smith, also from Liverpool, when they did the Bob Graham Round together and became members 14 and 15 in the 24 hour club, having broken the record by five minutes (20:38).

Three years later and 1977 was both eventful and event filled. He broke new ground doing the classic Bob Graham circuit twice - back to back. That season saw him joint winner of the 'Downsman 100' and placed fifth in the Elite category of the Karrimor Two-Day Mountain Marathon. Despite an injury I assisted

him in part of his BG Double but he missed his target of 48 hours. The first round was in 21? hours. As a measure of his legendary status only two others have since done a Double BG.

He competed in the 1977 24-hour track running event organised by the Road Runners' Club at London's Crystal Palace, and was eighth with 110 miles 1,431 yds. Many more hundred milers were to follow. As an early member of the LDWA one proud record was to complete twenty eight of the Long Distance Walkers' Association's 100s. He also achieved one of his many ambitions: to cover one hundred miles running, walking, cycling and canoeing. Lilian, his wife, said, "The canoeing was the only one that nearly defeated him, 35 miles on the Cheshire Ring being his longest distance. He could not find a partner for the Devizes to Westminster, and I was not going to do it!"

By completing the distance of 100 miles within 24 hours at a recognised Race Walkers' Association event one joins that rare band, the Centurions. This he did at the age of 60 (Member 930). He also became a Continental Centurion and an Australian one (no 41.)

To celebrate his sixtieth year he aimed to complete a hundred miler near his birthday. After starting on the snowy hills, most of it was on the Lancaster Canal towpath. Snow and freezing January weather did not lessen his determination and he took under 30 hours, remarkable at any time. That year seven more hundreds followed.

He had vision and, along with Lilian his wife, organised local and national events. In the late 1970s with Keswick's Mike Pearson, his Karrimor partner they devised the Buttermere Round, a 22? mile road run over Honister and Newlands passes. With Lilian they promoted many LDWA events in the South Lakes and North Lancashire area, including the annual LDWA 100 in Lakeland 2005.

He was the oldest ever to represent Great Britain at athletics when he was selected

for the Roubaix 28 hour in France in 1996, surpassing 48 year-old Harold Whitlock in the 1952 Olympics. Four years later Boyd also competed in Australia being Centurion No 41 there. Yes, he made his mark in Australia too.

Although he did not have a coaching qualification, he coached his wife, Lilian to much success as a race walker on the track, but initially over hundred miles. In 1980, the year when she did her first 100, she then became the fifth woman to join the Bob Graham 24 hour Club. He had the experience, common sense and inspirational manner to coax the best out of his charges. At age 36 she was a GB international, then the oldest debutante.

Boyd was a warm, generous and caring person with much charisma. He cared for injured animals, and was devoted to his dogs. He was well read and a rounded man with a deep reservoir of mental and physical strength.

Perhaps his greatest accolade was that he did not boast about his achievements but just got on with the task in hand quietly and efficiently. On an annual New Year's Day trundle up Skiddaw he noticed in 2005 a pain in his leg, which proved to be cancer. He responded well and made excellent progress during the summer but had a relapse.

The determination that Boyd exhibited during his illness in 2005 included 20 miles in a day on a walking holiday in the Yorkshire Dales and climbing Skiddaw, Bakestall, back to Skiddaw, Low Man and Lonscale, all on crutches.

I remember he said to Lilian one Saturday morning, "We're going for a walk, dear." It was none other than the BG he had planned for her that day. She did not let him down. They were a great partnership and were very close. They had celebrated their silver wedding anniversary last December. Our thoughts go to his family. With his kindly persuasive and gentle manner many in ours and related sports will miss him. The sport has lost a real character, more so as many of his feats were legendary.

• STOP PRESS •

Alan Barlow, the FRA Chairman, unfortunately suffered a serious heart attack shortly after completing the Wincle Trout Race on Saturday 3rd June and finished up in the Intensive Care Cardiology Unit of Stepping Hill Hospital. He is apparently making a good recovery and by the time you read this should be back at home but will clearly have other things on his mind than FRA business - consequently it would be very much appreciated if anyone who has issues they would normally have taken up with Alan would please contact the FRA Secretary, Alan Brentnall, instead.

I know all FRA Members will sympathise with Alan in his present situation and will wish him a speedy and successful return to health.

Sally Newman: Frustrated Pole Dancer? A Profile

from Graham Breeze

The Rolling Stones Factor

Sally Newman always reminds me of Keith Richards - it's those ribbon things "Keef" wears in his hair - although Sally's explanation was closer to, "Oh! you mean my flair for individual, flamboyant, colourful and fashionable design?"

Well yes, I must. Although looking round her kitchen in Mossley, near Ashton under Lyne, where she has lived for 15 years, I could certainly see a lurid copy of *Heat* but no copy of *Vogue*.

And she was slightly less than overwhelmed when I said that the reason I wished to write a profile was because, with a hint of incredulity in my voice, although approaching 45 she was still winning Open Championship medals. As Mr Jones, Commissioning Editor suggested, "Perchance she is a role model for our younger ladies?"

Well she should be.

Role Model-But For What?

At the 2005 FRA Annual Presentation Sally sashayed out to receive awards for Ladies' English Open Champion, Ladies' English Vet 40 Champion, Ladies' British V40 Champion, Runner-up Ladies' British Open Champion, Runner-up Ladies' English Open Team Championship, Runner-up Ladies' British Open Team Championship. And she had won the Ladies' V40 Gold Medal at the 2005 World Masters.

Five years earlier in 2000, when running for Glossopdale, she won the English Ladies' Open Championship and then in the intervening years Sally has won three English and two British Ladies' V40 Gold Medals and more Silver Medals...but you get the general idea.

However during our conversation she repeatedly asserted that she did not regard herself as a "proper fell runner because I don't like mud and cold but what I do like is a nice cup of tea. I love racing and I am very competitive but fell running is not an obsession". I asked her about her favourite fell races but she does not really have any; I enquired about races she still aspired to win. "Well none really"; her training regime? She doesn't really keep a record. Her first win? "I can't remember". I asked about PBs but she only remembers one and that is 3-06 in the Snowdon Marathon, which is a road race.

Should this apparently lackadaisical attitude appears too incredible and encourages the foolhardy to think they can slip on a pair of pumps and conquer Ennerdale, she does admit to loving racing and loving competition. "It's serious once the starting gun goes off". When she and her partner Steve Garner (a sub-3 hours marathon runner) trained together she insisted that they ran alternate weeks on the road and the fells, "so I could beat him every other week".

Admitting to a desire to win on the fells, roads, anywhere... "winning is as much mental strength as anything," she says, does not mean there is no room for other things in her life. "I like to think I have a broad balance of interests, in addition to which I race every weekend". She loves the Theatre, live music, Opera; and by working in Leicester but returning at the weekend to her home near Manchester she has the pick of venues. Sally has tried her hand at amateur operatics; *Oklahoma* and *Half a Sixpence*. She recognises



Sally at Fiensdale 2005
(Photo Pete Hartley)

that it may not exactly be her forte but there might still be time for her to learn to at least go out on stage with her stage wig on the right way round. Never known to pass up the chance to make a dramatic entrance she admits, "I love singing and dancing and performing on stage really brings out the exhibitionist in me. Sometimes I really think I'd like to have been a pole dancer".

Talking with Sally is like stepping into a warm avalanche of enthusiasm, well-being and candour. Was she really talking about her gusset-less running shorts five minutes after I met her? Being with her is an exhilarating experience although, as the nominal interviewer, one is not quite sure who is in control.

Schooldays And After

Sally ran at school, 800 metres and so on, in Glossop where she was born. She has been a member of several clubs: Biddulph Running Club, Wreake Runners, Glossopdale and now Calder Valley which she joined to be part of a competitive women's team. It was when she was with Glossopdale that she was first taken up to the lakes with club mates. "I never knew where I was going, I was just driven there and I think that is when I first did Borrowdale and Ennerdale". She ran Man v Horse a couple of times and one year did the Old County Tops "because a club mate needed a partner and I just followed her round".

However after establishing herself as a Champion this insouciance could not last and Sally readily admits to getting "worked up" before big races with such a fear of not knowing where she is going that, for example, she felt compelled to retrace Wasdale in 2005 when it was a Championship race, not just once but several times, even though there were bound to be a few dozen men in front of her to follow (she came 35th and First Lady).

In fact this only outing at Wasdale ranks as the 12th best performance for a lady, her fastest Duddon Valley ranks as the 5th best, so, although she does not have a long history of running the "Superlong" Lakeland Classics, she has already established herself in the company of great Lakeland runners such as Angela Brand-Barker and Pauline Haworth.

I met her on the afternoon before the Edale Skyline for which she holds the record. "Your best performance?" I ask; but no. She believes that was Fairfield in 2000 when she came second to Janet King (CFR) by 16 seconds. "I thought I was a faster road runner so in my mind I believed I would overtake Janet on the run in along the track; but my dead legs didn't get the message!" Janet's time of 89.46 was the record until 2005.

"I am not that desperate to win particular races," she said. "In 2005 the English Championship decider was Langdale which I think is a nasty, dangerous, rocky race. I was not prepared to take unnecessary risks of falling amongst rocks to try and beat Natalie (White) who would otherwise have won the Championship. My view was if I lose, then so be it".

So, although Sally's attitude is that she loves racing, of whatever sort, and once the race is on she is as competitive as anyone, she is not obsessed with winning to the extent of foolhardiness when fell running is, after all, not as important as: SHOPPING!

She's That Arty Type

Sally has an Arts Degree (University of Lancashire -Preston) and since graduating has worked in Scotland (when she started running seriously and went from a "plump" 10 stones to her somewhat trimmer 8-4 on a 5'1" frame), Stoke, Manchester and currently Leicester.

Her career has been in the field of knitwear design but creation rather than execution and she is not much of a knitter. Although in overall terms knitwear is a dying trade in the UK because of cheap imports, she loves her work and loves the Asian owned company which gives her the freedom and pay she desires. So for ten years she has commuted between Leicester where she lives during the week and her weekend home in Mossley. It was whilst in Leicester and running with Wreake Runners that she met her partner Steve, who works in printing. "Actually he was my landlord but I recognised the clear financial advantage of sleeping with him".

And that shopping? Well GAP, ZARA, MANGO,... and whilst I could not actually see the label, her jeans may well have been REPLAY.

And she insists on taking the Calder Valley Ladies' Team shopping before they receive their annual medals at FRA Presentation Evenings for that, so important, co-ordinated look. "The girls do like their tiaras you know". Allegedly they like cakes as well which Sally introduced before Championship races. "Everyone used to get so uptight so I made a cake for us all. Now, if a new runner joins the club, we tell her not to worry about her race times but to just bring along a nice cake". Cakes and Championships may not be thought to be the ideal mixture, but Sally is actually finicky about her food and turns to the juicer before the can-opener. "A vegetarian perhaps?" I wonder. "Good Grief! No! How can you be a fell runner and be a vegetarian?"

2001: An Achilles Heel

Sally's first Open Championship was in 2000 when, let it be remembered, she was 39, and this came only a couple of years after she had competed in her first Championship counting race. In 1999 she was 5th in the English Championship. "I learnt a lot about my competitors, which is important. Who is good on the climbs and who is a good descender? I had not really done many Lakeland events and so I was still feeling my feet but I decided that in 2000 I would really go for the Championship".

She did and she won but any hopes of retaining the Championship in 2001 (even before the Foot and Mouth disaster) were destroyed at an Auld Lang Syne race where she ruptured an achilles and eventually had to have surgery to remove a heel spur. Obviously her normal training routine of training twice a day came to a halt but she says she didn't miss the running because she joined a triathlon team. "It was actually very hard to get back to running at my previous level but when I did, because of the swimming and cycling, I found I was actually stronger and faster than before".

This was something of a throw back to one of Sally's first competitive events which was a biathlon, "I was last. In fact I was so far behind in the swimming that all the spectators stood and applauded when I finished. Which was nice."

However lest any readers have been seduced by this "Tale of a Reluctant Champion" I should record that Sally swims four times a

week, cycles six miles every working day and runs on most days, although she does rest the day before a race. In other words cream cakes and fashion jeans alone do not make a Fell Champion.

Back On The Gold Standard

After a fallow 2001 Sally won five V40 Gold Medals in 2002, 2003 and 2004 and more; and then in 2005 she came back with her wheelbarrow to pick up her biggest medal haul including a stunning further English Open Championship Gold Medal.

She modestly attributes her success in 2005 to the fact that many of her competitors did not run to their usual form and that the choice of Championship races suited her. "I loved the heat of Wasdale which might be because of the tempestuous, Spanish blood I get from my grandmother (Her father was Austrian but lived in England since WWII) and the good fast running of e.g. Buttermere Sailbeck".

And 2006?

"Well I don't really think 'I am 45, I shouldn't be here' but there are lots of younger girls coming through now like Natalie (White of Bingley) and Pippa (Jackson of Keswick) and, frankly, it is sometimes difficult to maintain the motivation. At 45 I know I will not be as good as I was but you have to swallow that. But I still love racing".

At the opening counter at Carding Mill Canter she was lying 8th before the second hilly part of the course and pulled up to 4th via the climbs. "It really destroys people when you pass them on the climbs doesn't it?" she says. So no signs yet of her retiring to knit.

In fact although you would be forgiven for not noticing, Sally has had a hip problem for a couple of years. "I fell off a horse when I was eleven, growing up on my parents' farm, and recently exacerbated the problem by falling off my mountain bike a dozen or so times". Foolishly, she now admits, she ran on it for a couple of years, which set up a muscle imbalance, before trying to sort it out and is now on first name terms with her physiotherapist, osteopath and chiropractor. She also accompanies (or is it dragsv?) Steve to Pilates every week which is something to do with ones "inner core" but my raised eyebrow received a stern, admonishing "Don't Knock It, Graham!" But she did then soften enough to tell me all about her strong pelvic muscles, "if I was interested?"

Heroes and Heroines?

Helene Diamantides. "I saw her coming off Scafell Pike in the Borrowdale one year and she was whooping and laughing and I thought this is what fell running should be, i.e. FUN! If it isn't, then why bother?"

Simon Booth: but only when he has his shirt off, which, she added, is quite often the case. Allegedly she has his picture on her bedroom wall but I cannot verify this.

And Finally

During our conversation Sally and I sampled two of her cakes (rich fruit and chocolate) and the next day she still won at the Edale Skyline!



Sally in all her glory at the FRA Presentations
(Photo Allan Greenwood)



Sally coming in to the finish at Cardingmill 2006
(Photo Paul Wood)

'To Rest Or Not To Rest – That Is The Question!'

from Denise Park, Chartered Physiotherapist, MSc MCSP SRP Grad Dip Phys

One of the first questions I am asked by most injured runners is, "Can I run on it?"

The answer to the question is not straightforward, but I am going to attempt to give the reasoning behind my philosophy of treating soft tissue injuries. Bone injuries are a different matter and I am not addressing those at this stage.

I also appreciate that physiotherapists work differently and this is my personal opinion based on 22 years of hands-on experience.

I was once told, "We like coming to you because you don't make us rest and let us continue training". There is sound medical evidence to support my treatment of injuries, and I hope this article makes some of you consider your own situations.

Some Basic Anatomy

Tendons, ligaments and muscles are often the soft tissue structures which become injured. The fascia, which is a fibrous network wrapping around and between the structures of the body, can also be affected, but I am going to focus on the muscles, ligaments and tendons.

To simplify the anatomy of these structures:-

- Tendons blend with muscle at one end and bone at the other end, transmitting forces from muscle to bone and fascia. They are often like strings going from one end of the muscle to its attachment.
- Ligaments attach to bone at either end and hold the bony skeleton together offering stability to joints, guiding certain joint movements and preventing excessive movements.
- Muscles are the structures which have the ability to contract and shorten, so creating movement over the joint. They can attach to bone directly or via a tendon, or attach into fascia.
- Muscles, ligaments and tendons mostly consist of parallel fibres.
- The junctions between muscle-bone, muscle-tendon, tendon-bone and ligament-bone are often the sites of injury.

Injury

There are two types of injury –

1. Traumatic – which is often due to sudden, unanticipated stretching of a structure
2. Gradual – usually from overuse, excessive repetitive loading.

Following overuse or trauma, fibres can tear in muscles, ligaments or tendons

which then affects the ability of that structure to withstand tensile stress.

Injury to the tendon or tendon sheath is referred to as tendonitis (as in Achilles tendonitis)

Injury to the ligament is usually referred to as a sprain (as in a sprained ankle).

Injury to the muscle is often referred to as a strain or tear depending on the severity of the injury (as in a torn hamstring). It has been suggested that if muscle fibres tear at 100% load, 'micro-tears' occur from approximately 70% load - resulting in strains.

The Body's Response To Injury

Following injury there is:-

1. An **inflammatory phase** which lasts about 4-6 days depending on the severity of the injury.

During this time the area produces a fibrin network which holds the wound edges together. The area is also infiltrated with white cells and may be swollen and feel hot to touch.
2. A **regeneration phase** lasts from 5 days -10/12 weeks post-injury, depending on the severity of the injury again. Fibroblasts lay down collagen during this phase, but the direction of the fibres is random and not parallel. These new collagen fibres form transverse and oblique links which can bind muscle, tendon and ligament fibres together. During this time the area is no longer hot to touch, but may still feel warm and the swelling gradually decreases. A sudden increase in swelling or temperature means the injury has reverted back to the inflammatory stage – usually due to too much tension being applied to the healing wound damaging the fibrin network.
3. The **remodelling phase** usually commences around day 21. From this time there is less collagen formation, but there is more cross-linkage forming adhesions with restriction of movement. This process can last up to 6-12 months and the healing tissue remodels itself in response to the stresses applied to it.

Treatment of The Injury

1 During the Inflammatory Stage:

Rest, ice, compression and elevation are essential at this stage to protect the injured area and restrict the amount of swelling. Physiotherapy treatments such as ultrasound, laser and electro-magnetic energy are also beneficial to accelerate this inflammatory phase. Too much tension

during this phase will break down the fibrin network, causing extra scar tissue to be formed which is not desirable (similar to a cut on the skin which you keep re-opening or removing the scab – it takes longer to heal with a more pronounced scar!)

2 During the Regeneration Phase:

It is necessary to restrict the amount of transverse and oblique links formed during this stage so that the wound forms, as far as possible, parallel fibres similar to the uninjured tissues.

This is achieved by 2 methods

i/ moving the damaged area - but the extent of activity must be graded in relation to the severity of the injury and should not take place whilst the area is still in the inflammatory stage. This may involve active exercise or an early return to light, controlled training when the injury is not too severe.

ii/ a physiotherapist may use various manual techniques to reduce the amount of cross-linkage and I personally use a technique called transverse cross-frictional massage - a massage applied at 90° to the direction of the fibres of the affected structure (see pic). Professor Tim Noakes who has written numerous books on running and running injuries refers to this as 'crucifixional massage' and whilst it can be uncomfortable, the depth of this treatment is critical. Whilst the aim is to limit the formation of cross-fibres, it is important not to cause further damage or irritation which will return the injured tissues to the 'inflammatory stage', delaying the overall healing process and increasing the amount of resultant scar tissue.

Electrical equipment may again be used by physiotherapists to assist in the healing during this stage, although I personally find that manual techniques are more advantageous in the reduction of cross-fibre formation. It is possible to feel subtle changes in the injured tissues and target the specific areas affected.

It has been shown that the tissues recover in relation to the stresses applied, so as soon as 'normal' movements are introduced the 'better' the alignment of the repair. During this phase it is important to restore:

- normal joint movement either side of the injury.
- normal length, flexibility and extensibility of structures in the affected area.



Serious stretching for Anna Pichrtova - (Photo Denise Park)

- normal alignment - especially if the injury is related to a biomechanical problem such as excessive pronation.
- normal muscle strength – it has been shown that rest for longer than a week can cause considerable weakness of a structure, so in sports related injuries it is particularly important to return to activity as soon as possible to maintain strength. It is also important to identify if muscle weakness has been a contributory factor to the injury.
- normal proprioceptive awareness – this is the sensation of ‘where the body is in space’ and relies on feedback from various structures to the brain. This often needs some fine-tuning as the injured structure repairs.

4. During the Remodelling Phase

If treatment has been successful, I usually find that the individual is back to training by this stage and is no longer requiring treatment. As remodelling continues for some time (up to 12 months), it is important that the injured area is kept as mobile as possible and is subjected to normal strains and stresses on a regular basis. This means that regular stretches are important to maintain flexibility of the scar tissue, and regular activity is necessary to prevent any adhesions forming.

Chronic Injuries

On many occasions runners come to me with injuries that have become chronic or recurrent – but throughout the various stages of the healing process they have rested, resulting in a structure which is shortened with cross-fibre adhesions.

Recurrent injuries are often a result of the structure healing short, so when it is put under any excessive strain it is re-injured again.

Once a structure has healed misaligned with adhesions and lack of flexibility, rest will not alter this. The remodeling process cannot take place if ‘normal strains and stresses’ cannot be applied.

My method of treating this is to commence treatment from the regeneration phase. This addresses the cross-linkages and shortening of the affected structures, and aims to restore normal movement, alignment, strength and proprioception. This is a more lengthy process and it is easier when the injured structure heals correctly the first time round.

Comments

So the answer to “Can I run on it ?” depends on which phase of recovery the injury is at and how severe the original injury was. It is crucial that injuries are mobilized and returned to ‘normal’ as soon as is possible.

25 years ago it was standard for new mothers to stay in bed following childbirth, individuals who suffered heart attacks rested to avoid causing further strain to the heart, but we now know that early mobilization is far more beneficial. Heart attack patients even undergo supervised rehabilitation in a gym to address the injured heart muscle. I firmly believe that most soft tissue injuries in athletes benefit from early mobilization, resulting in a scar which is strong, mobile, flexible and unlikely to cause recurrent problems.

“The proof of the pudding.....” In 2003 I got an e-mail from Mark Brown, GB Paralympian. He had been training hard on the track the night previous and damaged his calf muscle. Walking was very painful and there was no way he could contemplate running or hopping on that leg. The problem was Mark was in

Gibraltar and he was due to fly to the European Championships in the Netherlands in fives time to run the 5000m.

Three later and four after the injury, Mark was in England. I treated Mark cautiously with transverse frictional massage, graded stretching and acupuncture at 8 a.m. and 8 p.m. Two days later he was able to run along the road outside my clinic and flew out with the team to Assen. He continued treatment with Owen Robinson, who was the team physio, and two days later, eight days after the injury, Mark won his race and got the gold medal. The injury did not recur or affect Mark’s performance.

I am often amazed when runners come to see me with soft tissue injuries which they have endured for months and sometimes years. I have recently treated two international runners with injuries - one who had rested for two years and one for four years – unfortunately one was on the advice of several medical professionals. Thankfully one is back and competing, and I hope the other won’t be far behind.

I have also seen someone who hasn’t competed for 18 months, but who has received intensive electrical treatment on a soft-tissue injury in America, but with no success. It is commonplace for physiotherapists to treat with electrical equipment and give rehabilitation exercises in America, but not to use any manual techniques. I caused quite a stir at Los Angeles Marathon in 2005 when a runner loudly commented - “Hey Guys, come and see what she’s doing to me”!!!

Once a muscle, tendon or ligament injury has been diagnosed correctly, I am sure that most can be treated successfully, and relatively quickly – as long as all the appropriate, necessary action is taken and the runner works in conjunction with the physiotherapist to achieve the best results.

Rooney’s Injury

At the time of writing this article, there is still considerable discussion regarding whether Wayne Rooney is going to recover from his metatarsal injury to compete in the World Cup.

Yesterday I was approached by the Daily Telegraph who wanted information from me regarding the use of lasers to accelerate the healing of sports injuries. I gave them the information they required but asked not to be named in the newspaper.

The story made page 2 and a comment was made that a handful of sports physiotherapists in Britain are now using lasers successfully, but that Man Utd and the England Football Team still do not use lasers.

I am pleased to say that the runners I see and the England Mountain Running Team are at least one step ahead of premiership football!!!!

Dr Martyn's Problem Page

As I write this edition my already busy schedule has been disrupted again by having to provide emergency advice to top politicians. Clearly in order to protect the names of those involved my advice must be kept confidential but I have had to advise that, when they should be in prison it's best to keep them in the prison, when they should be working in the health service it's best to keep them working in the health service, and when it should be in your trousers it's best to keep it in your trousers.



Over Eager Grandad

Dear Dr Martyn,

As you are aware my husband Rocky and I are due to have our first child any day now. We have opted for a fairly standard tantric elemental birth involving close proximity to Mother Nature's elements and quite a lot of humming. Natural gas and air you might say. As with most new parents we look forward to the day with a mixture of excitement and trepidation. However, in our case we have an added degree of trepidation - namely my husband's father, Jed. He doesn't understand, "Why I can't just calf in the barn like normal folk" but what really concerns me is the appearance of a post natal training schedule entitled "young un's first few years" and I quote;

0-10 months - check weekly on walking progress

7 10-12 months - intro to baby Fell Walker Now Walking

Week 1 - observation week - check if pronator or the other one

Weeks 2 - 6 - introduction to stairs - ascending only

Weeks 6 - 12 - commence stair descending training (keep fingers crossed that he/she doesn't descend like an old man.)

Weeks 13 - 20 - commence compass work

Weeks 20 -24 - increase training to twice a day

Week 25 - enter first Karrimor with Grandad. ✓

.....and so it goes on. You can understand my concern - what can I do??

Southern Lass

Dear Southern

An interesting problem, normally over-eagerness is found in fathers, being relatively rare in Grandfathers. However, either way it is a serious condition and you are right to be concerned. I would point out to Grandad that given the

length of time his training schedule will require him to be with junior he will have to learn how to change a nappy. This normally significantly reduces interest until a later age.

Summer BBQ Advice

Dr Martyn,

I wonder if you can help me with a husband problem. Unlike most normal husbands mine seems totally disinterested in cooking BBQs. Why is it that many of my friends get this excellent relaxing break from cooking and I do not? Can you help in any way?

Ethel Steel

Dear Ethel,

I think is purely a matter of education. He is probably daunted by the scale of the apparent task. Please brief him as follows on the generally accepted protocol for BBQs and I am sure he will rise to the challenge. Explain;

- 1 Firstly that due to the element of danger associated with fire and lighting fluids it is entirely acceptable for a man to do this form of cooking.
- 2 The woman buys the food.
- 3 The woman makes the salad, prepares the vegetables, and makes the dessert.
- 4 The woman prepares the meat for cooking, places it on a tray along with the necessary utensils and sauces and takes it to the man - who should by now have ignited the BBQ and be sitting close to it with a beer in his hand.
- 5 The man now places the meat on the BBQ. Unless one of your guests is French - in which case you place the meat on the BBQ except for one piece which you wave in the direction of the BBQ and then serve.
- 6 The woman now goes inside to organise plates and cutlery.
- 7 The woman then comes out to tell the man that the meat is burning, the man thanks the woman and asks if she could get him another beer whiles he deals with the situation.

- 8 The man uses the utensils to turn the meat the other way up on the BBQ.
- 9 The woman returns with the beer and the man describes how he rescued the situation despite the immense personal risk that the fire presented.
- 10 The man then takes the meat off the BBQ and hands it to the woman.
- 11 The woman then prepares the plates, salad, bread, utensils, napkins, sauces and brings them to the table.
- 12 After eating the woman then clears the table and does the dishes.
- 13 Everyone praise the man and thanks him for his efforts.
- 14 The man concludes by asking the woman how she enjoyed her night off from the cooking.
- 15 On seeing the woman's annoyed reaction the man concludes that there is just no pleasing some people.
- 15 The man should look bewildered by the woman's annoyed reaction and state that there is just no pleasing some people.

Western Intervention

Dear Dr Martyn,

I know that western intervention in other countries is very much a hot potato, and that there is a lot of concern over whether the actions taken have been a good thing or not, but on returning to Afghanistan post- Taliban I was very pleased to observe one aspect of change that I felt was very much a positive step. Previously on visits to the region I would train midweek with the Taliban Fell Runners, a Kabul based running club, but observed that on club runs the women were made to run at least 5 paces behind the men - you can imagine my delight that whilst on my most recent visit I noticed that the women were now running 20 paces in front of the men. Do you know how this cultural change has been effected?

Ronde Blunner

Dear Ronde
Landmines.

Book Review

"Downhill Techniques for Off-Road Runners"

by Keven Shevels

Published by Trailguides - £4.50p



The vast majority of fell-runners are, as it were, self-taught. Very few of us have access to, or use, coaches to improve our technique and fitness and tend to get along by emulating other, better runners and/or by the tips and wrinkles we pick up at Club sessions. Trailguides appears to have spotted a possible niche market here and is publishing a series of practical, "self-help" booklets aimed specifically at off-road (and chiefly, fell-runners) to help them improve whichever aspects (or all, necessary) of the sport they feel they might be deficient in.

The full range of titles, when complete, will include -

Downhill Techniques for Off-Road Runners

Uphill Techniques for Off-Road Runners

Terrain Training for Off-Road Runners

Strength and Conditioning for Off-Road Runners

Speed Training for Off-Road Runners

Mountain Marathon Preparation

so there should be something there for everyone.

The title under review may prove, I suspect, to be the most useful in that only a minority of fell-runners actually train themselves in or for running downhill. Unless you live in the Lake District, or somewhere similar, there just aren't the length, steepness and variety of terrain to enable you to develop the necessary strengths as you go along and all too often this deficiency is found out as people you have

built up quite a lead over on the uphills flash effortlessly past you on the downhills and beat you by miles as a result. You only have to look at the list of notable Lakeland descenders to have this statement corroborated - Sedgwick, Reeves, Stuart, Bland, et.al. - and although there are others they do tend to be the exception rather than the rule.

Apart from the glaring evidence provided for me by the number of runners who used to go past me downhill, the importance of training specifically downhill was driven home to me by a failed Bob Graham attempt when I ground to a halt, racked by cramp, on Yewbarrow because my poor little legs couldn't handle the downhill battering. My long-suffering wife, reluctant to waste another weekend and the time of lots of our mates, insisted that once I had recovered she was going to plan a programme of downhill work which culminated in a week in Eskdale trotting very slowly up everything in sight and then hurtling down - all day long. It worked like a dream and not only did the next BG attempt go without a hitch but I had one of the best race seasons I've ever had!!

The booklet is excellent in its approach; its style is informal and quite chatty and yet obviously authoritative and based on experience as well as on technical and physiological knowledge.

It is divided into five main sections -

1. Introduction
2. Physical Aspects of Running Downhill

3. Technical Aspects of Running Downhill
4. Training Sessions for Improvement
5. Summary

of which the middle three are by far the largest, each being thoughtfully and practically subdivided with a mixture of analysis and informative instruction, some of it general and some of it specific but all of it clear, so that you know what happens, what the problems are, what the solutions are and how to put the whole lot together into an utterly reasonable training programme.

One of the beauties of the booklet is that it knows its likely market - it appreciates that most of us have limited talent and time and doesn't pitch itself at the totally motivated, super-athletes but does, nevertheless, address a wide range of experience and knowledge; there are very few of us who couldn't find something worthwhile in it whatever our level.

Another of its many strengths is in the concise nature of its subdivisions - most of them are between one and a half and two sides in length - which hardly waste a word in explaining their purposes and getting down to practical analysis and suggestions. This gives a briskness to the writing and enables you to identify a particular area without difficulty and to have it dealt with in a most effective fashion. The only time this comes unstuck is in the section on footwear, which is quite general in approach and only occupies one side on one of the most problematical and controversial subjects in the

sport - you only have to be in the company of fell-runners for a short while before the merits and disadvantages of various brands/styles of shoe come up in conversation and, as they do have a considerable bearing on how well you can handle different surfaces, I think this section ought to have gone into more detail than it does and to have mentioned specific brands and models. I appreciate that this would cause obsolescence problems as shoes go in and out of production but as the booklet is supposed to be for relative beginners as well as the more experienced runner they do deserve more direct assistance than the section provides.

That is, however, the only noticeable flaw in an otherwise eminently well-constructed, interesting and useful little booklet which would be a great asset to any fellrunner's library and which could provide all the information and programmes you need to change yourself from Captain Bad Descender into a latter-day Kenny Stuart - but you'll have to put the work in!!

Retailing at under a fiver, £4.50p to be precise, and containing all the information it does it has to be exceptionally good value and deserves to sell in vast quantities.

If you can't get it at your usual running shop - and I gather that at present it's a bit rare outside the north-east - you can obtain a copy by post via the company website at www.trailguides.co.uk

Trials and tribulations of long days in the hills – part two.

My Unfinished Business in the Lake District

from Allan Greenwood

After completing the Bob Graham Round, although just outside the time allowed, I felt compelled to try again while I was still fit. All those long hard training runs and route finding exercises in the Lake District had to have a satisfactory end product. I decided that I would pick a date and go for it. 19th/20th August would give me eight weeks between the two assaults, and would mean I could run my beloved Borrowdale fell race with two weeks to go. The hardest part would be assembling the support crew. Anne Stentiford and her husband Bill Johnson, who had been inspirational in my previous attempt, were going to be tied up on my chosen weekend as they wanted to help our club members Nick and Clare with the Whittle Pike English champs race. However, Anne had been speaking to her former Macclesfield Harriers clubmate Phil Cheek who immediately offered to help. He said he could get a good team of navigators together, all I needed to do was assemble my pacers and sherpas to carry my food and drink.

Carl Greenwood asked for an early leg and Barry Shaw offered to come on a later one. Many other members of my own club would be hoping to run at Whittle Pike, so I had to ask other running friends for back up. After running in the Holme Moss race in July – held on a really hot day when I suffered badly with the heat – I got chatting with the race winner Julian Rank of Holmfirth Harriers. Soon the subject of my BG came up and he asked how I was fixed for helpers. "Right", he said, "I'll be in touch later on if I can be of help". A few days later the call came and he informed me that he would have club mates Andy Shaw (regular winner at Marsden to Edale and other mega moorland slogs) and John Ewart for company.

When I asked which legs they would prefer he said, "We will do what ever it takes to get you round." - Brilliant.

My workmate Stuart Thompson had packed in running due to a niggling knee injury that had all but stopped his enjoyment of the fells the previous Summer. After cycling and walking for a while, he decided to give it another go, and he was soon able to support a Joss Naylor challenge in the Lakes. When the knee pain did not return he quickly got his enthusiasm back and before long he found himself offering to come on a leg with me. He never flinched when I asked him to take me on the long stretch from Dunmail Raise to Wasdale over England's highest mountains!

I saw Mike Wardle at a local race, getting fit again after a long lay off through injury, lethargy and building an extension to his home.

Mike came into running from a climbing background, having done some mega climbs on classic routes. He asked how the team was shaping up and offered to have a rope waiting at Broad Stand. Though I smiled and thanked him for his kind offer I was immediately filled with dread and fear. I am in fact shit scared of heights and on the one occasion I visited Broad Stand I'd taken one look and turned back, shaking from the height and exposure.

Mike said he would meet me in the Lakes and show me how to get up the rock, with a rope for reassurance. "Think of all the time it could save," he said, so I agreed. I vowed then that I would go and conquer my greatest fear - with an offer like this there was no way I was going to waste his time and petrol money. I went to see Alec Becconsall who was to be my support man at the two early road crossings with a box of food and clothes. "I've got a

flask, a phone and the camera loaded and ready", he said, "That's all I'll need to bring".

I arrived in Keswick at around 8 p.m. and managed to get my tent onto the busy field at Castle Rigg. Carl Greenwood came up to the Campsite from Braithwaite and we got the rucksack that he would be carrying sorted out with my food and clothes. Linda arrived shortly before him and offered to take us to the start point. It was a cool clear evening and the tops were completely free of any mist or cloud. At around 9.15 we drove down to the town, dropped Carl's car off and Linda took us to Bell Close where we met Alec. I went into the Market Square to look for Colin Ardron. I'd never met the Macclesfield runner before but in a square bustling with drinkers and revellers dressed up for a Friday night out, swaying between pubs, anyone in a helly, tracksters and a head torch would do. The others came through a few minutes later, Colin appeared and we all shook hands. Now was the time for nerves. I felt a bit daft as the crowds of half-drunks wandered by, shuffling my weight from one foot to the other and not knowing where to put my face. Unknown to me, Alec had disappeared into a pub and he came out with two Geordie couples, to whom we were introduced. As we shook hands I thought they must be Alec's relatives but it was explained later that they had been sitting together with Alec in the bar an hour earlier and enquired about Alec's choice of reading matter, "Feet in the Clouds" by Richard Askwith. He had then proceeded to tell them in great detail about the Bob Graham challenge. They had done some fell walking and heard of fell running so they were suitably impressed.

One of the Geordie women asked me what I liked to drink.

I politely declined, though I did say I liked Guinness. "Right love, we will be here at the same time tomorrow night with a bottle of Guinness for you - so you had better be here". Alec smiled and confidently announced, "Oh yes, he'll be here". We all walked up towards the Moot Hall and Alec took our photo. Five minutes to go and I began to feel a mixture of nerves and excitement.

A minute to go and Alec produced a proper stopwatch, the one he uses at his coaching sessions down at the club. I put my hand against the door of the Moot Hall as he counted down, then away we went as Alec, Linda and the Geordies cheered us off with cries of "Good luck!" It was pitch dark as we crossed Fitz Park, though while climbing Skiddaw we had a bright moon and didn't need torches. I felt happy and relaxed as we all chatted casually and I got to know Colin. Carl passed me the water bottle and as we gained height veils of mist hung around in the valley far below - around the base of Great Calva - and before long we were entering a cooling swirling fogbank. Carl passed me a balaclava from the rucksack as a precaution. I didn't want to get cold so early on as I might struggle to warm up again before sunrise. The mist was thicker on Skiddaw but we found the top easily then I led the way off and down to the fence crossing. I strayed from the path but Colin took a bearing and we hit the fence spot on.

Up to the misty summit of Calva, it was black as coal but our torches picked out reflectors on the wooden marker stakes. As visibility was poor we followed the fence line for safety down to the river, filling our bottles with the pure mountain spring water before our third climb. Mungrisdale Common is a

long drag - around an hour's climb - so Carl kept the food coming and passed the bottle. He had taken a GPS reading with his new high-tech phone. It levelled out and just as I was telling him to watch out for a cairn that marks the path, we nearly tripped over it. "Spot on!" said Colin. Climbing the last few hundred feet, I felt the light cooling mist on my face as we entered cloud swirling around the top. I felt really good so we jogged along the grassy ridge and up to the summit. Colin led the way down Halls Fell Ridge. As we dropped out of the mist, the sky all around was clear with a bright full moon. I asked Carl to turn his light off and to look at the sharp rocky edge going down in great jagged peaks. It was absolutely spectacular; the slate lit up deep blue. "We could be in the Alps!" he said.

As the gradient levelled and lights of Threlkeld grew nearer, I took the lead and headed down the lane to where Alec and the Holmfirth lads were waiting. A quick swig of tea and a bit of food and we were away.

Clough Head was a steady grind but we were soon up and I jogged ahead on the track towards Calfhow Crag. We regrouped and made a quick ascent of Great Dodd. The sky was clear, no need for the torch, but I could see a great cloud in the east that looked to be drifting in toward the long ridge. As we got to the summit the cloud was clinging around the grassy top so I said we needed to be careful as I'd had great trouble finding the next peak, Watson Dodd, on my two previous Bob Graham attempts. Off we went on a compass bearing and before long we were floundering around in the mist running around in circles and retracing our steps. Julian got his navigating head on and soon we were back on track.

We were still in thick cloud and I was getting cold so I asked for my cagoule but Julian told me to just keep running and get warm. The next few summits were reached without mishap, Andy kept the food coming and John kept me watered. Dropping south from Helvellyn we got our first

glimpse of the day with the warm sun dissolving the clouds from Nethermost and Dollywagon and bursting through, lighting the whole district to the west as far as the eye could see. On the descent to Grisedale Tarn, the lads bombed off down the wallside, while I trudged pathetically down nursing a niggling pain in my knee. I'd felt it for the first time a few weeks before but had no trouble since, now it worried me as I'd a long way to go and I was a bit behind schedule. I reached the tarn and led the way to the col. On the climb of Fairfield I was fine, but on the downhill my bloody knee was niggling me again.

However, I put the pain aside. Seat Sandal was climbed quite quickly and without trouble, eased by some of Julian's chocolate and coconut bar, but the descent turned into a nightmare as the pain in my left knee really started to give me trouble. It was just as if someone was sticking a pin behind the kneecap. Here was my turning point. Would I carry on, risking serious injury or call it a day, wasting everyone's time?

We got to the road and I sat down on the grass. Alec and Linda had tea and rice pudding ready but I had already started to cry the poor tale. Mike Wardle, my rope man at Broad Stand had stopped off on his way to Langdale to watch me through. I felt sad that I'd wasted his time. Phil Cheek crouched down right in front of me so that he had my undivided attention. "Right come on, get moving, we have to go now!"

I opened my mouth to speak but before I could utter a word a hand slapped two Nurofen painkillers in.

I felt so miserable. I was well down on time and couldn't face another 24 hour plus round. Billy Bland had told me to 'sack it' if I got behind time again and I could hear him now. "These failures tend to stick in the mind".

Phil was in my face again, "Right, we are going to have to hammer it on this section, are you up to it?" I bowed my head and shook it slowly. "The pain in my knee is going to

hamper me." As I finished my tea, Stuart Thompson surveyed the situation and said, "Right then, let's be off!" He climbed the stile and set out to climb Steel Fell. I stood up and turned to Linda. "Please stay here, I'll set off after Stuart but I will come back down". "No you won't," she said, "because we're off now!"

Julian Rank later told me that if he had seen a vet passing by, he would have flagged him down and asked for the humane killer!

I turned and looked about me. It was warming up and looked set to be a beautiful day. Now the Dodds ridge was clear, as was every other peak in the district. I reluctantly climbed the stile and as I set off up the hill, the mood at the roadside seemed to change as they cheered and wished us well. Phil quickly took the lead and picked out a good line over to the left of the scree gully, a new one on me but a fine route nonetheless. I didn't actually know Julian Brown, Phil's mate from Macclesfield Harriers but we were to get on like a house on fire over the next six hours. Julian kept passing the water bottle and I took off my long sleeved shirt as the sweat poured out of me. The top of Steel Fell came fairly easily and soon we were away, bounding after Phil towards Calf Crag. Stuart asked how I was drinking and I passed him my empty bottle in exchange for his full one. We all chatted although keeping a fair clip on and soon we were running off Calf Crag and climbing to Sargeant Man and High Raise. "Well done", said Julian, "We've picked up some minutes there". Stuart called out, "How are you doing with that water, is it empty yet?" Yes I was talking and not drinking, so I quickly drained it and took a fresh one.

Stuart told us he would fill all our bottles at the stream in the valley and catch us up, but after Rossett I stuck the boot in and as Julian passed sugary sweets, we made short work of Bow Fell. It was around 11.30 a.m. and blisteringly hot now, so I kept pouring the water down my neck. Stuart rejoined us on Esk Pike telling me that I'd flown up back there so quickly he couldn't catch me.

A few minutes later, on the way up to Great End I heard him chatting with Phil, saying something about me really moving well now. This gave me enormous confidence and I responded to their encouragement by clipping another few minutes off at Ill and Broad Crag. We made it to the summit of England's highest peak, Scafell Pike, a little behind schedule but I was moving well and felt really great now, with no knee trouble. I reckon it had just been a niggler but it had focussed the mind like a toothache.

Just off the summit, I suddenly desperately needed a pee. There was nothing to do but pee, so on the roof of this great nation, at midday, thronging with tourists and day trippers, I simply had to go. I turned my back to the main path and stood there, smiling over my shoulder and saying, "Sorry, I'm really sorry!" As it poured out as clear as mountain dew I called to Stuart, "It's good enough to re-bottle is this!"

Dropping to Mickledore, as we reached the stretcher box I waved to Mike, who had walked in from Langdale with all his heavy ropes and climbing gear, to have the line ready at Broad Stand. Onto the ledge and Stuart told me to take my time and have a breather, then as he went round the first corner I steeled myself and began to climb. In no time, it was over and I crouched by Mike in a heap, breathing heavily. He told me afterwards that I said to him, "That's it Mike, now I know I'm going to do it", though I don't really remember. Phil met us on the summit plateau, then after I touched the top, the three of us made a swift descent to Wasdale by the scree gully.

Over this section, Phil had led me the optimum route. We hadn't climbed a single foot more than we needed to nor run a single yard further. Stuart and Julian had kept my spirits high and my sugar and fluid levels topped up. What a great team. As we reached the good grass down below, I felt so good, so confident. I immersed myself in the beck as we crossed it and jogged down to the National Trust car park



Allan trying to run and eat at Wasdale (Photo Alec Becconsall)

where Alec, Linda, Phil's partner Annette Morris and Chris's girlfriend Polly had set up their stall, with a chair in the shade of a tree and some tea and goodies laid on. As soon as my bum hit the seat, my shoes and socks came off, my feet were wiped and dried, Vaseline applied and fresh socks and shoes on. What a team! 17.2 seconds and we were ready for off again.

We set off along the road to the new bridge, with me trying to eat five peach slices from a spoon and drink tea and eat rice pudding. Polly Lander - girlfriend of my navigator Chris Cripps - and my pacer Pete Ferris took one or the other away and got me to eat and drink them sensibly, then we were through the gate and away between the bracken to the rickety stile. I was glad to have Wayne Percival of Ambleside AC along on this leg. He had just finished a night shift in Warrington then come straight out to assist me - what a star! Wayne says he is a veteran of helping over a hundred Bob Graham attempts and knows exactly what you're going through. On top of this, he can talk for England, so it was sure to keep me quiet, as I wouldn't get a word in!

Yewbarrow was quite a test, especially in this hot weather and I had to occasionally stop on the steep bracken sided hill

and take a couple of deep breaths.

Pete, had a quiet, gentle manner, almost whispering encouragement and passing me the water bottle every few hundred yards. I was sweating profusely, though apart from the sun burning my back through the shirt, I was not too uncomfortable. Just SO bloody weary!

Between gasps I asked Pete where he lived and what he did, expecting him to be another of Phil's mates from Macclesfield. "I'm a farmer in Wasdale, and when your neighbour is Joss Naylor you end up getting into fell running!"

Wayne was just the opposite of Pete. "Keep it going Al, you're looking good!" he kept calling out. What a great team I had. Chris, who knows the fells intimately, even in the foulest weather and could earn a small fortune as a mountain guide, leading the way on a perfect summer's day and the two lads, with their contrasting characters, chalk and cheese you might say, keeping my spirits high. Yewbarrow summit was soon in sight and Pete said, "Right, touch the top and run to where Chris is". I did as I was told then 100 yards later Pete flew past and over to the left of the trod. "Down the way Joss showed

us?", he asked Chris and soon we were traversing to Dore Head and away up to Red Pike. Now I felt strong. The path was an easy gradient compared with Yewbarrow and I began to push myself. Pete and Wayne kept the drinks and melted chocolate chewy bars coming which passed the time. As the hill levelled and we hit the grass, I surprised myself by running all the way to the summit, then away at a decent speed following Pete up to the start of the climb towards Scoat. Steeple came and went quickly and Pete really gave me some praise here as he passed the water bottle again. He told me that we were eating into our schedule deficit and it gave me more confidence. I felt good. I felt so strong now and for the first time, I really believed I was going to succeed.

Climbing Pillar Chris led the way as usual while Pete stuck right up close behind me with Wayne tagging along behind him. The sun was really beating down now and my neck was getting all the rays but I shrugged it off and dug in taking long drinks every few minutes. Over the top and as Black Sail came into view Chris remarked on how Joss's Gully would be in shade. Now I would have to produce something special. I remembered Phil Cheek's

request at this point on my previous attempt to 'raise my game'. Back then I'd been fully waterproofed up, wet and tired. Now it was a spectacularly beautiful evening and I was feeling strong.

Pete said he'd take the traverse and meet us at Beck Head. As we began the climb of Kirk Fell, loose gravel caused me to tense up to avoid slipping. Soon however, the rocks became larger and I could get a hand hold. The strides became longer, deeper and more powerful and I found that I was no longer tired. My body had responded, as if, by now - after all these weeks and months of slogging up steep sided lakeland mountains - it knew what I was trying to ask it to do.

Onto grass and Chris beckoned me on as he began to jog. I ran to the summit rocks and away as fast as I could, across and down mostly on grass to Beck Head where Pete waited on a patch of grass under a boulder with water and an array of goodies laid out beside him. He told me to keep walking but choose my fave. I saw a Mars Bar, Fruit Pastilles and Snicker and the melted chocolate and toffee I chose went down dead easy along with Pete's coffee. He'd even brought a flask! How could I fail these lads?

Up Great Gable and the steady trudge began again but I had it in mind to really flog myself up here before I was told to. 'Raise your game', I thought, 'Raise your game'. I was getting stronger now and soon, when we got to the really big rocks, I pushed hard, crawling over boulders on all fours like a monkey. Then it levelled out a bit and the big shelter and plaque came into my eyeline. I reached over to touch the highest point and then turned away quickly to where Chris had started walking. I'll show 'em how it's done now, I thought. Chris led a good line, almost all on grass to the col, then to the climb of Green Gable. This is where I would impress Pete. Up Chris flew, almost sprinting on the loose gravel but I dug in hands on knees and soon made the top, where an old guy sat smoking his pipe and watching the sun set. "You really want this don't

you?" said Pete, and I knew I was making the right impression. I wasn't going to waste their time, no way. Now I reckoned it was, in Phil Cheek's words, "do-able".

Off towards Brandreth and I was asking where Wayne was, though they assured me he was tagging on behind and recording the times. Now we were motoring. Brandreth was gained easily thanks to a perfect line by Chris, and then we speeded over to Grey Knotts. I looked across to Buttermere and Crummock Water to the left, massive silver disks as the sunlight reflected from them and it lifted me. I was enjoying it immensely now, even joking as Chris took us along the fence towards Grey Knotts and through a wet peaty area, "If there's one square yard of shite on the route you'll find it!" We climbed the fence and began the descent and I sensed that down below at Honister pass there would be excitement and hurried activity as we appeared.

Pete agreed to rush on ahead and ask for lots of tea and some kind of non-sugary food. It was such a relief to be descending on grass and soon we came to the path into the carpark where I saw Linda dancing around excitedly as other people clapped and cheered. Phil was clearly in charge of things. He read me the riot act about being ten minutes behind my schedule as someone gave me a mug of tea and some food (ham sandwiches and salad!) and introduced me to Jenny who, he said I would be getting to know intimately over the next few hours!

Away to Dale Head, Phil's words, "It is definitely do-able!" ringing in my ears. Now my great mate Barry Shaw, who had caught a bus from Keswick then walked up the road to Honister from Borrowdale, kept me going, chatting and passing the water bottle. Chris stayed on for the final section and soon struck up a friendship with Barry.

Each time the ground levelled out I jogged a little. In between I took a drink and tried to keep the pace high. The atmosphere was relaxed and



The happy team at the finish (Photo Alec Becconsall)

the chat between my pacers cheerful so I put my head down and pushed hard.

Dale Head summit was reached in 32 minutes. Now it was a quarter to eight and I had to finish in Keswick before 10 p.m. On the diagonal track up Hindscarth I jogged as much as possible, walking at a fast pace in between. "Come on. Come on", I kept thinking. Jenny now carried the bottle and stuck at my side. When I jogged, she did and as I slowed to a fast walk she made me take a drink.

I turned at Hindscarth summit pile and flew down the hill after Chris. Barry and Jenny hung on for dear life behind me and I knew I was making an impression as I raced after Chris across the short turf. "No more climbing after this one", said Barry and so I dug in hard again. Where on Earth was all this energy coming from? Now it levelled out and I could see the pile of stones. Jogging across, I threw my hands onto the rock pile and shouted, "Yes!". Chris said, "Well done! You are now one minute up on your schedule." It was 8.19 p.m. so we had an hour and 41 minutes to finish and it felt absolutely great. Can you just imagine how I felt? Tears began to well up inside me but I suppressed them by taking

deep breaths and telling myself to get down the hill quickly and carefully. Relaxed now but watching out for every rock and man-trap in the grass I followed Chris down. At High Snab Farm, Phil Cheek and Wayne were waiting with Phil's car. Phil was ecstatic. "Well done - well bloody done!" He cried. "No-one deserves this more than you matey!".

