The Fellrunner

SUMMER 2012

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SUMMER 2012

The Fellrunner

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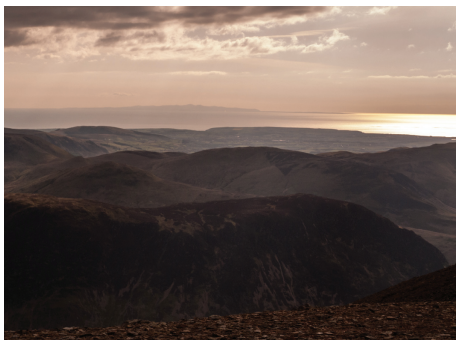

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Editor's Note

With this note positioned next to Graham's words about the very sad and tragic death of Brian Belfield at Buttermere Sailbeck, the usual comments on the weather or my own attempts to regain some fitness seem too trivial! My heart goes out to Brian's family and friends.

I do want to say the usual 'Thank You!' to all who have helped with this issue – a special mention must go to Ian Winterburn for his article on Hypothermia, to Ian Charters for supplying photos at very short notice and to the lovely Denise Park for another informative article to help us avoid or get through those pesky injuries.

Enjoy the fells, no matter whether you are racing or training and look after yourselves and each other – and keep sending in the photos and tales form your experiences!

Britta

Commentary

Brian Belfield

The death of Brian Belfield whilst competing in the Buttermere Sailbeck Race is a tragedy for his wife Sandra, his family and friends. Every fell runner should sympathise with their loss.

Brian was a member of Staffordshire Moorlands AC and his club has written about him in this issue. Brian had been a member of the FRA for ten years. He was an experienced fell runner, he had completed the Sailbeck race four times since 2006 and in 2010 he completed the Duddon Valley, Ennerdale, Three Shires and Langdale races and so qualified in the Lakeland Classics Trophy. Many of us will have run alongside him.

Her Majesty's Coroner for North and West Cumbria will hold an inquest which will determine the cause of Brian's death.

It is timely to reflect on the number of deaths associated with competitive fell running. In England the total, since the FRA was formed over 40 years ago and for a sport with over 6000 members competing in around 500 fell races a year, is just three. It is almost twenty years since the death of Judith Taylor at Kentmere (1994).

Every Race Organiser and every FRA member is aware of the robust rules and safety procedures set out in the FRA Calendar and Handbook. These have been reviewed and revised regularly to ensure that the sport, given its nature, can be as safe as possible. These reviews will continue. Sanctions will continue to be applied to those who fail to comply.

For the June 1993 *Fellrunner* the late Mike Rose- competitor, organiser and a wise and eminent Secretary of the FRA Committee- wrote an article which addressed safety issues arising from the death of Carol Matthews in the Welsh Water Relay race in 1991, and the consequences for the race organiser. His article included the phrase "There but for the grace of God" and it reminded members of the debt they owe to race organisers.

The Sailbeck Race is organised by Mike and Hazel Robinson. They are well known throughout the fell running community and they now face what everyone who has ever been associated with race organisation prays they will never have to endure.

Of course our first thoughts should be for those who grieve for Brian Belfield but our sport only exists because fell runners like Mike and Hazel volunteer to organise races for the enjoyment of other fell runners..

They deserve all the support we can give.

Graham Breeze (FRA Chairman)

Fellrunner

SUMMER 2012

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

The deadline for submission of content for the next issue is September 14, 2012 for editorial content and October 5, 2012 for news, results and other 'last minute' things. Please try and let me know what you intend to send and try to submit articles as early as possible.

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Please submit all race reports and results for inclusion in the *Fellrunner* to
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COVER PHOTO: Sprint finish between second lady Emelie Forsberg (Salomon Int) & Craig Stansfield Rossendale Harriers), Three Peaks, April 28, .2012. Photo © Pete Hartley

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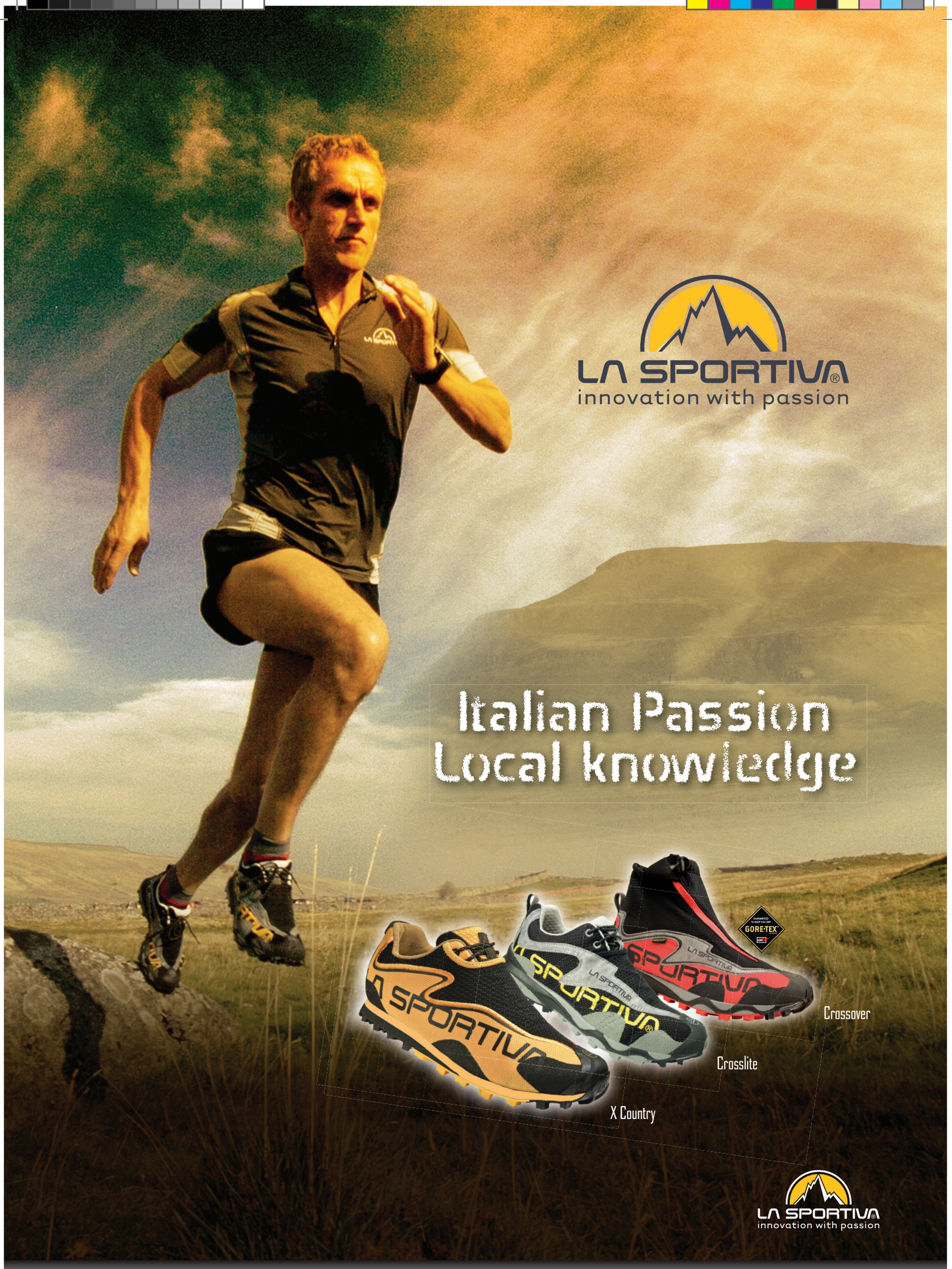

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BY **MORGAN WILLIAMS** *GENERAL SECRETARY, JUNE 2012*

Secretary's Corner

I took over the role of General Secretary from Alan Brentnall at the 2011 AGM. I am still in many ways feeling my way into the role, so am grateful for Alan's continued presence on the committee as a Member Rep; his vast expertise is still available to the sport. Other experienced members of the committee also help me a great deal. Like all committees, it is a team effort.

Like a number of people on the committee I perform my role whilst holding down a job, and doing a bit of running! So please excuse me if I'm not always immediately available when you call or email me; I'll get back to you as soon as I am able.

There have been two meetings since Alan's last Secretary's Corner. Here are some notes from them - further information can be obtained by contacting me directly.

Committee Meeting

- STAVELEY, SATURDAY 3 DECEMBER, 2011.

Matters relating to the bank mandate for the soon to be active FRA Limited were discussed and new arrangements put in place. I replaced Alan Brentnall on the mandate.

This being the first meeting after the 2011 AGM the composition of the various sub-committees was approved, save for the Junior Sub-Committee where the new Junior Co-ordinator would assemble his team and report back to the following meeting.

The date for the 2012 AGM was set at 17 November 2012 to tie in with the 2012 Presentation Evening. It was noted that from 2013 onwards, in order to comply with Companies House accounts filing dates, the AGM would move to September.

I provided an update on the incorporation process. The final form of the agreement to transfer the assets, liabilities and activities of old FRA to FRA Limited was approved and the Chairman was authorised to sign the agreement on behalf of old FRA.

Jonathan Broxap reported on Championship matters. Arrangements were well in hand for the 2012 Championship races series. MRAG was considering the position in relation to having an M70 category in the British Championship and whether to add LV40 and MV50 categories in the UKA Fell and Hill Relay Championship. Discussions were continuing with Mercia Fell Runners who were to organise the 2012 Relay Championship. MRAG had also confirmed that medals for the British Championships would from 2012 be awarded to all counting team members identified by the Statistician, bringing the British into line with the English.

The Commonwealth Championships held in Llanberis in September had been a success with 150 athletes from 15 countries participating. Discussions were ongoing about including mountain running and ultra events in the Commonwealth Games. These were unlikely to bear fruit before the 2014 Games but could do so before the 2018 Games to be held on the Gold Coast in Australia.

There was a discussion about the English Schools Fell Running Championships. The English Schools Athletics Association had considered taking these under their wing but had now declined to do so. The FRA was happy to continue to support these Championships, including financially, while the Junior Co-ordinator and his team were happy to organise them.

The McCain Mountain Running Challenge series would run again during 2012. The counting events would be the 2 trial races, the Inter-Counties and the Home Internationals. 2012 would be the last year of McCain's sponsorship.

Two disciplinary matters were mentioned. The first related to a female junior athlete competing in a race longer than that permitted by FRA rules. Discussions had taken place with both the father of the athlete and the race organiser to discuss ensuring the breach was not repeated. The second matter related to the runner who had been disqualified from the Langdale Horseshoe for failing to carry any of the compulsory equipment. The committee endorsed the action taken by the Disciplinary Committee. As a result of the Langdale incident, I agreed to draft a Safety/Rules/Equipment note for the website to draw together a number of key aspects of compliance for competitors for review at the next meeting.

The actions of the Forestry Commission in seeking charges in relation to races in Wales were discussed. As well as an administration fee, fees per runner were also being sought. Developments would be monitored.

The Chairman confirmed that he had written to Bill Johnson of Calder Valley thanking Bill and his team for their efforts in organising the 2011 "Do". Pennine Fell Runners had offered to organise the 2012 "Do", which would take place on 17 November 2012, and this offer was accepted. Clayton had offered to organise the 2013 "Do" and this offer was also accepted.

There was some discussion about likely committee vacancies following the 2012 AGM. Both Margaret Chippendale and Madeleine Watson indicated that they would not be seeking re-election for their posts as Fixtures Secretary and Treasurer respectively. Some planning would be required to ensure new candidates for these two key posts.

Committee meeting

ILKLEY, SUNDAY 26 FEBRUARY 2012

I reported on various post-incorporation matters. The operations and affairs of old FRA had been transferred to FRA Limited at midnight on 31 December 2011. All members of the committee elected at the 2011 AGM had been automatically appointed as members of the Executive Committee of FRA Limited and had been registered at Companies House as directors of the new company.

The Treasurer circulated a report and a draft, unverified profit and loss account and balance sheet for old FRA for the period from 1 July to 31 December 2011. Neil Hindle the current auditor had been re-appointed at the AGM on the understanding that if the incorporation process came to fruition he would resign. The Treasurer proposed that Mike Welford be appointed as the independent verifier of the accounts for FRA Limited. It was noted that the first accounts of FRA Limited would cover the period 1 January to 31 December 2012 and would see the light of day in early 2013. These accounts would have to be approved by members and filed with the Registrar of Companies before the end of September 2013.

A written presentation from Mercia Fell Runners regarding progress on the organisation of the 2012 Relay Championships was reviewed. Alan Barlow was asked to serve as external referee for the event and would liaise with Bob Dredge at Mercia on matters of detail.

As far as Championships were concerned, it was noted that Pete Bland Sports and Walsh have again agreed to sponsor the Junior Championships for 2012. PBS and Ron Hill have agreed to sponsor the English Schools Championships for 2012. The 2013 UKA Relay Championships will be organised by Eryri Harriers based in Llanberis. Dallam AC has volunteered to organise the 2014 event.

The World Long Distance Challenge will be held in Switzerland in 2012 on 1 August. The trial race will be held on 15 July. Pippa Maddams has been pre-selected as the current title holder.

MRAG has not approved the addition of MV50 category to the Relay Championship feeling this would act to reduce competition in the Open category because guaranteed entries would have to be made available for that new category.

A change was due to take effect to the team eligibility rule after moving clubs. Athletes would now be able to move clubs once in any 12 month period with a restriction on team counting that would practically be limited to 1 month. A second or any subsequent move would trigger the usual 4 month ban for team counting.

The sad death of a young, female cross country runner at a regional Championship race in North London from cardiac problems was noted with regret. The resulting Coroner's inquest had resulted in a formal Rule 43 report to UKA requiring various changes to various aspects of the organisation of cross country

races. Developments would be monitored in case any changes resulting from this event might have an impact on fell running.

Notes from both the Coaching and Junior Co-ordinator reporting on recent developments were received with thanks. The proposals for an FRA Junior Fund were approved in principle and the Junior Co-ordinator would refine the concept and report further at the next meeting.

As a result of the succession of issues arising from the junior age/distance rules, the committee had asked for an initial review of the current arrangements. A summary had been produced by the Welfare Officer assisted by others. A lengthy debate on this complex matter took place. The committee approved a change to the principle of "age on the day of race" for all Junior non-Championship races, hoping that this might help to alleviate some of the complexity inherent in the system. It was noted that this change required the approval of MRAG before it could be recommended to UKA as a formal rule change so it could not be effective immediately.

On the disciplinary front, a further junior age/distance issue arising at the end of 2011 was discussed.

Access issues were increasing. Pressure and charging from both the National Trust and the Forestry Commission had led both the British Orienteering Federation and one of the national mountain biking bodies to enter into national agreements with those bodies concerning charging. Chris Knox would endeavour to verify and if so, find out more detail. The Noonstone Fell race had been cancelled for the foreseeable future as a result of discussions between the race organiser and Natural England.

My draft notes on safety and related issues were reviewed and approved for publication via both the website and *The Fellrunner.*

Dates for other 2012 meetings

- 2 September – Committee meeting Moorside Grange Hotel, Lyme Park.
- 17 November – AGM, Moorside Grange Hotel.
- 2 December – Committee meeting Staveley.

The Fell Runners Association
Founded 4th April 1970

ADVANCE NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association Limited will take place on Saturday 17 November 2012 at 4:00 pm at Moorside Grange Hotel & Spa, Mudhurst Lane, Higher Disley, Cheshire SK12 2AP.

The AGM will be followed by the 2012 Presentation Evening at the same venue.

References in the notes below to articles are to the company's articles of association adopted on incorporation which can be found here: **www.fellrunner.org.uk/pdf/committee/12_fra_constitution.pdf**

1. **Agenda:** a full agenda for the meeting will be made available in due course and will follow the framework set out in article 16 of the articles. The notice containing the agenda will be given on the FRA website as provided for in article 61.

2. **Resolutions:** resolutions to be put to the meeting must be notified to the General Secretary by no later than Friday 24 August 2012 to allow these to be considered by the Executive Committee at its meeting on 2 September 2012.

3. **Accounts:** Owing to the fact that the company is in its first year of operation as successor to the unincorporated body, there will be no accounts to be laid before the meeting for approval. The first accounts of the new company will cover the period 1 January 2012 to 31 December 2012 and will be produced for approval at the Annual General Meeting in 2013. These accounts have to be filed with the Registrar of Companies by 30 September 2013 so the 2013 AGM will take place in early September to accommodate this legal deadline. The final accounts of the unincorporated body for the period 1 August 2011 to 31 December 2011 will be available for members at the meeting but will not be formally reviewed

4. **Election of the Executive Committee:**
   a) The officers of the Executive Committee described in article 22 (a) will be elected in the usual way, and nominations for any of these positions must be notified in writing to the General Secretary by Friday 12 October 2012.
   b) Nominations for Representatives of English Clubs (four seats) (article 22 (b)) must be notified to the General Secretary and also to the Chairman by Friday 9 November 2012.
   c) Nominations for Membership Representatives (four seats) (article 22 (c)) may be made at the meeting.
   All members of the Executive Committee must be members of Clubs affiliated for fell running to UK Athletics.

5. **Voting:**
   a) Voting arrangements for members are detailed in article 20.
   b) English Clubs which are affiliated for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the General Secretary and to the Chairman by Friday 9 November 2012.
   c) Each member will have the right to appoint a proxy in accordance with article 15. A proxy form will be available to download with the notice of the meeting.

6. **Open Discussion**: in accordance with article 16, an open discussion will follow the formal business. This is an ideal opportunity for the members to express views on any aspect of our sport.

The Fell Runners Association
Founded 4th April 1970

BY **MARGARET CHIPPENDALE**

Calendar update

The number of races included in the Calendar continues to increase. Currently there are details for over 580 events. As in the past few years some new events which have been submitted for inclusion have been rejected on the grounds that they do not include genuine fell terrain and would be better described as multi-terrain or trail races. In such cases Permits and associated insurance are more appropriately obtained from other parts of the UKA "family".

2013 race registration information will be sent to organisers, whose race details were included in the 2012 Calendar, at the end of September. I am using email as my primary method of communication with most organisers. **If your email address changes during the year please let me know or you won't receive a 2013 registration form!** Provision has been made in the FRA race database for two sets of contact details to be entered, one to be used by me to communicate with the race organiser and the other to be displayed in the hard copy and website Calendars. The primary reason for this is to allow the details for someone other than the race organiser eg the Entries Secretary to be included in the Calendar. However it also allows a race organiser, if he so wishes, to give me his email address whilst choosing not to have it included in the Calendar. Anyone else who wants their fell race to be included in the Calendar or who is planning to organise a new race in 2013 should contact me so I can include them in the mailing.

As the Calendar is now metric race distances and climbs should be supplied in kilometres and metres respectively. At present both imperial and metric measurements are still displayed for races on the website Calendar.

An up to date Calendar is maintained on the FRA website, www.fellrunner.org.uk . It also contains links to the Northern Ireland Mountain Running Association, Scottish Athletics, Scottish Hill Runners, Scottish Hill Racing, Welsh Athletics and the Welsh FRA websites where information can be found about those Celtic races which are not included in the FRA Calendar.

Margaret Chippendale

RACE INFORMATION

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

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

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

SAT. JUL 14. BAILDON CARNIVAL (R). BS. 2.15 p.m. 5.6km/152m. Venue: Baildon Rugby Club, Jenny Lane, Baildon, BD17 6RS. £4.00, on day. £1 for juniors. PM. Over 14. Records: T. Adams, 17.32, 2011; f. H. Glover, 23.16, 2007. Part of Carnival - good day out for the family. Fun run at 3.30 p.m. (not covered by FRA Permit/insurance), open to all ages, 1 mile, £1. Prizes for 1st boy and girl, medal for all. . Details: Sue Coates, 24 Cliffe Avenue, Baildon, Shipley, BD17 6PD. Tel: 07970 215312. Email: suecoates24@hotmail.co.uk. Website: baildonrunners.webeden.co.uk.

SAT. JUL 14. CHARLESWORTH CARNIVAL (R). The organiser has changed to: Ayshea Garbutt, 9 Green Bank, Simmondley, Glossop, SK13 6XT. Tel: 01457 853903.
Email: fellrace@charlesworthcarnival.org.uk.
All other details unchanged.

SUN. JUL 15. RAAD NY FOILLAN (R). BS. 10.00 a.m. 9.5km/460m. Venue: Pier, Lime St., Port St Mary, IOM. GR SC212673. £4.00 pre-entry, £5.00 on day. LK/PM. Over 16. New point to point race from Port St Mary to Port Erin mainly following Raad Ny Foillan (coastal path). Be prepared to carry full body cover. No dogs. Part of Port Erin Beach Festival. Details: Graham Davies, Thistledo, Ballafesson Road, Port Erin, IM9 6BT.
Tel: 01624 836865.
Email: roadrunner@iomathletics.co.uk.
Website: manxfellrunners.org.

SAT. JUL 21. NORTH BOVEY FAIR (R). AS. 3.00 p.m. 5km/250m. Venue: North Bovey Village Green. GR SX741838. £1.00, on day. The entry fee will be donated to Dartmoor NPA. Over 18. New race. Traditional village fair. Details: Rees Jenkins, 37 Warden Road, Exeter, EX4 1HA. Tel: 01392 271694. Email: rjenkins@tiverton.devon.sch.uk.

SAT. JUL 21. SNOWDON. AM. **Please note change of date from July 28th.**

SUN. JUL 22. KENTMERE (R). Please note change of date because of access problems to the Kentmere valley on July 15th. Staveley Main Street will be closed on the 15th for Staveley Gala, the date for which was only confirmed in March!

WED. AUG 1. DARK&WHITE EVENING MINI-MM/ TRAIL SERIES 2 (R). **Please note that this event has been cancelled.**

FRI. AUG 3. SALT CELLAR (R). BM. 7.00 p.m. 10.9km/486m. Venue: Fairholmes Car Park, Derwent, nr Bamford. GR SK173893. £4.00 pre-entry, £5.00 on day. Includes post race food. LK/PM. Over 18. New event. Limited parking at Visitors Centre and on road - share transport if possible. Details: Dean Young, 169 Lydgate Lane, Sheffield, S10 5FQ. Tel: 07985 525985.
Email: deanyoung3@hotmail.com.
Website: steelcitystriders.co.uk.

SUN. AUG 5. UK WORLD CHAMPIONSHIP TRIAL (R). From 11.30 a.m. Venue: Glenridding. £5.00, on day. PM. Over 18 for Senior events. Minimum ages for Junior events below. Mainly uphill trial races for selection of UK teams to compete in the World Mountain Running Championships.
Race 1: 11.30 a.m. Junior Women's Trial Race, 4.0km/310m.
Race 2: 12.15 p.m. Senior Women's + Junior Men's Trial Race, 6.5km/710m.
Race 3: 1.00 p.m. Senior Men's Trial Race, 11.8km/1010m (note - 250m descent)
The race map and race profiles can be viewed at www.fellrunner.org.uk/races.php?id=2131
Courses marshalled and partially flagged.
To be eligible for Junior Men's or Women's selection, athletes must be 16 - 19 years old on 31st December 2012. The minimum age for participation in the Junior Men's event is 16 years old on 31st December 2012. The minimum age for participation in the Junior Women's event is 14 years old on 1st January 2012, however note eligibility age criteria for selection above.
3rd event in the McCain UK Mountain Running Challenge. Registration in a marquee located centrally within Glenridding. Public toilets available. Parking in Glenridding mainly pay and display. Runners must bring full windproof body cover, hat and gloves which must be carried during the race. Important note: Runners have to make their own way back to Glenridding village from the race finishes. The distances back to the village from the finishes are: Senior Men 7km, Senior Women/Junior Men 6km, Junior Women 4km. There will be no provision of drink or food

at the finish, runners must make their own arrangements or carry food/drink if they require it. A water station will be provided at Greenside Mine for all three races. The courses may be amended in the event of bad weather. Helpers needed to marshal. If you can help, please contact Mark Johnston. Details: Mark Johnston, 3 Lovells Glen, Linlithgow Bridge, EH49 7TD. Tel: 07717 623344. Email: Mark_Johnston@tiscali.co.uk. Website: fellrunner.org.uk/international-fell.php.

WED. AUG 8. DARK&WHITE EVENING MINI-MM/ TRAIL SERIES 3 (R). **Please note that this event has been cancelled.**

FRI. AUG 10. NORTH BARRULE (R). AS. 7.00 p.m. **Please note change of date, from Sat. Aug. 4th, and start time.** All other details unchanged.

SAT. AUG 11. ARNCLIFFE GALA (R). An U9 race at 2.00 p.m. has been added to the event. The other junior races will follow at 20 minute intervals.

WED. AUG 15. GUISBOROUGH GRUNT (R). BS. 7.15 p.m. 9.9km/416m. Over 16. **Please note changes to length, Category and minimum age from those in the printed Calendar.**

SUN. AUG 26. 12.12 TRAIL. BM. 10.12 a.m. 19.3km/633m. Venue: Whirlow Hall Farm Trust, Whirlow Lane, Sheffield, S11 9QF. £15.00, pre-entry or on day. NS/PM. Over 18. See website for entry details and further information. Details: Ian Loombe, 144 Holme Lane, Hillsborough, Sheffield, S6 4JW. Tel: 0114 2335858. Email: ian@eightpointtwo.co.uk. Website: bigrunningweekend.co.uk.

SUN. AUG 26. NEW BALANCE ULTRA TOUR OF THE PEAK DISTRICT. BL. 9.00 a.m. 91km/2722m. Venue: Whirlow Hall Farm Trust, Whirlow Lane, Sheffield, S11 9QF. £75.00, pre-entry. ER/NS/ PM. Over 18. See website for entry details, experience needed, kit requirements etc. Details: Ian Loombe, 144 Holme Lane, Hillsborough, Sheffield, S6 4JW. Tel: 0114 2335858. Email: ian@eightpointtwo.co.uk. Website: bigrunningweekend.co.uk.

WED. AUG 29. INCLINED TO MADNESS (R). BS. 7.00 p.m. 9.9km/375m. Over 16. **Please note changes to length, Category and minimum age from those in the printed Calendar.**

SUN. SEP 9. WHITFIELD VILLAGE FAIR (R). BS. 11.00 a.m. 7.6km/204m. Venue: Whitfield Village, Northumberland, NE47 8HD. GR NY778572. £5.00, on day. Over 16. Details: Katherine Halliday, Houtley Farm, Hexham, NE46 1TA. Tel: 07793 061482. Email: misskatherinehalliday@hotmail.com.

SUN. SEP 16. SETTLE LOOP TOUGH TRAIL (R). **Please note that this race has had to be cancelled** because of the organiser's personal circumstances.

SAT. SEP 22. RAS KEV. AS. 1.00 p.m. 9.7km/915m. Venue: Llanberis. £5.00, on day. Registration in Dolbadarn Hotel, Llanberis High Street from 10 a.m. Teams. ER/LK/NS/PM. Over 18. New legacy event using the same route up and down Moel Eilio as the 2011 Commonwealth Mountain Running Championships. Also in memory of Kevin Edwards. All proceeds to charity. Details: Stephen Edwards, 6 Stad Wern Gethin, Llanfairpwll, LL61 5AN. Tel: 07867 976183. Email: stephen@creadcyf.co.uk. Website: snowdonrace.co.uk.

SAT. SEP 29. KIELDER BLAST (R). AS. English Championship counter. For pre-entry please ensure cheques payable to 'W. Horsley'. Electronic timing courtesy of sponsoship from LIKETiming (www.liketiming.co.uk) will be used. All other details unchanged.

SUN. SEP 30. HOPE MOORS & TORS – **Please note change of date from Sept. 23rd.** All other details unchanged.

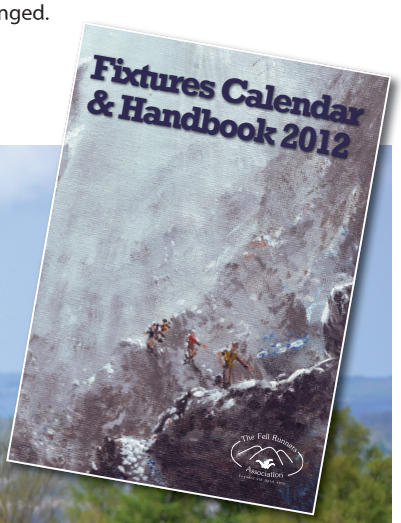
SUN. SEP 30. SANDSTONE TRAIL RACES. Please note that this date has now been confirmed. Entries open on July 1st.

SUN. NOV 18. DROGO 10 (R). BM. 10.30 a.m. 15.5km/536m. Venue: Castle Drogo, Drewsteignton, Devon, EX6 6PB. GR SX721900. £10.00 pre-entry, £12.00 on day. Entries on-line. Teams of 3. PM. Over 18. Records: J. McMullan, 58.29, 2010; f. E. Kendon, 01.12.16, 2010. No dogs. Details: Pam Gurney, 9 Snowdrop Mews, Exeter, EX4 2PN. Tel: 07545 137129. Email: pamgurney@live.com. Website: thedrogo.co.uk.

THU. DEC 27. WANSFELL (R). **Please note that the address for the organiser, Ben Abdelnoor has changed to: The Hollies, Miller Bridge, Ambleside, LA22 9BU.** All other details unchanged.

Early leaders at Great Hameldon fell race

Photos © Dave Woodhead www.woodentops.org.uk



BY **CHRIS KNOX**

Access and Environment

SUMMER 2012

My article for last summer in 'The Fellrunner' reflected on the drought conditions being endured, in parts of the country, whilst massive volumes of rain were ravaging other areas. Twelve months on and we again have had drought conditions, hosepipe bans, dry streams and worries over crop failures, mostly in the south and east, whilst the north and west of Britain has had more than enough to keep the reservoirs and river systems full. While hosepipe bans were still in place, sudden spring storms caused localised flooding in those areas, river systems unable to cope with the volume of water, yet the reservoirs failed to fill.

But unlike last year with a hot dry April and vast areas of uncontrolled mountain, moorland and forest fires, most of us had a return to winter conditions on the fells. Even into May as I travelled through recovering parts of Scotland that were badly burnt by those fires, I was only two hours behind the snow plough that had just re-opened the Bealach na Ba to Applecross! That brought back memories of one of the LAMM (Lowe Alpine Mountain Marathon) events (Glencarron 2004) in mid-June where, during day one, we were in the thick of a blizzard for a couple of hours – it certainly concentrated the mind on navigation and tested our kit.

Another thread on our forum is asking about our preferences between fell racing and fell running and it is interesting and pleasing to see that we still have wide ranging views. It seems to be generally though a question of balance, someone I used to train with would have to stop his watch when we stood still to (catch my breath) admire a view/check route etc., and couldn't move off the spot without running and starting his watch at the same time. So of course I used to hesitate, or walk on a little, just to frustrate him, and see how far I could go without him having to start/stop. Sorry Rod, you were too fast anyway!

Running (ok yes a lot of walking) through unfamiliar areas is often a good way to take more notice of the environment that surrounds us, I couldn't help but stop and admire this scene, just a couple of hundred yards (or possibly metres!) from our camp site. The Bluebells were just going over, but the Primroses were in their prime, Lichen, mosses and emerging ferns completing the ground cover over the rocks. Now I could tell you where this is and no doubt some of you will have a pretty good idea of its location, in fact I chatted to one or two FRA members minutes before this was taken. But isn't the best thing about 'discovering' good routes and wonderful scenes finding it yourself? The other brilliant thing about this location…….absolutely no mobile reception…….bliss! Was hoping to find some of our rarer mountain flowers on the high hills, but there was too much snow.

On the racing side, traditional routes for established events seem to be coming under more pressure from other quarters to be modified, moved or removed altogether. For example, The Shining Tor, this years intercounties race, is so lucky to have Alistair Fitzgerald in charge, he has had the patience of a saint in dealing with officialdom. Having jumped through every hoop, dotted and crossed everything else, it was still only a matter of days before the event that the final rubber stamp of approval came through. I gather that Calder Valley are having some issues on local routes, Bill Johnson seems to be handling this on a local basis, so if you plan to run over the Calder moors, it may help to check with the Calder club on sensitive issues.

Other areas of moorland, mostly water catchment areas, are in the process of trying to re-establish plant communities to stabilise the loss of peat from erosion. If you come across local diversions to protect seeded areas please respect them – it makes life easier for continued access for our races.

Forestry Commission car park charges seem to be quite a hot potato at the moment, ranging from around £6 up to £10 per car, more for MPV's and other big vehicles, but in one reply to a complaint the FC said ''Yes the charges may appear high, but access on foot, bike or horse is free, the charges help pay for the facilities". I have queried this in relation to certain forest areas already charging or threatening to charge access for us to run. I hope we can avoid the blanket charges imposed on commercial events that have a much higher entry fee than our traditional low key fell races.

This year National Parks throughout the UK are celebrating our beautiful winning landscapes that have inspired mountaineers, sailors, cyclists, runners and Olympic athletes to aim higher and train harder - sometimes to record-breaking effect. The celebration week is the first week of August, so if you are racing/training in the parks but part of the family aren't, there may be special events on that they would like to take part in. Prior to that the Olympic torch, having 'done' Scotland for the first time will leave York on the 21st June, through the Dales and into Cumbria, via Appleby to Carlisle. Then through the Lake District on the 22nd, but I have no idea if we have any fell runners involved!

Finally a couple of pleas, as we get into the summer and longer warmer races, gels, food and drinks containers appear like a rash. You can carry them in full, so please carry the empty used bits out. Check and double check for ticks, they certainly appear to be on the increase, if you remove an adult one without killing it and its had a feed from you or your pet, it is capable of producing between 200 and 300 offspring to complete its life cycle.

Have a tick free rubbish free summer.

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MOUNTAIN
WILL KNEEL
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BY **GRAHAM BREEZE** *CHAIRMAN, JUNE 2012*

Bill Smith: Library & Papers

The library and papers of the late Bill Smith were passed to the FRA following his death in September 2011. A number of his books have been placed in the FRA Library along with his complete collection of *The Fellrunner*, *Up and Down*, his Calendars etc.

Old club newsletters have been forwarded to the relevant clubs: Horwich, CLM, Keswick and material that is essentially Scottish will also be redistributed. His "Guides" material has been donated to BOFRA.

As a note elsewhere in this issue reports, his collection of race results will be offered to race organisers where requested and some have already been forwarded to the organisers of the OMM/"Karrimor", LDMT and Fellsman for their archives. The results of over 600 races from 1964 to 2010 will eventually appear on the FRA website. His archive also includes many photographs.

Other material will be used in the special Bill Smith Supplement which will accompany the Autumn *Fellrunner*, one year after his death.

Bill's library also included many books which are not sufficiently fell running related to warrant placing in its library.

These books are now available for sale and are listed below. Money received will be returned to Bill's family. Unless otherwise noted all the books are in good/excellent condition and a scan can be provided if necessary.

Anyone interested in bidding for a book should contact me, preferably on grahambreeze@btinternet.com

BILL SMITH COLLECTION

Books for sale

The Munros in Winter: 277 Summits in 83 days	Martin Moran	1994-David&Charles
The Roof of Lancashire *(First Edition)*	Herbert C Collins	1950-Dent
A History of Mountaineering in the Alps	Claire Eliane Engel	1950-Allen & Unwin
The Coniston Tigers 70 Years of Mountain Adventure	A Harry Griffin	2000-Sigma
The Last Shepherds	Charles Bowden	2005-Granada
Rossendale Rambles	Ian Goldthorpe	1985-Pennine Printing
Border Guide: National Forest Park Guide	John Walton	1962-HMSO
The Natural History of the Burnley Area	-	1968-Burnley Corp.
A Dalesman's Diary	W R Mitchell	1989-Futura
Walking in the North Pennines	Paddy Dillon	1991-Cicerone
The Lakes	Norman Nicholson	1977-Robert Hale
The Border Country	Alan Hall	1994-Cicerone
Running Free (Autobiography of Sebastian Coe)	with David Miller	1982-Sidgewick&Jack.
Rivington: Village of the Mountain Ash	Phoebe Hesketh	1990-Carnegie
Pennine Poacher	Richard Fawcett	1982-Galava
About Rivington	John Rawlinson	1976-Carnegie
The Naturalists' Lake District	A L Evans	1971-Dalesman
Manchester Marathons 1908-2002 *(autographed copy by authors)*	Ron Hill/Neil Shuttleworth	2003 Ron Hill
Lancashire Witch Country	W R Mitchell	1966-Dalesman
Athletics. A Local History	Ray Hewson	2010-Ray Hewson
Don Whillans. Portrait of a Mountaineer	DW/Alick Ormerod	1973-Penguin
The Ascent of Everest	John Hunt	1957-Hodder&S.

English Mountain Summits (jacket torn)	Nick Wright	1974-Robert Hale
The Lake Mountains (One and Two)	Terry Marsh	1987-Hodder &S.
The New Poachers Handbook	Arthur Raistrick	1967-David & Charles
Yorkshire	Harry J Scott	1977-Robert Hale
A Cumbrian Blacksmith-Jonty Wilson	W R Mitchell	1978-Dalesman
Millstone Grit	Glyn Hughes	1977-Futura
Walking & Climbing	Walter Unsworth	1977-Routledge KP
Hunting in the Lake District	Sean Frain	2010-Merlin Unwin
3:59.4 The Quest for the 4 Minute Mile	Bob Phillips	2004-Carrs Wood
Hark For'ard! The Life of a Lakeland Huntsman	Anthony Chapman/Anne Bonney	2004-Helm
A Century in the Lake District	Susan Denyer/Janet Martin	1995-National Trust
The History of Burnley *(part 4)*	W Bennett	1951-Burnley Corp.
First & Last. The Peak National Park in Words & Pictures	Roland Smith/Mike Williams	1978-Derwent
Mountaineering in Scotland	W H Murray	1962-Haldine
The Lake District (18th Edition) (age damage)	M J Baddeley	????-Ward Lock
A Walker on the Pennine Way *(Section 1)*	Colin Walker	1977-Pendyke
Man of Everest (Biography of Tenzing)	James Ramsey Ullman	1956-Reprint Soc.
Forgotten Landscape (Pendle, Ribble Valley &Burnley)	Alastair Lee	2003-Posing Prod.
Fellwanderer	A Wainwright	1966-Westmorland
Life Around Morecambe Bay	Cedric Robinson/ W R Mitchell	1986-Dalesman.
Reminiscences of Joe Bowman (1921) *Reprint*	W C Skelton	1980-Titus Wilson
Cumberland & Westmorland Wrestling *(signed copy+ letter)*	Roger Robson	1999-Bookcase
High Dale Country	W R Mitchell	1992-Futura
Everest. Impossible Victory	Peter Habeler	1979-Sphere
In Search of Westmorland	Charlie Emett	1985-Cicerone
The Westmorland Lakes In Old Photographs	John Marsh	1992-Alan Sutton
Ingleborough. The Big Blue Hill	W R Mitchell	1994-Castleberg
Walking Through Eden	Neil Hanson	1991-Futura
The Mammoth Book …Everest	Jon E Lewis	2003-Robinson
Sand Pilot of Morecambe Bay	Cedric Robinson	1980-David&Charles
The Border Reivers	Godfrey Watson	1994-Sandhill
Mountaineering	John Cleare	1980-Blandford
Dartmoor National Park	-	1979-HMSO
Life in Langdale	Tom Fletcher Buntin	1993-Titus Wilson
Tales of a Lakeland Poacher	Sheila Richardson	1993-Red Earth
Alps 4000	Martin Moran	1994-David&Charles
Heather In My hat	George Birtill	1977-Nelson Bros
Walks on the West Pennine Moors	Gladys Sellers	1978-Cicerone
Walking in the South Pennines	Gladys Sellers	1991-Cicerone
Lakeland Treasury	Lance Porter	1998-Lakeland DS.
One Man's Morecambe Bay	Cedric Robinson	1984-Dalesman
Green Tracks On The Pennines	Arthur Raistrick	1965-Dalesman
Cumberland Heritage (cover loose)	Molly Lefebure	1974-Arrow
Rakaposh	Mike Banks	1959-Secker & War.
Settle to Carlisle Walk	Ian & Andrew Gordon	1990-Dalesman
Highland Deer Forest	Lea MacNally	1973-Pan
The Living Moors of Yorkshire	W R Mitchell	2002-Castleberg
Dalesman Guide to the North York Moors		1982-Dalesman
Lakeland Gray	Richard Clapham	1947-Blandford
Sheepdogs at Work	Tony Iley	1978- Geo.Todd
Lakeland Dalesfolk	W R Mitchell	1983-Dalesman
Perk's Book	George Perfect	2004-Perks Pub.
The Lake District. Life and Traditions	William Rollinson	1996-Weidenfeld&N

Faces of Lakeland	John & Eliza Forder/ Arthur Raistrick	1988-Frank Peters
Hill Shepherd	John & Eliza Forder	1989-Frank Peters
Open Fell Hidden Dale	John & Eliza Forder	1991-Frank Peters
Life in the Hills	John & Eliza Forder	1991-Frank Peters
Secrets of the Moors & Dales	John & Eliza Forder	1992-Frank Peters
About Anglezarke	M D Smith	2002-Wyre
The High Mountains of Britain & Ireland (vol1)	Irvine Butterfield	1993-Diadem
Lake District Sports	W R Mitchell	1977-Dalesman
Grasmere Sports. The First 50 Years	Roy Lomas	2002-MTP
Joss	Keith Richardson	2009 River Greta Writer
Old Yorkshire Dales	Arthur Raistrick	1967-Pan
Grasmere Giants Of Today	Rex Woods	1975-Spur
The Hard Years (autobiography)	Joe Brown	1967-Gollancz
Hound Trailing	John Coughlan	1998-Frank Peters
Follow Any Stream	George Birtill	1976-Nelson
A Westmorland Shepherd (signed by author)	Fred Nevinson	1997-Helm
Walks in the Silverdale/Arnside Area	R Brian Evans	1987-Cicerone
A History of Parbold	J M Virgoe	1994-Carnegie
Scottish Highland Games	David Webster	1973-Reprographia
Our Traditional (Ambleside) Lakeland Sports	Marjorie Blackburn	2000-Miller Turner
A Rossendale Anthology	Ronald Digby	1978-Borough of R.
Dalton's Marathon Man. From Iron Ore to Gold	Ray Hewson	2010 self-pub.
Lake District Companion (author signed)	Elizabeth Ledward	1978-Titus Wilson
Saddleworth Days	Bob Tait	1992-Hadfield Print
Cumbria True to the Land	Tony Hopkins	2004-Halsgrove

Booklets for sale

Sefton Harriers A Centenary History 1889-1989	Norman Wilson	1989-Print Origination
Walks Around Saddleworth	Bob Tait	1979-NAC
The Enchanted Hills	George Birtill	1966-Guardian Pr.
'Cross Kent Sands (Morecambe Bay and the Guides Across the Kent Sands)	David Peter	1985-Lunesdale
Discovering Skye	Jonathan Macdonald	1994-Nevisprint
Tales of the Border Reivers	Sandhill Press	1995-Sandhill
John Peel-man. myth and song	Intro. Melvyn Bragg	1975-Cumbria Wkly Dig.
The John Peel Story	W R Mitchell	1968-Dalesman
Sedbergh, Garsdale & Dent	various	1967-Reed's Ltd
Tales of a Lakeland Valley- Langdale	Sheila Richardson	1997-Mill Field
Tales of a Lakeland Valley-Buttermere	Shiela Richardson	1995-Mill Field
Tales of a Lakeland Valley-Loweswater	Sheila Richardson/Pat Evans	1996-Mill Field
Tales of a Lakeland Valley-Borrowdale	Sheila Richardson	????-Millfield
Over The Five Barred Gate	George Birtill	1973-Guardian
Walks in Bronte Country	Alan Lawson	1964-Gerrard
Walks in Hodder Country	Alan Lawson	1966-Gerrard
Walks in Pendle Country	Alan Lawson	1967-Gerrard
The Story of Borrowdale	Shelagh Sutton	????-Ferguson
Walks in Bronte Country	Paul Hannon	1993-Hillside
Walks around Manchester	Ramblers' Assoc.	1985-Willow
See The Conquering Hero Com	Michael Miller/Dennis Bland	1973-Terence Howarth
Running in Devon *(author signed)*	John Legge	1987-Obelisk
Bolton UH & AC. A Short Review of the First 100 Years	Neil Shuttleworth	2009-self pub.
Grange, Cartmel & Lythe Valley Walks	Ian Brodie	1989-Daleman

BY **MADELEINE WATSON** *TREASURER*

I write the cheques

I am standing down as Treasurer at the next AGM and although Graham announced the vacancy (along with that of Fixtures Secretary) in the last *Fellrunner* no one has come forward to volunteer to replace me.

I am hurt and I wonder why?

It might be because no one thinks they can fill my shoes, which is very flattering, but I am definitely going on to "new challenges" as the cliché goes, so the FRA does need someone to come forward to keep it ticking over.

All organisations run on money and the Treasurer controls it all so: No Treasurer= No Calendar= No Fellrunner= No FRA?

Or it might be because the job is seen as too complicated? Well you don't need to be an accountant to do the job – I'm not – and since the business activities of the FRA are relatively simple then so are the accounts. Having said that, we do need some degree of understanding but I presume that most of you do that in running your household accounts. Although, we would of course welcome someone who is more formally qualified.

Or it might be that the job is seen as boring? Well because I sign the cheques the Treasurer knows most of what is going on in the FRA and maybe that is why at least two Treasurers (Dave Hodgson and Tony Varley) have gone on to become Chairman.

And because there is and will continue to be a lot of financial expertise within the Committee lots of help will be available while the new Treasurer finds his or her feet.

If it is such a good job then why am I giving it up? Because I believe people should move around on committees and I was Statistician and then Junior Co-ordinator before moving to become Treasurer.

"Too busy" I hear you say? Yes, we're all busy, but in order for you to be able to do the things you want to do like fell running, there is a bit of giving back needed. If there are ways in which we can split up the role to make it more manageable, then we will happily consider them.

So now I have persuaded you it's the best job on the FRA Committee, why not give me a ring to talk about how much fun *you* will have?

Madeleine
Tel 0113 269 2526
Email: thewatsonsroundhay@yahoo.com

BY **DAVE HODGSON** *JFT TREASURER*

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BY STAFFORDSHIRE MOORLANDS ATHLETICS CLUB

BRIAN BELFIELD

30.8.1948 – 29.4.2012

It is with sadness that we report the death of Brian Belfield who died during the Buttermere Sailbeck Race on April 29th 2012.

Brian's first sport was football although he had done cross-country at school. At the age of 16 he went for trials with Aston Villa and was well known in Leek throughout the 70s, 80s and 90s as a keen player and manager. A fellow football club member introduced him to running, taking him out on the hills 12 or more years ago. After a 2 hour run up Shining Tor in the Peak District he returned absolutely exhausted but he had got the bug! He wasn't keen on road running which he felt caused him injuries. Instead he kept to the fells, starting off with local races and then getting hooked on the Lake District classics.

In recent years he had entered the Lakeland Classics Trophy managing to complete most of them whilst making a weekend of it with his wife Sandra. When not racing he organised informal long runs over the Moorlands and the Peak District on Sunday mornings. They were not complete without a couple of pints afterwards in a Moorlands pub.

But more than his sporting prowess, Brian will be remembered for his friendly, sunny nature. He was never heard to moan nor to pass unkind comments about others. He had a smile and a story and a good word for everyone he met. He loved corny jokes and according to one club member had a laugh like Muttley! He loved the camaraderie of fell races and his finishing position did not matter to him. He was happy just being in the hills amongst his fellow fellrunners being a great example of the old adage – it's not the winning that counts, it is the taking part. A teammate writes... "one distinct memory that I had of Brian was on the startline of a particularly treacherous snowy and icy running of the tough Cardington Cracker race in 2010, he was laughing and joking, whilst I and many others were shivering with cold and trepidation. It summed up his great attitude to racing and life, plus showed the rest of us how it should be."

Brian was very much a family man, spending a lot of time with both his son Andrew (who was also lured into running) and daughter Tracy and their families. He had recently introduced his grandchildren to fell walking and last year completed the National 3 Peaks Challenge with his grandson Adrian. At his funeral in Leek hundreds of his old clubmates, customers (he was a painter and decorator), friends and family turned out to pay their respects. A collection was held for the Lake District Search and Mountain Rescue Association whose teams carried on searching for Brian for hours despite adverse conditions. He will be greatly missed by his family, his club and all those who had the pleasure of running with him.

Brian at the Cardington Cracker in 2010

Photo © Al Tye fellrunningpictures.co.uk

Photo © Ian Charters www.justusuk.com

Wharfedale Harriers Ladies – After their best ever season last year.

The first photo is after the Sedbergh Hills race where they finished second ladies team and secured bronze medal in the English Ladies Team Championships and also bronze in the English Ladies V40 Team Championships. From left to right the ladies are Katherine Kirkham, Angela Donlan, Emma Dodd, Sally Bisset, Sue Narey, Val Done, Judy Howells, Tamara Hemsley, Gill Myers.

The second photo is of the FRA do.

A few Macclesfield Harriers out enjoying the late evening sun. Taken at the trig point on the Roaches, Staffs Moorlands in early April, known to many who have completed the Roaches Hill Race.

Brownlee Olympic Gold Run

Tuesday 7th August?

Details: 10.15am start, registration opens at the Old Sun Hotel, Howarth at 9am
1.7 miles (2.7km), same course as the Bunny Relay lap.
£2 EOD only, start 5 minutes from registration
Minimum age 10 years on 1 January 2012
All the prizes will be goodies signed by the superstars, Ali and Jonny. All entrants will receive a limited edition Brownlee Gold Run certificate and a commemorative race number.
Separate ½ mile Fun Run for U10's, entry £1

Take part in the Brownlee Gold Run event, then watch the events of the triathlon unfold on the big screen in the Old Sun Hotel.

For more info and to help calculate numbers and food please let the organiser know if you are coming by emailing goldrun@woodentops.org.uk.

BY **DAVID WEATHERHEAD**

Race results & reports

In view of the increased cost of postage and bearing in mind that most race organisers are now on e-mail I will, in future, be requesting reports and results from race organisers by email rather than by post.

Blank forms for completion will be attached and these, and/or a separate results sheets, should be returned to me by post or by email to **resultsfra@aol.com** as soon as possible after the race.

Any race organisers who do not have email, will continue to be contacted by post.

Please remember this note refers only to results for inclusion in 'The Fellrunner'.

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

Please submit **all photos** to go alongside race reports and results for inclusion to: Britta Sendlhofer –
Email: britta@brittas-designs.co.uk

BY **GRAHAM BREEZE** *CHAIRMAN*

Historical race results

The FRA has many hundreds of race results collected by the late Bill Smith from1964 to 2010. The bulk of these are filed in year order (rather than under race name) although Bill had separate files for the Karrimor (1972-1998), LDMT (1954-2006) and Fellsman (1969-79), although some years are missing.

If any race organiser is interested in obtaining "missing" race results for their records they should contact Graham Breeze (grahambreeze@btinternet.com).

The FRA is considering scanning the collection to add to the FRA Results web page: but this project may take some time!

Change of address or missing magazines

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

FRA Basic Navigation Courses 2012

An introduction to map reading and navigation on the fells for those new to fell running or wishing to try races requiring navigation skills.

Courses will comprise of practical instruction sessions on the fells.

Indoor theory sessions will cover the basic skills (Friday eve) and other relevant topics.

There will also be low-key navigation events for you to test your improving skills.

Cost: £60 for FRA members, £85 for non-members, instruction and full board all inclusive.

AUTUMN COURSE 2012
Friday 21st September
to Sunday23rd
Based at Elterwater Youth Hostel, Ambleside

SPRING COURSE 2013
Friday 15th March
to Sunday 17th March
Based at Kettlewell Youth Hostel in the Yorkshire Dales

Details for both courses write to (SAE) or email:

Margaret Batley, 3, Hillside Close , Addingham, Ilkley, West Yorks, LS29 0TB.
margaretbatley@rocketmail.com

Fellrunning in bad weather

Dear editor,

Running and racing on the fells is both enjoyable and demanding. Enjoyable when the sun is out and demanding when the cloud is low. It goes without saying that all of us venturing out to the hills need to acquire and develop certain skills, the most important of those being to be able to find our way whatever the conditions.

On a number of occasions in bad weather, race routes are modified either out of concern for the safety of the race marshals or out of concern by the race organisers that a number of race participants may not be able to find their way to the finish safely. A recent example is the Welsh 1000 metre race: There was low cloud, rain, moderate wind and although the air temperature was not low there was a significant chill factor. The long race route was severely truncated, missing out three out of five summits and although the overall distance remained about the same, a good part of it was low level, along tracks and lanes. Overreaction? Yes to some degree. It would have been hard for the marshals on the Carneddau but the marshals on Snowdon seemed to be coping well. The organiser himself did say that in days past the race route would not have been modified but the creeping tendency for litigation was the deciding factor.

Mixed weather, in my humble opinion, enhances the quality of a fell race. It reduces the factor *speed* and increases the factor *mountain craft*. If absolute speed is one's main goal then track or road running is the ideal venue. Recent postings in the FRA forums and club blogs regarding the Duddon valley fell race, give a rather disappointing picture of overall fellrunning ability by many who participated in the race. There are stories of people following one another like headless chickens and although admitting to having map and compass with them, they ended up doing all sorts of detours.

It is a fact that kit checks often show lack of awareness of the need for safety by a number of participants, who are prepared to set off with inadequate safety gear. Although it is possible to remedy this, it is unfortunately difficult to ensure that all who embark on a long race in poor conditions are competent navigators.

Yiannis Tridimas

SlieveBearnagh

Dear Britta

This was again a cracking short race for the British championships. The organiser Ian Taylor and his team paid impeccable attention to detail. Indeed such was the size of his team of helpers, recruiting most of the local running population, that they exceeded the number of runners in the women's race. On arrival we were handed an envelope containing all that we required, including a numbered clothing bag for transporting gear from the start to the finish and these were laid out in an orderly fashion at the finish. Along with a compulsory kit list, we were provided with crisps, Mars bar and a gel, the latter being useful for those who had not brought the compulsory emergency food. Newcomers had been warned of the 3 climbs to over 700m. Although I would usually be happy to have an extra few km added to a short event, I was not relishing a flat and potentially furious final 10 minutes but it did not detract too much from the race. I had not been looking forward to this extra 2.2km added since 2009, even if it was theoretically downhill (90m), but although making it harder for me it did not alter my position, this having been settled on the final serious descent. The organisers are to be congratulated for their hard work in putting on this race for such a small field and indeed the small women's field removed the need for a separate race. Such is the high standard of race organisation at events these days, that all race organisers are to be congratulated for their continuing efforts in meeting these standards.

Wendy D

Haworth Hobble

Dear Britta,

The item 'All our Yesterdays' in the last magazine rekindled old and fond memories of the 'Hobble'. To help complete George Dimitrijevic's record of the event, I was half of the winning women's team in the first event of 1980, my partner being Maureen Barlow, also of my club Clayton le Moors Harriers. Although I have no official results, my diary entry for that day reads "Finished 13th overall in 7hrs 54m, first ladies. Deep snow in places but brilliant sunshine, hard work over Black Hameldon but generally enjoyed the event."

I'd done several long distance events by then but Maureen had never walked, let alone run more than 9 miles, so this was unknown territory for her. Nevertheless, her dogged determination and emerging endurance ability got us through, and although she later went on to do several fell races, she was always more at home on the road, clocking a couple of sub three hour marathons in the early 1980s. So relaxed were Maureen and I about the whole thing that day, that we nipped in the pub in Heptonstall and downed a pint of shandy each to help us on our way. That Saturday evening was Clayton's presentation dinner and disco, and I recall old Stan Bradshaw's comment that we still had the energy to dance after the event.

I would tentatively take issue with George that the first event had the option of an elite course, I don't think this came until at least one or two years later, and talking to the 1980 winners, Anne Marie and Will Grindley they also think that this was the case. The set 33 mile course that first year had a slight orienteering challenge in that, along the route there would be checkpoints that weren't revealed until the day, and I well remember the leading teams charging off to the first checkpoint 'ruin' plus grid ref, and assuming that it was Top Withens, the famous Bronte landmark three miles along the route. The canny Grindleys, just behind these leading teams held back, bagging the correct ruin just over Bronte Bridge! This gave them an unassailable lead, and the ultimate victory, despite being the only team required to climb to the top of Stoodley Pike! Subsequently, the marshal there thought that this may prove a bit of an unnecessary, dangerous and quirky addition to the route, and there and then he took the decision to have the checkpoint at the bottom of the Pike.

Yes, the broken biscuits, fruit cake – food for the Gods as you plodded up 'Stairs', mud on Black Hameldon, cobbles at Heptonstall, what memories! It's good to see that the 'Hobble' endures, albeit on a slightly changed route and under a different name, and allowing solo competitors, but I wonder if the Hobble mugs are still given as awards for winners. I have two of these on my shelf, constant reminders of happy days. Thanks George for all your hard work.

Sincerely,
Linda Lord

Yianni's Corbett Round

Dear Britta

I read with interest this account in last summer's edition of the Fellrunner, mainly because I had recently visited the Glen Lyon Corbetts in terrible conditions last May, though visiting them singly or in pairs and from the easier approach in Glen Lyon.

This May I was briefly in Tyndrum visiting a few more Corbetts, one objective being to tackle the 5 NE of Tyndrum but hoping to visit a few more, depending on conditions.

My first morning was VERY wet, with a terrible forecast of gales, snow, thunder and lightning, with little prospect of improvement during my 3 night stay. After watching the rain come down for a few hours, I decided I had to at least attempt something, so at 10am set off to tackle Beinn Chuirn, west of Tyndrum and one of the additional ones that Yianni suggested could be added to his dozen. I set off, heading west by the River Cononish from Lower Tyndrum station, in full waterproof gear though the rain was lighter than a few hours earlier. Although only walking I reached the summit in 90 minutes to find a little snow covering, a very cold wind but intermittent views. I decided to descend to the north, to the A85, giving me the opportunity to visit the 2 Corbetts to the east of Glen Orchy, the other additional ones suggested by Yianni. Although still raining, after crossing the A85 I went north through the forest, eventually reaching the SW ridge of Beinn Udlaidh. Although I transiently considered dropping into Glen Orchy to visit Beinn Mhic-Mhonaidh to the west, that thought was soon dismissed because of the big descent . After Beinn Udlaidh I continued east to Beinn Bhreac-liath, where the streams on its western side were being blown vertically by the strong NW wind. I descended NE from this third summit, cutting through the forest to the A82 above Auch. Then came decision time. The rain had stopped and the sun (albeit briefly) was shining, but it was 3pm and tempting to drop down to Tyndrum on the WHW. Ben Odhar and Ben Chaisteil were beckoning from the other side of the valley and I had the prospect of a bad forecast for the next day, so onward and upward.

I had originally planned to tackle 'the five' in an anti-clockwise direction, but as I wanted to finish at Lower Tyndrum, it made sense to go clockwise. At least I was able to take off my waterproof over trousers but the jacket was off only for the ascent of Ben Chaistel before I was once again hit by the bitter wind. I was able to make good progress up the first of these 5, picking my way directly via grassy rakes, rather than the recommended route round the SE ridge. Up and down Beinn nam Fuaran was easy, but after the col the climb to Cam Chreag was interminable. The initial descent was a bit messy but then a gentle climb to Beinn Chaorach, where again there was an icy wind. The descent was very steep and I was pleased not to be going in the reverse direction. Beinn Odhar was a bit of a challenge as I was beginning to feel a little weary but then I had a delightful descent down the SW ridge to meet the WHW by the bridge and forestry plantation with only 2km back to Lower Tyndrum. I clocked in at just under 10 hours, time not being of concern, the achievement being 8 Corbetts in a day. It was only on returning home that I again read Yianni's article. I would recommend any contenders to think about the 3 westerly Corbetts suggested by Yianni and consider missing Beinnn nan Imirean (and perhaps the most easterly summit/s in Glen Lyon). I visited this from the south the following day but returned cross country to Tyndrum and it is a long way out.

Looking at Yianni's kit list, I too had a 25L pack, with very similar contents, but was wearing Innov8 trail shoes with Sealskin socks. I did not need to take reading glasses (!) but had poles and was 'persuaded' to carry a personal locator beacon. The big difference was food. I had set off with 1 Corbett in mind so only had a bag of jelly babies and 2 'emergency' 30ml gels, carrying no fluid, relying on streams 'above the sheep line'. I returned with the gels as although weary on my final hill, it was not an 'emergency'. I saw no one all day, otherwise I might have been tempted to beg, steal or borrow some food. I had eaten a very big breakfast and was well hydrated before starting. Having Lower Tyndrum as my start/finish point meant a little more climbing than had I started off the A82. These were all new hills to me though I had been in the area to visit Munros and done a couple of LAMMS nearby. I have not measured the distance but it was probably only about a third of Yianni's round. I was never racing against the clock and was treating it as a 'long day out'. I had the advantage of visibility most of the time after the first summit.

Wendy

Coledale Horseshoe

Dear Britta

Mike and Hazel Robinson are to be congratulated for their excellent organisation of this championship race. All races take a lot of planning and organisation to put on, but when it is a combined British and English championship race, with the large numbers of runners that this involves, the pressures are greatly increased. Registration went smoothly. We were given a Buff, more valuable than the entry fee, for which the organisers are to be thanked as seeking sponsorship does take time and effort. The course was well marshalled and an amazing amount of food was available afterwards. The original organiser of the race Barry Johnson, when a midweek CFR event, gave a quick history and pointed out how far the organisers had taken the event to meet the demands of the day.

Thank you Mike and Hazel

Yours in sport
Wendy D

FRA Junior Age Limits

Rationalise not penalise!

I have just been reading the article on the FRA Disciplinary Committee in your spring issue.

As an organiser of a fell race for several years I have always tried conscientiously to make sure we adhere to the rules regarding junior age limits. As well as requiring the parent/guardian's signature, we ask for date of birth on our entry form and state clearly that the age limit applies as of the 1st of January. Despite this every year we have to turn away a few runners for both our junior and senior race because of these rules. Most of the parents find it a rather strange rule, and I have to say I agree. I fail to see the logic that says a man qualifies as MV40 if he is forty on the day of the race, whilst a child might not be able to run a race of, for example, lower age limit 10 even if they are 10 years and 364 days old because they were born on the 2nd of January (and a child who is only just 10 on the 1st of January qualifies immediately for all races that year). Our junior race is for 10-15 year olds yet we have to allow 16 year olds to run who were 15 on 1st January.

These rules are confusing for everyone – the junior runners, their parents and the race organisers. And whilst organisers can cope with the rule relatively easily for postal entries (when they have the time to look carefully at the entry forms), it is much more difficult to do so on the day of the race when there is a long queue of impatient runners.

Why do we have to continue with this silly rule? Surely it is better to rationalise the rules, not penalise race organisers or their parents.

Alan Weeks

Hi Alan,

Britta Sendhofer, Fellrunner editor, has passed your email to me. We are on the case. This topic was discussed at the last FRA committee meeting, and we agreed to change the rule for junior age limits to "age on the day of the race" as you suggest. This does indeed make more sense for a number of reasons, including the problems you mention.

The present rule was set in 1996 for the purpose of the Junior English Championship series. For this it is important that the age category limit is set before the beginning of the series, and we will retain this.

We are consulting with the other British fell and hill running organisations, and it will require approval of UK Athletics and a change in UKA rules, but we anticipate that we can introduce the change next year.

Regards,

Rod Sutcliffe
FRA Welfare Officer

BY **PAULINE RICHARDS**

The 24th UKA British Hill and Fell Relays

Sunday October 14th 2012 – Church Stretton, Shropshire

Entry information: www.merciarelays.org.uk

The 2012 UKA British Fell and Hill Running Relay Championships will be held at the beautiful area of Church Stretton in the heart of the Shropshire Hills, this picturesque and bustling market town is full of the tradition and attracts many visitors to it's delights ranging from tea rooms to antique markets.

The hills that surround Church Stretton are designated an Area of Oustanding Natural Beauty and the Competition Area based on the Long Mynd offers runners an upland plateau of open fell running country with steep sided valleys colloquially known as "batches" and "hollows".

The Courses will have short sections of road but the majority of the courses will be along tracks, paths and on open fell containing heather, bracken and rock.

The height of the Long Mynd stands at 1,693 ft and the tops are exposed, the weather in October can be poor, and the area is notorious for disorientating even local runners in bad weather, but on a good day the panoramic views are worth a picnic stop, it is easy to spot the highest point in Shropshire "Brown Clee", it's sister, the wonderfully named "Titterstone Clee", the well known "Wrekin", the long ridge of Wenlock Edge and in the distance the Malvern Hills.

But on the day, there will be no picnic stops for the Competitors at the Relays!! Each of the four legs will offer a combination of all the local terrain and, as usual, the Navigation Leg will only be revealed on the day.

DETAILS

The event will start at 10 am in the main event centre GR 452 937. OS Explorer Map 217. Near the Village Church, cars will be signposted through the town and will be parked in a designated field (postcode SY6 6EX) a 15 minutes walk away from the event centre , which will be signposted from the car park. No cars will be allowed to park near the event centre. There will be a toilet on the car park and car parking will be £1 per car upon entry.

Limited camping will be available adjacent to the car park, the facilities available are the toilet in the car park and running water. Spaces will be on a first come first served basis, a nominal charge will be made. Changing tent and the majority of the toilets will be at the event centre.

The entry cost for the Relays is £75 per team. This is includes team entry, maps and meal tickets. The meal will be a Hog Roast, with a vegetarian option.

We are lucky to have the co-operation of the local community and there will be separate opportunities to buy teas, coffees, sandwiches and cakes in addition to the above. We would be grateful if you could support these enterprises, on the field and in the town itself.

COURSE INFORMATION

The map will be 1: 25000 scale, with 15m contour intervals, and will be overprinted with the routes. The Map has been specially produced for us by Wrekin Orienteers, specially adapted for the fellrunner, as such it has clearly defined main and contour features and paths, but has removed the fine details usually associated with orienteering maps.

The routes are covered by OS Explorer Map 217.
Leg One – Solo. Estimated winners time approx 35 minutes, partially flagged
Leg Two – Pairs. Estimated winners time approx 60 minutes, partially flagged
Leg Three – Pairs. Navigation. Estimated winners time approx 70 minutes
Leg Four – Solo. Estimated winners time approx 35 minutes, partially flagged

The website and downloadable information will show courses using public rights of way for the purposes of recceing. These will be made available by the 3rd September. Courses on the day will deviate through private land and will visit checkpoints negotiated for use on race day only. Out of bounds areas will be marked.

If you are recceing please keep to the public footpaths, respect the National Trust and following the Country Code. Thank you.

On the day SPORTident UK Ltd will time and identify competitors.

All competitors are requested to follow the marked sections of their route and visit all their course checkpoints in the right order and where required, register at the checkpoint using the electronic dibber which will, together with the relevant map, be provided in the Team Information Pack.

If it is deemed necessary, a massed start will be affected around mid-afternoon.

ENTRY PROCEDURE

Entries will be online via a link from the website and the entries will open on Monday 18th June 2012 and will close on Monday 10th September 2012. We will aim to allow every Club to enter one Championship 'A' team in each category: Senior; Ladies and Veteran O/40 (age on day of event) so all clubs can be represented in the Championship. Entries will be accepted online, on a first come first served basis, subject to the entry limit of 200.

Club Captains/Secretaries are strongly advised to make a diary note for 18th June to ensure their Club's entry(ies).

Entries will be accepted at the discretion of the Organisers and eligibility may be checked.

Photo © Alastair Tye www.fellrunningpictures.co.uk

ENTRY REQUIREMENTS

- All competing Clubs must be affiliated to UK Athletics
- Each Team will consist of 6 runners
  - Leg one – Solo
  - Leg two – Pairs
  - Leg three – Pairs Navigation
  - Leg four – Solo
- Runners can only compete in one leg (no doubling up)
- Team members to be first claim for their participating club
- Team members must be over 18 years of age on the day of the event
- Team members must wear their Club Vest
- Legs 2 and 3 will be competed by pairs of runners, these runners must stay in contact at all times during the leg and finish together.
- Team Members will be required to have experience of fell running, and it is strongly recommended that competitors have previously competed in at least two category A races.
- It will be the Club Team Captain's responsibility to ensure that all runners are suitably qualified and experienced to represent their Club in their selected leg.
- FRA Rules for Competition will apply.
- Full FRA kit requirements will be enforced irrespective of weather conditions.
- Please see separate paragraph "ON CARRYING KIT"

UKA CHAMPIONSHIPS TEAM CATEGORIES

- Open
- Women
- O/40 Veterans (age on day of event)

In addition there will a separately recognised 0/50's Veterans (age on day of entry) category.

Championship medals will be provided by the UKA for the first three teams in the Open, Ladies and O/40 Categories.

Mercia Fell Runners will award medals in other categories.

ON CARRYING KIT

It is a race rule (Rule 9 – FRA Safety Requirements for Fell Races) that full kit be carried by each runner:

- Windproof whole body cover
- Other body cover appropriate for the weather conditions
- Map (provided) and compass suitable for navigating the course
- Whistle

It is the responsibility of each Team Captain to ensure that their team members are aware of this rule and comply with it. Failure to comply will lead to team disqualification.

The organisers expect all runners to compete on a fair basis within the rules and having regard for their own safety and that of others. Given the numbers of runners and the relative complexity of a multi-leg relay race, it is considered neither reasonable nor practicable to physically check every item of kit.

So …

Photo © Alastair Tye www.fellrunningpictures.co.uk

KIT CHECK

The organisers will take the following steps to promote compliance with the rules and for the safety of competitors:

- Kit checks will be made on a random basis at any time before a competitor starts his/her race – including in the holding pen as a competitor prepares to commence his/her run. Runners must therefore enter the holding pen allowing time for a kit check to be carried out. A runner leaving and re-entering the holding pen may be subject to an additional kit check. Anyone who is non-compliant will be withdrawn and not allowed to run.
- On course marshals will record and report to the Race Referee any runner who appears to be carrying no, or inadequate, kit
- Kit checks will be carried out immediately on finishing for all runners in class-leading positions and on a random basis for all other competitors. Anyone found to be non-compliant will render their team disqualified and will be subject to possible further disciplinary measures on reporting to the Race Referee.
- **Do not CHEAT, Carry the kit.**

FURTHER INFORMATION

Further information will be made available on the event website.

Tourist and Accommodation information can be obtained from www.merciarelays.org.uk
Also: www.churchstretton.co.uk
www.visitsouthshropshire.co.uk/accommodation.php
www.shropshiretourism.info/accommodation

Finally a heartfelt thank you to all our sponsors who have helped with this event including:
Pete Bland Sports and High Sports

Photo © Charlie Leventon

BY **MARK HOBSON**

2012 Fell Running Championships

INTERIM STANDINGS – JUNE 2012

Photo © Dave Woodhead www.woodentops.org.uk

Runners approaching Grisedlae Pike at Coldale

BRITISH CHAMPIONSHIPS

Organised by UKA Athletics Mountain Running Advisory Group Championship Subcommittee

Sponsored by Pete Bland Sports and Norman Walsh Footwear

Short:	*Slieve Bearnagh (Sat.12th May)* Moel Wnion (Sat. 8th September)
Medium:	*Coledale (Sat. 14th April)*
Long:	Arrochar Alps (Sat. 7th July)

ENGLISH CHAMPIONSHIPS

Organised by the Fell Runners Association Ltd

Sponsored by Pete Bland Sports and Inov-8

Short:	*Lad's Leap (Saturday 17th March)* Kielder Blast (Saturday 29th September)
Medium:	*Coledale (Saturday 14th April)* Weasdale (Saturday 18th August)
Long:	*Great Lakes (Saturday 16th June)* Borrowdale (Saturday 4th August)

PETE BLAND SPORTS www.peteblandsports.co.uk
walsh www.walshsports.com
INOV-8 www.inov-8.com

English Fell Running Championship 2012

Men's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Ben Abdelnoor Ambleside AC	45	LADS	47	COLE	52	GREA	144
2	Lloyd Taggart Dark Peak Fell Runners	48	LADS	45	COLE	48	GREA	141
3	Graham Pearce Pudsey & Bramley AC	47	LADS	28	COLE	43	GREA	118
4	Kim Collison Eden Runners	37	LADS	31	COLE	49	GREA	117
5	Karl Gray Calder Valley Fell Runners	42	LADS	43	COLE	29	GREA	114
6	Carl Bell Howgill Harriers	40	LADS	38	COLE	30	GREA	108
7	Tom Addison Helm Hill Runners	43	LADS	40	COLE	23	GREA	106
8	Morgan Donnelly Borrowdale Fell Runners	49	LADS	49	COLE	0	....	98
9	Simon Bailey Mercia Fell Runners	52	LADS	0	....	44	GREA	96
10	Ben Bardsley Borrowdale Fell Runners	0	....	44	COLE	47	GREA	91
11	Rob Baker Dark Peak Fell Runners	44	LADS	46	COLE	0	....	90
12=	Rob Jebb Bingley Harriers & AC	0	....	48	COLE	41	GREA	89
12=	Martin Mikkelsen-Barron Borrowdale Fell Runners	29	LADS	29	COLE	31	GREA	89
14	Rhys Findlay-Robinson Dark Peak Fell Runners	0	....	35	COLE	46	GREA	81
15	Mark Addison Helm Hill Runners	39	LADS	41	COLE	0	....	80

Men's Vets O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Lloyd Taggart Dark Peak Fell Runners	42	LADS	42	COLE	42	GREA	126
2	Karl Gray Calder Valley Fell Runners	39	LADS	38	COLE	32	GREA	109
3	Mark Roberts Borrowdale Fell Runners	34	LADS	32	COLE	35	GREA	101
4	Gavin Bland Borrowdale Fell Runners	33	LADS	28	COLE	38	GREA	99
5	James Logue Calder Valley Fell Runners	35	LADS	31	COLE	31	GREA	97
6	Gavin Mulholland Calder Valley Fell Runners	36	LADS	33	COLE	27	GREA	96
7	Darren Holloway Pennine Fell Runners	30	LADS	26	COLE	36	GREA	92
8	Paul Cornforth Borrowdale Fell Runners	25	LADS	29	COLE	34	GREA	88
9	Steve Birkenshaw Borrowdale Fell Runners	29	LADS	25	COLE	29	GREA	83
10	Ben Bardsley Borrowdale Fell Runners	0	....	39	COLE	39	GREA	78
11	Darren Kay Pudsey & Bramley AC	38	LADS	36	COLE	0	....	74
12=	Andrew Peace Bingley Harriers & AC	37	LADS	30	COLE	0	....	67
12=	Mike Fanning Borrowdale Fell Runners	32	LADS	35	COLE	0	....	67
14	John Hunt Dark Peak Fell Runners	20	LADS	22	COLE	23	GREA	65
15	Chris Reade Bowland Fell Runners	23	LADS	16	COLE	25	GREA	64

Men's Vets O45 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Mark Roberts Borrowdale Fell Runners	42	LADS	42	COLE	39	GREA	123
2	Paul Cornforth Borrowdale Fell Runners	37	LADS	39	COLE	38	GREA	114
3	John Hunt Dark Peak Fell Runners	34	LADS	36	COLE	35	GREA	105
4	Chris Reade Bowland Fell Runners	35	LADS	33	COLE	36	GREA	104
5	Mick Stenton Dark Peak Fell Runners	39	LADS	27	COLE	33	GREA	99
6	Ed Gamble Cheshire Hill Racers	32	LADS	30	COLE	26	GREA	88
7	Stephen Pyke Staffs Moorlands AC	0	....	35	COLE	42	GREA	77
8	Dave Milliken Horwich RMI Harriers	36	LADS	38	COLE	0	....	74
9=	Richard Houghton Macclesfield Harriers & AC	38	LADS	31	COLE	0	....	69
9=	Mike Johnson Bowland Fell Runners	0	....	32	COLE	37	GREA	69
11	David Keeling Cheshire Hill Racers	28	LADS	15	COLE	21	GREA	64
12	Nicholas Charlesworth Wharfedale Harriers	0	....	29	COLE	34	GREA	63
13	Dave Neill Staffs Moorlands AC	0	....	28	COLE	30	GREA	58
14	John Mcgrath Ambleside AC	30	LADS	23	COLE	0	....	53
15	Julien Minshull Glossopdale Harriers	27	LADS	0	....	23	GREA	50

Men's Vets O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Mick Stenton Dark Peak Fell Runners	32	LADS	27	COLE	28	GREA	87
2	Mark Roberts Borrowdale Fell Runners	0	....	32	COLE	32	GREA	64
3	Tom Mcgaff Cheshire Hill Racers	26	LADS	23	COLE	12	GREA	61
4	Mike Johnson Bowland Fell Runners	0	....	29	COLE	29	GREA	58
5	Dave Neill Staffs Moorlands AC	0	....	28	COLE	26	GREA	54
6=	Julien Minshull Glossopdale Harriers	28	LADS	0	....	23	GREA	51
6=	Andy Staveley Burnden Road Runners	27	LADS	20	COLE	4	GREA	51
8	Gavin Williams Dark Peak Fell Runners	0	....	24	COLE	25	GREA	49
9	Stuart Shuttleworth Ambleside AC	21	LADS	0	....	27	GREA	48
10=	Paul Stevenson Pudsey & Bramley AC	29	LADS	0	....	11	GREA	40
10=	Andy Hauser Holmfirth Harriers AC	19	LADS	21	COLE	0	....	40
12	Ali Welsh Bowland Fell Runners	0	....	19	COLE	19	GREA	38
13	Simon Reed Notts AC	14	LADS	22	COLE	0	....	36
14	Philip Taylor Rossendale Harriers & AC	20	LADS	13	COLE	0	....	33
15=	Martyn Pollitt Burnden Road Runners	8	LADS	0	....	24	GREA	32
15=	Robert Taylor Pennine Fell Runners	16	LADS	16	COLE	0	....	32

Men's Vets O55 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Tom Mcgaff Cheshire Hill Racers	32	LADS	28	COLE	25	GREA	85
2	Robert Johnson Southport Waterloo AC	21	LADS	19	COLE	29	GREA	69
3	Robert Taylor Pennine Fell Runners	26	LADS	24	COLE	17	GREA	67
4	Dave Neill Staffs Moorlands AC	0	....	32	COLE	32	GREA	64
5	Keith Holmes Dark Peak Fell Runners	18	LADS	14	COLE	23	GREA	55
6	Andy Hauser Holmfirth Harriers AC	27	LADS	27	COLE	0	....	54
7	Peter Crompton Cumberland Fell Runners	0	....	25	COLE	26	GREA	51
8	Ben Grant Harrogate Harriers & AC	25	LADS	23	COLE	0	....	48
9	Dave Tait Dark Peak Fell Runners	15	LADS	10	COLE	21	GREA	46
10	Jack Holt Clayton Le Moors Harriers	24	LADS	21	COLE	0	....	45
11	Pete Booth Clayton Le Moors Harriers	22	LADS	22	COLE	0	....	44
12=	Mike Walsh Kendal Amateur Athletic Club	23	LADS	18	COLE	0	....	41
12=	Graham Mcara Cheshire Hill Racers	14	LADS	12	COLE	15	GREA	41
14=	Barry Blyth Macclesfield Harriers & AC	19	LADS	17	COLE	0	....	36
14=	Brian Walton Horwich RMI Harriers	0	....	16	COLE	20	GREA	36

Men's Vets O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Robert Taylor Pennine Fell Runners	22	LADS	22	COLE	17	GREA	61
2	Dave Tait Dark Peak Fell Runners	14	LADS	13	COLE	18	GREA	45
3	Ben Grant Harrogate Harriers & AC	19	LADS	19	COLE	0	....	38
4	Kieran Carr Clayton Le Moors Harriers	12	LADS	14	COLE	11	GREA	37
5	Jack Holt Clayton Le Moors Harriers	18	LADS	17	COLE	0	....	35
6	Pete Booth Clayton Le Moors Harriers	16	LADS	18	COLE	0	....	34
7	Mike Walsh Kendal Amateur Athletic Club	17	LADS	16	COLE	0	....	33
8	Barry Blyth Macclesfield Harriers & AC	15	LADS	15	COLE	0	....	30
9	Adrian Dixon U/A	4	LADS	9	COLE	16	GREA	29
10	Alan Brentnall Pennine Fell Runners	13	LADS	12	COLE	0	....	25
11=	David Beels Calder Valley Fell Runners	11	LADS	11	COLE	0	....	22
11=	Yiannis Tridimas Bowland Fell Runners	0	....	0	....	22	GREA	22
13	Andy Watts Cheshire Hill Racers	10	LADS	10	COLE	0	....	20
14=	Chris Jagan FRA	1	LADS	6	COLE	12	GREA	19
14=	Jackie Winn Ellenborough AC	0	....	0	....	19	GREA	19

Men's Vets O65 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Dave Tait Dark Peak Fell Runners	19	LADS	18	COLE	19	GREA	56
2	Kieran Carr Clayton Le Moors Harriers	18	LADS	19	COLE	17	GREA	54
3	Adrian Dixon U/A	16	LADS	17	COLE	18	GREA	51
4	Dennis Lucas Rochdale Harriers & AC	15	LADS	15	COLE	16	GREA	46
5	Barry Blyth Macclesfield Harriers & AC	22	LADS	22	COLE	0	....	44
6	Mick Cochrane Dark Peak Fell Runners	17	LADS	16	COLE	0	....	33
7	Roger Ashby Pennine Fell Runners	8	LADS	9	COLE	15	GREA	32
8	John Parker Horwich RMI Harriers	14	LADS	14	COLE	0	....	28
9	Paul Murray Horwich RMI Harriers	10	LADS	13	COLE	0	....	23
10	Yiannis Tridimas Bowland Fell Runners	0	....	0	....	22	GREA	22
11	Richard Blakeley Todmorden Harriers	11	LADS	8	COLE	0	....	19
12	Jeremy Brayshaw Totley AC	12	LADS	5	COLE	0	....	17
13	Bill Allsop Buxton & District AC	9	LADS	7	COLE	0	....	16
14	Jeffrey Dubberley Keswick AC	0	....	0	....	14	GREA	14
15	Colin Williamson Mercia Fell Runners	13	LADS	0	....	0	....	13

Men's Vets O70 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	John Parker Horwich RMI Harriers	12	LADS	12	COLE	24
2	Paul Murray Horwich RMI Harriers	9	LADS	9	COLE	18
3	Bill Allsop Buxton & District AC	8	LADS	8	COLE	16
4	Bill Wade Holmfirth Harriers AC	7	LADS	7	COLE	14
5	Barry Johnson Cumberland Fell Runners	5	LADS	6	COLE	11
6	George Arnold Preston Harriers	4	LADS	4	COLE	8
7=	Phil Martin Bowland Fell Runners	6	LADS	0	....	6
7=	Roy Lee Middleton Harriers AC	3	LADS	3	COLE	6
9	Kevin Heywood Kendal Amateur Athletic Club	0	....	5	COLE	5
10	Roger Baumeister Dark Peak Fell Runners	2	LADS	2	COLE	4

Men's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Tom Addison Helm Hill Runners	12	LADS	12	COLE	24
2	Sam Tosh Rossendale Harriers & AC	9	LADS	9	COLE	18
3	Jack Ross Staffs Moorlands AC	8	LADS	8	COLE	16
4	William Neill Mercia Fell Runners	6	LADS	7	COLE	13
5	Sean Carey Todmorden Harriers	3	LADS	6	COLE	9
6	Frederick Slemeck Pudsey & Bramley AC	7	LADS	0	....	7
7=	Jonathan Bradshaw Wharfedale Harriers	5	LADS	0	....	5
7=	Karl Steinegger Ambleside AC	2	LADS	3	COLE	5
7=	Andrew Fleet Calder Valley Fell Runners	0	....	5	COLE	5
10=	Phil Bolton Rossendale Harriers & AC	4	LADS	0	....	4
10=	Jonathon Bradshaw Wharfedale Harriers	0	....	4	COLE	4
12	Scott Baistow Wharfedale Harriers	0	....	2	COLE	2
13	Alex Brown Helm Hill Runners	1	LADS	0	....	1

Men's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total	Aggregate
1	Borrowdale Fell Runner	7	LADS	12	COLE	12	GREA	31	263
2	Dark Peak Fell Runners	12	LADS	9	COLE	9	GREA	30	285
3	Calder Valley Fell Run	8	LADS	7	COLE	8	GREA	23	379
4	Pudsey & Bramley AC	9	LADS	8	COLE	2	GREA	19	554
5	Ambleside AC	5	LADS	5	COLE	7	GREA	17	592
6	Mercia Fell Runners	6	LADS	6	COLE	5	GREA	17	670
7	Helm Hill Runners	4	LADS	2	COLE	3	GREA	9	949
8	Bowland Fell Runners	0	....	1	COLE	6	GREA	7	725
9	Wharfedale Harriers	3	LADS	3	COLE	1	GREA	7	1075
10	Bingley Harriers & AC	1	LADS	4	COLE	0	....	5	586