Wayne joined us along the road and we trotted at a steady pace, Jenny again staying right at my side and passing the water bottle with Barry offering jelly babies. We reached the little chapel and ran past Stuart, as Alec waited with his camera and called out excitedly, "You just need to pull out the rest of your Tripe now!" Soon we got to the river bridge and alongside fields to the road. I could see the lights of Keswick ahead.

Sprinting now onto the paved market square and I could see the others, Phil and Alec up ahead by the Moot Hall clapping and cheering, shouting my name. A loud Geordie voice shouted from the right "Oh, gan on Bonny Lad!" and I punched the air with both hands and slapped them against the black wooden doors. Wayne, Barry, Chris and Jenny followed and congratulations rained from all

around. I shook everybody's hand and soon we had moved a bench in front of the Moot Hall for a team photo as the bemused revellers walked by giving us some funny looks. The Geordie couples, who I was amazed were actually there, came across and shook my hand, one of the women handing me the bottle as promised though it was Newcastle Brown Ale. "We tried everywhere in Keswick to get Guinness", she said, though I thanked them all and told them it would go down very nicely.

Phil asked if we were going for a celebratory pint but all I wanted was my tent, so we vowed to have a reunion later and Barry drove me to the camp site for a shower.

Boy, it felt good to get into fresh clothes and walk across that campsite. Barry's tea was very welcome, though as I sat in the camping chair and we chatted quietly, his voice began to drift off. "Oy, come on," he said, as I'd nodded off with the half drunk mug of tea on my knee. "Get yourself off to bed", which I duly did - and had the best night's sleep ever!

Note: A complete and unabridged account of Allan's BG experiences can be found on the FRA website.

Celtic Corner

In which we are kept up to date about events in the far-flung corners of our islands by our doughty foreign correspondents.

Manx News from Christine Barwell

Manx Fell Runners were delighted with the enthusiasm for this year's Manx Mountain Marathon, with a fantastic total of just under 90 athletics entering the 31-mile race, which traverses the peaks from the north to the south of the Island. The occasion, once again, was blessed with superb weather over the Easter weekend, making the event all the more pleasurable, not only for the competitors but for the numerous officials and supporters who help to make this popular event such a success. Clayton Le Moors' Paul Thompson once again dominated this year's race leading from start to finish, to score a successive hat-trick of wins. Locals were delighted to see popular Manx Fell Runner Simon Skillicorn take second in a brilliant sub-five hour time. Not only was the 31-mile event a success in 2006, the Half Mountain Marathon, which was resurrected in 2004, also attracted an increase in entrants. The course is the last 13 miles of the full race, categorised 'B' long and relatively easy to navigate, making it an excellent event for anyone contemplating their first long fell race. This year Martin Stone very kindly offered his SportIDENT system, which was utilised in both the full and half marathon. It proved to be a hit amongst competitors, who particularly enjoyed the print-off of their split times as they crossed the line, and Manx Fell Runners look forward to working with Martin in the future. The Mountain Marathon combined with the revitalised Easter Festival, which consists of three events over three days, namely a 10km road race, Peel Hill Race, and a 5km run across the promenade in Douglas, the Island's capital, certainly made the Isle of Man the place to be over the holiday period.

In an effort to attract more juniors to the hills, Manx Fell Runners introduced a series of three races into this year's league. The first event at Bradda, over a short course to the headland Tower and back was reasonably well supported and put organisers in good heart for the remaining events. Disappointingly, for the second event at Snaefell a solitary junior, namely Tom Bateson was the only entrant. Fortunately, he was eligible to compete the full event and he took the challenge, acquitting himself extremely well, finishing a superb 19th overall. The organisers will continue with this initiative, with the remaining junior event taking place later in the season.

The Isle of Man was well represented at the Half Tour of Pendle back in March. Simon Skillicorn produced one of the best performances ever by a Manxman in an off-Island event, finishing a superb ninth in 1:10.47. He was well-supported by teammates Mike Quine, Richard Jamieson,



Andrew Brierley, Rolf Bruwiler and Bryan Carr approach the Bungalow in the Manx Mountain Marathon
(Photo Christine Barwell)

Richard Sille, Tom Cringle, Phil Cain, Tony Rowley and Richie Stevenson.

In 1972 local athlete Ian Callister had the idea of planning a route that encompassed all the Isle of Man's peaks over 1000 feet. However, it wasn't until 1975 following several reconnoitres by Ian and fellow runner Robert (Bob) Baxter that the 60 mile course, which ascends 11,400 feet, including 37 peaks was finally completed. Bob, in 1977, was the first to complete the traverse in 14 hours and 55 minutes and the course became known as the 'Bob Baxter'. He improved his time by a further two hours the following year. Bob sadly died on 11th August 2002. Only a handful of runners have completed the challenge, with Ian in 2003 being the most recent. His first of three finishes was in 1982, the year Colin Donnelly set the record of 11 hours 35 minutes, which still stands today. No women to date have attempted the course. Recently there has been renewed interest amongst local runners in tackling the Bob Baxter and hopefully 2007, the 30th anniversary, will be the year that the challenge enters a new era. For further information and a route description visit www.manxfellrunners.co.uk. Anyone wishing to run the Bob Baxter should contact Ian Callister on 01624 842137.

Northern Ireland News from Ian Taylor

Our Championship format reverted this year to five races out of nine. With two races completed Brian Ervine has maximum points in the open men's category with relative newcomer Des Woods in second place. Former champion Shileen O'Kane is first in the Ladies' section but orienteer Fiona Maxwell is beating her regularly in non-Championship races so

Shileen could well be overtaken during the season.

SLIEVE BEARNAGH

Our British Championship event on 1 April was in the short category but nevertheless managed to have three climbs with a mixture of heather, grass and loose rock. Despite the slippery conditions, under pressure from record holder Rob Jebb and brother Danny, Rob Hope managed to win in a new record time of 41:16. Natalie White was first lady but well outside Angela Mudge's 2003 record. Our visitors enjoyed a great weekend of racing and celebrating, with our prize giving venue even managing to run out of Guinness! Photographs of many competitors are on the NIMRA web site www.nimra.org.uk A few Northern Ireland athletes are taking part in later events in the British Championship.

KNOCKDHU HOME INTERNATIONAL

Visitors from around the UK and Ireland also appeared for the P&O Knockdhu Home International, with Scotland taking most of the team awards but Tim Davies of Wales taking first place with Jill Mykura winning the ladies' category. Most participating countries seem to have a lack of junior ladies with only Wales able to field a full strength team although Scottish coach Martin Hyman was able to attract a squad of younger athletes to for the separate under 17 event. We expect to see most of the juniors back at the end of the season for the British & Irish Junior Championships being held in October and hosted by our Mid-Ulster club.

OTHER EVENTS

The midweek Hill and Dale eleven-race series continues in popularity, with fields averaging over 120 per event. Why are these relatively popular compared to Championship races? One attraction is their

variety of routes and terrain so that different strengths in each runner are emphasized. Again the series means that you can compare each week how you have done with those of a similar standard in previous races. The races are especially suitable for newcomers – with virtually no navigation to scare people off and with the numbers participating ensuring there is usually another competitor in sight. Juniors are welcome, the race is good, the racing not too serious for most of us and results appear within a couple of days. The short race midweek format requires less time commitment compared to weekend events. The problem is attracting such runners into Championship races, often with navigation, with fewer competitors over longer courses and requiring confidence in your own abilities, a confidence that does not develop overnight.

As I write we look forward to our annual All Ireland Championship, this time hosted by us on a fast course designed also to assist in selecting for the Irish European Championship team. Like many Northern Ireland athletes in other disciplines, there is a possibility of getting on Irish teams if the UK standard is too high or, in many cases, because you feel it's a more appropriate country to represent. Also on a representative note, we congratulate Richard Rodgers on his performance in the M40 category of the European Masters. Later in the year we will have teams at Snowdon and the World Trophy and many individuals at the World Masters.

NOTES FROM SCOTLAND from KEITH BURNS

The Scottish race season started with very healthy capacity fields at many races. The debate continues on whether there are too many races! Support for them suggests there are not!

It was a later than usual start to the four-from-six **Scottish Hill Runners' Championship** series this year, but Ben Lomond was worth the wait. Organisation was excellent, with a capacity field, beautiful weather and with most of the "names" turning out and some excellent head-to-head racing, there was really the feeling of a classic hill race. It's too early after just one race to write much about the championship, not least because the unforgiving Ben Lomond course resulted in quite a few falls and knocks that affected positions. However, Jethro Lennox (Shettleston) looks in a class of his own, though probably doubtful that he will do the full series, likewise Angela Mudge (Carnethy) in the Ladies' race. The first three men are all previous Scottish Champs winners and for the women, two very-much-in-form athletes, Claire Gordon (HBT) and Helen Stuart (Bellahouston), are in 2nd and 3rd place and had a very close race at Ben Lomond, with Claire just holding off Helen, while not far behind was British Champion, Jill Mykura (Carnethy), who cannot be written off. After Stewart Whittle's (Carnethy) domination of the Over 40 category the last couple of years, he now has a fight on his hands as Colin Donnelly (Ron Hill Cambuslang) has

moved back to Scotland. However, in another close race all the way, Stewart held off Colin to take an early lead - hill racing at it's best.

The world moves on as four times over-50 winner John Blair-Fish (Carnethy) was pushed back to 4th and Ewan Patterson (Moray RR) took top spot, but in the over 60s, the 2004 winner, Gareth Bryan-Jones (Ochil), made a successful start to regaining the trophy. In the female vets, Helen Murray (Lothian) took an early lead in the Over 40s, a category she has looked to win in the past couple of years only to be stopped by injury, while Jocelyn Scott (Fife) leads the Over 50s. Carnethy HRC started well in defending the team title with wins in both men and women, which also gave the club the **scottishathletics** titles.

Ben Lomond was also the host for the one-off **scottishathletics** Championship, with Jethro Lennox defending his **scottishathletics** title, breaking the course record by one second. David Rodgers (Lochaber) took silver and Brian Marshall bronze. Former world champion Angela Mudge produced another record-breaking gold medal performance. Clare Gordon took silver with Helen Stuart bronze. British champion Jill Mykura was fourth.

The separate **Scottish Hill Runners' Championship** series of six races alongside the one-off governing body title race continues to create debate, frustration and confusion. So much so that independent **Scottish Hill Runners** has agreed to talk with the governing body with a view to a mutually acceptable joint venture. This presents a formidable political challenge, since at one extreme, the separatists seem adamant that complete freedom of choice on "permits" must be defended for race organisers; and the governing body compliance gurus are equally enthusiastic about enforcing "permits". But at least the negotiators are talking. Watch this space -

We still have irresponsible cheats who seem to think they are exempt from the race organisers' rules, and from the risk of injury or death on the hill. At Ben Lomond, two runners ran without carrying the clearly specified safety kit (in fact they ran only wearing vest and shorts with no other gear!). One of them was abusive to another runner when he was challenged about it during the race, and the other either disqualified himself or quite rightly was disqualified by an official on the hill. These insults to race organisers, officials and other competitors really need stamping out.

At **Knockdhu** the Scots took full advantage of the magnanimous English no-show. The overall U16 race was a **Forres Harriers** one-two with Grant Cameron leading home Robbie Cammack. The girl's race was dominated by the Inglis sisters from Lothian who recorded another Scottish one-two with Mhairi leading home her sister Sarah to record an impressive victory. The U20 international race was very close and it came down to the wire as David Phee was just pipped at the post by Carwyn Thomas of Wales. Alex Jones, Kyle Cowie and Douglas Tullie rounded up the rest of the Scottish team placing 5th, 6th and 7th respectively. This edged out Wales for the

team prize with the 4th placed Tullie being the man who decided the result.

The senior race was led in the early climbs by Tim Davies with David Rogers and Euan Jardine just behind him. As the climbs ceased and the race became similar to cross-country terrain the places changed as Brian Marshall and Es Tressider climbed onto the chasing pack bringing with them Paul Nolan and Neil Carty. The battle for minor places was becoming more intriguing with David Rogers leading. As the hill was breached Rogers just managed to hold off Brian Marshall for 2nd place. The Scottish team was split by Neil Carty and Paul Nolan. Es Tressider ran well to finish 5th while Euan Jardine placed 7th making it four Scots in the top seven.

The veteran race was won by Adam Ward in 9th place overall. The evergreen Colin Donnelly followed Adam in 10th place, with Adrian Davis 13th and John Stevenson, 22nd. The senior women's race was won by Scotland's defending British champion Jill Mykura in 35th place overall. Next Scottish lady was Iona Robertson in 3rd, with Kate Jenkins 5th and Dawn Scott 6th.

All three Scottish International teams claimed first prize. The only one missing was the junior girls but Scotland can be excused as, sadly and controversially, no junior ladies team had been chosen by the selectors.

Thanks to correspondents Andy Spencely and Euan Jardine.

NEWS FROM WALES

Welsh Fell Runners Association from Ross Powell

The Welsh Fell Runners Association (WFRA) continues to go from strength to strength. Both the membership and the number of WFRA insured races are up on last year.

The WFRA has recently organised two highly successful Navigation courses. Further courses are to be arranged. Contact Geoff Clegg for more information.

WFRA Open Championships and Series
The WFRA Open Welsh Championship commences on 18th June with the Blaengwynfi race in South Wales. At the time of writing the South Wales Series had also not commenced, but will be well underway by the time this magazine is published.

North Wales Series

After the first 2 races, positions are as follows -

Ben Amesbury of Clwydian Range Runners is leading the Series. Other Category leaders:

Male over 40:
Huw Lewis (Buckley Runners)

Male over 50:
Graham McAra (Cheshire Hill Racers)

Male over 60: Don Williams (Eryri)
Female: Dawn Urqhart (Buckley Runners)

Female over 40 and 50:
Maggie Oliver (Eryri).

The most competitive category this year appears to be Male over 60!

It is however, still very early in the series and with 7 more races to go, anything can happen.

You do not need membership of any particular organization or have Welsh qualification to participate in the WFRA Championships and Series. For further information visit the Welsh Fell Runners Association website www.wfra.org.uk.

Numbers in most Welsh races are less than one hundred. If you feel that races in England are getting too crowded why not give Wales a try!

Membership

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

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

Membership costs £10 per year.

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

Alternatively, contact the Membership Secretary – Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL. Tel 01492 582631.

Email geoffclegg@wfra.org.uk.

2006 WFRA Wales and Borders Race Calendar

This is free to members. Non members can obtain a copy for £2 (plus 50p postage) from Geoff Clegg. Cheques payable to Welsh Fell Runners Association.

Snowdon Race

Please note that entries have now closed. The entry limit was reached by the middle of May.

WELSH ATHLETICS
ATHLETAU CYMRU

WELSH MOUNTAIN RUNNING
COMMITTEE
PWYLLGOR RHEDEG MYNYDD CYMRU

INTERNATIONAL EVENTS AND
SELECTION RACES 2006 UPDATE

From Adrian Woods

WMRA YOUTH TEAM CHALLENGE
MEMORIAL "MARCO GERMANETTO"
INTERNATIONAL MOUNTAIN RACE

UNDER 17

SUSA, ITALY

SUNDAY 25th JUNE 2006

(UP AND DOWN COURSES – UP TO 2¹/₂
MILES/600FT)

(www.aticasusa.it/rules)

Teams

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

Athletes must be born in either 1989 or 1990. Consideration may be given to development athletes born in either 1991 or 1992

INTERNATIONAL SNOWDON MOUNTAIN RACE

SATURDAY 22nd JULY 2006

LLANBERIS, SNOWDONIA

10 M/3250 FT UP AND DOWN

(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

10th SEPTEMBER 2006

BURSA, TURKEY

UP HILL ONLY COURSE

(www.taf.org.tr)

Teams

6 senior men, 4 senior ladies, 4 junior men,
3 junior ladies
(Juniors must be aged 16-19 years on 31st December 2006)

Selection

Trial races Sunday 13th August, Llanberis, Gwynedd from 11.30am

Registration at the Quality Hotel (formerly Royal Victoria) from 10.00am

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 details regarding World Trophy Event.

OPEN BRITISH AND IRISH

JUNIOR HILL RUNNING

CHAMPIONSHIPS

SUNDAY 9th OCTOBER 2006

BELFAST, N. IRELAND

(www.nimra.org.uk)

Team

4 under 18 boys, 4 under 18 girls; 4 under 16 boys, 4 under 16 girls
(ages on 1 January 2006)

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. Preference will be given to athletes with known form in this type of race.

Note: sending Welsh Teams to all of the events listed above is subject to availability of funding, which is currently under discussion.

Please check with Team Management or on the Welsh Athletics website for latest news (www.welshathletics.org)

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 ATHLETICS

ATHLETAU CYMRU

WELSH MOUNTAIN RUNNING

COMMITTEE

PWYLLGOR RHEDEG MYNYDD CYMRU

INTERNATIONAL EVENTS AND

SELECTION RACES 2006

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:-

Team Leader/Welsh Event Coach

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

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

Selectors

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

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

The Return of Oliver Mallis

from Peter Hayes

Episode Two: Tricia's Honour

The story so far: *Fell Runner Oliver Mallis has woken after spending seventeen years in a coma.*

Time: Friday 9 p.m.
Place: Reg Trooper's Living Room

'No. Nowt's changed. Fell running's just the same as it always were. Same friendliness, same cheerful informal camaraderie. Right, your membership's seventeen years in arrears...'

Reg Trooper paused and furrowed his brow,

'That'll be two hundred and seventy two quid'.

Mallis eagerly wrote the cheque. It was wonderful to be a part of the Club again. Wonderful to be sitting in the living room of club secretary honest Reg Trooper. Good old Reg. He looked just the same, even after all these years. True he had a few more grey hairs and he had lost a leg but, basically, he was just the same. The room was the same too. It was a real fell runner's living room with race certificates covering the walls and a handsome display cabinet of used pairs of Walshes. Reg and the room seemed to embody the simple dignity of fell running and at the same time its majesty as the king of sports. The sport of real men, modest and unassuming but with incredibly hard muscles beneath their simple tracksuits, and the sport of real women with incredibly...

Mallis paused and bit his lip as a vision of Tricia, beautiful Tricia, bouncing over the hills like a kangaroo, flooded his mind. How could he put it, the burning question that seared his soul. What had happened to her? Was she still in the club? Was she still just the same, like Reg was. 'I wonder...' he began tentatively, 'You'll be sure to be round at crack o'dawn tomorrow for the

Ten Bogs won't you?' said Reg, cheerfully pocketing the cheque.

'Rather!' said Mallis, 'It'll be great to feel the mud under my feet again!'

'It'll just be an easy training run with a couple of the Lads,' continued Reg, 'Studsey'll be there and Don. Now you best get off and get some sleep'.

Mallis stood up to leave. The question of Tricia would just have to wait. He glanced at the certificates. Yes, all the classic races were there: the Wasdale, the Ennerdale, the Wensleydale. But what was this? Mallis read the ornate gothic lettering out loud:

*The Royal Society for the
Prevention of Athlete's
Foot gratefully
acknowledges receipt of:
£36*

*Your donation will allow
vital experiments to be
conducted on the feet of
4.5 white mice*

'What's all that about Reg?' Mallis asked curiously.

'Oh bloody Hell,' said the blunt Yorkshireman, 'I've still got near 500 of them in the garage. It were that bloody movie about t'Women's Institute'.

Women's Institute? Movie? What was Reg talking about?

'Give us three quid and I'll go get you one', said Reg, 'But don't get too excited over July, we don't want any heart attacks'.

Trooper laughed a blunt Yorkshire laugh as he stumped out and returned a minute later with a brown paper package. Mallis was mystified. He opened the package and stared in puzzlement at the contents. It was an old 2003 'charity' calendar, but the pictures! A series of wizened fell runners, stark naked apart from their Walshes, cavorted in the countryside. Mallis recognised most of them straightaway.

There was the swarthy figure of Don Bates leaping playfully over a five bar gate. There was a particularly unappealing shot, taken from beneath, of Herdwick Studs scrambling up Broad Stand. Mallis flipped the pages with growing distaste, April, May, June, each was adorned with the photograph of a prancing goat-like figure. What on earth had happened to the dignity and majesty of fell running? He turned to July. Women too! Who was that middle aged Harlot? Really! Mallis was about to shut the calendar in disgust when his eye caught the caption. 'Astride Crib Goch Miss Tricia Openshaw opens her...' Tricia? Tricia!? Mallis's eyes swam with a torrent of conflicting emotions, his legs turned to a brittle spaghetti and he let out a heartfelt groan.

Tricia! Tricia! Tricia!

'Aye, that's one of my favourites too', said Trooper bluntly, with a lecherous wink. 'She took a bit o'persuading mind you. It were Don Bates what did it'.

Bates! Mallis ground his teeth at the name of his rival in love. It seemed that the swarthy, insouciant villain had been up to his old tricks, while he, Mallis, had been lying helpless in a coma. Typical of Bates. With grim determination Mallis realised that here was only one thing to do. He must somehow steal the rest of the calendars, or at least July page, so that he could destroy them and save Tricia's honour. But How?

Time: Saturday 5am
Place: Reg Trooper's Garage

Four hundred and eighty five—RIP—four hundred and eighty six—RIP—four hundred and eighty seven—RIP. There was a flushing sound from somewhere in the house. Just in time! Mallis stuffed the last of the 'July' pictures into his swelling rucksack, dashed back into the kitchen and assumed a pose of studied nonchalance. A second later Reg came through

with a look of satisfaction on his face. Obviously he suspected nothing. Now all Mallis had to do was to sink the whole lot of them into one of the ten bogs.

'Right! let's get in the car', said Reg. 'What on earth you got in that rucksack?' he added disbelievingly. 'You don't need all that! It's only forty mile. All I've got is a bumbag w'half a marsbar in it'.

'Just a few spare clothes ... and things', said Mallis airily, as he gripped the rucksack tightly to his chest. If only Reg knew!

Time: Saturday 8am
Place: Bog

It was a beautiful blue morning and despite the seriousness of his secret mission Mallis could not help enjoying himself as he tagged along at the back of the little group. It was just like old times. They were all chatting and joking. Don Bates kept on telling Mallis how pale and unfit he looked—Bates was nut brown of course—and Herdwick Studs just ran silently on a few yards ahead. Best of all was Reg, who kept on glancing at his watch and saying, 'Come on Mallis you're slowing the rest of us down,' in tones of mock irritation over and over again. Mallis laughed, but it was true; he was out of condition and breathless and no wonder after spending seventeen years lying in bed. They were out in the middle of the first bog and now—this might be an opportune moment to shed his load.

'Don't worry about me lads. You keep going. I'll drop back a bit, see you in the pub,' said Mallis.

Herdwick Studs and Reg Trooper brightened up.

'OK. Ta ta, see you later', Studs said over his shoulder as he increased his pace. Trooper hopped to catch him up. Then Don Bates broke in.

'Hold on a minute. You're not getting rid of us that easily Mallis', said Bates. 'We're your



mates, and we're going to get you through every single bog, all ten of them, no matter how slowly you go. That's what fell running is all about.

'No, no, you go on', said Mallis quickly, but it was too late. Herdwick Studs and Reg Trooper slowed down again. Bates's invocation of the spirit of fell running seemed to touch their very hearts, Studs even looked slightly ashamed.

'Aye, Batesy's right', said Trooper reflectively. He clapped Mallis affectionately on the shoulder. 'We're going to stick to you like a leech, feller!'

'And let's share out what you've got in that big rucksack of yours', said Studs solicitously, 'We can carry all that for you.'

'No, that's all right lads', said Mallis, turning paler, 'I can manage, honest.'

'Yes but you're not managing are you?' Trooper pointed out bluntly. 'You're only running at two mile an hour; you're slowing me down and I've only got one leg.'

'No. I keep the rucksack.'

'You can keep your pride lad, it's only the stuff inside it we want'

'No.'

'Look, we've promised to stick by you lad, and the least you can do is let us share the weight so as we can speed up a bit.'

'No.'

'We're your mates, we're not going to tell anyone we've been carrying your rucksack for you.'

'Or only one or two people', added Don truthfully.

As the argument grew hotter an unnoticed figure could be seen bouncing over the horizon towards them, springing down the flagstones of the 'erosion control' footway that snaked like a loathsome, ugly scar though the pristine bog.

'Gives us the rucksack Mallis.'

'No!'

'It's for your own good; we're your mates, we're trying to help you.'

'No! No!'

The bouncing figure came closer.

'Let's feel it.'

'Don't touch it!'

'That's it! take it off. Undo the waist buckle Reg.'

'Stop it!'

'We're your mates.'

'No!'

The bouncing figure was almost upon them now.

There was a tussle over the rucksack and then a tearing noise as its goretex fabric ripped apart and four hundred and eighty seven 'July' pictures of Tricia spilled out over the footway.

Studs gaped. Bates snickered. Reg Trooper frowned and furrowed his brow.

'Reckon that'll be one thousand four hundred and sixty one pound you owe me', he said grimly.

The bouncing figure stopped.

'Hello Lads. Grand day to be out on't bog. Hiya Mallis. Long time no see!' Then she saw the four hundred and eighty seven pictures.

'Oh!' she said.

It was Tricia

Stella Judd

06/03/1956 – 07/12/2005

Courage and Determination in Adversity



Those of us who run owe an enormous debt of gratitude to the people in our lives who support us and cheer us on when things go well, or who pick up the pieces and commiserate with us when things go wrong. My wife, Stella Judd, who died in December 2005, was one of that unsung cast of heroes who regularly turn up at races whatever the weather and who provide us with this valued support. Stella was also generous in giving her support to all members of my club, Glossopdale Harriers, to whom she was well known. What is not so well known is that when we first met, some twenty-three years ago, Stella was very much an accomplished sportswoman. At school she had excelled at tennis and hockey; she had played for Banbury ladies football team and had also achieved the unusual distinction of representing Banbury and England in the 1973 televised series of 'It's a Knockout' and 'Jeux Sans Frontieres'.

When we met, while walking the 'Coast to Coast' walk in 1983, Stella was a strong back packer and long distance walker. She was also a member of Furness mountain rescue team. Together we began to develop as fell runners. We lived in Barrow in Furness, where Stella worked with Selwyn Wright in Cumbria Social Services. However, by the late nineteen eighties Stella had developed the debilitating illness M.E., which forced her to give up her running (and ultimately her social work career) after taking part in only a handful of races. Although her fell running career had been cut short, when she was well enough Stella continued to turn up at races all through her illness, and provided much valued support to myself and other Glossopdale runners. In spite of the illness, she also walked the hills when she could. Although it took twenty years, between relapses she slowly managed to complete the ascent of every 2000 foot summit in England, a project that she had begun when we were living in Barrow when Stella was still well. I know that she was very pleased with this achievement, although it was tempered by the knowledge that M.E. had robbed her of all but a fraction of her former fitness.

At various times as runners we have all been through the frustration of being forced to take days off, weeks or even several months off from running in order to deal with minor or more serious injuries or health problems. It is difficult to imagine how you can begin to deal with an illness like M.E. and to have the feeling that you've lost your fitness and your health; then eventually having to accept the reality that you may never fully recover. With such feelings of loss, it isn't surprising that over time associated mental health problems such as Depression can develop. Sadly, this burden can sometimes become too much for even the strongest in character and spirit to bear.

The new trophy that will be presented to the first lady at the Herod Farm race in March each year is dedicated to Stella and bears her name. I know that Stella will be remembered with great affection by many members of both Glossopdale Harriers and Pennine fell running clubs.

Andy Wilkins.

Access and Environment

June 2006 - from Chris Knox

Weather

Depending on which part of the country you are in this Winter/Spring period has certainly had a bit of character to it, but in general it's been dry and cold with drought conditions requiring a hosepipe ban in the southeast. Then, just when you thought it was safe, along comes March with associated early spring flowers, birds starting to mate....WHAM... some great dumps of snow smother some of the best laid plans. On the 11th/12th March for example a narrow band of snow storms certainly altered plans in parts of the northwest. A couple of centimetres in Keswick was surrounded by most of the valleys having more than double that - it was interesting trying to find where the road actually was by Swirls car park above Thirlmere. Drifting snow had obliterated my own car tracks of the outward journey in a vain attempt to reach Settle. Note to self: *traction control on a front wheel drive car does not prevent the back of the car from trying to overtake the front!*

A few events had to be cancelled, others took place in almost 'Winter Wonderland' conditions (look at the FRA 'photo gallery' for proof). The following weekend most of the snow had gone but Langdale, other than the road, was still plastered - preventing another event from starting. Moving swiftly on to April, more spring flowers and lambs. People have asked about lambs being sponsored by Lance Armstrong's Discovery Channel, they aren't. The fetching little blue plastic capes (also available in other colours) are just to help the lambs' survival in extreme conditions. Anyway, now take the (Spring? Ha!) Safety and Navigation course held at Kettlewell YHA, blue sky and sunshine but with wintry showers forecast. When is a wintry shower not just a wintry shower? When it's a howling blizzard and your rather numb

mouth refuses to deliver spoken English in a recognisable format. That aside, the Saturday conditions proved a good test of equipment, people and Steve's Caf . Gloves seemed to be the weak point for most of us, but then gripping a map and 'thumbing' progress whilst shaking accumulating snow off both compass and map, is a test for anyone. The cosy atmosphere of the hostel was most welcome afterwards. Mind you after just attending a lecture by Polar expedition guide Geoff Somers on the Antarctic, I don't know what we were complaining about. So onto May and there was (limited) skiing still to be had in Scotland, how long to mid-summer?

Water Resource

Back onto the water theme now, how come we have drought conditions in southern England? Well done to everyone using water butts to save water but apart from climate change, some of it must be down to buildings and building regulations. Every new-build property (this includes roads) basically seals off the land from receiving any rainfall, storm-water drains are designed to take all this nasty rainfall as quickly as possible to the nearest water course. Result? If the rainfall can't infiltrate the earth, how can it reach the underground aquifers to meet our increasing demands. Oh and what do we do with most of our domestic quality drinking water? Flush it down the loo of course.

On the positive side where we do still have lots of water, there are schemes sprouting here and there to improve the management of our use of water, one scheme that comes to mind is that at Barrow House (Derwentwater YHA).

A hydro-electric scheme is underway at Derwentwater YHA to harness the power of the 108' waterfall in the grounds. The scheme has been funded by grants from Clear

Skies, Lake District National Park and YHA's own fund raising for sustainable energy projects. It is envisaged that the scheme will be completed Summer 2006 and will provide 40% of the electricity for this busy 88 bed youth hostel. Wardens Kathy and Dave take up the story.

YHA Derwentwater Hydro-electric Scheme



"The pictures show the Barrow House waterfall in full spate on a typical summer's day with the overflow stream running narrowly past our dining room. Now to be honest the photo was taken sometime in February and it isn't always this powerful, but with Lake District weather there aren't that many days in the year when it is down to just a



trickle. So why not utilise this awesome power to generate energy for our fuel hungry hostel?

The waterfall already has a fascinating history as it was in fact partly manufactured by the original owner Joseph Pocklington who built the house in 1787. He at least doubled its stature by diverting a stream above the original fall and ensured that the full cascade could be seen from the dining room. Probably not the

sort of activity that current day planners would be too keen on! Then around 1945 the world famous fell-runner Bob Graham bought the building and converted it into a hotel. As well as an extremely fit man he was obviously ahead of his time in technical matters as he set up a hydro-electric scheme utilising the falls to run the electric lighting. We believe that this was still running when the YHA

bought the hostel in 1961 but apparently the lights were constantly flickering or failing completely and the scheme was discontinued. The waterfall did, however, provide all the water for the hostel up until a few years ago when we finally and reluctantly switched to the mains for H&S reasons. The water direct from the falls tasted beautiful, the water we now get from the mains now tastes well I'm sure you all know.

Enough digressing. After many years of thinking that we should be able to reinstate the hydro-electric scheme but lacking time, money, know-how, etc, one day we read that YHA had appointed a part-time environmental officer. Here surely is our knight in shining armour. An e-mail later and it's true - there is a green knight in shining armour, our very own prince of the environment, Ewan Boyd.

Ewan was immediately enthused with the idea and knew where and how to obtain grants and just as importantly how to go about getting planning permission. We were also fortunate that there was an experienced turbine engineer who happened to be based in Cockermouth. As he normally has to work in various far-flung patches of the British Isles, he was obviously keen on such a local project.

There was soon good news when we heard that Ewan had secured 50% of the probable £30,000 from the government's "Clear Skies" fund. Grants are also available for the remainder but to tap into them we needed the planning permission. Surely a foregone conclusion for a state of the art sustainability project!

Unfortunately the route of the pipework was planned to follow exactly the old hydro scheme which is now on a SSSI and ESA. Obviously we needed a bit more than straightforward planning permission. To get the go ahead we needed planning permission from the LDNP, permission to extract water from the Environment Agency, permission to work and build in the river from a different department in the Environment Agency and permission from English Nature to construct in a SSSI/ESA. I've probably forgotten some but whatever it sounded like a bureaucratic nightmare!

Amazingly Ewan managed to convene a single meeting at the hostel with representatives from

all the bodies to which we had to apply plus the engineer and we all went on a tour of the precipitous slopes of Barrow Falls. It was truly heart-warming to see all these representatives willing to work together and overcome any problem that might forestall the scheme. All agreed that the idea was excellent but all were obviously concerned to ensure that all measures were taken to keep any environmental damage caused during the construction to a bare minimum.

So after some delays, we have the permissions and all being well we should have a state of the art hydro-electric scheme at the end of this summer. Hopefully we'll also earn money by putting power into the grid and apparently there is a scheme whereby the electric company will pay us for the electricity we actually use in the hostel as it will count towards their quota of sustainable energy. Can't quite get my head around this as it seems to imply that we would earn money by wasting energy!

Many thanks to Ewan Boyd who has put in a lot of time, energy and thought in driving this scheme forward.

Many thanks Kathy and Dave; we hope it works well, in summary our bureaucratic systems can make life complicated, but with the right will....

- Reinstating a previous hydro scheme at Barrow House from Bob Graham's days
- Using lots of support for the scheme within Cumbria, LDNP, English Nature, YHA, Borrowdale Parish Council, Keswick School
- YHA commitment to renewable energy and environment
- Scheme should be up and running very soon with a opening ceremony in Sept 2006
- Derwentwater YHA will be taking part in the National Heritage Open Day
- Scheme will be open to the Public on Sunday afternoon 10 Sept 2006 for guided tours and a performance of a promenade play by Keswick Street Players.

.....it all seems easy and a lot more reasons to support the YHA. - www.yha.org.uk

Wilderness

The John Muir Trust is one branch of the John Muir organisation, and although this will be too late for some of us to join in the beginning, I thought some FRA members might want to join in something a little different for part of the journey and maybe even submit an article for the next magazine.

The Journey for the Wild will celebrate the achievements of the Trust on this 10th Anniversary of their activities programme and is open to all.

The programme was set up to encourage people to get out into the outdoors and to discover, explore and conserve a wild place with participants encouraged to share their experiences.

By land and sea, the journey aims to promote and represent the value of wild places to society and the important part they play in everybody's life. Over five months the journey will join with partners and local groups to discover the wild places along its length.

The journey will start on the banks of Loch Lomond in May 2006 and passes the message over 70 legs with routes merging at Ben Nevis at the end of August. By canoe, kayak, sail, cycle or foot, the journey will pass through varied wild terrain and legs will be graded for a variety of abilities. It will end in September with a message in celebration of the wild delivered to Scottish Parliament in Edinburgh.

Loads more details on the web site

Location: Various

When: May to September 2006

Contact Details:
Phone 0845 456 1783 or
Email programmes@jmt.org

Website: <http://www.jmt.org/programmes>

Congestion

The Anniversary Waltz caused some concern with the number of entries (how did you all manage to squeeze through the farm gate?), but not as much as some of the ill thought, uninformed pre-race comments on our FRA forum. Wynne cleared up all my pre-race concerns because I asked her

directly - the number of entries was too high, but we hadn't set an entry limit.....Anyway some lessons learned. Out of interest how many clubs tacked the AW onto their own club championship? I know ours did.

Working with the local farmers, using local contacts and their own vast experience of managing events, Steve and Wynne (plus army of helpers) did an incredible job under very trying circumstances and have really put something back into the community. Their litter pick teams did the usual clean up operation, I don't think too much of it actually belonged to the race, but whatever, the route was cleaner after the race than before for which I gather the National Trust are very grateful. Erosion was also a concern with one or two dark lines occurring on the fellside, however this seems to have been short lived, recovery looking very good within the week. For various reasons they do not want the AW to be a senior championship event again, but the junior events - now there's a different matter.

Lost

One pair of Walsh racers with blue orthotics in them. Left in the changing rooms of Ambleside Rugby club after Loughrigg Silver Howe Race on 26th February 2006.

I'd really appreciate getting them back, especially the orthotics.

If you have them and have been wondering who to send them to please call Rab Blyth on 01539 732954.

The High Peak Marathon 2006

from Shaun Denham

I'd seen the High Peak Marathon listing in the FRA handbook last year and thought it looked an interesting race. 'An Overnight Marathon in the Peak District, 42 miles and 5500ft.'" After looking at the website and seeing some of the pictures from previous years I was even more eager to have a go. So when I was asked by my mate Tim if we wanted to enter a team back in November I jumped at the chance and sent the entry off straight away.

The selection process for entry limited the number of participating teams to 40, precedence being given to those teams which had run previously. I didn't hold much hope out for getting accepted, so I was a bit shocked when I received notification that The Anthill Mob had been accepted. Especially when we found out that 110 teams had applied!

Getting a team together I thought would be easy. Myself and Tim and then preferably someone who could navigate. Graeme Tiffany and Richard Pattinson were our first 'volunteers' after their exploits in the KIMM and Mournie MM's last year. Tiff reluctantly accepted but wasn't sure how his hamstring would hold up over that sort of distance and Richard Pattinson said he would do it if Tiff would.

Needless to say, Tiff's hamstring didn't improve enough and Richard found that P & B had a championship race on that Saturday so backed out too!

Back to the drawing board I thought. Everyone I asked just laughed, can't understand why!

Then a moment of inspiration. From out of the mists of time appeared Chris Barker. Bob Graham x 2, Fellsman x 4, High Peak Marathon and Orienteering instructor, Chris was just the experienced head we needed. His 59 years certainly didn't show and he was soon christened 'Gollum' for the effortless way he skipped over the bogs of Bleaklow on one recce.

Our fourth team member, Phil Robinson, was someone whom I'd run with on the Wuthering Hike, Wharfedale Marathon and Fellsman the year before. I knew he would fit in well and that he was as keen as anyone to join us.

Unfortunately for Phil, the dreaded flu bug cut him down the week before the race and he had to ring me and reluctantly back out. That was the Thursday, the race was the day after. So I had a day to get a stand in!

Frantic calls to runners from my club and other contacts proved fruitless. I contacted the Organisers and asked if they knew anyone, only to be told there were about four other teams all with the same problem. I posted a wanted ad on the FRA web site and waited.

I received a call late on the Thursday afternoon from a lad from Glossopdale Harriers who said he wanted to join us. Great, I thought - local lad, local knowledge.

So we were once again a four. All we needed now were the right conditions, cold and frosty would be ideal. That way the bogs on Bleaklow would be easier to cross.

What we hadn't planned on was the thick snow that fell all day Friday. I kept telling myself it would be OK. The race would still be on. However as we were to find out later the organizers at one point were considering cancelling as they couldn't get their marshals up to the checkpoints because The Snake Pass was closed!

Edale was thick in snow when we arrived on Friday night. The

roads were ok, until we turned off from Hope (or as we renamed it Abandonall) to Edale.

The hall in Edale used for registration was packed. The organisers had laid on a great spread of sandwiches, cake, biscuits, tea and coffee. All we needed was Jon (our fourth member) to turn up. Looking round at the assembled teams it was interesting to see all the different shapes and sizes and ages of people doing the event. Suddenly the room turned dark and a shadow appeared over me. A voice said, 'Shaun' and a hand was thrust in my direction. I turned to see 'Big Jon' Collins. Bloody hell, I thought, he's huge. Mind you when you only stand 5'5" most people seem huge.

Passing the dreaded kit check was easier than expected. All we had to do now was decide how many layers we were putting on.

Sir Ranulph Fiennes and Yianis Tridimass could be seen in the corner planning their team tactics. Although, having won the veterans' prize for the last few years, they were favorites to do so again.

All we had to do was make sure they didn't pass us too early.

There is a staggered start to the race, with walking teams leaving at 10 p.m. with four minute intervals in between and running teams starting at 11 p.m. with one minute intervals.

Sitting waiting to start was tense but sure enough we were called at 11:04 to set off. The initial leg up to Moscar we did with relative ease. The section from Lose Hill to Yorkshire Bridge was treacherous. We had been warned about Parkin Clough but it was worse in reality, there were bodies flying everywhere. I think everyone at some point ended up on their arses. Looking back from Yorkshire Bridge at the hills we had just crossed there was a line of head torches snaking its way off into the distance. It looked like a scene from Lord of The Rings.

We arrived at the roadside checkpoint at Moscar at 1:45. That meant we were doing well over 4.5mph, which was well over our target speed.

From Moscar the cold hit us. We'd stopped for ten minutes to take on board some warm drinks and food. At this point our water hadn't frozen, so we didn't take anymore. This would prove to be a major problem later.

As we made our way down to the scarily named Cut Throat Bridge we could see some teams making their way up to Derwent Moor. It looked like they were going a different way to the one we had chosen as our preferred route. We wouldn't know until we received the results but our route choice lost us about ten minutes on most of the other teams. This is where Yiannis and Ranulph must have passed us.

We continued to make good time all the way to Lost Lad. The night was amazing. Clear skies, little wind and great visibility due to the whiteness of snow reflecting our head torches.

The section from Lost Lad down to Sheepfold Clough was easy to follow but bad under foot. Very slippery. As we neared the checkpoint there was a group of three guys, one sat on the floor in obvious pain. His left ankle was pointing at 90 degrees to his left leg. Nasty break. There was nothing we could do to help him as his team mates were sorting him out. The checkpoint was only two minutes away and by the time we reached it the guys had requested the Mountain Rescue to come get him out. Some five hours later we heard the roar of

a Sea King helicopter go overhead taking the poor guy to hospital. A spiral fracture of the tib and fib. Nasty!

Climbing up from Sheepfold Clough we hit open ground for the first time. No path and thick heather. Chris led us up and over, hoping to rejoin the path coming from our left. I found this section really hard. My little legs struggled to get out of the snow and over the heather. Jon proved his fitness and strength on this section and dragged us back to the path.

We reached the path and made our way to Cut Gate, jogging well. The wind had picked up now and the temperature was noticeably colder.

We all decided to put on extra layers there but that involved stopping and this was probably the coldest part of the night. It took about twenty minutes for my fingers to come back to life after that and I had two pairs of gloves on.

At Swainshead dawn was beginning to break and looking back to the horizon we could see a line of lamps disappearing in to the distance. Quite surreal.

By now I was suffering from dehydration. My two water bottles had frozen solid. Not just the top inch but all the way down. The rest of the guys were the same. The checkpoints had little water but did give out what they could. We did however have a wonderful offer of pizza from the marshals at Swainshead. How Domino had managed to deliver up there God only knows. The pizza though was frozen solid.....bugger.

Up to Bleaklow was a real struggle. The peat groughs were frozen but the snow had drifted to over knee deep in places. Good thing about the fresh snow though was we could follow the path made by the leading teams. I don't think we once referred to the map the whole way round!



Cold conditions on the Marathon (Photo Shaun Denham)

Bleaklow to Wainstones was more of the same and the section from there to the Snake Pass Road was no easier as the snow was just so thick. I really started to struggle on this bit. Bear in mind we hadn't had anything to drink since Moscar and because it was so cold we didn't want to stop to get any more food out of our packs.

We stopped at the Snake Pass road checkpoint and drank as much as we could and tried defrosting our bottles. Never has warm Ribena tasted so good.

We ran from there to Mill Hill and things were looking up a bit. The sunrise had been amazing and the colours of the refracting light off the snow made it look all shades of the spectrum. We were now bathed in sunshine, even though it was still probably minus five degrees.

The marshals at Mill Hill were all female students. Cheery souls bearing in mind they'd probably been out in the cold for well over twelve hours. Mind you they did have a big pan of custard on the boil and a slab of Jamaican Ginger cake to eat for breakfast. Refused to offer it out though. Never has the phrase, 'Bloody Students' seemed more apt.

Climbing up to Kinder was a struggle and the section along the top was hard too. The snow was thick and I couldn't get any momentum going. We were passed by maybe three teams on this bit. However, none of them were full teams of four. I came to the conclusion that I was the wrong build for this. My legs were too short. I couldn't step over the rocks with ease like Jon, Chris and Tim.

I then conceived the formula

$$GF = IL > W$$

where

GF = Good Fellrunner,

IL = Inside Leg

and W = Waist

(says a lot about my inside leg when my waist is only 30")

From Edale Cross to Brown Knoll I managed to get some energy from somewhere and we once again started to move at speed. Although as soon as we reached anything resembling an incline I ground to a walk.

Jon's parents met us after Brown Hill and as the path eased up we tried shuffling again. The run on Rushup Edge and back to Hollins Cross was painful (for me anyway) but we made it. The views though more than made up for the pain. There were clear blue skies and parascenders circling over Mam Tor.

Looking all round the horizon you could see the route of where we had been. It was then that the enormity of the event really hit home.

Making our way back down from Hollins Cross to Edale involved retracing our steps from the start. It proved how tired we were when we saw the split times for these two legs and the downhill return leg was slower than the initial start leg.

Dibbing back in at the village hall to a round of applause from the assembled finished contestants really lifted the spirits. 13 hours and 25 minutes 34 seconds put us 13th, which was just brilliant. Finding out we had been pipped by four seconds into 13th was just crazy.

The conditions were tough, cold, snow, wind and no water. However, it could have been equally as hard or even harder had it been warmer and wetter underfoot!

The race is brilliantly organized by The High Peak Club. The marshals all deserve medals for being out in those conditions all night and they all provided great support and encouragement.

A big thank you to Tim, Chris and Jon for dragging me round. I won't make the same mistakes again. The Anthill Mob will definitely be making a return next year!



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This is a very lightweight, comfortable and secure shoe with outstanding grip. Excellent fit for contouring from the advanced lacing system. The upper is very breathable and quick drying. Grip is superb owing to unique dual compound rubber - harder rubber on heel and toe areas.

Sizes: 4 - 12



Inov8 Mudroc 290 £60

Ultimate fell shoe offering great low profile stability. META FLEX midsole for accurate contouring. Anti clog outsole.

Sizes: 3.5 - 12



Inov8 Mudclaw '0' 330 £65

Extremely durable fell shoe with aggressive outsole. Dual layer mesh upper for comfort and protection. Outstanding grip from Inov8 sticky rubber compound. Also suitable for orienteering.

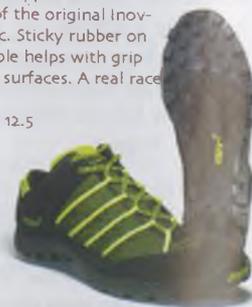
4-12.5, 13, 14,



Inov8 Mudroc 280 £65

This is a stripped down version of the original Inov8 Mudroc. Sticky rubber on the outsole helps with grip on rocky surfaces. A real race shoe.

Sizes: 4 - 12.5



TRAIL SHOES



Montrail Odyssey £70

Montrail Odyssey

Well cushioned, stable trail shoe which provides excellent grip and protection from challenging terrain. Suitable for trail running and moderate amount of road use.

Features: Seamless fit. Ultra breathable mesh. Underfoot protection. Forefoot gel pad. Pronation control. Stretch fit tongue.

Men's: 6-12 inc 1/2, 13 Women's: 2.5 - 8.5



Inov8 Terroc 330 £65

A low profile trail shoe ideal for track and trails. A real rival to the popular Leona Divide.

4-12.5, 13, 14,



Inov8 Flyroc 310 £65

A lightweight trail shoe with a breathable upper. Good grip in the mud.

Unisex sizes: 4.5 - 12



OMM Last Drop Sac £30
This sac has loads of reflective elements. The back system is removable to make a sit mat. It can take a bladder although it doesn't come with one. There are two side mesh pockets for gels or water bottles. Zip opening all around the sac with a flap. Zip pocket in the flap. 10 litre capacity. Ripstop Nylon.



OMM Cosmique Shirt £65

Either base layer or mid layer warm wear. Stretch inner fleece. Excellent wicking and shaped, flexible fit. Drop back bottom hem. Easy access zip pockets.

Weight: 300g
Black
S,M,L,XL

OMM Kamleika Pants £65
Use as an outer or single layer, and you can forget you are wearing them. Probably the only waterproof pants light and stretchy enough for cycling and running. Long side zip. With stuff bag.
Weight: 250g
Black
S,M,L,XL



Bodyglide

Anti chafing formula that is kind to both skin and clothing. Easy to apply - hi tech alternative to vaseline. £7.99



DRYZONE Boot Drier £14

The Dampire DZ-DRYZONE is a non-electric boot and kit drying system which requires no heat or effort to use. The system is easily and quickly regenerated after several successive applications to provide years of protection. DRYZONE fits any shoe, boot or glove preventing expensive kit from rotting by removing the moisture needed for bacterial and fungal growth.



Go Lite WISP WIND SHIRT £40

Ultra-lite, extremely breathable, wind resistant and water repellent, the Wisp wind shirt is an ideal runner's jacket for all year round. Incredibly tough for its weight, it packs down to the size of an apple. It weighs in at a featherly 2.5 ounces (70gms). The silky WisP fabric feels great against your skin, too! Blue
s, m, l, xl

www.northernrunner.com



RESULTS

**FROM JANUARY
TO MAY**

**COMPILED BY
DAVE WEATHERHEAD
AND BARBARA CARNEY**

*Top:
Tim Davies shows how to deal with
electric fences at Knockdhu
(Photo Woodhead)*

*Bottom:
Dave Weatherhead in competitive mode
(Photo Allan Greenwood)*

HILL FORTS AND HEADACHES
Northumberland
AS/3m/1020ft 01.01.06

Matt and Beverley both broke their own records set on their previous visit in 2003.

Ray Hayes

1. M. Whitfield	Bing	21.08
2. N. Swinburn U/18	NFR	22.54
3. T. Edwards O/40	Clay	24.29
4. M. Golightly	NSP	26.16
5. N. Cassidy O/50	Tyne	26.39
6. B. Whitfield	Bing	26.55
7. D. Lowe O/40	Alnw	29.18
8. M. Johnson O/40	NSP	27.39
9. M. Hendry O/50	Unatt	28.16
10. G. Davis O/40	NFR	28.21

VETERANS O/50

1. (5) N. Cassidy	Tyne	26.39
2. (9) M. Hendry	Unatt	28.16
3. (13) L. Turnbull	Norham	29.50

VETERANS O/60

1. (23) B. Cooper	Unatt	32.54
2. (35) A. Nicol	NATO	36.23
3. (38) A. Fortune	Alnw	37.51

LADIES

1. (6) B. Whitfield	Bing	26.55
2. (18) S. Scott	NFR	30.44
3. (21) C. Bruce	NSP	32.20
4. (27) S. Davis O/40	NFR	33.34
5. (29) F. McKenzie O/40	Unatt	34.00

42 finishers

ST JOHNS FELL RACE
Isle of Man
AS/3m/900ft 01.01.06

The St John's Fell Race, held on New Year's Day, is the opening round of the Manx League and is a popular event for runners of all disciplines on the Isle of Man. The weather conditions for the 3 mile run to the summit of Slieau Whallian were good, however the previous heavy rain made the underfoot conditions extremely muddy and in places, very slippery. The infamous river crossing at Mullen-e-Cloie was also very tricky and there was some deliberation prior to the race, whether or not to re-route the course over the bridge.

Simon Skillicorn scored an emphatic victory, not only did he win by an impressive 35 seconds, but he also broke the course record established in 2000, by a superb 28 seconds.

In the women's race it was Bridget who was first to touch the cairn, however Rose demonstrated her descending skills to take the honours.

The event this year incorporated a shorter course for juniors, with race winner Lucy Slater, certainly demonstrating a talent in this, her first ever event. Another talented youngster, Polly Rogerson was a close second, with Caitlin Paxton, another newcomer, also impressing in third.

Christine Barwell

2. T. Okell O/40	Manx	24.05
3. I. Gale O/40	Manx	24.33

VETERANS O/50

1. R. Webb	Manx	29.30
2. P. Cooper	IOM	30.38
3. K. Watterson	Manx	31.24

VETERANS O/60

1. E. Brew	NorthAC	39.59
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LADIES

1. R. Hooton	Manx	32.21
2. B. Kaneen	Manx	32.34
3. C. Barwell	WestAC	34.42

JUNIORS

1. L. Slater U/14		12.21
2. P. Rogerson U/14		12.28
3. C. Paxton U/14		13.41

GREG HOUGHTON
MEMORIAL RACE
West Yorkshire
BM/8.5m/1360ft 07.01.06

Well done ... the old record was smashed by over 3 minutes and the first 3 men all broke the old record. It was a good day for running, abt on the cold side with the going good.

Pudsey and Bramley with the "YOUNG" Gary Devine, supported by Richard Pattinson and Paul Stevenson, won the men's team prize. Calder Valley took the ladies' team prize with an excellent run from Jo Waites coming in 1st lady with Jo Smith and Jackie Scarf as the other 2 counters.

It was a fabulous turn out on this memorial race for Greg Houghton of Calder Valley. He would have been stunned and be asking what all the fuss was about ... and it was about remembering Greg and raising money for the Skye Mountain Rescue Team. With the race and donations on the day we have raised about £1600. Thanks again everyone for your support and especially to Halifax Harriers who marshalled the course to let as many of Greg's team mates run.

Hope to see you all next year and good running for 2006.

Thirza Hyde

1. L. Taggart	DkPk	52.20
2. K. Gray	CaldV	53.52
3. G. Devine	P&B	54.46
4. R. Pattinson O/40	P&B	56.00
5. J. Wright	Tod	56.21
6. D. Taylor O/40	DkPk	56.32
7. C. Smales O/40	Tod	56.51
8. R. Lawrence	Bing	57.02
9. D. Jones	Eryri	57.23
10. B. Bolland	Horw	58.11

VETERANS O/50

1. D. Schofield	Ross	62.06
2. J. Holt	Clay	62.12
3. K. Taylor	Ross	63.47

VETERANS O/60

1. G. Breeze	Skyrac	69.29
2. M. Coles	Skyrac	77.21

LADIES

1. J. Waites	CaldV	63.43
2. H. Sedgwick	Ilk	65.31
3. L. Clough	Wigan	66.53
4. J. Smith	CaldV	68.38
5. V. Peacock O/50	Clay	69.25

197 finishers

TRIG POINT RACE
Staffordshire
CL/15m/1500ft 07.01.06

After a break of two years, 91 brave souls completed the 21st Trig Points Race. This is an undulating hill race, with free route choice between 5 trig points spread across the Chase. Cold sleet and snow greeted everyone at registration and was pretty much present throughout the race.

Tim Werrett, who won the last time it was held, was challenged for most of the first half by Pete Vale and Rob Little. Rob used his local knowledge to explore differing route choices, but fell away during the last third. Pete Vale was catching fast towards the finish, but could not stop Tim from gaining another victory.

Kate Burgh, a former UK triathlete, and winner of many local road races, was tipped to beat the ladies' record set back in 1992. However, the weather and some suspect navigation, meant that whilst she had a clear victory and finished 9th overall, the record was not troubled. She was pressed by Nicki Nealon who finished 2nd lady, 17th overall just two minutes down. Another local lady, Sue Johnson, won V50, beating all the V40s as well.

Welcome soup, cakes and warmth was found at the nearby village hall, where the winners were

rewarded with prizes boosted by sponsorship from local outdoor and biking shop, Mammoth Leisure. (Owner Gary Foord ran and finished a very respectable 12th). Sports nutrition firm Science in Sport generously provided gel sachets for all at the start, drinks and bars and an individual "goodie bag" for all finishers.

As ever, the race was only possible because many volunteers gave up a chance to run and acted as helpers and marshals and in such inclement weather and on a long race, their efforts were really appreciated by all.

My personal thanks to all of those who saw me through my first attempt as an organiser, and especially those of you who sent notes or took the time to say that it was good to have the race back. All being well we will be there to do it all again on 6 January 2007.

Bob Dredge

1. T. Werrett	Mercia	1.33.17
2. P. Vale	Mercia	1.33.53
3. R. Little	DkPk	1.40.25
4. A. Davies	Mercia	1.42.50
5. M. Hartell O/40	Maccle	1.43.25
6. A. Morgan O/40	Hales	1.47.15
7. S. Fenney	Unatt	1.47.58
8. M. Clewes O/40	Mercia	1.50.36
9. K. Burgh	Staffs	1.52.08
10. T. Longman O/50	Macc	1.52.18

VETERANS O/50

1. (10) T. Longman	Macc	1.52.18
2. (14) G. Davies	Mercia	1.53.06
3. (15) P. Sarson	Staffs	1.53.48

VETERANS O/60

1. (25) J. Clemens	Mercia	1.57.24
2. (36) J. Marsh	Unatt	2.02.59
3. (58) J. Coombes	Mercia	2.11.34

LADIES

1. (9) K. Burgh	Staffs	1.52.08
2. (17) N. Nealon	Huncote	1.54.04
3. (56) S. Atherton	Staffs	2.11.00
4. (57) T. Gee	Staffs	2.11.00
5. (59) D. Smith	DkPk	2.12.11

91 finishers

KYMIN WINTER RACE
Monmouth
14.01.06

Fifty one athletes, including 9 from Monmouth, took part in the Kymin Winter Race organised for Les Croupiers Running Club by Rod Jones. A beautiful winter's afternoon with bright sunshine greeted them at Monmouth Boy's School Sports Centre where pre-race registration was held.

The race started in the lane near the Mayhill pub and climbed through the Kymin's woodland paths to just short of the top before descending through more footpaths to the bottom of Wyesham Lane.

Mark Palmer was already setting the pace, together with Welsh International Mountain runner Matt Collins. These two, together with Dave Finn, had set such a cracking pace from the start that all thoughts about following the taped route were firmly behind the thoughts of racing each other. They missed the final part of the first climb and gained about 4 minutes. The rest of the field were now quite spread out for the long muddy climb up Wyesham Lane to Cockshoot Ash Barn and then through the fields to reach the Tower on top of the Kymin. Not many took time to admire the view across to the Black Mountains but now concentrated on the descent through fields to Beaulieu Wood and down the track to the reservoir and the finish in Mayhill Lane.

The age spread of runners was, unusually, more under 40 runners than over 40 - a happy situation if our sport is to grow. The youngest runner was 14 and the oldest 70. There were 11 lady runners

The potentially difficult situation with the leaders 'short cut' was resolved amicably with all athletes

involved accepting that an addition of 4 minutes to their finishing times would make the final result a fair reflection of their race day performance.

Rod Jones

1. M. Palmer O/40	ForDean	30.38
2. M. Collins	MDC	30.42
3. P. Wooddisse	MDC	31.21
4. M. Duxbury	Stroud	31.34
5. K. Betts O/40	Fairwater	33.21
6. D. Finn	MynDu	33.41
7. M. Stott	Chep	34.07
8. G. Craft	MDC	34.26
9. M. Saunders O/40	MDC	35.00
10. M. Bryant O/40	MDC	35.09

VETERANS O/50

1. (16) S. Brown	MDC	36.09
2. (31) S. Ashton	Chep	40.45
3. (35) M. Lucas	MDC	42.22

VETERANS O/60

1. (25) D. Finch	MDC	39.12
2. (31) S. Ashton	Chep	40.45

VETERANS O/70

1. (41) I. Turnbull	FODAC	46.37
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LADIES

1. (11) J. Turnbull	Chelt	35.11
2. (17) A. Jones	MynDu	37.21
3. (19) S. May	BrisWest	37.47

51 finishers

ASHURST BEACON Lancashire CS/5.9m/950ft 14.01.06

Conditions were perfect (for January) for this year's race and we were pleased with the turnout despite local XC clash. A fantastic run by Nick Leigh saw Mark Croasdale's ten year old record broken by 20 seconds.

Thanks for coming - all of us at Neweburgh Nomads hope you enjoyed the race.

Andy Quickfall

1. N. Leigh	P&B	34.49
2. L. Taggart	DkPk	35.31
3. S. Bolland	Bowl	36.13
4. D. Hope	P&B	37.37
5. B. Bolland	Horw	37.56
6. C. Heys	Horw	38.52
7. B. Carr O/40	Congle	39.10
8. S. Barlow O/45	Horw	39.32
9. N. Shepherd O/40	Bowl	39.42
10. S. Russell U/18	Ross	39.56

VETERANS O/50

1. (18) S. Morran	FRA	43.03
2. (20) R. Maciejkowicz	Unatt	43.16
3. (23) V. Peacock	Clay	43.34

VETERANS O/60

1. (44) P. Lyons	Ross	45.27
2. (47) G. Breeze	Skyrac	45.57
3. (59) D. Kay	Horw	48.40

VETERANS O/70

1. (104) A. Menarry	Durham	57.22
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LADIES

1. (22) J. Lee	Eryri	43.26
2. (23) V. Peacock O/50	Clay	43.34
3. (25) L. Jolley	Wigan	43.45
4. (30) L. Clough	Wigan	44.08
5. (40) L. Hayes	Horw	45.06

130 finishers

BOX HILL FELL RACE Surrey BM/7.5m/1700ft 21.01.06

The Box Hill Fell Race's silver anniversary was celebrated in fine style with gloriously sunny weather and two of the fastest times on record. I see the report last year said that Dean Lacy was holding back then to save himself for the Southern Champs.

This year he isn't running the Southern's and was not holding back. Nor could he afford to as the winner from 2003, Henry Dodwell, was in determined mood and breathing down his neck the whole way. Their battle took them well clear of third place and saw Dean record the second fastest time ever and Henry move to fourth on the all time list. Although conditions were good I don't think they were as fast as the record year of 1997. So as Dean is still only 21 and still improving fast that record could go soon, but Henry might have something to say about that too.

The minor places kept a respectable distance from the battle at the front and were filled by many familiar faces - none more so than that occupying 5th spot, a welcome return back to eleven time champion and course record holder, Chris Beecham. Will he see that record go next year?

The veteran's result had a certain predictability. With the winner for the last 2 years, Shaun Whelan, not making the start line, Kevin Harding, Mark Forrest and John Lowden all moved up one place to claim the prizes. Nothing, if not consistent, these over 40s! Among the older classes there were new names, with Chris Stone being first over 50 and Geoff Newton taking the over 60s prize.

The ladies' race did not achieve the same dizzy heights as the men. 5th last year, Joanna Carritt improved her time by three minutes to take a comfortable win nearly five minutes clear of Sarah Tucker. It was good to welcome back Phyllis Flynn to the race and see her become first lady vet and 3rd lady overall just pipping the host club's Caroline Catmur and Abi Weeds.

As for the team result, congratulations to Tring for their first win in this category. It was perhaps the best contested team result ever with five teams within 32 points. It didn't end there either but continued through all the placings, where even those at the bottom of the list scored much less than clubs in those positions in previous years.

Team results

Tring R C - 70, Highgate Harriers - 78, Springfield Striders - 84

Maybe it was the silver jubilee or perhaps just a continuation of a trend, but this year the numbers limit was filled earlier than ever, nearly three weeks before race day. We allow for a 20% no-show and so accept more, as a field of less than 180 runners mean that some wanting to run have been denied the chance, but its something we have to keep a close eye on if this is a trend that continues.

Thanks go again to all the usual suspects. The National Trust for permission to run on the hills; Sandra Dunlop and all those at Friends Provident for use of the car park and social club. Like me, Sandra has now done 14 of these races. And, of course, the many helpers from SLOW.

Andy Robinson

1. D. Lacy	Camb	47.57
2. H. Dodwell	Highgate	48.30
3. K. Harding O/45	Tring	51.40
4. P. Dobson	SpringStri	52.15
5. C. Beecham	Highgate	52.21
6. M. Forrest O/40	Frontr	52.24
7. G. Chandler	SpringStri	53.17
8. N. Bunn O/40	TVOC	54.49
9. J. Lowden O/45	Worthing	55.05
10. M. Lynas	ThamesHH	55.20

VETERANS O/50

1. (20) C. Stone	Reigate	58.28
2. (25) J. Crawford	Guildf	59.25
3. (32) T. Norton	EastKent	60.13

VETERANS O/60

1. (52) G. Newton	Tad	64.33
2. (142) I. McClymont	BishStort	76.37
3. (148) P. Moreton	Stubbing	77.59

VETERANS O/70

1. (180) P. White	Reading	93.22
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LADIES

1. (40) J. Carritt	Highgate	61.52
2. (70) S. Tucker	SpringStri	66.33
3. (81) P. Flynn O/40	Stragglers	67.35
4. (82) C. Catmur	SLOW	67.44
5. (87) A. Weeds	SLOW	68.11

189 finishers

23rd SOREEN STANBURY SPLASH West Yorkshire BM/7m/1200ft 22.01.06

There seems to be no way to defeat Ian Holmes at this race. Last year he won 10 straight wins, and now incredibly at 40 years old he won again to make it 11 wins and to dominate this race where every finisher receives an energy giving Soreen maltloaf, hence it's nickname the Maltloaf Run.

A last minute route change in Ponden Valley, at the request of English Nature meant, according to the feedback afterwards, this was actually a better route with scenic views as you raced round the valley head with the whole 292 runners spread-eagled round the escarpment in the warm summer like conditions.

Like Ian, Natalie White is also the current Yorkshire Fells Champion, and retained the oil painting trophy with 29th place overall and with boyfriend, Tim Austin second, their car was well laden with prize booty. Natalie easily beat 2003 and 2004 winner, Sharon Taylor, with improving Tamara Hird 3rd. Why does the cheeky girl run in black and red hooped socks?



Alex Whittam of Todmorden in the mud at Stanbury
(Photo Mick Fryer)

Thirty three year old cyclist-cum-runner, Robin Bradbury, who works at Aire Valley Cycles, won the locals trophy for the 3rd year running with 19th place, with the previous winner Colin Moses 2nd and Paul Crabtree 3rd.

Eighty one juniors competed in the Soreen Quarry runs with two new records being achieved by GU12 Rosie Hellowell and GU10 Bo Haywood. Thirty U8's competed - we start them young on the Soreen!

Dave Woodhead

1. I. Holmes O/40	Bing	41.53
2. T. Austin	DkPk	43.25
3. D. Neill O/40	Staffs	44.14
4. C. Miller	H'gate	44.21
5. R. Pattinson O/40	P&B	44.28
6. M. Horrocks O/40	Wharf	44.31
7. R. Lawrence	Bing	45.49
8. M. Brown O/40	Wharf	46.13
9. A. Black O/40	Wharf	46.57
10. M. Cox	Otley	46.59

VETERANS O/50

1. (23) B. Goodison	Abbey	48.39
2. (31) S. Jackson	Horw	49.12
3. (50) D. Collins	Tod	51.58

VETERANS O/60

1. (128) D. Ashton	Darwen	58.55
2. (174) P. Robinson	Otley	62.38
3. (180) M. Coles	Skyrac	62.58

VETERANS O/70

1. (223) L. Sullivan	Clay	66.12
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LADIES

1. (29) N. White	Bing	49.01
2. (64) S. Taylor	Bing	52.51
3. (76) T. Hird	Wharf	54.29
4. (88) S. Budgett O/40	Horw	55.53
5. (93) E. Clayton U/18	Scunth	56.13

290 finishers**TARREN HENDRE****Gwynedd****AM/6m/2000ft 28.01.06**

On a bitterly cold winter's day, with frost thick on the ground, 70 intrepid runners set off from Abergynolwyn, near Tywyn, to tackle the third running of the Tarren Hendre Fell Race. The race, which covers 6 miles and 2000ft of ascent was led from start to finish by English fell running champion, Simon Bailey, (a previous winner of the Snowdon race) who completed the course in 45.12 and took 8 minutes off the previous course record. He was closely followed home by Lloyd Taggart and last year's Aran race winner, Tim Higginbottom.

First local home in 5th place was Steve Gilliland, taking first place in the 0/40 age group.

John Marsh, a man more noted for running races of a far greater distance, took first place in the 0/60 age group finishing in 27th place overall.

The ladies' race was won by Jackie Lee in 57.07, which saw her finish in 12th place overall, taking 4 minutes off her own course record. Second lady, who pushed Lee all the way on the ascent of the mountain, was Anna Bartlett while 3rd place went to Kirstin Bailey. First of the local lady home was Rosie Naish, which saw her comfortably secure the lady 0/40 title.

The marshals and all of the finishers enjoyed thawing out after the race in the Railway Inn, where Spike and the staff had provided soup to warm runners and volunteers alike.

1. S. Bailey	Mercia	45.12
2. L. Taggart	DkPk	45.37
3. T. Higginbottom	Eryri	52.25
4. M. Gilbert	Wrex	53.12
5. S. Gilliland O/40	BroDys	53.37
6. I. Houston	Wrex	54.25
7. R. Stafford	Mald	54.50
8. P. Whiting O/40	Kend	55.19
9. R. Roberts	Eryri	55.40
10. P. O'Brien	Eryri	56.13

VETERANS O/50

1. (22) J. Williams	Eryri	62.18
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VETERANS O/60

1. (27) J. Marsh	TarrHen	63.05
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LADIES

1. (12) J. Lee	Eryri	57.07
2. (14) A. Bartlett	Shrews	58.41
3. (20) K. Bailey	Bing	62.12
4. (26) R. Metcalfe	Eryri	62.57
5. (42) T. Mitchell	Clay	67.37

70 finishers**RAAS GHREEBA****Isle of Man****AM/9m/2500ft 28.01.06**

The splendid weather conditions, with clear blue skies and mild temperatures, showed the Island's hills at their best for this, the second round in the

Manx league. Tony Okell and Simon Skillicorn dominated the proceedings from the start, as the duo established a 100-metre lead on the initial farm section before the race had even reached the open fell. They ran in tandem for the entire nine miles before Okell out-sprinted Skillicorn on the final road section, to take the honours. In doing so, he also improved his own course record in the veteran over 40 category by a minute and a half.

Rose Hooton continued this year's winning ways with the honours in the women's category, with Gail Musson again performing well in second place.

Christine Barwell

1. T. Okell O/40	Manx	1.13.06
2. S. Skillicorn	Manx	1.13.09
3. I. Gale O/40	Manx	1.18.46

VETERANS O/50

1. D. Young	Manx	1.28.07
2. R. Webb	Manx	1.31.19
3. I. Callister	Manx	1.39.49

VETERANS O/60

1. C. Berriff	Unatt	2.34.59
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LADIES

1. R. Hooton	Manx	1.42.20
2. G. Musson	Manx	1.50.58
3. C. Barwell	Western	1.58.36

TIGGER TOR FELL RACE**South Yorkshire****BM/10m/2200ft 29.01.06**

1. L. Taggart	DkPk	1.10.24
2. A. Thate	Hallám	1.15.24
3. D. Taylor O/40	DkPk	1.15.45
4. A. Ward	Clowne	1.16.26
5. L. Banton	Clowne	1.19.06
6. J. Helme	DkPk	1.20.00
7. M. Crosby	Altrin	1.20.12
8. G. Turner	Hallam	1.21.02
9. J. Boyle	DkPk	1.21.48
10. R. Thackray	Unatt	1.22.56

VETERANS O/50

1. (26) K. Taylor	Ross	1.26.13
2. (43) R. Fawcett	DkPk	1.27.30
3. (51) G. McMahon	Notts	1.28.54

VETERANS O/60

1. (85) J. Norman	Altrin	1.33.39
2. (188) J. Hewitt	Barns	1.48.33
3. (224) M. Coles	Skyrac	1.53.44

LADIES

1. (19) C. Howard	Mat	1.24.37
2. (45) J. Lee	Eryri	1.27.34
3. (65) J. Blizzard	Rother	1.30.54
4. (95) P. Weir O/40	Totley	1.35.50
5. (126) N. Spinks	P'stone	1.39.40

342 finishers**PENNINE BRIDLEWAY RELAY****Lancashire****47m/6300ft 05.02.06**

This relay is run around the Mary Towneley Loop, a circular 47 mile section (with 6300ft of ascent) of the 350 mile Pennine Bridleway. The Pennine Bridleway due to be fully completed in 2008 will eventually run from the High Peak Trail in Derbyshire to Byrness in Northumberland, a distance of 350 miles. (Now there's a relay for you!) This trail lends itself readily to an event of this type as the route is definite, it is well way marked and the running is mainly good on newly surfaced paths and tracks.

Fifty seven teams entered this year which was ten more than last year and is close to our maximum as the parking at some of the leg changeover points is already a bit chaotic. Several clubs entered multiple teams as usual and we had a few new clubs this year. It was especially pleasing to see a top club like Bingley entering for the first time and great to see champion fell runners Ian Holmes and Rob Jebb on

the tough 2nd leg and breaking the leg record! Great to see so many ladies' teams entered and there were some super performances by the ladies on the individual legs.

We had five new leg records this year, two by men's teams, Ian Holmes and Rob Jebb on the 2nd leg (Bingley) and Gary Devine and John Heneghan (P&B) on leg 5 (these two lads have run this leg every year and broken the leg record on each occasion). Also three ladies' leg records: Anna Kelly and the amazing evergreen Vanessa Peacock (Clayton) on leg 1, Joe Waite and Jo Smith (Calder Valley) on leg 2 and Karen Shout and Lisa Heyes (Horwich) on leg 3.



Juliet Horrocks and Alison Smith looking very happy on Leg 3 (Photo Pete Hartley)

The race up front was once again hard fought out with the lead changing several times. The winning margin was our closest yet with only 12 secs separating winners Bowland from 2nd place Clayton at the finish after 47 miles of effort! Well done to Bowland who have promised much and have finally delivered and well done again to Clayton who entered seven teams and were runners up first B team, first ladies and 3rd vets as well as taking three of the fastest leg times.

Borrowdale once again made the long trip down to defend their title won last year, although were unlucky to suffer an injury to Mark Roberts on the tough 2nd leg. With three of the second fastest legs and a fastest leg by Gavin Bland and Mike Cunningham on leg 3 they surely would have been in with a shout!

Very few reports of runners straying from the definitive route this year and most clubs were out prior to the event getting to know their respective legs seems to be a good club training exercise at this time of year and certainly makes a difference on race day. Thanks to all of the team captains for their efforts, it takes a lot of work to organise the teams and it is appreciated.

Graham Wright

1. Bowland A	5.02.45
2. Clayton A	5.02.57
3. Horwich A	5.04.23
4. Todmorden A	5.04.48
5. Borrowdale	5.12.32
6. Wharfedale A	5.22.37
7. Rossendale A	5.22.53
8. Horwich Vets	5.23.46
9. Bingley	5.26.28
10. Clayton B	5.26.39

LADIES		
1. Clayton A		6.18.07
2. Horwich		6.21.36
4. Calder Valley		6.29.22

MIXED		
1. Pudsey & Bramley		5.40.36
2. Darwen Dashers A		6.13.20
3. Accrington A		6.24.22

CARNETHY 5 HILL RACE

Borders
6m/2500ft 11.02.06

For whatever reason this race seems to get more popular every year and once again numbers were up for this, the 36th, race, which meant that for the first time ever the entry limit (500) was reached well before the closing date and the organisers had to turn people away.

The day before the race, the course was marked in perfect conditions which boded well for fast times. However, on race day, spring was not in the air! Competitors waiting to start covered behind (and in) the tea tent sheltering from the bitterly cold wind and showery weather. Just before the gun an announcement was made that it was snowing on the tops. With the strong winds buffeting the runners and making it difficult to stand up on the summits and with the frozen, rutted ground, conditions were tough. But for hill runners, all this was just part of the experience.

This year there was a very strong men's field. From the gun, Cameron Watson set the pace leading to the bottom of the first climb up Scald Law. Joe Symonds then took it on and reached the top of Scald Law first with Rob Jebb hot on his tail. The pair ran together to the fourth hill, West Kip, and then Rob pulled away on the long descent to the Howe, opening up a comfortable lead. Joe almost managed to close the gap on the big final climb up Carnethy, but Rob extended his lead once more on the descent, clinching his 2nd victory, in a fast 48.50 to Joe's 49.46.

The battle for third spot was closely contested by last year's winner, Murray Strain, and Matt Whitfield with Murray proving the stronger and having the bonus of leading the University to well deserved team honours over the host club, Carnethy.

In the ladies' race, course record holder, Angela Mudge, led from the gun, recording her ninth victory in 56.19, with club-mate and British Ladies Champion, Jill Mykura, second, just under the hour (59.59!). Iona Robertson finished third, a notable performance on her debut. As expected, Carnethy ladies easily took the team.

Last year's Over 40 winner and British Champion, Stewart Whittle, easily retained his title, while in the Over 50s, World Masters Medallist, Tom McGaff had an excellent run to finish just outside his course record.

This year's race saw the 10,000th finisher from all the 36 Carnethy Hill Races cross the line (Murdo Macleod of Westerlands in 160th place) and the 1000th finisher from Carnethy HRC (Paul Ritchie). Also braving the wind was the first and only kilt wearer this year, Don Naylor of Hunters Bog Trotters, who sneaked under the hour.

A Spenceley

1. R. Jebb	Bing	48.50
2. J. Symonds	Kend	49.46
3. M. Strain	Ed'burgh	50.59
4. M. Whitfield	Bing	51.15
5. R. Baker	DkPk	51.47
6. B. Marshall	Hadding	51.51
7. J. Davies	Borrow	52.11
8. E. Tresidder	Carn	52.32
9. S. Bolland	Bowl	52.41
10. S. Whittle O/40	Carn	52.47

VETERANS O/50

1. (31) T. McGaff	Chesh	57.00
2. (54) J. Winn	Cumber	60.09

3. (67) J. Holt	CLEM	61.29
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VETERANS O/60

1. (101) D. Spedding	Kesw	64.04
2. (183) B. Magee	Larne	70.31
3. (203) G. Bryan-Jones	Ochil	71.53

VETERANS O/70

1. (307) B. Gauld	Carn	80.39
2. (411) B. Bennet	Penicuik	91.13
3. (418) A. Menary	Carn	91.38

LADIES

1. (25) A. Mudge	Carn	56.19
2. (52) J. Mykura	Carn	59.59
3. (83) I. Robertson	Bellah	62.43
4. (94) K. Jenkins	Carn	63.29
5. (105) A. O'Neill	Ed'burgh	64.28

WINTER HILL

Lancashire
AM/11m/2750ft 12.02.06

This year was a record entry since the race was changed from November to February and it also experienced one of the worse days for weather with heavy rain and very poor visibility throughout the race.

The conditions certainly affected the runners with 21 of the 187 starters having to retire. A number of runners also had difficulty navigating the course including many Horwich Harriers who had been hoping for such conditions so they could make use of their local knowledge, as I have said on many occasions never follow a Horwich runner.

We had to make a detour in the race this year due to the rhododendrons in the Terraced Gardens having Phytopthera ramorum and this added both distance and height to the course. It may be of interest that whilst the race is shown as 11 miles with 2,700 feet of climb a runner who had an altimeter has informed me that the course is 12.5 miles with 3,200 feet of climb not that the detour added that much.

The race for the first three was very close until just after checkpoint 9 when Danny faded to leave brother Rob to record a narrow victory over Lloyd Taggart to retain his title from last year.

Congratulations must go to Christine who won for the third consecutive year and with quite a margin to spare over the rest of the ladies field.

A special thanks was given to the marshals and the Bolton Mountain Rescue for manning the checkpoints in such conditions. Thanks also go to



Ken Taylor clearly intent on his vet's prize
(Photo Steve Bateson)

Walsh Sports for their continued support of the event.

I apologise for the conditions the runners had to endure for registration, but I was not expecting to be stopped from using the facilities and make everyone queue in the rain. I will have to look at having a fallback system for next year.

Thanks to all who ran and I look forward to seeing you next year hopefully in better conditions.

Tony Varley

1. R. Hope	P&B	1.37.23
2. L. Taggart	DkPk	1.37.33
3. D. Hope	P&B	1.43.18
4. G. Devine	P&B	1.43.49
5. P. Thompson	Clay	1.44.15
6. D. Taylor O/40	DkPk	1.44.51
7. D. Kay	Horw	1.45.08
8. B. Bolland	Horw	1.47.46
9. D. Milliken	Salf	1.48.54
10. S. Doran	Unatt	1.49.26

VETERANS O/50

1. (21) K. Taylor	Ross	1.59.09
2. (22) S. Jackson	Horw	1.59.16
3. (29) B. Blyth	Maccl	2.05.38



Through the mud and muck at Winter Hill (Photo Steve Bateson)

VETERANS O/60

1. K. Carr	Clay	2.08.50
2. D. Ashton	DarwD	2.16.03
3. K. Burgess	Altrin	2.29.40

LADIES

1. C. Howard	Mat	2.02.34
2. R. Metcalfe	Eryri	2.08.24
3. S. Budgett O/40	Horw	2.16.48
4. D. Devine	P&B	2.25.10
5. N. Raby	Chorl	2.33.23

161 finishers

Y LLETHR Gwynedd

BL/14.25m/2448ft 18.02.06

1. S. Gilliland O/40	BroDys	2.00.02
2. A. Davies	Mercia	2.02.48
3. P. Whiting O/40	Kend	2.09.16
4. D. Powell O/40	Unatt	2.09.25
5. C. Jones	Eryri	2.10.55
6. D. Roberts	BroDys	2.12.13
7. S. Butterworth	Eryri	2.12.33
8. P. Bullen O/40	Kesw	2.14.37
9. G. Oldrid O/50	Aberyst	2.15.21
10. P. Targett O/40	CLEM	2.18.37

VETERANS O/50

1. (9) G. Oldrid	Aberyst	2.15.21
2. (17) T. Hodgson	BroDys	2.21.50
3. (19) D. Elliott	Bowl	2.26.35

VETERANS O/60

1. (15) J. Marsh	TarHen	2.21.31
2. (22) A. Oliver	WFRA	2.29.28
3. (23) Y. Tridimas	Bowl	2.31.27

LADIES

1. (21) S. Howarth O/40	Unatt	2.29.17
2. (36) M. Oliver O/50	Eryri	2.53.10
3. (38) A. Wilde	Unatt	2.59.15
4. (40) S. Bennell O/50	Eryri	3.18.10
5. (41) S. Brown	Spark	3.21.55

43 finishers

FOUR TRIGS CHALLENGE Devon

BL/16m/3000ft 12.02.06

While the previous weekend had seen the start of the Winter Olympics after considerable build up and anticipation for the defending Scottish Curlers, there has been a similar build up amongst local runners taking part in the 4 Trigs race. The 4 Trigs route takes the runners along a hilly course of mostly footpaths around the perimeter of Sidmouth, by the end of the race runners will have climbed almost 4000 feet, close to the height of the Sestriere Olympic Ski resort!

The race starts and finishes at sea level at the sailing club, so the only way from the start is up. A record entry of 75 runners started this 18 mile or so run, with almost half of the runners from Sidmouth. This year the route was in a clock-wise direction, the first checkpoint was the trig at High Peak. Right from the start organiser, Nick Keast, Malcolm Bayer and Garry Perratt from Axminster made their intentions clear that they were out for a hard race, and had pulled away from the field before the top of Peak Hill.

From Peak Hill runners had to make their way to Fire Beacon, via Harpford Woods and on footpaths; navigation is quite straightforward until Harpford Woods. However the topology in the woods is complex and there are many paths and tracks, local knowledge should have been an advantage. Nick Keast with both capacity and military capability to reconnoitre the route was first to emerge from the woods by over a minute. He had kept his route plan a secret, as brother Mark emerged from the woods having lost several places. Mark's posse of William Emmett and Mike Stamp also spent several minutes looking for Mark's lost sense of humour, which was not found until an hour or so after the race had finished.

From Harpford Woods it is up a steep field onto Fire Beacon for the second trig, here runners were greeted with jelly babies from some spectators, because of the fine weather there were spectators offering nourishment on many parts of the course. From Fire Beacon it is across to White Cross, a rare section of level running. Runners can be lulled into a false sense of security as there are still plenty of hills to come.

There is a long downhill section from White Cross down to Sidbury Village, then across the road for the second half of the race and this is also the hillier section with four big hills still to go. Up out of Sidbury towards the 3rd trig on Buckton Hill, Malcolm Bayer sensed that Nick Keast was starting to tire and was gradually closing down on him. The route then went from Buckton to Harcombe and up to the Donkey Sanctuary. It was close to the Donkey Sanctuary that Malcolm took the lead and never looked back again, winning the race by a massive 10 minutes.

Meanwhile Garry Perratt was also starting to feel a little weary and James Jackson who took a while to warm up was pulling his way up through the field, and running from the Donkey Sanctuary to final trig on the eastern side of Weston got sight of Nick and Garry and got into second place on the final ascent up Salcombe Hill. The tired legs of Nick and Garry finished 3rd and 4th respectively.

The spirit of this race is that it is run almost entirely on footpaths, and the various check points between each trig ensure that runners have little option but to stick to the paths, but there are still options for route choice. Many of the local runners in their race preparation carefully planned their routes, and some were quite devious about it. It was rumoured that some of the female runners had been chatting up farmers to get permission to take short cuts across their land! Others likened a few short cuts to being slightly offside in football, or trying to get away with handling the ball in the bottom of a ruck - you get away with it, if you can (no names mentioned but in the results is the captain of Sidmouth Football Club). There was some consensus that cutting the corner of the field near the Weston trig was fair game, particularly as it is towards the end of the run, but still with two nasty hills to go. However, the one marshal on the course, Roger Faulkner, was placed at that point to stop any offences from taking place. Roger was surprised that runners were not that pleased to see him, and he failed to keep up his strict refereeing to runners lower down the field.

First lady runner to finish was European Ultra champion Heather Foundling-Hawker, who ran with her husband, Kevin. They finished in an impressive 8th place overall, she was a minute slower than her previous best, but the course was longer this year due to the diversion around the cliff fall east of Salcombe. Heather also ran quite a lot further than many runners due to her ability of getting lost, several runners were overtaken several times by Heather and Kevin.

It was good to see a number of runners taking part in the race for the first time, Peter Bagwell, Mark and Helen Waters and Don Cawthera all training for the Grizzly finished in under 4 hours.

It is hoped that the event will raise about £350 for Sidmouth Infants' School.

Nick Keast

1. M. Bayer	2.20.00
2. J. Jackson	2.29.00
3. N. Keast	2.32.45
4. G. Perratt	2.33.00
5. J. Keast	2.37.00
5. N. Tubbs	2.27.00
7. D. Booth	2.39.00
8. H. Foundling-Hawker	2.40.00
8. K. Hawker	2.40.00
10. R. Wood	2.42.34

72 finishers

RAAS VING VRADDA

Isle of Man

AL/15m/4100ft 26.02.06

Although 15 miles in total, with 4100ft of ascent, the Bradda Fell Race is an ideal introductory to a long fell race. Most of this out and back course is over well-established trails and on a clear day little navigational skill is required.

Despite the bitterly cold northerly headwind on the outward section to South Barrule, Tony Okell established a one-minute advantage over his nearest rival Simon Skillicorn, an advantage he maintained literally until the final descent. A possible misjudgement in the route to the finish, meant that Simon was able to close the gap and in fact win the race almost 30 seconds in front.

Mike Quine's third place is his best performance to date on the Manx fells. New to the athletics scene and in his first ever fell race Kevin Loundes certainly impressed in fourth. Rob Webb's superb effort in sixth overall must be one of the performances of the day and secured him the veteran over 50 prize.

The event this year incorporated a shorter junior race to the first checkpoint at Bradda Tower and back. A superb effort was made by all that took part.

Christine Barwell

1. S. Skillicorn	Manx	2.12.53
2. T. Okell O/40	Manx	2.13.18
3. M. Quine O/40	Manx	2.26.15

VETERANS O/50

1. R. Webb	Manx	2.33.04
2. D. Young	Manx	2.38.04

LADIES

1. C. Barwell	Western	3.33.23
2. L. Stigant	IOM	3.46.28

JUNIORS

1. T. Bateson	Manx	7.21
2. G. Astin	Manx	7.34
3. J. Cain	Manx	7.36

ILKLEY MOOR FELL RACE West Yorkshire

AS/5m/1260ft 26.02.06

1. I. Holmes O/40	Bing	36.37
2. G. Devine	P&B	37.39
3. K. Gray	CaldV	37.51
4. T. Austin	DkPk	38.09
5. J. Heneghan	P&B	38.25
6. A. Brownlee U/18	Bing	38.52
7. L. Athersmith	Skip	39.08
8. R. Pattinson O/40	P&B	39.10
9. R. Lawrence	Bing	39.23
10. D. Taylor O/40	DkPk	39.29



Ian Holmes and Gary Devine on the climb at Ilkley
(Photo Tony Fickes)

VETERANS O/50		
1. (20) B. Goodison	Abbey	42.25
2. (39) P. Grimes	H'fax	44.31
3. (44) R. Crossland	BfdAire	45.24

VETERANS O/60		
1. (124) G. Breeze	Skyrac	51.16
2. (224) M. Elwell	Saddle	59.24
3. (231) A. Wikeley	Th&S	59.52

LADIES		
1. (31) N. White	Bing	43.53
2. (46) S. Taylor	Bing	45.33
3. (48) J. Waites	CaldV	45.37
4. (87) J. Smith	CaldV	48.16
5. (88) L. Lacon	Holmf	48.20

323 finishers

**CARDING MILL CANTER
- ENGLISH CHAMPIONSHIP
Shropshire
AS/4m/1800ft 4.03.06**

1. T. Davies	Mercia	42.33
2. S. Bailey	Mercia	42.43
3. L. Taggart	DkPk	42.56
4. R. Jebb	Bing	43.12
5. R. Hope	P&B	43.15
6. I. Holmes O/40	Bing	43.20
7. D. Hope	P&B	45.01
8. M. James	Shrews	45.07
9. J. Heneghan	P&B	45.25
10. D. Neill O/45	Staffs	45.38
11. T. Werrett	Mercia	45.59
12. S. Bolland	Bowl	46.21
13. S. Stainer	Amble	46.26
14. R. Little	DkPk	46.52
15. P. Winskil	DkPk	46.56
16. A. Dunn	Helm	46.59
17. K. Gray	CaldV	47.09
18. G. Pevine	P&B	47.27
19. S. Bottomley	P&B	47.32
20. D. Taylor O/40	DkPk	47.37

VETERANS O/40		
1. (6) I. Holmes	Bing	43.20
2. (10) D. Neill	Staffs	45.38
3. (20) D. Taylor	DkPk	47.37
4. (22) C. Smale	Tod	48.04
5. (25) A. Ward	DkPk	48.41

VETERANS O/50		
1. (44) A. Hauser	Holmf	50.11
2. (55) T. McGaff	Chesh	50.59
3. (58) M. Egner	DenbyD	51.14
4. (64) S. Jackson	Horw	51.40
5. (77) M. Walsh	Kend	52.46

VETERANS O/60		
1. (103) D. Spedding	Kesw	54.25
2. (119) K. Carr	Clay	55.27

4. (174) N. Griffiths	Spectrum	61.29
5. (182) D. Kearns	Bolt	62.43

VETERANS O/70		
1. (218) A. Menary	Durham	72.19



The ladies surge across the stream just after the start (Photo Steve Turk)

LADIES		
1. N. White	Bing	52.31
2. C. Howard	Mat	53.08
3. S. Taylor	Bing	53.52
4. S. Newman	CaldV	53.56
5. J. Waites	CaldV	54.07
6. P. Jackson	Kesw	54.10
7. A. Bartlett	Shrews	54.11
8. K. Burge	Staff	54.54
9. J. Lee	Eryri	56.21
10. L. Lacon	Holm	56.32

267 finishers

**NOON STONE FELL RACE
Lancashire
AM/9m/2300ft 04.03.06**

Saturday morning of the race was one of those good to be alive days when even the most reluctant of runners would have difficulty resisting the call of them there hills. The air was fresh, the skies were clear and the smell of rancid fell shoes was oozing from the cupboard under the stairs. With the hills

so white and crisp how could I resist? Well I had to, someone has to put the show on the road (hills) and this year it was my turn, so the run would have to wait.

On the Friday night before the race I received a few phone calls asking if the race was still on. "Yes" was the reply, but I was a little concerned about the road up to the Top Brink being gritted. Fortunately it is on a bus route so it was not a problem. Saturday morning was a total contrast to the previous night, with warm sunshine and clear blue skies. However, with four inches of snow and the ground still frozen solid my major concern was a twisted ankle or two. Happily, all 112 starters returned unscathed.

The Noon Stone fell race has a reputation for being a bit of a toughie with 2,300 feet of climbing and a navigational section that can be a bit tricky at this time of year. However, navigation and route finding was not a problem this year - the biggest problem was staying on your feet, especially on the descents. A strong nerve and a good set of studs were essential equipment.

There was a flurry of excitement before the race began as television cameras turned up to film the event for the evening's news and runners will no doubt have tried to show their best side as they set off out of Mankinholes to tackle the first climb of the day. It soon became evident that the winner would be one of the three men who broke away from the rest of the field in the early stages of the race. This leading pack tracked each other for the entire race and, when they appeared over the hill for the final slippery descent, there was hardly anything between them. The first man down to the finish line was Richard Pattinson completing the race in a time of 75.29, followed shortly after by Chris Miller and Ben Mounsey.

The race attracted a good handful of female competitors and it was Jo Smith who claimed the ladies' victory in a time of 90.23 with Anna Lupton and Vanessa Peacock taking second and third places.

Men's and ladies' team prizes were taken by P & B and Radcliffe.

Todmorden Harriers would like to thank Andrew Horsfall and David and Helen Wilson for organising this year's race; the landlord and staff of the Top Brink Inn for their excellent hospitality; all those who consented to the running of the race; the marshals & helpers - and of course all those athletes who turned out and ran in what was greatly considered a cracking good race.

D H Wilson

1. R. Pattinson O/40	P&B	1.15.29
2. C. Miller	H'gate	1.15.43
3. B. Mounsey	Stainland	1.15.52
4. S. Oldfield O/40	BfdAire	1.17.09
5. B. Stevenson O/40	P&B	1.18.41
6. S. Hoyle O/40	Ross	1.18.53
7. S. Bourne	DkPk	1.19.04
8. I. Wellock	HuntBog	1.19.07
9. H. Keltu	Ellensb	1.19.09
10. J. Stevens	CaldV	1.19.10

VETERANS O/50		
1. (18) R. Crossland	BfdAire	1.22.55
2. (49) G. Mendham	Wilms	1.31.17
3. (52) R. Richard	Skyrac	1.32.20

VETERANS O/60		
1. (41) J. Amies	Congle	1.29.59
2. (98) T. Cock	Holmf	1.48.25
3. (103) M. Coles	Skyrac	1.58.04

VETERANS O/70		
1. (110) B. Leathley	Clay	2.11.04

LADIES		
1. (44) J. Smith O/40	CaldV	1.30.23
2. (55) A. Lupton O/40	Rad	1.32.45
3. (63) V. Peacock O/50	Clay	1.35.57
4. (68) J. Foster	Ilk	1.37.14
5. (75) G. Dewhurst	Rad	1.40.52

112 finishers



Lewis, Bailey, Jebb and Taggart all in contention on the first climb (Photo Tim Austin)

GREYS PIKE FELL RACE
Northumberland
BS/5m/830ft 05.03.06

The Greys Pike fell race is a new event in the calendar. It is the first of the three race Kielder Borderer series to be run in 2006. On a crisp, frosty day, with snow underfoot in places, 43 runners gathered at Kielder Castle for a new event. It was well received by all entrants. The prize presentation after the race was topped off by excellent clothing for all category winners from the event sponsors MONTANE outdoor clothing.

Jonathan Farries



Nick Swinburn heads for victory
(Photo Dave Armstrong)

1. N. Swinburn	NFR	36.22
2. W. Horlsey	NFR	37.56
3. T. Wylie O/40	Tyne	38.21
4. K. Maynard O/40	DFR	40.23
5. M. Jeffrey O/40	NFR	40.49
6. R. Balmбра	Morp	40.55
7. D. Armstrong O/40	NFR	41.30
8. T. Makin O/40	DFR	43.44
9. D. Atkinson O/40	NFR	43.50
20. P. James	NFR	43.57

VETERANS O/50

1. (16) J. Dallinson	NFR	47.08
2. (17) P. Graham	Tyne	47.25
3. (22) J. Humble	NFR	49.27

VETERANS O/60

1. (38) J. Garbarino	NFR	57.21
2. (42) K. Dallinson	NFR	72.37

LADIES

1. (11) K. Robertson	NFR	44.14
2. (27) S. Scott	NFR	50.37
3. (28) S. Welsh O/40	NFR	51.19
4. (29) L. Wilkinson	NFR	51.42
5. (33) S. Davies O/40	NFR	54.34

43 finishers

PIPE DREAM
Gwent

AS/4.9m/1700ft 05.03.06

I thought last years conditions were special with the bright sun and white-capped views; but this year was quite exceptional. The entire course was under deep snow!

After a week of heavy snowfall in North Wales the running of the race was still in question right up till the last minute, but the roads stayed clear for everyone to get there and bright sunshine came through as a bonus.

After a slightly extended start to avoid last year's bottleneck the field left tarmac at the bottom and studs didn't see the ground again until the finish straight. The main climb done, you left the woods

and were greeted with blinding light reflected off the snow, I'm sure few would have thought they'd have needed glacier glasses that weekend!

Many have said that the conditions were so breathtaking that it took their mind off the pain; it was just a pleasure being there.

Race winner, Gary Rees Williams, was never really challenged as he produced a lead of almost a minute and a half by the summit, Richard Roberts made a good effort in chasing him on the downhill producing the overall fastest descent time in the process but to no avail.

Last year's ladies' winner, Andrea Roberts, was fairly beaten by Dawn Urquhart, but in a repeat of the men's, the second placed took the fastest descent time, being the only lady to go under 16 minutes downhill. (Thanks to Steve for the summit timing).

Initial route choices from the summit rock varied, as proven by the varied tracks in the hitherto virgin snow, with some ploughing through occasionally knee deep in drifts. Despite the conditions underfoot no injuries were encountered, except for one individual who allowed shin to meet with rock in the latter stages of the race. This resulted in him being carried down the hill but thankfully no great harm done.

The field of 60 was double that of the first running of the race, I'm sure assisted by the fact it was the first counter in the Welsh FRA series.

Once again many thanks to Team Dolly for excellent marshalling. Race proceeds of £125 went to Dolgarrog Community Centre.

Let hope all return next year.

Craig Jones

1. G. Rees Williams O/40	Menai	39.37
2. R. Roberts	Eryri	40.25
3. G. Hughes	Abergele	40.45
4. C. Jones	Eryri	41.09
5. S. Jones O/50	Eryri	41.32
6. B. Amesbury	Clywd	42.51
7. M. Roberts	Unatt	43.20
8. N. Shepherd O/40	Bowl	43.24
9. S. Butterworth	Eryri	43.39
10. H. Lewis O/40	Buckley	43.45

VETERANS O/50

1. S. Jones	Eryri	41.32
2. J. Bennell	Eryri	45.11

VETERANS O/60

1. D. Williams	Eryri	44.06
2. J. Morris	Buckley	46.34
3. E. Davies	Eryri	47.03

LADIES

1. D. Urquhart	Buckley	48.19
2. A. Roberts	Eryri	49.25
3. K. Broach O/40	Unatt	51.34
4. E. Salisbury O/40	Eryri	52.02
5. M. Oliver O/50	Eryri	53.35

59 finishers

HALF TOUR OF PENDLE
Lancashire
AM/9m/2250ft 11.03.06

Despite the promised snow, which thankfully held off until the stragglers had finally left the welcome embrace of the Pendle Inn, a bigger than usual field set off for this year's Half Tour of Pendle. Runners from as far afield as Essex, Scotland and the Isle of Man - this last group disappointed not to be snowed in the pub for the weekend - enjoyed benign conditions, albeit rather wet underfoot.

These conditions resulted in fast times, particularly from overall winner Ian, whose time was only seconds slower than he posted in the 2002 English counter race. This was Ian's third consecutive victory and consequently he gets to take Pendle Hill home with him to keep. Now running as a veteran, Ian beat last year's first vet, Mark, into third place. Mark, Paul and Karl had a great finish (for spectators at least) with Paul finishing one second ahead of Mark, and Karl a further second back.

Natalie was another Yorkshire raider successfully defending her title, finishing 38th overall, and well clear of Helen and Tamara whose close finish mirrored the men's race. It was pleasing to see so many young women runners to the fore, a contrast to the men where half of the first ten were vet 40s.

On the subject of vets, I was taken to task after the race for omitting to call out the women vet 50 category at presentation. I could plead that I was being chivalrous, but it was simply an oversight for which I again apologise.

My thanks as ever go to the marshals, helpers and sponsors; and the people of Barley Village who put up with this, and other invasions, every year.

Keith Thompson

1. I. Holmes O/40	Bing	1.04.07
2. P. Thompson	Clay	1.07.24
3. M. Horrocks O/40	Wharfe	1.07.25
4. K. Gray	CaldV	1.07.26
5. T. Mason	Wharfe	1.08.48
6. D. Taylor O/40	DkPk	1.09.15
7. D. Kay	Horw	1.09.43
8. A. Wrench O/40	Tod	1.09.55
9. S. Skillicorn	Manx	1.10.47
10. T. Edward O/40	Clay	1.11.35

VETERANS O/50

1. (27) K. Taylor	Ross	1.16.32
2. (43) G. McMahon	Notting	1.18.41
3. (44) K. Carr	Clay	1.19.15

VETERANS O/60

1. (44) K. Carr	Clay	1.19.15
2. (53) B. Mitchell	Clay	1.20.51
3. (99) G. Breeze	Skyrac	1.28.01



Mark Horrocks, Paul Thompson and Kari Gray in hot competition at Ogden Clough (Photo Pete Hartley)

LADIES

1. (38) N. White	Bing	1.18.00
2. (77) H. Sedgwick	Ilk	1.25.00
3. (78) T. Hird	Wharfe	1.25.03
4. (85) H. Jones	Dallam	1.26.00
5. (88) C. Wilson	Clay	1.26.39

235 finishers

**MOEL WNION
Gwynned**

AS/3m/750ft 11.03.06

1. L. Taggart	DkPk	32.25
2. G. Owen	Eyri	36.59
3. D. Jones	Eyri	37.11
4. T. Higginbottom	Eyri	37.14
5. G. Hughes	Abergele	37.18
6. C. Near	Eyri	37.22
7. D. Finn	MynDu	37.42
8. R. Stafford	Maldwyn	37.45
9. I. Houston	Wrex	38.27
10. E. Loffill	Unatt	39.29

VETERANS O/40

1. R. Owen	Eyri	39.38
2. H. Jones	Maldwyn	41.08
3. D. Owen	Eyri	43.41

VETERANS O/50

1. E. Davies	Mercia	41.12
2. A. Orange	MynDu	44.25
3. G. McCasa	Chesh	45.09

VETERANS O/60

1. D. Williams	Eyri	42.25
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LADIES

1. J. Lee	Eyri	41.33
2. A. Bartlett	Shrews	42.00
3. J. Lloyd O/40	Eyri	48.08

81 finishers

**EDALE SKYLINE
Derbyshire**

AL/21m/4500ft 19.03.06

A big field for this year's event, with the maximum number of 300 entries reached with a week to go. On the day, 260 started and 243 finished and this year none of them got lost on Kinder as Jim, the alternative mountain guide was fortunately not running this year! The cold weather with snow flurries on the top of Kinder made the going tough but at least meant that the Brown Knoll "soup" was frozen solid, so at least this section was faster than normal.



Richard Patton of Dark Peak cruising along the ridge (Photo Stewart Gregory)

Lloyd Taggart won it in an excellent time of 2 hours, 39 minutes, not far off a record time given that the old record was based on a slightly different course and Sally Newman was first woman in 3 hours 23 minutes which, again, given the fairly harsh conditions, was an excellent time. There was much discussion as to whether it was quicker to go straight across from Grindslow to Ringing Roger, with the majority favouring the run around the rim of the valley. Lloyd once again proved the doubters wrong (me amongst them) by taking the straight line, down and up, purist route and still finishing some 11 minutes ahead of the Pete Vale, the second runner.