BY **MARK HOBSON**

Men's Vets O40 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total	Aggregate
1	Borrowdale Fell Runner	12	LADS	12	COLE	12	GREA	36	75
2	Calder Valley Fell Run	9	LADS	8	COLE	9	GREA	26	166
3	Dark Peak Fell Runners	8	LADS	9	COLE	8	GREA	25	163
4	Bowland Fell Runners	0	....	7	COLE	7	GREA	14	215
5	Ambleside AC	7	LADS	6	COLE	0	....	13	234
6	Pennine Fell Runners	3	LADS	4	COLE	6	GREA	13	553
7	Cheshire Hill Racers	6	LADS	2	COLE	4	GREA	12	591
8	Clayton Le Moors Harri	2	LADS	3	COLE	5	GREA	10	599
9	Wharfedale Harriers	0	....	5	COLE	1	GREA	6	496
10	Bingley Harriers & AC	5	LADS	0	....	0	....	5	130

Men's Vets O50 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total	Aggregate
1	Dark Peak Fell Runners	7	LADS	12	COLE	9	GREA	28	125
2	Clayton Le Moors Harri	9	LADS	6	COLE	8	GREA	23	198
3	Bowland Fell Runners	0	....	9	COLE	12	GREA	21	58
4	Pennine Fell Runners	6	LADS	8	COLE	6	GREA	20	213
5	Burnden Road Runners	12	LADS	7	COLE	0	....	19	103
6	Cheshire Hill Racers	5	LADS	5	COLE	0	....	10	205
7	Todmorden Harriers	2	LADS	0	....	7	GREA	9	259
8	Rossendale Harriers &	8	LADS	0	....	0	....	8	58
9	Calder Valley Fell Run	1	LADS	0	....	5	GREA	6	302
10	Macclesfield Harriers	4	LADS	1	COLE	0	....	5	259

Women's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total	Aggregate
1	Calder Valley Fell Run	12	LADS	12	COLE	8	GREA	32	90
2	Dark Peak Fell Runners	1	LADS	9	COLE	12	GREA	22	161
3	Wharfedale Harriers	6	LADS	7	COLE	6	GREA	19	227
4	Todmorden Harriers	3	LADS	5	COLE	9	GREA	17	207
5	Mercia Fell Runners	7	LADS	8	COLE	0	....	15	133
6	Keswick AC	0	....	3	COLE	7	GREA	10	177
7	Horwich RMI Harriers	9	LADS	0	....	0	....	9	43
8	Helm Hill Runners	0	....	4	COLE	5	GREA	9	199
9	Bingley Harriers & AC	8	LADS	0	....	0	....	8	77
10	Clayton Le Moors Harri	2	LADS	1	COLE	4	GREA	7	335

Women's V40 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total	Aggregate
1	Dark Peak Fell Runners	0	....	12	COLE	12	GREA	24	25
2	Wharfedale Harriers	8	LADS	8	COLE	7	GREA	23	143
3	Clayton Le Moors Harri	9	LADS	5	COLE	8	GREA	22	179
4	Calder Valley Fell Run	12	LADS	9	COLE	0	....	21	55
5	Ambleside AC	6	LADS	7	COLE	0	....	13	163
6	Todmorden Harriers	2	LADS	2	COLE	9	GREA	13	309
7	Pennine Fell Runners	7	LADS	4	COLE	0	....	11	163
8	Ilkley Harriers AC	4	LADS	6	COLE	0	....	10	219
9	Totley AC	5	LADS	0	....	0	....	5	130
10	Borrowdale Fell Runner	0	....	3	COLE	0	....	3	96

Lauren Jeska at Coledale

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Women's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Lauren Jeska Todmorden Harriers	29	LADS	32	COLE	32	GREA	93
2	Helen Berry Holmfirth Harriers AC	26	LADS	27	COLE	27	GREA	80
3	Sally Newman Calder Valley Fell Runners	18	LADS	23	COLE	28	GREA	69
4	Elizabeth Batt Dark Peak Fell Runners	20	LADS	21	COLE	26	GREA	67
5	Helen Elmore Dark Peak Fell Runners	24	LADS	16	COLE	20	GREA	60
6	Holly Page Calder Valley Fell Runners	28	LADS	0	....	29	GREA	57
7	Helen Fines Calder Valley Fell Runners	25	LADS	28	COLE	0	....	53
8	Mel Price Mercia Fell Runners	21	LADS	26	COLE	1	GREA	48
9=	Jo Waites Calder Valley Fell Runners	23	LADS	24	COLE	0	....	47
9=	Lindsey Brindle Horwich RMI Harriers	27	LADS	20	COLE	0	....	47
9=	Judith Jepson Dark Peak Fell Runners	0	....	22	COLE	25	GREA	47
12	Louisa Pickles Wharfedale Harriers	12	LADS	14	COLE	18	GREA	44
13	Fiona Blackett Durham Fell Runners	22	LADS	18	COLE	0	....	40
14	Jackie Lee Eryri Harriers	16	LADS	19	COLE	0	....	35
15=	Emma Clayton Bingley Harriers & AC	32	LADS	0	....	0	....	32
15=	Clare Mckeown Border Harriers & AC	15	LADS	17	COLE	0	....	32

Women's Vets O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Sally Newman Calder Valley Fell Runners	16	LADS	18	COLE	22	GREA	56
2	Elizabeth Batt Dark Peak Fell Runners	18	LADS	16	COLE	19	GREA	53
3	Helen Elmore Dark Peak Fell Runners	22	LADS	14	COLE	14	GREA	50
4	Jo Waites Calder Valley Fell Runners	19	LADS	19	COLE	0	....	38
5	Judith Jepson Dark Peak Fell Runners	0	....	17	COLE	18	GREA	35
6	Clare Mckeown Border Harriers & AC	14	LADS	15	COLE	0	....	29
7	Steph Curtis Pennine Fell Runners	15	LADS	12	COLE	0	....	27
8	Nicky Spinks Dark Peak Fell Runners	0	....	8	COLE	17	GREA	25
9=	Nicola Davies Borrowdale Fell Runners	0	....	9	COLE	15	GREA	24
9=	Jean Brown Clayton Le Moors Harriers	13	LADS	0	....	11	GREA	24
11=	Anna Bartlett Mercia Fell Runners	0	....	22	COLE	0	....	22
11=	Christine Howard Matlock Athletic Club	9	LADS	0	....	13	GREA	22
13	Rowena Browne Bowland Fell Runners	10	LADS	10	COLE	0	....	20
14	Sarah Colbert Springfield Striders RC	11	LADS	7	COLE	0	....	18
15=	Tracey Greenway Derby Athletic Club	17	LADS	0	....	0	....	17
15=	Rachel Hill Wharfedale Harriers	1	LADS	11	COLE	5	GREA	17

Women's Vets O45 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Sally Newman Calder Valley Fell Runners	18	LADS	22	COLE	22	GREA	62
2	Elizabeth Batt Dark Peak Fell Runners	22	LADS	18	COLE	19	GREA	59
3	Gill Myers Wharfedale Harriers	15	LADS	15	COLE	10	GREA	40
4	Rowena Browne Bowland Fell Runners	16	LADS	17	COLE	5	GREA	38
5=	Wendy Dodds Clayton Le Moors Harriers	12	LADS	12	COLE	13	GREA	37
5=	Judith Jepson Dark Peak Fell Runners	0	....	19	COLE	18	GREA	37
7	Nicola Davies Borrowdale Fell Runners	0	....	16	COLE	16	GREA	32
8	Isaline Kneale Burnden Road Runners	0	....	13	COLE	12	GREA	25
9	Alison Weston Ilkley Harriers AC	10	LADS	14	COLE	0	....	24
10=	Tracey Greenway Derby Athletic Club	19	LADS	0	....	0	....	19
10=	Jane E Leonard Todmorden Harriers	0	....	4	COLE	15	GREA	19
12=	Aly Raw Bingley Harriers & AC	17	LADS	0	....	0	....	17
12=	Nicky Spinks Dark Peak Fell Runners	0	....	0	....	17	GREA	17
14=	Caroline Holden Helm Hill Runners	6	LADS	8	COLE	0	....	14
14=	Kim Braznell Mercia Fell Runners	3	LADS	11	COLE	0	....	14
14=	Suzanne Budgett Horwich RMI Harriers	14	LADS	0	....	0	....	14
14=	Lesley Malarkey Keswick AC	0	....	0	....	14	GREA	14

Women's Vets O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Sally Newman Calder Valley Fell Runners	12	LADS	12	COLE	12	GREA	36
2	Gill Myers Wharfedale Harriers	9	LADS	7	COLE	5	GREA	21
3	Wendy Dodds Clayton Le Moors Harriers	7	LADS	6	COLE	6	GREA	19
4	Nicola Davies Borrowdale Fell Runners	0	....	8	COLE	9	GREA	17
5	Rowena Browne Bowland Fell Runners	0	....	9	COLE	3	GREA	12
6	Jane E Leonard Todmorden Harriers	0	....	1	COLE	8	GREA	9
7	Janet Kenyon U/A	8	LADS	0	....	0	....	8
8=	Lesley Malarkey Keswick AC	0	....	0	....	7	GREA	7
8=	Kim Braznell Mercia Fell Runners	2	LADS	5	COLE	0	....	7
10	Jackie Casey Black Combe Runners	6	LADS	0	....	0	....	6
11	Mary Edgerton Pennine Fell Runners	5	LADS	0	....	0	....	5
12=	Susan Howarth Mercia Fell Runners	4	LADS	0	....	0	....	4
12=	Caroline Pollard Wharfedale Harriers	0	....	4	COLE	0	....	4
12=	Kate Ayres Ambleside AC	1	LADS	3	COLE	0	....	4
12=	Mandy Goth Todmorden Harriers	0	....	0	....	4	GREA	4

Women's Vets O55 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	L.Pts	Long Race	Total
1	Wendy Dodds Clayton Le Moors Harriers	12	LADS	12	COLE	9	GREA	33
2	Pat Goodall Totley AC	8	LADS	8	COLE	8	GREA	24
3	Lesley Malarkey Keswick AC	5	LADS	6	COLE	12	GREA	23
4	Kim Braznell Mercia Fell Runners	9	LADS	9	COLE	0	....	18
5	Alison Brentnall Pennine Fell Runners	7	LADS	7	COLE	0	....	14
6	Lou Lyness Barrow & Furness Striders AC	6	LADS	5	COLE	0	....	11
7=	Barbara Haigh Penistone Fell Runners & Athletic Club	4	LADS	1	COLE	0	....	5
7=	Linda Hayles Calder Valley Fell Runners	2	LADS	3	COLE	0	....	5
9	Val Gill Black Combe Runners	0	....	4	COLE	0	....	4
10	Kim Clark Keswick AC	3	LADS	0	....	0	....	3
11	Jane Laycock Ambleside AC	0	....	2	COLE	0	....	2
12	Moyra Parfitt Todmorden Harriers	1	LADS	0	....	0	....	1

Women's Vets O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Wendy Dodds Clayton Le Moors Harriers	12	LADS	12	COLE	24
2	Alison Brentnall Pennine Fell Runners	9	LADS	9	COLE	18
3=	Lou Lyness Barrow & Furness Striders AC	8	LADS	7	COLE	15
3=	Lesley Malarkey Keswick AC	7	LADS	8	COLE	15
5	Barbara Haigh Penistone Fell Runners & Athletic Club	6	LADS	5	COLE	11
6	Brenda Roberts Saddleworth Runners Club	3	LADS	4	COLE	7
7	Jane Laycock Ambleside AC	0	....	6	COLE	6
8	Moyra Parfitt Todmorden Harriers	5	LADS	0	....	5
9	Beryl Buckley Glossopdale Harriers	4	LADS	0	....	4
10	Lyn Eden Ilkley Harriers AC	2	LADS	0	....	2

Women's Vets O65 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Barbara Haigh Penistone Fell Runners & Athletic Club	12	LADS	9	COLE	21
2	Brenda Roberts Saddleworth Runners Club	8	LADS	8	COLE	16
3	Jane Laycock Ambleside AC	0	....	12	COLE	12
4	Moyra Parfitt Todmorden Harriers	9	LADS	0	....	9
5	Lyn Eden Ilkley Harriers AC	7	LADS	0	....	7

Women's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Nichola Jackson Preston Harriers	9	LADS	12	COLE	21
2	Emma Dodd Wharfedale Harriers	6	LADS	9	COLE	15
3	Rachel Findlay-Robinson Dark Peak Fell Runners	5	LADS	8	COLE	13
4	Holly Page Calder Valley Fell Runners	12	LADS	0	....	12
5	Kate Titlow Warrington AC	8	LADS	0	....	8
6	Sarah Yeomans Rossendale Harriers & AC	7	LADS	0	....	7

BY **MARK HOBSON**

Right: Pictured after the rather soggy Great Lakes race (l-r): Kim Collinson, Ben Bardsley, Lloyd Taggart, Ben Abdelnoor and Rhys Findlay-Robinson

Photo © Paul Dobson

BY **MARK HOBSON**

British Fell Running Championship 2012

Men's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Joe Symonds Kendal Amateur Athletic Club	52	SLIE	52	COLE	104
2=	Rob Jebb Bingley Harriers & AC	49	SLIE	48	COLE	97
2=	Morgan Donnelly Borrowdale Fell Runners	48	SLIE	49	COLE	97
4	Lloyd Taggart Dark Peak Fell Runners	47	SLIE	45	COLE	92
5	Karl Gray Calder Valley Fell Runners	45	SLIE	43	COLE	88
6	Ben Bardsley Borrowdale Fell Runners	43	SLIE	44	COLE	87
7	Carl Bell Howgill Harriers	46	SLIE	38	COLE	84
8	Mark Addison Helm Hill Runners	42	SLIE	41	COLE	83
9	Darren Kay Pudsey & Bramley AC	44	SLIE	31	COLE	75
10	Tom Addison Helm Hill Runners	32	SLIE	40	COLE	72
11	Sam Tosh Rossendale Harriers & AC	37	SLIE	33	COLE	70
12	Martin Mikkelsen-Barron Borrowdale Fell Runners	41	SLIE	28	COLE	69
13	Richard Roberts Eryri Harriers	35	SLIE	24	COLE	59
14	Gavin Mulholland Calder Valley Fell Runners	40	SLIE	17	COLE	57
15	Mike Fanning Borrowdale Fell Runners	27	SLIE	23	COLE	50

Men's Vets O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Lloyd Taggart Dark Peak Fell Runners	42	SLIE	42	COLE	84
2	Karl Gray Calder Valley Fell Runners	39	SLIE	38	COLE	77
3	Ben Bardsley Borrowdale Fell Runners	37	SLIE	39	COLE	76
4	Darren Kay Pudsey & Bramley AC	38	SLIE	36	COLE	74
5	Gavin Mulholland Calder Valley Fell Runners	36	SLIE	32	COLE	68
6	Mike Fanning Borrowdale Fell Runners	32	SLIE	35	COLE	67
7=	Jon Morgan Dark Peak Fell Runners	33	SLIE	33	COLE	66
7=	Mark Roberts Borrowdale Fell Runners	35	SLIE	31	COLE	66
9	Paul Cornforth Borrowdale Fell Runners	34	SLIE	28	COLE	62
10	James Logue Calder Valley Fell Runners	31	SLIE	30	COLE	61
11	Gavin Bland Borrowdale Fell Runners	28	SLIE	27	COLE	55
12	Dave Taylor Dark Peak Fell Runners	29	SLIE	23	COLE	52
13	Paul Jones Mercia Fell Runners	25	SLIE	19	COLE	44
14	Phil Davies Borrowdale Fell Runners	0	....	37	COLE	37
15=	Ed Gamble Cheshire Hill Racers	27	SLIE	8	COLE	35
15=	John Nicoll Keswick AC	26	SLIE	9	COLE	35

Men's Vets O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Mark Roberts Borrowdale Fell Runners	32	SLIE	32	COLE	64
2	Mick Stenton Dark Peak Fell Runners	29	SLIE	27	COLE	56
3	Gavin Williams Dark Peak Fell Runners	28	SLIE	24	COLE	52
4	Tom McGaff Cheshire Hill Racers	22	SLIE	23	COLE	45
5	Billy Procter Helm Hill Runners	26	SLIE	18	COLE	44
6	Ali Welsh Bowland Fell Runners	23	SLIE	19	COLE	42
7	Robert Taylor Pennine Fell Runners	24	SLIE	16	COLE	40
8	Mike Johnson Bowland Fell Runners	0	....	29	COLE	29
9	Dave Neill Staffs Moorlands AC	0	....	28	COLE	28
10	Jim Brown BARF	27	SLIE	0	....	27
11	Graham Schofield Horwich RMI Harriers	0	....	26	COLE	26
12=	Eugene McCann Newcastle & District AC	25	SLIE	0	....	25
12=	Alan Kirk Pennine Fell Runners	0	....	25	COLE	25
14=	Jack Holt Clayton Le Moors Harriers	20	SLIE	2	COLE	22
14=	Simon Reed Notts AC	0	....	22	COLE	22

Men's Vets O60 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Robert Taylor Pennine Fell Runners	22	SLIE	22	COLE	44
2	Jack Holt Clayton Le Moors Harriers	19	SLIE	17	COLE	36
3	Alan Brentnall Pennine Fell Runners	17	SLIE	12	COLE	29
4=	John Blair-Fish Carnethy Hill Racing Club	15	SLIE	4	COLE	19
4=	Ben Grant Harrogate Harriers & AC	0	....	19	COLE	19
6=	Stewart Cunningham Mourne Runners	18	SLIE	0	....	18
6=	Pete Booth Clayton Le Moors Harriers	0	....	18	COLE	18
8=	Harry Teggarty Mourne Runners	16	SLIE	0	....	16
8=	Mike Walsh Kendal Amateur Athletic Club	0	....	16	COLE	16
10	Barry Blyth Macclesfield Harriers & AC	0	....	15	COLE	15
11=	Martin Cortvriend Denbigh Harriers	14	SLIE	0	....	14
11=	Kieran Carr Clayton Le Moors Harriers	0	....	14	COLE	14
13	Dave Tait Dark Peak Fell Runners	0	....	13	COLE	13
14	David Beels Calder Valley Fell Runners	0	....	11	COLE	11
15	Andy Watts Cheshire Hill Racers	0	....	10	COLE	10

Men's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1=	Sam Tosh Rossendale Harriers & AC	12	SLIE	9	COLE	21
1=	Tom Addison Helm Hill Runners	9	SLIE	12	COLE	21
3	William Neill Mercia Fell Runners	7	SLIE	7	COLE	14
4=	Andrew Annett Mourne Runners	8	SLIE	0	....	8
4=	Jack Ross Staffs Moorlands AC	0	....	8	COLE	8
6=	Karl Steinegger Ambleside AC	3	SLIE	3	COLE	6
6=	Joseph Crossfield Halifax Harriers & AC	6	SLIE	0	....	6
6=	Sean Carey Todmorden Harriers	0	....	6	COLE	6
9=	Andrew Fleet Calder Valley Fell Runners	5	SLIE	0	....	5
9=	Andy Fleet Calder Valley Fell Runners	0	....	5	COLE	5
11=	Brad Traviss Calder Valley Fell Runners	4	SLIE	0	....	4
11=	Jonathon Bradshaw Wharfedale Harriers	0	....	4	COLE	4
13=	Jonathan Graham Mourne Runners	2	SLIE	0	....	2
13=	Scott Baistow Wharfedale Harriers	0	....	2	COLE	2

Men's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total	Aggregate
1	Borrowdale Fell Runner	12	SLIE	12	COLE	24	132
2	Dark Peak Fell Runners	8	SLIE	9	COLE	17	221
3	Calder Valley Fell Run	9	SLIE	7	COLE	16	248
4	Mercia Fell Runners	5	SLIE	6	COLE	11	414
5	Helm Hill Runners	6	SLIE	3	COLE	9	652
6	Pudsey & Bramley AC	0	....	8	COLE	8	123
7	Mourne Runners	7	SLIE	0	....	7	191
8	Ambleside AC	0	....	5	COLE	5	256
9	Newcastle & District A	4	SLIE	0	....	4	255
10	Bingley Harriers & AC	0	....	4	COLE	4	282

Men's Vets O40 Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total	Aggregate
1	Borrowdale Fell Runner	12	SLIE	12	COLE	24	48
2	Dark Peak Fell Runners	9	SLIE	9	COLE	18	86
3	Calder Valley Fell Run	8	SLIE	8	COLE	16	106
4	Cheshire Hill Racers	7	SLIE	2	COLE	9	367
5	Bowland Fell Runners	0	....	7	COLE	7	120
6	Mercia Fell Runners	6	SLIE	0	....	6	122
7	Ambleside AC	0	....	6	COLE	6	140
8	Newcastle & District A	5	SLIE	0	....	5	126
9	Wharfedale Harriers	0	....	5	COLE	5	185
10	BARF	4	SLIE	0	....	4	192

BY **MARK HOBSON**

Women's Open Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Helen Fines Calder Valley Fell Runners	29	SLIE	26	COLE	55
2	Anna Bartlett Mercia Fell Runners	27	SLIE	27	COLE	54
3	Mel Price Mercia Fell Runners	26	SLIE	24	COLE	50
4	Lindsey Brindle Horwich RMI Harriers	25	SLIE	17	COLE	42
5	Charlotte Morgan Carnethy Hill Racing Club	23	SLIE	18	COLE	41
6	Helen Elmore Dark Peak Fell Runners	24	SLIE	13	COLE	37
7=	Angela Mudge Carnethy Hill Racing Club	32	SLIE	0	....	32
7=	Lauren Jeska Todmorden Harriers	0	....	32	COLE	32
9	Helen Bonsor Carnethy Hill Racing Club	20	SLIE	10	COLE	30
10	Sarah O Neil Hunters Bog Trotters	0	....	29	COLE	29
11=	Ciara Largey Fermanagh Orienteers	28	SLIE	0	....	28
11=	Catriona Buchanan Ochil Hill Runners	0	....	28	COLE	28
13	Helen Berry Holmfirth Harriers AC	0	....	25	COLE	25
14	Sharon Taylor Bingley Harriers & AC	0	....	23	COLE	23
15=	Diane Wilson Lagan Valley AC	22	SLIE	0	....	22
15=	Jo Waites Calder Valley Fell Runners	0	....	22	COLE	22

Photo © Dave Woodhead www.woodentops.org.uk

Helen Fines leads the women's British Championship (pictured at at Coiners)

Photo © Pete Hartley

Full points to Jo Symonds so far!

Women's Vets O40 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Anna Bartlett Mercia Fell Runners	19	SLIE	22	COLE	41
2	Helen Elmore Dark Peak Fell Runners	18	SLIE	14	COLE	32
3	Nicola Davies Borrowdale Fell Runners	16	SLIE	9	COLE	25
4	Angela Mudge Carnethy Hill Racing Club	22	SLIE	0	....	22
5	Gill Myers Wharfedale Harriers	14	SLIE	6	COLE	20
6	Jo Waites Calder Valley Fell Runners	0	....	19	COLE	19
7	Sally Newman Calder Valley Fell Runners	0	....	18	COLE	18
8=	Diane Wilson Lagan Valley AC	17	SLIE	0	....	17
8=	Judith Jepson Dark Peak Fell Runners	0	....	17	COLE	17
10	Elizabeth Batt Dark Peak Fell Runners	0	....	16	COLE	16
11=	Wendy Dodds Clayton Le Moors Harriers	15	SLIE	0	....	15
11=	Clare McKeown Border Harriers & AC	0	....	15	COLE	15
13=	Judy Howells Wharfedale Harriers	9	SLIE	4	COLE	13
13=	Hazel Sutherland Carnethy Hill Racing Club	13	SLIE	0	....	13
13=	Samantha Noble Ambleside AC	0	....	13	COLE	13

Women's Vets O50 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Nicola Davies Borrowdale Fell Runners	12	SLIE	8	COLE	20
2=	Wendy Dodds Clayton Le Moors Harriers	9	SLIE	6	COLE	15
2=	Gill Myers Wharfedale Harriers	8	SLIE	7	COLE	15
4	Sally Newman Calder Valley Fell Runners	0	....	12	COLE	12
5=	Caroline Pollard Wharfedale Harriers	5	SLIE	4	COLE	9
5=	Rowena Browne Bowland Fell Runners	0	....	9	COLE	9
7	Alison Brentnall Pennine Fell Runners	7	SLIE	0	....	7
8	Linda Crabtree Calder Valley Fell Runners	6	SLIE	0	....	6
9	Kim Braznell Mercia Fell Runners	0	....	5	COLE	5
10	Lou Lyness Barrow & Furness Striders AC	4	SLIE	0	....	4
11	Kate Ayres Ambleside AC	0	....	3	COLE	3
12	Pat Goodall Totley AC	0	....	2	COLE	2
13	Jane E Leonard Todmorden Harriers	0	....	1	COLE	1

Women's U23 Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Catriona Buchanan Ochil Hill Runners	0	....	12	COLE	12
2	Nichola Jackson Preston Harriers	0	....	9	COLE	9
3	Emma Dodd Wharfedale Harriers	0	....	8	COLE	8
4	Rachel Findlay-Robinson Dark Peak Fell Runners	0	....	7	COLE	7

Women's Open Team Championship

Pos	Name	S.Pts	Short Race	M.Pts	Medium Race	Total
1	Calder Valley Fell Run	6	SLIE	12	COLE	18
2	Mercia Fell Runners	9	SLIE	8	COLE	17
3	Wharfedale Harriers	7	SLIE	7	COLE	14
4	Carnethy Hill Racing C	12	SLIE	0	....	12
5	Dark Peak Fell Runners	0	....	9	COLE	9
6	Lagan Valley AC	8	SLIE	0	....	8
7	Todmorden Harriers	0	....	6	COLE	6
8	Ambleside AC	0	....	5	COLE	5
9	Helm Hill Runners	0	....	4	COLE	4
10	Keswick AC	0	....	3	COLE	3

BY **JIM GODWIN**

FRA Junior Championship 2012

INTERIM STANDINGS – JUNE 2012

Congratulations to Blythe Fourie, Hyndburn, who has the maximum score of 200 points and wins the U12G gold medal.

The other championship age groups are still being hotly contested, with everything to run for in the remaining two rounds. Three competitors have two wins each from two races, so the leading runners in their age groups will have to work hard to keep them at bay. Congratulations also to those runners from U8 to U18, who have already claimed a t-shirt for 2012.

Sponsored by Norman Walsh Footwear with Pete Bland Sports

Pendle, Lancashire	*Saturday 7th April*
Anniversary Wa!, Cumbria	*Saturday 21st April*
Cowpe, Lancashire	*Saturday 26th May*
Clougha Pike, Lancashire	*Saturday 23rd June*
Hawkswick, Yorkshire	Sunday 1st July
Sedbergh (uphill only), Cumbria	Saturday 14th July

U8B

COMPETITOR	CLUB	NO RACES
Evan Mills	Keighley & Craven	4
Edward Bolton	Unattached	2
Joseph Hopley	Rossendale Harriers	2
Tristain Nelson	Wharfedale Harriers	2
William Nicholls	Unattached	2
Jack Smith	Rossendale Harriers	2
Jason Wilkinson	Unattached	2
Evan Allan	Allithwaite & District AC	1
Tom Allan	Unattached	1
Kyle Anderson	CFR	1

U8G

COMPETITOR	CLUB	NO RACES
Maddie Walsh	Helm Hill	4
Robyn Anderson	Ilkley Harriers	3
Alayna Irvine	Clayton-le-Moors	3
Alice Jones	Wharfedale Harriers	3
Alicia Kerman	Keighley & Craven	2
Rebecca Kerman	Keighley & Craven	2
Grace Root	Clayton-le-Moors	2
Sophie Beaumont	Keighley & Craven	1
Hazel Carter	Unattached	1
Ella Dorrington	Unattached	1

U8s at Pendle

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U10B

COMPETITOR	CLUB	NO RACES
Joseph Carnelley	Bingley Harriers	4
Ben Edmondson	Broughton Runners	4
George Hobbs	Holmfirth Harriers	4
Gregor Miller	Broughton Runners	4
Josh Roelants	Helm Hill	4
Alfie Thorpe	Broughton Runners	4
Jack Whitehead	Rossendale Harriers	4
Elliot Wren	Helm Hill	4
Callum Durrans	Holmfirth Harriers	3
Ryan Heneghan	Rossendale Harriers	3

U10G

COMPETITOR	CLUB	NO RACES
Poppy Anderson	Ilkley Harriers	4
Emily Elmes	Ilkley Harriers	4
Molly Pearson	Ilkley Harriers	4
Abi Smith	CFR	4
Rachel Nealon	Wreake Runners	3
Katriona Newell	Rossendale Harriers	3
Emelia Stevens	Helm Hill	3
Ruby Yates	Holmfirth Harriers	3
Ellie Giles	Broughton Runners	2
Emily Jones	Wharfedale Harriers	2

U12B

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Joshua Boyle	Hyndburn	4	197
2	Nathan Smith	CFR	4	181
3	Alex Stewart	Bingley Harriers	4	179
4	Jacob Aubrey	Helm Hill	4	169
5	Ben Green	Rossendale Harriers	4	165
6	Joe Edmondson	Broughton Runners	4	150
7	Harry Shelbourne	Penistone Footpath Runners	4	145
8	Elliot Brett	Keighley & Craven	4	144
9	Joshua Dickinson	York AC	3	135
10	Joshua Whitehead	Rossendale Harriers	3	125

U12G

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Blythe Fourie	Hyndburn	4	200
2	Imogen Burrow	Helm Hill	4	190
3	Natalya Irvine	Clayton-le-Moors	4	180
4	Sunnivah Waterman	Holmfirth Harriers	4	177
5	Mia Walsh	Helm Hill	4	163
6	Eilidh Miller	Broughton Runners	4	155
7	Laura Knowles	Keighley & Craven	4	147
8	Katie Thurlow	Helm Hill	3	137
9	Olivia Roper	Bingley Harriers	3	107
10	Leah Albion	Broughton Runners	3	105

Blythe Fourie (260) of Hyndburn and David Mullarkey (210) of Manx Harriers at Pendle

Chris Richards of Helm Hill Runners at Pendle

Photos © Dave & Eileen Woodhead www.woodentops.org.uk

U14B

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Chris Richards	Helm Hill	4	198
2	James Lund	Keighley & Craven	4	190
3	Matthew Merrick	Bingley Harriers	4	167
4	Jack Edmondson	Broughton Runners	4	154
4	Thomas Harbour	Blackburn Harriers	4	154
6	Alfie Thompson	Leicester Coritanian AC	3	143
7	Billy Starling	Mercia	4	141
8	Thomas Yarrow	Hallamshire	4	135
9	Marcus Preedy	Rossendale Harriers	3	133
10	Charlie Lowrie	Wharfedale Harriers	3	129

U14B

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Erica Byram	Holmfirth Harriers	4	188
2	Heidi Murray	Helm Hill	4	185
3	Ellie Lambert	Wharfedale Harriers	4	181
4	Victoria Merrick	Bingley Harriers	4	171
5	Daisy Mae Smith	Holmfirth Harriers	4	143
6	Catherine Lawson	Helm Hill	3	132
7	Mia Senior	Helm Hill	3	121
7	Shauna Williamson	Rossendale Harriers	3	121
9	Sarah Longshaw	Rossendale Harriers	3	116
10	Genevieve Durrans	Holmfirth Harriers	3	109

Callum Davidson (411) of Rossendale Harriers and Molly Traviss (424) of Halifax Harriers & AC at Pendle

Photos © Dave & Eileen Woodhead www.woodentops.org.uk

U16B

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Callum Davidson	Rossendale Harriers	4	164
2	Eddie Hinchcliffe	Holmfirth Harriers	4	159
3	Gavin Lloyd	Broughton Runners	4	155
4	Dan Miller	Broughton Runners	4	146
4	Jack Willis	Middlesborough & Cleveland H	3	146
6	Lewis Byram	Holmfirth Harriers	3	141
7	Jack Hindle	Blackburn Harriers	3	136
8	Harry Thompson	Leicester Coritanian AC	3	131
9	James Hall	Wharfedale Harriers	2	100
10	Harry Muir	Wharfedale Harriers	2	91

U16G

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Leah Ogden	Scarborough AC	4	178
2	Annabel Mason	Wakefield Harriers	3	150
3	Molly Traviss	Halifax Harriers	3	143
4	Rebecca Flanagan	Rossendale Harriers	3	141
5	Georgia Malir	Ilkley Harriers	3	138
6	Leah Williamson	Rossendale Harriers	2	91
7	Issy Wharton	Calder Valley FR	2	89
8	Bronwen Owen	Scarborough AC	1	48
9	Sally Handford	Keighley & Craven	1	47
10	Mary Hodgson	Lancaster & Morecambe	1	46
10	Harmonie Waterman	Holmfirth Harriers	1	46

U18B

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Alastair Weymouth	Border Harriers	4	190
2	Tom Saville	Dark Peak FR	4	183
3	Anthony Dalton	Rossendale Harriers	4	180
4	Daniel Walsh	Rossendale Harriers	4	176
5	Brad Traviss	Calder Valley FR	3	150
6	Felix McGrath	Westbury Harriers	3	142
7	Richard Powell	Trafford AC	3	125
8	Robert Smith	Holmfirth Harriers	3	116
9	Sam Haggar	Wharfedale Harriers	2	84
10	Dominic Mahoney	Blackburn Harriers	1	47

U18G

POS	COMPETITOR	CLUB	NO RACES	POINTS
1	Lauren Munro-Bennett	Helm Hill	4	187
2	Sally Ratcliffe	Stockport Harriers	3	148
3	Katie Ashcroft	Warrington AC	3	136
4	Shannon Johnson	Leigh Harriers	2	100
5	Katie Buckley	Bury AC	2	95
6	Charlotte Bellingham	Mansfield HAC	2	86
6	Harriet Codd	Mansfield HAC	2	86
8	Sarah Hodgson	Lancaster & Morecambe	1	48
9	Zara Knappy	Keighley & Craven	1	46
10	Helena Leathley	Clayton-le-Moors	1	45

Katie Buckley of Bury AC at Pendle

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Robert Albion (246) of Broughton Runners and Sam Thom (257) of Keighley & Craven AC at Pendle

CLUBS

POS	CLUB	POINTS
1	Helm Hill	577
2	Holmfirth Harriers	561
3	Wharfedale Harriers	558
4	Rossendale Harriers	547
5	Blackburn Harriers	545
6	Bingley Harriers	521
7	Hyndburn	516
8	Keighley & Craven	499
9	Broughton Runners	474
10	Calder Valley FR	407

BY **DUNCAN RICHARDS**

Junior News

2012 Championship

Its half time in the Championship with 3 races down. Well done to everyone who has competed and many thanks to the organisers at Pendle, Anni Wa and Rossendale for putting on excellent races. Still a way to go so things could well change significantly but its great to see so many young runners enjoying their racing in the various locations.

A quick mention too for Billy and Joe Starling, young tri-athletes from Wolverhampton who have been coming up for their first ever fell races, well done, hope you are enjoying them!

Junior Committee

To support me with advice, keep me in line & help with the workload, I have asked a number of people to be an informal junior committee. These are:

- Jim Godwin aka felljunior (Results/Statistics)
- Graeme Woodward (Coaching)
- Nick Harris (Club rep)
- Lauren Jeska (Championship races)
- Richard Taylor (Rules, track & field, cross-country liaison)
- Phil Bolton (U20 development officer)
- Richard Lecky-Thompson (Eng Schools, past Junior Coordinator)

I'm very grateful to the work & time these guys put in to help out, incredibly valuable.

(It would be good to have a greater female presence, so if any women who are involved with juniors and have a bit of time on their hands & would like to help out/contribute, please get in touch).

Junior Newsletter

In order to improve communication & highlight any junior news or issues, I am putting together an one page newsletter available at each Championship race registration. This will also highlight any questions I get asked around junior matters that may need clarifying. So either help yourself to it at races or go online to the FRA Junior page or Felljunior's site to see them.

FRA Junior Grant

A new grant from the FRA is being made available to clubs specifically for junior development. This could cover personal running kit, equipment for junior races, to cover costs to attend some of the excellent coaching courses Graeme Woodward is running, whatever, if it helps your club in developing its junior section, please get in touch.

Clubs will be required to submit a proposal to the Junior Coordinator demonstrating clearly **in what way the grant would enhance the long term development of the clubs junior section** and how the grant would be spent.

A maximum of initially up to £200 will be available. Clubs who are successful will not be able to apply the following year. This is a new development but if clubs come forward with good ideas it is possible the level of funding for each club and the overall funds available might be increased.

The money will be coming from members' fees, so it is really important to me that it is justified and well spent. To that effect I would like some key explanations that I would be happy I could put in Fellrunner magazine so that people would feel their money was indeed being well spent i.e. on junior development.

So answers to:

- How are you going to develop a strong, healthy junior section within your club?
- How would this grant help towards that view or improve what is already happening?
- How much money would you like?
- What would it be spent on exactly?
- How would we know that the investment has been successful, both the short and long term?

I would also ask a short follow up article or paragraph for The Fellrunner, say 6 or 8 months later, maybe with some pictures, indicating the difference the money has made to your club. Just to highlight your junior section and its development.

I really don't want to make it a government tender document, more just opportunity to focus thinking and publicise the good things going on within the junior fell running, specifically your club, as well as making sure members money is spent well.

Finally, some thoughts from Richard Bailey, formerly Professor of Human Development & Sport at Birmingham, Roehampton & Canterbury Universities, advisor to UNESCO, International Federation of Red Cross & Nike Foundation.

"The collective wisdom from decades of research into children and sport can be summarised in just three points:

1. Children are not mini-adults;
2. Children are not mini-adults;
3. Children are not mini-adults.

The key points of which to bear in mind are –

4. *1. Biology does not celebrate birthdays*
5. *2. Childhood can usefully be thought of in terms of stages of development*
6. *3. Performance is a poor indicator of ability"*

Dr Richard Bailey

Which I think are excellent points. We have lots going on in the juniors, which is great, but at the end of the day it is about learning to enjoy running in the hills and all the physical & psychological benefits that brings. Having fun.

Good luck everyone & enjoy your running.
Cheers
Duncan

Junior International

I've had a number of questions around what selection races and Internationals juniors can race for. Details and selection policy can be found on FRA web site (International) or England Athletics website, Mountain Running.

2012 INTERNATIONAL RACES AND TRIALS

Home International (uphill only) (England Athletics)

TRIAL:
U16: 14th July Sedbergh FRA Junior Championship uphill only Race. ***Age groups are FRA, i.e. age as 1st January 2012.*** First 2 junior men, first 2 junior women automatically selected. 2 more junior men & 2 more junior women selected based on known form.
U18: 5th August, Glenridding, Cumbria. Uphill only. ***Age groups are FRA, i.e. age as 1st January 2012.*** First 2 junior men, first 2 junior women automatically selected. 2 more junior men & 2 more junior women selected based on known form.
Race- 22nd September, Melmerby Nr Penrith.

Under 20 races:

World Championship (Uphill only) - (UK Athletics)

TRIAL: 5th August, Glenridding,. Uphill ony.
Age groups IAAF i.e. Aged 16 but U20 on 31st Dec 2012.
First 2 junior men, first junior women automatically selected+ 2 junior men & 2 more junior women
Junior Women - 4.0km, 330m climb, Junior Men 7.0km, 730m climb
RACE: 2nd September, Valle Camonica, Italy

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C Class - 35 km over 2 days
D Class - 35 km over 2 days

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Mixed: Team composed of one male and one female
Veteran: Combined team age of 90 or over
Ladies Vet: Both women with combined age of 90 or over
Mixed Vet: One man, one woman, combined age of 90 or over
Family: 16/17 year old junior running with parent or guardian (C & D classes only)

Entries cost £70 per team for early entries, or £80 for late entry.
Please visit our website, www.mourne2day.com for details

BY **BASHIR HUSSAIN & JACKIE NEWTON**

Uphill and Downhill Running Technique

Fell racing and mountain racing involves much running on the flat. So all runners should try to perfect their flat running technique first as both uphill running and downhill running have much in common with good flat running technique.

Flat running technique requires a tall and upright posture (hips tall), relaxed backward drive of the arms and the foot landing beneath the hips – flat or forefoot. The even surface will help the rhythm to be steady and the pace may be dictated by fitness levels. Foot placement just either side of a sports hall line with toes pointing forwards and arms driving backwards and forwards (not across the chest) is usually a sign of good running mechanics.

Uphill running requires exactly the same running style in terms of where the body parts are in relation to each other but the terrain will guide the efficiency and pacing. The stride length shortens and the runner maintains rhythm as the steepness dictates stride length. The steeper the hill the shorter the stride length. This is very similar to the gears on a bike as you ride up a steep hill, lower gears are used (akin to a shorter stride). If you try to run up the hill without altering your stride length, from how it was on the flat, you may run out of steam before the top and start walking. Most runners who find climbing difficult do so because they try to keep the same stride length and so gradually slow down.

Downhill running. This is where things can get a bit tricky if the hill has a steep gradient. Otherwise the rules are the same as they are for flat running. However, descending often requires more control with the arms additionally being used more for balance. The foot strike should be 'active' which means landing with a flat foot so that you can control optimum landing while also controlling gravity. Having moved off foot contact the heel comes up and underneath the buttock to clear the ground. Running downhill normally requires the heel to be picked up more quickly and higher than it does when running on the flat. The body position should be with a slight lean forward, to limit the likelihood of leaning back and braking too much. If you feel out of control or that the terrain is dangerous, leaning back and landing heel first is usually the quickest option to slow yourself down.

Tall descending technique with a slight lean forwards.

So let's break down the uphill and downhill technique in more detail. We normally break the running action down into four phases: Drive, Flight, Support (or landing), rear leg recovery.

Uphill

Drive - the objective is to maximise appropriate vertical height gain without losing speed. You need to do this by adjusting your cadence and stride to the slope. The rear leg drives the body forward and up by extending at the hip, knee and ankle. Hips face forward. Body is in a near straight line from head to toe with a slight forward lean. The opposite arm drives forward but does not dominate the action.

Flight - the objective is to minimise the time in the air but maximise stride distance. The stride is short to conserve energy. The knee will have been driven high and the foot should be dorsi-flexed (toes pointing up towards the shin) like a sprinter so that the foot is ready to land in an 'active' position.

Photos © Bashir Hussain & Jackie Newton

Support (or landing) - the objective is to land actively and gain a smooth transition into the next stride. The lead leg gives by stretch-shortening at the hip, knee and ankle but does not collapse on landing. The body remains strong in the core and does not collapse forwards or over rotate at the waist.