Jim Fulton

1. L. Taggart	DkPk	2.39.32
2. P. Vale	Mercia	2.50.43
3. K. Gray	CaldV	2.51.04
4. J. Heneghan	P&B	2.53.50
5. A. Schofield	Borr	2.57.32
6. R. Pattinson O/40	P&B	3.06.29
7. J. Boyle	DkPk	3.07.07
8. T. Brunt	Holm	3.07.29
9. A. Shaw O/40	Holm	3.07.31
10. M. Whyatt O/40	Bowl	3.08.10

VETERANS O/50

1. A. Hauser	Holm	3.19.48
2. S. Jackson	Horw	3.23.39
3. R. Bellaries	Clay	3.26.18

VETERANS O/60

1. Y. Tridimas	Bowl	3.48.49
2. J. Geeson	Ryde	4.24.47
3. R. Price	Clay	4.27.42

LADIES

1. S. Newman O/40	CaldV	3.23.49
2. H. Jones	Dallam	3.41.17
3. J. Shottor O/40	Holmf	3.44.19
4. H. Dawe	Ilk	3.46.27
5. N. Spinks	P'stone	3.47.42

243 finishers

**FIENSDALE FELL RACE
Lancashire**

AM/7.5m/2500ft 25.03.06

Following the disappointment of having to cancel the race on the original date the rescheduled race on Saturday 25th turned out to be a great success. With a new route over a short distance but with 250 feet more climbing the general consensus of opinion is that it was even better than the original route.

Sean Bolland led a field of 96 up Parlick towards checkpoint one. The lead changed a couple of times as runners found the best route down to the new checkpoint two. However, Sean regained the lead and managed to hold off Dave Taylor before he pulled away on the final ascent to the summit of Parlick.

The ladies' race was won convincingly by Catharine Wilson, five minutes ahead of the second lady, Tamara Hird.

A strong Bowland contingent took the team prize taking four of the top five positions. Many interesting route choices down to the penultimate checkpoint created some debate after the race particularly as some runners almost missed it out altogether and were only saved disqualification by a Bowland member standing at the fence to make sure they went down the final descent.

Thanks go to all members of the Bowland club who take an active role in the organisation of the race and to the Bowland & Pennine Mountain Rescue Team whose presence manning the checkpoints always makes the race easy to organize. Proceeds from the race go to the MRT.

Andrew Farmer

1. S. Bolland	Bowl	1.09.22
2. D. Taylor O/40	DkPk	1.09.30
3. M. Whyatt O/40	Bowl	1.09.53
4. C. Reade O/40	Bowl	1.10.52

5. Q. Harding O/40	Bowl	1.11.18
6. R. Little	DkPk	1.11.42
7. G. Gamble O/40	CHR	1.13.03
8. D. Nutall O/40	Clay	1.13.41
9. S. Macina	P&B	1.13.59
10. C. Balderson O/40	Clay	1.14.13

VETERANS O/50

1. (23) D. Buckley	Wesh	1.21.40
2. (36) J. Sharples	Clay	1.26.56
3. (37) I. Coowan?	Bowl	1.27.03

VETERANS O/60

1. (20) K. Carr	Clay	1.20.45
2. (40) J. Nuttall	Clay	1.28.39
3. (66) T. Peacock	Clay	1.37.16

LADIES

1. (38) C. Wilson	Clay	1.27.07
2. (47) T. Hird	Wharfe	1.31.59
3. (55) H. Dawe	Ilk	1.33.50

**CAUSEY PIKE
Cumbria**

AS/9.5m/1780ft 25.03.06

No records broken this year, but some fierce competition at the sharp end. We were lucky with the weather once again, as a wet start to the morning was followed by sunshine, with rain again once the race finished.

Thanks as always to all the marshals, Craig Beaty and Keith Harriman for use of the field for parking, and Newlands PC for hall facilities.

Lyn Thompson

1. R. Jebb	Bing	32.57
2. S. Booth	Borr	34.14
3. P. Davies	Borr	34.37
4. N. Sharp	Amble	34.44
5. R. Lightfoot	Ellen	35.57
6. A. Schofield	Borr	36.44
7. M. Amor	CFR	37.49
8. C. Hope	Borr	38.06
9. B. Abdelnoor	Amble	38.16
10. P. Cornforth O/40	Borr	38.19

VETERANS O/50

1. (18) J. Winn	CFR	39.50
2. (20) G. Schofield	Horw	40.10
3. (22) W. Bell	CFR	40.29

VETERANS O/60

1. (79) R. Whittaker	CFR	50.31
2. (88) T. Duncan	Walton	52.06
3. (96) A. Buckley	Kesw	55.32

VETERANS O/70

1. (110) J. Rutter	Kesw	69.40
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LADIES

1. (24) P. Jackson	Kesw	40.51
2. (38) S. Taylor	Bing	43.12
3. (49) K. Beaty O/40	CFR	45.31
4. (55) L. Thompson O/50	Kesw	46.26
5. (65) J. Casey O/40	Barrow	47.51

111 finishers

**MIDGLEY MOOR RACE
West Yorkshire**

AS/5m/1250ft 25.03.06

This was the first real day of spring with a sudden rise of over 10 Celsius in the temperature, and Calder Valley Fell Runners' rising star, Karl Gray, celebrated the birth of his daughter the previous day with a storming win over the heather of Midgley Moor. There was a strong contingent from The Calder Valley Club, who also won the team prize.

Lisa Lacon also ran well to win the women's race easily. The course offers route choices on the moor between safe, fast, but longer paths, and heather-bashing direct lines. The direct lines can be quicker if you have strong legs and get it right, but you can mess it up, and the final section before descending to the finish can be crucial.

Rod Sutcliffe

1. K. Gray	CaldV	39.05
2. C. Miller	H'gate	40.34
3. A. Wrench O/40	Tod	40.42
4. S. Oldfield O/45	BfdAire	41.10
5. C. Smale O/40	Tod	42.44
6. J. Ingram	Saddle	43.12
7. I. Nixon O/40	P&B	43.23
8. A. Breaks	CaldV	44.13
9. S. Gregory	HolmeP	45.17
10. N. Armitage	Pudsey	45.22

VETERANS O/50

1. (14) C. Davies	Saddle	46.19
2. (19) J. Adair	Holmf	48.45
3. (25) D. Beels	CaldV	49.14

VETERANS O/60

1. (41) G. Breeze	Skyrac	53.08
2. (64) M. Elwell	Saddle	60.32
3. (79) B. Smith	Clay	99.39

LADIES

1. (21) L. Lacon	Holm	48.50
2. (53) C. Davies	CaldV	56.59
3. (55) J. Smith O/45	Tod	57.57
4. (58) D. Allen-Cartwright	Rad	59.12
5. (62) S. Fulton	Bing	60.12

79 finishers

**PEN CERRIG CALCH
Glamorgan
AS/3m/1500ft 25.03.06**

It doesn't seem a year since the last PCC, but it must be because spring is here again, the clocks are about to go forward and we've just had the MDC AGM, so it must be. I'm freezing cold and soaking wet, so the weather must have been foul, so it must be an even numbered year. Note for future potential entrants: I have been organising this race on the last Saturday in March more or less since 1993, and the weather varies from gorgeous to appalling. By and large, the even numbered years are awful, the odd numbered ones lovely. This was even.

Maybe it was the weather that kept people away, or maybe we're all just old and lazy nowadays, but thirty hardy souls turned up and there was good racing all the way down the field once Mark Palmer had established his four minute lead (over three miles!). The slippery conditions and bad visibility meant that records were never threatened, but then it would take an exceptional race to come close. For the record, because they have been so often misreported in the past, the records are Tim Davies' 26:30 in 2003, and Ann Nixon's amazing 33:11 in 1996. I say amazing for Ann's record particularly, because in the last 10 years, only one other woman has been within nine minutes of her (the great Angela Brand-Barker, no less, with 34:50 in 2003).

With a small field, the results went pretty much according to expectations except for Pat Wooddisse, who fell half way up and dropped out. Looking at the split times, there were some interesting differences between summit positions and final positions; it looks like Harry and Daniela, particularly, have got to brush up on their descending. Special mention must be made of Rowdy Yates, who turned up for his first ever fell race with all the wrong kit, including road flats, who broke the course record at the wrong end by coming in 72:10, but who finished with a smile on his face and appeared to thoroughly enjoy it, asking if there were other races coming up soon!

Thanks also to Clive and Gareth who manned the summit, Fred who manned the gates, to Cliff for the use of his farm (and caravan) and to Mas, who didn't mind (too much) a load of mucky fell runners cluttering up her excellent pub. Special thanks also go to Kay Lucas who turned out on the hill and did her bit, despite only recently being discharged from hospital after a very nasty stroke. Fell runners think that they're tough; compared to (the indispensable and invaluable) marshals, they're nowt but wimps!

1. M. Palmer O/40	MDC	28.16
2. M. Collins	MDC	32.08
3. Finn	MynDu	32.19
4. K. Betts O/40	Fairwater	34.04
5. M. Suff O/40	Heref	34.14
6. H. Matthews	Brecon	34.23
7. D. Adlam O/40	MDC	35.52
8. R. J Will O/40	Heref	37.00
9. M. Bryant O/40	MDC	37.07
10. P. Williams O/40	Unatt	38.52

VETERANS O/50

1. (11) P B Darby	MDC	40.29
2. (14) G. Lucas	MDC	41.24
3. (21) J. Sweeting	MDC	51.00

VETERANS O/60

1. (13) D M Finch	MDC	40.53
2. (19) E. Meredith	MDC	47.04
3. (28) R. Howell	MDC	65.32

LADIES

1. (15) A. Jones	MynDu	41.32
2. (18) E. Bayliss	MynDu	44.16
3. (20) S. Ashton O/50	Chep	47.17
4. (24) D. Woodbridge	Fairwater	55.00

29 finishers

**GRAEME AND TONY'S INDEPENDENT
RAS YR ARAN
Gwynedd
AM/10m/2500ft 25.03.06**

The persistent rain and low cloud didn't manage to put off 91 hardy souls who decided to take up the challenge of Ras yr Aran from Llanuwchllyn. The 10 mile fell race, now in it's third year, was the idea of sponsor's Mal and Mags Thomas of Organic Aran Lamb, and their enthusiasm for the event grows each year, with the Organic Lamb Burger van parked prominently on the finish line.

The race, which goes to the summit of Aran Fawddwy, could not go ahead without the kind co-operation of the local landowners, and our thanks are extended to them. The winner of the race, Lloyd Taggart, managed to set a new course record of 1.31.26, despite the atrocious weather conditions and a navigational error near the summit. He was followed home by last year's winner, Tim Higginbottom and Michael James. This second place finish was good enough for Tim Higginbottom to take the "Meirionnydd Winter Series" title in a cumulative time of 3.19.39, just over 2 minutes outside of Dylan Jones' record of last year. The voucher for half an Organic Aran Lamb was just reward for the quickest runner to complete the three winter races of the series at Rhobell Fawr, Tarren Hendre and the the Aran.

The ladies' race was again won with a course record as Jackie Lee beat her previous best time with 1.48.04. She was followed home by Lousie Barker with Pilar Near third. In the ladies' side of the "Meirionnydd Winter Series", Lee set another new



Iori Jones on the last bit down the road
(Photo Graeme Stringer)

record, taking nearly 5 minutes off her 2004 time to record 3.44.05 though, as a vegetarian she never seems too pleased about winning the lamb.....!?!)

The battle for the trophy for "First Local - Llanuwchllyn/Bala" was eventually won by Nich Illif in 1.59.41, with Sion Llewelyn second in 2.26.51 and Hedd Evans third in 2.31.03 (at least one of these competitors competed in walking boots! and that's some achievement).

A short/junior Race was run for the first time this year, covering 2 miles and 500ft of ascent to the top of Garth Fawr and back. The inaugural event was won by William Haynes in 17.00, with Bro Dysynni's Sarah Thomas first girl in 20.54. Both winners seemed pleased with their trophy and early Easter egg, part of the prizes provided by the Eagles Inn, hosts for the presentations.

Thanks to all who helped make it happen!

Graeme Stringer

1. L. Taggart	DkPk	1.31.26
2. T. Higginbottom	Eryri	1.34.45
3. M. James	Shrews	1.40.07
4. I. Houston	Eryri	1.44.19
5. R. Stafford	Eryri	1.44.41
6. S. Gilliland O/40	BroDys	1.46.03

VETERANS O/50

1. G. Jones	Shrews	1.51.03
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VETERANS O/60

1. J. Marsh	TarrHen	2.07.14
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Lloyd Taggart hits the front and stays there (Photo Mike Blake)

LADIES

1. J. Lee	Eryri	1.48.04
2. L. Barker	Aberyst	2.10.39
3. P. Near	Eryri	2.13.12
4. J. Ewell	Buckley	2.13.41
5. R. Chatwin	Penn	2.16.59

BROUGH LAW FELL RACE

Northumberland

AS/5m/1250ft 26.03.06

1. W. Horsley	NFR	39.58
2. S. Birkinshaw	NFR	39.59
3. D. Armstrong O/40	NFR	40.41
4. D. Steel O/40	NFR	40.53
5. M. Jeffrey O/40	NFR	41.06
6. J. Woods	Morp	42.25
7. T. McCall O/40	Norham	43.05
8. V. Oldham	Norham	43.12
9. G. Owens O/40	NFR	43.27
10. P. Vincent	Tyne	44.33

VETERANS O/50

1. (13) J. Metson	NFR	45.16
2. (23) J. Dallinson	NFR	47.15
3. (27) W. Hutchinson	CRAP	48.49

VETERANS O/60

1. (35) D. Cockburn	NFR	52.04
2. (36) R. Gray	NFR	52.31
3. (44) P. Winter	Morpeth	55.22

LADIES

1. (8) V. Oldham	Norham	43.12
2. (12) K. Robertson	NFR	45.07
3. (20) R. Vincent	Tyne	46.51
4. (25) S. Scott	NFR	48.27
5. (26) C. Bagness O/40	Wooler	48.43

56 finishers

'JOE BARBER' HEROD FARM HILL RACE

Derbyshire

AS/3m/1100ft 26.03.06

Andi Jones took the race in his stride and won it easily yet he treated it as part of his marathon training! This short three mile race, described as a "tough little one" saw Jones by nearly three minutes. He was, though, about a minute short of the course record which would have been hard to attain on the day due to the muddy paths and tracks and sodden fields from much recent rain. The course record of 22.23 was set in 1997 and Jones took 23.28.

The race route went from the Drovers Arms through Herod Farm nearly to the top of Monks Road down via paths and tracks above Simmondley to the Pennine View Nursing Home. A second ascent of the Nab took athletes to heady heights before finally descending back down via the farm to finish near the Drovers Arms.

On a bright and breezy morning Dr Palmer, the organiser, sent the enthusiasts on their way to Herod Farm. After two ascents of the Nab they returned muddy but seemed pleased with their efforts. Ten minutes into the race, Andi Jones was already a full minute ahead of his nearest rival. He stretched this to nearly three minutes by the finish. Jones, however had something in hand as the race was all part of his Sunday morning run. He said "I'm doing a 2 hour 30 minute run today in preparation for the London Marathon next month. I ran 30 minutes to the Drovers Arms, did the race, and will continue running until I reach my time total".

Jones had competed for Salford Harriers on the day before helping them to third place in the Northern Relays at Heaton Park and had won the Liverpool Half Marathon the previous week.

The second man back in the race was a relaxed Kevin Lilley.

The first lady, Olivia Walwyn, received an additional trophy, the Stella Judd Memorial Shield, which is a

perpetual one and instigated by Andy Wilkins in memory of his wife who tragically died late last year.

Joe Barber

1. A. Jones	Salf	23.28
2. K. Lilley O/40	DkPk	25.11
3. T. Bush	Altrin	26.20
4. M. Kieras	Glossop	26.37
5. R. Ashworth O/40	S'thport	26.58
6. D. Marsh	Sale	28.37
7. O. Walwyn	Altrin	29.24
8. A. Anastasi O/40	Glossop	29.32
9. A. Butler O/40	Goyt	29.39
10. J. Doyle O/40	Penn	30.04

VETERANS O/50

1. (18) W. Deakin	Rucksack	33.21
2. (22) A. Bocking	Chesh	34.04
3. (2) D. Willis	Unatt	34.38

VETERANS O/60

1. (30) P. Ehrhardt	Tod	38.05
2. (31) R. Cambell	Staffs	38.08
3. (32) R. Wignall	Altrin	38.18

LADIES

1. (7) O. Walwyn	Altrin	29.24
2. (12) W. Barnes	Barns	31.04
3. (16) E. McGuire	Stockp	31.55
4. (23) H. Allison	Unatt	34.37
5. (29) P. Miller O/40	NEDR	37.52

44 finishers

LIVER HILL RACE

Lancashire

BS/5m/800ft 28.03.06

The route was in good condition, ideal in fact, three days prior to the race. Not so good on the night where three days of non stop Pennine rain had made for tricky conditions underfoot. Despite grim weather we had an above expected entry of 137 runners in total for this the first evening race in the calendar.

Traditionally this race has been open to Rossendale Club members only as a celebration of our 'first night on the fells' after pounding the roads during winter training. Winter was still with us for sure on the night and most runners chose to run in cags, and several runners found themselves finishing in the dark. An earlier start is on the cards for next year. The ranks were swelled by runners from local clubs Todmorden, Middleton and Radcliffe and our thanks to those clubs for turning out in force. It was Todmorden, in fact, who took most of the honours with an in form Andy Wrench winning from three of his younger team mates.

There was a free entry for this race and no prize giving which made life easy for us as organisers, although finishers received a cream egg. No doubt fellow race organisers will agree that sorting the prizegiving is the most difficult part of organising an event. Most runners would probably agree that prizes are in fact superfluous to the race, their entry fee subsidising prizes for the few. It would be nice to see more races with free or minimal entry and the prize giving dispensed with!

Graham Wright

1. A. Wrench O/40	Tod	35.58
2. A. Whitley	Tod	36.05
3. S. Goodsman	Tod	36.07
4. M. Goldie	Tod	37.47
5. A. Payne	Clay	37.49
6. S. Russell U/18	Ross	36.16
7. P. Bolton U/16	Ross	38.18
8. S. Molloy	Ross	38.44
9. P. Burnett	Unatt	38.49
10. R. Jamieson	Manx	39.08

VETERANS O/50

1. (27) D. Schofield	Ross	41.43
2. (41) N. Hindle	Unatt	44.05
3. (44) N. Gotts	Ross	44.19

VETERANS O/60

1. (81) R. Blakeley	Tod	49.21
2. (89) T. Peacock	Clay	51.46
3. (92) G. Naven	Ross	53.06

VETERANS O/70

1. (114) D. Clutterbuck	Roch	70.07
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LADIES

1. (38) A. Lupton	Rad	43.19
2. (48) H. Corbishley	Ross	44.52
3. (60) S. Massey	Rad	46.19
4. (73) J. Smith O/45	Tod	48.05
5. (86) C. Duffield	Tod	51.00

LLANTYSILIO MOUNTAIN RACE

Gwynedd

AM/6.2m/2100ft 01.04.06

After 20 or so years, Geoff Gartrell stood down from the organisation of this race - a fantastic contribution to our sport. For Tattenhall Runners on our first race, things seem to have gone pretty well, at least by judging from the much appreciated emails of thanks from runners, though running the race through fantastic Denbighshire countryside and starting/finishing at a great pub may have helped.

As part of the North Wales series, the race enjoyed a bumper turnout of 80 runners (up by 30 or so on previous years), with Anna Bartlett setting a new Ladies course record. The race was won by Tim Higginbottom by a very large margin. Eryri also cleaned up on the team prizes. Large numbers stayed on well after the race to take advantage of the sun and the Sun Inn, giving a great atmosphere to the race as a whole.

Thanks again to all out TR helpers.

Nick Holmes

1. T. Higginbottom	Eryri	51.00
2. R. Stafford	Maldwyn	52.21
3. S. Gilliland O/40	BroDys	52.27
4. M. Gilbert	Wrex	53.01
5. B. Carr O/40	Congle	54.28
6. E. Gamble O/40	Chesh	54.59
7. G. Jones O/50	Shrews	55.23
8. P. Stinton	Clywd	56.06
9. B. Amesbury	Clywd	56.43
10. S. Butterworth	Eryri	56.51

VETERANS O/50

1. (7) G. Jones	Shrews	55.23
2. (11) S. Bellis	Wrex	56.55
3. (17) G. Oldrid	Aberyst	58.37

VETERANS O/60

1. (15) D. Williams	Eryri	58.05
2. (27) J. Amies	Congle	61.12
3. (30) E. Davies	Eryri	62.50

LADIES

1. (13) A. Bartlett	Shrews	57.13
2. (35) K. Roberts	Helsby	65.13
3. (36) D. Urquhart	Buckley	65.15
4. (37) G. Evans O/40	Sheps	65.18
5. (45) J. Ewels	Clywd	66.03

79 finishers

RAAS SNAIUL

Isle of Man

AS/5m/1900ft 01.04.06

The start and finish of the Snaefell Race is at the Bungalow on the infamous TT course. Although this 'A' category race is a short it encompasses a couple of tough ascents, including the final climb to the summit of the Island's highest peak, Snaefell.

The biting blustery wind up on the Mountain Road was in sharp contrast to the gloriously warm sunshine experienced earlier in the day, although fortunately the skies remained clear, with only a dusting of cloud over Snaefell.

Simon Skillicorn led from the start to score a convincing win, by well over a minute, from rival Tony Okell. In turn, Okell was over 2 minutes ahead

of third placed man Paul Sheard, winner in 2004 and 2005. Rose Hooton ran extremely well to take the women's prize, ahead of Gail Griffiths. Tom Bateson was the only junior to tackle the course, but he ran a confident race and was rewarded with a superb 19th place.

Christine Barwell

1. S. Skillicom	Manx	41.52
2. T. Okell O/40	Manx	43.11
3. P. Sheard O/40	Manx	45.28

VETERANS O/50

1. D. Young	Manx	48.20
2. R. Webb	Manx	50.30
3. R. Stevenson	Manx	56.24

LADIES

1. R. Hooton	Manx	56.47
2. G. Griffiths	Manx	62.13
3. C. Barwell	Western	64.41

JUNIORS

1. T. Bateson	Manx	55.19
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LLANBEDR TO BLAENAVON

Gwent

AL/15m/4500ft 01.04.06

1. M. Palmer O/40	MDC	2.11.20
2. A. Jones	MynDu	2.16.02
3. D. Finn	MynDu	2.19.20
4. C. Smale O/40	Tod	2.27.35
5. M. Humphreys	Stroud	2.27.46
6. M. Scriven	Mercia	2.29.11
7. T. Horton	Malvern	2.29.29
8. A. Woods O/40	MynDu	2.36.44
9. R. Pickvance O/40	LesCroup	2.38.49
10. B. Stadden O/50	Bitton	2.40.24

VETERANS O/50

1. (10) B. Stadden	Bitton	2.40.24
2. (13) A. Orringe	MynDu	2.43.45
3. (18) P. Jones	Eryri	2.55.56

LADIES

1. (9) R. Pickvance O/40	LesCroup	2.38.49
2. (20) J. Lloyd O/40	RhedEryri	2.56.30
3. (31) D. Woodbridge	Fairwater	3.19.02

35 finishers

PENDLE FELL RACE

Lancashire

AS/4.5m/1500ft 01.04.06

April 1st and April Fools day the weather certainly wanted to play the fool with us. Heavy rain greeted me in the early morning, followed by hail and sleet on the top of Pendle, whilst co-organiser Ken was flagging the course. Then a brief period of blue sky, and back to heavy rain. All this and the rain from the previous two days made the ground on and around Pendle the wettest it's been for a very long time.

However, come race time the weather was fine and 177 runners set off on the race battling a very strong headwind as they battled up the hill from Buttock Farm.

Andy Peace lead all the way round and it wasn't until after the race I learned that both him and Ian Holmes, who finished 6th, had cycled from their homes in Yorkshire and of course would have to cycle home! Nick Sharp, who had been trailing Andy round the course, finished just two seconds behind with Mark Horrocks third and first vet 40. Clayton had 1st vet 50 with Pete Booth and 1st vet 60 with Kieran Carr.

In the ladies' race, Susan Becconsall was first for the second year running, with a 42 second lead over Candice Leah. Emma Barclay, a similar number of seconds further back in 3rd position. Carole Waterhouse was 1st V40 lady and Jean Rawlinson 1st V50 lady.

Many thanks to all the marshals and helpers who made the race run so smoothly. Thanks to the local

farmers and Mrs Weatherill, who provided the refreshments in the Village Hall. See you next year, and don't forget we are organizing junior championship races on the 20th August. Come and cheer on the youngsters.

David Bailey

1. A. Peace	Bing	34.29
2. N. Sharp	Amble	34.31
3. M. Horrock O/40	Wharf	35.00
4. L. Athersmith	Skip	35.08
5. S. Thompson	Clay	35.32
6. I. Holmes O/40	Bing	36.31
7. A. Whittam	Tod	36.35
8. A. Schofield	Borr	36.39
9. P. Massey	Horw	37.17
10. G. Wilkinson O/40	Clay	37.19

VETERANS O/50

1. (47) P. Booth	Clay	42.47
2. (55) J. Rusius	Clay	43.37
3. (67) J. Cookson	Bowl	45.27

VETERANS O/60

1. (51) K. Carr	Clay	43.09
2. (76) G. Breeze	Skyrac	46.32
3. (106) T. Peacock	Clay	49.51

LADIES

1. (54) S. Becconsall O/40	Bing	43.22
2. (59) C. Leah	Clay	44.04
3. (63) E. Barclay	Ilk	44.47
4. (82) C. Waterhouse O/40	Hfax	46.51
5. (101) H. Corbishley	Ross	48.39

177 finishers

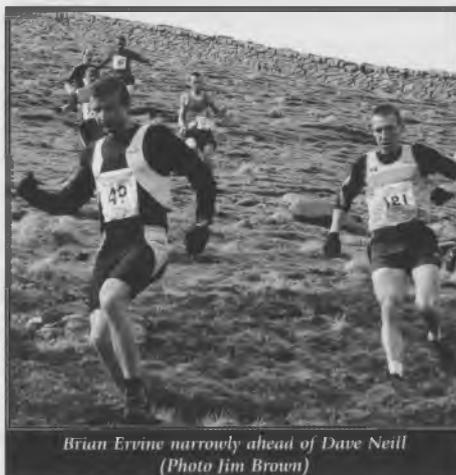
**SLIEVE BERNAGH
- BRITISH CHAMPIONSHIP
Northern Ireland**

3.9m/2680ft 01.04.06

Once again the Mourne Mountains hosted the first round of the British Fell Running Championships - April Fools Day - plenty of fools to be spotted but also a serious amount of racing in what was, arguably, set to be the highest standard mountain race on the island of Ireland during 2006. 205 competitors managed to complete the race including 64 Northern Ireland based runners, 7 from the South of Ireland and 134 from England, Wales and Scotland.

The weather above the head was kind with the torrential rain of previous days holding off until the race was over. However, underfoot conditions were treacherous; the first climb of Meelbeg being arduous, going on and on, through the boggy conditions as the runners climbed 1,400 feet. After the slippery descent of Meelbeg the runners faced the back-breaking climb of Bernagh (another 700 feet) and turned to slip and slide among the rocks back to the col between Bernagh and Meelmore. After the final climb of Meelmore (another 550 feet) the runners plunged down the treacherous ground to the finish.

The record for the race was 41:52 set in 2003 by Rob



Brian Ervine narrowly ahead of Dave Neill
(Photo Jim Brown)

Jebb, the current British Fell Running Champion. Jebb started as the favourite for the race, but the record itself seemed safe as ground conditions and the freshening wind made fast running more difficult compared to 2003. In the event, due to the close attention of the Hope brothers, a record-breaking race developed. Both Hopes had represented England at the World Mountain Racing Trophy last October in New Zealand and are starting the season in a fine vein of form.

It was older brother Rob who pulled away over the final mountain to win in 41:16 some 36 seconds inside the old record with Jebb second and younger brother Danny third.

In the ladies' race, Natalie White came home in first in 52:12 just over four minutes outside Scotland's Angela Mudge's 2003 record. The first Northern Ireland lady was Shileen O'Kane in 11th overall, only a few months after having her second baby - hill running seems like a piece of cake compared to that. In all, a record of 36 ladies completed the race.

Once again the veteran men shone through with Taylor 1st V40, Dave Neill 1st V50 and Dave Spedding 1st V60.

Amongst the Irish men, the first man from the island was a resurgent Paul Nolan from Dublin, 17th with Brian Ervine, now competing for Mourne Runners (soon to be accompanied by the NIMRA Chairman who has been in more clubs than Darren Clark uses in 18 holes!), 22nd, picking up maximum points in the 1st local championship race. Next local home, also from Mourne Runners was Eddie Hanna.

First local veteran home was Deon McNeilly (3rd) in 30th overall. Both McNeilly and Hanna will be looking to challenge Alan McKibbin's dominance of the Hill & Dale series.

In the teams it was great to see Mourne Runners manage 6th overall behind winners Borrowdale from the Lake District and also to see Larne AC in 9th and BARF in 12th.

It would be amiss not to mention Mourne's Sam Herron, who as well as coming home 9th local, finished in the most spectacular fashion. Race finish Director, Frank Morgan, has lovingly created a finish funnel that started 30 metres across and directed the runners into the finish line. As the runners hurtled at speed through the treacherous ground, the finish seemed not to be as obvious to them as it did to Morgan - especially Herron, who managed to miss the funnel completely and then appeared suddenly beside Morgan with a side hurdle any gymnast, would have been proud of. It was the spring of a springbok - it certainly startled the officials who took a moment or two to gather themselves and continue recording the times and places.

BOGBOY

1. R. Hope	P&B	41.16
2. R. Jebb	Bing	41.43
3. D. Hope	P&B	41.58
4. S. Bailey	Mercia	42.22
5. L. Taggart	DkPk	42.23
6. S. Booth	Borr	43.38
7. P. Davies	Borr	43.52
8. S. Stainer	Amble	44.12
9. T. Austin	DkPk	44.41
10. J. Davies	Borr	44.44
11. E. Tresidder	Carn	45.37
12. D. Taylor O/40	DkPk	45.41
13. M. Fanning	Borr	45.48
14. J. Heneghan	P&B	45.53
15. M. Donnelly	Borr	45.54
16. R. Pattinson O/40	P&B	46.02
17. P. Nolan	IMRA	46.10
18. D. Neill O/50	Staffs	46.14
19. P. Vale	Mercia	46.36
20. B. Bolland	Horw	46.57
21. D. Golding	Amble	47.03
22. B. Ervine	Mourne	47.04
23. M. Roberts O/40	Borr	47.30
24. A. Wrench O/40	Tod	47.35
25. S. Bottomley	P&B	47.42
26. M. Whyatt O/40	Bowl	47.46

27. E. Hanna	Mourne	47.47
28. A. Ward O/40	DkPk	47.51
29. C. Hope	Borr	47.53
30. D. McNeilly O/40	N'castle	48.02

VETERANS O/50

1. (18) D. Neill	Staffs	46.14
2. (47) S. Jackson	Horw	50.53
3. (49) M. Egner	DenbyDale	51.07
4. (61) A. Hauser	Homf	52.39
5. (65) B. Goodison	Abbey	52.56

VETERANS O/60

1. (55) D. Spedding	Kesw	51.44
2. (175) B. Magee	Larne	69.14
3. (182) C. Pritchard	Carn	72.39
4. (192) J. Adgey	Mourne	77.51
5. (195) I. McManus	Irvine	80.05

LADIES

1. (57) N. White	Bing	52.12
2. (73) J. Lee	Eryri	53.27
3. (85) S. Taylor	Bing	54.49
4. (88) K. Bailey	Bing	55.15
5. (89) E. Batt O/40	DkPk	55.16
6. (90) G. Mykura	Carn	55.18
7. (110) K. Davison	DkPk	58.32
8. (114) D. Scott	Lochab	58.52
9. (116) L. Lacon	Holmf	59.02
10. (122) C. Wilson	Clay	59.22

205 finishers

LLANGYNHAFAL LOOP Denbighshire AS/4.5m/1500ft 02.04.06

Despite a bright start to the day, the weather deteriorated, but fortunately the wintry showers forecasted did not arrive until late afternoon. The previous day conditions underfoot were ideal, but the evenings sleet and snow had made for heavy going and coupled with a chill wind, particularly on the Offa's Dyke Path ridge were not conducive to fast times.

No exciting finish for first place to report: Tim Austin a clear winner, with over a minute to spare over second placed Tim Higginbottom. Ian Houston, for the third consecutive year, in the frame, but after twice being second, on this occasion had to settle for third place. A repeat performance from Steve Gilliland, once again taking the V40 prize with an improved time, moving up two places from last year to fourth overall.

No records for the men, but despite the conditions, a new ladies winning time of 42.04, Natalie White taking almost half a minute off the previous record and finishing tenth overall. Jackie Lee in second and Jenny Ewels in third place also making light of the conditions, both producing their best times for the course.

Expressions of satisfaction with the day's proceedings, endorsed by smiling faces, gave much encouragement to the organizer, that the race continues in popularity.

A pleasant finish to the day, enjoying the hospitality of Helen and Colin at the Golden Lion, whose support and enthusiasm is much valued.

Once again I am indebted to Tony Hulme for his continuing support, also to CBI Insurance, Colwyn Bay and G. E. Tools, Rhyl. Thanks to the marshals, officials and all who helped in anyway. Last but not least, all the runners for their support. In excess of £200 raised for St Kentigern's Hospice.

Brian Evans

1. T. Austin	DkPk	37.18
2. T. Higginbottom	Eryri	38.31
3. I. Houston	Wrex	39.01
4. S. Gilliland O/40	BroDys	39.28
5. N. Ashcroft	Amble	39.34
6. R. Roberts	Eryri	40.03
7. M. Gilbert	Wrex	40.31
8. R. Stafford	Maldwyn	41.15
9. E. Davies O/50	Mercia	41.55
10. N. White	Bing	42.04

VETERANS O/50

1. (9) E. Davies	Mercia	41.55
2. (12) S. Jones	Eryri	42.57
3. (14) S. Bellis	Wrex	43.08

VETERANS O/60

1. (18) D. Williams	Eryri	43.54
2. (42) J. Morris	Buckley	49.35
3. (43) E. Davies	Eryri	50.04

LADIES

1. (10) N. White	Bing	43.04
2. (20) J. Lee	Eryri	44.43
3. (40) J. Ewels	Clwyd	49.31
4. (47) V. Musgrove O/40	Eryri	50.39
5. (50) E. Salisbury O/40	Eryri	52.44

80 finishers

EXE TO AXE Devon BL/20m/4000ft 02.04.06

Fuelled perhaps by the Grizzly, the Exe to Axe is becoming increasingly popular over a wide area of the country. It takes a special sort of runner to tackle the 20 plus miles from Exmouth to Seaton along the Coastal path but still they keep coming. There were 153 of them this year. The rewards are only spiritual and it is very much a case of finding your own way, as there are no marshals along the route. This is not as difficult as it seems as the sea is never far away. Even the detour round the landslip at Dunscombe was negotiated successfully by everyone, though it must be said that towards the end some found a short cut by-passing the promontory at Beer Head. Our leading Club runner, Nick Keast, was adversely affected by this when three runners from behind suddenly appeared in front of him coming into the finish. This dropped him to 7th in the result sheet as opposed to what would have been a well deserved 4th in 3hrs 6 minutes. It's interesting perhaps to note that this time despite a tail wind all the way was in fact 40 minutes slower than his Grizzly time. Much the same applies to the overall winner of the race, Mike Feighan. This perhaps puts the race into perspective.

Billy Emmett, on the other hand, enjoys this sort of run and romped home in 28th place well up on the rest of his clubmates. Colin Flood complained that he was down on last year's time but the detour probably accounted for that. George Chalstrey, on the other hand, had a nasty fall. Well known for his kamikaze downhill gallops he slipped this time at the top of the steps coming down into Branscombe and counted the rest of them on his backside. Undaunted he carried on but had to walk most of the rest of the way. Andy Shearer and Kate Stamp both have the London Marathon in a few weeks. Kate decided therefore to take it easy by just running the first half to Sidmouth accompanied by Beck Robson and Tania Crabb - all three taking a welcome break from the kids. Andy went the full distance but paced himself sensibly to finish midfield.

Jim Pyne and Robin Carter accompanied by friends revelled in the conditions and new member, Don Cawthera, and prospective member, Peter Bagwell, completed our contingent, finishing in consecutive positions both well under four and a half hours.

Thanks must also go to Fiona and Bill who together looked after the back of the field as Sweepers and to the rest of the club and their supporters who gave a hand and so ensured the success of the event.

Nick Keast

1. Exmouth Senior Men	Exm	2.32.00
2. M. Feighan	Exet	2.50.04
3. A. Mouncey	Hinckley	2.52.05
4. Exmouth Saga Boys	Exm	2.53.49
5. M. Pengilly	Chep	2.57.24
6. P. Bayliss	AxeVal	3.02.41
7. Uplyme Stragglers		3.02.51
8. I. Andrews	SWRR	3.04.00
9. D. Booth	MDC	3.04.39
10. N. Keast	Sid	3.06.11

108 finishers

FIVE TORS MOORLAND RUN Cornwall CM/11m/1170ft 02.04.06

The week preceding 5 Tors 2006 saw the clouds thicken and drop to enclose the moor and reduce visibility to the level of 5 Tors 2005. Fingers were crossed, breath held and extra markers placed, then, wonder of wonders the day of the race dawned, grey but clear. Even the bitterly cold, cutting N.W wind was a welcome alternative to the thick fog of the previous year.

As the runners gathered and clustered for shelter in the registration van we could hear snatches of conversation as they recalled their 2005 adventures, what fun it had been.

5 Tors 2006 proved just as successful, but again no records were broken as the runners were running into a fairly strong wind over 4 Tors, but still everyone enjoyed the challenge, returning covered in mud but happy.

C. Weston

1. N. Jenkins O/40	Tavis	1.14.09
2. J. Youlden	Newq	1.15.33
3. D. Vossler O/40	Overton	1.15.51
4. M. Musty O/40	SthDev	1.16.06
5. K. Hagley O/40	SWRR	1.16.18
6. S. Kelly	RNAC	1.19.15
7. A. Whelan O/40	Tring	1.19.41
8. D. Rowel O/40	Truro	1.20.49
9. N. Doyle O/40	Newq	1.21.11
10. B. Kirby	Unatt	1.21.13

VETERANS O/50

1. (19) P. Lockett	New	1.26.07
2. (24) B. Wiles	Launc	1.27.55
3. (27) A. Green	Carad	1.27.8.47

VETERANS O/60

1. (82) P. Collins	Unatt	1.44.20
2. (99) M. Boizot	Unatt	1.50.18
3. (115) D. Dransfield	Tamar	1.59.46

VETERANS O/70

1. (121) M. Anstey	Unatt	2.02.42
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LADIES

1. (22) J. Nash O/40	Caradan	1.27.00
2. (29) J. Friday	Corn	1.29.21
3. (33) S. Ogilvie O/40	Newq	1.30.27
4. (47) K. Priest O/40	Corn	1.35.01
5. (49) J. Beaton O/40	Unatt	1.35.09

WREKIN FELL RACE Shropshire AS/5.5m/1700ft 02.04.06

The inclusion of the English Junior champs for a second successive year made the competition at the front of the field even greater, an early lead taken by Alistair Brownlee, Jonny Mellor and Stephen Mitchell. Alistair was fresh from his impressive English Schools cross-country run the previous weekend. Will Levett was left to head up the senior chase, in fact he admitted to a 'steady' first half in the race before making a push from the Wrekin Summit turn around point.

The ladies' race was also beginning to unfold with again the juniors setting the early pace and Emma Clayton pulling away from Rachel Thompson and Dionne Allen, Louise Taylor was left to lead the seniors.

Will pulled away from Alistair over the second half to win by over a minute and a half who also led the juniors by a similar margin.

First vet home and 9th overall was Andy Wright, who was pleased with his performance but admitted to "could have done better on the two steep sections on the course", but he held over a 3 minute lead from the 2nd placed vet, local man Kevin Francis. The vet 50 race was won by Ed Davies just holding off an in-form Simon Daws.

The ladies' race was eventually won by Louise almost copying Will Levett's race plan and using her



Louise Taylor on her way down through the woods to win the Ladies' race (Photo Andy Smith)

pace to make the difference over the good runnable sections. Rachel Thompson made it hard for Louise and kept in contention all the way to the finish some 39 seconds adrift. Julie Cowley led the vet lady contingent home.

A special thanks to all who helped on the day in some difficult windy conditions and also with the course markings being taken up by local youths didn't make things any easier for the hard working marshals, all was returned to normal however prior to the Junior races commencing.

Next year sees the 30th Wrekin Fell race and the possibility of race founder, Paul Sanderson, running his 30th race.....we look forward to seeing you all there.

Andy Smith

1. W. Levett	Bedf	35.58.00
2. A. Brownlee U/18	Bing	37.36.00
3. J. Mellor U/20	L'pool	39.01.00
4. S. Mitchell U/18	ValRoy	39.15.00
5. T. Addison U/18	Helm	39.54.00
6. A. Peers U/18	L'pool	40.40.00
7. J. McGongle U/18	Warring	40.44.00
8. J. Hare U/18	H'fax	40.46.00
9. A. Wright O/40	Mercia	40.50.00
10.?	Skip	41.20.00

VETERANS O/50

1. (20) E. Davies	Mercia	44.47.00
2. (22) S. Dawes	Telf	45.28.00
3. (28) B. Gregory	Chesh	47.16.00

VETERANS O/60

1. (36) J. Clemant	Mercia	48.55.00
2. (56) J. Coombes	Mercia	52.54.00
3. (83) J. Yandell	Mercia	57.11.00

LADIES

1. (26) L. Taylor	Telf	46.33.00
2. (27) R. Thompson U/20	Horclough	47.12.00
3. (31) E. Clayton U/18	Scunth	47.33.00

117 finishers

TIGER'S TODGER

Derbyshire

BM/6m/850ft 03.04.06

Congratulations to everyone who took part in the 1st Tiger's Todger race. PBs for everyone!! This replacement of the Tigers 10 is shorter and safer and a very simple format. 100 ft downhill, 800 ft uphill and 700 ft downhill.

Steve Bell held the lead for most of the race with Stuart Maycock taking the first spot during the

downhill road section on Long Line. Next year maybe we won't be supplying a rugby match and gymkana to amuse the spectators while the race is on!

Many thanks to the many marshals and helpers, the Rugby club and the man upstairs for the glorious weather.

William Alves

1. S. Maycock	Hallam	35.08
2. S. Bell O/40	DkPk	35.30
3. L. Banton	Clowne	35.44
4. A. Linskill	Totley	36.04
5. M. Sprot	DkPk	36.45
6. M. Stenton O/40	DkPk	37.21
7. O. Hart	Unatt	37.50
8. L. Footitt O/40	Unatt	37.57
9. S. Wright	Unatt	38.23
10. S. Walker	Barns	38.34

VETERANS O/50

1. (15) K. Taylor	Ross	38.58
2. (17) K. Holmes	DkPk	39.09
3. (28) R. Fawcett	DkPk	40.06

VETERANS O/60

1. (82) M. West	DkPk	45.35
2. (108) C. White	Totley	47.55
3. (111) R. Brown	P'stone	48.37

LADIES

1. E. McGuire	Stockp	42.25
2. P. Weir O/40	Totley	42.36
3. S. Brocklehurst	Unatt	43.52
4. J. Featherstone	Totley	45.51
5. N. Hall	Unatt	46.03

173 finishers

THE 16th KRUNCE SERIES Aberdeen

BS/3.5m/400ft 04.04.06

With thanks to Janet Rennie and Helen Mackie for officiating, Bob Sheridan for clearing the course and to Forest Enterprise for access. Sunny but cold, pretty muddy in places.

1. J. Williamson	24.59
2. K. Robertson	25.01
3. B. Sheridan	25.17
4. D. McDonald O/40	25.44
5. C. Pryce O/40	25.50
6. B. Gordon	26.42
7. J. Bellarby	26.53
8. D. Hirst O/40	26.55
9. C. Hill	27.17
10. S. Hunter O/40	27.21

VETERANS O/50

1. (17) D. Sullivan	29.03
2. (23) M. Milmore	30.35
3. (26) A. Mouat	31.14

LADIES

1. (21) L. Noble O/40	29.39
2. (28) S. Farrar	31.45
3. (32) F. Dahl	31.57
4. (33) H. Wright	33.33
5. (36) K. Parkin	35.29

LOUGHRIGG FELL RACE Cumbria

AS/4m/1000ft 05.04.06

This popular early season evening race returned after an absence of five years. 89 runners set off at pace up the steep track on a blustery evening. To the fore were Nick Sharp, recently a father to daughter, Daisy, and Tim Austin, returning from injury. Tim reached the top first in 17.06 with Nick three seconds adrift. A slight error by Tim on the descent saw Nick take advantage to seal victory by five seconds, 34 seconds adrift of John Hooson's 1995 record. The promising youngster Ben Ablenor had a strong race to finish third ahead of Gary Thorpe in fourth place, who was also first vet 40. These two

along with Nick Sharpe combined to take the team honours for Ambleside in their opening club championship race of the year.

Paul Dugdale had a good run to finish 6th overall and 2nd vet 40 with Kendal clubmate, the 'evergreen' Phil Clark, taking the vet 50 prize ahead of Dave Holcroft. Dave Harrison finished first vet 60.

The ladies' race was dominated by English champion, Natalie White, who now runs for Bingley. She shattered the old record from 1997 held by Lyn Thompson by nearly two minutes, coming home in 32.00 and finishing 13th overall. Natalie was followed home by Hazel Jones in second and previous record holder Lyn Thompson in 3rd and first V50.

Thanks to all the people who helped on the evening, particularly the summit marshals and Helen and Michelle who registered runners, collated results and made cakes.

Well done everyone and see you next year!

Dan Duxbury

Dan

1. N. Sharp	Amble	27.53
2. T. Austin	DkPk	27.58
3. B. Ablenor	Amble	29.26
4. G. Thorpe O/40	Amble	29.41
5. M. Reedy	Amble	30.15
6. P. Dugdale O/40	Kendal	30.43
7. E. Loffill	Kesw	31.15
8. M. Mickelson-Barron	Kesw	31.27
9. S. Coxon O/40	Unatt	31.46
10. M. Beresford	Kendal	31.53

VETERANS O/50

1. (18) P. Clark	Kendal	32.46
2. (32) D. Holcroft	Amble	34.36
3. (34) D. Tait	DkPk	34.41

VETERANS O/60

1. (73) D. Harrison	Kesw	41.17
2. (79) A. Yates	DkPk	42.47
3. (82) R. Johnson	B'burn	46.03

LADIES

1. (13) N. White	Bing	32.00
2. (37) H. Jones	Dallam	34.57
3. (49) L. Thompson O/50	Kesw	36.58
4. (54) C. Musetti O/40	Amble	38.09
5. (55) R. Cash	Borr	38.20

89 finishers

MOEL PEN Y BRYN

Conway

AS/2.5m/1200ft 05.04.06

This year's race was the third time I have organised the Moel Pen-y-Bryn fell race. I have kept the route the same as it was in the late 1980s/early 90s. This year's race was a midweek evening race and 8 runners started and finished the race, compared with 17 in 2003, 5 in 2004, cancelled in 2005.

Although the route was the same as before it was slightly more difficult this year due to forestry workers leaving a large amount of branches on the footpath.

Over half the field was unknown to me this year so I was unsure who would win. There were three runners pretty much together for the whole of the race, Seb Phillips, Neil Hockley, Simon Butterworth. Neil Hockley took the lead with about half a mile to go but was overtaken by former Betws Bro Machno member and a local Penmachno lad, Seb Phillips, outside Seb's house of all places!

Seb's winning time was 23.26, just seconds slower than previous winner Chris Upson.

Ruth Metcalf another runner who lives in Penmachno won the ladies' race in 27.00, exactly 23 seconds outside Ellie Salisbury's course record of 2003.

Dylan Jones still holds the men's course records 20.24, set in 2003.

I would like to thank the following for their help in this year's race. Ken Wil, Adam Davies, Dave, my mum Sandra for marshalling, Sue Roberts time-keeping, Cyril and Hefina Lewis landowners, Gerry and Linda McMarrow, landlord of the Eagles, and all the runners who took part in the race.

R. Arwyn Jones

1. S. Phillips	Unattt	23.26
2. N. Hockley	WFRA	23.32
3. S. Butterworth	Eryri	23.34
4. R. Metcalfe	Eryri	27.00
5. R. Armstrong	Unattt	27.06
6. A. Ketchin	Eryri	28.02
7. I. Whitfield O/40	Unattt	28.10
8. P. Near	Eryri	30.47

LADIES

1. R. Metcalfe	Eryri	27.00
2. P. Near	Eryri	30.47

8 finishers

**McVEIGH CLASSIC
Northern Ireland
5.5m/1080ft 06.04.06**

The 2006 Blue Lough Hill & Dale Race Series launched at Castlewellan Forest Park with the McVeigh Classic.

The organisers of the ever-popular series are trying to keep pace with technological advances and this year runners will keep the same number for the whole series, which will help with the faster electronic compilation of the results (more of that later!) - number 1 was reserved for the winner of both the 2004 and 2005 titles, Alan McKibbin as he sets out for a hat-trick of wins - unfortunately with a slight injury picked up during the week he never made it to the start line and left the way open for a young pretender to take the challenge to the older hands.

Groundhog day is how one described it - a cold and blustery evening, but dry overhead and wet underfoot - the same as last year including 133 starters and 132 finishers. From the gun a threesome of Deon McNeilly and Ricky Graham with Neil Carty broke away from the field and when McNeilly stooped over to re-tie his shoelace at the top of the first climb the other two moved away to contest the victory.

In the ladies' section, Martina Hawkins emerged early, close to Michelle Sturm. A competitive tussle ensued, however it was Hawkins who eventually showed the strongest to win nearly two minutes inside her time of last year. Hawkins was also first lady vet 35 and takes an early lead in the series that she missed most of, last year because of injury. Sturm meanwhile took first junior in second place with Fiona Maxwell first lady vet45 in 3rd overall.

Meanwhile back with the men, Roy Donaldson saw his run of bad luck continue. There is no doubt that Donaldson is a prodigious (big word) talent but over the years has not managed to string together a long enough period of training to realise his full potential in the mountains. Once again this year is no exception. He reached the end of the winter in best ever shape, leaving many of his club mates in his wake at training. However, bad luck struck on April Fools' Day at the Slieve Bernagh race when he rolled his ankle and damage ligaments. Watching the race alongside organiser the eponymous (another big word) McVeigh (of the McVeigh Classic!) he watched the leaders through at the back of the Castle with one climb to go and bet that Carty would beat Graham. McVeigh (with the wisdom of age and inside track) bet, however, for Graham and lucky he was in generous mood, for the wager was small.

As the runners exited the forest to climb on the grass to the finish line, Graham opened his legs, showed his class and eased away to win, only 8 seconds outside McNeilly's 2001 record.

Meanwhile, mention of the week must go to Davy

Hughes for making the 'Last Stand' as an ACKC runner. Refusing to accept the name change to Mournie Runners, he defied his 22 erstwhile (3rd big word...) colleagues and insisted on being the lone ACKC representative. While the others still wear ACKC on their backs (when will the new vests arrive?), Hughes came home loud and proud with ACKC etched on his heart.

BOGBOY

1. R. Graham	N'castle	32.30
2. N. Carty	NBelf	32.33
3. D. McNeilly O/40	N'castle	33.43
4. E. Hanna	Mourne	34.19
5. R. Rodgers O/40	N'castle	35.00
6. D. Travers	Armagh	35.06
7. J. McCloy	MidUlst	35.13
8. E. McCrickard	N'castle	35.38
9. M. Kendall	N'castle	36.06
10. A. Brennan	Larne	36.08

VETERANS O/50

1. (28) B. O'Hagan	Purple	39.16
2. (32) C. McAlinden	N'castle	39.56
3. (60) M. Barton	Mourne	43.07

VETERANS O/60

1. (116) D. Rankin	BARF	50.45
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LADIES

1. (44) M. Hawkins	N'castle	41.12
2. (49) M. Sturm	Omagh	41.47
3. (5) (F. Maxwell O/45	Mourne	42.11
4. (56) S. O'Kane	BARF	42.31
5. (71) C. Gilbraith O/40	N'castle	44.30

132 finishers

**MIDDLEFELL FELL RACE
Cumbria
AM/6.6m/1700ft 08.04.06**

Weather conditions for this year's race varied from sunshine to heavy showers, to hailstones, so no records were broken.

A notable aspect of the entries was that more than two thirds of the male entry was from veteran athletes. It was a counting race in the CFR championship series and this boosted the numbers to record levels. A splendid warming tatiopot was enjoyed by all over a pint in the Screes after the race.

One disappointing aspect of the race was the irresponsible behaviour of a few local runners who left the marked, right of way path and took a short cut across a field containing sheep. I had an irate farmer phoning me up the following day who was quite justified in describing the race as a shambles from his point of view.

This is the first, and I hope the last, time we have this happening. Not only does it place the race in jeopardy, alarm pregnant sheep but it is cheating on your fellow competitors who keep to the marked course. I hope the perpetrators are duly ashamed of their behaviour.

Danny Hughes

1. B. Taylor	Ellen	54.02
2. B. Abdelnoor	Amble	54.50
3. J. Winn O/50	CFR	56.58
4. M. M-Barron	Kesw	56.39
5. J. Dawson O/40	CFR	56.46
6. M. Robinson	DkPk	56.54
7. R. Harrison O/40	CFR	58.07
8. C. Knowles O/40	CFR	58.17
9. C. Steele	CFR	58.52
10. B. Riley	CFR	59.13

VETERANS O/50

1. (3) J. Winn	CFR	56.58
2. (11) W. Bell	CFR	59.47
3. (12) D. Spedding	Kesw	60.28

LADIES

1. (43) J. Casey	Barrow	68.43
2. (48) A. Forest	Amble	71.22
3. (49) J. Taylor	Bowl	71.36
4. (56) M. Taylor	Unattt	75.26
5. (57) D. McGee	CFR	75.57

77 finishers

**SCREEL HILL RACE
Dumfries & Galloway
AS/4m/1300ft 08.04.06**

Despite the Met Office giving out a forecast of snowy, wintry conditions on the hills, Screeel race started with blue skies and sunshine, five minutes outside the course record.

In the first half of the race up to the main cairn, young David Phee chased Euan hard. On the descent Euan stretched his lead and finished one and a half minutes ahead of David. Behind the leading pair was a fierce fight for third place between John Stevenson and Mark Whitelaw, with John taking third on the finishing line. This was John's first Screeel race.

The junior race was incorporated into the main race and was won by Colin Sturgeon with Nicky Emsley in second place.

1. E. Jardine	Galla	32.11
2. D. Phee	Giffnock	33.42
3. J. Stevenson O/40	Ochil	33.45
4. M. Whitelaw	Annan	33.46
5. B. Robertson O/40	Arran	34.11
6. N. Galbraith	Giffnock	34.51
7. B. Smith O/40	StandLife	35.15
8. C. Sturgeon	Girvan	35.29
9. R. Irving O/40	Annan	35.51
10. G. Allsop	Arran	37.02

VETERANS O/50

1. (17) N. Taylor	Girvan	39.07
2. (18) B. Green	Solway	39.56
3. (19) J. Robson	Annan	40.15

VETERANS O/60

1. (36) A. Anderson	Dumfries	50.15
2. (37) I. McManus	Irvine	50.28
3. (39) D. Turnbull	W'lands	52.14



CFR line up in vast numbers at the start (Photo Danny Hughes)

LADIES

1. (25) P. Webster	Dumfries	41.00
2. (32) S. Singh O/40	Unatt	47.37
3. (35) C. Miller	W'lands	49.03
4. (41) D. MacDonald	HBT	57.44

41 finishes

FLOWER SCAR

Lancashire
AS/4m/1400ft 08.04.06

1. S. Bolland	Bowl	30.25
2. S. Oldfield O/40	Bfd/Aire	31.59
3. C. Smales O/40	Tod	32.09
4. J. Logue	Horw	32.17
5. S. Willis	Tod	32.50
6. R. Ashworth O/40	Stock	34.03
7. A. Clarke O/40	CaldV	34.12
8. G. Schofield O/50	Horw	34.25
9. A. Preedy	Ross	34.34
10. J. Williams	CaldV	34.54



... and he's almost off the ground!! Bashir Hussain in full flight (Photo Pete Hartley)

VETERANS O/50

1. (8) G. Schofield	Horw	34.25
2. (17) J. Adair	Holm	37.07
3. (25) A. Heaton	Bowl	39.19

VETERANS O/60

1. (28) B. Mitchell	Clay	40.15
2. (39) T. Peacock	Clay	43.15
3. (43) P. Heneghan	Horw	44.02

LADIES

1. (14) J. Waites	CaldV	36.02
2. (16) L. Lacon	Holm	36.41
3. (38) J. Smith O/40	Tod	42.48

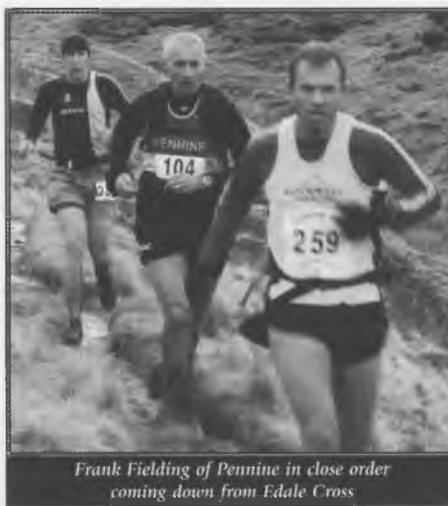
62 finishers

KINDER DOWNFALL FELL RACE
Derbyshire

AM/10m/2500ft 09.04.06

254 runners gathered on the bridge at the centre of Hayfield Village for the running of the 2006 Kinder Downfall Fell Race. Almost immediately the rain and sleet started, giving the event a real winter flavour. After kit checks the race got underway without incident, and was led from the start by Lloyd Taggart, who eventually won by a comfortable margin. Second and first MV40 was Mike Whyatt, ex-local and very much back in form. First lady was Jackie Lee, and second lady, also first LV40 was Sally Newman.

An additional checkpoint was included, this year to encourage runners to take the specified route



Frank Fielding of Pennine in close order coming down from Edale Cross

around Swine's Back. This route has been stipulated by the National Trust and it is important we adhere to it to ensure the continuation of the event.

I was, again, able to offer an extensive prize list due to sponsorship from Running Bear and Mountain Equipment. Male and female winners received a pair of Gladiator fell shoes, and other prizes were awarded in proportion to the number of entries in each five-year category.

Apologies to Cheshire Hill Runners, ladies' team for the error regarding their prize. Kinder Downfall T shirts, designed by Mel Cranmer disappeared especially quickly from the prize table.

Unfortunately, I had to endure a period of anxiety after prize giving with a runner unaccounted for. The person in question was already in fact at home. This worry would have been avoided if the original entry had been made, as requested, on a form with full contact details. Money arriving through my door needs to be accompanied by an official entry form please.

I would particularly like to thank all the marshals and helpers at registration for sacrificing their Sunday to ensure the race could go ahead. Also Hayfield Playgroup for providing refreshments. Proceeds from the race will go to the playgroup, after a donation to Kinder MRT, who provided the most reassuring cover a race organiser could wish for.

Looking forward to seeing regulars for the 2007 event next April.

David Soles

1. L. Taggart	DkPk	1.06.46
2. M. Whyatt O/40	Bowl	1.08.55
3. P. Winkill	DkPk	1.09.48
4. E. Tresidder	Carn	1.10.42
5. P. Vale	Mercia	1.10.51
6. T. Owens	Unatt	1.12.05
7. D. Taylor O/40	DkPk	1.12.50
8. C. Leigh	Traff	1.13.36
9. A. Ward O/40	DkPk	1.14.00
10. D. Dunn	Penn	1.15.31

VETERANS O/50

1. (14) T. McGoff	Chesh	1.17.29
2. (31) B. Blyth	Macc	1.21.33
3. (40) D. Tait	DkPk	1.23.12

VETERANS O/60

1. (66) J. Norman	Altrinch	1.26.41
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LADIES

1. (26) J. Lee	Eryri	1.20.55
2. (38) S. Newman O/45	CaldV	1.22.51
3. (77) E. McGuire	Stockp	1.27.52
4. (223) B. Nixon O/50	P'stone	1.54.42
5. (234) M. Chippendale O/60	Penn	1.59.23

254 finishers

WIRKSWORTH INCLINE RACE

Derbyshire
BS/4m/608ft 09.04.06

The annual Wirksworth Incline Race was held from Ravenstor Road, Wirksworth. The four 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 107 finishers completed the course in almost ideal conditions, sunny at times, and refreshing icy cold sleet showers in a stiff breeze to cool them down after running up the incline.

In the blustery conditions, the runners return good times especially the juniors. A record turnout of 46 runners in the junior race was rewarded with some excellent times from the Boys' section. The performance of the day went to 14-year old Lee Jones recording an excellent time of 25.00 in the senior race, the second fastest of the day.

The flying Gould brothers, Naill aged 14 and Ryan aged 13, raced to the line in fast times.

The Sam Taylor Shield was awarded to 11-year old Jonathon Brown from Mansfield finishing in an excellent time of 15.29 as the first runner under 12 years.

Nine year old Bo Haywood from Sutton-on-Trent was the winner of the "Under Ten" Shield in a time of 18.43.

The oldest contestant shield was awarded to Brian Howitt, who returned a time of 38.15 at the tender age of 71.

Alan Woolley

1. T Wild	Bux	24.37
2. L. Jones	Matlock	25.00
3. J. Hosie	Coventry	25.13
4. B. Mills	Burton	26.12
5. P. Harvey	Wirksw	26.17
6. F. Watson	Matlock	26.28
7. P. Nightingale	Wirksw	26.35
8. D. Haywood	Sutton	26.37
9. M. Stenton	Sheff	27.11
10. A. Rollitt	Ashb	27.46

VETERANS O/50

1. (13) S. Briter	Matlock	28.00
2. (25) M. Sleuth	Derby	30.13
3. (26) R. Cooper	Matlock	30.31

VETERANS O/60

1. (44) T. Platts	Bolsov	35.54
2. (46) M. Edwards	Burton	36.17
3. (53) M. Briggs	Matlock	38.34

VETERANS O/70

1. (51) B. Howitt	Matlock	38.15
2. (60) G. Richardson	Ch'fld	41.04

LADIES

1. (30) S. Spencer	Wirksw	31.46
2. (39) L. Evans	Ch'fld	34.21
3. (45) R. Cooper	Matlock	36.10
4. (47) D. Hales	Notts	36.20
5. (54) G. Warburton	Matlock	38.34

107 finishers

JUNIORS - 2 miles

1. N. Gould	Ashton	14.24
2. R. Gould	Ashton	14.26
3. T. Barker	Matlock	14.34
4. K. Fowler	Bux	14.36
5. H. Patridge	Notts	15.07

RIVINGTON PIKE FELL RACE

Lancashire
BS/3.25m/700ft 15.04.06

Memories of this year's Rivington Pike Fell Race will certainly remain with the people of Horwich for years to come. Horwich RMI Harriers & AC's annual classic fell race, the second oldest in the country dating back to 1882, was again a fabulous occasion. Since its inception the race has always been tremendously well supported by the people of



Going for it at Rivington (Photo Mark Aspin)

Horwich, the crowds of spectators always lending a great atmosphere to this short, classic race, and this year this tradition was once more well and truly upheld. Graced with fine weather, huge crowds and a large number of competitors the race was another remarkable event.

In the last few years the event has been diligently promoted and fields of over 250 runners have been re-established, the race having re-gained the "carnival" atmosphere of old. Last year the race celebrated its 50th Open Year and had 400 finishers. Following that huge turnout the organisers had reassessed the course and decided that, for safety reasons, 350 was the comfortable number that the course could handle and had advertised this figure over the previous months. However, this year's race was again to prove truly exceptional as the race reached its entry limit. This was unfortunately a great disappointment to the late arrivals, and to the organisers who could not accept entries beyond the FRA permitted limit.

The race itself saw many great performances on the 3.25 mile, 700' feet ascent course. This year's first Horwich RMI Harrier, winning the RMI cup, was Darren Kay. This was Darren's second successive year of winning this award. The overall race winner this year, receiving the Moss Challenge Trophy, was Thomas Cornthwaite in a time of 17.39, beating last year's winning time by seven seconds. The ladies' Doris Moss trophy was won by Clare McKittrick in a time of 21.34.

Cash prizes were awarded in the 1950s races and in 2004 were re-established, this year again being awarded for the first three men and ladies and also the first man and lady to the top. The £50 cash prize for the first runner to the Pike tower, together with the Cyril Hodgson Cup, was won by Adam Osborne in a time of 10.19. The cup was donated some years ago by Cyril's family in his memory, Cyril having marshalled at the Tower for approximately 30 years. Ladies' race winner, Clare McKittrick, was also first lady to the top, winning the £50 prize.

Winning cash bonus prizes for breaking age group records were Horwich's Janet Rashleigh who lowered the L45 record by nearly two minutes and Helsby's Joe Beswick who lowered the M75 record by three seconds. There were over fifty juniors who competed in the junior Pike races.

The Harriers were delighted to have the Mayor and Mayoress of Horwich in attendance, Councillor Stephen Rock and Councillor Mrs. Lynn Rock, who helped start the race and assisted with the presentations. It was also an honour to have George Kirby, President of the Lancashire AAA, as a special guest.

It was also pleasing that the Pike race was this year

chosen to host the first ever Merseyside AA Fell Championships, with organiser Phil Thomas presiding over the awards.

On behalf of the Horwich RMI Harriers Rivington Pike Fell Race organising committee, race Organiser Gordhen Entwistle would like to thank everyone associated with this year's race. Everyone worked really hard to make the event run smoothly. Thanks also to the many Horwich RMI Harriers who competed, some of whom also did a sterling job by helping as well. A special thanks to the Bolton Mountain Rescue Team for providing first aid cover for the event, race HQ hosts Gary and Beverley Parker (landlord and landlady of The Crown Hotel) and the main race sponsors, Walsh Sports, Abtec, Bara-Mix and Sweatshop.

See you Easter Saturday 2007, and remember to get your entry in early to avoid disappointment.

Gordhen Entwistle

1. T. Cornthwaite B'burn 17.39

VETERANS O/40

1. M. Croasdale L&M 18.12

VETERANS O/50

1. M. Cortvriend Macc 21.56

VETERANS O/60

1. J. Norman Altrinch 22.00

VETERANS O/70

1. B. Count Bolton 35.39

LADIES

1. C. McKittrick Charnw 21.34

RAAS MOOAR NY SLEITYN

Isle of Man

AL/31m/8000ft 15.04.06

Clayton Le Moors' Paul Thompson took the honours in this year's Manx Mountain Marathon, and secured his third consecutive title over this tough 31-mile course. He was followed home by popular local fell runner, Simon Skillicorn, who produced his best performance to date, securing a sub-five hour time. Newcomer, Allen Smalls, ran a well-measured race and secured his third place over the last couple of miles.

Two women led the challenge in the women's contest, namely Louise Staples and Debbie Thompson. They stayed in contention for most of the day, however Louise established a lead on the long descent from Cronk Ny Arree Laa, maintaining her pace to the finish to take the title. Debbie maintained her second place and took the honours in the veteran class.

The team prize, which, in previous years, has been dominated by Clayton Le Moors was a much closer contest in 2006, with Clayton just pipping Manx Fell Runners, by the narrowest of margins, for the title. Calder Valley were third, with Clayton Le Moors B team in fourth.

1. P. Thompson	Clay	4.54.02
2. S. Skillicorn	Manx	4.58.39
3. A. Smalls	Colch	5.09.02

VETERANS O/40

1. B. Carr	Congle	5.09.32
2. R. Ansell	Tring	5.23.9
3. M. Brady	Clay	5.24.26

VETERANS O/50

1. R. Bellaries	Clay	5.58.01
2. P. Booth	Clay	6.04.22
3. R. Sutcliffe	CaldV	6.09.37

VETERANS O/60

1. R. Ashby	Sale	7.39.23
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LADIES

1. L. Staples	Worcest	6.44.58
2. D. Thompson O/50	Kesw	6.52.10
3. H. Macdonald-Jones O/40	Newp	7.38.41

LIEH-RAAS MOOAR NY SLEITYN

Isle of Man

BL/13m/2600ft 15.04.06

Six times winner of the Manx Mountain Marathon, Andy Hauser, this year competed in the Half Manx Mountain Marathon. He made light work of the initial climb through the plantation, fair sprinting to the summit of Slieau Whallian to establish a lead of almost two minutes over last year's winner, Doc Young. Doc and fellow local Rob Webb stayed in contention until Rob made a break in the latter stages to take second. Phil Craker rallied in the final stages to overhaul Doc to take third.

Hazel Jones finished second lady in the full event last year, this year competing the Half she finished a fantastic fifth overall and first lady finisher. Last year's winner, Rose Hooton, had to settle for second in 2006.

Christine Barwell

1. A. Hauser O/50	Holmf	1.52.59
2. R. Webb O/50	IOM	2.03.37
3. P. Craker	Amble	2.26.13

LADIES

1. H. Jones	Dallam	2.06.06
2. R. Hooton	Manx	2.26.13
3. B. Lee	HolmeP	2.30.15

SHINING CLIFFS FELL RACE

Derbyshire

BM/5m/900ft 16.04.06

A bigger than usual field faced the starter for the two fell races traditionally held on Easter Sunday in the beautiful Shining Cliff Woods in Ambergate, Derbyshire.

In the shorter event, Niall Gould chalked up his second win in consecutive weekends in Derbyshire races.

At the end of the first of two laps, Elliott Haywood led the field round and also led the other six members of his running family, three of whom ran the London Marathon the following weekend. However, his youthful strength deserted him on the final lap and a much improved Graham Moffatt came home the winner, knocking several minutes off his 2005 time when finishing 10th.

Police officer, Karl Webster, took the runner up spot whilst his wife easily won the women's race by finishing 6th overall.

David Denton

LONG RACE

1. G. Moffatt	HolmeP	30.55
2. K. Webster	Mat	31.13

3. E. Haywood	LincWell	31.22
4. G. Lowry O/40	Belper	31.35
5. M. Webster	Unatt	32.02
6. C. Howard	Mat	32.05
7. T. Murden O/40	Shelt	32.07
8. R. Gould	EastChesh	32.36
9. N. Bassett O/40	Staffs	33.19
10. W. Alves O/40	Totley	33.34

VETERANS O/50

1. (17) M. Moorhouse	Mat	34.50
2. (18) M. McDermott	LongEat	35.07
3. (35) J. Thornton	Shelt	38.07

VETERANS O/60

1. (75) J. Truscott	Redhill	43.18
2. (81) R. Campbell	Cheadle	43.52
3. (99) M. Edwards	DkPk	47.58

LADIES

1. (6) C. Howard	Mat	32.05
2. (23) B. Haywood	LincWell	35.41
3. (24) J. Reed	Ch'field	35.41
4. (62) E. Martin	Totley	42.00
5. (66) S. Butcher O/50	Shelt	42.09

115 finishers

SHORT RACE

1. N. Gould	EChesh	15.22
2. M. Wood	Tam	17.07
3. J. Waldie	Corn	17.08
4. O. Wood	Tam	19.16
5. B. Salt	Charn	19.27
6. R. Stroud	Tam	19.29
7. H. Cameron	Mat	20.39
8. B. Haywood	Unatt	20.48
9. F. McKenzie	Unatt	22.29
10. S. Lander	Erew	25.00

VETERANS O/40

1. (14) S. Mee	NottsFire	27.49
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LADIES

1. (7) H. Cameron	Mat	20.39
2. (9) F. McKenzie	Unatt	22.29
3. (16) P. Allen O/50	Notts	27.50

16 finishers

SLIEVE MARTIN Mourne Mountains 4.25m/1740ft 20.04.06

The heat is back in the sun, the weather forecasters have renewed their knack of getting it wrong and another beautiful early summer's evening greeted the 127 runners who turned up to take the challenge of Slieve Martin, the third race of the Blue Lough Hill & Dale Race Series.

The Slieve Martin race is the first in the Series that the participants get a taste for the 'real mountain' with a climb in excess of 1,700 feet almost double that of the first two races of the Series. The climb is back breaking at times, but most of all it goes on and on and on. Rising initially through the forest from near to the entrance of Kilbroney Park, it levels out and then steepens again to arrive at the famous Cloghmore Stone. Without even as much as a glance, the route climbs steeply once more alongside the ruined fence before topping out on the summit of Slieve Meen. At this point the views across Carlingford Lough are spectacular and remain so as the route winds its way through more climbing and some small descents to the ultimate summit - Slieve Martin. At this point the runners have covered half race distance or just over two miles and then proceed to close the loop back via the Cloghmore Stone - a similar distance but covered by most in well under half the time.

No Ricky Graham this week, winner of the first two races and this left the way open for race organiser, Deon McNeilly to dominate proceedings - before, during and after. Reaching the summit in around 25 minutes, he strolled home, easing back, in around 11 minutes to record his fourth victory in his own race.

Eamon McCrickard has now spent a couple of winter seasons doing cross-country and road racing

including a fine 17-minute 5km at Armagh in February. He has been rewarded with a place as reserve for the Northern Ireland team for the International Race at Knockdhu this weekend. McCrickard is not only a strong climber, but loves the rough ground and is a very fast descender. Expect more as the Series takes to the serious hills.

Comment must also be made of the second place finisher. Armed with the latest gadget, the Garmin Forerunner 305, GPS no less - it's incredible what the American satellites are watching up there - he managed to miss the saw dust marked turn off on the way back through the Cloghmore. Thanks to a degree of charity from Armagh's Don Travers he still managed to regain his summit position by the finish line, but it's hardly Spain and blaming the late evening sunshine for visibility problems is a bit like blaming the Eskimos for global warming.

In the ladies' section, an early exit for Series joint leader Martina Hawkins along the side of the track - not looking healthy, head bowed, ground a mess, you know the picture - like 3am in the morning after a 'great night' - this time though Hawkins has her 'racing head on' and the futility of 'tea totality' was amply illustrated as the nasty virus produced the same results. The way was wide open for last week's winner Michelle Sturm. However, it was Fiona Maxwell who following a half-minute defeat by Sturm in her previous outing in the Series, who climbed and descended strongly to win clearly in 42 minutes and 40 seconds only half a minute outside the record with Sturm second.

Jason Wilson continues to improve and chalked up his first junior win in 22nd place in 40 minutes and 39 seconds.

Finish of the week goes to orienteer Greg McCann who illustrated his determination and guts to pip John Findlay and Brian Peters to the line - it might have been for 107th, 108th and 109th places, but it illustrated how every single competitor competes against first themselves and secondly those around - it is the very essence of the Series and once again is demonstrated among the finishers all down the field - everyone hurts equally, but some more equally than others!

BOGBOY

1. D. McNeilly O/40	N'castle	36.06
2. R. Rodgers O/40	N'castle	36.25
3. D. Travers	Armagh	36.30
4. E. McCrickard	N'castle	36.50
5. S. Cunningham	N'castle	36.55
6. K. Muldoon	Armagh	37.10
7. A. Stevenson	Mourne	37.28
8. J. Brown O/45	BARF	37.45
9. R. Cowan	Willow	37.47
10. A. Gregg	Larne	37.50

VETERANS O/50

1. (11) B. McKay	Albert	38.22
2. (17) J. Patterson	Unatt	39.13
3. (25) C. McAlinden	N'castle	41.14

VETERANS O/60

1. (88) D. Rankin	BARF	47.43
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LADIES

1. (39) F. Maxwell O/45	Mourne	42.40
2. (43) M. Sturm	Omagh	43.21
3. (48) S. O'Kane	BARF	43.30
4. (49) A. Shannon O/40	N'castle	43.51
5. (61) C. McCloskey	N'castle	45.14

126 finishers

ANNIVERSARY WALTZ- BRITISH & ENGLISH CAHMPIONSHIP Cumbria

AM/11.75m /3600ft 22.04.06

The senior race was run with clag and fairly strong winds on the tops. Of the 750 entries for the run, 596 turned up on the day and 580 completed the course. The clag created an extra dimension for the runners and a small number went on a grand tour of Buttermere, Honister and/or Borrowdale!

First home in the senior race was Rob Jebb, followed by Jethro Lennox, Ian Holmes and Simon Booth.



Chris Howard comes down the last slope in fine style to win the Ladies' race (Photo Tim Austin)



FRA Secretary Alan Brentnall of Pennine on the climb up Robinson (Photo Pete Hartley)

Borrowdale won the men's team prize. The vets' prizes were given in denominations of 10s and records were set for MV40, 50 and 60. David Spedding smashed the MV60 record by over 8 minutes! There were over 25 male vet 60' and next year we are anticipating a prize for first male vet 80.

First lady home was Christine Howard, followed by Natalie White, Sharon Taylor and Gillian Mykura. Bingley Harriers won the ladies' team prize. Jan Atkins was first lady vet 60 - recorded for the first time, and so a new course record.

A brilliant set of Juniors' courses were organised by Chris Knox and Steve Fletcher from Keswick. We would like to focus more on the junior event next year, and will be looking for your input.

Earlier concerns about management of an event of this scale did not materialise thanks to the superb efforts of all of the helpers. It was a gargantuan task. A post-run inspection of the course revealed little damage, the worst being a scar through the bracken from part way down Catbells. We will keep an eye on this over the next few months and, if necessary, we will change next year's finish. Unfortunately we couldn't record times at the intermediate checkpoints this year. There were too many of you and it would have been too much to ask you to queue!

Thank-you to all of the runners for your support and apologies for anyone that didn't get in, we had to be hard on the pre-race entry this year. Thanks to the people in the valley for their forbearance especially given the size of the event, and finally a huge thanks to the sponsors (Inov-8, Pete Bland and Field and Trek) for the superb prizes donated.

The total tally collected for the Village Hall is £1,300, which will make a significant contribution to roof repairs. We look forward to seeing you at next year's run.

Steve and Wynn Cliff

1. R. Jebb	Bing	1.31.00
2. J. Lennox	Shettle	1.31.49
3. I. Holmes O/40	Bing	1.33.31
4. S. Booth	Borr	1.33.45
5. P. Davies	Borr	1.34.00
6. L. Taggart	DkPk	1.34.27
7. J. Heneghan	P&B	1.35.56
8. J. Davies	Borr	1.36.44
9. D. Hope	P&B	1.37.22
10. L. Athersmith	RAF	1.37.27
11. T. Werritt	Mercia	1.37.47
12. P. Vale	Mercia	1.37.54
13. L. Siemaszko	Borr	1.38.13
14. E. Tresidder	Carn	1.38.27
15. A. Schofield	Borr	1.38.32
16. A. Davies	Borr	1.38.38
17. K. Gray	CaldV	1.38.46
18. M. Whyatt O/40	Bowl	1.38.52
19. D. Kay	Horw	1.38.56
20. B. Bolland	Horw	1.38.59
21. D. Golding	Amble	1.39.18
22. M. Roberts O/40	Borr	1.39.26
23. S. Stainer	Amble	1.39.33
24. M. Fanning	Borr	1.40.11
25. R. Pattinson O/40	P&B	1.40.16
26. J. Deegan	Amble	1.40.22
27. A. Wright	RonH	1.40.33
28. S. Whitlie O/40	Carn	1.41.15
29. S. Bottomley	P&B	1.41.32
30. B. Abdelnoor	Amble	1.41.39

VETERANS O/50

1. (40) D. Neill	Staff	1.44.01
2. (41) T. McGaff	Chesh	1.44.08
3. (47) M. Egner	DenbyD	1.45.06
4. (74) S. Jackson	Horw	1.47.51
5. (85) A. Hauser	Holm	1.49.56

VETERANS O/60

1. (97) D. Spedding	Kesw	1.51.14
2. (169) K. Carr	Clay	1.57.33
3. (227) G. Howard	Ilk	2.02.12
4. (300) J. Nuttall	Clay	2.08.19
5. (332) G. Bryan-Jones	Ochils	2.11.54

VETERANS O/70

1. (463) A. Menarry	Durham	2.32.34
2. (485) B. Gauld	Carn	2.34.45
3. (559) J. Escritt	Cumb	2.55.14
4. (568) D. Clutterbuck	Tod	3.13.39
5. (571) B. Leathley	Clay	3.16.57

LADIES

1. (79) C. Howard	Mat	1.48.31
2. (100) N. White	Bing	1.51.37
3. (114) S. Taylor	Bing	1.53.17
4. (126) G. Mykura	Carn	1.54.24
5. (139) K. Bailey	Bing	1.56.09
6. (141) J. Waites	CaldV	1.56.09
7. (142) A. Bartlett O/35	Shrews	1.56.09
8. (143) H. Sedgwick	Ilk	1.56.14
9. (147) K. Burge	Staff	1.56.41
10. (181) P. Jackson	Kesw	1.59.05

580 finishers

JUNIORS

Under16/Under 18

1. T. Addison	Unatt	14.00
2. J. Livesey	Howgill	15.25
3. A. Till	Dallam	15.26
11. R. Stewart Girl	Kesw	17.47

Under 14

1. M. Aleixo	CFR	10.58
2. T. Doyle	HelmH	11.08
3. J. Addison	HelmH	11.09
4. M. Hyder Girl	Dallam	11.13

Under 12

1. D. Foy	Ellenb	08.40
2. P. Richardson	Ellenb	08.44
3. M. Atkinson	Kesw	08.48
5. H. Bethwaite Girl	Ellenb	08.59

Under 10

1. J. Hodgson	Kesw	04.44
2. T. Lockyear	Unatt	04.50
3. T. Wilson Girl	Ellenb	05.12

Under 8

1. C. McAleavey	CFR	01.48
2. A. Cornforth	Unatt	01.54
3. J. Hutchinson	Roth	02.09
4. R. Sutcliffe Girl	Unatt	02.25

RAS Y MOELWYN

Gwynedd

AM/10.5m/2800ft 22.04.06

1. C. Near	Eryri	1.26.44
2. S. Gilliland O/40	BroDys	1.32.08
3. R. Owen O/40	Eryri	1.32.10
4. D. Jones	Eryri	1.32.44
5. A. Williams	Unatt	1.33.34
6. D. Sales O/40	DPPR	1.37.24
7. B. Beechell	Eryri	1.37.32
8. G. Oldrid O50	Aberyst	1.37.49
9. S. Daws O/40	Telf	1.38.02
10. N. Hockley	WFRA	1.39.04

VETERANS O/50

1. (8) G. Oldrid	Aberyst	1.37.49
2. (18) N. Bowler	WFRA	1.45.24
3. (26) M. Cortvriend	Maccle	1.46.33

VETERANS O/60

1. (22) D. Williams	Eryri	1.45.53
2. (50) P. Newby	Eryri	2.21.00
3. (51) D. Sinclair	WFRA	2.21.40

LADIES

1. (41) A. Goode	Meirion	2.01.18
2. (46) K. Bailey	Meirion	2.17.40

59 finishers

SUGAR LOAF

Glamorgan

BM/7m/1725ft 22.04.06

The entries were slightly up on last year despite a change in date, which goes to show the popularity of local derby races especially over this race distance. The weather was dry with good underfoot conditions but the reduced visibility caused some

runners to suffer navigational difficulties especially from the trig point. This reflects the true nature of fell running, self-reliance on mountain navigation in all weather conditions coupled with the ability to negotiate the terrain. Not for us the taped route of a cross-country or heavily marshalled road race!

Everyone returned safely, tired but with a smile on their face (well after a bit of a breather).

Congratulations to Matthew Collins for taking 2mins 20secs off his record and to Hannah Jarvis for taking 2mins 28secs off the woman's record. Other noteworthy finishers include Mark Palmer first V40 in sub-50mins, Gary Gunner first V60 and Allan Smith at V70 in sub-80 minutes.

My thanks to Welsh Athletics East Wales Regional Board for supporting this event as their regional fell championships, and also to my two marshals, Dimitri and Roger.

Ade Orringe

1. M. Collins	MDC	49.09
2. M. Palmer O/40	MDC	49.19
3. H. Matthews	Brecon	52.24
4. D. Finn	MynDu	53.02
5. C. Flower	MynDu	54.21
6. T. Robson	Penn	56.36
7. M. Lawson	Chep	56.58
8. P. Bullen O/40	Kesw	59.28
9. G. Pearson	CroftAmb	60.14
10. T. Reynolds	GtWest	60.28

VETERANS O/50

1. J. Darby	MynDu	65.24
2. R. Willis	Unatt	71.15
3. T. Davies	CroftAmb	73.08

VETERANS O/60

1. G. Gunner	CroftAmb	67.25
2. C. Jones	MDC	86.05

VETERANS O/70

1. A. Smith	3MGors	79.47
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LADIES

1. H. Jarvis	MDC	67.40
2. S. Ashton O/50	Chep	68.05
3. M. Jones O/40	Islwyn	68.13
4. R. Pickvance	LesCroup	71.06
5. E. Salisbury O/40	Eryri	71.36

PENTYRCH HILL RACE

South Glamorgan

BM/6.5m/1600ft 25.04.06

This race illustrated the way in which conditions on a mountain, even a small mountain like the Garth, can change so quickly and become dangerous. The race started in sunshine, but just after the leading runners passed the half way mark the mist came down leaving visibility well below 50 metres. Fortunately, the race is well marshalled and all who started finished.

Matthew Collins and eighteen year old Afan Humphries set a scorching pace at the start and after the first major climb through the woods were almost three minutes in front of the third placed man, Peter Coles, with team-mate Nick Frost a few seconds further adrift. The leaders maintained their furious pace and increased their lead over the third and fourth placed athletes on the second major climb to take them back over the mountain from a different direction. Young Humphries fought every inch of the way, but Collins gradually eased in front giving himself a cushion of 21 seconds at the finish. Both Collins and Humphries broke the old record of 44 minutes 14 seconds set by Julian Baker in 2004. Matthew Collins' winning time of 42 minutes 46 seconds illustrated the quality of the battle at the front of the field.

John Gough

1. M. Collins	MDC	42.46
2. A. Humphries U/20	Cwmbran	43.07
3. P. Coles O/40	Pontyp	48.18
4. N. Frost O/45	Pontyp	49.04
5. K. Davies	LesCroup	49.25
6. T. Robson	Penn	50.31

7. J. Carter	LesCroup	50.45
8. M. Saunders O/40	MDC	51.10
9. A. Williams O/40	Unatt	51.34
10. M. Stott	Chep	52.02
VETERANS O/50		
1. (17) B. Johnston	LesCroup	55.22
2. (23) G. Lloyd	Pontyp	57.11
3. (47) R. Ford	Pontyp	62.15
VETERANS O/60		
1. (32) J. Collins	Swans	59.05
LADIES		
1. (46) M. Jones O/35	Islwyn	61.43
2. (50) K. Auchterlonie	Unatt	62.32
3. (52) B. Dale	Unatt	64.08
4. (71) F. Glenn	Islwyn	78.08
5. (72) S. Dodd	LesCroup	78.23

74 finishers

GRISEDAL GRIND Cumbria AS/3m/1600ft 26.04.06

Sixty six runners took advantage of the cool, dry weather for an evening run up the steep ridge of Grisedale Pike. Alan Bowness' record still stands, but only just! Danny Hope was a mere six seconds off the pace set in 2000. Paul Cornforth ably defended his M40 title showing that one year older doesn't mean one year slower! Rebecca Cash had a fine run, leading home a larger than usual female field.

It was interesting to see that over half of the field were "open" category runners. Many race organisers are citing aging fields so it's good to see that our race is still attracting the "young 'uns".



Danny Hope in glorious isolation on his way to victory
(Photo Kathryn Morgan)

We have to negotiate permits and levies for Forest Enterprise access next year. If there are any other race organisers out there who can give us any tips, we'd be grateful.

Thanks to all those who helped on the night.

Angela and Tony Brand-Barker

1. D. Hope	P&B	27.25
2. P. Davies	Borr	27.49
3. R. Lightfoot	Ellen	29.41
4. M. Fanning	Borr	30.24
5. C. Doyle	Traff	30.46
6. M. Mikkelsen-Barron	Kesw	31.04
7. N. Lockwood	Kesw	31.26
8. C. Hope	Borr	31.42
9. P. Cornforth O/40	Borr	32.10
10. W. Jackson U/18	Unatt	32.17
VETERANS O/50		
1. (19) P. Blanshard	Eden	36.30

2. (38) J. Downie	Kesw	41.38
3. (39) R. Unwin	Kesw	42.36
VETERANS O/60		
1. (34) R. Whitaker	CFR	40.39
2. (37) W. Booth	Kesw	41.09
3. (46) D. Harrison	Kesw	43.08
VETERANS O/70		
1. (66) J. Rutter	Kesw	57.21
LADIES		
1. (29) R. Cash	Borr	39.35
2. (42) A. Forrest	Amble	42.54
3. (45) J. Moore	Kesw	43.04
4. (47) C. Watson	Borr	43.45
5. (49) J. Fletcher	Borr	43.52

66 finishers

WREKIN STREAK Shropshire AS/2.75m/810ft 26.04.06

This was the biggest field ever assembled for a Shropshire evening fell race with 136 finishers!

The big field was full of quality with Michael James taking the race by storm in 17.16, almost a minute ahead of his nearest rival, Pete Vale. The ladies' race was dominated by Louise Taylor with Winter Series winner, Anna Bartlett, second. Andy Yapps' 4th overall was enough to give him the V40 title yet again. The keenly contested V50 category was won by newcomer Graham Jones.

All the funds raised will go towards Southall Special School funds.

Simon Daws

1. M. James	Shrews	17.16
2. P. Vale	Mercia	18.15
3. I. Houston	Wrex	18.37
4. A. Yapp O/40	Mercia	18.43
5. R. Stafford	Mercia	18.48
6. S. Hugh	Telf	18.54
7. I. Hughes	Shrews	18.58
8. A. Gray	Shrews	19.00
9. P. Ball	Shrews	19.09
10. A. Birch	Oswest	19.16

VETERANS O/50

1. (19) G. Jones	Shrews	20.05
2. (21) E. Davies	Mercia	20.14
3. (25) S. Daws	Telf	20.31

VETERANS O/60

1. (67) J. Coombes	Mercia	23.31
2. (92) C. Williamson	Shrop	25.07
3. (114) J. Yandell	Mercia	27.36

LADIES

1. (24) L. Taylor	Telf	20.29
2. (43) A. Bartlett	Shrews	21.54
3. (66) C. Stewart	Unatt	23.30
4. (68) J. Cowley O/40	Unatt	23.33
5. (71) L. Ferguson	Newp	23.38

136 finishers

HARTCLIFFE HILL Derbyshire BS/2.5m/500ft 27.04.06

A fine evening and a dry week preceding the event made for perfect conditions, with even the wettest sections only muddy. Not surprisingly two new records were set: Tim Austin improved on the inaugural winning time by just over a minute, while Natalie White took four minutes off the ladies' record!

Pete McLeod

1. T. Austin	DkPk	15.30
2. M. Egner O/50	DenbyD	16.07
3. P. Burnett	Unatt	16.59
4. R. Findlay-Robertson	SHUOC	17.03
5. R. Sunman	Barns	17.05
6. R. McLelland	DenbyD	17.06
7. M. Stenton O/40	DkPk	17.08

8. D. Jones	Unatt	17.11
9. N. White	Bing	17.19
10. H. Darwin	Unatt	17.25

VETERANS O/50

1. (2) M. Egner	DkPk	15.30
2. (18) A. Norgate	Longw	18.05
3. (22) A. Howie	Penn	18.19

VETERANS O/60

1. (65) D. Cartwright	P'stone	23.19
2. (66) S. Walton	DenbyD	23.22
3. (69) B. Needle	DkPk	23.51

LADIES

1. (9) N. White	Bing	17.19
2. (44) J. Mellor	Penn	20.31
3. (45) R. Chatwin	Penn	20.32
4. (46) D. Gill O/40	DenbyD	20.42
5. (47) B. Coomber	DenbyD	20.43

85 finishers

CONISTON FELL RACE Cumbria AM/9m/3500ft 29.04.06

Another beautiful sunny day for the race. Numbers were down due to Three Peaks Race the following day. Ian Holmes was untroubled and won once again. The women's race was a much more closely fought battle with Sharon and Sally finishing within five seconds of each other.

Quite a few took the opportunity to camp on the school field for the weekend and a good time was had by all; the rest of you bring your tents next year!

Thanks to all who helped, Coniston M.R.T., St John's Ambulance and Coniston Sports and Social Club for their hospitality.

Sam Clarke

1. I. Holmes O/40	Bing	1.10.35
2. N. Sharp	Amble	1.11.01
3. S. Stainer	Amble	1.14.57
4. A. Davies O/40	Borr	1.16.31
5. M. Roberts O/40	Borr	1.17.02
6. B. Abdelnoor	Amble	1.18.17
7. M. Reedy	Amble	1.18.36
8. J. Archbold O/40	Borr	1.18.40
9. T. Edward O/40	Clay	1.19.32
10. D. Finn	MynDu	1.21.16

VETERANS O/50

1. (15) K. Taylor	Ross	1.23.52
2. (19) G. Schofield	Horw	1.24.46
3. (20) J. Holt	Clay	1.24.53

VETERANS O/60

1. (125) R. Whitaker	CFR	1.48.49
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LADIES

1. (26) S. Taylor	Bing	1.28.29
2. (27) S. Newman O/40	CaldV	1.26.34
3. (30) J. Waites	CaldV	1.27.59
4. (56) H. Diamantides O/40	Carn	1.32.13
5. (95) H. Dawe	Ilk	1.42.37

177 finishers

YALE HOSPITAL DINAS BRAN HILL RUN Shropshire BS/5m/800ft 29.04.06

Apologies to anyone who turned up on the original race date, 29 April, only to find that the event date had been changed, owing to a clash of dates with the North Wales 10 mile champs. All efforts had been made to inform as many runners as possible.

On a perfect balmy sunny Wednesday evening the race attracted a good turn out. Winner, Mike James, broke his 2005 course record by 29 seconds.

Doug Morris

1. M. James	Shrews	27.31
2. I. Houston	Wrex	29.40
3. A. Yapp O/40	Mercia	30.28

4. M. Gilbert	Wrex	30.43
5. D. Lewis	ShaftBarn	31.22
6. J. Montgomery O/40	Clywd	31.59
7. P. Stinton	Clywd	32.02
8. G. Jones O/50	Shrews	32.40
9. S. Bellis O/50	Wrex	33.16
10. P. Jones	Oswestry	33.30

VETERANS O/60

1. (24) P. Roberts	Buckley	36.37
2. (35) J. Morris	Buckley	38.53
3. (40) N. Pratten	Wirral	40.39

VETERANS O/70

1. (57) J. Beswick	Helsby	47.54
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LADIES

1. (25) H. Davies O/35	Wrex	36.42
2. (28) D. Urquart	Buckley	37.35
3. (29) A. Tickner O/35	Oswestry	37.56
4. (33) N. Phillips	Oswestry	38.22
5. (48) S. Charman O/55	Helsby	44.20

61 finishers

KNOCKDHU INTERNATIONAL

Northern Ireland

29.04.06

1. T. Davies	Wales	35.05
2. D. Rodgers	Scotland	36.10
3. B. Marshall	Scotland	36.18
4. N. Carty	N Ireland	36.22
5. E. Tressider	Scotland	36.38
6. P. Nolan	Ireland	36.42
7. E. Jardine	Scotland	37.00
8. H. Matthews	Breckon	37.20
9. A. Ward O/40	Scotland	37.26
10. C. Donnelly O/40	Scotland	37.59

VETERANS O/40

1. (34) M. Shaw	Lochaber	41.34
2. (42) N. Glen	Larne	43.23
3. (47) A. Woods	MynDu	44.26

VETERANS O/50

1. (45) J. Patterson	Mourne	44.03
2. (51) N. Taylor	Girvan	45.51
3. (66) P. Bell	Pegasus	49.55

VETERANS O/60

1. (76) D. Rankin	Barf	53.43
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LADIES

1. (35) J. Mykura	Scotland	41.39
2. (38) J. Lee	Wales	42.29
3. (39) I. Robertson	Scotland	42.29
4. (43) A. Bartlett	Wales	43.35
5. (46) K. Jenkins	Scotland	44.05

88 finishers

JUNIORS U/20

1. C. Thomas	Wales	22.17
2. D. Phee	Scotland	22.22
3. J. Kevan	Horw	22.28
4. N. Cornock	Wales	22.59
5. A. Jones	Scotland	23.19

23 finishers

JUNIORS U/17

1. G. Cameron	Forres	15.46
2. R. Cammack	Forres	15.59
3. C. Sturgeon	Girvan	16.06
4. D. Thomson	Lothian	17.44
5. M. Inglis	Lothian	17.48

13 finishers

THREE PEAKS FELL RACE

N Yorks

AL/24m/4500ft 30.04.06

After winning last year's race, the question through the season was whether Rob Jebb could achieve the double and win the Three Peaks Cyclocross as well as the fell race in the same year? The answer was a resounding Yes! Having won the fell race again this year..... will he go for a double double!?

A spell of dry weather up to race day made for perfect underfoot conditions and together with a reasonable forecast, all looked set for an excellent day for the athletes and organisers.

Rob Jebb never looked troubled leading from start to finish and without a challenge he coasted to a comfortable win. With great respect to others in the race, it is just a pity he had little competition to see what he could have achieve under pressure and in ideal running conditions.



All full of bounce and vigour on Whernside
(Photo Gemma Aspin)

John Heneghan stayed with Rob to Ribbleshead but started to lose touch over Whernside to finally finish second but he in turn gradually opened an increasing gap over third placed, Lloyd Taggart.

Jackie Smith with a comfortable lead on Pen Y Ghent continued to lead the ladies' race as far as Ingleborough but then suffered to be passed by eventual winner, Helen Sedgwick, and second placed Kate Davison.

By mid-race, Mike Whyatt had also opened up a good margin over Joe Blackett in the veteran 40 category but Joe almost made up the deficit in the closing stages to finish about a minute down at the finish. Although not quite as close, it was a similar story in the ladies' 40 category with Sally Malir's mid race margin enabling her to lose time in the latter half of the race to Carol Preston, but maintain her lead to the finish.

Consistent Andy Hauser was a comfortable winner of the veteran 50 category. Once again a similar story, with the evergreen Wendy Dodds winning the ladies' veteran 50 category.

Mike Breslin thought this was to be his 21st race but a miscalculation means he has to do it all again next year, but he did have the consolation of finishing first in category 60.

There were 363 finishers of whom a large number were novices to the event; indeed third placed Lloyd Taggart was a newcomer. This can only be encouraging for the future as the Three Peaks Race, in common with other particularly long fell races, did suffer a fall in the entries up to the 50th anniversary race a few years ago, which seemed to rekindle interest.

It has only recently been confirmed that the Three Peaks Race will incorporate the World Mountain Running Association Fourth Long Distance Challenge in 2008, which is a great honour for the Three Peaks Race Association and will maintain the event as one of the premier races not only in the national but also international calendar.

This year for the first time the race was sponsored by Northern Rail and Malcolm Brown, Area Director presented the prizes, The contribution of Northern Rail together with our other sponsor Hanson's, enable the race to maintain a high standard of organisation and safety.

Without the help of many marshals on the day and support of Raynet, Cave Rescue, Police and local community, the event would be impossible to promote in its present format, so thanks once again to all who helped on the day. Incidentally, we are always looking for helpers to assist on summit or valley checkpoints, road sections, start/finish field etc. If you are interested, please contact Dave Weatherhead (01535 273508, dtwace@aol.com) or Paul Dennison (01943 870020, paul@pauldennison.wanadoo.co.uk)

Dave Weatherhead

1. R. Jebb	Bing	2.54.15
2. J. Heneghan	P&B	3.00.41
3. L. Taggart	DkPk	3.03.33
4. P. Vale	Mercia	3.06.57
5. A. Schofield	Borr	3.08.26
6. K. Gray	CaldV	3.08.53
7. J. Hunt	DkPk	3.09.43
8. M. Whyatt O/40	Bowl	3.10.46
9. J. Deegan	Amble	3.11.34
10. J. Blackett O/40	DkPk	3.11.47

VETERANS O/50

1. (20) A. Hauser	Holmf	3.28.55
2. (32) S. Jackson	Horw	3.36.41
3. (60) D. Buckley	Wesham	3.47.39

VETERANS O/60

1. (97) K. Carr	Clay	3.56.04
2. (205) M. Breslin	L&M	4.25.08
3. (229) D. Lucas	Roch	4.34.01

LADIES

1. (49) H. Sedgwick	Ilk	3.43.40
2. (68) K. Davison	DkPk	3.49.13
3. (74) J. Smith	CaldV	3.51.24
4. (103) J. Reedy	Amble	3.57.12
5. (108) A. Green	K&C	3.57.49



.... and a little more subdued on the climb up Ingleborough (Photo Andrew Firth)

CRAGG VALE FELL RACE
West Yorks
BS/4m/720ft 01.05.06

Thanks to everyone for a magnificent turn out, and for supporting the Cragg Vale Fete. We got some really good feedback on the route, which had a bit of everything. We knew the start was a bit narrow and had a big drop on one side, but hopefully the start on the bridge thinned everyone out a bit. The finish beside The Lodge was excellent with lots of spectator room. We mooted running the race the other way round and got mixed responses. The winner, James Logue, said it would have been difficult to overtake at the end if the race had been the other way. However, Carol Greenwood thought it would make a much safer start.

Lovely to see previous winner Karl Gray with his new baby (not running of course—otherwise Horwich Men may not have won the team prize!) The ladies' team prize went to Halifax Harriers. Well Done.



Calder Valley's James Williams and Adam Breaks do battle early in the race (Photo Allan Greenwood)

Thanks to all the marshals, several of whom were local residents, plus Clive, Jo, and Helen from Calder Valley, oh and my sister Suzie and family who came over especially. Dave and Eileen Woodhead have some 'handy tips for speeding up the results' in the post for us... Might change the date next year to an evening or Saturday morning. Will polish up the children's races. They were amazingly popular with 68 entries. Look at their results. Thanks again for supporting us. The results speak for themselves.

Jackie Scarf

1. J. Logue	Horw	27.25
2. B. Bolland	Horw	27.43
3. S. Godsman	Tod	27.49
4. A. Breaks	CaldV	28.17
5. J. Mare U/18	H'fax	28.29
6. B. Mounsey	Stain	28.48
7. P. Stevenson O/40	P&B	29.18
8. K. Gaskell O/40	Horw	29.49
9. R. Bradbury	Bing	29.53
10. J. Williams	CaldV	29.57

VETERANS O/50		
1. (24) J. Adair	Holmf	32.11
2. (43) M. Catherall	Roch	34.30
3. (49) G. Newsah	Clay	34.57

VETERANS O/60		
1. (67) R. Blakeley	Tod	36.32
2. (85) A. Sumner	Rad	39.43
3. (98) M. Parfitt	Tod	42.24

VETERANS O/70		
1. (112) R. Lee	Middle	45.20

LADIES		
1. (25) L. Lacon	Holmf	32.15

2. (31) L. Clough	Wigan	32.39
3. (34) E. Barday	Ilk	33.09
4. (42) C. Greenwood O/40	Holmf	34.25
5. (48) D. Gowans O/40	Acc	34.54

123 finishers

BOYS U8		
1. J. Hutchinson		3.11
2. C. Wesley		3.19

GIRLS U8		
1. M. Grey		3.20
2. J. Wilkinson		3.44

BOYS U10		
1. J. Hall		6.54
2. B. Johnson		7.12

GIRLS U10		
1. G. Spencer		8.26
2. A. Mason		8.28

BOYS U/12		
1. A. Schofield		6:50
2. O. Whelan		7.07

GIRLS U12		
1. E. Wilkinson		7.44
2. L. Morris		8.57

BOYS U14		
1. O. Webster		6.16
2. L. Wright		6.41

GIRLS U14		
1. H. Craig		7.12

BOYS U16		
1. J. Thompson		5.50
2. M. Coffey		7.40

GIRLS U16		
1. E. Thompson		7.34

43 finishers

CAW FELL RACE
Cumbria
AM/6m/1800ft 03.05.06

There was a good turn out for this evening race, with fine weather. Ricky Lightfoot and Dan Golding came through the last checkpoint The Knott together, but Ricky opened up a gap on the descent to come home 150 metres ahead.