Rear leg recovery - the objective is to move the rear leg into a position to become active in the next stride and to maximise flight. The drive leg is pulled off the ground with the knee leading the recovery under the body and upwards in

Photos © Bashir Hussain & Jackie Newton

front of the body. The foot should move into dorsiflexion under the body. The opposite arm should drive backwards, elbow first, to just past the mid-line of the body.

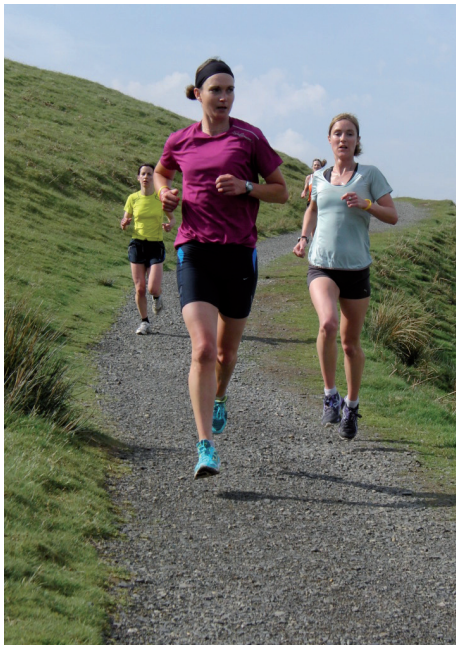
Downhill

The key here is to relax and allow gravity to do the work. For this reason the **drive** phase is less pronounced as gravity means that the drive is forward rather than up and your cadence is dictated by how quickly gravity is moving you forwards. You should lean slightly forwards. The arms may be held out to the side for balance, depending on terrain and core stability.

The **flight** phase will be dictated by the gradient of the hill and gravity. Some may be able to 'bound' down the hill and have a longer time in the air. This usually results in DOMS (Delayed Onset of Muscle Soreness) the following day as a result of absorbing massive impact as bodyweight landing often exceeds 6 times the body weight with most impact going through the thighs. This is not usually recommended as injury can also follow when the DOMS is slow to repair.

A better option is to adopt a medium stride length along the lines of Ian Homes who is renowned as one of the best descenders still competing. Ian exemplifies all that is efficient in descending, free flowing and strong at the core with minimal movements above the hips when descending. Landing flat footed and with an unrushed free flowing style he is the envy of many as he floats away.

Suppoert Landing should still be with an active, flat foot and the foot should be underneath the hips unless you feel you are going to lose control or are scared of the gradient and then you may land with your heel first as this will give you a breaking action and slow you down. If you are opting for a heel first landing keep the flight phase to a minimum and take smaller strides to avoid hurting your heels with abrupt braking. You should stay strong in your core when landing. The hip, knee and ankle will give slightly but should not collapse.



The **rear leg recovery** should come up high underneath the buttocks to avoid making contact with obstacles like grass tufts or rocks and to optimise flight.

To practise all of the above it is advisable to find yourself a training partner, leader or coach who can observe your technique up and down and give you feedback. Video images are readily available via a mobile phone. Sometimes the way we feel we are running isn't the way someone else sees it. For example, you may feel that you have shortened your stride as you begin a climb but seeing yourself may help improve you technique. Remember that practice doesn't make perfect - only perfect practice makes perfect so another pair of eyes could put you on the straight and narrow or on the ups and downs in this case!

Good Luck +Good Running

Further reading and viewing

See RunBritain website for other training and running articles
http://training.runbritain.com/

The link below highlights good fast running uphill. The slow motion clearly shows the key points with the Italian runners. James Mcmullen (GB) also shows many of the key points.
www.youtube.com/watch?v=Rhk9HtNUoDk&feature=related

BY **IAN WINTERBURN**

Hypothermia & fell running

All fell runners should be aware of hypothermia. Previous Fellrunner magazines have warned of the dangers but the growth in new FRA members warrants a further article. Because of his extensive Mountain Rescue experience I asked Ian to produce the following.

Ian Winterburn is an experienced outdoor instructor, professional Mountain Leader and a member of Woodhead Mountain Rescue Team. He runs with Dark Peak Fell Runners.
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Facebook: www.facebook.com/OutdoorNavigation

It is well known that fell runners do not like carrying stuff. We want to feel free in the elements and be as unencumbered with kit as possible.

For most of us keeping cool on a big climb is generally more of a concern than how to keep warm. Red faces and sweaty bodies are nature's way of regulating our temperature in such conditions but as we know they can only go so far and we sometimes need to provide nature with assistance to cool ourselves down. Our bodies' have converse methods to keep us warm when we actually reach the top of the hill or pause to eat. Again, whilst very efficient, and really quite a feat of engineering, our bodies can only do so much to combat the cold.

And this is where travelling too light can create a problem as we may not have the means to bolster our bodies' inbuilt responses.

Hypothermia is the dominant cause in most fell runner deaths. It is also, if not the prime cause, then a secondary concern in many Mountain Rescue call-outs.

On the hill the condition is generally seen as Exhaustion Hypothermia. This is an insidious condition. It creeps up so slowly that its victims do not notice the symptoms of its gradual onset.

The alternative, Immersion Hypothermia, is brought about by sudden heat loss typically caused by falling in water – or a particularly large bog.

Don't just carry kit suitable for the conditions - use it!

As humans we operate most effectively with a body temperature of around 37C.
When heat is allowed to leave our bodies without being replaced the temperature will drop. A very small loss is all it takes for the early stages of Hypothermia to start to take hold. This is something we will all have experienced at one time or other and is characterised by the shivering that we all recognise as our bodies' way of telling us to put on an extra fleece, eat something sugary or drink something warm. However shivering whilst running is not reliable as it is hard to shiver AND run, thus while running and losing heat the runner may lower their core temp significantly and only start shivering when they stop. Feeling cold, poor decision making, poor concentration (e.g. navigation errors), fatigue, and irritable mood are also all early signs. The body's energy needs also increase in mild hypothermia because the sugars are used to create heat, and by the muscular effort of shivering. Heart rate and breathing initially increase to help with the increased demand, but then reduce as shivering stops.

Shivering cannot be absolutely relied upon as an indicator of cold as pain from an injury may prevent it so making sure an injured person is kept warm is important both in terms of preventing shock and hypothermia.

Once the body is down to 35C it is now suffering from Mild Hypothermia.
As your temperature drops the body decides that it is fighting a losing battle in trying to raise the temperature of the whole so concentrates its efforts purely on survival. As the body cools further, shivering will stop. The body is now becoming severely hypothermic. You will stop shivering but not because you are getting warm. Blood will be drawn into the core. Heart rate and breathing will slow down. As blood cools it becomes more viscous, takes more effort to pump round and is less able to carry oxygen. Without sufficient oxygen the body cannot metabolise sugars so energy levels drop further creating a vicious cycle. Being dehydrated will exacerbate the problems.

As the cooling continues the victim may become incoherent and display 'the Umbles': grumbling, mumbling, stumbling, fumbling, apathetic or irrational. Skin will become pale and clammy (remember to check under clothing as well as the exposed bits). It may sound like a parody but lips and

fingers really do turn blue. Blood should usually take 2 seconds to return to the skin on a fleshy extremity after pressure is applied with finger and thumb. If it takes longer than this it is an indication circulation is slowing down.

Below 32C, consciousness is often lost and the heart beat can become irregular. The body no longer has the energy to make the muscles work to generate heat so stops trying and releases the blood it has managed to keep warm into the full circulatory system. It is this that results in the phenomenon of a hypothermic person sometimes taking off all their clothes and complaining of being too hot. At 28C a cardiac arrest is almost a certainty.

So, how should we respond to a Hypothermia victim?

Well first, remember you are the most important person there. Helping others is all very commendable but creating a second victim by getting cold yourself will help no one. Prevent further heat loss by putting on dry clothing, find shelter, insulate from the ground and rewarm the body slowly. Don't forget to remove wet clothing; the body cools much quicker when wet. Get off the hill if possible. Do not apply direct heat (eg heat pads, standing in front of a fire, sitting on a radiator).

Warm, sweet drinks, high energy food and gels will help replace lost energy and warm from the inside out **if the casualty is able to swallow**. Do not give alcohol or caffeine. Treatment and movements should be gentle as rough handling, rapid movements and vigorous rubbing can cause cold blood to rush to heart and brain. This is likely to cause Ventricular Fibrillation (VF arrest) - otherwise known as a cardiac arrest. If the casualty is unconscious check the air way but if you cannot find a pulse do not attempt resuscitation unless you can keep up CPR until you can get to a hospital. There is a Mountain Rescue adage that a Hypothermic victim is not dead until they are warm and dead. Survival rates from Hypothermia can still be quite high even for those found with no apparent signs of life.

Finally, never underestimate the value of encouragement and a good hug; a positive attitude and shared body heat can make a massive difference to recovery.

Of course prevention is better than cure.

Basic physics states that energy can be conserved and converted. In fell running terms that is wearing the right clothes and eating the right foods. Make sure you take on enough food before & during a run. Recognising when you need to take in more food and water, when energy levels are dropping and you are in danger of pushing yourself too far is key, not only to improving performance but, preventing Hypothermia. It's worth bearing in mind that if you are recovering from an illness particularly cold or flu you are much more susceptible.

Make sure you understand the gradual effects of cold and make allowances for wind chill. Warm, dry clothing is important in staving off both Immersion and Exhaustion Hypothermia. Pay particular attention to the extremities, especially head, neck and hands. When checking for a pulse, it is particularly important to keep these "Arterial" areas warm. They have a high volume of blood, close to

Case Study

This incident happened at Tanky's Trog as remembered by those who were there

THE RUNNER'S STORY…..

Around Hey Moss before the first CP I took a dunking in a bog. I went in over my waist but as I was running the momentum of moving forward caused my body to flop forward when I was already waist deep. As a result all the front of my chest and neck became wet. I got out and carried on through CP1 over the road and towards Lawrence edge. As we started to climb up we were hit by the hail storm. I started to feel a little cooler but not cold. Once at the top we started running again. I started feeling tired and lethargic. I thought I was starting to bonk a bit so I had some jelly babies and an oat biscuit – during this time we (I was running with my mate Chris; we had agreed beforehand to stick together) slowed down to a run / walk. I was feeling ok apart from having no energy. Chris was talking to me and said I seemed "normal" but I couldn't shake off the lethargy and get moving properly again.

We stopped for a minute and I put on my mountain wind proof over my other tops. I already had on 2 long sleeved tops, club vest with my OMM smock over the top as well as a hat and tights. We then saw a MR guy about 1k from snake pass. We stopped and spoke to him for a minute and he gave me ½ a cup of coffee. After drinking the coffee I felt a lot better, unfortunately it didn't last long. I then told Chris that I was going to retire at the next CP as I didn't feel up to it. Once at Snake Pass I told Chris to leave me and that I would make my own way down the road to CP2. By the time I got to Birchen Clough car park I felt lousy. Being a cheeky bugger I asked a guy in a Saab estate, who was supporting some other runners, if he would give me a lift to Snake Inn which he did. Once there I retired from the race and went inside to keep warm.

In the pub I stripped off my wet tops and put a dry one on, got a coffee and some food from the bar (glad I didn't get a pint or who knows what state I would have been in). I stood next to the fire to warm through – this was a big mistake. Once by the fire I started shivering slightly – this was the first time I had shivered all day. The shivering became a bit more violent. I ordered another coffee.

Shortly afterwards one of the MR medics came in. The bar maid was a little bit concerned about me and asked if they could check me out. I agreed to this. I then heard a voice say do you realise your face and lips are blue? 'No', was the answer. Then someone asked me to stick my tongue out, and I heard someone say your tongue is blue. I am not a doctor but I know that wasn't a good sign. The MR medic and doctor put their hands in to my arm pit and said I was very cold. The next 5 to 10 min's are a bit of a blur but I remember been asked if I minded stripping off my damp socks and leggings and putting some more dry clothes on. Again I agreed and before I knew it I had been stripped and redressed in dry warm clothes, moved away from the fire, my feet elevated and I was given 2 sweet cups of hot chocolate, had a gel pack squeezed in to my mouth and a temperature probe shoved under my arm pit – my core temp was recorded at 33.4C – not good.

My pulse was checked and was 89bpm which I am told is fairly high. My details were taken and a log filled out.

In amongst all the above a brief discussion was held by the MR about calling the air ambulance out – thankfully it didn't come to that!

The MR team then monitored and chatted to me for the next 45 min's until my core temperature rose to 36.9C

By this time Chris had finished the race and driven around to the Snake Inn. He retrieved my warm dry clothes from the car and I changed in to those before been sent on my way

On reflection hypothermia snuck up on me. Chris and I kept talking to one another and looking out for any symptoms as we run but there were not the obvious ones like shivering, confusion, slurred speech. With hindsight other more subtle symptoms were there like coldness, tiredness and lack of energy but these can also be the product of a day out on a cold hill…..

THE MEDIC'S STORY

"The casualty had already been seen by me in the car park and I had offered him a blanket which he refused. Interesting how he can't remember talking to me and the team doctor after being dropped off.

He sat right in front of the fire which caused a rapid re distribution of warm/ cold blood causing classic 'after drop'. His 2 cups of coffee were espresso, the caffeine content of which would help along the hypothermia by stimulating him further. Caffeine, like alcohol, predisposes a person to hypothermia

The lift in the car would have further added to the cooling process as he had stopped exercising. Humans are homoeothermic; we generate heat through exercise.

The lethargy he describes is the early onset symptoms of hypothermia. By the time he hit the pub he was probably heading into the second stages which had been helped by incredibly rapid rewarming in front of that fire, being a fit fell runner probably helped fight off unconsciousness less fit individuals may not have been so fortunate

He was given sweet warm food and drink, glucogel (23g 40% Dextrose), and changed wet for dry clothes and put into a casualty bag(big fleece sleeping bag) at the back of the pub away from the fire.

The doctor will concur that the casualty was borderline severe hypothermia, and if left untreated would most probably have lost consciousness in the pub - it was his fitness that kept him fighting on so long."

BY **IAN WINTERBURN**

Testing conditions at the Edale Skyline 2007 – but Hypothermia does not only strike in winter conditions!

the surface of the skin. Think how we instinctively tuck our chins on to our chests and hide in a high collar when it's cold, but "expose" our necks when it's warm. These are examples of the body instinctively doing the right thing.

Dress for the conditions;
We have all seen runners on cold days in vest and shorts that must use more energy keeping warm than keeping their legs moving. Minimum kit levels are decreed by FRA race rules but consider whether minimum kit is sufficient for your needs and then use it. In the 2007 Edale Skyline a number of runners were afflicted with hypothermia despite carrying minimum kit. In some cases it was because they were indeed carrying it rather than wearing it and eating it. Marshalls reported having to dress and feed runners because fingers were no longer capable of opening a bum bag or gel pack. Interestingly, this occurred more with faster runners (who presumably thought they were not going to be out long enough to get hypothermic or were generating sufficient heat through their running) than the slower ones.

In respect of other kit, survival bags are better than blankets for retaining heat. Plastic backed foil does not tear as easily as foil on its own whilst retaining a weight benefit over plastic alone. Remember however foil only work with reflected heat; if you are very cold, there is little heat to be reflected back. If you are going out as a group think about sharing the weight to include a group shelter and emergency kit, especially at night.

It can take experience and a brave decision not to push on, especially when in a group. Always work to the ability and condition of the weakest member of the group and perhaps arrange a buddy system to make sure everyone has an eye kept on them. In any combination of WET, WIND AND COLD be more cautious. These are the killers. As a general rule, if conditions are such that you have to ask whether to go on, the answer is probably 'no'.

Our bodies have remarkable ability to generate and conserve heat but in extremes of environment we need to give a helping hand.

Many thanks to the doctors and medics of Woodhead Mountain Rescue Team for their input in verifying the technical details and to my fellow fell runner for his honesty in providing the case study shown on these pages.

The Stages of Hypothermia & Responses

	Normal Body Core Temperature		
37.5C	• Feel Cold • Still alert & able to help oneself • Numbness in arms & legs		Additional clothing Exchange wet for dry clothing Food and warm drinks – avoid caffeine and alcohol Purposeful activity Get off the hill with supervision if possible
35C	**Mild Hypothermia** • Shivering • Incoherent, mumbling, stumbling, grumbling, apathetic or irrational; may appear drunk • Denies there is a problem	**Mild**	Shelter Additional insulation, exchanging wet for dry clothing Food and warm drinks Purposeful activity when able Encouragement May be able to walk off with supervision if no other concerns
33C	**Moderate Hypothermia** • Uncontrollable shivering • Increased confusion • Increased incoherence, mumbling, stumbling, apathetic or irrationality • Increased heart & respiratory rate	**Moderate**	• Shelter • Gentle handling to prevent sending cold blood to the vital organs • Additional insulation • Food and warm drinks if able to swallow • Evacuate rapidly but smoothly • Consider calling Mountain Rescue • Should be checked out in hospital on evacuation
	Severe Hypothermia • Muscle stiffness • Shivering stops • Collapse • Semi-conscious	**Severe**	• Shelter • Gentle handling • Additional insulation • No food or drink if unable to swallow • Maintain an airway • Call Mountain Rescue • Rapid but smooth evacuation to a hospital
32C	• Unconscious • No response to pain • Slow pulse, breathing may be difficult to detect • Skin cold; may be blue/grey in colour		• Shelter • Additional insulation • Maintain an airway • Treat gently • Call Mountain Rescue
28C	**Cardiac Arrest** • No obvious breathing • Pupils dilated • May appear dead		

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

For FAQ's sake

Medical professionals are often guilty of using jargon that leaves us totally confused – including me!! Hopefully the age has gone when we blindly accept medical opinions, and nowadays it is important that we understand as much as possible to help us decide the best way forward. I am often asked for my opinion on various medical issues and whether particular treatments work or are just the latest fashionable gimmicks. I thought it might be useful to share my responses to some of the most commonly asked questions, but I must stress these are my opinions based on my own experiences.

What are anti-inflammatories and should I take them?

These are tablets such as ibuprofen, diclofenac, and nurofen and they 'do what it says on the can'. They can also be referred to as non-steroidal anti-inflammatory drugs (NSAID's).

Anti-inflammatories try to minimize the inflammatory reaction by inhibiting the production of prostaglandins which are responsible for the pain and inflammation following an injury. For some time there has been some concern that inflammation is an essential part of the healing process and this shouldn't be inhibited when tissues are trying to repair.

There is a time and place for this medication, particularly in inflammatory disorders, but they shouldn't be taken like smarties in relation to a sports-related injury. Several years ago I saw an article in a club magazine suggesting that runners shouldn't go to physiotherapists for the treatment of running injuries when anti-inflammatory tablets worked just as well, but perhaps the evidence suggests otherwise.

There are now numerous research articles and papers suggesting that NSAID's can delay muscle regeneration after injury (Almekinders, Gilbert), have a retarding effect on fracture healing (Allen, Wase), and have a significant adverse effect on the healing and strength of wounds (Dvivedi, Tiwari). They are also known to be a cause of stomach ulcers, and can cause potentially fatal internal bleeding. If you need to take them on a regular basis, it is worth discussing it with your GP as it may be necessary to take medication to help protect your stomach – before you develop problems.

Interestingly, a survey carried out in New Zealand found paracetomol (which is a painkiller and not an anti-inflammatory), was actually more effective at reducing pain following soft tissue injury, plus there was less chance of re-injury as the healing process had not been delayed by any anti-inflammatory medication (Jones). Except in particular circumstances, I would tend to recommend paracetomol for soft tissue injury pain rather than anti-inflammatories.

What do you think about steroid injections and what should I do after having one?

Steroid injections are sometimes recommended when an injury does not respond to any other form of non-invasive treatment. Years ago I had one for tendonitis in my hand (overuse!!), and because I followed the recommendations carefully, it was extremely effective and hasn't recurred since. Certain structures in the body respond well to these injections, but other structures are totally unresponsive so in these situations the procedure would be totally useless.

I personally don't do these injections given I am based in a private practice and don't have access to on-site emergency medical care should an individual experience an adverse affect, but many hospital-based musculoskeletal physiotherapists now carry out these injections. They may also be carried out by a GP, Orthopaedic Consultant or a Consultant Radiographer who can do them under the guidance of an ultrasound scan to guarantee the exact site for the injection.

From personal experience, I have found the best results tend to be achieved when there is as much rest as possible of the injected area for the first 48 hours, followed by considerably reduced activity until day 12. From 2-6 weeks post-injection, exercise should be gradually increased to enable the injured structure to resume as normal activity as possible whilst under the effect of the strong anti-inflammatory. Tissues respond to the strains and stresses applied through them, so this time is paramount and must be maximized. If the injury is rested during this time, it doesn't encourage the fibrous tissue to be broken down and the injury will still be present after the effects of the injection have worn off.

Steroid / cortisone injections shouldn't be a 'quick fix' to get you back running quickly. The tales of sports people being injected just prior to events to enable them to compete are true, but afterwards most suffer and most regret their actions.

Photos © Pete Hartley

Do physiotherapy machines really do anything?

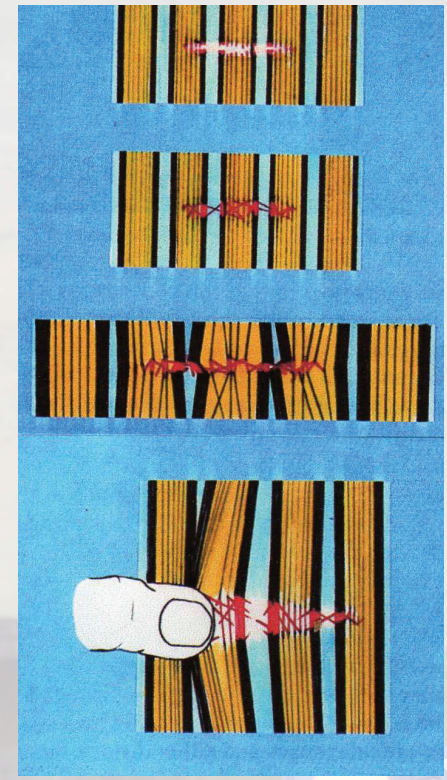
Yes! Physiotherapists use various electrical machines to enhance the body's repair processes and / or help reduce pain. Different machines have different effects on the body, with some being more effective for particular types of injury or at specific stages of recovery. For example, a combination of laser treatment and pulsed electro-magnetic energy can significantly increase the healing rate of a stress fracture, reducing the overall time from approximately 6 weeks to 1 week.

Why hasn't my injury gone away despite lots of sports massages?

Different types of massage are more effective for different situations.

Sports or remedial massage tends to be applied in the direction of the muscle fibres and helps to 'flush out' the system. This is called effleurage and helps reduce any build up of waste products and is particularly beneficial when training or racing regularly. If fibrous scar tissue is present as a result of injury, this is not the type of massage to resolve the problem.

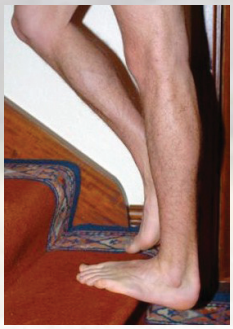
Cross-frictional massage is carried out at 90 degrees to the direction of the fibres and is comparable to strumming across guitar strings causing separation and movement of individual fibres. Scar tissue often results in cross-fibre formation between the parallel fibres of the damaged structure affecting the mobility and flexibility of the affected area. It is cross frictional massage and deep soft tissue massage that are more specific for the treatment of an injury.



What is eccentric loading?

When a muscle contracts concentrically, the muscle shortens as it contracts resulting in movement, eg when the biceps muscle contracts the hand is brought up towards the shoulder. If a muscle contracts or is loaded eccentrically the muscle fibres gradually lengthen whilst remaining under tension. In the same example, the hand would slowly be moved away from the shoulder until the arm became straight again, with the slow release of the biceps controlling the speed of the movement.

Tendons have been shown to adapt to mechanical forces by changing their make up and structure. It is known that damaged tendons repair by producing type III collagen, but this adapts to type I following eccentric loading. The Achilles tendon can be loaded eccentrically by standing with the ball of the foot on a step, then gradually lowering the heel down towards the floor. Regimes of eccentric exercises have been developed which have been shown to be particularly effective in the rehabilitation of injured tendons. (Check out Alfredson, Maffulli and Rees).



How does acupuncture work?

The traditional chinese medicine belief is that acupuncture needles help to balance out our individual energy channels to promote wellbeing and good health. It isn't just a treatment for when you are injured or unwell, but instead is regarded more as a maintenance treatment – to help keep you well.

In 2002 when I was studying for my MSc I tried to find published studies on the effectiveness of acupuncture for the treatment of acute sports injuries and failed miserably. 10 years later there are teams of scientists around the world carrying out fascinating research on the body's responses to this treatment. Helene Langevin (www.Helene.Langevin@uvm.edu) has shown that an acupuncture needle inserted into an area of soft tissue damage encourages the injured cells to re-align in a more normal, organized parallel formation, rather than the haphazard formation which is normally seen in scar tissue. These findings weren't known 10 years ago, but with this knowledge, we now know that acupuncture can play an important role in the treatment of soft tissue injuries.

Specific acupuncture points produce different responses in the body. We know it can significantly help improve the chances of pregnancy in cases of infertility, help boost the immune system in particular disorders, and reduce the pain in many chronic conditions, to name a few. With continued research, we may eventually accept acupuncture more readily as a treatment, and instead start to question the drugs cabinet.

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

What is that brightly coloured tape that everybody's got on?

All areas of sport now seem to be inundated with people wearing a combination of bright pink, blue, black and beige tape. This is Kinesio Tape which can be used to:-

- help inhibit muscle function when muscles have been or are being over-used,
- assist muscle activity in areas of weakness,
- help reduce swelling, bruising and assist in lymphatic drainage.

The tape mimics the elasticity of the skin and the different tapes (despite the colour), all possess the same qualities. The effectiveness of the tape is totally dependent on its application, with the tape being applied in particular directions and under different tensions for the desired results. The tension applied through the tape whilst being positioned is critical, and Kinesio Tape Practitioners are trained to apply the tape accurately. The various application techniques result in the unique patterns which are often works of art in their own right.

It is possible to purchase 'pre-cut tape' from certain pharmacists, but at almost £10 per application, it is an expensive experiment if you haven't been shown how to apply the tape accurately for your particular problem. The tape isn't re-usable and cannot be re-applied if applied incorrectly.

I am trained in the application of Kinesio Tape, as are the other physiotherapists who work alongside me. Whilst there isn't much published evidence available yet, our personal experiences are impressive and we have been amazed by some of the results we have achieved.

Do I have to wear compression socks whilst running or can I just wear them for recovery?

Compression socks work differently when worn during a run or afterwards during the recovery time. Obviously to wear them for both gives you the best possible outcome, but it is down to the individual.

- Whilst running they reduce the oscillation of the muscles, reducing the micro-damage which can occur as a result of the vibration. Recent evidence has suggested that the stride length is slightly longer in individuals who wear compression socks, which is possibly due to the decreased vibration of the muscles on impact. Several have also reported experiencing less cramp whilst wearing them during running.
- Afterwards they support the circulatory system and help to keep the blood flowing rather than pooling in the legs. Long-term this can reduce the risk of serious vascular disease and varicose veins.

Photos © Pete Hartley

A little knowledge is not necessarily dangerous

A runner was sat in my reception area telling my secretary that he was at his wit's end. He had spent a fortune seeing various people, but despite this nobody seemed to know what was wrong with him and he was desperate to get back running. After explaining his symptoms, she suggested what was likely to be wrong and how I would probably treat him. Not being aware of this conversation, I proceeded to assess him, explain what I thought was the problem and how we were going to try and resolve it. I cannot use his exact words, but they were on the lines of – "even your secretary diagnosed that... and she said that's what you would probably do to me".

My secretary isn't medically trained, but with the knowledge she has gained whilst working alongside me, she was able to hazard a guess at the problem and suggest a way forward. Hopefully, with more knowledge, articles like this will help give you more information to help you to make those all important decisions.

DENISE PARK
CHARTERED PHYSIOTHERAPIST

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My Update

I must apologise to anybody who has tried to see me recently. Unfortunately I became poorly at the end of February, which resulted in me taking mega-antibiotics and being on bedrest for almost 3 months. Thankfully things are now under control, and the good news is that the treatment for my tumour seems to be working. Unfortunately I will now have to wear a brace to stop any movement at my foot and ankle which could seriously affect my return to activity... but I have got plans!

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BY **PAUL BRITTLETON**

25 years of the Nine Standards race

Background

The Nine Standards are probably more familiar to fell walkers than fell runners. The Standards are cairns built to a height of over eight foot, from flat grit stones quarried on the site. They stand in a line along the Hartley parish boundary on the Pennine Watershed – where Wainwright's Coast to Coast Walk crosses. Here westbound walkers gain a magnificent view down the broad green expanse of the Eden Valley, with their first sight of the Lakeland fells beyond. To the East, there are miles of wilderness, with a single oasis visible five miles away at Tan Hill, the highest pub in England.

The origin of the Standards is unknown for certain, but a common theory is that they were built to resemble an army encampment to ward off marauding Scots, in the days when raids were a constant threat to local inhabitants!

The recently founded Nine Standards Race starts four miles away at the foot of the Pennine escarpment – in the market square at Kirkby Stephen, the main town for the Upper Eden Valley, at a height of 570 feet. The town population is 1500 and straddles the A685 for about a mile. The wide Market Street forms a regular stopping place for motorists travelling between Lancashire and the North East. The town becomes especially lively during October, when the through traffic is boosted by coach loads of Geordies en route for the Blackpool Illuminations. This influx of transient visitors coincides with a very important local event – the annual sheep sales.

The area has some geological significance, due to lying on the Dent fault. The lower slopes of the Pennines are of limestone, as seen in the large quarry passed on the race, while red sandstone becomes increasingly evident going down the Eden Valley.

The race is held on New Years Day, and starts at noon in front of the Cloisters, an architectural oddity at the main entrance to the church yard. The race route leads from the market square, down one of the many passages or "ginnels" to cross Frank's Bridge over the River Eden. A surfaced footpath brings you to Hartley village where you turn right and soon cross the beck by a small footbridge. The fell road is followed for the next one and a half miles, climbing past the quarry to the fell gate, and the track beyond – which was formerly used for leading coal from pits on the fell. After a little more than half a mile up this track it passes a stone shooting box and crosses Faraday Gill. The route then follows the gill for a similar distance; first along the coal road, and later on a less distinct track up to a prominent cairn where the Standards reappear to view. The final leg, again a little more than half a mile long, is across flatter peaty areas with a couple of steep gritstone slopes, then the odd peat hag and up to the Standards at the north end of a gritstone ridge.

There may be the odd one who can't resist the temptation to collect a 2000' top by making a short diversion to the true summit of Nine Standards Rigg at 2170', a mile to the south, before descending. However, no doubt most of the visitors on New Years Day will forego all this to immediately turn round and dash back by the same route to the finish of the race at Kirkby Stephen.

The First Race – 1989

Organiser:	Peter Denby
Helped by:	Tony Richardson
	Mike Sunderland
	Geoff Yates
	Peter Davenport
	Glyn Robinson
	Richard Sewell
	John Fothergill
	Frank Applegate
	Neville Bousfield
	David Watt

Notable Dates

1st winners (original course):
Paul Tuson (Kendal) - 57:08
Carol Haigh (Holmfirth) - 64:25

1993 - Course record held by Mark Fleming (Ambleside), 52:25, and by Ruth Pickervance, 64:12.

2003: The15th Nine Standards fell race

1994 - The new longer (by an extra half a mile) course was introduced due to the need to avoid a 'kissing gate'.

The new record, in 1994, was set by Graham Schofield (Blackburn Harriers), in 55:15, and the first local in that year was Fraser Livesay (Howgill Harriers), in 62:51. The first lady in that year was Helene Diamantides (Ambleside AC) in 64:42.

1997 – The 'bad weather route' was invoked due to severe high level conditions. This race was won by Colin Valentine (Keswick) in 41:12 (6 miles).

2000 – Stephen McWhirter, and John Tunstall took over the race organisation – saving the race at the 11th hour.

Above: 2002 Nine Standards race in June: Peter Brittleton, Paul Brittleton, Ian Shedden, John Tunstall, Mike Moss, Steve McWhirter, Alex Birtles, Nigel Stephenson, Steve Moffat and Fraser Livesey
Below: The author, Paul Brittleton

Photo © Steve Bateson www.runningpix.co.uk

2002 – The race took place in June due to the Foot and Mouth restrictions..

2005 – Helm Hill RC took on the race organisation, with Paul Brittleton taking the mantle, supported by Howgill Harriers members Steve and Pauline Moffat, and Laura Smithson.

2006 – Joe Symmonds set a new course record of 52:07 – a record which still stands, despite having been set on a course which was half a mile longer than the current one – which was introduced in **2009** – thanks to taking a spanner to the previously mentioned 'kissing gate'.

Tony Richardson, Pete Brittleton, Stephen McWhirter, Simon Horsley, Mike Moss and John Tunstall congratulate first lady home Janet Kenyon

Paul Brittleton (right) and Barry Dillon

Kirkby Stephen Maountain Rescue team received £600 and £200 each was presented to the Great North Air Ambulance Service's Pride of Cumpria appeal and to the Search and Rescue Dog Association. L-r: Roland Bowman, main race sponsor; Steve Moffat, organiser; Adrian Cottrell; Paul Brittleton, organiser; Peter Davenport; Kath Dyer; Steven Howarth, Jan Hawkins, chairman of the Friends of the Pride of Cumbria; Carl Bell, 2012 race winner and Ronnie Holmes representing the Kirkby Stephen Sports and Social club

2008 – Natalie White (Bingley) smashed the ladies record in a time of 62:47. The following two consecutive years; runners braved terrible weather conditions. These races were only able to go ahead thanks to the support of Kirkby Stephen Mountain Rescue Team – led by Arthur Littlefair.

2012 – The most recent race, saw the ladies record broken yet again by Laura Jeska, and Pippa Maddams in a time of 60:55. The race was won in that year by the first ever local runner Carl Bell (Howgill) in 52.57.

All proceeds from the race have been donated to charities supporting it's organisation, including Kirkby Stephen Mountain Rescue, Great North Air Ambulance, Lakeland SARDA, David Watt – a local SARDA handler – who tragically died in 2011, and was for many years a loyal supporter of the event.

And for the 'Geeks'

The Nine Standards Race has had many loyal supporters in it's 25 year history. Notable amongst these are:
Fraser Livesey, who has ran 19 successful attempts, and Wendy Dodds, who has completed a creditable 13 laps.

The greatest number of runners to take part was 123 in 1993, although recently numbers have dipped slightly.

Last year's race had 109 entrants, and it is hoped this is a trend which will continue.

Finally, sincere thanks must go to Kirkby Stephen Sports and Social Club, who have hosted the race registration, and presentations every year. This is a particularly selfless act on the part of the club committee and stewards who provide this service following the busiest night of the year.

Since 2005, Roland Bowman of Cumbria Kendal Scaffolding has been the main race sponsor, and has kindly donated souvenirs and shirts to commemorate the 25th running of the race for the first 150 entrants in 2013.

I hope to see you all in 2013 were Pauline, Steve and I will be handing out T-Shirts and hopefully I might get a run if I'm sober enough!

Jen Mattison and the Nine Standards in the background

Photo © Steve Bateson www.runningpix.co.uk

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Picture - Nicola, in the Highlander MM 2011, 2nd day, taken by Charlie Sproson

Want some of this? Need the best advice out there?

Charlie, at the Outdoor Warehouse, has been competing in Mountain Marathons since 2003, has won the B'class in the LAMM (2006) & the Highlander Score Class earlier this year. Has completed a BG round in 2006, semi supported, and with his faithful running partner Scratch (border collie/labrador cross), mostly done onsight in a time of 22:49. Has supported others on winter BG rounds, spends all his free time in the fells, running, climbing etc. Planned the SLMM last year (2011) and the GL3D this year (2012) and is planner again for next year. It might not be the best mountain CV out there, but it means he has a wealth of experience when it comes to running in the mountains. Plus, has grown up in the outdoor trade & is part of a family who have 35+ years experience in running a shop.

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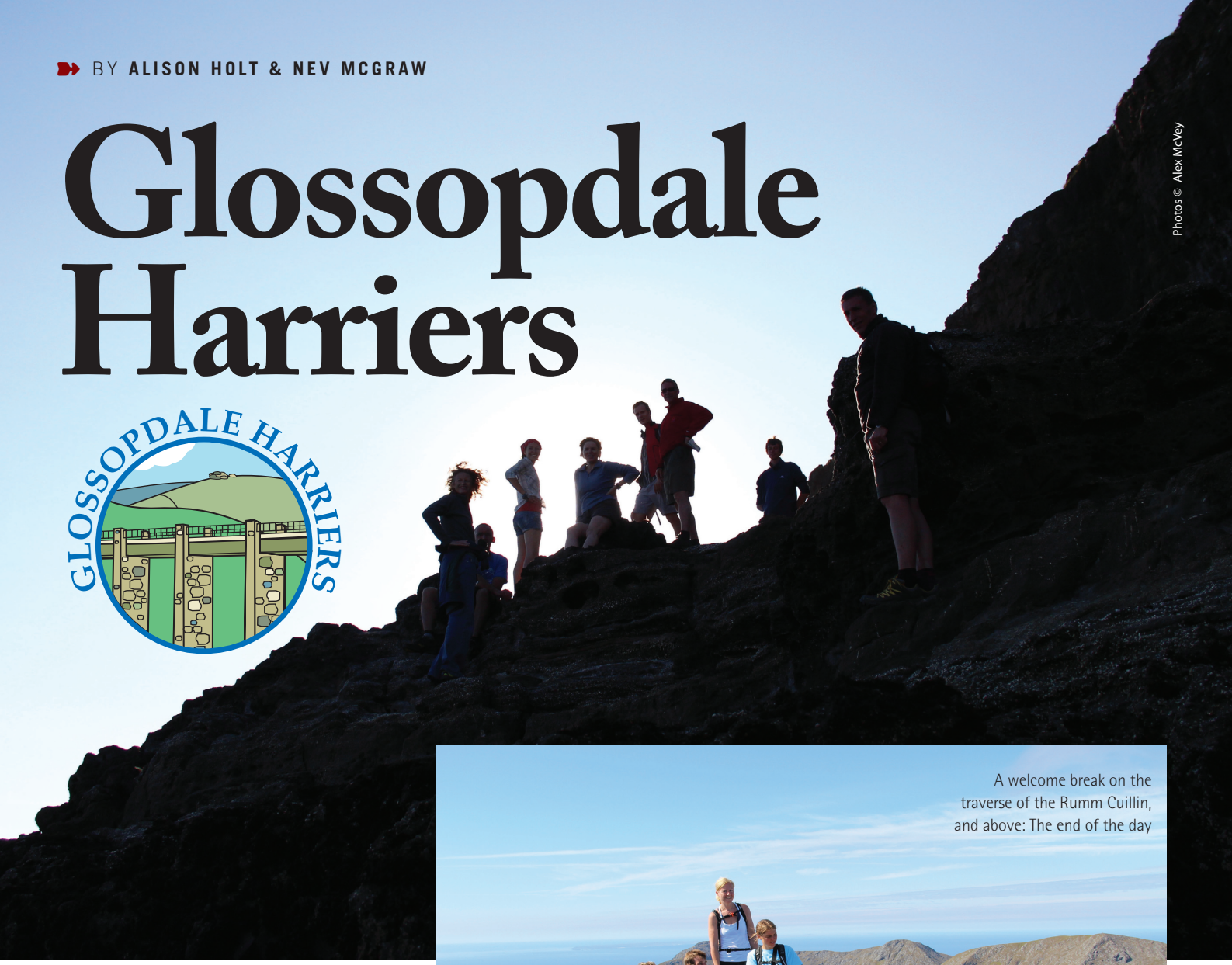
BY **ALISON HOLT & NEV MCGRAW**

Glossopdale Harriers



Photos © Alex McVey

A welcome break on the traverse of the Rumm Cuillin, and above: The end of the day

Photos © Alex McVey

The 80s

The club was founded in 1982 by Steve Flynn an Irish social worker on the back of the early 80s running boom. Training out of Hadfield School, the initial take-up was for road and trail but then, with an influx of fell runners, such as Fran Lowe and Bill Buckley, the harriers were enticed into getting their shoes much muddier by training and racing over a variety of terrain with growing success on the fells. For such a small club it was remarkable that a group of talented runners such as Andy Trigg, Mike Prady, Dave Ibbetson, Adi Jones and others were able to compete with the best fell runners in the country as was shown by the club's 3rd placing in the 1989 British Fell Championships

As well as prowess in fell races, the club always liked to contest multi-stage events like the Tour of Tameside, Saddleworth 3 Day event as well as local classics such as the Glossop Fell Race, Otter 40, Three Towers, Tankys, Downfall , Edale and Chew Valley Skyline Races etc. The club was also well represented at cross-country in the local Manchester and SE Lancs XC Leagues as well as in the Derbyshire XC Championships where the Mens Vets had a good record and in the National also.

Later in the decade, the Harriers began to train out of Glossop Leisure Centre. The club also put on several races through the 80s e.g Glossop Half which was voted by Runners World as one of the best half-marathons in the country, Glossop 5 always attended by some of the finest road runners in the area and the Shelf Moor race where in 1989 British Champ elect Colin Donnelly broke the 40 minute barrier, a feat that has not yet been repeated. This was also the year when Mike Prady won an England vest racing in Die, France.

On the social side, the club put out regular witty informative eagerly anticipated newsletters, held a fancy dress Christmas Handicap from Glossop Rugby Club, and set up a very popular club championship which was keenly contested on fell, road and cross-country.

Further afield, the harriers were always well represented in events such as the KIMM, Old County Tops, and the Haworth Hobble.

The 90s

This decade saw the club making great strides on the participation, social and results side both locally and nationally with the early part of the decade being especially productive.

Trips to Scotland were very popular with a strong contingent making the long journey northwards to be regularly in evidence at both the Goat Fell race on Arran as well as at the Bens of Jura.

Training nights became more structured with a full advertised programme of summer routes, hash runs, club orienteering events as well as fun, low-key informal events such as the Dog Rock Handicap Race where everybody was expected to cross the winning line at the same time. Nev's Fell Race ran in fancy dress, bring a prize take a prize, held on the Sunday before

Christmas from the Queens in Old Glossop, was also well attended by club members and friends from local clubs

As well as the increasingly popular club championship, the club also put on the Three Trig Challenge taking in Harry Hut, Cock Hill, Higher Shelf and a mystery checkpoint. Amongst those taking part were then members Mark Seddon and John Kewley who went on to win the 1995 KIMM Elite in the Brecon Beacons.