Hazel Jones ran strongly to build a clear lead and win the ladies race in a fast time

Mike Berry

1. R. Lightfoot	Ellenb	50.40
2. D. Golding	Amble	51.00
3. E. Gamble O/40	Chesh	52.12
4. P. Brittleton	Helm	52.18
5. M. Mikkelsen-Barron	Kesw	52.36
6. C. Doyle	Traff	55.08
7. B. Abdelmoor	Amble	55.14
8. M. Robinson	DkPk	55.17
9. C. Upson O/40	W'lands	55.52
10. C. Robinson	Unatt	56.50

VETERANS O/50		
1. (13) H. Jarrett	CFR	58.00
2. (26) M. Wynne	Settle	61.12
3. (30) D. Fell	CFR	62.20

VETERANS O/60		
1. (54) I. Pettman	Helm	80.14
2. (60) P. Cockshott	BCR	98.27

VETERANS O/70		
1. (53) J. Naylor	CFR	79.57

LADIES		
1. (25) H. Jones	Dallam	60.53
2. (32) J. Dunn	Helm	62.52
3. (43) M. Cameron	Unatt	69.32
4. (52) L. Buck O/40	CFR	79.56

60 finishers

MOUGHANMORE
Mourne Mountains
3.25m/1740ft 04.05.06

The Moughanmore race used to be the first race of the Blue Lough Hill & Dale Race Series, taking

place on the first Thursday in April. These days, however, the Series organisers have moved the race to number five in the series and into May to aim for kinder weather. Once again the objective was met as ferocious thunderstorms struck the area – 181 reported strikes on the NIE network on the same afternoon. At the race base at the Deer's Meadow, the rain had turned to drizzle, most of the time, but the mist was rolling in an out and the ground was saturated, hardly a firm step in the 3.25miles and 1,560 feet of climbing race.

Having returned for race four, Alan McKibbin was seeking his second victory of the Series in his quest to win three overall titles in a row. Looking around the field, his biggest risk tonight was the conditions. Not known for his navigating ability, McKibbin set off steadily and stayed with the leading bunch on the first climb to the corner of the wall on Pigeon Rock. Behind the group included club mates, Stevie Cunningham, who in four short weeks has shown a great turnaround in form, Eamon McCrickard and Jonathan McCloy. Interestingly, on a more south-easterly line, Jim Brown was also making great progress.

Meanwhile back down the initial climb and barely thirty seconds into the race, a yelp could be heard from Charlie McAlinden as the bog captured his shoe, leaving him with the task of first finding it, retrieving it and then getting it back on – you'd think at his age that he would be able to tie his shoes properly.

Onto the first descent and McCloy chased hard to catch McKibbin with Brown's fearless descending taking him into third place. Onto the climb of Moughanmore and McKibbin once again was wary of going too far ahead as the cloud swirled in to bring visibility down to only 10 metres.

As the runners approached the turnaround point on the summit cairn of Moughanmore, there was no sign of the marshals. Billy McNeilly had set out first, closely followed by Mark Hanna, so McNeilly must take the credit for this year's first nomination for 'lost in the mountains'. It's a unique feat, for never before has a marshal been nominated in this category, after all, the marshal's task is to be the guide... Anyhow, a nomination it is and, thankfully, thinking on his feet, McKibbin passed the first cairn and kept on running to find about twenty seconds later, McNeilly and Hanna at the secondary Moughanmore summit. Panic over and as Mourne Runners' Bart said after, 'another record winning time this week – at least for this course'.

Now more assured, McKibbin struck out for home and came in to win. Second place, meanwhile, went down to the wire. McCloy and Brown continued their excellent descending performance with McCloy looking to have second place sown up. However, it's never over to the fat lady sings and he made the classic mistake of turning too far left after crossing the Pigeon Rock wall and as he emerged from the cloud, he could see the loping Brown over on his right and now ahead. Brown stormed home to second, first vet45 and his highest Hill & Dale placing in five years with McCloy only four seconds behind and first junior.

Fiona Maxwell is an orienteer and lately turned Mourne Runners athlete. She is leading the lady vet45 category but much more importantly she is now also leading the Series with her third win in a row. Behind her there was a real scrap for second place, with record holder for this race, Shileen O'Kane, passing Alwynne Shannon on the final descent to take second by six seconds.

First junior lady was next, Kerry Iveston – complete with a gashed knee that needed post-race medical attention. Spare a thought also for Gordon Stephens who unfortunately fell hard and failed to finish with a suspected broken nose.

BOGBOY

1. A. McKibbin	N'castle	32.38
2. J. Brown O/45	BARF	34.11
3. J. McCloy	MidUllst	34.15
4. S. Cunningham	N'castle	34.28

5. R. Rodgers O/40	N'castle	34.38
6. E. McCrickard	N'castle	35.17
7. A. Gregg	Larne	36.54
8. P. Mallon O/40	BARF	36.57
9. S. Begley O/40	Albert	36.58
10. D. Newell	Mourne	37.01

VETERANS O/50

1. (14) B. McKay	Albert	37.31
2. (16) J. Patterson	Unatt	38.15
3. (23) B. O'Hagan	TeamPurple	39.36

VETERANS O/60

1. (81) J. Adgey	Mourne	49.47
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LADIES

1. (22) F. Maxwell O/45	Mourne	39.17
2. (40) S. O'Kane	BARF	41.12
3. (41) A. Shannon O/40	N'castle	41.18
4. (48) C. Galbraith O/40	N'castle	43.05
5. (67) D. Wilson	LagVal	48.04

97 finishers

ANNALONG HORSESHOE

Northern Ireland

05.05.06

The weather for the second round of the N.I.M.R.A. championship was the main concern for most of the runners prior to the start. With blue skies at the start finish, the torrential rain that had engulfed the Mourne area in recent days, leaving the underfoot conditions slippery, was not threatening to return. However, low lying mist on the summits of the nearby mountains was the immediate concern. 53 runners set off at 11.00, heading for the first checkpoint on a mist enshrouded Chimney Rock. The leaders reached this checkpoint in 31 minutes. Meanwhile at the start area, Deon McNeilly, last year's race winner and current NIMRA V40 Champion, arrived at 11.20, thinking that the race started at 12 noon. As he realised his mistake, a quick change and he was off in pursuit of the pack, catching the tail-enders by the first checkpoint.

By this time Brian Ervine and Des Woods were running neck and neck at the front, having passed through Comadagh and on their way to Cove. This battle continued throughout the race, until Woods took a tumble on the final climb. This gave Ervine an advantage, which he held to the end, Woods finishing second less than a minute behind.

While most of the runners at today's race would be happy to have run this race 10 times over their lifetime, in winning today, Brian Ervine achieved the notable feat of achieving his tenth victory in this race, a remarkable example of consistency. I am sure he will be returning next year to attempt to add to this tally.

Meanwhile McNeilly was reeling the rest of the field in, passing startled runners as he cruised past. However, he had left himself too much to do and finished in 14th place. Third place was as fiercely contested as first place, with Richard Cowan and Kristopher Muldoon fighting all the way to the line. Cowan was third, his fine run showing that married life has certainly improved his running. Muldoon collapsed in exhaustion as he crossed the line, only being persuaded to move by oncoming vehicles!

Fiona Maxwell was first lady (and first lady vet.) in a fantastic time of 2 hrs 42 mins 52 seconds, missing out on the course record by 22 seconds. Not bad for her first attempt at this race, indeed her first fell running season.

Cahal McAuley won the V40, Jim Brown the V45, Mike Barton the V50, Jim Patterson the V55 and Denis Rankin the V60. Mourne Runners ran away with the team prize, while BARF had the distinction of having the largest amount of entrants, despite supplying the marshals.

The weather held until the final stages of the race when cloud cover returned and showers arrived.

Race organisation by BARF.

Trevor Wilson

1. B. Ervine	Mourne	2.07.42
2. D. Woods	Mourne	2.08.35
3. R. Cowan	Willow	2.18.59
4. K. Muldoon	Armagh	2.19.15
5. D. Travers	Armagh	2.20.25
6. P. Blaney	NBelf	2.20.59
7. C. McAuley O/40	Larne	2.21.13
8. M. McManus	Larne	2.25.49
9. J. McCloy	MidUlst	2.26.44
10. J. Brown O/45	BARF	2.29.41

VETERANS O/50

1. (11) J. Patterson	Unatt	2.29.47
2. (13) B. McKay	Albert	2.33.34
3. (20) M. Barton	Mourne	2.42.51

VETERANS O/60

1. (38) D. Rankin	BARF	2.59.32
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LADIES

1. (21) F. Maxwell O/40	Mourne	2.42.52
2. (25) A. Shannon O/40	N'castle	2.46.19
3. (29) S. O'Kane	BARF	2.48.53
4. (49) B. Brown	Mourne	3.30.11
5. (51) J. Toal	BARF	3.34.17

53 finishers

BELMONT WINTER FELL RACE

Lancashire

BS/4.5m/1000ft 06.05.06

A sunny day at last! There was a great turnout for all the races, particularly junior and trial races. Congratulations to all winners, and qualifiers for Susa. Thanks go to the Police, Bolton Mountain Rescue, marshals, timekeepers, flaggers, those on registration and refreshments. Alan at the Bull, local farmers, landowners, Walshes for the prizes, 'Uncle' Ron Ashmore at the prize giving and Suzanne for typing the results.

The day ended on a rather negative note due to a person who entered the race, didn't start, went home, and didn't tell anybody. The person was subsequently apologetic, but it does show how a momentary lapse of thought can cause significant disruption and delay, not to mention anxiety. Due to the above problem the prize giving was a little off-the-cuff. I forgot the team prizes and awarded the LV45 prize to the wrong person. It should have gone to Jackie Keasley. Apologies Jackie.

The support from Helsby for the race is fantastic and hope you will all be here next year. However, Joe Beswick must bring along his birth certificate again and leave it for detailed forensic examination. The consensus of opinion is that it is a fake!

I also neglected to mention the most important and inspiring aspect of the day. It was Margaret Huyton's first race following her long recovery from the terrible accident at the Karrimor - and she achieved a more than decent time of 53.02! (All round Huyton family performance with good runs also from Alan and Clare). We all wish Margaret well on her road back to full fitness.

Dave Bateson

1. D. Kay	Horw	32.45
2. M. Croasdale O/40	L&M	32.56
3. J. Kevan U20	Horw	34.12
4. C. Doyle U20	Traff	35.14
5. T. Bush	Altrinch	35.32
6. C. Heyes	Horw	35.46
7. M. Russell	Bolt	36.14
8. K. Gaskell O/40	Horw	36.42
9. M. Tickle	Horw	36.51
10. G. Schofield O/50	Horw	36.53

VETERANS O/50

1. (10) G. Schofield	Horw	36.53
2. (24) J. Adair	Holmf	39.37
3. (27) R. Maciejkowicz	Unatt	40.05

VETERANS O/60

1. (54) N. Griffiths	Spect	44.27
2. (67) T. Peacock	Clay	46.42
3. (79) A. Todd	Unatt	48.30

VETERANS O/70

1. (113) J. Beswick	Helsby	57.15
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LADIES

1. (19) O. Walwyn	Norw	39.11
2. (25) L. Lacon	Holmf	39.57
3. (30) S. Budgett O/40	Horw	40.28
4. (53) E. Stuart U20	Kesw	44.12
5. (59) K. Roberts	Helsby	45.04

130 finishers

RAVENSTONES BROW FELL RACE

Lancashire

BM/10m/1250ft 06.05.06

A sunny day in Saddleworth saw 121 runners set off for the ever-popular Ravenstones Brow Fell Race, run this year in an anti-clockwise direction.

All runners were kit checked prior to the start of the race before taking the steep climb on to the old tram tracks to Chew Reservoir. Andy Jones took off to an early lead and was never likely to be caught and the climb up to Chew Reservoir lengthened the field out further. Across the bleak expanse of Featherbed Moss, conditions were rough but dry and clear, helping to produce fast times by the finish. If there was any opportunity to look, the fantastic views from Ravenstones Rocks helped to rejuvenate tired legs after the slog across the moor. A sharp descent to Dovestones Reservoir and back on solid ground.....for a short spell.....before a short sting in the tail climb and a fast finish back to Tanners Mill.

There was no doubt about the men's and ladies' winners. Andy Jones, back 6 minutes ahead of second place in 1.02.40 and Jo Waites, 11 minutes ahead of the second lady in a new course record of 1.16.44. Fantastic efforts by both!

Calder Valley also streaked away with the team prizes. Saddleworth struggled a little on the day, choosing to save themselves for the big push next year!

The race had great support from Penistone, Stainland, Calder Valley, Holmfirth and Dark Peak with a large contingent of runners throughout the field.

A big thank you to Herbie of Ravenstones Catering, for the kind sponsorship of the race, Tanners Mill for the venue and to all who helped with the organisation on the day.

Life is full of ups and downs. Hope you enjoyed the run. See you next year.

Ray Green

1. A. Jones	Salf	1.02.40
2. R. Little	DkPk	1.08.46
3. D. Taylor O/40	DkPk	1.09.46
4. A. Clarke O/40	CaldV	1.12.04
5. S. Dimglon	P'stone	1.12.36
6. P. Burnett	Tod	1.13.51
7. A. Haynes O/45	Meiron	1.14.38
8. C. Davies O/50	Saddle	1.14.45
9. M. Ollerenshaw	Glossop	1.15.14
10. C. Adams O/40	DkPk	1.16.03

VETERANS O/50

1. (8) C. Davies	Saddle	1.14.45
2. (30) I. Simpson	Longw	1.21.44
3. (38) J. Birchenough	Bolt	1.22.46

VETERANS O/60

1. (34) G. Breeze	Skyrac	1.22.33
2. (61) M. Coles	Skyrac	1.30.56
2. (86) T. Green	Saddle	1.38.21

LADIES

1. (14) J. Waites	CaldV	1.16.44
2. (51) N. Sharratt	Stain	1.27.53
3. (63) T. Hyde O/45	CaldV	1.31.37
4. (64) C. Davies	CaldV	1.31.44
5. (77) A. Leonard O/40	M/cYMCA	1.35.14

119 finishers

GREAT HAMELDON HILL RACE
Lancashire
BM/6m/1100ft 07.05.06

This is surely one of the best organised races in the calendar with a full risk assessment, eleven marshals, fully flagged 5.5 mile course, Raynet, Rossendale Mountain Rescue and St Johns Ambulance in attendance, and not another race on the same day. You would expect a large turnout. The prize list of trophies, commemorative sweatshirts, t-shirts, vouchers and booze was still not enough to lure more than 112 entries on this perfect sunny day.

We had a separate junior race within the seniors, which had it's own sweeper for safety, but with only 3 entries was disappointing – needless to say they all received a trophy for running to 2.5 mile flagged course.



*Ian Greenwood (1st V40) passing the Coppice
 (Photo Pete Hartley)*

The senior race was won by Danny Hope in a time of 36.23 – only 13 seconds outside his brother Rob's record, with the first lady, Carole Waterhouse, in a time of 48.16. The team prize was won by host club, Clayton-le-Moors Harriers.

Next year the junior race may be used as a selection race – please come and support us.

Thank you to race organisers Ian and Marie Greenwood and Paul Healey, who put a lot of planning and effort into this event.

Yours in sport.

Garry Wilkinson

1. D. Hope	P&B	36.23
2. L. Passco	Bowl	39.13
3. I. Greenwood O/40	Clay	40.04
4. A. Payne	Clay	40.20
5. B. Hogan	Acc	40.54
6. T. Taylor O/45	Ross	41.07
7. R. Bradbury	Bing	41.09
8. G. Schofield O/50	Horw	41.37
9. D. Walker	Clay	41.46
10. G. Shaw	Clay	41.56

VETERANS O/50

1. (8) G. Schofield	Horw	41.37
2. (13) K. Taylor	Ross	42.17
3. (24) M. Green	Clay	44.31

VETERANS O/60

1. (40) D. Spendlove	CaldV	48.41
2. (73) S. Davies	Acc	53.48
3. (80) A. Summer	Rad	55.49

LADIES

1. (39) C. Waterhouse O/40	H'fax	48.16
2. (41) D. Allen-Cartwright	Rad	48.47

3. (51) S. Maney	Rad	50.15
4. (54) C. Kenny O/45	CaldV	50.31
5. (55) K. Nash O/40	Prest	50.43

112 finishers

JACK BLOOR RACES

West Yorkshire
BS/5.2m/1150ft 09.05.06

The 21st running of the Jack Bloor memorial race, sponsored by The Complete Runner of Leeds Road, Ilkley, was run on an unusually warm spring evening bathed in sunshine.

The senior race proved to be a real cracker with five runners in contention until the later stages of the race.

Leading up the hill to the first checkpoint was 16-year old orienteer, Hector Haines, who had gone off like a rabbit, but he was soon joined by the experienced Karl Gray, Robin Lawrence and Steve Oldfield. A good route to Cowpers Cross gave Hector the lead, but by the trig point they were all together again as they began the descent to the finish.

Karl Gray broke away on the final descent of Rocky Valley, only to be caught by Hector at the stream crossing before the finish, resulting in a sprint finish for the line which Karl just won by a whisker. Robin Lawrence came in 12 seconds later for third. First over 50 vet was Steve Oldfield in 5th with the over 40 prize going to Paul Stevenson in 8th.

The team competition was won by Pudsey and Bramley, with Ilkley Harriers second and Keighley and Craven third.

The ladies' race was won by last year's winner, Jo Buckley (under her new married name), with local girl, Emma Barclay, second and Aislinn Austin third. The Mike Rose Bowl for the first lady over 40 went to Cath Preston. Ladies' team prize once again went to Ilkley Harriers who are one of the strongest female fell running clubs in Britain.

It was particularly gratifying to see so many locals running who are not affiliated to any club, there purely for the enjoyment and challenge of running over the hills of Yorkshire.

The junior races had a record field of 111 runners over for classes from 6 to 16 years old.

6/7 boys was won over a new course by William Tench with Laura King winning the girls in the largest class of 40 runners – let's hope they all come back for more!

Joe Stapleton won the boys 8/9 with local Anna Tench taking the girls. Jonathon Bradshaw took the boys 10/13 with Emily Throup of Wharfedale the girls, and the smallest field for the 14/16 class was won by Jack Thompson of Pendle with Yorkshire junior champion Jenny Dybeck of Ilkley winning the girls.

As ever a number of orienteers from local clubs featured high up the results showing that cross competition in these races spices things up for the established order.

Peter Haines

1. K. Gray	CaldV	41.48
2. H. Haines	Ilk	41.49
3. R. Lawrence	Bing	42.01
4. C. Birchall	Leeds	42.09
5. S. Oldfield O/50	BfdAire	42.44
6. M. Cox	Otley	43.10
7. P. Stevenson O/40	P&B	43.19
8. S. Macina	P&B	44.04
9. A. Robertshaw	Otley	44.07
10. J. Aylward O/40	P&B	44.08

VETERANS O/50

1. (5) S. Oldfield	BfdAire	42.44
2. (15) B. Goodison	Abbey	44.58
3. (31) P. Pyrah	StBed	48.15

VETERANS O/60

1. (65) G. Breeze	Skyrac	50.56
2. (115) M. Coles	Skyrac	57.10
3. (133) P. Thackray	Unatt	59.19

LADIES

1. (47) J. Buckley	CaldV	49.37
2. (63) E. Barclay	Ilk	50.36
3. (78) C. Preston O/40	Kghly	53.14
4. (80) A. Weston O/40	Ilk	53.28
5. (83) K. Harrison	Ilk	53.41

198 finishers

CARADOC CLASSIC

Shropshire
AS/3.5m/880ft 10.05.06

Louise Taylor continued her winning ways in the Shropshire Fell Running series as she ran the fastest women's time in 27.33.

Held on a fantastic spring evening with glorious sunshine giving excellent views of the Stretton Valley, the three and a half mile race that involves 880 feet of climbing has been organised by Telford AC since it first started in 1986. Louise, a 29 year radiographer from Telford Hospita,l now has the distinction of holding the women's record, improving 41 seconds on her previous best, which she set when winning last year's race. The previous record has stood for 14 years, held by Andrea George of Mercia and Louise sliced a massive 13 seconds off that time.

Mike James, winner of the Shropshire Summer series last year and winner of the first of this years races, the Wrekin Streak in April, continued his unbeaten record to seven consecutive Shropshire races which started at last year's Caradoc. Mike was in impressive form winning in 22.52, 68 seconds faster than his nearest rival, Pete Vale, who ran his fastest time on the course of 24.00, some 27 seconds faster than his previous best.

With 133 finishers the series is proving more popular than ever, and is the biggest ever entry for the 21 year old race.

Paul Sanderson

1. M. James	Shrews	22.52
2. P. Vale	Mercia	24.00
3. I. Houston	Wrex	24.16
4. D. Lewis	Shafts	24.26
5. T. Werrett	Mercia	24.34
6. A. Wright O/40	Mercia	25.04
7. A. Yapp O/40	Mercia	25.23
8. I. Hughes	Shrews	25.32
9. M. Griffiths O/40	Telf	25.33
10. R. Stafford	Mercia	25.42

VETERANS O/50

1. (16) S. Daws	Telf	26.28
2. (23) G. Jones	Shrews	27.16
3. (48) G. Spencer	Mercia	29.20

VETERANS O/60

1. (68) J. Coombes	Mercia	31.24
2. (82) C. Williamson	Shrop	32.47
3. (128) R. Drummond	SAC	41.56

LADIES

1. (27) L. Taylor	Telf	27.33
2. (59) C. Stewart	Unatt	30.34
3. (73) G. Evans O/40	Sheps	31.41
4. (74) G. Chillingworth	SAC	32.15
5. (77) V. Swingler	Shrop	32.35

133 finishers

NEW DUNGEON GHYLL FELL RACE

Cumbria
AS/3m/2100ft 11.05.06

Blessed with glorious weather, this brand new fell race (based on the former Harrison Stickle race) got off to an excellent start, attracting 49 runners, including three British champions. A number of runners referred to it as a "classic", and given the amount of ascent involved in that distance, they are probably right! The food provided by the N.D.G Hotel which hosted the race, was also well received, especially since it was included in the entry fee of £3!

Inevitably, there were calls for the race to be repeated, and these will be heeded. Thursday evenings are perhaps awkward for a number of runners, particularly those from faqr flung clubs, so this may be revised, perhaps in favour of Fridays. We will keep you posted on this in the usual ways, so watch this space!

Peter McHale

1. I. Holmes O/40	Bing	33.46
2. R. Jebb	Bing	33.50
3. N. Sharp	Amble	34.22
4. D. Hope	P&B	35.12
5. C. Moses O/40	Bing	38.06
6. D. Duxbury	Amble	38.41
7. C. Doyle	Traff	38.43
8. C. Upson O/40	W'lands	41.07
9. C. Robinson	Helm	41.19
10. N. Ashcroft	Amble	41.42

VETERANS O/50

1. (16) D. Richardson	Helm	43.07
2. (18) J. Hope	ARCC	44.08
3. (34) N. Walmsley	Amble	55.30

VETERANS O/60

1. (46) A. Strachan	FRA	69.21
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LADIES

1. J. Reedy	Amble	47.14
2. S. Taylor	Bing	50.31
3. A. Forest	Amble	51.46
4. C. Musetti O/40	Amble	55.37
5. L. Wood	Unatt	57.09

48 finishers

PINHAW MOOR FELL RACE

Lancashire

BS/5m/800ft 12.05.06

The 20th Pendle and Burnley Grand Prix got off to a great start with the Pinhaw Moor Fell race at Earby. A beautiful evening saw 140 runners finish this popular fell race which was being held for the 26th time. Conditions were perfect for racing and it was not surprising that three records were broken.

The race was dominated from start to finish by Andy Norman, who finished almost three minutes ahead of his nearest rival. In doing so Andy took two seconds off the race record which was set by Craig Metcalf back in 1991. This was a remarkable achievement when Andy from start to finish was out on his own over a course he had never run before. Andy's father is Geoff Norman who represented Great Britain in the Olympic Games, in the marathon, and on this showing he could be following.

The Norman family were however beaten in numbers by the Addison clan who fielded five members. They were led home by 16-year Tom Addison who finished the race in second place. His time of 30.19m was almost 2 minutes faster than his time last year and he looks a very exciting prospect.

Mark Aspinall, who held the Grand Prix for six consecutive years, finished in 3rd place and he was also the first veteran home. His time of 30.39 took nine seconds off the previous V45 record, which was set by Roger Hargreaves (RIP) in 1993.

The final record to be broken was in the V60 category where Barry Mitchell took 2 minutes off the previous time.

The other leading vets included Richard Barrett, V40, John Singleton V50, Ted Orrell V65 and Richard Packer V70.

The ladies' race was won by Jo Buckley in a time of 34.50. She was followed home by Molly Ralphson and Andrea Wainscott.

The leading lady vets included Linda Bostock LV45 and Jennifer Adams LV55.

Gerry McCabe

1. A. Norman	Altrinch	27.36
2. T. Addison U20	Helm	30.19
3. M. Aspinall O/45	Clay	30.39
4. D. Norman	Altrinch	31.22
5. L. Pasco	Bowl	31.28

6. M. Hunt	Pendle	31.45
7. B. Hoggan	Accrin	31.50
8. R. Barrett O/40	Skipt	32.13
9. G. Shaw	Clay	32.14
10. G. Bailey	Kly	32.32

VETERANS O/50

1. (89) J. Singleton	Clay	36.28
2. (55) K. Parkinson	Tod	36.42
3. (56) S. White	Clay	36.48

VETERANS O/60

1. (54) B. Mitchell	Clay	36.40
2. (78) T. Orrell	Clay	40.10
3. (102) E. Pugh	Chorl	45.31

VETERANS O/70

1. (124) R. Packer	RedR	57.16
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LADIES

1. J. Buckley	CaldV	34.50
2. M. Ralphson	Trawd	38.04
3. A. Wainscott	Clay	39.34
4. K. Simpson	Clay	40.16
5. J. Murphy	Clay	41.18

140 finishers

BUTTERMERE SAILBECK HORSESHOE

Cumbria

AM/9.5m/4650ft 14.05.06

The weather gods let us down for the first time in a while. Those who took more than 100 minutes got a bit of a soaking.

At the start conditions were ideal cool and overcast. 139 set off. Simon Booth was soon in the lead and led Borrowdale to the team prize with a time of 1:26:10. Dave Taylor had a great run to be 1st v40 finishing 5th overall.

CFR dominated V50 with Willie Bell 1st, 22nd overall and Irvine Block 2nd. First Lady was Hazel Jones 50th.

Two of the older generation had outstanding runs; Lyn Thompson was second lady overall and Jack Holt 1st V55 was 2nd V50 and beat all the V45s!

Many thanks to all the helpers who gave up their Sunday, many return annually, without them the race wouldn't happen.

I hope to see many runners back next year, and will give help to anyone who wishes to organise the race, contact me for further details. If the race takes place the date would be 13th May 2007.

Jack King

1. S. Booth	Borr	1.26.10
2. N. Sharpe	Amble	1.27.33
3. J. Davies	Borr	1.29.45
4. M. Fanning	Borr	1.29.53
5. D. Taylor O/40	DkPk	1.30.19
6. A. Schofield	Borr	1.30.29
7. A. Davies O/40	Borr	1.31.42
8. J. Deegan	Amble	1.33.21
9. J. Hunt O/40	DkPk	1.33.24
10. C. Stead	NFR	1.34.10

VETERANS O/50

1. (22) W. Bell	CFR	1.42.53
2. (23) J. Holt	Clay	1.45.07
3. (31) I. Block	CFR	1.49.40

VETERANS O/60

1. (106) R. Clarke	NYM	2.22.29
2. (108) A. Buckley	Kesw	2.23.15
3. (116) D. Brown	Wesham	2.25.57

VETERANS O/70

1. (123) A. Menarry	Durham	2.31.01
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LADIES

1. (51) H. Jones	Dallam	1.55.44
2. (61) L. Thompson O/50	Kesw	1.59.47
3. (64) R. Vincent	Tyne	2.00.10
4. (79) C. Preston O/40	Kghly	2.07.44
5. (80) N. Fellows	Eryri	2.07.56
6. (84) J. O'Dows O/40	Eden	2.10.41

135 finishers

BURBAGE SKYLINE

Derbyshire

BS/5.75m/1200ft 16.05.06

Once again the Gods of Fell Running provided us with a perfect evening for the opening race of the Hope Valley series, and shirts-off (well for the 'fat Andys' and Sid anyway), was again the order of the day. The shower half way round proving very refreshing as it cascaded over our expanding midribs.

Lloyd made his first appearance in the race to take half a minute off the course record. Phil seemed a tad restrained in 2nd place amid rumours of wanting rid of the vulgar/grotesque Egyptian statue that comes with winning, with who at first glance appeared to be Charlie from Busted in 3rd. Stewart Gregory had a stormer to take not only 4th place but 1st V40, with Mike Egner probably stealing the show with 1st V50 in 8th place.

The rather more tasteful Burbage Bowl for first lady went to Jackie Lee who showed me a clean pair of heels now she knows her way around the Burbage Valley, with Jenny Whitehead 2nd and Janet McIver holding off Kirsty Bryan-Jones for the final podium place. Kate Ayres took the LV40 in her first visit to the race.

Several dubious claims for 1st Fat Bloke prize were rejected by the club Chairman, who was later seen consuming the prizes himself. And "No Jackie - you don't qualify, as you're probably half my weight and there's no way you could be mistaken for a bloke!"

It was good to welcome again runners from far afield 'flatlands', with Wootton having the second most runners in the field. Third best represented club being the Fat Boys, making overtaking difficult on narrower stretches.

Thanks to Tony Hulme of Running Bear for sponsoring the race, and to Edale Mountain Rescue and St John Ambulance for ensuring I had provided 'reasonable care' as race organiser.

Nearly last, but by no means least, thanks to my many helpers - I ought to name them as it's invariably the same volunteers every year. I just hope there isn't a legal lower age limit for marshalling a fell race. At least the late finish did give us the benefit of seeing a magnificent sunset over Higger Tor in the gathering darkness (I'm sure that was the compensation I offered last year).

What really made my night though, was the ***** who asked if he filled in the registration form before of after the race - priceless.

Andrew Moore

1. L. Taggart	DkPk	37.05
2. P. Winskill	DkPk	38.55
3. L. Banton	Clowne	40.32
4. S. Gregory O/40	HolmeP	40.44
5. M. Sprot	DkPk	41.10
6. M. Nolan	DkPk	41.24
7. J. Chapman	Unatt	41.25
8. M. Egner O/50	DenbyD	41.31
9. G. Moffat	HolmeP	41.51
10. A. Preston	SYO	41.52

VETERANS O/40

1. (4) S. Gregory	HolmeP	40.44
2. (11) G. Briggs	Penn	42.11
3. (14) M. Sanders	MDC	42.38

VETERANS O/50

1. (8) M. Egner	DenbyD	41.31
2. (26) K. Holmes	DkPk	44.02
3. (36) R. Fawcett	DkPk	45.08

VETERANS O/60

1. (122) A. Whitehouse	Unatt	52.45
2. (129) G. Berry	DkPk	53.01
3. (149) M. West	DkPk	54.38

LADIES

1. (35) J. Lee	Eryri	45.04
2. (42) J. Whitehead	DkPk	45.42
3. (77) J. McIver	DkPk	48.31
4. (80) K. Bryan-Jones	DkPk	48.45
5. (84) K. Ayres O/40	CheshH	49.09

244 finishers

GEAR REVIEWS

We only have one full review in this edition, the Salomon Jacket, but we have one "instant impression" of an item which arrived too late for a properly exhaustive test, this will be followed up with a thorough review in the October edition.

SALOMON FAST & LITE 2 JACKET

In a nutshell, this is the Pertex-type equivalent of the Salomon Goretex Paclite jacket which got rave reviews in the last edition of "The Fellrunner" and it would seem that Salomon's continuing forays into the "Adventure Running" market are remaining successful because this jacket, too, appears to be a very useful, well-designed and solidly constructed garment which would make a handy addition to a fell-runner's wardrobe.

It isn't actually Pertex, being made of a mixture of Teflon taffeta and Acti-Lite Lycra, but whatever the materials it is a very light and compressible jacket which does its job excellently. Jackets of this nature are a staple of a fell-runner's gear in all but the foulest weather and there are a lot of them on the market, some of them excellent, some of them OK and some of them awful - this is definitely in the first category.

Firstly, the cut is, like its big brother the Paclite, effectively close and slim with sleeves cut with articulated elbows, long enough to cover the wrists and knuckles and with little elastic thumb loops to stop them riding up, together with elasticised cuffs. Its waistline is relatively high with an elastic drawcord with captive adjusters and it has a slightly dropped back to ensure warmth retention round the kidney area. It doesn't have a hood but does have a pleasantly close-fitting collar which is soft mesh lined for comfort and the front fastening is by a lightweight nylon zip running in a



protective sleeve which has a clever little pocket at the top to stop the fastener irritating your chin. All this results in a garment which doesn't flap around in the breeze and which feels satisfyingly snug to wear with no loose bits to let the weather in.

It has a small, zipped chest pocket big enough for gloves, balaclava, etc. and this has a plastic key clip inside to ensure that your car keys don't fall out and get lost when you drag your gloves out as the wind hits you at the top of a ridge or somewhere similar.

Its use of materials, in true Salomon style, is cunning and efficient. The body of the jacket is in a pertex-y smooth fabric but this is perforated in a band running up the inside of each sleeve and down the side of the jacket. There is another panel of softer material running down from the collar to the middle of the back, and this appears to have higher wicking properties than the rest of the jacket and small panels of this material are also on the inside of each wrist. Whatever the technology the end product is a jacket which doesn't get sweaty in places a lot of other jackets get sweaty and which is really comfortable to run in. It also packs very small indeed and, if you really want it to, will go into its own chest pocket.

The construction details are admirable, with close, robust stitching which is reinforced where necessary, neat little cord grips on the waist drawcord and two reflective strips, one on the back of the waistband and the other forming the zip of the chest pocket.

It's been used an awful lot since we got it, both for running and for biking, and apart from being somewhat grubby is in as good condition as when it started, having stood up very well to everything which has been thrown at it. Garments like this need to be unobtrusive, well cut and efficient and no-one had anything but praise for it - it fits like a glove, is very comfy indeed to wear even in the strongest of winds and keeps you nice and warm over a thermal base layer or light fleece.

It does, in summary, do everything a good jacket of this type should do, is very solidly put together and is well worth the £55 price tag. Salomon gear tends to be on the pricey side but, on the other hand, when they do get a piece of gear right they get it very right and you finish up with a reliable and robust addition to your kit - highly recommended.

SALOMON "SPEED CROSS" SHOES

These arrived too late to do a proper test on them, so what follows is an "instant impressions", which will be followed up in the October edition by a full, detailed review.

These shoes are the replacements for the "Harrier XA", which received very favourable reviews in past editions of this magazine. Many of the features remain the same, the mesh upper, the speed lacing system, the basic shape and the arrowhead patterned sole but there have been modifications.

Firstly the whole of the lower part of the shoe is encased in a thin but durable-looking rand which extends up over the heel counter and becomes part of the stabilising lace straps. This gives added stability to the heel section and reduces the number of seams vulnerable to wear and tear and looks like a good idea. The sole is bonded on to this rand, which gives a really neat profile, especially round the heel where the sole wraps up slightly at the back, presumably to give better downhill traction. The overall effect is of a rock-climbing shoe with fell studs on and it looks very businesslike indeed. The ankle and tongue padding seem to be thicker than on the Harrier, which makes the shoe a very comfortable fit but whether it will soak up water or not remains to be seen.



Brief outings confirm that it is just as light on the foot as its predecessor, being instantly comfortable but still needing to be re-tightened after about a mile, from which point on it stays put firmly on the foot. Stability over rocky ground was first-rate and the shoe felt very precise indeed, with the studs having excellent grip. Over rough, grassy terrain the narrow heel profile kept the shoe steady and grassy downhills were a delight. It should be noted that the sole design is not really intended for best-quality English mud, as the arrowheads are a much lower profile than traditional studs, but use it in conditions where it's intended to be used and it's excellent.

So far, so good - we'll see how it stands up to a summer's battering and give you our conclusions in October.

JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

It is a year since the last report in this magazine on the activities of the Foundation so here is a brief summary of recent activity.

In my last report I mentioned that although we had seen an increase in the number of applications received for funding from young athletes, applications were still rather thin on the ground. The picture has changed in the most recent period because between June 2005 and the end of September 2005 we received a substantial number of applications, 22 of which were accepted for funding.

The main reasons for this were the number of applications received in connection with the WMRT in New Zealand and other applications received as a result of joint initiatives with the former FRA junior co-ordinators Dave and Eileen Woodhead.

The effect of this larger number of funded applications has been that in recent months, expenditure has exceed income for the first time but the Foundation still has a substantial cash balance to its credit.

With a substantial number of applications received in connection with the WMRT in New Zealand, it has occasionally felt like the Foundation was rather propping up financially the activities of needy elite junior athletes who one would generally hope would be funded from central sources. From the Foundation's point of view it was good to see the passing of the resolution at the FRA AGM in October 2005 confirming that financial support can now be given to FRA members who are selected to represent England in international events. Who knows exactly how this resolution will impact on to events, but if the effect is to release more Foundation money to those not in the elite category and that feels like a good thing to me.

There is no doubt that the relationship between the Foundation and the former FRA junior co-ordinators did lead to the mutual exchange of information and contacts that was beneficial to those junior athletes who are either members of the FRA or participating in FRA events. I hope that similar links can be forged with the successors to Dave and Eileen Woodhead.

To make our awards rather more flexible, we have arranged voucher schemes with Running Bear, the Complete Runner



Emma Stuart in Ireland (Photo Kirstin Bailey)

and Pete Bland Sports to allow us to issue vouchers for equipment as part of our financial awards. These seem to be appreciated by the recipients. Our thanks to Tony Hulme, Terry Lonergan and Pete Bland for their assistance with this.

The Foundation has also forged links with Inov8 who have assisted us with the provision of kit for junior athletes. Our thanks to Wayne Eadie and his colleagues for their support.

All of our funded junior athletes receive a Foundation t-shirt and we have also distributed these to other people with direct links either with the Foundation or with athletes who have been funded and it is great to see the Foundation's logo making regular appearances in a variety of geographical locations. We have a supply of t-shirts available and are prepared to part company with these in return for an appropriate donation!

Enquiries should be made to

Kirstin Bailey at enquiries@johntaylorfoundation.org.uk.

Between June 2005 and September 2005, the following athletes received support from the Foundation:

Jonathan Hare (Halifax Harriers), Ben Lindsay (Pendle AC), Adam Peers (Wirral AC), John Heneghan (Pudsey & Bramley AC), Mary Wilkinson (Skipton AC), Jonathan Pawson (Skipton AC), Holly Williams (Unattached), Johnny Mellor (Liverpool Harriers), Rachael Thompson (Horwich RMI), Jason McGonigle (Warrington AC), Dionne Allen (Leigh Harriers), Emma Stuart (Keswick AC), Natalie White (then Holmfirth Harriers), Andy Norman (Altrincham AC), Alistair Brownlee (Bingley Harriers), Chris Doyle (Trafford AC), Carwyn Thomas (Sarn Helen), Nicki Cornock (Mynydd), Mark Davies (Swansea Harriers) and Elinor Kirk (Swansea Harriers).

In conclusion, continuing thanks to everyone who has donated money to the Foundation (all contributions gratefully received, however small) and to everyone who assists us in any way with our activities.

Morgan Williams
Trustee

Junior Pages

NEW JUNIOR CO-ORDINATOR AN INTRODUCTION FROM Andrew Holbrey



Just a short piece to let you know a bit of information about me and some of the things I would like to achieve in the position of Junior Co-ordinator.

I am 52 years old and am a teacher of Design and Technology at Aireville School, Skipton and am a family man with three children ranging in ages from four to twenty years old.

My interests include fell running, walking, mountain biking and photography, to name but a few.

I have been Fell running since 1989 when I joined Bingley Harriers (1989-1999) and since then I have been independent but am aiming to make my club Keighley and Craven.

I have run many of the major races and events i.e. The Ben, Snowdon, The Bob Graham (crawling in at 23.30) and lots of other races, especially in my local area in the South Pennines. Although I have not been competitive for a while the hold that fell running has still grips me and I look forward to getting fit and joining in again sometime in the future. I have only ever organised one race which was a rewarding experience and helped out with others but I've never felt that I have ever given enough back - some

people put in a massive amount of effort continuously for the benefit of the

rest of us, so consequently, when I saw the need for a Junior Co-ordinator, I thought it about time to support the FRA too.

It is fine for us all to train ourselves up but it is essential that the juniors have to be supported because it is blindingly obvious that without encouragement for them then there is no future for the sport. To me fell running helps you to develop the best in yourself of mental and physical fitness, with the added advantage of events taking place in some of the most beautiful areas in Great Britain along with a camaraderie second to none.

The role I am taking on involves more than myself as it is going to need considerable help and support from adults and juniors alike. I am going to act as the base for information gathering, on my email site, i.e. all junior event results, anecdotes and reports written by juniors, photos, cartoons, up and coming events and anything else of relevant interest. All this will then be forwarded to Dave Jones, the FRA magazine editor.

So please don't hesitate to send in any material as from now.

Look forward to hearing from you,

Yours,

Andrew Holbrey, 15, Collinge Rd. Cowling BD22 0AG
Tel: 01535 631996 Email: a.holbrey@homecall.co.uk



The USs are up and away at Ilkley (Photo Pete Hartley)

Baht 'at Junior English Fell Championships



Ilkley US and U10 winners (Photo Paul Wood)

Baht 'at Junior English Fell Championships

from Shirley Wood

Ilkley Harriers had the privilege of organising the first race in the Junior English Fell Championships 2006 with the added attraction for the 'locals' that it had the status of the junior Yorkshire Fell Championships (Dave and Eileen Woodhead are doing a separate report on the Yorkshires for the next "Fellrunner" magazine). A week before the event the moor was in white-out conditions and sub zero temperatures, so it was with some relief that seven days later we had almost perfect conditions for racing. There was a record turnout of 240 juniors across the age categories with a further 32 seniors competing alongside the U18/U20. The courses were well received and the organisation on the day ran smoothly - many thanks to the sixty Ilkley Harriers who helped or marshalled and to all the competitors who supported our event

In the two non-championship races there were 79 competitors. The U8 was won by Jack Farrimond of Ilkley Harriers with Lily McGuinness of East Cheshire Harriers the first girl. The U10 was won by Philip Done of Keighley and Craven with Alice Garnett the first girl. Both races were fiercely competitive, the children had tons of enthusiasm and energy and with such a massive turnout, if these youngsters remain in the sport, fellrunning will have a healthy future.

Competition was equally as fierce in the remaining Championship races. The U12 race winner was Rory Addison of Helm Hill with Hannah Bethwaite of Ellenborough in 4th place overall (just a minute down on Rory) winning the girls' race. The remaining three races had a significant increase in the amount of climb as they all went up onto the high moor. The U14 winners were Oliver Webster of Bingley and Melanie Hyder of Dallum. The U16 course had the 'best descent' with a 1.3km downhill run from the Badger Stone to the finish. A lot of the competitors seemed to enjoy this bit. The winners were Jonathan Brownlee of Bingley and Jenny Dybeck of Ilkley Harriers. The U18/U20 and Seniors all ran together with the run away winner U18 Alistair Brownlee of Bingley with

Jonny Mellor of Liverpool Harriers in 2nd place some one and a half minutes down for the U20. U18 or U20 runners filled the first 13 places in the race with the first senior - Richard Barrett of Skipton - in 14th place. In the girls' race Dionne Allen of Leigh Harriers was the first U18 and Samantha Morphet of C.F.R the U20 winner. Complete results and hundreds of photos are on the Junior Ilkley Harriers website, however here are the first three places in each category.



Oliver Webster on his way to being first U14
(Photo Paul Wood)

U8 (35 competitors)

1. Jack Farrimond	Ilkley Harriers	3.57
2. Ewan Collier	U/A	3.58
3. Ben Cheetham	Ilkley Harriers	4.00

1. Lily McGuinness	East Cheshire H	4.24
2. Laura Chapman	Ilkley Harriers	5.09
3. Katie Hundford	Keighley & Craven	5.15

U10 (44 competitors)

1. Philip Done	Keighley & Craven	6.46
2. Tom McGuinness	East Cheshire H	6.47
3. Harry Clulow	Bingley	6.59

1. Alice Garnett	U/A	7.47
2. Georgina Spencer	Retford AC	8.01
3. Anna Tench	Ilkley Harriers	8.04

U12 (41 competitors)

1. Rory Addison	Helm Hill	13.15
2. James Knox	Helm Hill	13.33
3. Tom Hutton	Hallamshire H	14.12

1. Hannah Bethwaite	Ellenborough AC	14.18
2. Rosie Hellawell	Keighley & Craven	14.53
3. Shannon Johnson	Leigh Harriers AC	15.04

U14 (52 competitors)

1. Oliver Webster	Bingley	17.35
2. Lee Jones	Matlock AC	17.43
3. Ryan Gould	East Cheshire H	17.46

1. Melanie Hyder	Dallum	18.51
2. Amy McGivern	Holmfirth Harriers	19.25
3. Heather Parker	Rossendale Harriers	21.30

U16 (42 competitors)

1. Jonathan Brownlee	Bingley	24.43
2. Luke Maude	Skipton	25.35
3. James Mountain	Skipton	25.57

1. Jenny Dybeck	Ilkley Harriers	31.42
2. Emma Flanagan	Rossendale Harriers	31.54
3. Holly Page	Halifax Harriers	32.00

U18 (20 competitors)

1. Alistair Brownlee	Bingley	26.30
2. Jonathon Hare	Halifax Harriers	28.39
3. Tom Addison	Helm Hill	28.47

1. Dionne Allen	Leigh Harriers AC	34.58
2. Jenny Reed	Chesterfield AC	36.22
3. Emma Clayton	Scunthorpe & District	37.39

U20 (8 competitors)

1. Jonny Mellor	Liverpool Harriers	28.06
2. James Kevan	Horwich RMI Harriers	28.24
3. Harry Coates	Skipton	28.46

1. Samantha Morphet	C.F.R	64.35
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Coach's Croakings

from Mike Hancock



Getting it right on the day

This little tirade from the Old Croaker to the tadpoles follows on from the last episode on preparation for the season. This time we are talking about preparation on or for the race day (big race or small one). It all depends on how serious you want to be and good luck to those who just want fun and do not wish to be serious. However, many of you will want to improve your results and achieve great things.

It is easy to catalogue all the things you can do wrong. I've accompanied youngsters to every kind of race over the years and almost every kind of disaster has occurred. One young lady got to within a few minutes of the start of the National Cross-country before deciding to announce she had left her spikes at home – not normally the end of the world, but this one had no chance at a ladies race with a size 11 shoe and a narrow foot. She learned the hard way. Another lass forgot to change her 5mm track spikes for something longer before competing in her first winter league race in an absolute quagmire. She realised the inadequacy of her preparation after a few 'belly-flops' and a complete failure to deal with the conditions and an opponent whom she normally beat comfortably. It's not just the girls though! One young man was leading a hill race by a 'street' when he decided to turn into a farmyard just 60 or 70 yards from the finish. By the time he had exultated himself from a foot or so of manure which lay everywhere the second guy somewhat unsportingly shot past him as he was emerging from his detour. He missed out on a really nice sportswear prize and has been known ever since as Wurzel (some of you may need an explanation from older folk). These epic 'cock-ups' are example of lack of preparation on the day. Surely you need a basic kit-check before you leave home and certainly it is handy to check out the finishing stretch in case of a tight battle or if you are way out on your own.

A few things should be standard procedure for every race day.

- 1) Check the condition of your racing shoes/studs or spikes. Have you cleaned them? Are they equipped with the right sized spikes? Have you left it too late to get the old spikes out because they are rusted in? Are you carrying a spare set of the longer or smaller sized spikes you need? Have you got some grease or vaseline to lubricate the sockets? Are your studs worn down, the uppers split or caked hard with mud? Obviously some of these problems should be sorted out before race day, otherwise it may be too late.
- 2) Take an alternative choice of footwear with you and different spike lengths (have a box or tin for the latter). For cross-country spikes or fell shoes are options. For some hill races on dry courses or for multi-terrain races you can find racing 'flats' are the best choice.
- 3) Always take bin liners and a couple of plastic bags with you. That way you can separate

wet and dry gear, have something to sit on or stand on and be able to put those grotty shoes in something separate after the race. On cold, wet days the practical minded and less fashion conscious might get round to improvising a windproof and wetproof top out of a bin liner by poking head and armholes through it. Go to the London Marathon start on a wet day and you will see hundreds of black-clad 'wallies' – but they are the ones who are warmer and drier.

- 4) All of which brings me neatly to 'full body cover'. Juniors do not often need this so it tends to get ignored. However, one day you will have to race or train in it so it is a good idea to always have it with you. The best approach is to do some training runs wearing a bum bag with the kit in it and in winter or bad weather actually wear it, even if you don't think you need to. All the under 20 runners at the World Trophy trial at Skiddaw a few years ago had to carry full body cover because of cold, wet conditions with fog. If the weather is bad organisers will prevent you from taking part if you are not equipped correctly. Therefore 'be prepared' – every time. For cross country you may modify the kit to include just a thermal vest and something like tracksters, hat, gloves so that just before racing you can put on part or all of the kit and leave the rest at the start with your windproof/waterproof top – IN YOUR BIN BAG!
5. Finally take some insulation tape to wind around your shoes (not too tight) The laces won't come undone and the shoes stay on better if it is really gluey mud. There is a good choice of colours for 'posers'.

So far everything has been about dipsticks, kit and footwear, but of course there are other considerations for the big day. If the race is a long way from home the choice has to be made between travel on the day or going the day before. Once you have sat in a vehicle for two and a half to three hours your legs begin to be affected and may object later. You may have to rise at an absurdly early hour so your 'body clock' is all to pot. The alternative of travelling the day before does not suit everyone because some people simply do not sleep well away from home in a 'strange bed'. That is something you need to rehearse a few times in readiness for big races as sometimes you simply cannot travel on the day because the race is too far away or abroad. The great advantage of the day before is that you can 'reccé' the course without wrecking yourself. If you are really serious you may have made a previous visit to train on the course and work out your lines of approach and possible tactics. The great disadvantage is that the less focused athletes can be easily distracted and mess about late into the night before the race. I used to cure that by taking the 12 – 13 year olds to at least one overnight stay before an early season race in the certain knowledge that most of them would spoil their chances overnight and run like lead elephants the next day. Most of them did not repeat their folly.

One little champion though used to be able to sleep on the floor through all the chaos and proceed to perform miracles on the day.

Many youngsters waste a lot of energy on the day of a fell race by walking all or large parts of the course. After a few races surely you know what uphill is like no matter where it is, but it can well be worthwhile examining some of the downhill back to the finish. I remember one lad a few years back who always seemed to get the big trial races wrong. One year he arrived at the Sedbergh venue on the hottest day of the year and did a rapid ascent/descent of Winder in the hour or so before the event. Needless to say he did not perform to his potential. Mind you, he did better than his Dad who misinterpreted the course map and went to the wrong spot to watch and saw nothing (you can of course see a lot there from the start/finish/ area). The following year was a comparable tragedy at Braithwaite when the same lad was leading the uphill trial but took himself and another well-known contemporary on an extended tour of the North Lakes fells (admittedly a mist had descended). However, one has to ask if either lad had done a prior 'reccé' which might have led at least one of them to conclude that they were doing an awful lot of downhill in an uphill only race. The story has a happy ending – the two were found a couple of hours later and were selected for the discretionary places in the World Trophy team and the 'headless chicken' made the top ten in the biggest race of all. Incredibly his Dad was team manager that year. The race must have been on a wide open slope somewhere adjacent to the team hotel or airport.

Lastly, what about that last hour or so before your race? Are you still socialising your way around the course oblivious to every bump or turn, eating a last snack or being 'psyched out' by the opposition? Are you being hassled or fussed over by parents or coach? Top performers frequently detach themselves in the 90 minutes or so before race time. That way they can gather their thoughts, relax in the car a bit, with no one to stress them out. Then they go through the warm up routine which best suits them and really steel themselves in anticipation. Their attitude is "who the hell are that lot out there? I'll show them" They don't have to tell anyone else – they just know. At the end of the day, as a runner, you are on your own, in control of your destiny. So you will have to become an independent, strong-willed person. Those who are doing daft things are quite likely lacking in these qualities and in confidence. They may be getting excessively nervous. Now those are the people who really need help and advice from a mentor or coach. If you see yourself in the wrong category in any of the 'boxes' in this little rant then go out and look for the advice and experience which will toughen your self-discipline and improve your preparation.

Until next time – the Elderly One.

Marco Germanetto Trials Race

from Pauline Stuart

The Belmont Village Winter Hill fell races took place in ideal conditions on the 6th May. The junior races incorporated the trial for the Marco Germanetto races in Susa, Italy which ensured an afternoon of fiercely competitive racing.