30th Anniversary mug by Dr H Tool

By this time the newsletter had grown into a more magnum opus which contained a wealth of running information as well as recipes, poems and other creative offerings. The club was also was putting on annual presentation evenings as the membership increased.

In this decade Andy Trigg was at the top of his form and held many local race records which stood for several years. He was also to have success in the KIMM Elite and along with Adi Jones, who was 1997 V40 British Fell Champ,achieved results of which the small club could be justly proud. A variety of long distance challenges were also taken on by members including the Derwent Watersheds, BGR, Fellsman, Bullock Smithy and the Pikes Peak marathon

By the mid 90s the club was hosting eight races i.e. Glossop Gallop, Lambs Leg, Herod Farm (originally Pennine) an inaugural Women's Fell Race, Up the Nab, New Glossop Fell Race (on a changed course to the earlier Dark Peak race featured in SMOTS) and the Shelf Moor Race which was selected as an English Fell Championship Race in 1997 when won by Gavin Bland.

Our Beryl Marshalling Herod Farm

Photos © Shaun Priestly

The 00s and 10s

In 2000 Sally Newman became English Ladies Champion and subsequently represented England. The website (www.glossopdale.org.uk) was launched in 2000, a technological innovation which has evolved to include Facebook and, in May 2012, an official blogsite. All of these changes have gradually replaced the Harriers newsletters, the last of which was produced in 2006.

The early "noughties" seem to have been a time of change as a number of the elite runners headed for pastures new. Although Glossopdale featured less prominently in the results for a few years, nevertheless we were still active in all areas – short local races, longer distances and big events such as the Mountain Marathons. We have also managed (although it was sometimes touch and go) to enter at least one team in the various relay events (FRA, Ian Hodgson and Calderdale). Mark Ollerenshaw has finished first in the Bullock Smithy event and Sandra Cooper has had some notable results in races such as the Kinder Trog. Glossopdale won the men's team prize in the 2011 Old County Tops, an exceptional result for a small club and in the recently held Calderdale Relays, the men placed ninth overall, the previous best result being 27th. Glossopdale Women also took the team prize in the inaugural Trigger race in January 2012. Julian Minshull, Mark Ollerenshaw, former member Jasmin Paris and John Doyle from Pennine were 1st mixed team and 2nd overall in the 2012 High Peak Mountain Marathon. In May 2012, four Glossopdale women successfully completed the Cumbrian Traverse, including an encounter with Joss Naylor at the foot of Great Gable.

The club provides a supportive and encouraging environment for people to push themselves and take on new challenges. To quote Sue Clapham (after this year's HPM):

"…you are amongst the kindest and loveliest people I'm fortunate enough to have as friends. Thank you all so very much for the pre-race advice, tips and maps … pre-race reccying in crazy weather … good luck emails, texts.....not to

Spot the past winners

The author, Alison Holt, in the 2012 Long Mynd fellrace

Photos © Alastair Tye www.fellrunningpictures.co.uk/

mention Beryl and Carl (Buckley) who appeared out of nowhere in the clag somewhere south of Alport Low.....and John (Stephenson) who waited so patiently at the bottom of the infamous cow poo field…"

So after a dip, we seem to be having something of a renaissance at the Club, with talented newcomers performing well alongside club stalwarts. As an illustration, Tim Budd was voted "Best Newcomer" in 2011 and Nev McGraw (member since 1982) "Most Improved Runner". Bill Buckley was made a life member of the club in 2010.

In addition to the regular Tuesday and Thursday evening runs, we now have coaching sessions on Monday evenings covering aspects of speed, stamina and hillwork. Summer club runs focus on the hills and some choose to stick to the fells all year round, heading out with head and hand torches as the nights close in. The Club continues to organise two of the local races – Joe Barber Herod Farm, first race of the summer evenings and Shelf Moor, which has now featured twice as an English Championship Race.

GDH members recently experimented with foam-rollering to aid recovery. All photographic evidence of this workshop was considered too incriminating for publication; suffice to say it attracted enough participants to fill a scout hut!

A strong social side has built up over the last few years; club weekends away to the Lakes and Snowdonia and a full week in 2011 to the Islands of Eigg and Rum (complete with stunningly beautiful weather). We also celebrate Christmas with a lovely run in the snow (most years!) followed by buffet and prize-giving as well as ad hoc get-togethers for birthdays and post-run jollities. It is also noticeable how many family memberships we have, youngsters following in their parents footsteps and couples who run and compete together and our away weekends are very much family orientated, including non-running activities.

Our 30th Anniversary Do (which will have taken place by the time the article appears) will be at Glossop Golf Club – a sit down meal for 90 followed by a ceilidh and with specially brewed "Bogtrotter" beer on tap to be supped from celebratory GDH mugs.

Looking to the future – we can confidently expect more good results and new members. We have plenty going on – the celebrations at the end of June; a week away in the remoteness of Knoydart in July; a trip abroad planned for 2013; a women's team for the HPM in 2013 and maybe a couple of Bob Graham attempts!

Incidentally, Dinting Viaduct (the key feature of our GDH logo) is currently undergoing a multi-million pound refurbishment. How fitting it would be if Network Rail could be persuaded to re-paint this structure in the fabulous blue and orange of Glossopdale Harriers!

Exploring the Cumbrian Peaks

Photos © Rod Holt

BY **ALLAN GREENWOOD**

Running for Bill

Studmarks fom the Summit – a race in honour of Bill Smith

Bill Smith really enjoyed coming over to my races. I know this because he told me many times. In any case, I'm certain that he wouldn't have travelled over all the way from his home in Liverpool, more often than not by public transport – as he did to many other fell races – if he didn't enjoy them. He was always more than happy to help out with marshalling, assisting on the finish line or compiling the results in the pub afterwards at my Ogden Water and Summit Inn venues. After the prizegiving, we would always enjoy a drink or two at what Bill liked to call 'the social' in the pub afterwards. I once mentioned the fact that a copy of his book Studmarks On The Summits had been auctioned on ebay for £130 and asked what he thought. He simply said, "Well, I hope whoever bought it feels that they got their money's worth".

Photos © Allan Greenwood

Bill at the Half Tour of Pendle in 1996

We would correspond by mail occasionally, often after I'd posted Bill a set of printed results from one of my races. His replies usually included a couple of interesting notes, sometimes about fellrunning in general – his life's passion – or perhaps an anecdote or incident from his own career or highlight of a recent fell walk.

In a letter dated September 2000, Bill told me that he was glad to hear that I'd enjoyed running at both the Turnslack and Kentmere races. He wrote; "I didn't do the latter though I generally do well in heatwave conditions, sometimes beating runners I wouldn't be anywhere near in normal conditions. I once won a championship race (o/60's) in this way! (It was the 1997 Winder Grind)"

He went on to tell me how he liked the Sedbergh Hills race, in which I'd competed the previous month. "I haven't run it for quite a few years mainly because it's generally the week before Grasmere Sports which I've been concentrating on for about 15 years or more now, though I used to have to run it under a different name (W. Wilson of Chorley).

He had an eye for detail and a terrific memory. After the 2009 Windmills Whizz race when someone moved some flags and sent about half the field the wrong way, Bill wrote to me and told me how it had happened before. "This is by no means this first time some mischievous bugger has interfered with race flagging. I recall it happening around the mid or late '70's in the Three Towers race between Cadshaw and Entwistle station and in a Darwen Tower race of the early '80's."

In January last year he told me of a walk he had done the previous weekend from Warton near Carnforth. "I started over Warton Crag, then down to Crag Foot, Jenny Brown's Point on Morecambe Bay then inland via Silverdale Green and Leighton Moss, & back over the crag. About 7 or 8 miles with a lot of pleasant woodland walking – natural woodland not plantations. Weather sunny and cold with views of Ingleborough, Whernside, Bowland and South Lakeland fells etc".

I'm planning to do that route myself sometime very soon.

After I had heard the tragic news of his death in the Bowland fells, I wanted to pay tribute to Bill in my own way. What better way than to put on a new fell race and try to raise some money for a worthy cause that Bill himself supported. In one of his letters, Bill told me that his mother had died of cancer eighteen years ago. He had donated by direct debit to Cancer Research UK and to Marie Curie and Macmillan on a fairly regular basis.

He wrote to me shortly after my article 'Dad's

Photos © Allan Greenwood

Anne Johnson (Calder Valley) at Widdop fell race

Run' was published in *The Fellrunner* (June 2011) and expressed his sympathies that I'd lost my Dad. Typically, Bill said he hoped Mum 'was managing to bear up alright', and asked me to pass on his sympathies.

Bill was always the first to offer praise if he had enjoyed my writing. This was especially heart warming coming from such a fine author. Of 'Dad's Run' he wrote, "Having now read it, I must say that despite its initially sad theme, I found it to be one of the finest articles to appear in the magazine for many a long year. Well done Allan".

Bill's historical writing puts mine in the shade. What a modest man.

I should add that Bill was kind enough to write a well researched and thoughtful foreward to a book that I once wrote – but that was never published – about the trials and tribulations of being a fell race organiser together with a history of my own fell races.

So, after a few training runs with Chris Smale from the Summit Inn near Littleborough, I came up with a new, and in my view fitting and exciting route for Bill's race. A cracking course of around five and a half miles and a big improvement on some of the previous routes I've tried up there. Frank and Bev at the pub agreed with the proposed date, a Sunday in late February and told me that they would be providing food.

Then I needed a race title. It just came to me one day as I was working in my garage sawing firewood. Studmarks From The Summit. Yes, Bill would have liked that!

As I had no idea of how many runners to expect, and as the pub wanted an idea for their catering purposes, I decided , for the first time in 21 years of fell race organising, to do a pre-entry race. Details were sent to the FRA, the event would form part of my 'Fell Race For Life' charity race series.

Soon after New Year, entries started to trickle in. Then, come February it picked up until I was getting around half a dozen, sometimes ten entries a day.

George Arnold of Preston Harriers sent me his entry and enclosed, along with a very generous donation to our charity, a very touching letter. He thanked me for giving him "the opportunity to pay respect to Bill". He went on to tell me that he and Bill were almost exactly the same age and that they'd had many a good natured tussle over the fells.

"I very much miss seeing him supporting us and chatting to him afterwards – what a man! Perhaps it could be arranged that all us over 70's be introduced to each other and run together in Bill's race".

I wrote back telling George that I would allocate all the over 70's with numbers prefixed '7' so that they might easily find each other. But as for running together? Well, I kept quiet about that! It is of course still a *race* and I know runners. As soon as they get going and into racing mode… that's it, game on! I've often witnessed George racing out on those fells; he takes no prisoners!

George's letter started me thinking. What had started out as my own little low profile tribute to Bill had clearly struck a chord with many people. This was Bill's race, a celebration of a great man and friend to all. The event was also being recognised as a vehicle for raising money for charity. I had had a number of donations sent in, some with accompanying cards or notes, all gratefully received. Thankyou.

By the closing date, a week before the race, I had over 150 entries and I was still getting texts and calls asking whether entries had closed. I had a good idea of numbers now for food, so I just told everyone to come and enter on the day.

By now I had no less than seven over seventy runners entered; Bill's old mates. Roy Lee of Middleton Harriers would be 79 on race day, just over three weeks before his eightieth!

I flagged the course with Jackie on Saturday in good weather with cracking views from the Pennine Way. Sunday dawned fine, clear and sunny with a cold wind. Runners began to arrive at The Summit Inn and so Jackie and Peter Jebb got on with the job of dishing out race numbers and checking everyone's emergency contact details and car registration numbers against our master lists, while I erected a board with information and photo's of the great man. Claire and Nick arrived to help with on-the-day entries and Graham and Val Wright and Karen McIntosh came to officiate on the finish line. Kath Smale went out to marshal the gate by Leach Farm while Manhar Patel and Mick Fryer set off to marshal on the Pennine Way and Brian Horsley and Andy Thorpe came to sweep and gather the flags in. Thanks folks. George Arnold approached me with a hand written note, a few words that he wanted me to read out before the start. When I managed to find a spare couple of minutes, I sat and read it through – with a bit of a lump in my throat. Very kind and sincere sentiments; here is a snippet…

Photos © Allan Greenwood

Over 70 Veteran George Arnold (Preston Harriers) at Widdop fell race

"Bill was a slight, inconspicuous man, but he was a giant in fell running circles…

He was so generous – a man with impeccable manners and such respect for his fellow runners. A father figure.

He supported fell running till the last – always there – giving encouragement to all.

His achievements in journalism and fell running are legendary. I'd like to think his spirit roams the fells watching over us. RUN THIS FOR BILL!".

As requested, I read this out before sending the field of just shy of 180 runners on their way – and what a reaction! Spontaneous applause; for George and for Bill. Fantastic.

Every single runner set off feeling great.

By the finish, Jack Ross had opened up a lead of two and a half minutes. The 18 year old from Stoke on Trent crossed the finish line in 32:06, with Rossendale's Ashley Holt in second place. Third was Halifax Harrier Joe Crossfield, with first veteran over 40 Chris Smale next in. Saddleworth's Chris Davies, a regular competitor at my races, won the over 50's section yet again, while another regular, Ken Taylor of Rossendale took the over 60's award. The over 70 men didn't exactly wait around for each other (!) and this hard fought race was headed by Bowland's Phil Martin, not far in front of George Arnold himself!

Anne Johnson of Calder Valley was the first woman to finish, beating Accrington's Debbie Gowans by the short margin of 18 seconds and three places, Debbie taking the over 40's prize. Anne later told me that she had thought of Bill while on the long climb towards the White House.

Sarah Yeomans of Rossendale placed third and Christine Whitaker (Wharfedale) won the over 50's. Apologies to Jean Rawlinson (Clayton) who was the first over 60 lady, though due to

an oversight I did not announce this on the day, though Radcliffe's Sheila McNulty was first in the over 65 age group.

I should add at this point that while I was marking out the finish loop with flags and tape, an elderly chap approached me, asking if I was the organiser. He told me that he was an old mate of Bury's Jim Smith (Todmorden Harriers) and that he would like to give me a donation to my charity. He handed me what I thought was a twenty pound note and I thanked him sincerely, but on closer inspection I found that he'd handed me FIVE twenty pound notes. I think he said his name is Chris Simcock or Silcock. Anyway, thank you so very much Sir.

I received a lot of favourable comments about the course, some people asking whether it might become an annual fixture, and another telling me that it is an improvement on the Race To The Summit route, referring to the event held here in October.

Well, we will see. Anyway, one thing is for sure, Bill would have been happy that the Fell Race For Life series has – to date – raised a total of around £1500 for Marie Curie cancer care. This includes Windmills Whizz proceeds and over a hundred pounds in donations collected at the Rossendale Liver Hill race for which I am very grateful to the organisers.

The final race in the series will be the 'Running Bear' *Race You To The Summit* in October.

Photos © Mick Fryer

Studmarks from the Summit winner Jack Ross, pictured leading along the Pennine Way and just about to start his descent

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BY **NICK CHARLESWORTH**

Charlesworth Chase

Simons Seat Fell Race – Saturday 19th May 2012

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

Nick steals a few seconds at the start of the 'Chase the Bride Race'

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

Sarah with her bridesmaids and Lisa Holmes dressed as a vicar

When asked as a fell runner the best way to remember your wedding anniversary, the answer has to be "Organise a race the morning of the wedding and turn it into an annual event."

The idea was obviously stolen from the Anniversary Waltz so we needed to add another twist to the race to have some originality and what better than to chase the bride.

The race route was chosen some time ago as we had always wanted to bring back a race that went up to Simons Seat, last organised by Pudsey and Bramley, however we needed to avoid the old route so decided to follow the same route as the Bedlamite night race, always the last race in the night race season.

The route sets off from the Craven Arms in Appletreewick, cuts across the fields to the river through the woods and up the steep track onto the moor path to the trig on the rocks at Simons Seat and back along the same route finishing outside the Craven Arms.

The best ideas are always stolen and you can't finish a race outside a pub without having a drink, therefore we decided that you had to drink a pint on arrival outside the pub and then run the length of the pub to the finish line.

After Sarah (bride) ran several training runs over the race route she decided that a 20 minute head start would give the rest of the race field a fair handicap and would hopefully lead to a nail biting finish in the last field before the pub.

On the morning of the race everything was ready, the route had been marked the night before with the help of Ted Mason, who also provided parking on the day. Signs were up at the road sections and marshals and start/finish helpers all stood outside the pub, ready to help. Lisa Holmes was dressed as a vicar, just to set the scene further.

Wharfedale Harriers were out in strength, with both of us being members of Wharfedale and Paul Crabtree making it a Championship race, we couldn't fail to get a lot of club mates to turn up. It seems most fell runners don't need an excuse to wear fancy dress, which meant lots turned up in various guises, with Sarah's race bridesmaids dressed in pink tutu's, Sam Watson in a Superman costume revealing a hidden appendage that was not part of the original costume! He got more attention than

Photo © Andy Holden

Photo © Andy Holden

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

Nick catches his bride

Photo © David Brett

Ian Holmes downs his pint

he bargained for from the readers of the Daily Mail internet article that followed the race!

The Yorkshire Post had put the race on the front page of the morning's paper and also turned up to cover the race on the day along with the Craven Herald. A photo shoot was quickly organised prior to the race and interviews were carried out with various attendees, which seemed to help calm our nerves prior to our first ever organised race.

The bride set off at 10:10 and one of the memorable moments for those that watched was seeing her running across the initial fields at a hell of a pace, in a wedding dress, veil and Wharfedale vest.

Twenty minutes later the 'Chase the Bride Race' started with me in top hat and make believe wedding suit starting the race and stealing a few precious seconds by setting off in front of the 107 runners who swiftly gave chase with the knowledge that the first to catch the bride had the opportunity to marry her!!!!

Once the race started, battle commenced with Ian Holmes and Ted Mason getting away from the main group, followed by Gareth Hird, Dave Kirkham and myself, who had a battle throughout the full race.

Ian ascended at a fair rate and by the summit he had opened up a good lead. With his renowned descending skills, Ted set off back in hot pursuit. Ian caught the Bride with one mile to go he even managed to have a quick chat, telling her that he had told me that it should have been a 25 minute head start!

Ted was the next to catch the bride, followed by Dave Kirkham, Gareth Hird, myself, Johnny Bradshaw and Spencer Riley, all from Wharfedale, catching her at various points across the final fields.

Xavier Chaduc from Wharfedale ran in a traditional French outfit carrying wine, brie and bread to Simons Seat to help replenish Graham Wadsworth the summit marshal.

Several runners were actual wedding guests and were taking part in their first ever fell race. The out and back route allowed them to witness runners heading off the moor and several commented after the race that the speed at which the front runners descended off the moor was close to lunacy.

Ian won the race by 13 seconds drinking his pint with ease keeping a close eye out for Ted who had closed the gap on the final descent. Ted then impressed by drinking his pint in seconds to take the runners up spot. Dave Kirkham was third followed by myself and Gareth Hird, However I believe Dave did not quite finish his pint and somehow mine was poured on my head – it was hot!!!!

First lady back was Louisa Pickles of Wharfedale finishing ahead of Lucy Needham and Lisa Lacon both from Holmfirth.

The drinks area provided great entertainment for those that had already finished, shouting and cheering the incoming runners trying to finish their drinks. Special mention must go to Tom Sessford for winning the throwing up contest!

The prize giving was held in the Cruck Barn at the Craven Arms with Shane Green's sketches of Simons Seat going to each age category winner. With Ian catching the bride first he was given the opportunity to marry Sarah much to my relief he declined the offer, I believe bigamy is still illegal!

The biggest boo of the day went to Dave Kirkham after the bride revealed to all, that he had shut the gate on her while leaving the wood prior to the final fields.

Unfortunately there was not much time to chat as we were on a tight schedule! The Best Man managed to man-handle me out of the pub so we could get changed in time for the wedding service at Craigmar, a private house in Hebden, overlooking Burnsall fell. The wedding was perfect, Sarah looked beautiful in her wedding dress – not the one she ran in. The day was completed with the evening reception taking place at the Red Lion in Burnsall where we all probably drank too much, resulting in more injuries on the dance floor than in the race!!!

Sarah and I would like to thank all the runners, marshals and helpers that made our day so perfect, as for next year please contact me if you feel you would like to be chased by a pack of beer starved fell runners up Simons Seat and back!

Photo © David Brett

BY **LAURA GIBSON**

How I met Joss Naylor

It all started with a decrepit hut. Some running clubs have pavilions, some have club houses, Totley AC had a dilapidated shack affectionately known as 'the hut.' It really was awful, it leaked, the men/womens showers were separated by a flimsy curtain, the water was eventually cut off due to Legionnaire's disease and worst of all for an arachnophobe such as myself, there were spiders everywhere! In 2007 we made some last ditch repairs to the ever deteriorating roof but it was clear the hut's days were numbered.

Fortunately, our forward thinking treasurer, Colin White, recognised something had to be done. With a football team and two cricket teams also using the hut as their base, it wasn't just the running club who would be homeless once the hut finally succumbed to the inevitable. When it became clear that it would be the running club that would have to drive the project forward, Colin asked myself and Club Chairman Clive Waddington to join him in the quest for a new hut. We wrote grant application after grant application, contacted local schools and sports teams for their support, met with councillors and council officers and held numerous fundraising events. All in the vain hope that maybe we could raise the £200k we needed for a new hut. Sometimes I really thought we'd do it and at others I didn't think we had any chance at all! But, after a long slog in December 2011 work commenced on our new hut.

The entire club eagerly awaited its completion. So how would we mark this momentous occasion in our club's history? Colin said he would ask Joss Naylor to officially open the new building. When I learned that Joss had agreed I couldn't believe it. A fell running legend coming to Sheffield to open our new hut!! And so it was on 14 of April 2012 Joss along with Sheffield-born football referee Uriah Rennie, officially opened our new pavilion (too good to be called a hut now!). We had a jam-packed open day - tug of war, a junior and senior fell race, a football match, cakes, a hog roast, a band at night and I got running tips from Joss!

Hopefully, we've built something now that all three sports clubs and the community can use and enjoy. Three out of the five races in the Totley Race Series are run from the pavilion so why not come along have a run and see the fruits of our labour.

And, that is how I met Joss Naylor.

BY **RON SMITH**

Photos © Hilary Mackay

Highlander Mountain Marathon

14th and 15th April 2012

As we head down to Kinlochewe the early morning sun shimmered on Loch Maree, stretching away between Beinn Eighe and Slioch. Looks as if the Highlander is living up to its reputation - fine weather combined with fantastic terrain.

My partner, Brian Layton, veteran of over 120 mountain marathons and myself were competing in the score class, attempting to win the vets handicap. Don't ask, but yes, we do get a good handicap now we're past 45!

A short walk to the start and we were soon checking out over 30 grid refs – circles already on the map but codes and values to append. It was some 20 minutes after the start time that we commenced the first climb of over 2000 ft. A good warm up for our seven hour first day. Three controls in the bag and some impressive views.

Descending to our next control we found the controller, who thought I looked knackered. And this at 9.30am! Nice thing about the score is the lack of bodies around and as we progressed with only an occasional sighting of other competitors it turned into one of those 'glad to be alive days'. As always we were anxious to use all of our available time but hadn't counted on being unable to cross a gorge after the penultimate control. Short of abseiling we had to continue at right angles to our intended destination. Clambering out from our crossing point we sprinted to the last control with about 3 minutes to spare. This one was on the lochside and the overnight camp was 1km away on the other side of the water. Rigid inflatables ferried us over and still the sun shone!

Set up camp, ate the provided meal - beer and a ceilidh – a welcome relief from the challenges of the day.

Overnight "A" class leaders Mark and Jacqui Higginbottom defending a 15 minute lead led the chasing start on Sunday as snow stated to fall on the hills. By 8.30am the campsite was clear of competitors, as we seemed to be last away.

Starting with a 5km run we soon got into the centre of the controls, and at 1600ft we were rewarded with some fine running in powdered snow, picking up controls on a 300 degree trip around Mealle a Ghiuthias – no I can't pronounce it either.

Descending back to Kinlochewe I found myself falling further behind Brian as I tired on boggy terrain and we finished 7 minutes late.

The BBC were filming the event for the Adventure Show and crossing the finishing line a cameraman approached. Ah my moment of fame! The camera went down by my feet and filming commenced. I had cut my hand on the hills and he was only interested in a trail of blood I inadvertently left on the floor of the village hall.

Only one of the Day 1 leaders won on the 2nd day but all retained their overall leads.

Prizes appeared to be for about a third of competitors and Brian and myself did get the vets handicap.

This has got to be one of the best 2-day events with the planners and controller coming up with really great courses year after year. Why not try a trip to the Highlands next spring?

www.handsonevents.co.uk/Events/Highlander/

Photos © Hilary Mackay

BY **NEIL SHUTTLEWORTH**

Eric Mitchell

The 88 year old who should have qualified for the London Olympics

Eric Mitchell is a Life Member and the President of Dark Peak Fell Runners. Now 88, he began fell running as a 50 year old and has set many age records, mostly over long distances. Here Eric talks about his first sport, cycling, then fell running and the enthusiasm he still has for the outdoors.

"I was born in Disley 88 years ago. I've just had my 88th birthday. My father was a signalman on the railway. My younger brother Roy went into cycling, my wife Edna was a time-trialling cyclist; and her brother also a time-triallist. We married in 1947 and later had two daughters. Edna did time-trialling until Lynne was born in 1952. Jan was born three years later.

We used to cycle to races. We rode to Solihull in Birmingham the night before. There was no traffic then. We'd cycle back after a race. Edna took up walking with Buxton Rambling Club, and has done many walks like the Coast to Coast and the Pennine Way.

I began work as an electrician in 1941 when I was 18. I was in a reserved occupation – an electrician at a bakery which kept the population going with bread. After the war I started cycle racing. Sport got going after the War. I joined the British League of Racing Cyclists, and should have been in the London Olympics in 1948. It was a bit complicated. All to do with politics. We were rebels to the organisation – the NCU (National Cyclist Union). We wanted road racing proper and the NCU wouldn't allow that, and we were suspended. That's why I didn't do the London Olympics, but we were the best riders.

We lived in New Mills then and I cycled to work at a bakery in Manchester. That's how I got fit. I used to do 14 miles each way for six days a week. That was my training.

1947 was a cold winter. I used to ride on the main A6 to work when the snow was down, and I'd fall off my bike ten times each way.

My most memorable moment was in the Cycling World Championship in Zurich. In 1946 I got to Zurich on the train. Down to Dover, sail across and it took a full day to get there. I crashed out. It was not my fault.

The London to Holyhead race was a great race. I punctured on the top of the Nant Ffrancon Pass. Five of us were away. You changed your own in them days. Put a new tyre on. Pumped it up and was away. I was on my own. I stood a chance of placing that day. It was unfortunate. No spare wheels.

In the Lyon to Paris three-day race I was leading into Paris, but got caught with about two miles to go. Otherwise I would have won the race.

After my cycle racing was over, I did motor cycle scrambling for about ten years. Then I met Ted Dance who got me into fell running. My first fell race was the Skiddaw race in 1973 when I was 50. I did it with Roger Baumeister and after we said, 'well, I don't think we disgraced ourselves.' We've kept going ever since. Round about then, Lynne was the first back in the Four Three Thousand Footers from Keswick. Our daughter Jan now lives in France, and has run the Otter 40 here in Buxton. Now (he shows a

Janet Sutcliffe offers Eric a drink at Sty Head Pass in the 1976 Borrowdale fell race

Inset: Eric Mitchell seen after the 1990 Kinder Downfall

A dozen medals that encompass Eric Mitchell's incredible sporting life – the Three Towers running race; his FSGT badge from Paris, 1948; World Championships Cycling in Zurich, 1948; four cycling medals 1946-1950; and 'Give Animals a Natural Life"; League Against Cruel Sports; CND (Campaign Against Nuclear Disarmament) and Greenpeace.

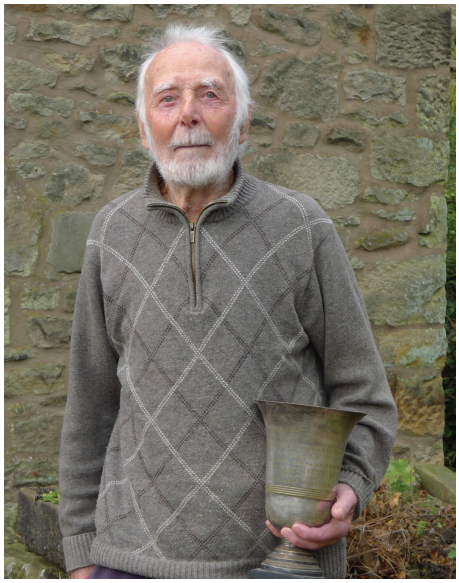
picture of Jan on a bike against a snow-covered backdrop) she is into Cycling Sportives. Here she is on the Col du Galibier in the Alps.

I was living up at Long Hill, Buxton and did all my fell training from there. By then I was a self-employed electrician. It was good for training up there. When I worked at a mill in Chinley I did three days a week there, and used to run over there by Combs Edge. That was good. With some of the lads who were around then we used to get some long runs in at weekend. That was my fell training.

For the fells I used to do about 70 miles a week. Including long walks. Up on Combs Edge the gamekeepers used to chase us, but they couldn't catch us. No way – because they didn't like us going up on Combs Edge. A lot of atrocities went on with the wild life – gamekeepers trapping and poisoning and all the rest of it. I didn't like that. So we rebelled against it. They couldn't catch us 'cos they weren't fit enough. This was before we had freedom to roam.

With Chris Worsell I said 'we need a fell running club'. And so Dark Peak was born. That was well over twenty years ago. Now I'm a Life Member and President of Dark Peak Fell Runners.

Receiving the Dark Peak Club Champions Cup from Chris Worsell.



Chris chose me to head their letterhead.

In 1977 I did the Bob Graham. I seemed to go for the longer fell races. Borrowdale, Edale Skyline, Marsden to Edale. I liked all these. They tell me I've set records at 50, 60 and 70 years of age. I'm proudest of those I set from 1994 to 1996 as a veteran over 70. There are fifteen records I had. All my records will have gone now.

I liked the Marsden to Edale. It was one of my favourites along with the Borrowdale.

Daughter Jan went to live on the Isle of Wight and we went there to visit on holiday. They said the Fire Brigade are doing their cross-country race at weekend. You can run if you like. I said, 'right'. I won the race and beat all the firemen. (Eric laughs) It was cross-country. I'd be fifty odd then.

I used to do the Three Peaks Cyclo-Cross. I know Nick Craig who has won it three times. Nick's father set me off on this. I went out with him one day. Ay, 'You'll be OK,' he said after a ride 'you should enter the Three Peaks Cyclo-Cross'. I won the veterans prize. I've done it a few times.

You don't need much for fell running – a decent pair of studded shoes, a Helly Hansen Lifa top and a good cag. At 73 I thought I had done enough fell running so I retired.

Now I walk a lot. I still get out even though I've had a heart operation."

List of times set by Eric Mitchell 1994-1996 as a V70

Shining Tor	85:20
Borrowdale	4:52
Latrigg	29:47
Teggs Nose	66:28
3 Peaks Cyclo-cross	5:15
Stretton Skyline	3:38
Marsden – Edale	4:51
Ben Nevis	3:11
Mount Famine	69:42
Kinder Trog	3:20
Coniston	1:55
Fairfield	2:07
Loggerheads	2:02
Higger Tor	1:56
Kinder Downfall	1:50

BY **NEIL SHUTTLEWORTH**

Over the fells on two wheels

John Rownsley – 3 Peaks Man

With over 150 circuits of the Three Peaks as a runner, cyclist and walker under his belt, John Rawnsley must know them backwards. In this, the 50th year he has organised the Cyclo-cross race, we delve into the life and times of an incredible man.

Five months after the Three Peaks running race comes the annual cyclo-cross race. This year is the 50th time, an occasion to celebrate a special event in the sporting world. Fell runners have done it 'just for fun' yet it is dubbed "the World's Toughest Cyclo-cross race."

Those who have enjoyed this crossover event can trace their allegiance to Barry Davies in the early 1970's. The former AAA junior steeplechase champion with East Cheshire Harriers became a cyclo-cross specialist and was perhaps the first to traverse the Pennine Way by cycle. In 1973. Davies, then 26, secured his first win in the 'Peaks'. Peter Walkington, then a former FRA general secretary, was runner-up. The allure of the 'Peaks' still entices Walkington who will be at Helwith Bridge for the 50th celebrations. John North, the FRA Chairman from 1976 to 1978, who won the 1980 event, will be there too. Alan Evans was another from this era who enjoyed some success in this unique event, returning in 2010 to be the best 70+ year-old. Many more have also survived and endured some of the fun that is peculiar to this race. Nick Craig, last year took the title for the third time and followed after his late father, Ian, who was victorious on the third promotion of this classic. All past winners have been invited to attend as either competitors or spectators this year.

But this article is not about the runners and riders: it is about John Rawnsley. After a mind-blowing 50 times from 1961 to 2012 (two were cancelled due to foot and mouth) as the key man, he is handing over the reins this year.

John takes up the story: "I got off to a good start and was physically fit at Bradford Grammar School where a friend, James Hall, was a very good cyclist. We used to race home after school up a three quarter mile hill. We were neck and neck and James suggested that I enter a cycle race. We built up a racing bike and, starting in January 1954, went for training rides with local riders including Doug Petty and Geoff Clark, two of Yorkshires best riders. My first race of 45 miles from Skipton was for novices, I finished 8th. Then James and I went to Hull for a 50-mile race in which he was first and I was second. The following year, 1955, I went to work in France. During that time I rode in eight races, went touring in the Alps and watched the Tour de France on the summit of the Col du Galibier."

"In 1959 the Yorkshire Cyclo-cross Association was formed and I went onto the committee. I have now been its President for 35 years. As I became more involved in the new sport of cyclo-cross with more and more races in Yorkshire, my road racing wound down."

The Three Peaks Cyclo-cross came about as a result of Kevin Watson, a 14 year-old Skipton schoolboy who decided to cycle the Peaks in 1959 having watched the running race. His time was 6 hrs 54 mins. Shortly after Malcolm Renshaw, with some Leeds CTC members, rode round and then members of Bradford Racing Cycling Club. John joined this club in 1960 and in October they decided to cycle the Three Peaks again. The previous times were reduced to 4 hrs 31 mins. After this ride they met Norman Thornber who had donated the main (carved) trophy for the Three Peaks Running Race. He asked what they were doing and offered to carve a trophy for it, if it were organised. John said, "I'll organise it if I can ride in it."

He goes on to say, "The first race I organised attracted 40 riders and I won it in a sprint finish from my great friend and rival, Harry Bond. The route then was 25 miles and we never went across country from Pen-y-Ghent. We went back down the lane, up the road to Ribblehead and straight up Whernside. I couldn't get permission to go from the Hill Inn so I got a route further down the road. It was a beeline, an absolutely horrendous climb to the summit of Ingleborough. Winning the race in 1961 and being second in 1974 at the age of 37 are two of the highlights for me. Harry Bond got his revenge in 1962 when we had a few more entries. In 1963 we had low cloud and poor conditions. A chap from Lancaster, Ian Craig, won and my Bradford club took the next four places. In 1964 Harry Bond won and I was second."

"In the 1960s I rode 150 to 200 miles a week, had a full-time job and raised a family. Then I did all the work myself. From 1978 to 1982 we had

Photo © Tony Fickes.

With two miles to go John Rawnsley is descending from Pen-y-Ghent in his 45th and last cyclo-cross race in 2006

Andrew Bros, a BMW dealer in Bradford as our main sponsor. After this we did not seek a replacement, but have had many generous donations."

1979 saw a Belgian team come over that included Norbert Dedecker who had been World Cyclo-cross Champion. In 1980 some Swiss riders came, but were beaten by John North, a fantastic runner who took up cycling. The following year Swiss riders returned and Arthur Manz won. From then on the numbers grew. In 1983 the start moved to Helwith Bridge and the sequence of the peaks changed. The route went up the road through Horton and approached Ingleborough from Simon Fell. Whernside was next and then back down the road to Horton, to tackle Pen-y-Ghent via the Pennine Way lane. The race has started from Helwith Bridge ever since and the Yorkshire Subterranean Club provides excellent facilities at their clubhouse. The race has grown like Topsy. Last year there were 673 entrants of whom 597 started and 565 finished. The route is now 38 miles with 20 off road. The record time is a phenomenal 2 hours 52 minutes, set by eight times winner, Rob Jebb.

John continues, "For the Peaks I have ridden the cyclo-cross race 45 times and organised it 50. Neil Orrell has also ridden 45 times but since having a hip replaced hasn't been able to add to his total. In 1974 Barry Davies' Pennine Way record of 3 days, 3 hours and 33 minutes captured my imagination. In the hot summer of 1976 I attempted the Pennine Way on a bike, navigating on my own, beginning at Edale at mid-day on July 1st. The next day I went from Crowden to Langdon Beck and drank 24 pints of liquid en route. After a stop north of Hadrian's Wall, I did it in 2 days 23 hours and 27 minutes. I was the first person to traverse the Pennine Way in under 3 days - which I couldn't have done without support from my wife, Brigitte, and my good friend Malcolm Renshaw. Two years later John North broke my record with 2 days and 12 hours. No one has attempted it since."

"In 1960 I joined Bingley Harriers and did a bit of running in the winter. It really helped my cyclo-cross. I was running 50 miles a week and doing the Three Peaks running race at the end of April. My first race was in 1966 and by 1974 I'd got my time down to 3:20:32 from the Hill Inn. Then the start moved to Horton where I did 3:37 and I kept competing and finishing until 2000 when I was timed out by one minute at Ribblehead. I have completed 45 cyclo-cross races, 30 running races and walked it a grand total of 152 times. The last time was in 2009 when I went with an 80 year-old lady from our walking club who did it in under the 12 hours. She has marshalled for us for the last 20 years at a very important point for riders descending Ingleborough."

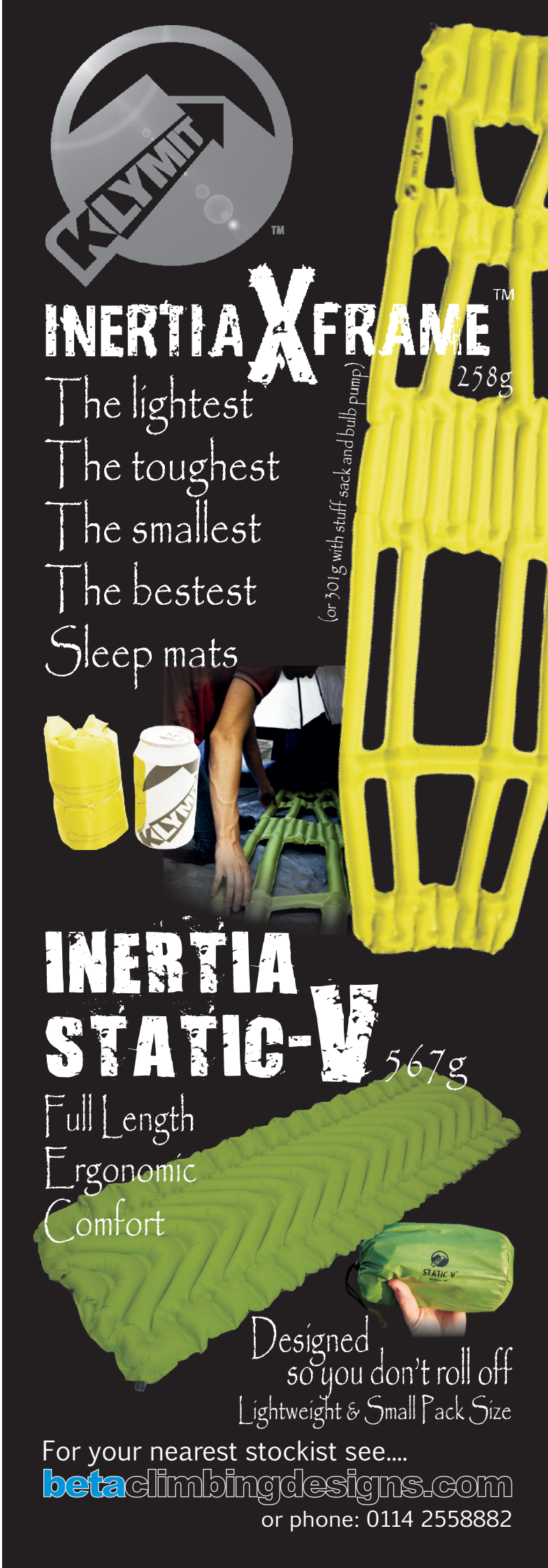
"In the 1970's and 80's I ran other fell races: Ben Nevis in 2 hrs 5 mins, Ennerdale, Kentmere etc and became interested in long distance events like the Haworth Hobble, Fellsman and the Lakes Three Thousand Footers which I found very challenging. In 1989, at 52, I made an unsuccessful Bob Graham Round attempt but returned the following year to succeed in 23 hours 27 minutes. I went anti-clockwise and Alan Evans ran the last leg from Threlkeld alongside me to spur me on."

"I have organised the Three Peaks event for so long now that it has become second nature to me. Since its inception I have done all the work myself, and now I have Sportident taking the entries for me to confirm acceptances. I have had some extremely good helpers over the years. Keith Parkinson is our web-master and assistant organiser alongside Martin Hanson who owns the field at Helwith Bridge. I have had an amazing amount of help from the mountain rescue and volunteers on all three peaks. From the early days the South Ribble M.R.T. covered for us and continues to do so as the Bowland Pennine M.R.T. Last year they had 36 registered helpers and nine apprentices. In addition the race needs a lot of marshals and other helpers."

"For the 50th race we already have riders from Spain, Italy and Switzerland expressing an interest. This includes the famous ex-World Champion Cyclo-cross rider, Thomas Frischnecht. We did ask Lance Armstrong, but he is already booked to do an Ironman event in mid September. It would be fantastic if he were able to compete."

"My ambition, at the start, was to organise and compete in 50 Three Peaks Cyclo-cross races. Ill health five years ago has prevented me doing the latter, but at 75 I still cycle every week and have recently joined a new local cycling group in Leyburn. I also regularly lead walks in the Yorkshire Dales for various groups. For me the last 50 Three Peaks races have flown by, but I'm not sure my long-suffering wife would agree."

Now John can put up his feet and have some fun himself.



BY **DAVID WOODHEAD**

The Bunny Runs

A great learning curve 21 and still growing

These races have become a great learning curve for many youngsters, with the likes of Alistair and Jonny Brownlee, Mark Buckingham, Graham Pearce, Marc Scott, Sam Tosh, Ben Livesey, Matt Pierson, Ian Wellock, Sam Watson and all the Addison family (Tom, Mark, Jos and Rory) all having competed as juniors over the past twenty one years. Junior girls who are still competing now are Sharon Taylor, Natalie White, Holly Page, Emma Flanagan, Lucy Needham nee Griffiths, Mel Hyder, Louise Pickles and Haywood duo of Blue and Bo. The reason for the races success is very simple: lots and lots of chocolate, a course which allows the youth to test their speed against the seniors and often beat them and finally FUN !

Fun is the reason why world triathlete champions Alistair and Jonny had made the races a must in their youth, they even cheekily entered the races under the club 'Yorkshire Youngsters'; Ali first competed in 2000, finishing 57th from 228 runners while Jonny finished 102nd in 2002 from 234 runners and Ali won the U16 title nine times. Even youngest brother Edward has joined in the fun, all having been introduced to the chocolate mayhem by dad Keith, another competitor. To mark the marvellous achievement of the Brownlee brothers being selected to compete in the triathlon at the London Olympics in August, the numbers for each race depicted a different Bunny picture of them and an eggcellent message to encourage them to succeed in their quest to attain an Olympic medal. Neither has yet won a bunny, but Ali has vowed to win one in 2013, there's even a bet on it!

Zoe Baistow in a clutch of runners at BR1

Photo © Wayne Byram

Series winner James Hall battling the elements at BR1

Photo © Wayne Byram

BR1 – Freaky weather

Just a few days previously the country was bathed in sunshine and 23 degree temperatures, great sunbathing weather, but there was no chance of that on Penistone Hill, as it was a case of finding layers to put on for the 302 runners, with freezing temperatures, strong winds and a blizzard to contend with.

Recent winner of the Baildon Boundary off road half, Ilkley Moor and the Soreen Stanbury Splash, Tom Adams, stormed to his third win and sixth Egg Stage win. Not bad for someone who first appeared in 2005 and managed to finish 55th in 21-59.

Tom, fifth at the first English championship race at Lads Leap, will now have the honour of taking care of Jorge the perpetual cuddly rabbit trophy. 'Why Jorge?' you may ask. Well that is because it is named after the course record holder Jorge Thomas.

2011 U23 English champion and last year's

The 2012 Bunny Runs have been the subject of enquiries from the FRA. As a result the 2013 Bunny Runs will have to be policed very strictly.

The reason is that numerous breaches of the FRA Rules for Competition, the FRA Safety Requirements for fell races and the FRA Welfare Policy occurred by juniors with the support of their parents deliberately avoiding compliance with the FRA rules, ie Age as at 1st January 2012.

Despite the three registration desks having qualified club coaches manning them and taking down the information, signs displayed with the race rules and ages, all entry forms having Age as at 1st January 2012, the woodentops website and the FRA Forums having the same information, there were still some juniors who mistakenly entered thinking they were ok to compete.

For the 2013 races, any under age runners breaching the FRA rules will receive a race ban from the organiser if they compete.

Eggstreme BR1 weather challenges. Jack Muir, Jacob Hellewell, Sophie Spencer, Jimmy Burke, Diane Haggar & Lucy Farquhar

Photo © Wayne Byram

Photo © Wayne Byram

Above: Declan Bulmer (16), Joeeph Howe (52) and Rob Furness (212) at BR1

Below: Matthew Horn part of the Three Amigos relay team

Photo © Dave Woodhead www.woodentops.org.uk

BR1 winner, Tom Addison, gave chase to finish second, with his cousin Mark third and in fourth was 2011 U16 English champion James Hall.

Bunny girl Katie Walshaw, winner of the Ian Roberts race, won for the seventh time and took her sixth Egg Stage. In second overall and first FU14 was Elizabeth Greenwood and in third was FU16 Molly Traviss.

Not even the weather could dampen the spirits of the runners at the prize giving, maybe it was the home made soup and roll, the warmth of the Old Sun Inn or the yummy prize chocolate Easter eggs, who knows, but it was packed! To round the evening off 2011 FU14 English silver medallist Elizabeth Greenwood helped Dave and Eileen with the legendary chocolate throw out, if you didn't catch anything, maybe you need to practice that part of the sport.

BR2 – Its now 31 up & counting for Ian

Everyones favourite fell runner and Mr. Bunny, Ian Holmes, once again proved the master of the course by winning for the thirtyfirst time, showing that injury will never stop him from displaying his prowess at these races, as he was the only one to break sixteen minutes on the windy showery night, in a field of 301. 'I decided to run to show Andy Peace how to do it. I was surprised to be so near the youngsters after the Egg Stage, because since the Borrowdale race when I damaged my knee, I have only managed around 20-30 miles a week. I caught James crossing the boggy section, there Max put a big spurt in after being cheered on, which was his undoing because of the strong head wind,' said the now 46 year old.

Ian has competed in most of races for the past twenty years now, having first appeared in the second running of the event in 1993 when he finished second to Greg Hull. He is also amongst an elite crowd, who twenty years on are still competing: Malcolm Coles, Colin Moses, Robin Bradbury, Tom McDonald, Paul Mitchell, Pauline and Lindsey Oldfield.

Youth was allowed to fight it out for the Egg Stage choc and U16 Max Wharton, the 2011 English Uphill champion had the speed to fend off the 2011 English U16 and Yorkshire champion James Hall. Max looks to be putting his injuries behind him now and finished third behind James, who was fresh from winning the U16 race at Pendle. Seth Waterman won the U14, Alan Wright the V50 and Steve Carter again the V60.

Katie Walshaw, having just won Pendle fell race three days ago in a very fast 35-37 in sixteenth overall, still had the speed in her legs to equal Scary Mary Wilkinson's 2007 Egg Stage time of 3-59, an astonishing feat. The 27 year old only faltered towards the end of the race to miss Mary's course record by seven seconds and considering the weather that record should be within her grasp as she finished twelfth overall. Former FU14 and FU16 Bunny champ Mel Hyder who was third at Pendle, finished second with Jo Buckley third. Elizabeth Greenwood and Molly Traviss dominated the FU14 and FU16 categories again.

This race also celebrated the eighteenth birthday of Rosie Hellawell in true Bunny fashion, with an elite number and her having to wear bunny ears and a bob tail. At the prize giving it was a raucous rendition of 'happy birthday', a multi signed birthday card, flashing bunny ears and an ultimate giant cupcake, before the finale where the Keighley and Craven athlete helped throw out the Cadbury crème eggs, sweets, haribos etc. to the eager mad crowd, what a way

to spend your birthday!

BR3 – 'Run for my bunny'

'I didn't think I was going to be able to keep that young whippet James at bay, he certainly gave me a run for my bunny,' said now four times winner Tom Adams. 29 year old Tom, the Egg Stage record holder, made the race a procession, storming away from the off to win in 3-29 with ease for the seventh time. But it was U16 James Hall, who first hopped onto the route in 2008 finishing 68th at BR2 in 20-03 to finish fourth U14, who lit up the night with another second place overall and a new U16 record, taking ten seconds off his own mark. He finished ten seconds down on Tom, but had U23 Yorkshire champion Fred Slemeck and four times BR winner Willy Smith in his wake. James made history by being the first BU16 to become the series winner with a fourth and two second places and will now be immortalised on the bunny beer label and wins a case of beer! Don't worry folks his dad Roger is ok with it.

Seth Waterman won the U14 category again, Andy Brown the V40, Alan Wright again the V50 and Steve Carter again the V60, while evergreen Malcolm Coles the V70.

Katie Walshaw, fresh from finishing eighth on leg one of the National 6 Stage Road Relays the previous weekend, won that chocolate again for the eighth time in a fast 4-02. Katie is also equal top of the carrot with Kath Drake on nine BR wins now and looks certain to take that crown next year, while her photo will star on the series bunny beer again for the third year. Durham University student Holly Page, third and first FU23 at Lads Leap, finished second, whilst Pendle race FU14 winner Elizabeth Greenwood took third. Kath Farquhar, Katies coach won the FV40 again,

Third leg runners awaiting the pink coloured egg

Photo © Dave Woodhead www.woodentops.org.uk

Margaret Jagan the FV60 again and 2010 FV50 English champion Gill Myers returned to win that chocolate category.

BR Relay – Pretenders take the crown

Max Wharton, Bradley Traviss and James Hall who called themselves 'The Young Pretenders' took the relay crown, showing the other 86 teams how easy it is to transport the pink egg baton round the 1.5 mile loop. Max the Anniversary Wa U16 winner ran the fourth fastest time of the night, Bradley the Anniversary Wa U18 winner ran the fifth fastest and James, 26th in the U17 London Mini Marathon, ran the fastest time at 9-25, which now ranks him fifth on the all time leader board just behind a Mr. A. Brownlee.

James Logue, part of the 'Lancs and Paddy' team, ran second fastest on the night and helped Tim Ellis and Shaun Godsman to second team overall. In third came the solo team 'Only the Lonely' made up of Tom Adams, who left the team, 'The has beens' consisting of Andy Peace, Ian Holmes and Andy Brown, in his wake. 'The has beens' consolation was winning the V40 title and setting a new record by nearly two minutes.

Holmfirth Harriers supplied several winners, among them the first family team, with Lewis Byram running two legs along with dad Wayne to finish eighth team.

'Lone bunny', Katie Walshaw made history by being the first solo female to hare round the Penistone Hill course, although Sarah Rowell did successfully manage that on the old Harden Moor route. Katie recorded a time of 33-31 to finish 12th overall and in the process record the three fastest times of the night, 11-01, 11-11 and 11-19, so she now holds four of the fastest ever leg times, only Helen Glover in second spoils a clean sweep.

Anniversary Wa FU14 winner Erica Byram teamed up with sis Lucy and Olivia Sykes who was fresh from finishing 29th at the FU13 Mini London Marathon. These girls all wore bunny ears, bob tails and face paint to win the FU14 goodies. Known as the 'Pesky Kids' last year, the 'Pesky Bunnys' this time round broke their own record by 33 seconds. A Holmfirth 'Topless trio of Indians' in the form of Andrew Farquhar, Lewis Bartholomew and Seth Waterman won the first fancy dress team prize.

In the mixed category it was the 'Won Millions' with dad Mark, mum Rebecca and son Ruaridh, just ahead of the first ladies team, 'Too hot to Handley' where Beckie Taylor ran twice with Grace Handley. Caroline Harrison, Sharon Newbold and Patsy Hall showed mums can be record breakers by taking the FV40 title with the aptly named team, 'Trying to run as fast as our sons', so watch out sons, your mums are after you!

Dave McGuire leads FU14 Bunny champ Lizzie Greenwood, Ben Johnstone and Tiarnan Crorken at BR3

Photo © Dave Woodhead www.woodentops.org.uk

Why Running?

By BU14 Bunny and Greater Manchester Fell Champion George Lewis of East Cheshire Harriers

Megan and George

I will do any event possible on the track and field, as well as doing cross country, road, and fell. This summer, I am participating in the English Fell Running Championship for the first time. I have a younger sister called Megan, who runs for East Cheshire Harriers like me. I believe that it is great to have a younger sibling as they can use you as their role model. They can also use your achievements to inspire their own personal targets as they develop as athletes.

I have been running since I was in year 6, when my headmistress, Mrs McGowan, asked if I wanted to take part in the Tameside Primary Schools Cross Country Championship. I agreed and ended up leading our school Holden Clough Primary to its first ever trophy. Since then I have achieved several other accolades at cross country including: Year 7 Tameside Schools Champion, Year 7 Greater Manchester Schools Champion, second in the Greater Manchester U13 Championships and on the fells Greater Manchester U14 Champion in 2011 and 2012. This year I was chosen to represent my county Greater Manchester in the Inter Counties XC, I was also selected to run for my region North West in the London Mini Marathon. Unfortunately, this clashed with the second round of the English Junior Fell Running championship, at the Anniversary Wa! So no chance of a hoodie for me or any of the others selected to represent their counties in London, what a shame! On the track and field I have been awarded the Greater Manchester Champion title at 100 metres, 200 metres, 1500 metres, High Jump and Long Jump.

Running is not my only activity. I also participate in badminton, tennis, football, hockey and golf. Basically. I will give any sport a go as long as it's not javelin throwing. I am also a member of a local Scouts troop, Second/First Hurst and last year had the privilege to go to South Africa to work in a wildlife sanctuary. Whilst I enjoyed the heat in Africa, back in the UK I will run in any conditions, which has showed over the last few Tuesdays at the Bunny Runs, where I won the under 14's age category in pouring rain!

I have a wide selection of supporters who spur me on, but my main ones are my mum, Susan, dad, Martin, sister and grandparents. Although one set of grandparents live in Spain, they still get regular updates from my dad. When my grandad, Ron visits he does try to come and watch me race. This is probably because he used to be a good club runner himself many years ago.

East Cheshire Harriers organise a yearly trail race in July, a route which takes us through Daisy Nook and Park Bridge. It was a family affair last year with me, dad and my sister, Megan, running it. We hope to repeat the experience this year.

A normal training week for me consists of many sessions: Monday & Thursday with Eddie Shaw doing speed work; Tuesday with Shirley Aldridge in Daisy Nook, running up and down the hills there; Wednesday's training with Eddie varies, in the summer I do field events such as high jump and long jump, whereas in the winter we go to our gym followed by a long slow run.

I hope my article has gone someway to explaining my life as a dedicated runner and the passion which inspires it.

George battles with the elements at BR1

Photo © Wayne Byram

66 George Lewis chased by Dave McGuire, Lizzie Greenwood & Tiarnan Crorken

Photo © Tim Done

BY **DAVID WOODHEAD**

I run because I love it, not because I have to

By BR Series second lady Sally Ratcliffe of Stockport Harriers

Sally Ratcliffe powers to a FU18 win at Pendle English champs

Photo © Dave Woodhead www.woodentops.org.uk

I started running four years ago when I was 14, at the time I was a keen swimmer and also attended dancing classes several times a week. My parents have always been keen fell runners and so I decided to give it a go. I first started running with my dad a few times a week and seeing the small improvements in my fitness and speed made me determined to keep going. At this age most runners had already been running for several years so ever since it has been a game of catch up.

I joined East Cheshire Harriers and competed in track and cross-country soon after taking up running. I never had any outstanding performances in the first few years, but getting personal bests and improving my positions in cross country races meant I was slowly but surely improving all the time. I was training with a strong group of girls my age and I gradually worked my way up into the team. In 2010, Georgia Taylor-Brown, Emma Peters, Katie Reynolds and myself won the Northern Road Relays and the Northern Cross Country Relays, which set us up nicely for the bigger cross country's in 2011; at the Northern Cross, we placed first team and then placed third team at the National.

Following this success, I decided to take up fell running. My parents always suggested I should compete on the fells when I was younger, but I never really enjoyed the gruelling challenge of steep ascents and rough ground. However living near Saddleworth on the edge of the Pennines has made me embrace the hills and now I love the challenge of them.

I competed in the FRA English Junior Championships last year and although I was pleased to come second overall, I knew I could do better in the individual race positions. With it being my first year of racing on the fells I lacked confidence and the mentality needed to produce a better performance. I was determined to improve on my positions so I decided to focus on the championship in 2012.

This year didn't get off to a great start, I picked up a knee injury over Christmas and found myself unable to run over January and February. In March I started to run, but was only able to run on soft ground so I could only train on the fells. This definitely made me stronger and running up hills so regularly helped me regain my fitness pretty quickly. As I started running again, I changed clubs to Stockport Harriers. Andy Owen, my coach and a smaller group of athletes were moving there, and I thought a fresh start after a break would be good for me so I moved too. I tend to train once or twice a week with this group, I have become more independent now and train either with my dad or on my own. Andy is a great coach, he supports and encourages me at both races and training and helps me decide on the specific sessions I need to do to improve. Moving to Stockport has also given me the opportunity to consult with England junior team manager Bashir Hussain and adapt my training programme to focus on

BR3 Paul Mitchell, Sally Ratcliffe, Sharafath Ghafiri, Wayne Byram & Matthew Barnes

Photo © Tim Done

mountain and fell running.

I tend to do two to three sessions a week, consisting of tempo runs, hill reps and speed sessions on the track. The days in between the sessions are typically spent going for easy recovery runs or resting. My favourite training is a long run on Sunday as it gives you time to enjoy running and you don't have to worry about keeping to times or pushing yourself too much. My least favourite session is faster reps on the track as I don't have much speed, chasing down the other members of my group makes the reps quite exciting and makes me train really hard. It's always satisfying to complete a tough track session. I usually swim at least once a week as well to have a break from running and add a bit of variety to my training.

Over Easter, I did the Bunny Run series for the first time, as they looked fun and exciting. They definitely did not disappoint! The weather conditions changed every week, which made every race different and varied. I thoroughly enjoyed the races and the course made it all the more exciting, as it was a rollercoaster of hills and bends, with fast sections and slower sections. The prize giving was also the best I've ever seen. There were Easter eggs stacked up to the ceiling and it was impossible to leave without armfuls of chocolate! I love these races as they are so competitive, but so much fun at the same time.

I've attended FRA junior training camps in the last year, which were combined with the Welsh squads. I found these really useful, as there were many coaches and athletes there who were able to offer advice and ideas on training, racing and other lifestyle choices. We were able to have question and answer sessions with elite mountain and fell runners and learn about their experiences. There is also a great social side to the training camps and staying with a big group who all share the same love for running makes them really enjoyable.

Other than running, I enjoy swimming at Saddleworth Swimming Club and have recently taken my level One coaching qualification, so I can help coach the younger swimmers in the club. I love this job and I hope I can continue to coach swimming or athletics in the future. Aside from sport, I am taking A levels this summer in Biology, Maths and Physical Education and hope to go to Loughborough University to study Sports Science in September.

My parents have always been very encouraging and supportive of my running and I really appreciate this. They both come and support me at races or training, and are forever taxiing me around the country, but are never pushy or strict with me. My dad is the best training partner, he has a wealth of experience and he takes me up onto the fells away from home and is forever finding new routes for our runs.

I don't have many long term goals at the moment, I just want to keep improving and see how far I can get, I like to take one year at a time, because set backs such as injury can have a devastating effect. But most of all I want to enjoy myself and run because I love it, not because I have to.

My beloved egg stage

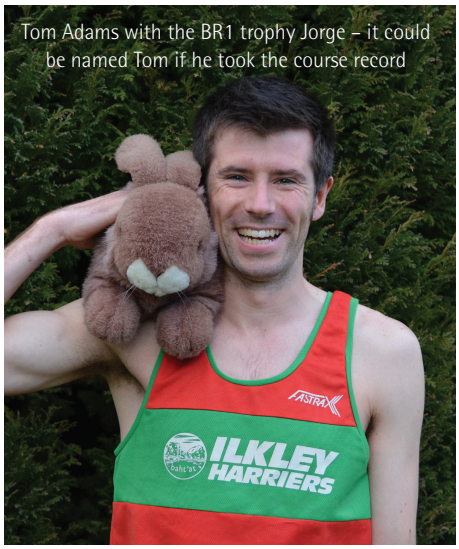
By 7 times Egg Stage winner Tom Adams of Ilkley Harriers

Daffodils are in bloom, the newly born lambs have a spring in their tails…it can only mean one thing, its time for the Bunnies!

I think this is probably about my sixth year doing these runs, and although I've finally won one, they don't get any easier. I probably don't do myself any favours by hurtling off at the start to try and win my beloved egg stage, I guess I'm just greedy when it comes down to chocolate.

At number one, the Addison's turned up to make things a little more interesting. As usual I went off far too quick, but took the Egg Stage, only to immediately regret it after the build up of lactic acid in my legs kicked in on the first hill. I thought I was done for when I caught a glimpse of Tom and his cousin Mark working together to catch me. I thought that if I managed to fend them off until the top of the quarry, then I might be in with a chance. At the top of the quarry, they were breathing down my neck, so I had to go flat out for the final section. Although the taste of blood was evident in my mouth, I managed to give one last push on the final hill to win by a mere nine seconds.

Number two was spent off the coast of Italy in Sardinia with my lovely wife for our one year wedding anniversary. This was all good and well, but having an anniversary in the middle of the Bunny season could mean that I never get my ugly mug on a bottle of Bunny Beer again!



Tom Adams with the BR1 trophy Jorge – it could be named Tom if he took the course record

Photo © Dave Woodhead www.woodentops.org.uk

Relay Solo runners Katie Walshaw & Tom Adams with the relay egg bartons

Photo © Dave Woodhead www.woodentops.org.uk

Number three saw the likes of Willy Smith, Freddie Slemeck and the ever improving James Hall turn up to try and get there grubby hands on the chocolate. Once again, it was a case of a flying start to win the Egg Stage, closely followed by Willy. There is always someone to give you a run for your money at these races and tonight it was James Hall. He finished just ten seconds behind me and if he's this fast at under sixteen, then who knows how good he'll be in a few years. I'm sure he'll be winning a Bunny or two next year!

These runs are probably the most fun you can have at a race. I love the atmosphere at the start, the end of the race and in the pub. Its fantastic that everyone, however young or old are happy to stand around in the freezing cold waiting for Dave and Eileen's little camper van to turn up in the quarry to start the race. Everyone is there to have a bit of fun, with a nice three mile challenge in between. Thanks to everyone who is involved with the Bunnies ...same time next year?

Photo © Dave Woodhead www.woodentops.org.uk

Matthew, dad John & Victoria Merrick with Katy Boden – who cares it's snowing?

It's being tough, that makes it good!

By U14 Matthew Merrick of Bingley Harriers

I started running when we moved to the Bingley area and I changed primary schools aged 9 and I became a pupil at Eldwick Primary school. Firstly, I met a new friend called Ben Nicoll who told me to go down to Bingley Harriers as a laugh. Ben was already a runner in the Harriers and said they had lots of fun on a Tuesday night. He also said I would meet a lot of new friends, so as I was new to the area I went along with my twin sister Victoria who also likes running.

At first I found it difficult to keep up with the good runners, but Tony Kingham the XC coach, thought I was showing signs of being a good runner. So he asked my dad, John, if I could become a member of the junior running squad and join in with the cross country races they enter. I really enjoyed the training and pack runs, I felt I was getting fitter and faster as I could keep up with the kids in the fast group.

Training is on a Tuesday and this is a fun run. Cross country races are usually on a Saturday and these are great. In my first year at the Harriers I won:

- The Most Improved Junior XC Runner, and retained this for 2012
- First in the Peco XC League BU13 and also retained this for 2012
- Won 8 XC medals at various events

I also started to do fell running with Andy Nicoll, our club Junior Fell Manager, this is even more fun, as we run up lots of hills with lots of mud. Andy trains us on a Saturday morning and we also train on a Thursday evening.

On the fells I have won:

- The Ken Smith Junior Fell Cup for Best Male Junior Performances
- Won the Bingley Harriers Young Hound Of The Month Award for December 2011
- Joint second Bradford Area Network Fell and Terrain League
- Won 5 medals for various fell races

My favourite foods are chilli, nachos with rice or a Fray Bentos pie, and my most favourite meal is mums Sunday Dinner!!!

For race day, I start with porridge and a banana and 30 minutes before the race I have some flapjack and another banana. Favourite races are the Shepherds Skyline, Anniversary Wa!, the 4 Bunny runs, and the fantastic Quarry Run races.

I have been so lucky to meet Jonathon and Alistair Brownlee at the Yorkshire Cross Country championship race at Thornes Park, Wakefield. This was a real high and I'm traveling to London to see them get Gold in the Olympics for Britain and for Bingley Harriers. When I'm older I want to be like them, and study sport, and then do a career in sport, perhaps as an outdoor adventure leader or gym instructor in the army. Or even perhaps a sports physiotherapist with Leeds United, because I go to see them as often as I can, and I play football with Eldwick Juniors.

I love sport, especially running on the fells. The hills and fells are great fun, muddy and tough, but it's being tough, that makes it good. I really feel that I have achieved something when I have finished a race.

Running with my sister, and now my dad is really good, but I especially love running with my friends Ben Nicholl, Alex Stewart and Henry Moorhouse, because Bingley Harriers are the Best. I also now have friends in Keighley and Craven, Jimmy Lund and Wharfedale Harriers, Josh Newbold, Charlie Lowrie and Thomas Nelson, this really makes racing very interesting.

Photo © Dave Woodhead www.woodentops.org.uk

Over to you son, don't break it! Dad John hands over to Matthew for the Muddy Merricks team

So my friends become competitors

By GU14 Victoria Merrick of Bingley Harriers

After I changed schools in year 5 to Eldwick Primary when aged nine, I started running a few races at the school sports day and found I was doing well. Then my PE teacher Mrs Haggar a runner with Ilkley Harriers said because I was doing so well, that I should try and do some races against other schools in Bradford at cross country. I was picked for the school cross-country team, and I did some races. I really enjoyed this. In year 5, I managed to finish in the top ten and then in year 6, I improved to coming second and third in races.

My friend Olivia Roper then suggested that I and my twin brother Matthew should come along to Bingley Harriers with her, and run for fun on Tuesday nights. We really enjoyed this and so we joined the club.

We started doing cross country races against other clubs and our team coach Tony Kingham really encouraged us. We were doing well against the other teams.

In my first season, 2011, I got the GU11 Cross Country Trophy at Bingley Harriers and came second in the GU13 Peco XC. In 2012 I finished second GU13 in the Peco XC and have also won 8 medals for first, second and third placings. At cross country I have now competed in the Championships at the Yorkshires in Wakefield, the Northerns in Pontefract and the Nationals at Parliament Hill, London, which was a great thrill.

At Bingley Harriers I found out about the junior fell team. Our friends were all doing fell races, so we went along to a training session to see what went on. I was the only girl, but found that competing against the boys really made me much faster. Andy Nicoll, the coach has been really good explaining tips and techniques and really encouraging us to improve. He tells us about all the races he would like us to compete in and my dad takes us to all of them. My dad has been on a coaching course and can now help with the fell training when Andy is off running himself, so it really is a family thing now.

In my first three months in 2010, I was awarded third GU12 in the club fell league and in my first full year I received the Bingley Harriers Female Junior Fell Cup for the Most Improved Athlete. I have also won the GU12 Bradford Athletic Network Fell and Terrain League for 2011 and I've also received six medals for first, second and third placings in my first year of running the fells

My favourite fell race is the Shepherds Skyline, because it is steep and muddy. I love mud and often finish with my face covered in it or so my mum says. One of my dads friends, Freddie, came over from Sweden to compete with my dad in the adults fell race, which was fun to watch.

My best race so far in fell running was Widdop Fell Race, organised by Calder Valley. This was because I broke the GU12 course record and I really felt I achieved something as this was my first attempt at this course.

Some of the races that I really enjoy take place on Penistone Hill near Haworth, they are the Curly Wurly Rat Run, Stoop and the Soreen Stanbury Splash. These take place around autumn and in the winter months and end up with us wearing Santa hats at the Stoop, where we all look so funny.

Another funny event, but a tough one, is the Bunnies at Penistone Hill again. These take place over a month at Easter ending with a Relay, where we have to exchange real eggs! Real Easter chocolate eggs are the prizes, thankfully.

I have many friends in other clubs including Erica and Lucy Byram, Olivia Sykes all of Holmfirth, Sarah Pickering of Ilkley and Ellie Lambert of Wharfedale. These all run in the U14 races at both Fell and XC, so my friends become competitors for the races.

In the eighteen months since joining Bingley I have really grown to love it and running is a huge part of my life. I also now train on a Thursday as part of the elite juniors, with three training sessions a week this is really improving my fitness. I also do gymnastics at Nab wood, because I still have lots of energy. I have loads of friends from many schools in the area and I now know many runners in other clubs too.

I met Jonny and Alistair Brownlee, at the Yorkshire XC Championship which has been a real highlight. They really inspire me to do well and I'm looking forward to seeing them again when we the Merricks travel to London to see them win in the Olympics.

I am very busy at school and at the moment I'd like to be an airhostess, but I am now thinking that I'd like to do something more with sport, an instructor perhaps. Who knows? I just know that running will always be a big part of my life and that running will always be on the fells and fun.

Thank you to all my friends, family and the people at Bingley Harriers who have supported me in all the races and competitions.

Photo © Dave Woodhead www.woodentops.org.uk

Above: Enjoying Bradley Show 2011 GU12 winner Vic (right) with friend and second GU12 Lucy Shutt
Below: Victora at Pendle English champs

Photo © Dave Woodhead www.woodentops.org.uk

Rebecca McLean,Victoria Merrick,Andrew Sheldon & Erica Byram at BR3

Photo © Tim Done

'Great Hell Gates' – Carl Bell high above Wasdale

'Photography by Steve Crook www.stevecrookphotography.com

BY **ROSS POWELL**

Welsh Fell Runners Association

WFRA OPEN / WELSH CHAMPIONSHIPS AND SERIES 2012

THE CHAMPIONSHIP AND SERIES POSITIONS AT THE TIME OF WRITING (2ND JUNE) ARE GIVEN BELOW.

Inov-8/WFRA Open Welsh Championships 2012

Mynydd Troed is the only Championship race to have taken place so far. Due to severe weather conditions, the course had to be shortened but the results will stand. First home was 2011 WFRA Welsh Champion Tim Davies of Mercia. Hugh Aggleton of MDC was 2nd and Mark Palmer of Mynydd Du 3rd (also 1st M40). Other category winners are: MU23 – Karl Steinegger (Ambleside), MO50 – Paul Jeggo (Springfield), MO60 – Martin Cortvriend (Denbigh). The ladies race was won by Katie Beecher of Les Croupier. Other category winners are: FU23 - Clara Evans (Hereford), FO40 – Niki Morgan (Chepstow), FO50 – Sharon Woods (Mynydd Du).

WFRA North Wales Series 2012 (sponsored by planet Fear)

After 4 races the category leaders are as follows: MU40 – Ifan Richards (Meirionnydd), MU23 Karl Steinegger (Ambleside), MO40 – Paul Jones (Mercia), MO50 – Neil Owen (Prestatyn), MO60 – Tony Hulme (Cheshire), MO70 – Peter Norman (Wrexham).

Lauren Jeska, current English Fell Running Champion and now running for Aberystwyth, is leading the ladies category. Other category leaders are FO40 – Joanne Moore (Eryri), FO50 – Ellie Salisbury (Eryri), FO60 - Maggie Oliver (Eryri).

WFRA South Wales Series 2012

Mark Palmer of Mynydd Du is leading the Series after 3 races (also 1st M40). Other category leaders : MU40 - Matt Stott (Chepstow), MU23 - Eliot Taylor (Hereford), M50 - Nick Dallimore (MDC), M60 - Neil Grant (Chepstow), M70 - Robert West (MDC).

Niki Morgan of Chepstow is leading the ladies category (also 1st F40). Other category leaders: FU23 - Clara Evans (Hereford), F50 - Sharon Woods (Mynydd Du).

WFRA Snowdonia Junior Series 2012

After one race (Moelwyns) current leading positions are as follows:

MU16: Zach Shaw (U/A).
MU14: Ryan Cain (Menai)
MU12: Aron Jones (U/A)
FU16: Bronwen Jenkinson (Eryri)
FU12: Sasha Galvin (U/A).

Clwydian Junior Series 2012

Ponderosa Polka results as follows:

Age 6-7
Boys: 1. Harvey Bennett, 2. Ted Bolton, 3. William Armstrong.
Girls: 1. Amelia Bailey, 2. Ella Heap.
Age 8-9
Boys: 1. Luca Bennett, 2. Morgan Jones.
Girls: 1. Isabella Bailey.
Age 10-11
Girls: Ellie Russell.
Age 12-15
Boys: 1. Louie Bennett.
Girls: 1. Emily Williams, 2. Rebecca Bloomfield.

The next race in the Series will be the Cilcain Caper on August Bank Holiday Monday.

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

Navigation Courses

Names are now being taken for the next WFRA Navigation Courses (North and South Wales). Dates will be arranged when we have sufficient numbers. For more details visit WFRA website or contact –

North -Ross Powell (Email ross@wfra.org.uk or tel 01286 881491).
South - John Sweeting (Email john@wfra.org.uk or tel 01550 721086).

2012 WFRA Wales and Borders Race Calendar

This is a comprehensive Calendar, containing details of all Fell races in Wales and the Borders that were available at the time of publication. It includes some races not in the FRA Calendar. The Calendar is free to paid-up members. Non members can obtain a copy for £5.00p from Geoff Clegg. Cheques should be made payable to 'Welsh Fell Runners Association'. Please enclose a C5 size (162mm x 229mm) SAE with standard first or second class postage.

Membership

The Welsh Fell Runners Association is an independent Organization 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 Organizers).

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: geoff@wfra.org.uk

Photo © Al Tye fellrunningpictures.co.uk

Tim Davies descending Cadair Bronwen at Ras y Berwyn

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BY **DAVID WOODHEAD**

Yorkshire Corner

The 58th Three Peaks fell race, incorporating the 35th Senior Yorkshire Fell Championships

Yorkshire champion Rob Baker makes history by lifting the cup for Dark Peak Fell Runners

Photo © Dave Woodhead www.woodentops.org.uk

Yorkshire champion Helen Berry of Holmfirth Harriers

Photo © Dave Woodhead www.woodentops.org.uk

YORKSHIRE AT ITS FINEST

There cannot be a better venue in Britain than being surrounded by the most famous peaks of Pen Y Ghent, Whernside and Ingleborough and that was the setting for the 35th Senior Fell Championships. The 58th Three Peaks fell race dawned grey and threatening, but once underway it was a grand day, except for the gale force winds, which never seemed to be on the runners back. 34 year old Rob Baker in finishing third made history by becoming the first Dark Peak Fell Runner athlete to win the Tyke championship, many have picked up the silver medal, John Blair-Fish (1983), Ray Aucott (1984) and Andy Harmer (1990). Rob, with backing from John Roche and Oli Johnson, led the Dark Peak club to only its second ever championship team win, the other being in 1990 when Andy Harmer, Bob Berzins and Ed Hutt won at the Holme Moss race. 2010 champion Karl Gray collected the silver medal again like in 2009 and 2007. Former Three Peaks winner and Yorkshire champion, Rob Jebb, picked up the bronze medal.

The winner of the race outright was 28 year old Joe Symonds from Scotland, who emulated his dad Hugh, who won the race in 1984. Joe will have to win the event three more times however to get the better of dad, because he also won in 1985 & 1987. In fact Hugh could have won the Yorkshire championship if he had wanted to, as he was born in the old county boundary when Sedbergh was in Yorkshire.

In the ladies race Helen Berry lifted the perpetual trophy which was donated years ago by her dad 'Storming' Norman which made it an even more significant win. Being champion means she was automatically selected to compete in the UKA Fell Inter Counties. Helen had previously won the silver medal in 2010 at the Holme Moss event. Helen, a 'life time ago' as an under 18, won the championship in 1989, 1991 and 1992, and then as a junior intermediate, won the English championship in 1993 and 1994. 2010 champion Alison Raw won the silver and Jann Smith collected the bronze. Jann led Ilkley Harriers to team gold medals with Alison Weston and Diane Haggar. Alison was also a gold medallist when Ilkley won the team title in 2002, and with a team victory in 2005 this has now made it a hat trick of wins for the club.

The famous Scottish club Hunters Bog Trotters provided the ladies winner outright in 25 year old Sarah O'Neill, with Swedish biology student Emelie Forsbery, who was running in the colours of Team Soloman International, finishing second.

Many thanks must go to The Wharfedale Clinic, now in Guiseley and sports retailer Up & Running for their kind co-sponsorship of these Championships. On the day it was a Yorkshire waistcoat clad Bryan Speight, father of Martyn Speight, the owner of Wharfedale Clinic, who presented the championship awards.

Silver medallists Karl Grey, with Bryan Speight, (above left) and Ali Raw (above right) and bronze medallists Rob Jebb, with Bryan Speight (below left) and Jann Smith

Photos © Dave Woodhead www.woodentops.org.uk

Three Peaks winner Jo Symonds from Scotland follows in his father's footsteps

Photos © Dave Woodhead www.woodentops.org.uk

Yorkshire Champion Rob Baker, men's winner Jo Symonds, ladies winner Sarah O'Neil and Carl Bell with the Newcomers trophy

BY **DAVID WOODHEAD**

Photo © Dave Woodhead www.woodentops.org.uk

Helen Berry at the Three Peaks in 2012 and at Coniston English Junior championship race in 1990

The trophy is like the who's who of English female fell running

BY 2012 YORKSHIRE CHAMPION HELEN BERRY OF HOLMFIRTH HARRIERS

I don't think there could be a more appropriate race selected to incorporate the Yorkshire Championships than the Three Peaks. This year was the third time I'd run it, and I love the race, so it was a bonus to me that I had the added challenge of the Championships to contend. I am so chuffed to have won the title, but I didn't realise until I'd actually finished! I had assumed that Natalie White had completed the course and was ahead of me, thus leaving me in silver medal position. Dave shouted something at me as I ran past him off Ingleborough, which I just thought were his usual words of encouragement, it was only later during his infamous photo call that he told me he'd actually said "well done, Yorkshire Champion!". May be the words were lost in all that wind....it was a very windy day, after all! I felt pretty good throughout the race and enjoyed it all, which I can't often say during a hard race. I paced it well, felt really strong up Whernside (a first!) and once I'd got to Hill Inn, realised that I was on for beating my previous time, which I did by seven minutes, and finished fifth lady. I feel truly honoured to have won the Yorkshire title, and in such an epic race, and to have my name added to the trophy alongside some of the greats...it's like the who's who of English female fell running. Yorkshire is and always has been such a strong county. It seems very fitting that it is the Norman Berry trophy too! The icing on the cake was the automatic selection for the Inter Counties – a team place was something I'd been aiming for this year.

I started running as a child and had grown up spending weekends 'following' my parents in races; mum Hilary in road marathons and dad Norman on the fells. I'm sure that my brother, sister and I sometimes felt that we were dragged along, but I have fond memories of hanging out of the car window cheering on mum (pre seat belt laws, clearly!) and having a picnic on a fell side somewhere whilst dad ran. The tables have turned and I am lucky to have great support from my parents when I'm racing. Having taken part in several cross country races at school, dad suggested I might like to go down to the Harriers at Holmfirth. That was 25 years ago and I haven't looked back. The club was quite different then and I was one of only about half a dozen juniors and even fewer females, that included John Taylor, Will Styan, Simon Brophy and Sally Haigh. Between us all we won English Fell Championship titles; me as a Junior in 1989, 1991 and 1992 and as an Intermediate in 1993 and 1994. I seem to recall we won the English junior team prize one year, as a mixed team. I gained my England vest in 1992; for the inaugural Junior Women's race at the World Cup in Susa. I had been out to three or four World Cups on the 'FRA bus' before that, which was always great fun, but there was no doubt that being part of the England team was very memorable.

I had a slight lull in my racing at university. The running club members seemed more interested in discussing lactic acid after training than having a beer. I didn't even know what lactic acid was at the time! My dad once commented that I was on more pints than miles, but I soon got back into regular training and racing. If one has a genuine love and enjoyment of running, it never wanes.

I've been Ladies' Captain at Holmfirth for many years now and feel very loyal to the club, even though I've lived in Nottingham for 14 years. I still imagine that I'll settle in Yorkshire one day (when I grow up!), but it's only an hour or so up the motorway in order for me to get my fix of the hills and fells. My job in IT sales allows me to plan my own diary, so I try to schedule client meetings up north on a Friday or Monday if I'm racing at the weekend. And when I'm not racing I am spending weekends away socialising with friends or visiting family..... and with three young nieces and a nephew there is never a dull or quiet moment in my life! I look forward to being able to take them to some junior fell races in the future, which my six year old niece is very excited about already!

Living in Nottingham is not really conducive to training for the ascents we encounter when racing on the fells. The most undulation I see is around Wollaton Park, which used to host the Inter Counties Cross Country and as some readers will know, is not very hilly! Otherwise I'm running on the canal or river paths which by nature are as flat as a pancake. I do most of my mid-week training in spinning classes at the gym, which has no doubt benefited my strength and ascending ability, and certainly feels like I've been running up hill for an hour when I've finished! As well as the fells, I race a lot over cross country during the winter, and have run for the Yorkshire women's cross country team several times. I've enjoyed competing in the English Fell Championship over the last few years and this year hope to continue to improve on my previous positions.

Rob Baker seems to be enjoying himself at the Three Peaks in 2012

Photos © Dave Woodhead www.woodentops.org.uk

Just seems unbelievable to me

BY YORKSHIRE CHAMPION ROB BAKER OF DARK PEAK FELL RUNNERS

The 3 Peaks race has been my main focus for the Spring and I was pleased with how my training had gone in the build up to the race. I had no real expectations before the competition, but my priority was to run to my own limits and all the advice I had received was that the race does not really start until the ascent of Ingleborough. Whilst I was around people most of the way, I ran very much my own race, and couldn't quite believe that I found myself in second place at the top of the last climb. Carl Bell immediately passed me on the descent and got a 50m lead which pretty much stayed in place for the whole way to the finish. I was trying desperately to catch him and I think he was running scared of being caught. I was thrilled with my time and podium position, and my result was made all the more sweeter to find out that I had also won the Yorkshire champs. I found the whole race a fantastic experience, with great competitors support and atmosphere - I can understand why it has developed such a classic status. It is a great honour to win the Yorkshire Champs, and I am so proud to be the first person to do so wearing the famous brown, yellow and purple colours of the Dark Peak club, which just seems unbelievable to me.

I am an Essex boy by birth, but gravitated north after University and have lived in Yorkshire for over 12 years. At School I was involved in cross country and other activities, but our family got hooked on orienteering at the age of 10 – so my sporting background has been very much rooted in orienteering and I have been fortunate enough to represent Great Britain internationally both as a junior and a senior.

Whilst the running in Essex could not be described as hilly, there were enough bumps and undulations in the area for me to realise that I enjoyed running up and down much more than on the flat. I ran and orienteered enthusiastically until about 16 when other attractions took hold... and then picked it up again at University in Loughborough.

Post University after a year spent travelling and having fun, I made the move to Sheffield in pursuit of good running terrain and friends to enjoy it with. There is a close affiliation between Dark Peak Fell Runners and Sheffield based orienteers and I have always enjoyed running in the local fell races and competing for Dark Peak in the big relays when I was running well enough to get picked for the team.