Three boys and three girls gained their England vests plus two reserves and a development team of six.

Claire Lilley from Skipton was unfortunately unable to attend the trial but had asked to be considered by the selectors on form and after two days of debate was given the 3rd place with Holly Page as reserve.

Top Results From MGM trials

89/90 Boys

19-42 J Brownlee
20-01 Addison
21-37 Maude
21-51 Mountain
21-57 Bolton
22-06 Thompson

DNS J Hare

Girls

24-28 Dionne Allen
25-39 Anna Anderson
26-03 Holly Page
26-12 Danielle Allen
28-40 Emily Knox
28-51 Charlotte Maxted

DNS Claire Lilley
Asked to be considered

91/92 Boys

15-53 Josh Moody
16-08 LeeJones
16-41 Ryan Gould
16-54 Sam Tosh
16-57 Niall Gould
17-02 Rob Nicholl

DNS Webster

Girls

18-01 Hannah Bateson
18-43 Rosie Stuart
18-53 Leah Kay
20-00 Bethan Faulkner
20-50 Emma Flannagan
20-57 Nichola Jackson

DNS Amy McGiven



Rosie Stuart battling hard at Belmont (Photo Pauline Stuart)

Marco Germanetto Trials experiences

from Anna Anderson and Holly Page

I was very excited, but extremely nervous as we travelled to Belmont village for the Susa Trials Race. I knew that this was my last chance to qualify to run at the Marco Germanetto Memorial race in Italy because I'm at the top of the age group, but I'd been having a lot of injury problems and was doubtful as to whether or not I should run. I injured my right Achilles in November last year and it gradually improved with the help of some brilliant physio, but this meant that I had been over-compensating on my other leg, so as my Achilles got better I then became injured on my left leg. I had been trying desperately hard to keep some fitness by doing lots of other sports such as cycling, but I had only started running again for the first time two weeks before the trials race. As I warmed up I was constantly dreading feeling that painful twinge, but fortunately my warm up went fine and the sunny weather helped everyone to be in good spirits. We began the race on the road and from the moment we started it just felt so wonderful to be able to run again. After about 250m along the road we turned left to run straight up a fairly steep grassy slope. This then levelled out for a while before we ran diagonally up another slope to the masts at the top of the hill. I was in 2nd position behind Dionne Allen as we reached the top. I knew that she was uncatchable as she flew along the top and headed downwards to rejoin the path we had come up, however I was over the moon that I was in 2nd place, which was much better than I'd dared to hope. The run back down was over the same springy grass that we'd run up, which is the best possible surface for running on and there was a slight breeze, which helped to prevent the hot conditions being too stifling. At the bottom of the hill we still had to run along past the reservoir to get to the finish on the playing fields, but the thought of running for England in Italy kept me going and I kept hold of 2nd place to the finish. Suddenly everything seemed to be perfect as I realised that I'd actually got on the team and my injury hadn't caused a problem. I'm just hoping now that I've seen the last of my injury so that I can get fit again, to make the most of the incredible opportunity of being able to run for England at the Marco Germanetto Memorial Race in Italy.

Anna Anderson

I arrived at the race, registered, and then went to walk some of the course with my parents. I had run the Belmont Hill Junior race a few years before so I had some idea of what to expect. I watched the younger athletes finishing as I warmed-up in the finishing field, and then it was time for my event. To add to my pre-race nerves my legs felt quite stiff because I had just finished a week of GCSE PE assessments, but as soon as we had set off, I was only concentrating on the race, and I felt OK. We ran up a stretch of road and then onto the fell. Going up the hill I was in 4th but I was pushing myself really hard to catch up with the person in 3rd. On the way down, my long legs were an advantage as I could stride out, and by the bottom I was in 3rd place. I knew that if I could maintain this position for the next half a mile then I would be in with a good chance of being considered for the team going to Italy. Running towards the finish I was exhausted, but once I had crossed the line I was so happy. Later, the news that I was going to be competing in Susa made my smile widen even further! I have been running on the fells since I was nine so this is a fantastic opportunity for me, and I am really looking forward to June 25th ..."

Holly Page

Bashir Hussain

new England Junior Team Manager

Bashir Hussain has agreed to become the England Team Manager for the juniors. Bashir is himself a former international fell runner and brings experience of running at the highest level. He has already been involved in selecting the junior team for the MGM race in Italy.

Bashir says about himself:

"I started running in 1977 and completed my first fell race that same year at the Eccles Pike race, which is still one of my favourites, along with Saddleworth.

A few injuries through my junior years slowed me down a little - before injuries I managed to scrape a 2nd in the English Schools' Cross Country and a 3rd on the track.

Tony Hulme suggested I take a more serious approach to mountain running. So I did and gained 5th place in the 1990 World Trophy at Telfes and I also benefitted by much-improved track and road times.

I still train regularly and compete against my peers and a few younger guys too! I am currently working with UK Athletics as a Tutor and help out with coaching at Stockport Harriers.

My favourite races include the Shelf Moor Uphill Only race and The Mow Cop Killer Mile. My best Races are often the ones I've prepared best for.

To succeed I suggest you communicate and listen to your coaches and selectors. They often have knowledge and information that you would not think of, or at least they know how to get hold of it. Quite often competing athletes can't see the wood for the trees!!

Good Luck and Good Running for the coming season."



Bashir racing for Britain at Susa

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Turn Back the Hands of Time[™]

35 years of The Fellrunner Magazine

from Graham Breeze



*Let's go back to yesterday
When a phone call cost a dime
In New Orleans, just a nickel,
Turn back the hands of time.
(Randy Newman)*

Frisson

Three times a year a touch of excitement grips the fell running community: *The Fellrunner Magazine* is expected. Was it always so? Well, no, actually. In its very early days the erratic arrival of *The Fellrunner*, as it was called until February 2001, was more of a pleasant surprise than something that arrived on time every four months.

With the certainty that FRA members now have of regularly luxuriating with the latest magazine (despite few of the 5,500 FRA members having lifted a finger towards its production), it is not surprising that this ambrosial gift is met with calls on the FRA Forum for *The Fellrunner Magazine* to be produced more frequently than three times a year. Perhaps the fairies are listening?

Issue Number 1

This issue of *The Fellrunner Magazine* is the 85th and it again epitomises excellence; the writing, the photographs, the comprehensive race results, the quality printing. Things have come a long way since September 1971 when something emerged called, simply and accurately, *The Fell Runners' Association. The First Magazine* and which I possess through the unfailing kindness of Bill Smith.

The magazine always now includes over 100 pages (October 2005 was 118 pages) many of which are in colour. Issue 1 was 18 typed foolscap pages which had been reproduced on a duplicator.

This overview will not reprise individual articles from the past four decades. The 30th Anniversary issue (October 2000) was the opportunity for that. However it does suggest that whilst, of necessity, much of the content of each magazine is ephemeral; *The Fellrunner Magazine* contains articles of significant scholarship, illumination and erudition.

A single recent issue, June 2005, included Brian Martin's *Lakeland Classics-Top 20 Men*, and with more humanity, Neil Goldsmith's profile of English Champion, Simon Bailey describing a life a million miles from those of the frothy Sunday supplements. The article on *Fell Running and Litigation* by Alistair McDonald captured the *zeitgeist* and may be one of the most important as well as interesting ever published in the magazine; and surely every member avidly reads Denise Park's articles on physiotherapy to compare and contrast with their own individual aches and pains?

And all these articles were in just one issue: June 2005.

And that first issue?

This is reminiscent of *The Times* (in its days as the journal of record with a front page dedicated to the personal column and adverts) because the cover of *The Fell Runners' Association. The First Magazine* prosaically lists the Officers and Committee of the Fell Runners' Association (subscription 25p) "formed on the 4th April 1970 to serve the interests of the sport of fell running in the UK". Page 3 then lists the complete membership of the FRA; 117 names (all men) with Alf Case at 1.

The rest of the magazine includes pieces on the 1969 Three Peaks Race (by Dave Scott); The Pennine Way; Eddie Campbell; the Fell Runner of the Year and questionnaire interviews with Dave Cannon, Jeff Norman, Joss Naylor and Alan Heaton. It also

included some race results. The Editor was anonymous and although Eddie Leal was named as Editor for issue 2, *Stud Mark on the Summits* makes clear that several people including Roy Swinbank, Mike Davies and Jim Smith were involved in the production of the early issues.

In time the role of Editor became more recognisable with the appointment of Peter Knott who has been followed by Andy Styan, Hugh Symonds, John Reade, John Blair-Fish, Neil Denby and Dave Jones.

Issues 2 to 84: The Intervening Years

Issue 2 (28 pages), which had a drawing by Don Dakeyne on the cover, was dated March 1972 but the third issue (dated Autumn 1972) did not appear until a year later in April 1973. A fourth issue (now 40 pages) appeared in November 1973 but there was then a gap of another full year before the fifth issue appeared in November 1974. I labour this point to emphasise the good fortune of FRA members today.

As one would expect the basic content of the early issues is little different from that found in TFM today. One early issue even included Harry Walker's description of his 1975 Sierre-Zinal race, so no "little Englander" attitudes then. The cover of issue 5 was a photograph of Jeff Norman, 1974 Fellrunner of the Year, and this issue was the first produced in A5 size with 50 pages.

Eventually issues started to appear every six months or so with an increasingly professional look. The first photographs within the magazine appeared first as a central insert in issue 7 and then became more frequent and eventually became interspersed throughout the magazine. A glossy cover arrived, more adverts appeared. The practice of listing all new members stopped after membership had reached 1100 (issue 11 Spring 1978) but letters, poems, cartoons were all gradually introduced. Some of the issues debated at the time were highly significant e.g. affiliation to the AAA, and some articles have been reprinted e.g. the Booth Knot.

One change can be identified over the years and that is the extent to which the magazine now relies on regular contributors, e.g. Allan Greenwood, Bill Smith, whereas in the past the magazine published frequent contributions from the foremost runners of the day who would give accounts of their races; from the *front*.

The FRA News

One diversion, which is perhaps little remembered today, was the creation of an A4 size four sided sheet, which was first issued in September 1984 with the fifth and final issue appearing in October 1986. This was not posted automatically to all FRA members because of cost but was made available after fell races or by writing in with an SAE. As the title indicated the news sheet contained brief news items (supplemented by race results) to bridge the gaps between biannual issues of *The Fellrunner*. This was still being printed in A5 format but by 1986 had reached a rather unmanageable 106 pages per issue and so in Spring 1987 (issue 28) the then editor John Reade moved to an A4 form (initially around 40 pages) and planned triannual publication. Duncan Overton, as photographed by Pete Hartley, graced the first A4 cover of the format the magazine has followed ever since -albeit with the first addition of colour with a spectacular photograph of runners beneath the Matterhorn on the cover of the October 1991 (issue 41).

Results

Although the magazine had always included results their collation improved significantly from 1988 when Dave Weatherhead and

Barbara Carney took over specific responsibility for the results section, thereby formalising the work they had already been carrying out. Results collation is hardly glamorous work yet some would argue that it is the most important part of the magazine and that is why Dave and Barbara deserve a paragraph of thanks.

Up & Down

It could be argued that having moved to its A4 format the production and content of TFM then became routine. There were no radical innovations, issues always contained around 40 pages and so on; but then along came *Up & Down* - born out of *Compass Sport*. If you saw *Up & Down* you will know how fresh and different it was. If you did not, then knowing that it was edited by Dave Woodhead should be enough to indicate that it was enthusiastic, irreverent, challenging, informative and FUN; particularly the "Fellternative - Message Understud" section.

The January 1991 TFM included the longest letter it has ever published. This was from Dave Jones who was then Editor of the Calendar but not of *The Fellrunner*. Following discussion at the previous AGM, Dave's letter advocated, *inter alia*, "discontinuing production of *The Fellrunner* and making *Up & Down* the official FRA magazine". Radical stuff! One of the arguments being that *Up & Down* was bi-monthly whilst TFM was triannual and therefore contained information that was "hopelessly out of date by the time the membership receives it".

As one would expect the letter contained considered, forceful and provocative arguments. However the FRA issued a membership survey questionnaire, the results of which were published in the June 1991 TFM. Only 15% (of around 500 responses) felt *The Fellrunner* should merge with *Up & Down* but a significant 23% felt the magazine needed changing, implying reader satisfaction was only around 60%.

The Fellrunner also printed 1½ pages of members' comments of which perhaps the pithiest was from Steve Robinson which in full was:

The Fell Runner = *Guardian*
Up & Down = *Private Eye*

I enjoy them both.

However within a year *Up & Down*, which was a commercial exercise and not funded by the FRA, was defunct (last issue 11 dated June/July 1992), ironically just as the Editorial in the June 1992 *The Fellrunner* was extolling the excellent co-operation between the two editorial teams.

Of course the editor of *The Fellrunner* was reliant on his readers for contributions and for 40% to express dissatisfaction without making much of a contribution to improving the magazine may seem a little rich; but editors know they will receive their reward in Heaven. Despite seeing off the competition *The Fellrunner* did improve with even better coverage of race results and it may have been more than coincidence that for 1992 (and a few more years) something extra was offered by way of a calendar (price: £2.50) with photographs by Pete Hartley and a commentary on some of the classic races.

And Since Then?

I suggest that over the past decade alterations within the magazine have been subtle changes in quantity and quality. Presumably 100 pages with colour is preferable to the 30-40 black & white pages normal when the magazine adopted its current A4 size and the race results section has become increasingly voluminous - reflecting the increase in the number of races.

More specialist sections have been introduced so, for example, although "access and the environment" or "long distance news" have always been relevant to readers of TFM, these subjects are now guaranteed a space - as long as someone will write and fill them.

However I believe the most significant improvement is in the overall quality and breadth of writing. All of the content does not appeal to all of the readers but the current Editor will argue that

the magazine is a broad church that must accommodate its full congregation - and I agree.

The current FRA membership is around five times that of 30 years ago which implies a bigger potential authorship and there are of course now just more races, more history to write about as well as, say, the growth of mountain running in Europe.

In summary, I suggest TFM has reached a maturity of magnificence-as might be expected after four decades.

Things Change

However death follows maturity. So wither *The Fellrunner Magazine*?

I see little likelihood of more frequent publication than three times a year, despite its current size.

Of course a triannual journal can never be contemporaneous and the increasing sophistication of the FRA website and growing member usage must challenge the role of the FRA's printed journal. The FRA website can contain the results of races within hours of the finish. The Forum can engage members in debate which the magazine cannot. The Race Calendar can be updated on the website whereas similar changes printed in the magazine could be, what was that phrase, "hopelessly out of date by the time the membership receives it"?

And yet, and yet: I believe the great value of *The Fellrunner Magazine* is as a Journal of Record. The true worth to me of my 84 issues is not the ephemera but the articles of worth that can still be re-read thirty years later for education and with pleasure. So it matters little whether TFM appears three or four or even only twice a year. In the third issue Bill Smith wrote an article, "The First Wasdale Fell Race- A Competitor's Viewpoint", and his article is as good a read today as it was 34 years ago.

Perhaps that is why I am so delighted with my collection.

Thank You.

Alan Brentnall, Allan Greenwood, Bill Smith & Madeleine Watson

*You're never too young to
read "The Fellrunner"*



Photo: Iolo Roberts

Non-Stop Virgins

from Jon Glanfield

The boat was heavy, really heavy, especially for a plastic craft and at this stage we were supposed to be feeling strong but as the two of us shoved it brutally towards the slip leading into the dark waters of the River Severn I did wonder how we were going to get such an unwieldy beast 30 kilometers downstream, past a weir and up a precipitous mud slope to the first transition. Finally though it was afloat, with us perched on top, complete with personal survival gear, drinks bladders and mixed bags of noxious chemicals masquerading as sweets and energy foods designed to see us through the first four hours of cold, wet and learning curves. With our two team mates alongside us and looking about as steady as us, we waited for the klaxon and the official start of the Ace Races Full Monty.

Six weeks previously we had rashly decided that as we were not going to get a second chance at the High Peak Marathon due to massive over-subscription, an equally stupid and utterly debilitating challenge was required. The Full Monty fitted the bill perfectly, 170km of non-stop travel with a healthy mix of kayaking, mountain biking and trekking/running. The facts that there were only three of us for a four person team, that only one of us had any real kayaking experience and that one harboured a hatred of mountain biking bordering on the pathological were deemed to be minor issues in the grand scheme of things and thus we submitted

our entry. This was done in the full knowledge that with six weeks to train and Christmas on the horizon mind was going to matter more than matter, if you see what I mean.

Various attempts to con 4th members aboard were strangely unsuccessful and incredibly we actually managed to secure the services of a support team before we found another willing volunteer. Finally a veteran of these epics was sourced via the Sleepmonsters Forum (a leading source of news and information for Adventure Racing nationally and internationally) and so unwittingly he joined a somewhat dysfunctional unit with concrete pretensions of finishing but not much else.

Although the Glossop based contingent had reasonable experience of ultra distance running events such as the HPM, Bullock Smithy and the Round Rotherham and weekend events like the Polaris and the KIMM none of us had covered so much ground before and certainly not in a non-stop multi-activity format with the added nuances of sleep deprivation, team dynamics and logistics to manage. Ed Proctor who kindly joined us was far better equipped with exposure to events like the Hebridean Challenge and Wilderness ARC to his name, but we were confident we would soon drag him down to our level.

And so it was that we found ourselves bobbing none too enthusiastically on the Severn under the Frankwell Bridge in

Shrewsbury, setting off for the first 30km paddle. In reality this actually went fairly well for us, there were inevitable close quarter near misses with other boats and plenty of Boat Race jokes but in the main we appeared to be reasonably average. We avoided certain death in the boiling stopper over the weir by crashing into the bank and hauled the leaden boats out of the water and round the portage. We even managed to navigate our way to Check Point 1, no mean feat on a river I can tell you, and really only encountered our first schoolboy error at the actual get out point.

Gav (Garner) and I arrived first and despite the slick mud banks that would not have been out of place in the Zambezi, we got the boat out and up onto the flood plain above the steep banking. Looking back however we wondered whether to even acknowledge our connection with the other half of our quartet.

Tim (Snape) had his feet in the front pointy bit and was leaning on the bank with his hands. Even we knew that this was not the action of a seasoned canoeist and that the outcome was already a foregone conclusion. Sure enough the boat gracefully moved away from the bank happily obeying the laws of physics as Tim rather more unhappily also obeyed the laws of physics and succumbed to gravity, ending up bodily in the Severn. Rather unwisely both Ed and Tim had also launched their paddles onto the bank, leaving Ed at the very least up the Severn without a paddle.

We managed to get them out eventually but by then Tim was frozen and mumbling almost incoherently about hating kayaks more than bikes. A revelation that we actually saw as something of a positive development.

Our support team were superb; they fed us and got us ready for the bike section, lifted our spirits with some light banter and sent us off onto the 60km ride. This would take us mostly off road on the Jack Mytton way, an old bridleway used, as legend and history would have it, by a local highway man. The most difficult aspect of the ride transpired to be the mud, at one point my bike, equipped with v-brakes rather than discs, had accumulated so much leaf mould and mud that I had to pedal downhill to maintain any forward momentum at all. Stops were required frequently to bounce the bikes to loosen the clag and poke out the debris with sticks.



The team all ready to hit the water (Photo Jon Glanfield)

Gradually we ticked our way through the checkpoints, we had also been given *carte blanche* by the event director, Phil Humphreys, to link up with our support teams as we wanted to re-supply. With this in mind we agreed to meet the van at the foot of a steep and technical climb just outside Church Stretton which would lead us up onto the Long Mynd and also into the night. We figured that this would boost morale before the cold and darkness began to slowly erode it again.

Gradually we wound our way onto the Mynd, pushing the bikes bodily up the rocky path until eventually it started to plateau. By now we were in complete darkness and a mist had also started to descend. Just as we crested the hill, Tim was hit by a nasty bout of cramp that required him to force feed himself peanuts to accelerate recovery. The next several hours were for me some of the most enjoyable, riding single track at height and in the depths of night and winter has a strange ethereal quality to it, heightened on this occasion by the light mist softening further clarity and perspective. The descent was impressive, swooping grass drops, interspersed with more technical gravel sections and some fire track type trails. Eventually we were within spitting distance of Transition 2 in the proximity of Clun Castle.

Our transition was a lightning fast, Grand Prix affair, which could not have been a minute over an hour. We changed, ate, idly looked at the maps and the 50km trek route, had a bit of a chat and finally put one foot in front of the other at 10 p.m.

It didn't start auspiciously. When we had finally got Clun Castle on the left not the right we were able to press on. Considering that three-quarters of the team usually train and navigate in darkness you might have believed that we would have been a bit better equipped than most, but hey, you can't have everything and finally we were on the right path.

In the run up to the event we had comforted ourselves with the now clearly misguided misapprehension that Shropshire was not that hilly. Not only is it clearly hilly to an almost unnecessary degree, these said hills are also muddy and slippery to an equally unnecessary degree and while we are on the subject of unnecessary degrees how many stiles does a county actually need? But in an event that like this the only thing you can do is just keep going.

We knew that we would all have ups and downs and feel stronger in certain disciplines and at certain times of the event, and had naturally agreed that we would pull each other through the tough times to ensure team survival and continuation. To a point this worked fine. Until the sense of humour failure hours that is. As the night progressed things just got really surreal. We had

packed Pro-Plus and Red Bull to cope with the inevitable sleep monsters and fatigue. Unfortunately though, we initially left both in the van and then when we did make contact with the support team again, we only managed to take with us the Pro-Plus which turned out to be about as powerful as de-caff. By 5.00am we were all suffering. At one point I remember putting my head on a gate and falling asleep, whilst waiting for the others to climb over.

Tim then proceeded to fall asleep twice and start snoring whilst walking/stumbling as we descended from the penultimate trek checkpoint. Gav managed to rouse himself from his own slump and helped Tim out while I plodded on with Ed who had relinquished the map from Tim on the grounds that he would not be able to read it through his eyelids anyway. Everyone was in a bad way by now and we huddled around the map to ensure that we got off Offa's bloody Dyke once and for all and as soon as possible. As we stood with a compass on the map to orient it we stared stupefied as the compass slowly began to move across the map of its own accord. It wasn't until we realized Tim had fallen asleep again and had started to keel over with the compass still around his neck that we worked out we weren't hallucinating.

The really incredible thing about going through the night though is that in those horrific and long cold hours before first light you can hit rock bottom. Physically, mentally and emotionally I was wrecked. I had resolutely decided never to do another event like this and to pull out before the final 30km paddle. But as the initial fingers of light clawed across the sky and dawn heaved itself out of the gloom I felt my spirits lift, energy levels boost and resolve strengthen. The journey was on again. We might have felt and looked like Frodo en route to Mordor, but we were moving.

It was still a long way to the end of the trek though, with the small matter of a climb to Rodney's Pillar before a sharp descent to the road and a very boring flat tarmac section to finish off with. By now I had blisters on one heel and two toes, Gav was similarly afflicted and the hard tarmac and unforgiving fell shoes collaborated to make life less than pleasant.

As a team we were pretty strung out with each of us cocooned in our own personal hell making headway at whatever pace we could. Gradually though we inched closer to the end of the trek and the wonderful prospect of four more hours of incarceration in a boat that only allowed you to adopt a stress position designed to cause the maximum discomfort possible.

We reached the sanctuary of our Transit and stared in a daze at wetsuits still damp and cold from some 24 hours ago. By this stage Tim and Gav decided that

they wanted no part of the stress position torture and elected to pull out. To be fair whilst there would have been comedic value in seeing Tim fall asleep and then out of the boat there was a grave health issue to consider, I could after all have got seriously cold if I had had to go in after him to effect a rescue.

My head was scrambled, it would have been luxurious indeed to have nobly declared, "One out, all out for the sake of team solidarity", but I had come to finish and Ed was displaying keenness in that sort of resigned to his fate way that you would expect after 24 hours of activity. And so it was that we pulled on cold neoprene and set off to wrestle with the plastic tug boat pretending to be a kayak.

With the river so low we hit several sand and gravel bars along the way, which necessitated much aggression to get the boat afloat again. This was a relief in some ways though because the steep river banks made for a somewhat boring passage and the sepulchral fingers of fatigue were coiling around us again. Twice I saw the African Queen moored up at the shore, then a tree which was full of roosting cormorants and finally, and most weird of all, gargoyles in the muddy banks. Ed reported seeing a train running along side us but each one was a figment of our sleep deprived brains.

One incident though was very real. We had stopped paddling to allow Ed to re-position his seat. As we did so a swan powered over to the boat and hissed loudly before then attacking the stern with some significant malice. Despite this I could not muster enough energy to do anything until Ed was sorted and we could both begin to propel the kayak again.

Finally civilization started to materialise on the grey horizon in the form of a church steeple and gradually more and more cityscape developed around us until at last the footbridge from whence we had started hove into view and we gingerly piloted our craft to the slip and hauled ourselves out. Twenty nine and a half hours after it had begun, it was over.

On the whole, and with suitable time to reflect, the event was an enjoyable weekend, incredibly enough. This is despite the fact that the Full Monty was not a race, due to the restrictions in force regarding the racing of push bikes on bridleways and therefore only a challenge or nightmare, depending on your point of view, to be endured. The logistics and preparation in the run up lent an extra depth to it, and the distances involved, blend of disciplines and required team dynamics added up to a significant challenge that I would heartily recommend.

We will definitely be back to it next year but with the express intention of finishing as a complete team.

How I Lost Interest in Fell-Racing

from Don Booth

As my February, 2006 copy of *The Fellrunner* dropped through my letterbox I asked myself yet again, "Why on earth did I ever, all those twenty-odd years ago, take out life membership of the FRA? Whatever made me think (as I did then) that I would always race over the fells?"

As I read Helen Allison's account of her new-found enthusiasm for fell running ("My First Year Pretending to be a Fell Runner") I found myself thinking, "I vaguely remember being enthusiastic like that!" And I found myself asking, "How did I go from the enthusiast, convinced that he would run and race over the fells to his dying day, to the non-racing, hardly-running individual I now see in the mirror every morning?"

I have mulled this question over for a few weeks now (actually: years). The answer is that three discrete experiences, together, served to undermine my dedication to training and racing. These experiences could be labelled emotional, intellectual and spiritual.

Emotional. Thirty or so years ago I was competing in the Wasdale Race; doing well – in the first ten; had left the summit of Scafell Pike and embarked on the long, exhilarating (and quad-destroying) downhill dash to the finish. Espying, ahead, a group of teenage schoolgirls walking up the track in the direction of the summit, I prepared to put on a manly show – breathed in deeply; pulled my shoulders back; relaxed my arms. (Younger readers should note: these were the days before *Studmarks on the Summits*.

These were the days when there were studs on the summits – not mere impressions of studs.) As I flew past these lovely young ladies in most impressive fashion I heard one of them exclaim, "Cor! Inny skinny!" The emotional damage went deep – and has been long-lasting. All those training miles! All those press-ups! All for nothing, in terms of impressing the opposite sex...



Intellectual. Only a few years after this ego-piercing experience I had a dalliance with a sporting lady not of the fell-running persuasion. She was a systems analyst – a highly logical thinker. One day, after I had once again bored her with an enthusiastic account of my running, she observed, "It sounds as though what you're saying is: the more you train, the better you race?" "That's right!" I replied enthusiastically. "But if you know that – why bother?" she asked, genuinely curious and in her characteristically logical way.

I have never satisfactorily answered her question! The person asking the questions is the one who controls the conversation, by controlling the other person's thought processes. She had to go, of course – but that one innocent question started an insidious process by which I gradually lost interest in "banging out the miles."

Spiritual. In time, I took on the organisation of a fell race. I ran in it, too – for the first few years. Then I found, as the numbers of entrants grew, that I couldn't run in it *and* organise it to my satisfaction: I stopped running in it. Then I realised that, frequently, I couldn't even say who had won or what the winning time was. My only concern was that everyone had got round safely and had enjoyed the event. The medium was not the message; running was not the most important thing – the welfare and happiness of others were *more* important.

And there we have it – the story of one man's gradual loss of interest in racing over the fells.

Is there a moral to the tale? I think there are two. The first is for the males of the species: if you want to race over the fells into your old age, don't look at girls – especially during a race – and don't listen to them, either. The second (for both males and females) is: do get involved in organising or helping with the staging of races: it's highly rewarding, and it's what makes fell racing possible for others.

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Learn the basics of navigation on the fells or come along and improve your navigation skills. We can help you at any level of experience and it will only cost you £60 for the weekend, inclusive of full board.

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Yet another statistical masterpiece from Brian. I don't know where he gets all his facts from, how he works them out or how many hours of dedicated mathematical calculation it all takes him but I have this dreadful feeling that one day, when the symbiosis between him and his computer has finally and inevitably become complete, I'll be talking to him and his eyes will glaze, the top of his head will lift up and and I'll find myself conversing with an LCD screen.

Lakeland Classics – Top 20 Ladies All Time Ranking

from Brian Martin

In the Fellrunner magazine of June 2005 an article compared the performances of the top male fell runners throughout the history of the Lakeland Long 'A' races, so this article is an attempt to complete the same exercise for lady fell runners.

Initially lady runners were not allowed to run these long races and had to wait in some cases 5 to 10 years or more before being officially recognized, although a few ladies tried to hasten this process by running in the all-male race fields. Due to this shorter race history and the much smaller entry for ladies' races, the number of top performances at these races is considerably fewer than that recorded for the men, and hence the selection of best times and the ranking method used has been modified to some extent.

This article refers to the winners and top performances from some 136 races throughout the years 1978 – 2005.

'Statistical Bit' – Standard Race Times

As demonstrated before it is possible to derive a single statistic for each runner's performance, no matter when the runners competed at these races and from this statistic to construct a performance ranking of the top fell runners.

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 3.45, Ennerdale 4.35, Wasdale 4.55, Borrowdale 3.35, Three Shires 2.20, and for Langdale 2.40. Thus, these ST's are some 15 minutes slower than the current records for both

Three Shires and Langdale, some 20 and 25 minutes for Borrowdale & Duddon, and approximately 30 minutes slower for Ennerdale and Wasdale.

Top Fell Runners' PB's

From the Top 50 or so best times for each race it is possible to extract the top runners' Personal Best times, highlight those times close to the current record, and establish the sequence of records set since the races started.

Name	Club	D-V	E-D	W-D	B-D	3-S	L-D
1 Sarah Rowell	P&B	3.24.00		4.33.51	3.15.34	2.21.45	
2 Mari Todd	Ambleside		4.32.26	4.22.10	3.41.07	2.05.29	2.43.15
3 Clare Crofts	Dark Peak	3.24.38	4.33.38	4.45.20	3.31.07		2.29.58
4 Ruth Pickvance	Kendal	3.43.49	4.23.49	4.31.12		2.12.49	2.38.40
5 Helene Diamantides	Ambleside		4.45.27	4.28.35	3.14.45		2.23.25
6 Angela Brand-Barker	Keswick	3.38.51	4.40.37	4.36.47	3.45.46	2.20.43	2.34.28
7 Sally Newman	Calder Valley	3.31.53	4.29.52	4.51.41	3.42.23		
8 Pauline Haworth	Keswick		4.27.52	4.51.20	3.26.05	2.18.44	2.40.14
9 Sue Parkin	Kendal		4.40.32	4.45.39		2.15.38	2.48.51
10 Nicola Davies	Borrowdale	4.01.00	4.39.01	5.03.53	3.26.19	2.14.29	2.33.54
11 Vanessa Peacock	CleM		4.21.31		3.46.54	2.08.45	2.37.0
12 Louise Roberts	Keswick	3.26.27			3.46.06	2.18.28	
13 Nicky Lavery	Ambleside			4.50.23	3.37.47	2.19.23	
14 Sharon Taylor	Bingley	3.47.19		5.02.49	3.44.11	2.20.18	2.47.26
15 Sarah Haines	Ilkley	4.10.57	4.43.57		3.29.19	2.24.50	
16 Jackie Hargreaves	CFR	3.49.38	4.45.21			2.22.58	2.40.37
17 Stephanie Quirk	Kendal	4.03.30		4.43.10			2.44.17
18 Wendy Dodds	CleM	3.56.28	4.57.35	5.20.51	3.46.06		2.37.30
19 Ros Coates	Lochaber		5.16.55		3.30.30		2.37.57
20 Bridget Hogge	Eryri			5.08.28	3.48.07		2.42.47
Record Time		3.19.52	4.06.41	4.22.10	3.14.36	2.05.29	2.23.25
Standard Time		3.45.00	4.35.00	4.55.00	3.35.00	2.20.00	2.40.00

No recorded time in this table means either the runner has never run that race, or that she has a PB time slower than the Standard or cut-off time.



Mari Todd at Fiensdale 1997
(Photo Pete Hartley)

Mari Todd holds two of the six records – Wasdale and Three Shires, both from 1997. Helene Diamantides holds the Langdale record from 1990 and previously had set the records at Wasdale 1990 and Borrowdale 1991 prior to the current record times. The other race records are held by ladies not featuring in this Top 20 analysis – Yvette Hague holds the Duddon Valley 1992 record (NB Sarah Rowell's 2nd best time from 1995 has sometimes been mis-quoted as the record). Tricia Calder, Edinburgh holds the oldest established record of these six races, that at Ennerdale in 1990. Menna Angharad, Eryri set the Borrowdale record in 1997.

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 4 races – points from 3 races in total.

Rank	Name	Club	D-V	E-D	W-D	B-D	3-S	L-D	Total
1	Sarah Rowell	P&B	109		107	109	99		326
2	Mari Todd	Ambleside		101	111	97	110	98	322
3	Clare Crofts	Dark Peak	109	100	103	102		106	315
4	Ruth Pickvance	Kendal	101	104	108		105	101	317
5	Helene Diamantides	Ambleside		96	109	109		110	316
6	Angela Brand-Barker	Keswick	103	98	106	95	99	103	312
7	Sally Newman	Calder Valley	106	102	101	97			309
8	Pauline Haworth	Keswick		103	101	104	101	105	308
9	Sue Parkin	Kendal		98	103		103	94	306

10 Nicola Davies	Borrowdale	93	99	97	104	104	104	300
11 Vanessa Peacock	CleM		105		94	108	102	307
12 Louise Roberts	Keswick	108			95	101		304
13 Nicky Lavery	Ambleside			102	99	100		301
14 Sharon Taylor	Bingley	99		97	96	100	95	296
15 Sarah Haines	Illkley	88	97		103	97		296
16 Jackie Hargreaves	CFR	98	96			98	100	294
17 Stephanie Quirk	Kendal	92		104			97	293
18 Wendy Dodds	CleM	95	92	91	95		102	291
19 Ros Coates	Lochaber		85		102		101	288
20 Bridget Hogge	Eryri			95	94		98	288
Record Time		111	110	111	109	110	110	333
Standard Time		100	100	100	100	100	100	300

The Top 10 Ladies includes both past and present British and English Champions from the last 25 years headed by Sarah Rowell, British and English Champion in 1995 and 1996. In second place within 1% of Sarah's score is Mari Todd, English Champion in the following year 1997, closely followed by Clare Crofts and Ruth Pickvance, both British Champions from the late 1980s, and in fifth place Helene Diamantides noted for her many successes at these and other long distance events.

The next five ranked runners include two further multiple British Champions, Angela Brand-Barker / Carson spanning the years 1986 to 1993 and 1994, Pauline Haworth, Champion in 1980, 1984 and 1985, plus another British Champion from 1982, Sue Parkin. Also ranked in the Top 10 is the current English Champion Sally Newman, (2000 and 2005) with a score achieved from three Super Long Lakeland races that have been included as Championship events in the last few years.

The only other runner to achieve a total score of 300 or more from this specific ranking is Nicola Davies, who has the distinction of being the only lady runner to have won all of these six long Lakeland races.

In order to extend the ranking beyond the Top 10, other runners have been included on the basis that Borrowdale also qualifies as a Super Long race.

Thus, the next three ladies, Vanessa Peacock, Louise Sharp / Roberts, Nicky Lavery score higher than 300, and two others Ros Coates and Bridget Hogge also gain a Top 20 ranking.

Had this ranking been used for all runners, only two of the Top 10 ladies' scores would have been changed. Significantly Helene Diamantides, due to three top race performances would have scored 329, higher in fact than Sarah Rowell, and Nicola Davies would have scored 307.

Three other ladies also merit inclusion for gaining total scores better than or equal to 285 – Jacky Smith 287, Sue Ratcliffe 287, Alison Wright 285.

In addition to these Top 20 ladies and the other Lakeland record holders – Menna Angharad, Tricia Calder, Yvette Hague – there are just three other runners, Janet King, Angela Mudge

and Angela Priestley who have achieved top scores (105+) at individual races, but have not competed in a sufficient number of these long Lakeland races to warrant inclusion in this ranking.

In fact, Yvette Hague has top performances (105+) from three lakeland classics – Duddon Valley 111, Three Shires 106, and Langdale 105 – an aggregate score of 321, surpassed by only three of the Top 10 runners.

All but four of the twenty past British or English Champions have been mentioned so far – English Champions Carol Haigh / Greenwood 1986 and 1993, and Cheryl Cook 1990, plus the two recent British Champions from Scotland, Tracey Brindley 2004 and Jill Mykura 2005.

Perhaps the most notable exception is Carol Greenwood, holder of many short and medium race records. Carol has two wins at these classic races – Langdale 1986 and Three Shires 1993 – but no other long classic results of note.

Winners & Records

The following traces the progression of the race records and highlights the number of classic race wins of these top runners during the last 25 years or so.

1978 – 1989

The first Lakeland Long 'A' in 1978 at Langdale was won by Bridget Hogge and the following year Ros Coates reduced this Langdale record below 2.40.

In 1980 Pauline Haworth set the initial records at Ennerdale, Wasdale and Borrowdale, plus winning at Langdale during her first year as British Champion.

The inaugural Three Shires race in 1983 was won by Linda Lord. In the following year Pauline Haworth / Stuart reduced the record time of both Three Shires and Borrowdale and won four of the five classic races held that year. In 1985 Pauline set a new record for Ennerdale to complete 10 classic wins during her career.

Angela Carson / Brand-Barker set records at Langdale 1985 and Wasdale 1986 following a win there in 1985. Vanessa Brindle / Peacock won Three Shires three times setting new records in both 1987 and 1989, plus reducing the Ennerdale record in 1987.

Ruth Pickvance gained four wins in 1988/89 - Wasdale, Langdale twice, plus a record win at Three Shires in 1988.

Sarah Haines won the first official long race at Duddon Valley in 1987 and completed four consecutive Borrowdale wins in 1988, plus a fifth win in 1990 that reduced her PB to below 3.30 - then the second best time at Borrowdale.

Sarah also won the 1988 Ennerdale to accumulate 7 classic wins in total.

Clare Crofts was the other record breaker during this period – at Langdale in 1987 and Duddon in 1988; she also won the 1988 Wasdale and became the first lady to be both British and English Champion in the same year.



Sarah Rowell at the 1999 Three Peaks
(Photo: Pete Hartley)



Clare Crofts at Fiendsdale 1997
(Photo: Pete Hartley)

1990 - 1999
Records had been broken in each of the previous 12 years, and this sequence continued for the next three years in the 1990's. Tricia Calder established a new record at Ennerdale in 1990 which remains the oldest record of these six races.

Then Helene Diamantides set three records in consecutive years - Wasdale 1990, Borrowdale 1991 and Langdale 1992 - the latter still the record. Helene won Borrowdale again in 1992 and later in 1999 won both Borrowdale and Langdale again to total 6 classic race wins.

Another record set in 1992 that has yet to be beaten was Yvette Hague's at Duddon Valley. Yvette won Duddon again in 1997 and together with a Three Shires win, plus two Langdale victories, has 5 classic wins to her credit.

Ruth Pickvance continued to win more classic races in the early 1990's, three races in 1993, plus Wasdale in 1994 to total 10 classic wins; only failing to win at Borrowdale of these six Lakeland races.

The last year in which Lakeland records were set was 1997. Menna Angharad first reduced the Borrowdale record by some 30 seconds in 1995, then Sarah Rowell knocked 10 minutes off the record in the 1996 Championship race, only for Menna to return in 1997 to regain this record by just 9 seconds.

Mari Todd claimed three victories at the Three Shires race, the last in 1997 being a new record time. Mari also set the Wasdale record in 1997 and won 5 classic races in total, including the 1993 Borrowdale race.

2000 - 2005

Probably the most competitive Lakeland runner, Wendy Dodds won her first classic race at the 1990 Langdale, followed by two wins at Wasdale in 1992 and 1999. Wendy won three races in 2000 (in her 50th year!) at Duddon, Wasdale and Langdale, and won Duddon again in 2003 to claim 7 classic wins in total.

Nicola Davies has 8 classic wins to her credit, four of these in the 1990's starting with two wins in 1994, and more recently winning Ennerdale 2002 and Wasdale 2004, plus two further Borrowdale victories in 2003 and 2005.

Angela Brand-Barker has 4 classic wins during a 20 year fell running career - her initial successes in 1985 / 86 and her most recent at Wasdale in 2002.

Current English Champion Sally Newman won the 2000 Ennerdale and the 2005 Wasdale and gained



Menna Angharad
at Coniston 1996
(Photo Pete Hartley)

second place to Louise Sharp at the 2002 Duddon, all these being Championship races. Sally's aggregate points score from these three Super Long races has been surpassed by only two other Top 10 runners - Clare Crofts and Ruth Pickvance.

Finally, to record that Wendy Dodds won the Lakeland Classics Trophy in 2002 and 2003 and Jackie Lee won both the 2004 and 2005 Trophy. During the last three years Jackie has accumulated 4 classic race wins.

Yearly Total Scores

In addition to those top fell runners that have dominated certain time periods, some ladies have also gained an impressive total points score in a single year.

Pauline Haworth	293	1980
Stephanie Quirk	293	1986
Alison Wright	285	1991
Ruth Pickvance	305	1993
Nicola Davies	289	1994
Wendy Dodds	275	2000

Since the start of the Lakeland Classic Trophy series, as yet no runner has achieved a yearly total score higher than 280 points. The five best scores to-date : (2002-05 LCT on same basis as PB lifetime scores)

Jackie Lee	272, 279	2004, 2005
Jane Meeks	265	2005
Wendy Dodds	258, 258	2002, 2004

Summary

The purpose of this article was to highlight the performances of the top lady fell runners at these long classic Lakeland races. Not surprisingly most of the top performances have been achieved at the more competitive Championship events and many of the Champions appear in this Top 20 ranking.

During the 1980s several ladies helped to establish a high standard at these events - notably Pauline Haworth, Sue Parkin, Sarah Haines, Angela Brand-Barker, Vanessa Peacock, and a few others that appear in this ranking.

The late 1980s and early 1990s saw further improvements in performance at these classic races particularly by Clare Crofts, Ruth Pickvance, Helene Diamantides, and also by two of the current record holders Tricia Calder and Yvette Hague.

All of the existing records were set during the 1990s, that culminated with a series of record breaking at Borrowdale by Menna Angharad and Sarah Rowell, and two new records by Mari Todd at Wasdale and Three Shires in 1997.

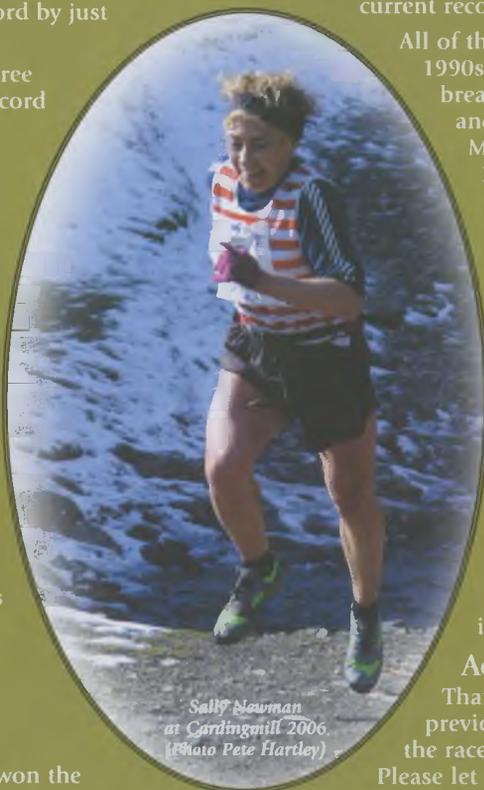
More recently in the late 1990s and 2000s some new names have enjoyed success at these Lakeland classics, and several of the Top 20 ladies have demonstrated their ability to maintain quality performances when moving up to the Veteran categories - most notably by Sally Newman, the 2005 English Champion.

Finally, it is left to the reader to nominate their Lakeland Classics Champion.

Sarah Rowell heads this particular ranking, but several other ladies have been shown to have top performances to their credit and to have secured their place in the history of these classic races.

Acknowledgements

Thanks again to those acknowledged in the previous article and to several others, including the race organisers, for their help with race results. Please let me know if you notice any errors or omissions.



Sally Newman
at Corringmill 2006
(Photo Pete Hartley)

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Moors for the Future News

Moors for the Future Project . Castleton Visitor Centre . Buxton Road . Castleton . Hope Valley . Derbyshire . S33 8WP

13 March 2006

From Black to Green

Issued by the Moors for the Future Partnership

The Moors for the Future partnership is about to commence restoration works on one of the highest hills of the Dark Peak in the Peak District National Park, the summit of Black Hill. Ramblers can expect to see benefits as this notorious peat bog, famous as one of the toughest stages on the Pennine Way National Trail, is restored to moorland vegetation. The land is owned by United Utilities and Yorkshire Water, as part of the water catchments serving Yorkshire and the North-West, both key members of the partnership.

Yorkshire Water catchment and recreation manager Miles Foulger says: "After monitoring Black Hill, it is clear that nature needs a helping hand to recover. By working together we have been able to develop, agree and deliver a joint project that meets the need of our farming tenant, the water companies and the National Park. However it will be several years before we see the benefits for landscape, wildlife and water."

Restoration work to revegetate the moor will begin initially on approximately 46 hectares around the trig point, currently a morass of wet, soggy peat. The area is especially vulnerable to the smallest changes in pollution, use and damage, and has suffered over many years due to acid rain deposition derived from the combustion of fossil fuels during the Industrial Revolution.

The first stage of the project will be the spreading of 163 tonnes of heather brash, cut from areas of moorland on the PDNPA's Eastern Edges estate. The cut heather will be spread to a depth of only a centimetre or so and acts as a protective blanket to the peat, helping to prevent further erosion and as a source of seed. The revegetation work is in fact completing a process begun in 2000 to repair trampling damage, reduce sheep grazing and reverse the effects of acid rain and fire damage.

Moors for the Future Conservation Works Manager, Matt Buckler. "We are delighted to be able to work on such a high profile site with such a long history of damage. It is our aim that the walkers on the Pennine Way in 2050 look back on their passage through

the Derbyshire moorlands with wonder rather than the current horror."

This is one of many large scale, restoration projects the Moors for the Future partnership is undertaking. By working to reverse erosion and regenerate vegetation we should see long term improvements in the peat and water courses of the area, which is home to rare plants and wildlife. Blanket bog like that on Black Hill is one of the world's rarest habitats.

The project also supports moorland research and awareness raising work. For details on the research, conference reports, restoration work and more, see the project's web site www.moorsforthefuture.org.uk.

Note :

Heather brash:

- Is a source of heather seeds, moss, lichen and fungal spores, all of which have been removed from the sites by the fires that have caused the damage to the peat and which are essential to kick-start the restoration process.
- Provides physical protection to the peat, knitting together to form a skin over the surface which reduces the erosive power of frost, wind and rain.
- Provides a better seed bed, with more protection, for the grass seeds that will be applied to the site during the spring of 2006.

In the spring of 2006, granulated lime will be applied to the site to increase the pH, which is currently very low (2.5-3.5). The site will then be seeded with a mix of grasses that will form a skin over the surface and these will be fertilised. The site will have follow-up treatments in the spring of 2007 and 2008 to assist with this initial protection phase.

Moors for the Future is a Heritage Lottery funded partnership project to restore large parts of the internationally important Peak District moors. The partners are Peak District National Park Authority, National Trust, English Nature, United Utilities, Yorkshire Water, Severn Trent Water, Sheffield City Council, English Nature, Defra, Country Land & Business Association, National Farmers' Union and Peak Park Moorland Owners & Tenants Association. For further information visit www.moorsforthefuture.org.uk Media enquiries to Matt Buckler, Conservation Works Manager 01629 816584 or Barbara Crossley or Chris Taylor 01629 816356 (office).

Geoff Clayton Ambleside A.C. 1949-2006

To most of your readers outside Ambleside or Horwich R.M.I. Geoff was the man who had two stints organising the classic Langdale Race, and was just about to start a third - which must be something of a record in race organisation! To those of us who knew him much better Geoff was one of the stalwarts of the Ambleside club - one of the nucleus who had been members since the club's reformation in 1983. Maybe not one of the louder or more visible parts of that nucleus, but one whose qualities of calm reliability and comradeship were central to the club's success.

Geoff was never a superstar athlete but he was a good class club runner who ran sub 2.20 several times in the Three Shires and trotted round the Bob Graham with his mates Norman Walker and Eric Parker in 1984. Always a 'doer', there were times when the club would be deep in argument about who should perform some task, only to find Geoff quietly getting on with it. On many occasions Geoff's calm and sensible comments saved the club from the kind of implosion which

from time to time has destroyed other clubs and we shall certainly miss his mastery of the art of diplomacy.

Reliability was Geoff's middle name, and I personally shall miss all his help with the Shires Race. For many years Geoff helped me flag the Junior course on the Friday afternoon. Latterly I didn't even need to ring him, knowing that he'd be there outside the pub when I arrived, big smile on his face and ready to go! I recounted this memory at Geoff's funeral and was not really surprised when numerous friends came up afterwards to tell me how Geoff had always been there for them too.

At a tragically early age Geoff suffered a massive heart attack from which he never recovered. Gwen, Charlotte and James are in the thoughts of everyone connected with Ambleside AC, and we share their sense of shock and loss. Geoff Clayton was a very gentle man and we miss him dearly.

S Wright

Possibly a slight touch of the Brian Martins about this next piece but, especially in view of the fact that it's a Championship race this year, well worth including if only to lay down a marker for the Lady competitors!!

Peris Horseshoe Unbeatable Women's Record?

from Graham Breeze

Nothing is Unbeatable!

In his review of the Peris Horseshoe Mountain Race (*The Fellrunner* February 2006), which is to be a British Championship counter on 16th September, Jon Broxap expressed the view that Menna Angharad's 1996 record of 3.28.14, unlike Gavin Bland's record of 3.02.49, was "unbeatable".

An equally authoritative view is held by Sarah Rowell who, whilst she would never suggest that any race record is "unbeatable", not least because of improvements underfoot and the gradual establishment of the "best lines", agrees that, "It will take someone pretty special and having a good run to go faster". Sarah, who secured the 1996 British Championship by coming second that day, was gracious in defeat describing Menna's performance as "awesome and on another level". Menna's performance was clearly recognized as outstanding in the extensive race reports, including a page in colour!, in *The Fellrunner* for October 1996, which was followed in February 1997 with a two-page profile by Francis Uhlman titled "The Fell Phenomenon that is Menna Angharad".

And should it be thought that Menna's performance that day at Peris was just a "one-off," it must be noted that she still holds other records as can be seen in the table.

So How Good A Record Is It?

One way of illustrating relative performance is to calculate the percentage of the women's record time over the men's

record time. The arithmetic may be simple but the validity of using the calculated percentages for comparative purposes is, of course, dependent on the "quality" of the men's record. As the table shows, three of the higher percentages are where the men's record is held by Billy Bland, records that have stood for approaching 25 years, and so these should not detract from the quality of the women's records held by Yvette Haigh (Duddon Valley), Menna Angharad (Borrowdale) and Mari Todd (Wasdale).

In the case of Peris: 3.28.14 divided by 3.02.49 gives 114% (rounded). Examining this figure within 20 classic Long "A" race records is illuminating and I freely acknowledge my debt to Sarah Rowell for provoking me into researching this article and my gratitude to Madeleine Watson (FRA Statistician) for assistance with the analysis of the data.

What Does The Table Tell Us?

First, one would expect a range of % values and here they range from 113% to 128% (the mean is 120%) which reflects the quality of both the men's and women's records.

Secondly the table illustrates the calibre of record holders. One does not hold a classic Long "A" record because nobody better turned up on the day. Consider the women's records: Angela Mudge holds six, Menna holds four, and Mari Todd and Andrea Priestly each have a couple, then there is Sarah Rowell, Helen Diamantides,...