Over the last 3 years or so I have been seeking out new running challenges, so have tried my hand at marathons and spending more time in the hills and on the fells. In 2012, I am keen to try and tick off some classic fell races and complete an English champs season. This has previously proved almost impossible as there is quite a bit of overlap between the orienteering and fell running seasons. There is an added aim this year of trying to win the English champs team competition for Dark Peak and prove that the FRA champs result in 2011 was no fluke.

I am now really excited to be racing for Yorkshire at the inter-counties. Whilst I have run the Shinning Tor race a few times before, I have never represented a county in fell running so am looking forward to wearing blue and white in the hunt for team glory. Here's hoping.....

BY **DAVID WOODHEAD**

Fell Inter Counties

Yorkshire just love gold

Commonwealth Mountain Running champion & North XC champion, Lizzie Adams, celebrated her 26th birthday in fine style at the UKA Inter Counties Fell Championships in Derbyshire with an individual gold, which was the sixth time Yorkshire have taken the title in the ladies. But the celebrations just carried on with the Tyke girls finishing with all four members of the team in the top ten, which easily won team gold medals for the eighth time. Lizzie last ran in these championships in 2009 when she finished fourth, but no one could live with her pace at the Shining Tor race, as Sarah McCormack of Scotland East and twice Inters winner Olivia Walwyn Bush finished in silver and bronze places. Recent winner of the Wray Caton Moor race Katie Walshaw finished fourth and wearing crisp new vests, both Helen Fines and Yorkshire Champion Helen Berry rounded up the team in seventh and eighth places. Helen Fines had a very late call up and considering she had in the last seven days finished second in the British champs at Slieve Bearnagh and won the Blackstone Edge race, both rough, tough events, this gives an indication of how recilliant she is!

In the mens race, Greater Manchester did it again to us, providing the individual winner for the fifth time in the shape of Northern XC champion Steve Vernon and winning the team gold medals for the seventh time. Chris Smith of Middlesex collected the silver medal like last year and two times Inters winner Andi Jones of Greater Manchester had to settle for the bronze. Yorkshire champion Rob Baker was close behind in fourth, Tom Adams mixed it well to come seventh, Karl Gray came 13th and Graham Pearce 19th, which meant Yorkshire collected silver medals yet again.

The Tyke Juniors dominated the first ever Inter Junior champs, with team golds in BU16, GU16 and BU18 with silver medals in the GU18 where great rivals Lancashire won. In the U16 race, 2011 English champ James Hall and Lewis Byram ran away with the gold and silver medals leaving Iolo Hughes of North Wales with the bronze. Max Wharton, the other Yorkshire runner in his words finished a 'disappointing sixth', especially since he had the previous week won the Yorkshire T&F 1500m title. He did courageously run, despite being doubled up with pain for most of the race with stomach cramp. In the girls, Annabel Mason, the London Mini Marathon winner, along with Yorkshire XC champion, Bronwen Owen, just ran away with the gold and silver medals leaving Lancashire 1500m T&F champion Mary Hodgson with the bronze. Yorkshires newest young recruit and future star Molly Traviss finished in a creditable fifth. Bronwen, the Northern XC champion, over the previous weekends had won the Yorkshire 1500m T&F title and before that was running in the new London Olympic Stadium, competing in the UK Schools T&F Games where she finished with a bronze from the 3000m. James Hall, also experienced the Games venue and was so inspired in the 3000m that he set a new pb by 15 seconds in finishing fifth. James, Annabel and Bronwen showed such speed that they all ran faster than their U18 counterparts who ran the same race route later that day.

Tyke lads Brad Traviss and Tom Saville never gave up chasing home Nathan Jones of North Wales in the BU18 race to collect silver and bronze medals, whilst Richard Powell achieved one of his many ambitions to wear the proud white rose vest to finish eighth. In her first fell race of the year, U18 Yorkshire champion Charlotte Edge, just could not catch race winner Sarah Hodgson, the Lancashire 3000m champion. Florence Haines a recent senior winner of the Cribyn race and Zara Knappy, both wearing the famous blue and white vest for the first time had a real tussle between them to place fifth and sixth. Lancashire Fell & 2000m steeplechase champion, Helena Leathley finished fourth.

Top: The golden girls – Lizzie Adams, Helen Fines, Katie Walshaw and Helen Berry
Below: GU16 team – Bronwen Owen, Molly Traviss & Annabel Mason

Above: BU16 team – Max Wharton, James Hall & Lewis Byram

To end the day the senior and junior Yorkshire teams all celebrated on the Errwood Reservior waters edge by spraying fizz, grand prix style before it was time to sing happy birthday to Lizzie again and present her with a yummy chocolate cake.

Roll on next year - we just love gold in Yorkshire, after all we did win 16 golds, 11 silvers and one bronze medal – not a bad day out.

Yorkshire celebrate

Photos © Dave Woodhead www.woodentops.org.uk

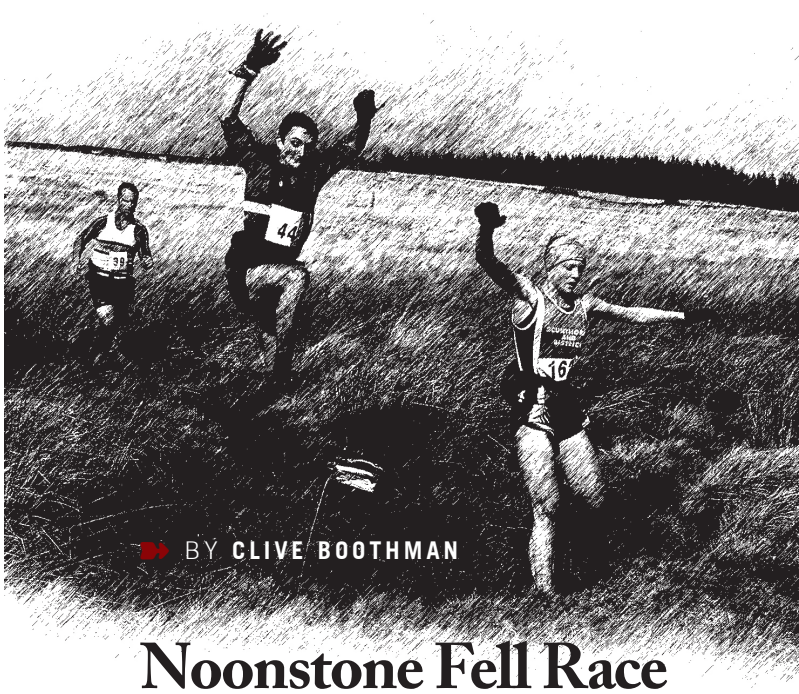
BY **PETER TRAVIS**

Ben Macdui

Giant among surrounding hills
twin peaked it guards the lonely pass.
Whence came your name,
from warrior men, distinguished clan,
a race of highland folk who
fought and loved, defended lonely clachan?

I have climbed your flank
from Etchacan, between your granite crags.
Looked into Coire Sputan Dearg;
and Loch Uaine, a staring eye that never shuts,
eyebrowed by hanging cliffs, a darkened frown.

When on your summit some have said
there is 'another' hearabouts.
Footfalls on virgin whiteness,
no indentation made, but sound affirms a prescence.
No visitation on this day, a
swirling cloud, grey and all-embracing,
chased us off the whitened top,
both wraith and human were not for taking.



BY **CLIVE BOOTHMAN**

Noonstone Fell Race

In vests and shorts we climbed through snow;
grabbed foot and hand hold on the rise;
stumbled for breaths of those in front
clambering cloughs to Stoodley Pike.

Splashing the stream that withered roots,
we slithered through fern to the skyline;
reached gritstone moraine; then sped on,
till marshals' faces glistened in mist

in front of the cairns we'd taken them for.
'You're doin' well!' Loud came their jest.
'Find Two Lads and Holder Stones,
don't go traipsin' t' Pennine Way.'

We pounded into the thickening,
rain churning peat to morass
that chewed at shoes if you didn't tip
every bounce onto reedclump or stone.

Many spattered past through mire
and stretching tendons I dreamed
of sun floating Mankinholes rooftops
up bouldered slopes to meet us.

Skirting rocks by the reservoir,
its waters crystalled with ice floes,
we struggled up a meadow of tussocks
to the brink of sunless pastures.

Then snowchuting drifts we glissaded
into squelch of the lower grasses;.
to stepping stone beck and finish line,
cobbles of the pub's rained forecourt.

For others that day, prizegiving's claps-
tannoy jibes and beer charged jeers.
They'd seen our late and weary descent
to tikka masala from the green marquee;

join those who still felt chillies' heat
coil from gut through chest and throat;
to pool in sweat on nape and scalp
and rescue blood from the fells' possession.

BY **MARTIN STONE**

Martin Stone's Long Distance News Summary

JULY 2012

STEPHEN PYKE – TRANTER'S ROUND RECORD

On 3rd June, Steve set off at 06:32 on a solo/unsupported clockwise circuit of Philip Tranter's round. He was carrying a four pack of hot cross buns, a malt loaf and a bag of jelly babies in his rucsack. He climbed Ben Nevis, crossed the Lochaber 4000's and then the Grey Corries before dropping in to Abhain Rath in 5hrs 29min. He then climbed onto Sgurr Eilde Mhor and traversed the length of the Mamores in 6hrs 48mins, returning to Glen Nevis in the excellent time of 12hrs 17mins. This reduced Mark McDermott's solo/unsupported record set in 1990 by a very significant margin of 33 minutes. The weather was a bit cloudy and it was a chilly wind for June but visibility was good and it stayed dry. He bumped into Ian Charters coming off Binnein Mor.

In 2007, Steve set the Scottish 4000s record for the 83mile/17,000ft run from Glen Nevis to Glenmore in 20hrs 23 and in 2010 he blazed a trail round all the Scottish Munros as a continuous human powered journey in 39 days nine hours and six minutes.

Tranter's Round was an excellent "training run" for Steve as he will be making a second attempt on the 24 hour Munro Record on 30th June - weather permitting. He will be trying to extend Jon Broxap's outstanding 1988 record of 28 Munros in the Cluanie/Glen Shiel area. By the time you read this, we will know the outcome and by then, Steve may hold most of the major Scottish Mountain Endurance records. Best of luck to Spyke.

JOHN FLEETWOOD – 102 WEST & FISHERFIELD ROUND REVISITED

After a quiet period, John has brought me up-to-date with news of his latest ultra distance challenges. In late May, he tried something different - following Northing 102 due west from Shap Wells to a point near Egremont, never deviating more than 200m from the straight line and trying to keep as close to the line as possible. This line is the most continuous John could see in the Lakes without having to swim through a lake or traverse a vegetated cliff. He made a small exception near Grasmere to avoid a lot of trespassing and wall climbing but the detour was small. It turned out to

Fisherfield Round revisited

Photo © John Fleetwood

Photo © John Fleetwood

102 due west
from Shap Wells

be very testing with the sort of rough ground that you'd expect and 19,500 feet ascent in less than 40 miles. To add a bit of extra spice, when John arrived at Egremont, he had to make his own way back to the Old Dungeon Gill in Langdale! The route is written up at http://longdistancechallenges.blogspot.co.uk/2012/05/102-west-may-2012.html

Just ten days later on the 9th June, he completed a 24 hour (shorter) version of the 31 hour Fisherfield Round that he had first established in 2011. This is a magnificent 60 mile round with 25,500ft ascent from Dundonell that crosses the Fannaichs, Fisherfield, An Teallach and Beinn Dearg. John feels that this route is one of his favourite challenges and the requirement to traverse all the pinnacles on An Teallach adds a bit of spice, especially if left until the end! The report of this year's Fisherfield Round is at http://longdistancechallenges.blogspot.co.uk/2012/06/fisherfield-round-8-9-june-2012.html. We hope that John will provide a full article for the October Fellrunner.

YIANNIS TRIDIMAS – 13 CORBETTS

In June 2011 Yiannis established a round of 12 Corbetts which form a natural circuit around Glen Lyon. On that occasion he had to leave the 13th Corbett in order to complete his round within 24 hours. On 1st/2ndMay 2012 he repeated the journey and managed to include the 13th Corbett. He completed the round solo and the route of 96km/6000M ascent took him 22hours 42 minutes. Yiannis feels this should be a challenge to tempt the purist as there are just 13 hills to be climbed and no others. The area lends itself to the challenge being attempted either solo or with full support, with only a small amount of driving required. Yiannis rates this as one of the best rounds he has ever done and you can read all about it in a full article elsewhere in the magazine.

TOM GIBBS – CUMBRIAN TRAVERSE RECORD

As build up to a BG attempt at the end of June, Tom made a solo/unsupported attempt at the Cumbrian Traverse on Sunday 6th May. The route is 30 miles with 11,000ft of ascent and Tom was attempting it to celebrate his 40th birthday the day. He was spurred on by a "cruel" hoax perpetrated by Lou Roberts, who told him that Scoffer had completed the route the day before in 6 hrs 21 mins. You can read a full article elsewhere about how Tom ran himself ragged but by bizarre coincidence equalled the non-existent record. He actually broke Mike Robinson's real record set in Winter by 1hr 45 minutes.

TOM PHILLIPS – 3 ROUNDS IN A YEAR

After completing a Bob Graham Round in Winter on Feb 7th 2011 and a Ramsay Round on June 19th 2011, the opportunity to do the "triple in one season" was too good to miss. He went on to complete the Paddy Buckley Round on 19th July. This feat has only been completed by three people - Adrian Belton and Helen Diamantides in 1989, Jon Chapman in 2008. However Mike Hartley did incredibly complete all three consecutively in 1990 finishing with a 33 hour Paddy Buckley Round.

Each round took Tom about 23 hours and as all have quite different difficulties to overcome, he feels they are hard to compare. BG in summer (which he also completed in 2010) is certainly the easiest of the three rounds, but the PBR and Ramsay are pretty close in difficulty. There are lots of big climbs and rocky terrain on the Ramsay Round , whilst the Paddy Buckley Round is very rough underfoot compared to the Bob Graham.

You can read a full report at www.w-o-w.com

WILL HORSLEY – ISAAC'S TEA TRAIL RECORD

On Sat 25th Sept 2011, Will completed the 37 mile 5,250ft ascent Isaac's Tea Trail Round in 7hrs 34mins, a new record. This long distance route is mainly in Northumberland with a small section in Cumbria. He opted to start & finish the route from Nenthead and ran the route solo/unsupported, save for the purchase of some lucozade in Alston! You can read a full report on NFR website at http://www.northumberlandfellrunners.co.uk/html/articles/2011/IsaaacsTeaTrail.html.

Will also completed the Harvey Howgill Tops Round on Sunday 19th Feb, solo and unsupported in 9h 25mins. You can read a full report at http://www.elvet-striders.org.uk/#willshowgillrun.190212

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. The award year ends on **30th September** and in the first part of October, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award is chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, EMAIL: martin.stone@sportident.co.uk*

WWW.GOFAR.ORG.UK

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

Ian Charters captures Stephen Pyke on his record-breaking Tranter Round

Photo © Ian Charters

BY **TOM GIBBS**

The Cumbrian Traverse – *A Lakeland Odyssey*

The Gofar website is a dangerous place to go, especially on dark winter nights or when you move to an area like the Lake District. It sparks the imagination and is too tempting by half. This was how I stumbled across the Cumbrian Traverse Route, it looked great – a 30 mile, 11000ft of ascent linear route cutting a swathe across the heart of the Lakes and taking in a lot of my favourite fells (Old Man, Bowfell, Gable, Catbells etc).

Turning 40 in early May, I had originally planned on a Bob Graham Round as a Birthday present to myself (that just sounds all wrong), but timings meant that the BG will have to happen later this summer (look out for a write up later this year!) and the Cumbrian Traverse seemed to fit the bill – great BG training, quality route and I could still have a few beers on my Birthday!

Only debate was South to North or North to South. Avoiding the Bank Holiday tourists in Keswick and the slow drive back through central Lakeland coupled with ascending Great End from Sty Head quickly answered this for me.

So the plan was to do a solo and unsupported North – South attempt on Sunday 6th May. From speaking to Steve Birkenshaw, seemed like around 7hrs would be possible and inside the current record (according to Gofar 8:06 by Mike Robinson in winter!).

On the Friday, my wife Astrid (currently injured but a bargain at 1 pint in the fantasy fell-running!) found out from Lou Roberts that Scoffer was planning an attempt on the Saturday.

Contacting Lou Saturday evening to see how he got on, she told me he did 6hrs 21mins. I think my response was Wow that's fast – it equates to Billy Bland BG pace.

I quickly looked at my overly complicated spreadsheet and tried to draw up a schedule for 6hrs 15mins – it looked daunting and damn quick, but I reasoned that I'd see how it goes and if I was close come the Coniston Fells then I'd give it go.

So I set off by myself on Sunday morning at a little after 9:30, weather was looking a little threatening, but no wind.

After the long road/path section it was good to be up onto the climb of Cat Bells. Here it started hailing, but with such a light wind it just bounced off harmlessly. It soon turned to Snow up on Maiden Moor, but despite that it was great for running and by Honister I was nearly 10 minutes up on the Schedule, getting there in 90mins – wow, maybe I can do this I thought. By the time I got to Brandreth the cloud started to lift and the snow stopped, giving a fantastic view of the North Face of Great Gable, which looked stunning with a dusting of snow. By the summit of Gable I was 10 minutes ahead of schedule and thoroughly enjoying the route, though the leg over to Great End looked a long way.

After the rocky blocky descent to Sty Head the climb up Great End was a new one to me, really nice and away from the masses. However it took me slightly longer than planned, about 37mins Gable to End and by the time I'd crossed Esk Pike and Bowfell I was only a few minutes up. Here I got my first glimpse of the rest of the route and it looked a mighty long way, though according to the schedule I was half way.

Crinkle Crags proved to be crucial as not being sure of the racing line I took in too many Crinkles and from the top, descended the scramble, rather than easier lines. All my schedule advantage had been lost.

The route across to Cold Fell heralded a change in terrain and popularity; here the going was fast and the tourists missing. I didn't take the best of lines, but was soon charging down to the top of Wrynose. Here I bumped into Lou going for a walk with her dog. Not time to stop I shouted a quick hello.

As I crossed Wrynose I'd been going just over 4 hours and was a few minutes down on schedule, realising that I could do this I picked up the pace and had a solid climb up Great Carrs, managing to run a good portion of the ascent. Then I was back on local fells, favourites such as Swirl How, Old Man and Dow Crag were bagged and it wasn't long before I was descending to the top of the Walna Scar. In front lay some unknown territory, I'd done the Caw race and walked up a couple of the Stickles, but didn't really know the route so navigation was order of the day.

This section was probably one of the nicest as well, with a cracking descent off White Maiden, brilliant views, classic Lakeland running and hardly anyone in sight.

Soon I was on Caw and surprisingly still on schedule. However things started to slip a bit due to me underestimating the distance to Stickle Pike. Suddenly I'd dropped 3 or 4 minutes behind schedule, and by

The time I summited the last top, Great Stickle I had about 8 minutes to break Scoffers time. Suddenly I was in short fell race mode, this close and I was determined to do it, I crossed the bridge with a minute to go and was desperately hoping to see the hall, the 200m to the pub sign appear and then suddenly the hall was there. I looked at my watch and it ticked over to 6hrs 21 mins literally 5 yards from the Hall. By the time I'd stopped it I'd completed the rout e in 6hrs 21 mins and 3 seconds!!

I couldn't believe after all that way I'd done exactly the same time, you couldn't have planned it. So close, but no shame in equalling a superb effort by Scoffer, and in many ways more fitting.

Staggering up to the Blacksmiths Arms I met up with Astrid and a friend, they were as stunned as me that I had equalled the time.

Sitting with a drink (and very sore legs) I reflected on what was probably the best route I have ever done in the Lakes – something special about linear routes and this one covers all types of Lakeland terrain from paths to Rock, Scree to Grass.

However this is not the end of the story, the real surprise was to come when we contacted Lou to tell her that I had equalled Scoffers time only for Lou to gleefully tell us that Scoffer's time was a hoax! He had not done the route; they had made it up the previous evening as a wind up. It had certainly wound me up, pushing very hard to beat a time that didn't exist. Though I'd like to thank them because I wouldn't of thought to do the route that quickly, especially unsupported and it's reinforced that it's amazing what you can do when you try.

Just a shame that Billy's BG time isn't a hoax!

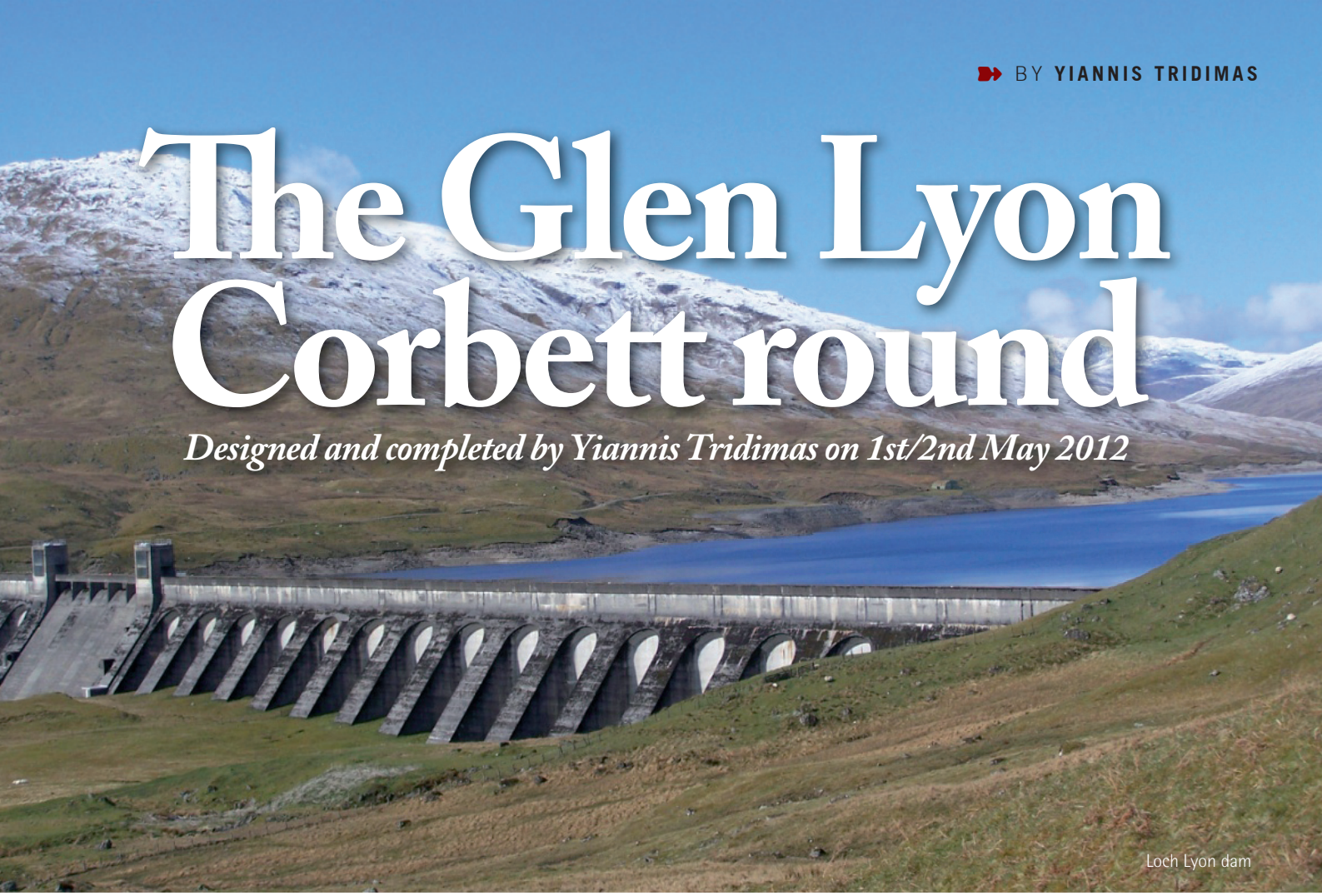
Tom's schedule

SUMMIT	SPLIT	CUMULATIVE
Cat Bells	00:42:25	00:42:25
Maiden Moor	00:16:35	00:59:00
High Spy	00:13:21	01:12:21
Honister	00:18:10	01:30:31
Grey Knotts	00:18:58	01:49:29
Brandeth	00:05:50	01:55:19
Green Gable	00:11:34	02:06:53
Great Gable	00:09:11	02:16:04
Great End	00:37:38	02:53:42
Esk Pike	00:13:00	03:06:42
Bowfell	00:13:15	03:19:57
Crinkle Crags	00:20:16	03:40:13
Cold Fell	00:15:09	03:55:22
3 Shire Stone	00:10:00	04:05:22
Great Carrs	00:24:08	04:29:30
Swirl How	00:04:15	04:33:45
Old Man	00:19:04	04:52:49
Dow Crag	00:13:13	05:06:02
Brown Pike	00:08:03	05:14:05
White Maiden	00:08:06	05:22:11
Caw	00:20:06	05:42:17
Stickle Pike	00:21:27	06:03:44
Great Stickle	00:08:47	06:12:31
Broughton Mills	00:08:32	06:21:03
Total	**06:21:03**	

BY **YIANNIS TRIDIMAS**

The Glen Lyon Corbett round

Designed and completed by Yiannis Tridimas on 1st/2nd May 2012



Loch Lyon dam

"Glen Lyon is little known, and less visited, and it is only when you seek it out on a map that you begin to realise just how significant a presence it is in the central Highlands. The glen extends for some 25 miles from the pretty village of Fortingall in the east to the head of Loch Lyon in the west". This eloquent introduction to Glen Lyon is given in *Undiscovered Scotland* together with a plethora of useful information about access and facilities in this beautiful part of Scotland.

Background information

Corbetts are hills between 2500ft and 3000ft with a re-ascent of 500ft on all sides. There are 221 Corbetts in Scotland. "The re-ascent rule ensures that they are well-defined and fairly detached summits, in contrast to the Munros, where there is no obvious criterion for deciding on separate Munros" (*Andrew Dempster, the Munro Phenomenon,1995*). "Where you can often climb three or four, or on one occasion seven Munros in one single walk, there are few Corbett groups where you can climb more than two or three on a single walk" (*Cameron McNeish, the Corbett Almanac, 1999*). "By their very nature, Corbetts rarely form themselves into self-contained and manageable groups" (*Andrew Dempster, the Munro Phenomenon, 1995*). There are very few clusters of Corbetts that can be tackled in a single 24-hour challenge. Those areas are Ardgour, the area around Loch Arkaig and that around Loch Lyon.

In June 2011 I completed a challenge of 12 out of the 13 Corbetts that form a cluster around Glen Lyon starting and finishing at Tyndrum, details in the summer 2011 Fellrunner. It was my first visit to the area and although I enjoyed navigating my way round in mixed weather conditions, I had to leave out one of the Corbetts in the group so as to complete the circuit in under 24 hours. I resolved then that I would revisit the area and attempt to include all 13 hills so as to produce a definitive Corbett round. In order to improve the route design, I moved the start/finish to Glen Lyon. This produced a more compact circuit, all of it lying in some beautiful and remote country, away from centres of population.

The Glen Lyon Corbett Round

I travelled to Scotland on May 1st and arrived at my destination in mid-afternoon. After a brief rest I sorted out the food deposit near the Loch an Daimh dam and drove the short distance to Stronuich reservoir and made a start at around 6:30pm. The weather was as predicted, settled with clear skies and a cool breeze.

The first hill, Beinn nan Oighreag, is the highest of the 13 Corbetts and has two cairns a short distance apart with a shallow dip in between them. Although the OS map shows the smaller SW cairn on top of a large rock as the summit, I visited them both as they looked to be about the same height (Great End in Cumbria has also got two cairns, the smaller SE cairn is the OS summit, the larger NW is the Harvey summit).

I made swift progress over the second hill and following a rough track along Gleann Da Eig I arrived at the quiet hamlet of Camusvrahan just as it was getting dark, which provided me with some cover for a bit of trespassing by climbing over a couple of gates, going through a field and through a rough wood to gain a forest track that went part way up the longest climb of the round to Beinn Dearg.

It was a clear night with a three quarter moon shining overhead. As I was climbing with my torch off, deer were silhouetted against the illuminated sky, watching me for a while and then disappearing in the darkness. This helped pass the time and soon I reached the top. The large expanse from there to the next forest track is one of the rougher areas with a fair amount of peat and heather. There I made use of the torch and for the only time, my compass, in order to maintain a straight line towards the forest gate, more than a mile away. I normally dislike tracks but the track that goes down the forest and winds its way up Cam Chreag is one I do like. The eastern flanks of Cam Chreag are covered with thick heather and without the track the going would be hard and slow.

I quickly descended the grassy and slightly boggy hillside to my food stash. There I sat for over 15 minutes consuming a whole flask of hot noodle and leek soup and picking up more supplies to last me to the end. The sky was now getting cloudy and as the moon was moving west, darkness was setting in while I was running along Loch an Daimh. A very steep climb at the end of the loch was over and twilight was making things easier now. Over the next hill and down to Loch Lyon and along the long track, which, although not shown on the map, goes all the way round the loch. The long climb on soft grass to Beinn nam Fuaran was being made harder by the warm sunshine. Down the very steep SW side to the bealach and a relatively

Loch an Daimh

easy climb to Beinn a Chaisteil, the hill I had left out in my first visit.

Although a bit tired by now I enjoyed the good grassy descent to Glen Coralan, while surveying the line of ascent of Beinn Odhar. I opted for the NE ridge where there was a fair amount of rock in order to avoid the springy grass. At this easternmost point the route turns for 'home'. I had made very good time thus far and was happy with my performance. The next couple of hills are quite close but the last but one, Beinn nan Imirean, is particularly steep. That over, I got down to the long track, not all of it shown on OS maps. In this short foray into Glen Lochay I felt the heat of the sun more than before. The cool wind had dropped and it was seriously hot. But I kept pushing on and looking forward to getting Meall nan Subh out of the way. This is an odd hill, with many knolls and little valleys between them, a real nightmare in bad visibility. In my first visit in 2011 it was just like that and I thanked my gps which pointed me to the summit cairn. I would not like to have to find it in an event like that using map and compass! After a telephone call home (no signal in the Glen) I negotiated the descent down the craggy eastern side and made my way to where I had started from 22 hours and 42 minutes before, still in good condition although tired and thirsty as the water in the streams in the closing sections was peaty and not very tasty.

Unlike other 24-hour challenges, the Corbett round only takes in Corbetts and no other hill, large or small. The area is mainly grassy with some small stretches of heather, peat and tussocks. Soft grass is great for descending but makes climbing hard. Most of the ascents are steep and long. The average climb per hill is over 1500ft, varying between 800ft and 2000ft plus.

Some of the Corbetts are adjacent to one another, separated by deep bealachs and others are a long distance apart. The 13 hills are almost completely pathless but around a third of the overall distance is on rough tracks and lanes along the Glens and the Lochs. Transition between Corbetts along high level routes is not a practical option.

The challenge can easily be supported at a number of points along the route with very little driving involved and the support team would have a great time enjoying the beauty of the Glen and refreshing themselves at the cafe/shop near the river by the Bridge of Balgie.

If the question is: *Why a round of Corbetts?* My answer is: *Why not!* The 13 Corbetts present almost as much of a challenge to the fellrunner as the 23 (24 initially) Munros of the Ramsay round; there are no easy climbs in between to lessen the toil and everyone of the 13 Corbetts is as intimidating as Yewbarrow, some even more so.

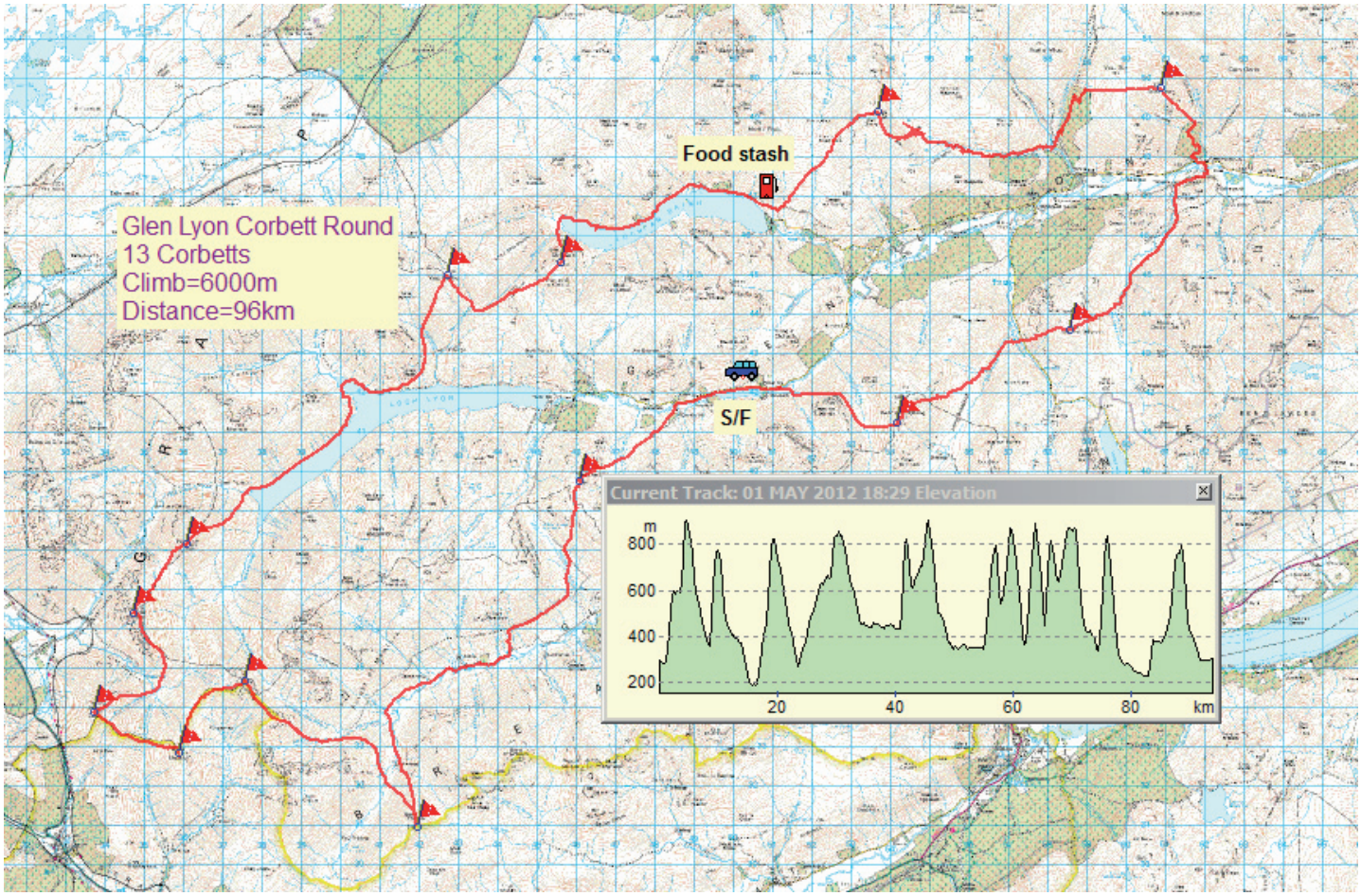
Note: Photos taken on Saturday 28th April 2012 during a flying visit to sort out access to the Glen.

Above: Poster at Glen Lyon.
Below: View from the cafe at the Bridge of Balgie

Schedule

13 Corbett Round Completed by **Yiannis Tridimas** in **22:42** on 1st-2nd May 2012, starting at 6:30pm

Corbett number	Corbett name	Time	Cumulative time	Notes
	Start: Glen Lyon by Stronuich reservoir			
1	Beinn nan Oigchreag	01:11	01:11	Light
2	Meall nam Maigheagh	01:09	02:20	Light
3	Beinn Dearg	01:58	04:18	Dark
4	Cam Chreag 2	01:57	06:15	Dark
5	Sron a Choire Chnapanich	02:45	09:00	add 16 min stop
6	Meall Buidhe	01:03	10:03	Light
7	Beinn nam Fuaran	02:21	12:24	Light
8	Beinn a' Chaisteil	00:49	13:13	Light
9	Beinn Odhar	01:23	14:36	Light
10	Beinn Chaorach	01:05	15:41	Light
11	Cam Chreag	00:46	16:27	Light
12	Beinn nan Imirean	02:05	18:32	Hot
13	Meall nan Subh	03:03	21:35	Hot
	Finish: Glen Lyon by Stronuich reservoir	01:07	22:42	add 6 min stop



Stronuich reservoir

BY **MONICA SHONE**

The Joss Naylor Challenge 2012

This is proving to be a difficult season, mainly on account of the very bad weather since late May. Those who ran early in May made the best choice, but many had to opt out in June and have yet to find a fresh date. I hope they make it before the next Copy Date.

I have not yet received to validation docs. for some who have completed their Challenge, so this list of successful contenders will have to be 'PROVISIONAL' for the time being. All on this list have been checked through by our 'Meet + Greet' team and have been met at Greendale by Joss.

My thanks to all who turned out to meet contenders, often in poor weather. To date they have been Rainer Burchett, John Lagoe, Debbie Thompson, David Powell-Thompson and Ian Charters. They are invaluable and can phone Joss from crossing points to tell him of their time so far. Joss, of course, meets all contenders in Wasdale.

Congratulations to all who succeeded in 'Joss'Fun Run' so far.

For information and validation details
Monica Shone
Email: tyshone@btinternet.com.
Please give postal address and post code if applying by e-mail.

Postal address: Swn y Gwynt, Penmynydd, MENAI BRIDGE, Ynys Mon, LL59 5RX . SAE please.

Provisional Successful Contenders to June 2012.

Dave Makin	M50	Achilli Ratti	April 21
Paul Hainsworth	M50		May 05
Andy Whittaker	M50	Matlock A.C.	May 05
Keith Holmes	M55	Dark Peak	May 26
Duncan Elliot	M55	Bowland FR	June 04
Andrew Bibby	M55	Todmorden Harriers	June 04
Geoff Davis	M55	Northumberland	June 17
Michael Hetherton	M65		June 19.
Dave Lockwood *(Repeat)*	M65	Dark Peak	June 20
Alan Yates *(Repeat)*	M65	Dark Peak	June 20

John Taylor Foundation

At the beginning of the last financial year I expressed concern to my fellow Trustees that for the third successive year the Grants approved had exceeded Income. Not a good situation for a Treasurer. I suggested that during 2011 we needed to make fund raising a priority.

I am very pleased to report that the Fell Running community responded to our appeals and the Foundations' funds are now in a much healthier state. Our grateful thanks to the Race Organisers who helped by giving donations from race funds or arranging collection for us at their event. We would, also, like to acknowledge two substantial anonymous donations.

Since the Foundation was started in 2003 we have given 78 grants to various young athletes. Most of these have gone to fell and mountain runners to help with the purchase of shoes and other kit, or to help with travel to races. Some well known names such as Emma Clayton, Blue Haywood, Natalie White and Adam Grices have benefited, but many grants are awarded to junior runners who struggle to afford the cost of good quality kit or to travel to championship races.

The much improved financial state of the Foundation means that we are in a position to encourage more Grant Applications. If you know of any athletes aged under twenty five who may need some financial assistance please encourage them to look at our website, where full details of our the fund and Grant Applications can be found. Sympathetic consideration is given to all applications and we do our best to give a speedy response.

www.johntaylorfoundation.org.uk

JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

ldmt

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SUNDAY 9TH SEPTEMBER 2012
Classic tough mountain navigation race over challenging terrain in the Lake District.

- Venue disclosed approximately 14 days before event.
- Pre-marked waterproof 1:40,000 maps included in entry fee
- On-the spot results
- Electronic punching using the SportIdent system
- Post race food included in the entry fee
- Wide range of prizes
- Three courses - Classic, Medium and Short.
- Entries close 25th August

www.ldmta.org.uk

Results

JANUARY 29 – JUNE 6, 2012

BY **DAVE WEATHERHEAD** & **BARBARA CARNEY**

Photo © Pete Hartley

Calderway Relay: Sale Harriers A - leg3, C Rowlinson & G Rowlinson

TIGGER TOR
Derbyshire
BM/14.5km/514m 29.01.12

With 2 inches of snow still lying on the tops, I was keeping my fingers crossed it would hold still for Sunday. Sure enough it did even though it was colder at 1 degC, a great start for this, the 27th Tigger Tor Race.

The only change to the course was from the start to the fell gate and back which made the race longer. It was advertised as hazardous with deep heather, bogs, loose rocky paths, mud and even a rock scramble with some fast running grass tracks. But wow! 377 runners took part and enjoyed it?

Winner was Fred Slemeck after a sprint finish with Mark Tuckett. Jack Ross finished 3rd after leading through check points 5 to 8.

A strong run by Darren King finishing 1st vet and 4th overall. Mick Stenton knocked a minute off last year's time to win the vet 0/50 prize plus 6th overall.

Dark Peak fell runners won the male team prize.

Our own Laura Gibson held off a strong challenge from Elizabeth Batt to win the first female prize and also led the Totley female team to victory.

A special mention must go to rear gunner, Stewart Benfield, who ran in his army boots with a 70lb pack finishing in 2.31.00. I know I insisted runners carried full windproof body cover map whistle and compass but that was well over the top! Congratulations on finishing in 355 position.

Finally my thanks go out to you all, runners, helpers, marshals, registration, time keepers etc who made it a safe and enjoyable day on a challenging course.

Congratulations to Sheffield Tigers RUFC (who host the race) on their recent promotion to National 2 North League, making them one of the top 70 rugby clubs.

Don Longley

1. F. Slemeck	P&B	1.08.21
2. M. Tuckett	DkPk	1.08.23
3. J. Ross	Staffs	1.08.44
4. D. King O/40	DkPk	1.11.35
5. G. Rush	1.11.37	
6. M. Stenton O/50	DkPk	1.11.49
7. L. Banton	Clowne	1.11.56
8. M. Hulley	DkPk	1.12.06
9. R. Bradbury O/40	Mat	1.12.32
10. M. Cliffe O/40	Eryri	1.13.33
VETERANS O/50		
1. M. Stenton	DkPk	1.11.49
2. A. Whittaker	Mat	1.19.12
3. A. Moore	DkPk	1.22.38
VETERANS O/60		
1. M. Cochrane	DkPk	1.28.41
2. S. Presly	Wolds	1.32.21
3. S. Moss	FRA	1.38.16
VETERANS O/70		
1. M. Coles	VStr	1.48.53
LADIES		
1. L. Gibson	Totley	1.24.18
2. E. Batt O/40	DkPk	1.24.25
3. L. Grantham	Pensb	1.26.07
4. C. Oliffe	DkPk	1.29.06
5. C. Kay	Totley	1.30.44
J. Crowson O/40	DkPk	1.34.03
P. Weir O/50	Totley	1.36.17
P. Goodall O/50	Totley	1.36.43
B. Haigh O/60	Pstone	1.48.34
Y. Twelvetree O/60	Totley	1.53.02

Gaz Hurst, James Jackson & Justin Ashby returning from High Peak in the Sidmouth and 4 Trigs Challenge

Photos © Chris Woodcock

Sidmouth and 4 Trigs Challenge winner Tim Lenton

Photos © Chris Woodcock

SIDMOUTH & 4 TRIGS CHALLENGE
Devon
BL/26km/914m 05.02.12

Sidmouth RC held the locally infamous 12th 4 Trigs Challenge on Sunday 5 February, this being a hard 17 mile off-road run, using the 4 local trig points (Higher Peak, Fire Beacon, Bucton Hill and Weston), more suited to fell runners and good local knowledge. Being a popular run with locals, the 100 runners' race limit is always reached well before race day.