Menna Angharad at Upice in 1997
(Photo Allan Greenwood)

But returning to Menna's Peris record. Yes! at 114 % it is outstanding; but her performance is surrounded by a set of almost as impressive results in Celtic races with records shared with Angela Mudge. Perhaps this takes us back to Jon Broxap's suggestion that the men's record for Peris could be reduced within the competition of a British Championship and, in my view, perhaps some of the other Celtic

races that head the table as well. Whilst any lowering of the men's records would not dilute the quality of the records held by Menna and Angela it would increase the individual race percentages to within the broad span shown for the 11 English races.

perhaps this point is best illustrated by Angela's 2000 Two Breweries record which at 113% is even better arithmetically than Menna's Peris performance. But perhaps the Two Breweries race has not attracted enough top English runners who might have lowered the male record?

Another illustration: Carol Greenwood's Snowdon 1993 record (1.12.48) is regarded as a great record yet it is "only" 116.5% of the men's record. This is impressive enough until you realize that the men's record is still held, after 20 years, by Kenny Stuart in 1.02.29. If you then look at all the Snowdon race winners you will see that Carol also holds the 2nd and 3rd fastest times before you get to the great Angela Mudge on 1.16.14: over 3 minutes slower. So Carol's record of 116.5% is truly outstanding because it is in the context of a great record held by Kenny Stuart.

Of course race records do not tell the whole story. Sarah Rowell's Three Peaks record (3.16.17) is listed in the table for 1996 when she was 20th overall and 30 minutes behind Andy Peace, who achieved the male record time of 2.46.03. But in 1992 in much poorer conditions Sarah was 15th in 3.19.11, only 18 minutes behind multiple winner Ian Ferguson who ran 3.01.11. Sarah believes 1992 and not the 1996 record was probably her best Three Peaks performance.

Another example: Sarah's record of 2.49 for the old Seven Sisters race (now known as the Beachy Head Marathon) which she famously won outright in 1986 is only 4 minutes, or a couple of %, outside the men's record of 2.45 set by Mike Bradley (Chesham Harriers) in 1991.

So arithmetic is a useful tool but it does not always tell the whole story.

Other Category Races

In researching this article the male/ female record percentage has been calculated for every race listed in the FRA Calendar and this has highlighted outstanding female performances in Medium/ Short races (as with Snowdon above) as well as Longs. These performances will not be considered further but it is reassuring to note that highly regarded women's record holders such as Carol Greenwood for Buckden Pike which is 118% of Colin Donnelly's record (1988); or Sarah Rowell for Skiddaw- 118% of Kenny Stuart's record (1984); or Mari Todd for Three Shires- 119% of Gavin Bland's record (1997); or Victoria Wilkinson at Fairfield- 118% of Mark Roberts' record (2000), are consistent with the data.

A Win Is A Win

Some of the women's records listed above date to the early 1990s. Whether or not today's runners really care about records, as distinct from just winning, has been raised in these pages before and so will not be revisited. The purpose of this short piece has been merely to illustrate, using a simple measure, what Menna Angharad achieved on Peris in 1996.

So Unbeatable Then?

Let us group it with the women's records noted above or, say, Andy Styan's record for Langdale (1977), Colin Donnelly's for Buckden Pike (1988), Kenny Stuart's for Buttermere Sailbeck (1985); or any record held by Billy Bland.

Menna's record deserves to be in such company.

Emergency First Aid Qualification

Interested?

Well if not, you should be, so read on anyway!

After some 25 years of not attempting a first aid qualification - rejected at my first attempt, '...unable to quickly tie neat knots...' etc. - this year I gained my Emergency First Aid Certificate.

No big deal, loads of people have First Aid these days, I hear you say, true I agree, but for me it was a big deal. Being one short in the hand department often means I have to do things differently, but where there's a will there's a way. Anyway the course I did was designed for those of us taking groups out doing field work, walks etc., very practical and tested mostly outside. One of the main thrusts was that emergency incidents don't always happen in ideal conditions, you don't always have the perfect triangular bandage to hand, but everyone is capable of some help in an emergency. The course was delivered and assessed by outdoor sports people used to having to adapt to the conditions/terrain they were in and able to use remote improvised techniques.

I mentioned this at the last Safety and Navigation weekend and asked others present if they thought this would be a good skill to acquire via the FRA, most agreed it would.

So I suggested to our committee that the FRA book and subsidise a couple of courses for our members to do. After reviving the treasurer (see you never know when these skills will be of use), it was agreed to investigate this further.

- National qualification
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Day one of this course covers the needs of 'Appointed Person' at work, successful completion of day two also covers the needs of outdoor national governing body instructor awards. Suitable for ML, SPA, BCU, RYA, BOF, MIA, MIC amongst others.

At this stage I just need to gauge interest in either mid-week or weekend preference for a course, the full cost of which could be in the region of £800. Now before anyone else faints, if the basic interest is there in enough numbers (ideally ten or twenty at a time) this will bring the cost down. If it goes ahead, the committee still have to discuss and agree a level of subsidy and for a national award your employer (or even cash rich running club) may also help out. So without commitment, could you let me know if you'd be interested in :-

- Weekend or mid-week
- Your club
- Cumbria/Lancashire/Yorkshire for the course
- Your name and FRA membership number

Email me at chrisknox2@tiscali.co.uk

"Believe it or not"

Are fell-runners very careful or just plain tight??
Received from Tony Verley

My wife, Freda, opened an envelope that contained three entries for the Winter Hill race from three unattached runners - but no cheque. She therefore rang the main contact to point out that he had omitted to include a cheque only to be told by him that they were entering as a team and teams of three were free.

I put this down to a one-off, only for a chap from Liverpool to phone up a few days later to confirm with me that a team consisted of three runners. This was because two members of his club had already entered and he was going to see if he could get a third for free entry. I pointed out to him that individuals had to pay, but there was no team fee and his reply was that this was very confusing.

I did take journalistic licence with the last chap and told him that he was the only person in 18 years to ask me if three people entering the race from the same club got free entry.

Race	Male	Year	Time	Female	Year	Time	%
Two Breweries (18/4900)	John Taylor	1992	2.33.57	Angela Mudge	2000	2.53.56	113
Peris Horseshoe (17.5/8500)	Gavin Bland	1994	3.02.49	Menna Angharad	1996	3.28.14	114
Pentland Skyline (16/6200)	Andy Kitchin	1994	2.22.40	Angela Mudge	2002	2.42.29	114
Stuc A Chroin (14/5000)	Ian Holmes	1997	1.59.22	Angela Mudge	2003	2.18.04	116
Llanbedr-Blaenavon (15/4500)	James McQueen	1999	1.59.01	Menna Angharad	1996	2.19.03	117
Welsh 1000M Peaks (22/8000)	Gavin Bland	1999	3.27.20	Angela Mudge	1999	4.02.39	117
Black Mountains (17/5200)	Keith Anderson	1993	2.16.01	Menna Angharad	1996	2.40.10	118
Three Peaks (24/4500)	Andy Peace	1996	2.46.03	Sarah Rowell	1996	3.16.17	118
Tour of Pendle (16.8/4830)	Rob Jebb	1999	2.11.52	Angela Mudge	1997	2.36.28	119
Three Shires (12/4000)	Gavin Bland	1997	1.45.08	Mari Todd	1997	2.05.29	119
Isle of Jura (16/7500)	Mark Rigby	1994	3.06.59	Angela Mudge	2003	3.45.31	121
Brecon Beacons (19/4500)	Nick Sharp	2003	2.28.32	Lydia Kirk (Gould)	1991	2.59.23	121
Duddon Valley (20/6000)	Billy Bland	1981	2.43.10	Yvette Haigh	1992	3.19.52	122
Ennerdale (23/7500)	Kenny Stuart	1985	3.20.57	Tricia Calder	1990	4.06.41	123
Edale Skyline (21/4500)	Gavin Bland	1999	2.34.39	Sally Newman	2000	3.09.44	123
Langdale (14/4000)	Andy Styan	1977	1.55.03	Helen Diamantides	1992	2.23.25	125
Borrowdale (17/6500)	Billy Bland	1981	2.34.38	Menna Angharad	1997	3.14.36	126
Sedbergh (14/6000)	Keith Anderson	1991	1.57.11	Andrea Priestley	2002	2.28.38	127
Wasdale (21/9000)	Billy Bland	1982	3.25.21	Mari Todd	1997	4.22.10	128
Holme Moss (16/4000)	Ian Holmes	1996	2.00.05	Andrea Priestley	1994	2.33.26	128

Mountain Running PST Notes

May 2006

from Ian Taylor

Having been involved in organising the first British Championship race this year, I congratulate the Anniversary Waltz team in coping successfully with a record 600 starters in the second British Championship race of the year. It was a pleasant surprise to see a full page news item on the UKA web site, even if the slant was towards the English championship positions rather than the British ones.

On the International scene, team managers will be pleased that the World Trophy is more accessible for the next three years, this year in Turkey and in the same region of Switzerland for 2007 and 2008. However getting to Turkey will need careful planning to arrive early enough in the day to get to the venue, Bursa. Slightly closer to home, individual athletes may still have time, as this edition reaches you, to enter the trial on 18th June for the UK European Championship team for the event in the Czech Republic in early July. With access to European races becoming cheaper, many athletes would benefit from occasional forays into Europe – the WMRA calendar now gives a more comprehensive list at www.wmra.info

The more cynical amongst you will probably think that UK Athletics will never properly sort itself out. We have varied attitudes to change – some want its benefits proved before they will accept new ideas, others embrace change without regard to the consequences. The benefits of change in UK structures are now starting to filter down to the regions. Legacy money is coming on stream this year. Is our discipline going to gain from it? Is support needed for junior development, club activities, coaching programmes or overseas competition? Each region needs to have mountain running representatives willing to argue the case for our discipline – and that means contributing at regional meetings for the good of athletics as a whole.

More specifically UKA is reconstructing a Policy Forum for all endurance disciplines with smaller subgroups for the four disciplines of cross-country, road and mountain running and race walking. The present Policy and Support Groups continue until the new subgroups are set up. The present PST is convinced that we, or our replacements, have a role to play in communications between the different regions of the UK, in reaching agreement on issues such as rules, safety, junior guidelines, coaching, etc. and in mutual support on international matters.

A worrying trend is the impact of legislation, with everyone required to prove or carry a certificate to say they can do a job. UKA has been "licensing" its Track Officials onto 5 new levels but now the process is being extended to road running. To quote "licensed officials will need to be present at all athletic competitions regardless of whether they are on the road, country or track for insurance cover to be valid" That is going to be quite difficult to meet for the many hundreds of road races organised outside the club structure. At least they omitted mountain running but a further leaflet includes Fell & Hill Running, with details to be completed by the FRA! In the pages of the *Fellrunner*, perhaps I should refrain from pointing out that the FRA does not speak for all of the UK, even if it wanted to contribute to the grading of officials. With no tradition of officials I am not sure where we would begin – our main experts are race organisers, already listed on a variety of forms and calendars. Race organisers assemble their teams, making numerous decisions based on their expertise, including amending race routes, sweetening landowners, choosing bad weather courses, sometimes on gear to be carried, infrequently acting on disputes with athletes and generally ensuring everything runs smoothly. They are the vital ingredient in our sport. We need to ensure that any imposed requirements act to support and assist our organisers, not make their job more laborious. I suspect that the incoming mountain running subgroup (PST?) will have its work cut out on this issue for some time.

Honister Quarry from Peter Travis

Stone walls are the bones
of this high level graveyard.
They are the skeletons of an age
when man rived slate from its native bed
and bore the worst inclemencies.
Builings, low-roofed to escape the searching
wind,
thick walls to stay the chill.
Time and neglect have advanced the cancer
of decay,
a telling narrative to men who worked
these places, whose spirits can still
be felt by sensitive perception.
Sheep soak up the absorbed warmth
of crumbling wall as sun dips below
the serrated skyline, a chilling breeze
to remind me that I am only
an observer, a recorder of feelings.

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Fell's place at UKA

From Trevor Frecknall - UKA Press Officer

UK Athletics has assured leaders of the Fell Runners' Association that fell and hill running is a full part of the endurance scene in the view of the national governing body.

UKA Chief Executive David Moorcroft and Senior Co-ordinator for Non-Lottery Endurance Spencer Barden held a productive two-hour meeting with FRA Chairman Alan Barlow, Secretary Alan Brentnall, North of England AA Representative Tim Cock, Magazine Editor Dave Jones and Statistician Madeleine Watson. The meeting was held to discuss FRA concerns and UKA plans.

Barden explained: "The FRA wanted to make sure they had a closer link with UKA and I wanted to introduce myself to them and let them know I'll be their point of contact. We all want to build a better working relationship. It was a really good, constructive meeting. Lots of topics were raised and I think everyone went away in good spirits."

The governing body has formed an Endurance Management Group to coordinate its efforts to service the needs of non-Lottery funded distance runners on all surfaces. Sarah Rowell will represent fell and hill running on the EMG, which will take up FRA issues.

Barden, a former international cross country and track runner, explained that the EMG will be responsible for funding such important activities as National Squad training. Through the non-lottery competitions budget, UKA will fund international opportunities at major championships such as the European Championships taking place in Upline-Male, Czech Republic, Sunday 9 July. This is the same source that funds Norwich Union Great Britain and Northern Ireland Teams at events such as European Cross Country Championships.

"We are looking to raise the profile of endurance running and increase the cross-over from one branch of the sport to

another," added Barden. "There have been two great examples in the last year or so.

"Steve Vernon, who is the UK 4km Cross Country Champion, was in the GB Team that earned the Silver medals at the European Mountain Running Championships in Heiligenblut, Austria, last July.

Also young Nick Swinburn, who has made his name on the fells, was in the GB Junior Men's Team at the IAAF World Cross Country Championships in Fukuoka, Japan, a few weeks ago.

"Fell and hill running will be part of the big Endurance Squad weekend we are planning for November."

The meeting at UKA headquarters has already resulted in a couple of follow-ups. Barlow and Barden have begun a dialogue on a couple of issues; and fell championships previews, reports and results have begun to appear on www.ukathletics.net, the governing body's website



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Running Up Hills for Theo

Saturday 29th July 2006

from Simon and Rebecca Bowens

When Theo Bowens, was admitted to hospital in February at the age of thirteen months after a short illness, his outlook looked as bleak as a cold, wet December day on Penistone Hill. He was diagnosed with acute liver failure and it soon became clear that he would need a new liver. He ended up requiring two transplants (the first one didn't work) in the space of three days followed by major surgery to correct a blockage of the hepatic artery, an embolism to stop leakage of blood into the gut and countless tests, scans and x-rays. All this required spending three weeks in the Intensive Care Unit at St James's Hospital and a further five weeks on the specialist liver ward.

Since his birth in January 2005, Theo has been a regular spectator at fell races in Yorkshire, supporting Dad, Simon, who runs for Aire Centre Pacers and is a keen orienteer and mountain marathon competitor. Mum, Rebecca, also enjoys the outdoors and is an orienteer and occasional rock climber.

Amazing little fighter that he is, he is now recovering at home and both parents are hoping that Theo will be able to go on to enjoy junior races in later years. Our minds are turning to how to repay some of the huge debt we owe to two charities who have been incredibly helpful and supportive to us.

The Sick Children's Trust supports parents and other family members of ill children by providing free accommodation at the hospital. We stayed in their home at St James' Hospital in Leeds, Eckersley House, during Theo's stay in hospital in lovely accommodation that felt like a real home from home. We were able to spend all our

couple of minutes away from his ward.

The Children's Liver Disease Foundation provides support and information to families affected by liver disease. Our initial reaction following Theo's diagnosis was great shock and a huge need to know as much about the situation as possible. The CLDF's information resources enabled us to find out what we needed to know about Theo's condition, what would happen in the transplant and what the implications for all of us would be for the future. The charity also carries out research into the causes, diagnosis, treatment and cure of liver disease which will, hopefully, help Theo and other kids in his situation in the future.

Inspired by the description of the SDC Lakeland Traverse in the last edition of the *Fellrunner*, his dad Simon, a West Yorkshire fellrunner, decided to raise vital funds for these charities by running the route as a sponsored event. The Traverse is a 28-mile run from Broughton Mills to the Moot Hall at Keswick climbing 3700m and 21 summits with support points at Wrynose and Honister.

The run will take place on Saturday 29th July and Theo and his parents would love you to get involved. A number of people have already said that they'll do it but, quite frankly, the more the merrier. It's not a race, just a fantastic day in the hills, a great test of fitness and huge fun while raising vital funds for these wonderful charities. Theo will probably put in an appearance to shout his encouragement (or point at sheep in an excited manner). If you're not up for running the whole route, why not run part of it or join the support team (dishing out food at the support points, cheering the team on, sorting out logistics etc.)?

Please let Simon know as soon as possible if you want to join the team. Email him at simon@bowens.org.uk or telephone on 01943 871565.

If you'd just like to contribute financially, fundraising webpages have been set up at

<http://www.justgiving.com/theosrun-sct>
<http://www.justgiving.com/theosrun-cldf>

Offline donations can be made by sending a cheque payable to "Sick Children's Trust" and/or "Children's Liver Disease Foundation" to Simon Bowens, 7 Moorland Crescent, Guiseley, Leeds. LS20 9EF

Note: Theo's transplant brought to attention the dire shortage of organ donors in the UK. His liver came from a 20-year-old adult and was inserted using a split liver operation where part of the donated liver is given to a child and the rest to an adult, thus saving two people's lives. We would encourage as many people as possible to register as organ donors at: <http://www.uktransplant.org.uk>



Theo coming round at the hospital (Photo Simon Bowens)

CONISTON COUNTRY FAIR

Coniston, Cumbria

SUNDAY JULY 23th 2006 noon

Coniston Country Fair offers the family/visitor a chance to experience a traditional country fair. The fair takes place in the unique lakeside setting of Coniston Hall against the magnificent backdrop of Coniston Old Man and is a prime attraction to thousands of visitors and locals alike. It includes :-

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- * Foxhound/Terrier/ Lurcher show *
- * Dog show * Pet show * Terrier racing *
- * Demo of Lakeland crafts * Sheep clipping comp. *
- * Refreshments * Beer tent/bar * 40 Trade stands *
 - * Sideshows etc.*

Including :- **Coniston Country Fair Fell race** of ~6miles/2400 feet elevation approx @ 2.00pm. Free race entry on the day just pay country fair entry. From Coniston Hall (GR 332963) on shores of Lake Coniston to top of Old Man and back, a race which dates back to 1978, and includes the following previous winners :-

F. Reeves, K. Stuart, S. Carr, J. Atkinson etc.

Also **Junior fell race** O12's to U18's @ 1.00pm of ~2 miles/600 feet out and home.

Fell Race Organiser - David Robinson - Tel: 015394 37360
or:- robinsondr@btinternet.com or see web page below for further details.

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British Fell Running Championship 2006 after two races. From Mark Hobson

Men's Open Championship

Pos	Name		S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Rob Jebb	Bingley Harriers	49	SLIE	52	ANNI	0	0	49	52	0	101
2	Simon Booth	Borrowdale FR	45	SLIE	47	ANNI	0	0	45	47	0	92
3	Lloyd Taggart	Dark Peak FR	46	SLIE	45	ANNI	0	0	46	45	0	91
4=	Danny Hope	Pudsey and Bramley	48	SLIE	42	ANNI	0	0	48	42	0	90
4=	Phil Davies	Borrowdale FR	44	SLIE	46	ANNI	0	0	44	46	0	90
6	Jim Davies	Borrowdale FR	41	SLIE	43	ANNI	0	0	41	43	0	84
7	John Heneghan	Pudsey and Bramley	37	SLIE	44	ANNI	0	0	37	44	0	81
8	Esmond Tresidder	Carnethy HRC	40	SLIE	37	ANNI	0	0	40	37	0	77
9=	Simon Stainer	Ambleside AC	43	SLIE	28	ANNI	0	0	43	28	0	71
9=	Pete Vale	Mercia Fell Runners	32	SLIE	39	ANNI	0	0	32	39	0	71
11	Mike Fanning	Borrowdale FR	38	SLIE	27	ANNI	0	0	38	27	0	65
12	Branden Bolland	Horwich RMI	31	SLIE	31	ANNI	0	0	31	31	0	62
13	Richard Pattinson	Pudsey and Bramley	35	SLIE	26	ANNI	0	0	35	26	0	61
14	Dan Golding	Ambleside AC	30	SLIE	30	ANNI	0	0	30	30	0	60
15	Mike Whyatt	Bowland FR	25	SLIE	33	ANNI	0	0	25	33	0	58
16	Mark Roberts	Borrowdale FR	28	SLIE	29	ANNI	0	0	28	29	0	57
17	Dave Taylor	Dark Peak FR	39	SLIE	16	ANNI	0	0	39	16	0	55
18=	Rob Hope	Pudsey and Bramley	52	SLIE	0	0	0	52	0	0	52
18=	Tim Werrett	Mercia Fell Runners	12	SLIE	40	ANNI	0	0	12	40	0	52
20	Jethro Lennox	Shettlestone Harriers	0	49	ANNI	0	0	0	49	0	49

Men's Vets O40 Championship

Pos	Name		S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Richard Pattinson	Pudsey and Bramley	29	SLIE	26	ANNI	0	0	29	26	0	55
2=	Dave Taylor	Dark Peak FR	32	SLIE	22	ANNI	0	0	32	22	0	54
2=	Mark Roberts	Borrowdale FR	27	SLIE	27	ANNI	0	0	27	27	0	54
4	Mike Whyatt	Bowland FR	25	SLIE	28	ANNI	0	0	25	28	0	53
5	Dave Neill	Staffordshire Moorlands AC	28	SLIE	20	ANNI	0	0	28	20	0	48
6	Joe Blackett	Dark Peak FR	22	SLIE	23	ANNI	0	0	22	23	0	45
7	Andrew Wrench	Todmorden Harriers	26	SLIE	14	ANNI	0	0	26	14	0	40
8	Adrian Davis	Carnethy HRC	21	SLIE	17	ANNI	0	0	21	17	0	38
9	Ronnie Gallagher	Carnethy HRC	16	SLIE	18	ANNI	0	0	16	18	0	34
10	Mike Egner	Denby Dale Travellers	17	SLIE	16	ANNI	0	0	17	16	0	33
11	Ian Holmes	Bingley Harriers	0	32	ANNI	0	0	0	32	0	32
12	Adam Ward	Carnethy HRC	19	SLIE	12	ANNI	0	0	19	12	0	31
13	Andrew Davies	Borrowdale FR	0	29	ANNI	0	0	0	29	0	29
14	Stewart Whitlie	Carnethy	0	25	ANNI	0	0	0	25	0	25
15=	Alan Ward	Dark Peak FR	24	SLIE	0	0	0	24	0	0	24
15=	Andrew Wright	MerciaFR	0	24	ANNI	0	0	0	24	0	24
17	Deon McNeilly	Newcastle AC	23	SLIE	0	0	0	23	0	0	23
18	Stephen Pyke	Staffordshire Moorlands AC	7	SLIE	15	ANNI	0	0	7	15	0	22
19	Chris Smale	Todmorden	0	21	ANNI	0	0	0	21	0	21
20	Paul Cornforth	Borrowdale FR	20	SLIE	0	0	0	20	0	0	20

Men's Vets O50 Championship

Pos	Name		S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Dave Neill	Staffordshire Moorlands AC	22	SLIE	22	ANNI	0	0	22	22	0	44
2=	Steve Jackson	Horwich RMI	19	SLIE	17	ANNI	0	0	19	17	0	36
2=	Mike Egner	Denby Dale	18	SLIE	18	ANNI	0	0	18	18	0	36
4	Andy Hauser	Holmfirth AC	16	SLIE	16	ANNI	0	0	16	16	0	32
5	David Spedding	Keswick AC	17	SLIE	14	ANNI	0	0	17	14	0	31
6	Graham Schofield	Horwich RMI	14	SLIE	12	ANNI	0	0	14	12	0	26
7	Brian Goodison	Abbey	15	SLIE	8	ANNI	0	0	15	8	0	23
8	Tom McGaff	Cheshire Hill Racers	0	19	ANNI	0	0	0	19	0	19
9	Jack Holt	Clayton le Moors	0	15	ANNI	0	0	0	15	0	15
10=	Nick Hewitt	Bowland FR	13	SLIE	0	0	0	13	0	0	13
10=	Kenneth Taylor	Rossendale	0	13	ANNI	0	0	0	13	0	13
12=	Dave Tait	Dark Peak FR	7	SLIE	5	ANNI	0	0	7	5	0	12
12=	Ken Taylor	U/A	12	SLIE	0	0	0	12	0	0	12
14=	John Hope	Pudsey and Bramley	11	SLIE	0	0	0	11	0	0	11

14=	Mike Walsh	Kendal AC	0	11	ANNI	0	0	0	11	0
16=	John Adair	Holmfirth AC	10	SLIE	0	0	0	10	0	0
16=	Willie Bell	Cumb	0	10	ANNI	0	0	0	10	0
18=	Billy McKay	Albertville Harriers	9	SLIE	0	0	0	9	0	0
18=	Duncan Overton	Keswick	0	9	ANNI	0	0	0	9	0
20	Jim Patterson	NICS	8	SLIE	0	0	0	8	0	0

Men's Vets O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	
1	David Spedding	Keswick AC	12	SLIE	12	ANNI	0	0	12	12	0
2	Colin Pritchard	Carnethy HRC	8	SLIE	2	ANNI	0	0	8	2	0
3=	Billy Magee	Larne AC	9	SLIE	0	0	0	9	0	0
3=	Kieran Carr	Clayton Le Moors	0	9	ANNI	0	0	0	9	0
5	Geoffrey Howard	Ilkley Harriers	0	8	ANNI	0	0	0	8	0
6=	John Adgey	Mourne Runners	7	SLIE	0	0	0	7	0	0
6=	John Nuttall	Clayton Le Moors	0	7	ANNI	0	0	0	7	0
8=	Ian McManus	Irvine AC	6	SLIE	0	0	0	6	0	0
8=	G Bryan-Jones	Ochils	0	6	ANNI	0	0	0	6	0
10=	Michael Kellet	IMRA	5	SLIE	0	0	0	5	0	0
10=	Graham Breeze	Skyrac AC	0	5	ANNI	0	0	0	5	0
12=	Mike MacDonald	Bowland FR	4	SLIE	0	0	0	4	0	0
12=	Roger Whitaker	Cumb	0	4	ANNI	0	0	0	4	0
14	Robert Booth	Keswick	0	3	ANNI	0	0	0	3	0
15	Alex Menarry	Durham FR	0	1	ANNI	0	0	0	1	0

Men's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	Total	
1	Robert Little	Dark Peak FR	22	SLIE	22	ANNI	0	22	22	44
2=	Jonathan McCloy	Mid Ulster	19	SLIE	0	0	19	0	19
2=	Martin Mikkelson-Barron	Keswick	0	19	ANNI	0	0	19	19
4=	Christopher Muldoon	Armagh	18	SLIE	0	0	18	0	18
4=	Ryan Edwards	Dark Peak FR	0	18	ANNI	0	0	18	18
6=	Thomas Turner	Newcastle AC	17	SLIE	0	0	17	0	17
6=	Ed Loffill	Keswick	0	17	ANNI	0	0	17	17
8=	Jason Wilson	Pegasus	16	SLIE	0	0	16	0	16
8=	Sam Ware		0	16	ANNI	0	0	16	16
10=	Brendan O'Boyle	Larne AC	15	SLIE	0	0	15	0	15
10=	Wayne Jackson		0	15	ANNI	0	0	15	15

Men's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Borrowdale FR	12	SLIE	12	ANNI	0	0	12	12	0	24
2	Pudsey and Bramley	9	SLIE	9	ANNI	0	0	9	9	0	18
3	Dark Peak Fell Runners	8	SLIE	6	ANNI	0	0	8	6	0	14
4	Carnethy HRC	7	SLIE	7	ANNI	0	0	7	7	0	14
5	Mercia Fell Runners	6	SLIE	5	ANNI	0	0	6	5	0	11
6	Ambleside AC	0	8	ANNI	0	0	0	8	0	8
7	Bowland Fell Runners	5	SLIE	2	ANNI	0	0	5	2	0	7
8	Horwich RMI	3	SLIE	4	ANNI	0	0	3	4	0	7
9	Mourne Runners	4	SLIE	0	0	0	4	0	0	4
10	Cheshire Hill Racers	0	3	ANNI	0	0	0	3	0	3
11	Larne AC	2	SLIE	0	0	0	2	0	0	2
12	Todmordon	0	1	ANNI	0	0	0	1	0	1
13	BARF	1	SLIE	0	0	0	1	0	0	1

Men's Vets O40 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Carnethy HRC	9	SLIE	12	ANNI	0	0	9	12	0	21
2	Dark Peak Fell Runners	12	SLIE	7	ANNI	0	0	12	7	0	19
3	Bowland Fell Runners	8	SLIE	4	ANNI	0	0	8	4	0	12
4	Borrowdale Fell Runner	0	9	ANNI	0	0	0	9	0	9
5	Cheshire Hill Racers	0	8	ANNI	0	0	0	8	0	8
6	Pudsey and Bramley	7	SLIE	0	0	0	7	0	0	7
7	Todmordon Harriers	0	6	ANNI	0	0	0	6	0	6
8	Mourne Runners	6	SLIE	0	0	0	6	0	0	6

11	9	Clayton Le Moors	0	5	ANNI	0	0	0	5	0	5	154
10	10	BARF	5	SLIE	0	0	0	0	5	0	5	246
10	11	Cumberland Fell Runner	0	3	ANNI	0	0	0	3	0	3	185
9	12	Mercia Fell Runners	0	2	ANNI	0	0	0	2	0	2	198
9	13	Horwich RMI	0	1	ANNI	0	0	0	1	0	1	210

Women's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Natalie White	Bingley Harriers	22	SLIE	19	ANNI	0	0	0	22	19	0	41
2	Sharon Taylor	Bingley Harriers	18	SLIE	18	ANNI	0	0	0	18	18	0	36
3	Kirstin Bailey	Bingley Harriers	17	SLIE	16	ANNI	0	0	0	17	16	0	33
4	Gillian Mykura	Carnethy HRC	15	SLIE	17	ANNI	0	0	0	15	17	0	32
5	Elizabeth Batt	Dark Peak FR	16	SLIE	9	ANNI	0	0	0	16	9	0	25
6	Karen Davison	Dark Peak FR	14	SLIE	10	ANNI	0	0	0	14	10	0	24
7	Christine Howard	Matlock	0	22	ANNI	0	0	0	0	0	22	0	22
8=	Dawn Scott	Lochaber	13	SLIE	6	ANNI	0	0	0	13	6	0	19
8=	Jackie Lee	Eryri	19	SLIE	0	ANNI	0	0	0	19	0	0	19
10	Jo Waites	Calder Valley	0	15	ANNI	0	0	0	0	0	15	0	15
11	Anna Bartlett	Shrewsby	0	14	ANNI	0	0	0	0	0	14	0	14
12	Helen Sedgwick	Ilkley	0	13	ANNI	0	0	0	0	0	13	0	13
13=	Lisa Lacon	Holmfirth AC	12	SLIE	0	ANNI	0	0	0	12	0	0	12
13=	Kate Burge	Stafford	0	12	ANNI	0	0	0	0	0	12	0	12
15=	Catherine Wilson	Clayton le Moors	11	SLIE	0	ANNI	0	0	0	11	0	0	11
15=	Philippa Jackson	Keswick	0	11	ANNI	0	0	0	0	0	11	0	11
17	Shileen O'Kane	BARF	10	SLIE	0	ANNI	0	0	0	10	0	0	10
18	Alison Eagle	Ilkley Harriers	9	SLIE	0	ANNI	0	0	0	9	0	0	9
19=	Wendy Dodds	Clayton le Moors	8	SLIE	0	ANNI	0	0	0	8	0	0	8
19=	Helene Diamantides	Carnethy	0	8	ANNI	0	0	0	0	0	8	0	8

Women's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	O.Pts	Other Race	Short	Medium	Total
1	Rachel Crowe	Lytham	0	22	ANNI	0	0	0	22	22
2	Claire Haslam	Scarborough	0	19	ANNI	0	0	0	19	19

Women's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total	Agg
1	Dark Peak Fell Runners	12	SLIE	9	ANNI	0	0	0	0	12	9	0	21	59
2	Carnethy HRC	9	SLIE	8	ANNI	0	0	0	0	9	8	0	17	95
3	Bingley Harriers	0	12	ANNI	0	0	0	0	0	0	12	0	12	35
4	Eryri	8	SLIE	1	ANNI	0	0	0	0	8	1	0	9	216
5	Ilkley	0	7	ANNI	0	0	0	0	0	0	7	0	7	74
6	C.F.R.	7	SLIE	0	ANNI	0	0	0	0	7	0	0	7	279
7	Ambleside AC	0	6	ANNI	0	0	0	0	0	0	6	0	6	102
8	Clayton Le Moors	0	5	ANNI	0	0	0	0	0	0	5	0	5	105
9	Keswick AC	0	4	ANNI	0	0	0	0	0	0	4	0	4	107
10	Borrowdale	0	3	ANNI	0	0	0	0	0	0	3	0	3	138
11	Calder Valley	0	2	ANNI	0	0	0	0	0	0	2	0	2	145

Women's Vets O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	O.Pts	Other Race	Short	Medium	Long	Total
1	Elizabeth Batt	Dark Peak FR	12	SLIE	12	ANNI	0	0	0	12	12	0	24
2=	Alison Eagle	Ilkley Harriers	9	SLIE	0	ANNI	0	0	0	9	0	0	9
448	2=	Louise Burt	Fife AC	2	SLIE	7	ANNI	0	0	2	7	0	9
388	2=	Nicola Davies	Borrowdale FR	0	9	ANNI	0	0	0	0	9	0	9
570	5=	Wendy Dodds	Clayton le Moors	8	SLIE	0	ANNI	0	0	8	0	0	8
	5=	Sue Beconsall	Bingley Harriers	0	8	ANNI	0	0	0	0	8	0	8
	7	Hilary Bloor	Dark Peak FR	7	SLIE	0	ANNI	0	0	7	0	0	7
	8=	Alison Brentnall	Pennine FR	6	SLIE	0	ANNI	0	0	6	0	0	6
	8=	Maureen Laney	Clayton Le Moors	0	6	ANNI	0	0	0	0	6	0	6
	10=	Jean Shotter	Holmfirth AC	5	SLIE	0	ANNI	0	0	5	0	0	5
	10=	Jayne Lloyd	Eryri	0	5	ANNI	0	0	0	0	5	0	5
	12=	Tish McCann	Mourne Runners	4	SLIE	0	ANNI	0	0	4	0	0	4
	12=	Alison Raw	Durham FR	0	4	ANNI	0	0	0	0	4	0	4
	14=	Gill Harris	Mercia Fell Runners	3	SLIE	0	ANNI	0	0	3	0	0	3
	14=	Susan Clough	Ambleside AC	0	3	ANNI	0	0	0	0	3	0	3
	16	Kate Ayres	Cheshire Hill Racers	0	2	ANNI	0	0	0	0	2	0	2
	17=	Jane Robertson	Westerlands	1	SLIE	0	ANNI	0	0	1	0	0	1
	17=	Christine Preston	Keighley	0	1	ANNI	0	0	0	0	1	0	1

Trail Running in Andalucia

from Paul Bateson

This year, Team Axarsport, based SW of Granada in the Poniente Granadino region of Andalucia, added trail running to its list of activities. In the past we have catered to the needs of many runners training and taking a warm weather break and usually the mix of trail, fell and road runner has worked well - after all, we are all runners. Even so, the majority have been fell runners and as we live in an area of mountains and natural parks where tracks and trails form an important link between villages it seemed logical to develop the idea of a 'Trail Running Tour'. Originally the idea was to move on each day, running to the next overnight stop with a vehicle going on ahead with luggage. This would have worked but there are so many good trail routes around our Alhama de Granada base that it was hard to decide which to leave out. In the end we decided on a mix of fixed base and tour and, as the idea was a big success, we shall continue along these lines but with the addition of an extra night away for the June and September 'tours'.

SATURDAY 18TH MARCH:

After two weeks of excellent weather the tracks and trails to be used during the Team Axarsport trail running week were in good condition. The very sticky clay/mud, a feature of all the olive and almond growing areas, was nice and dry and all was set for a great week. Then it rained!!!! Not just a few showers or overnight drizzle but a full scale monsoon!! Areas around Malaga airport were flooded, torrents ran down the roads, streets became rivers and cars came to a halt with steam pouring from the engines. This was also the day I had to pick up trail runners from the Malaga airport building site and the far more pleasant Granada airport, not a great start to what was to become a successful week. First arrival was French runner, Thierry Arlandis from the Vosges mountains. A regular trail runner with some race experience (including a 160km event in Cuba) but not heavily into racing. Next in was Louise Burt, an experienced Scottish based runner with many mountain, fell and ultra races completed over the past 10 years. Her

arrival time was 3 hours after Thierry's but the planned 'wait on the beach in the sun' plan was replaced by a 'sail' around Malaga as the rain continued to bucket down. The journey back to Alhama de Granada saw a steady improvement in the weather and once Thierry and Louise were settled in at La Seguiriya it was time to head for Granada airport to collect Sean Sweeney and Claire Douglas, trail runners based in York but with experience of running overseas including four years living and working in California.

SUNDAY 19TH MARCH:

The rain began to fall again during the night and although it wasn't cold Sunday morning's planned introduction run, the Cortijo Loop, looked set to be a wet one. Fortunately by the time we reached Robledal the rain had stopped and it was decidedly brighter. The 11km route, as featured in the last issue of Streetwise, isn't particularly hard but it is very scenic and provides a nice mix of rolling terrain and high mountain views. It was completed in just over an hour and the only reason for wet feet was the first stream crossing which had become much wider and deeper due to the rain storms. *(the fallen tree 'bridge' was a more tricky alternative but a wire 'hand rail' has now been added since our wet crossing).* It was decided to add an extra few kilometres by taking the forest trail to Los Barracones which was fine apart from another foot soaking ford and the torrential rain which began as we reached the 'abandoned barracks', which happened to be the furthest point from the van! Total run: 16km.

MONDAY 20TH MARCH:

Today I decided to stick to the scheduled plan and although it was likely to be muddy we headed out to Cacin. It wasn't raining but the sky was overcast, just like a normal day in the UK, but warmer. This trail run is the Cacin up and over and it begins with a long dirt road ascent. Once on the high point we cross a road shown on the map as a good road, when it is in fact a pot holed dirt road to Ochichar. The next section of tracks became more and more sticky and as we approached the Atalaya de Agron, a ruined watch tower at 1171m with commanding 360 degree views, it became more difficult to run as mud built up and shoes doubled in weight so we kept on going rather than make the short detour to the tower. The rolling, sticky trail eventually firmed up as we swung right to descend to Bermejales and thankfully the rain held off. The Cruz bar was the chosen break point and leaving muddy shoes outside we entered in wet socks to the bemused gaze of the locals and topped up on hot chocolate and tostadas. From the bar the route took us along the lake shore but the planned route into the gorge, passing the cave house ruins and out via a barranco was altered in case of flooding. We returned to Cacin via another muddy ascent to the Cortijo de la Pava followed by a long, fairly dry, descent. Rather than go straight back to La Seguiriya we stopped off at the hot springs for a paddle wearing our shoes and socks in order to clean them off in the hot water, nice!!!! Total run: 23km.

TUESDAY 21ST MARCH:

I looked as though we were in for a wet day in the mountains but as we approached Jatar the rain stopped and it began to brighten up. This was the day chosen for the Barranco Valdeinferno/The pass of hell, which, despite its name, is one of the best trail routes you could wish for. The trail running week had been planned to cover a selection of terrain over steadily increasing distances and today was the first high level run of the week. As we headed into the barranco on the trail which can take you over the mountains to Competa (usually if driving a trail/quad



Good narrow track running out of Canar (Photo Paul Bateson)

bike or 4x4) the sky began to clear and the sun made its first appearance of the week. There were a few extra waterfalls and streams to negotiate thanks to the wet spell plus wild horses with a foal to pass but as we neared the summit and the Granada/Malaga province boundary conditions improved and we were able to view the Axarquía region and the Mediterranean. *(The coast of Africa was hidden by cloud this time but five days later I was again on the ridge in perfect conditions and snow capped Moroccan mountains were clearly visible)*. From the summit ridge we headed west towards Cerro de Albucaz before looping back below the peak of Malas Camas (1792m) for an exhilarating descent. We rejoined the barranco trail at the ruined buildings which had once been the rest stop for mule traders on their journeys from the coast to Granada and other inland destinations. All we had left was the final, mainly descending, 5-6km to the van and this was covered fairly quickly and in sunshine. To celebrate the improving weather we stopped in at El Ventorro and whilst inside it started to rain, not just a shower but torrential!! Fortunately the storm passed quickly and we headed back to Alhama with fingers crossed for better weather. **Total run: 25km.**

WEDNESDAY 22ND MARCH:

We began the day with a drive out to Jayena. Originally the plan had been to run there, taking an improved version of the GR7 long distance path, but having so many other good local runs to fit in, the week was altered. This time the runners

were dropped off outside the village and they followed the GR7 on forest trails whilst I drove ahead to the mid point, the bar at Prados de Lopera, parked up and ran back to meet them. The bar was a little late opening and we were a little faster but eventually we gained access and were treated to a good spread of soup, cheese, ham and avocado. The next stage continued on the GR7 to Albuñuelas and with gradually improving weather I again drove ahead and ran back to meet the group. The overnight was planned for Lanjaron and as running the whole way meant a long stage and too much tarmac it was into the van and on to the town. Evening meal was excellent and the Casa Papal restaurant on the west edge of Lanjaron is highly recommended. **Total run: 28km.**

THURSDAY 23RD MARCH:

Today was to be a high mountain stage led by John Bateson who arrived at the Hostal Nevada in time for breakfast. It was a beautiful day. The group set off and I drove ahead to Cañar, parked the van and ran back, following the local section of GR7 route which I have to say is a fantastic, narrow track which seemed to unravel and reveal itself as you ran rather than being an obvious path. Here we had a slight problem, I ran almost the whole way back to Lanjaron, no sign of the group!!! I ran back to Cañar and partly back down the twisting and steep access road, still no sign. Back at the van the group suddenly appeared, high above the village. It turned out that a marker post was missing, just where there is an alternative, high level

path. This was the route they took, great views, nearly to the snow line and a very hard stage. The original plan had been to run on to Bubion but the 'diversion' meant we would be out of time so, not wanting the others to miss out on the original planned trail, I led them out of Cañar for a few kilometers before returning, once again, to the van. Once we were all back in Lanjaron it was time for coffee before returning to Alhama. **Total run: 25km.**

FRIDAY 24TH MARCH:

The final day and sunshine all the way. Out through the Alhama gorge, around the bird sanctuary and lake, riverside paths and a final long climb up and over the hills to drop down into the Alhama gorge again from the opposite end. A good scenic route to end a very successful week's trail running. **Total run: 15km.**

SATURDAY 25TH MARCH:

The final day but with time to visit Granada and the Alhambra and take advantage of the sunshine and 28 degree temperatures before various flights were caught back to the cold, rain and snow of the UK and France.

This was the first of the Team Axarsport 2006 Trail Running weeks and the mix of fixed base and moving on tour proved popular. If you enjoy running then why not join our June or September Trail weeks. Details on www.axarsport.com or email: info@axarsport.com.

Note : *Keep checking for our new site, www.trailrunspain.com which will be launched shortly.*

An invitation from Peter Knott

On Saturday the 29th July this year I am celebrating my 70th birthday, and about 40 years of fell running, with an activity day at Coniston lake side (GR 296908 – the carpark in Crab Haws Wood on the east side of the lake).

The day will include a simple navigation run time trial, starting at 9 a.m., a "bring your own" picnic and a bike ride round the lake in the afternoon.

Anyone with nothing better to do would be most welcome to join me.

Please let me know if you plan to come and/or need more detail
Tel : 01772-683072.

Don't forget to bring your picnic lunch.

Peter Knott

Ps. It is strictly **no** presents by the way, I would just like your company!!



The Birthday Boy
(Photo Pete Harley)

THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

With mountain weather conditions throughout the winterer not being conducive to outdoor activities except for skiing and , in some areas, winter mountaineering, the early start for those aspiring to success over this challenge has been both commendable and surprising. Training and receeing have not been easy, or even enjoyable, for much of the time, but surviving the prevailing wind and wet appears to have stiffened the sinews and summoned up the blood.

The first successful runs were on May 6th by Dave Lockwood and Robert Marsden, of Dark Peak. Unusually, they succeeded as a pair, running together the entire way in the M55 group. Dave, who turns 60 in November, was repeating his run as a mere youth of 50. Six years on he comments that the extra 3 hours was 'greatly needed', and 'still very hard work', while Robert, also 59, will be the first new tankard of the year.

So it is a good start to the 15th Anniversary year and good to be able to set the ball rolling early for the special engraving of tankards to mark the occasion. I hope you have all pencilled in the date of this year's Presentation Dinner at Santon Bridge - Saturday October 21st . Apart from those who will be receiving rewards, it is always good to meet again the pacers, drivers and supporters. They are a cheery bunch and turn road crossings into social occasions , as well as being noticeably efficient in their care of contenders.

We have had a generous offer of support by Bob Sewell, M50. of Morpeth Harriers. He likes the role and has already supported 16 challengers. He is familiar with the route, so, if anyone is short of help, please contact me and I will put you in touch .

Joss himself is being honoured by The Variety Club, the children's charity, with their Special Event of the Year at The Shap Wells Hotel on June 11th, in recognition of his contribution to fell running and to fund raising for charity. Guests will include Steve Cram, Brendan Foster and Ken Ledward .

Information: Monica Shone, Sun y Gwynt, Penmynydd, Menai Bridge, Isle of Anglesey, LL59 5RX (Please note postal address changes and enclose a SAE.)

e-mail : mandc@gwyntog.freeserve.co.uk

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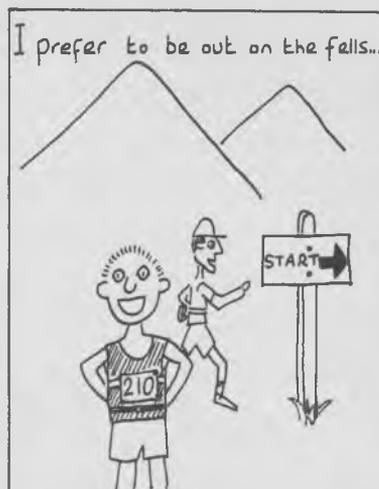
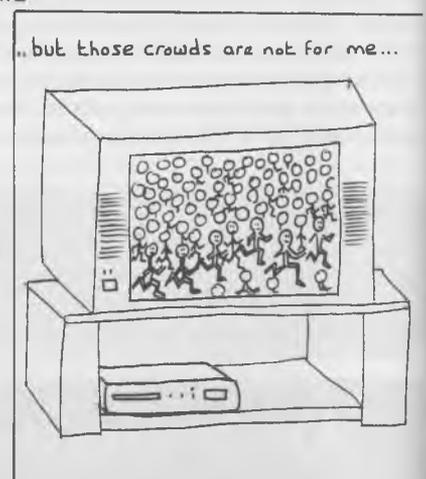
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Fellrunning Fred - by Anne Colstrane



Martin Stone's Long Distance News Summary

May 2006

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*

JOHN FLEETWOOD – TWO GREAT WINTER JOURNEYS

Most of the action this winter appears to be been down to John Fleetwood who has continued his amazing winter journeys through the Scottish Highlands.

GLEN SHIEL – 19 MUNROS

On 10th/11th February John completed a solo round of 19 Munros in the Glen Shiel area. Due to deep snow in many places it took 26 hours. The route was a direct and awkward ascent of Sgurr Fhuaran from the Saddle Car Park, then Five sisters, the Brothers, Ciste Dubh, Mullach Fraoch Coire, A Chralaig, Sail Chaorainn, Conbhairean, Carn Ghluasaid and down to the road. He stopped for a cup of tea at Cluanie, then traversed the South Cluanie Ridge in the daylight. John says he would have added Sgurr na Sgine and the Saddle, but had to get back to open up the Lagangarbh hut for friends so descended to my starting point over the 755m top. During the round John took some film and also a few audio clips in the dark and some stills. It was a wonderful day for photography but very cold. He really enjoyed this day out which had its moments - deep powder on the Mullach Fraoch Coire pinnacles in the dark which made them very awkward (other folk had turned back here and the footsteps stopped), a self arrest on neve in the dark and a tricky traverse across to Sail Chaorainn in the dark.

RAMSAY ROUND IN CLASSIC WINTER CONDITIONS

On 6th/8th March, John completed a winter Ramsay Round in 5 minutes under 48 hours. John writes, "It was very, very tough as the conditions were extremely demanding. I wore crampons throughout apart from in the valleys and also 2 season walking boots. The snow was down to 450m and there was lots of it. It varied between hard neve, deep powder and breakable crust. I saw no-one for the last 39 hours and for most of it had to break trail as the tracks had blown in. Both nights were very testing - wind chill minus 20, zero visibility, knee deep snow and on the second night a raging blizzard. At the end, descending the Aonachs, crossing the CMD arete and getting off the Ben plateau was exceedingly challenging. I did it solo, unsupported, with no points of contact and carried everything. I think I've got frostnip in my feet (temp varied between -6 and -9 throughout). Due to sleep deprivation (none in the 48 hours), I was hallucinating at the end - kept seeing things that weren't there, but fortunately I was focused enough to navigate off the Ben which was very difficult in the blizzard and dark (I didn't have a GPS - just a compass). Also the ascent of the prow on Aonach Beag was tricky requiring grade II climbing in the dark and the cutting of hand holds with my axe. This was of a different league to the things I've done before, given those conditions. To cap it all when I got back to my car, I had lost my car key, so I had to hang around for a day to get another sent up. I felt like a tramp in my smelly gear and wearing my boots with devastated feet was just grim when I had been looking forward to getting the kit off and going to sleep. It was a true epic."

BOYD MILLEN

Boyd died earlier this year after a brave battle with cancer. You will be able to read a piece about his amazing life elsewhere in the magazine by Neil Shuttleworth. Boyd was an inspiration to me when I was living in London back in the late seventies and embarking on the great sport of fell running. After the London to Brighton road race in October 1977, he stayed with me for a week in a dingy student flat I rented for a year in Whitechapel. He seemed a very modest and quiet man but by the end of the week I was able to get him to tell me all sorts of interesting stories about his record-breaking Double Bob Graham and other adventures on the fells. The next weekend I supported him on a 24 hour track race at Crystal Palace. Our setup on the grass by the trackside was very basic and consisted of a small backpacking tent to rest in and a groundsheet on which to lay out food and drink. Many famous names were taking part, including Joss Naylor. For an impressionable youngster like me, it was a fascinating 24 hours. Boyd steadily notched up the miles while Joss would run like the wind for a couple of hours and then disappear into a large frame tent for some time. When he emerged he was like a new man and would speed round the track, overtaking the most experienced ultra roadrunners. No-one knew what was in the tent that was re-invigorating Jos.

Boyd was struggling during the long, cold night. It was such a heavy autumn fog that not even the stadium lights could penetrate it. After each lap, Boyd would appear as though through a curtain, only metres from me. At about 3 a.m. when Boyd was grinding to a halt, we sneaked over to Joss' tent to see what magic was being administered there. Joss had brought an amazing medicinal masseur, Harry Boulton, all the way down to London from Workington and he was performing miracles on Jos. Boyd was welcomed into the tent and after a couple of short sessions with Harry, Boyd was a new man, able to run again right through until the event finished at breakfast time.

These early experiences were very important to me and inspired me. The following summer, Boyd was there to motivate me and provide support when as a young and fairly inexperienced fellrunner I attempted my Bob Graham. Over the years, he has inspired literally hundreds of people to attempt Bob Grahams and a host of other challenges. His death is a very sad loss to Lilian, his family and the greater fell running and long distance walking community.

MONTRAIL ULTRA-RUNNING CHAMPIONSHIPS - www.runfurther.com

Hundreds have now signed up to either participate in or be kept informed about the championships which have been championed by Mark Hartell. There are 12 races and over £7000 in prizes. It consists of 4 events in each of the three categories. Short (26 - 31 miles), medium (32 - 40 miles), Long (41 miles plus). To count for the championships you need to complete one event at each distance and one other of your choice. Visit the website for more information.