Exeter fell runner, Tim Lenton, was the first home with a cracking time of 2.20.00. This would probably of been quicker if he had had the local knowledge of the runners behind him. In second and third places respectively were popular club runners Graham Hill and Justin Ashby, both achieving a time of 2.22.00, which was very quick considering the slippery conditions. James Jackson and Milan Goc where not far behind them taking fourth and fifth places.

First girl home was local runner Jessica Rayner (nee Watkins) with a time of 3.08.00 with Naomi Garrick not far behind her. Other Club runners who did well were footballing brothers Mark and Craig Badcock, who finished 25th equal overall, Philip Welsford's marathon training helped him finish 31st . Iain Burns peaked a bit too early and typically crashed a few places down to 36th.

Most improved runners must have been Claire Ashby and Cath Miller, running their first full trigs race and finishing a very respectable 55th equal place and completing in well under the four hour mark. Veteran competitors Ian Voce and John Keast (the only competitors left have completed all 12 races) still managed to hobble, walk and even run to finish in a good time of 4.13.00.

Thanks must go to Hayman Butchers and Neil Tubbs who provided very much appreciated pasties and cakes to all finishers and to one weak and weary finisher was a life saver. £625 was raised and split between the Devon Air Ambulance and the Royal Marines Charitable Trust.

Nick & Helen Keast

1. T. Lenton	2.20.57
2. G. Hill	2.22.07

3. J. Ashby		2.22.49
LADIES		
1. (21) J. Raynor		3.08.53
2. (24) N. Garrick		3.11.52
3. (29) E. Wood		3.14.33

CHARNWOOD HILLS
Leicester
CL/22.5km/393m 05.02.12

Despite a heavy fall of snow overnight and difficult road conditions, 310 runners made it to the start of the 26th Charnwood Hills Race from the Martin School, Anstey.

By the time the runners set off, the sun was out, the sky was blue, the wind had vanished and the course was a winter wonderland. It's many years since the Bowline race had snow underfoot.

A group containing previous winner and several times runner-up, Pete Swaine, soon broke away. Swaine knows this course well and bided his time on the shoulders of teh leaders until the start of the climb up Beacon Hill when he increased his pace and broke away. Running free, he soon opened up a big gap and finished in 1.37.27, over two minutes in front of second placed, Nick Cobley. Tom Yates was third.,

The first lady was Liz Cocks in 1.46.19, followed by Emily Ault in second and the evergreen Sally Newman in third.

Howard Pymm

1. P. Swaine	Charnw	1.37.27
2. N. Cobley	Roadhoggs	1.39.41
3. T. Yates	Barrow	1.39.57
4. J. Hubbard	LeicsFF	1.40.09
5. M. Stratford	Redhill	1.40.20
6. D. Shea-Simonds	LeicsTri	1.40.26
7. S. Gregory O/40	HolmeP	1.41.37
8. M. Pynton	Wreake	1.42.00
9. P. Critchlow O/40	Beaumont	1.42.41
10. T. Wardman	LeicsTri	1.42.27
VETERANS O/50		
1. (25) N. Francis	Coritanian	1.47.47
VETERANS O/60		
1. A. Barber	Shelton	1.52.26
VETERANS O/70		
1. B. Gallagher	Barrow	2.47.03
LADIES		
1. L. Cocks	Birstall	1.46.19
2. E. Ault	Barrow	1.46.55
3. S. Newman O/50	CaldV	1.54.34
4. J. Lamb O/40	WigstP	1.54.43
5.O. Shea-Simonds	LeicsTri	1.56.47
6. G. Vaughan O/40	LeicsTri	1.59.22

289 finishers

WADSWORTH TROG
West Yorkshire
BL/32.2km/1220m 11.02.12

This race was as close as it could be to being cancelled, with ice from freezing rain coating every stile, rock and blade of grass, as well as the first mile or two of track at the start. I briefly considered cancelling and putting on a lugging competition instead but then headed off onto the moors to try and find an alternative start route. I hoped that if I could create a safe route to the moor, individuals would then be able to take their time and make their own choices about the safest route, away from the pressure of the mass start and confined vergeless lanes.

Had it been a team event like the Pennine Bridleway Relay that had been cancelled the week before, there's no question that I too would have been cancelling the Trog, but as it's not exactly a race for beginners under any circumstances, and there's no pressure on anyone to take part for the sake of a team, I hoped that sense and mountain craft would prevail.

However, what I'd thought might be the end of the worst of the ice proved to be worse than before, and it was here that I slid somewhat despondently into forumite Bob the Dog. Or did he slide into me? Clearly, unless we found a way around this section, there was no race, not even a shortened bad weather version of it. Happily, a route was found, and even more happily BtD offered to flag it for me so I could get on with other pre-race things, such as picking up the one-off T-shirts made to mark 25 years of Calder Valley Fell Runners.

Word came back from the rest of the course that, while certainly slippery, there were safe routes through and round the ice so with stern warning of the extreme conditions issued on the forum, the race was on.

There was no change in the conditions underfoot come race day, however the improved visibility promised a stunning if slow and slippery day out on the moors in perhaps unique conditions.

There was hot competition in the women's race, with Nicky Spinks, Aly Raw, Anne Johnson and last year's second place woman, Helen Jackson, as potential first place finishers. On the day, Spinks proved her mettle to take first place by nearly 5 minutes. The men's competition was slightly less fierce after Carl Bell had to call off running having picked up an injury through the week. This left James Logue leading the way, eventually shaking off Jon Wright and Jon Morgan to finish ten minutes clear of Wright. Apart from a few shin scratches, Logue appeared unaffected by the icy conditions, and Wright was left apparently with plenty of energy to spare as he rushed off to work.

Others found the race tougher going.

Anne Johnson (CVFR) on the icy climb from Lumb Hole

Photos © Pete Hartley

Twelve did not finish, two having decided that the conditions weren't for them by the first checkpoint, and a further six dropping out further round the course. Unfortunately there was one nasty sprained ankle, right at the most remote part of the course.

Competitors showed fell running its best light, as Jonny Watson, Pete Fitzpatrick and Bob the Dog (at the heart of the action again!) gave up their race to help the injured runner off the moors, while others ran on to raise the alert and offered up bandages and painkillers. While there were plenty of other falls and scrapes along the way, finishers seemed to agree it was a great day out and were glad of the chance to test themselves in such challenging but beautiful conditions. For my part, I was heartened to see the responsible attitude that everyone took on the day and hope the day goes a little way to countering some of the 'health and safety gone mad' and 'fell running goes soft' discussion that appears from time to time on the forum.

Finally, I don't think I can finish the race report without letting everyone know of the essential new piece of kit invented by Leanne Hague of Abbey Runners: the modesty jacket. A fall left her with her leggings in tatters, and a moonie that Bart Simpson would be proud of. The added ventilation proved no problems however, and with her jacket round her waist she made it back to the finish in time to help her team to first place, just one point ahead of Todmorden Harriers.

Thanks to everyone who took part for taking care, to those who didn't take part for taking extra care, to the marshals for remaining cheerful, and to Active Human for providing prizes for first man and woman.

See you all next year, hopefully in slightly warmer conditions.

Hannah Dobson

1. J. Logue O/40	CaldV	2.47.01
2. J. Wright O/40	Tod	2.57.02
3. J. Morgan O/40	DkPk	2.57.50
4. M. Hulley	DkPk	2.59.19
5. N. Barber	Tod	3.01.40
6. M. Ollerenshaw	Gloss	3.06.21
7. I. Symington	Macc	3.07.18
8. S. Watts O/40	Macc	3.07.32
9. M. Stenton O/50	DkPk	3.09.31
10. E. Gamble O/40	Chesh	3.11.06
VETERANS O/60		
1. J. Pickup	Clay	
LADIES		
1. (26) N. Spinks O/40	DkPk	3.28.43
2. (31) A. Raw O/40	Bing	3.33.07
3. (37) A. Johnson O/40	CaldV	3.37.37
4. (54) H.Jackson	Bing	3.49.01
5. (57) C. Preston O/40	Tod	4.08.43

JARRETT JAUNT HANDICAP
Cumbria
AS/7.2km/457m 11.02.12

Due to discussions with local land owners the Jarrett Jaunt course had to be altered, this added some 800 metres extra to the distance but presented a faster, smoother decent over fell and forestry land before a quarter mile road run in.

The handicap system tries to ensure the runners finish in a narrow time gap, and allows every one a chance to cross the line first!, not an easy task!.

Winner of the handicap was first time runner Jonathan Walkinsaw, a minute in front of Neil Siddaway, who worked hard to catch and pass first lady Sandra Mason who finished 3rd just nine seconds behind. Second lady was Anita Barker who finished ahead of a flurry of 22 runners who all finished in the next three minutes.

Fastest on the day was Ricky Lightfoot (Ellenborough) in a time of 35.32, with Russ Madams (Keswick) second in 38.49 and Gavin Bland took third ahead of Scoffer and Brian Taylor.

Pippa Maddams (Keswick) and Jenn Mattinson (Blackcombe) were the fastest 2 ladies on time in 41.59 and 50.32 respectivly, with Borrowdale's Sharon Schofield takeing 3rd just ahead of Michela Kellet.

Many thanks to Clair, Jim, Dot, Gary, Howard and Les and everyone else for the help on the day.

Chris Knowles

	H'cap	Actual
1. J. Walkinshaw	60.21	51.21
2. N. Siddaway	61.21	49.21
3. S. Mason Lady	61.29	61.29
4. M. Hawley	61.45	55.45
5. R. Butler	62.33	51.33
6. P. Neen	62.45	45.45
7. A. Barker Lady	63.36	55.36
8. R. Whittaker	64.06	56.06
9. C. Clarke	64.17	60.17
10. A. Fletcher	64.25	56.25
11. P. Hawley	64.33	58.33
12. M. Bradley	64.36	55.36

46 finishers

NORMAN MATTHEWS WINTER HILL
Lancashire
BM/17.7k/838m 12.02.12

It was with a fair degree of trepidation that I watched the field leave the start line. In the previous couple of weeks there had been a few race cancellations due to the freezing conditions. The race as it happened went smoothly with no injuries and very few retirees.

The first four runners home had enjoyed each others company pretty well throughout the race with Graham Pearce home first just in front of his team mate Danny Hope.

Karl Gray was third with Darren Kay V40 coming in fourth and helping to lift the team prize for Pudsey & Bramley.

First home club runner back was David Jackson V40 8th overall.

In the ladies' race first lady was Helen Fines 37th overall, followed by Lyndsey Brindle 42nd overall.

Conditions out on the course were not very pleasant, sheet ice in places and thick mist made for quite a few navigation errors by a few local runners.

I would like to thank everyone who marshalled on the day and who gave their time to help make the event run smoothly, to Walsh Sports who continue to support the event, United Utilities for granting the permit and the tenant farmers across whose land we cross, Bolton Mountain Rescue and finally the Salmon Family at Rivington Upper Barn.

Colin Jones

1. G. Pearce	P&B	1.30.58
2. D. Hope	P&B	1.31.17
3. K. Gray O/40	CaldV	1.31.30
4. D. Kay O/40	P&B	1.31.58
5. M. John	Otley	1.39.40
6. T. Brunt	Holmf	1.40.29
7. D. Raby	Chorl	1.40.30
8. D. Jackson O/40	Horw	1.40.36
9. D. Holloway O/40	Penn	1.40.40
10. J. Mercer	Skipt	1.40.52
VETERANS O/50		
1. (29) K. Thomas	Burnd	1.54.20
2. (31) T. Taylor	Ross	1.54.39
3. (34) M. Liptrot	Lostock	1.55.05
VETERANS O/60		
1. (47) K. Taylor	Ross	1.59.29
2. (111) K. Burgess	Altrinch	2.25.20
3. (124) T. Varley	Horw	2.27.37
LADIES		
1. (37) H. Fines	CaldV	1.55.18
2. (42) L. Brindle	Horw	1.58.18
3. (49) J. Buckley	CaldV	1.59.46
4. (54) L. Clough O/40	Chorl	2.02.41
5. (63) C. Aspinall	RoadRun	2.10.31
(66) N. Fellowes O/40	Chorl	2.10.54

173 finishers

STUDMARKS FROM THE SUMMIT
Lancashire
BS/8.8km/260m 19.02.01

1. J. Ross	Staffs	32.06
2. A. Holt	Ross	34.44
3. J. Crossfield	H'fax	35.22
4. C. Smale O/40	Unatt	35.50
5. S. Carey	Tod	36.19
6. M. Goldie O/40	CaldV	36.25
7. G. Brown	CaldV	36.38
8. S. Smithies O/40	CaldV	36.45
9. G. Morris O/40	Accring	37.03
10. T. Evans O/40	Ross	37.16
VETERANS O/50		
1. (12) C. Davies	Saddle	37.38
2. (20) R. Stott	Ross	38.49
3. (23) T. Taylor	Ross	39.00
VETERANS O/60		
1. (37) K. Taylor	Ross	41.32
2. (80) R. Sutcliffe	CaldV	47.46
3. (92) D. Lucas	Roch	48.33
VETERANS O/70		
1. (135) P. Martin	Bowl	No time
2. (141) G. Arnold	Prest	No time
3. (143) R. Lee	Middle	No time

152 finishers

QUANTOCK FELL RACE
Somerset
BM/12.1km/5.79m 25.02.12

On by the most fantastic day of the year so far, a mass of 33 intrepid runners took part in our first Quantock Fell race. Somerset a mainly flat county isn't renowned for its fell racing but the countryside is stunning, the locals love trail running and yes we have hills. The Mendips, the Blackdowns, Exmoor and the beautiful Quantocks are all on our doorstep so this area has plenty to offer the off road runner. Our course takes participants around a breath-taking 7.5 miles of the Quantock Hill ANOB starting and finishing from the green in Holford. The course is partially marked and maps are available however we stress that the rule of thumb with the course is that "if you aren't going either up or down then

you've gone wrong somewhere".

This year saw the race take on a new organising team since Tom moved to Cumbria not long after last year's race. The only other differences were the addition of a very supportive sponsor (Am Sensors Ltd) and that the prizes included hand painted (albeit by a 2-year old) egg cups.

As for the race itself – given the route/ lack of communication it is impossible to know how it unfolded. So I'll make it up. After a practically easy climb all the runners skipped down Weacombe Combe hand in hand pausing to admire the flora and fauna. Then took a slow amble up Bicknoller Combe, stopping to admire the view from the top before coming down Lady's Edge, followed by an enthusiastic climb back up and down to the finish.

The men's race was won by David Wayland, closely followed by Stephen Old, a minute or so behind these came a group of group of five runners. The ladies' race was won by Rachael Vincent who was three minutes ahead of the next female runner, and both second and third lasses almost finished together.

The race will be a definite for next year and so far all the feedback we've had was positive. Perhaps the weather made the day but who knows.

Keith Thompson

1. D. Wayland	Town&C	54.21
2. S. Old	Unatt	54.48
3. R. Sinclair	Unatt	55.56
4. N. Radnedge	Unatt	56.00
5. D. Wilcox O/40	FRA	56.35
6. I. Luke	Unatt	56.49
7. D. Sheldrick	RForever	57.58
8. T. Hall	Unatt	60.10
9. T. Blackwell	Ryde	60.40
10. M. Hill	Langport	61.43
VETERANS O/50		
1. (11) W. Burke	Thornb	61.53
2. (13) C. Kelsey	Well	62.26
3. (14) J. Armistead	Otley	64.31
VETERANS O/60		
1. (24) J. Hill	Langp	78.11
2. (32) W. Brown	Unatt	103.45
LADIES		
1. (20) R. Vincent O/40	Weston	93.06
2. (22) C. Shannon O/40	Ryde	76.06
3. (23) A. Knight O/40	Well	76.39
4. (25) A. Gadd	Well	79.01
5. (26) L. Wilcox O/40	Unatt	83.49
(27) C. Armistead O/50	Otley	84.10
(29) H. Kelsey O/50	Wells	92.31
(31) M. Brown O/60	Unatt	103.44

33 finishers

RAS MOEL Y CI
Tregarth, Gwynedd
BS/8km/290m 25.02.12

Warm spring weather and the first race in the Eryri mountain running club championship and WFRA North Wales series brought a record 162 runners to the Moelyci Environmental Centre this year.

Congratulations to Richard Roberts setting a new course record of 35.10. Rich was followed 35 seconds later by club-mate Math Roberts, with Ifs Richards in 3rd.

Congratulations to Anna Bartlett, first woman and first FV40 in 42.39 and 17th overall. Andrea Rowlands followed in 2nd with club-mate Siobhan Evans 3rd.

Paul Jones took the MV40 prize in 5th overall at 37.37, with Michael Belshaw 1st MV50 at 43.35. Tony Hulme took MV60 at 48.38.

First FV50 was Ellie Salisbury with Maggie Oliver as 1st FV60. Talented 17 year old Nathan Price ran the full race finishing 1st junior man at 37th overall in 46.21.

The junior race winner was Joe Bamwell in 10.08 with Elen Norris first girl at 3rd in 11.27. Seven juniors ran.

Many thanks go to the Centre staff, marshals, 'Team Dolly' radio network, the registration and finish team, friends and families. Projects at the Moelyci Environmental Centre focus on sustainability, local produce, local employment and crafts.

Jeremy Williams

1. R. Roberts	Eryri	35.10
2. M. Roberts	Eryri	35.45
3. I. Richards	Meirion	36.59
4. T. Bowie	Trismart	37.20
5. P. Jones O/40	Mercia	37.37
6. J. Bacon	Eryri	37.51
7. M. Fortes	Eryri	38.43
8. M. Cliffe O/40	Eryri	38.46
9. I. Morton	Unatt	40.08
10. D. Parker	Unatt	40.22
VETERANS O/50		
1. (22) M. Belshaw	BAOC	43.35
2. (25) I. Edgar	Eryri	44.41
3. (36) M. Foschi	Wirral	46.19
VETERANS O/60		
1. (59) T. Hulme	Chesh	48.38
2. (99) J. Morris	Buckley	53.21
3. (118) B. Robbins	Unatt	56.55
LADIES		
1. (17) A. Bartlett O/40	SyTri	42.39
2. (26) A. Rowlands O/40	Eryri	44.46
3. (35) S. Evans	Eryri	46.09
4. (65) W. Trimbel	Eryri	49.28
5. (74) J. Moore O/40	Eryri	50.38
(93) E. Salisbury O/50	Eryri	52.29
(146) C. Luke O/50	Unatt	68.12
(149) M. Oliver O/60	Eryri	68.56

155 finishers

NEW CHEW
Gtr Manchester
26.02.12

A new date for the event this year brought clinging hill mist and a sell out entry for Saddleworth Runners classic 'O' style Race. The event comprises of Long Score (4.5hrs), Medium Score (3.5) and Scoreless categories, the last section being dominated by Pennine club runners as part of their championship. They were pipped to the top spot by Holmfirth runners despite a mass turn out.

The Chew Valley is a terrific place to run with wild, featureless terrain, the addition of poor visibility made this year's race the most challenging in a while. Some interesting control choices showed this year's winners and runners' up to be all the more commendable.

A few people have been kind enough to post blogs about the event and reply to the FRA thread. Universally they mention the great spread of cake and pies afterwards from Ravenstones catering. They did us proud this year. Not to mention the terrific response from Saddleworth Club runners who put so much effort into supporting the event which felt competitive but very friendly this year.

The restoration of the moorland has created large no-go zones on the open moor which, hopefully, will begin to slowly regenerate within the next few years. As an organiser, I actually felt this aided the event providing tough route choices for competitors. I'm pleased to say that this year no one made it round the whole course. Of course, we can't offer hill fog every year but I hope we can keep the event as navigationally challenging.

There will be a few minor changes to next year's races. I'm interested to hear whether we should drop the scoreless category and I intend to make the controls more visible and tighten up the descriptions.

Congratulations to everyone who made it through tough conditions and thanks so much for supporting this event. Thanks also to United utilities, Marsden moor and Staley Estates for land usage.

Colin Bishop

Long score		
1. R. Litherland	Unatt	295 pts
2. T. Martin	DkPk	293 pts
3. T. Whittaker	Unatt	275 pts
O. Kershaw	Tod	
Short score		
1. G. Tiffany	PudseyP	200pts
2. M. Hodgson	Sadd	135pts
3. C. Greatorex	Tod	123 pts
Scoreless		
1. A. Shaw	Holmf	
J. Rank	Holmf	
2. D. Ward	Penn	
3. J. Truema	Penn	

BLACK COMBE
Cumbria
AM/13km/1000m 03.03.12

The Black Combe Fell Race, which covers 8.2 miles with a lofty 3280ft ascent, from Silecroft, was the first tester for many of the country's leading fellsmen and women as they aim to get themselves fully fit for the major races and national championship events during 2012.

The 203 runners who toed the line for the noon start had to visit Seaness, Black Combe, White Combe, and then the sting in the tail: from a checkpoint at a stream at the base of the Combe, everyone had to climb back up Black Combe to visit the last checkpoint at south summit before the fast downhill back to the finish next to Kirkbank fell gate, near the trackroad start which, thus, was altered this year avoiding the farmer's land and this may become the new start and finish in future years, shortening the race to 7.9 miles.

There was a prize also up for grabs for the fastest descent from CP6 S summit to the finish, this going to Howgill AC's Carl Bell, who clocked an exceptional 7 minutes 24 seconds for the 1.8 mile downhill, with Angela Armstrong,Keswick AC, two minutes adrift the quickest female descender.

The weather was fair. Clearish skies and good visibility below the Combe summit made

for some good times, but neither the male or female records went. A lot of runners suffered the heavy hail shower that occurred whilst between CP2 and 3.

Fastest, but just outside the course record, was Staveley based Bingley Harrier, Rob Jebb, in a very speedy 67:15. Carl Bell returned for second place in 68:47, just pipping Borrowdale Fell Runners' Chris Steele, who was well happy with his third place in 68:51. Chris's clubmate, Steve Birkinshaw, took the first MV40 prize arriving in 73:10.

First MV50 went to Mick Stenton from Dark Peak AC in 75:37, whilst Mick's teammate, Dave Tait, picked up the first MV60 prize in 97:51.

The lady victor was Hazel Robinson from Ambleside AC clocking a pleasing 89:48. Second lady went to Angela Armstrong in 95:45, just edging out the third female, Wendy Dodds of Clayton-le-Moors AC, in 98:03, but this is a remarkable time from the queen of the fells as she was also first LV60!, beating the first LV50 and LV40 runners Kim Brazwell, Mercia Fell Runners, and Alison Weston, Ilkley Harriers, respectively, both outside 100 minutes.

Men's team prize went to Borrowdale, whilst ladies' team prize went to Ambleside.

Speaking of prizes, this year there'll be an additional prize awarded to the quickest male and female taking part in all four of BCRs organized fell races of which there's Caw (23 May), Dunnerdale (10 Nov) and Kirkby Moor (24 Nov) still to come, and the best aggregate score for all four races on time taken.

Special thanks goes to all who helped organise the event, for which without this the race would not have been possible. Some good comments have also been posted on the club's and FRA website forums from runners at the race thanking the helpers and marshals for a good well organised race, food after and the day in general.

Provisional only date for next year's race is Saturday 2 March.

Penny Moreton

PIPE DREAM RACE
Conwy
AS/5m/1700ft 03.03.12

This year's race was fought in changeable weather, with competitors having to endure a mixture of sun, rain, and a brief but painful hail storm on the route up and along the Dolgarrog Power Station pipe. It attracted 80 competitors, with the furthest from as far away as Bolton.

The course, which takes in the shockingly steep incline and steps which ascend from Dolgarrog to top of the mountain and back through woodland, was good for racing, although the descent was tricky in places due to the wet rocks.

The ladies' record, which has stood since 2008 (Anna Frost) fell to a visitor to the area, in the form of 2010 English Fell Champion, Lauren Jeska. The 37-year old Jeska was actually 3rd overall, comfortably thrashing several of the local quality mountain men not used to having ladies in front of them! Having moved recently to Machynlleth, we may see a lot more of her in North Wales fell races.

Previous race winner and Welsh vest, Andrea Rowlands, was second lady, although never threatened Jeska.

The men's winner was Martin Cliffe, with a clear lead over the 2nd placed Fred Maier. Cliffe was also the first veteran male, whilst Maier was also first in the Under 23 category.

All race profits go to Dolgarrog Community Centre.

Craig Jones.

1. M. Cliffe O/40	Eryri	36.53
2. F. Maier U/23	BangUni	37.54
3. L. Jeska Lady	Tod	37.58
4. G. Griffin	Meirion	38.33
5. L. Nathan	Eryri	38.56
6. J. Parkinson O/40	Eryri	39.01
7. M. Atherton O/40	Meirion	39.02
8. A. Williams O/40	Eryri	39.09
9. P. Jones	Eryri	39.31
10. C. Jones O/40	Eryri	39.37
VETERANS O/50		
1. M. Belshaw	Eryri	40.03
2. M. Pollitt	Burnd	43.17
3. M. Foschi	Wirral	43.27
VETERANS O/60		
1. M. Blake	Eryri	48.49
2. B. Robbins	Eryri	51.40
3. D. Jones	Eryri	52.53

80 finishers

CARDINGMILL CANTER
Shropshire
AS/7.8km/580m 03.03.12

I woke up on race day to see the valley clouded in mist and drizzle. Oh dear! It was lovely yesterday. Not to worry, as the morning fully unfolded it cleared and we had mostly clear blue skies for the race, gee that's better. After the race it clouded over again and started raining. Someone was looking after us that day!

115 runners set off and 115 safely returned. Leading the way in was Steve Cale, and the first lady home was Anna Bartlett, newly of Mercia, and setting a new ladies' record! (47.19)

Thank you to all the marshals that helped out and thank you to the National Trust for giving us some space for the race HQ.

See you all again next year.

Dave Nichols

1. S. Cale	Mercia	40.58
2. F. Jones	Aberyst	41.55
3. T. Windley	Springf	42.46
4. P. Jones O/40	Mercia	43.19
5. D. Maskew	Wolv/Bilst	43.54
6. W. Neill	Mercia	44.46
7. D. Brazier	Mercia	45.01
8. A. Yapp O/40	Mercia	45.05
9. A. Davies O/40	Mercia	45.24
10. R. Stafford	Mercia	45.43
VETERANS O/50		
1. (15) A. Hauser	Holmf	46.53
VETERANS O/60		
1. (55) A. Davies	Telf	57.07
VETERANS O/70		
1. (114) R. Webster	Helsby	88.25
LADIES		
1. (16) A. Bartlett O/40	Mercia	47.19
2. (29) S. Colbert O/40	Springf	51.31
3. (33) V. Swingler O/40	Shrop	52.25
4. (60) M. Lloyd	Loughb	57.22
5. (70) K. Morgans	WolvesB	59.07

115 finishers

BISHOP HILL
Perthshire
AS/4km/300m 04.03.12

Exactly 100 runners signed on for this year's race. A cool, sunny day was interrupted by one snow shower which rather unhelpfully lasted about the length of the race! No one seemed to mind as they concentrated on the intense effort required to get up and down this sharp little hill. Spare a thought for Charlie and Finlay though, our summit marshals, who got a bit of a hammering!

Impressive junior, Jamie Crowe, led all the way down the descent only to be pipped by winner Mark Harris on the final plunge through the trees at the end. Graeme Campbell came in third. With team-mate Peter Simpson the first over 50 in 11th place and David Millar 13th, Carnegie were clear winners of the team prize.

Andrew Shofield took the over 40s' prize in 6th place overall. Bob Waterhouse was first over 60 and another Carnegie man, Bill Fairley, won the over 70 category.

Charlotte Morgan continued to show good form, winning the ladies' race with a strong challenge from Claire Gordon. Neah Evans was third. Lizzie Knox was first junior. For the veterans, Jacquie Higginbottom was leading over 40 and Phyllis O'Brien took the over 50 title.

In the junior half way race, Laura Nicol won in 16.02, followed by Carnegie youngsters Ailsa Bennet and despite a hefty tumble on the steep grass, Struan Bennet in 20.11.

Many thanks to the makers of tea, coffee and soup and to the people who helped on the hill. Thanks again to the runners - great to see people from as far away as the Lake District, Cairngorms, western Perthshire and the like for such a short event.

Richard Gatehouse

1. M. Harris O/40	Fife	19.09
2. J. Crowe	Dund	19.24
3. G. Campbell	Carneg	19.31
4. S. Rawlinson	LochTay	20.08
5. H. Oliver	Tyne	20.14
6. A. Schofield O/40	Borr	20.22
7. J. Knox O/40	Anster	20.30
8. S. Fallon O/40	Carneth	20.31
9. N. Leslie O/40	Ochils	20.58
10. A. Gilmore	Carneth	21.02
VETERANS O/50		
1. (11) P. Simpson	Carneg	21.16
2. (12) A. Smith	Dees	21.34
3. (21) M. Laing	Unatt	22.41
VETERANS O/60		
1. (46) B. Waterhouse	Carneth	24.36
2. (53) M. MacLeod	W'lands	25.24
3. (63) B. Duff	Carneg	26.40
VETERANS O/70		
1. (91) B. Fairley	Carneg	32.08
2. (99) S. MacCalman	Kinross	37.14
LADIES		
1. (26) C. Morgan	Carneth	22.50
2. (31) C. Gordon	HBT	23.14
3. (37) N. Evans	Shettle	23.58
4. (49) J. Higginbottom O/40		Carneth 24.52
5. (55) H. Ritchie O/40	Fife	25.45
(61) P. O'Brien O/50	HBT	26.26
(67) B. Junnier O/50	Wee	27.05
JUNIORS		
1. (2) J. Crowe	Dund	19.24
2. (29) E. Gilmore	Carneth	23.01
3. (30) T. Harris	Fife	23.02

99 finishers

TOUR OF TORPANTAU
Gwynedd, Wales
AM/8m/2500ft 04.03.12

Twenty two hardy souls turned out for the inaugural running of 'the Tour'. Weather conditions just before the start could best be described as challenging as we were treated to a series of heavy snow showers and a gusting wind but by the start, the sky was breaking and the runners set off in the dry.

On the tops, visibility was good with Fan y Big and Cribyn summits clearly in view – which made navigation relatively easy. Hugh Aggleton made it to Cribyn in an extremely quick 42 minutes and returned to finish in a very good 1:09:51, closely pursued by his club mate Ben Moon.

As the race progressed, the weather improved with those runners who wished to pause at Cribyn Summit being treated to stunning views over to Cardiff Bay (with the Millennium Stadium, the site of Wales' forthcoming Grand Slam victory glistening in the sunlight). The views didn't seem to appeal to many runners who decided to retrace their steps quickly down the hillside, using the fell runners' classic 'bum sliding' technique for much of the snowy descent. In the second half of the race route choice was even more important than on the way out, with Paul Dodd picking up several places and finishing in an impressive third place – in his second ever fell race! His wife, Joc, dominated the ladies' race from start to finish, finally finishing in an excellent 11th position overall.

The race organiser was highly amused by one unnamed competitor who, after an innovative route choice, was forced to run through the finish to CP3 and then back again.

Special mention to birthday boys John Sweeting (0/60 category winner) and Andy Creber (2nd 0/50) and of course the summit marshals, Steve Force and his 16-year old daughter Bethany, and Del Boy and my wife Louise and daughter Carys for registration duties.

Andrew Blackmore

1. H. Aggleston	MDC	1.09.51
2. B. Moon	MDC	1.14.27
3. P. Dodd O/50	Cheps	1.23.51
4. R. Johnson	MynDu	1.24.49
5. A. Creber O/50	Cheps	1.25.08
6. B. Gibbison	DkPk	1.25.57
7. R. Hudson O/40	AvonV	1.29.22
8. P. Williams O/50	MDC	1.33.18
9. M. Lawson O/40	Cheps	1.34.57
10. A. Gillard O/50	Harlequ	1.43.24
VETERANS O/60		
1. (13) J. Sweeting	MDC	1.50.16
2. (16) R. Brown	Cheps	2.05.35
3. (17) D. Finch	MDC/Cheps	2.06.01
LADIES		
1. (11) J. Dodd O/50	Cheps	1.47.52

22 finishers

BROUGH LAW
Northumberland
AS/8km/400m 04.03.12

A great turnout of 74 runners for this ever popular five-plus miler around a few of Northumberland's Iron Age hill forts, especially given the drastic turn in weather come Sunday morning. A strong and cold wind with plenty of rain was to accompany our runners around Brough Law, Whether Hill, Cochrane Pike and back home. The usual suspects were leading the charge with an unknown quantity dressed in the black and white of Otley. However, as expected and despite the previous days cross country in nearby Alnwick, it was the venerable Sanderson, the course record holder, who crossed the line first. It was close, though, with Robertshaw of Otley and Bennett of NFR only seconds behind. In the women's race Fiona Blackett of Durham Fell Runners made her intentions known early on by sticking comfortably with the leading pack and duly romped home with over three minutes to spare and the course record. Not bad for your first run at this race. Karen Robertson, NFR, and Rebecca Law, Eryri, made up the women's podium. A worthy mention to Joe Garbarino, NFR, who, at 75, is still showing younger runners how to do it. Also to my helpers Waz, Lou, Doug, Casper and the 1st Waldridge Fell Scout group who helped mark the course on Saturday night under clear skies and a meteor trail. Special thanks must go to John Telfer, NFR, who drove down from Edinburgh to help take entries and do the time keeping. £200 was donated to the Great North Air Ambulance and the rest to the Scouts.

Thanks, and see you all next year!

Will Horsley.

1. P. Sanderson O/40	NFR	37.39
2. A. Robertshaw O/40	Otley	37.42
3. L. Bennett O/40	NFR	37.45
4. A. Fletcher O/40	Berwick	38.14
5. G. Jones	NFR	39.06
6. C. Greive O/40	Teviot	39.21
7. A. Burton	NFR	39.47
8. C. Winter	NFR	40.16
9. B. Crombie	Alnwick	40.19
10. F. Blackett Lady	DkPk	40.38
VETERANS O/50		
1. (15) L. Johnson	NFR	41.47
2. (16) T. McCall	Norham	41.54
3. (20) N. Cassidy	Tyne	43.37
VETERANS O/60		
1. (48) P. Reed	NFR	51.40
2. (54) G. Fraser	AllenV	53.46
3. (61) J. Cockburn	Alnwick	58.05
VETERANS O/70		
1. (66) J. Garbarino	NFR	61.41
LADIES		
1. (10) F. Blackett	DkPk	40.38
2. (23) K. Robertson	NFR	43.56
3. (33) R. Law	Eryri	47.01
4. (36) C. Bagness O/40	Wooler	47.26
5. (39) S. Scott O/40	NFR	48.43
(47) M-L. Drozdowic O/50	NFR	51.30
(52) B. Peberdy O/50	Alnwick	53.21

74 finishers

WINDMILLS WHIZZ - FELL RACE FOR LIFE
West Yorkshire
CM/11.3km/244m 10.03.12

An impressive solo performance saw Tom Adams win the Windmills Whizz by well over two minutes. Tom triumphed for the second time in three years on this half fell – half trail course from Ogden reservoir near Halifax. He posted a time just eight seconds outside Adam Osbournes 2004 course record time of 37.12. Remarkably, Tom came within three seconds of that benchmark while winning this race two years ago.

Matt Lockyer placed second in 39-51 while his clubmate Paul Stevenson, finished close behind to take an impressive third as first over fifty veteran.

Chris Loftus finished eighth to take the prize for first over forty and Barry Blyth beat regular over sixty prize winner at my races, Ken Taylor, fair and square to win that prize.

Tim Cock belied his years to sprint round and take the over seventy award.

The women's winner this year was Heather Gardner who had a close battle with Michelle Tenwick.

Rebecca Mon-Williams was the first first female veteran over 40, one place in front of her clubmate Alison Bennett, who won the over 50s' prize.

From some of the comments received, everyone seems to have enjoyed the race and the fine, though breezy weather we had managed to organise.

Thanks to Nick Small and Gary Muir who helped me to mark out the course on the Friday, and to David Weatherhead and Barbara Carney who did registration as well as finish recording with Jackie and Cath Hignett.

Rob Glover swept round and collected the flags in. Thanks everyone for making this race a success. £800 was added to my "Fell Race For Life" fund with which I am raising money for Marie Curie Cancer Care.

My mum (now in her seventies!) was absolutely frozen to the core as she handed out drinks at the finish. She stuck to the task though as she has for the past 21 years. I know you all appreciate this.

Thanks to Terry and Christine at the Causeway Foot pub for looking after us with hot drinks and food as well as fine ales afterwards.

Thanks everyone for coming and supporting this race and see you next year.

Allan Greenwood

1. T. Adams	Ilk 37.20	
2. M .Lockyer	P&B	39.51
3. P. Stevenson O/50	P&B	41.00
4. J. Wood	Ilk 41.04	
5. T. Black	CaldV	41.10
6. C. Holmes	Wharf	41.22
7. S. Chew	Wharf	41.29
8. C. Loftus O/40	Kghly	41.49
9. D. Burnley O/40	P&B	42.10
20. J. Crossfield	Hfax	42.19
VETERANS O/50		
1. (3) P. Stevenson	P&B	41.00
2. (14) P. Taylor	Ross	44.13
3. (18) T. Taylor	Ross	44.26
VETERANS O/60		
1. (30) B. Blyth	Macc	47.12
2. (36) K. Taylor	Ross	49.45
3. (51) T. Longman	Macc	51.57
VETERANS O/70		
1. (95) T. Cock	Holmf	58.31
LADIES		
1. (38) H. Gardner	CaldV	50.15
2. (41) M. Tenwick	PudP	50.49
3. (49) R. Mon-Williams O/40	Ilk 51.37	

4. (50) A. Bennett O/50	Ilk	51.56
5. (64) K. Taylor O/50	Ross	53.19
(80) N. Murphy O/40	Ross	55.47

110 finishers

WOLF'S PIT
Derbyshire
AS/9.2km/467m 11.03.12

Another glorious spring day for the Wolf's Pit, which was led home for the second year in succession by Simon Bailey, who ran strongly from the off with a quality field at his heels. The ladies' race was a similarly contested affair with Olivia Walwyn Bush running a storming race to finish 16th overall.

The day started with the first of the "Accelerate Gritty Series" Junior races hosted by Mark Bartley and his team from Hope Valley Hurricanes; Junior running club – which attracted a 60 strong field, over a couple of great swooping courses along the banks of the river Derwent. Everyone who saw the junior races was heartened by the enthusiasm and talent displayed by all the youngsters.

Then it was over to the senior event which again formed the first of the Accelerate Gritstone Series and incorporated the Notts Fell Champs. A great turnout of 227 toed the line and were soon to be seen snaking their way up the main 1000ft climb to Shatton Mast – the pace at the sharp end was so quick it almost caught some of our marshal's out and it was in no time at all that the leaders could be seen grinding out the final sting in the tail climb prior to hurtling back to the finish field.

This year the marquee we'd borrowed from the Parish Council proved a slightly roomier alternative to Malcolm's sheep trailers for the catering team – though the jury's out as to whether it did in fact improve the quality of the soup or not!

The organisers, would like to thank all the people who helped make the event a success. The landowners and farmers whose permissions are invaluable, St John's, the time keepers, our results master Graham Revell, High Peak Garden Centre who very kindly provided car parking, Accelerate for help with the prizes, plus of course all the Bradda Dads and their wives, family and friends who marshal and provide the welcome on the field catering. We hope to have raised around £750 which will be split between Bamford School and Groups supported by Bradda Dads.

John Boyle

1. S. Bailey	Mercia	38.17
2. J. Henegan	P&B	39.34
3. R. Findlay Robinson	DkPk	39.41
4. J. Ross	StaffsM	39.47
5. O. Johnson	DkPk	40.30
6. A. Smith	SYO	41.50
7. S. Gregory O/40	HolmeP	42.01
8. N. Northrop	DkPk	42.10
9. D. Taylor O/40	DkPk	42.32
10. M. Stenton O/50	DkPk	42.35
VETERANS O/60		
1. (43) R. Taylor	Penn	48.15
VETERANS O/70		
1. (197) B. Allsop	Buxt	65.50
LADIES		
1. (16) O. Walwyn Bush	Altrin	43.57
2. (46) H. Elmore O/40	DkPk	48.29
3. (64) S. Curtis O/40	Penn	50.36
4. (73) H. Marshall	Unatt	51.35
5. (110) C. Oliffe	DkPk	55.04
(141) D. Hill O/50	Congle	58.35
(160) A. Brentnall O/60	Penn	60.38

227 finishers

LAD'S LEAP
Derbyshire
AS/9.5km/518m 17.03.12

I would like to congratulate all the runners who competed and, of course, all the winners in what was a counter in the English Championships and also the Derby County Championships.

I would also like to thank all the helpers on the day, in particular John and Margaret Chippendale on entries, Mark Whelan and Marie Woodcock on results, Glossop Army Cadets and Woodhead Mountain Rescue, who assisted in carrying off four injured runners. Thanks to the sponsors, Inov-8 and Pete Bland Ssports and for permissions from United Utilities, John Bland, Crowden Campsite, Crowden YHA, Natural England and RSPB.

Des Gibbons

1. S. Bailey	Mercia	44.16
2. M. Donnelly	Borr	44.27
3. L. Taggart O/40	DkPk	44.48
4. G. Pearce	P&B	44.59
5. T. Adams	Ilk	45.02
6. B. Abdelnoor	Amble	45.13
7. R. Baker	DkPk	45.26
8. T. Addison U/23	HelmH	45.35
9. K. Gray O/40	CaldV	46.06
10. D. Kay O/40	P&B	46.08
11. C. Bell	Howgill	46.36
12. M. Addison	HelmH	46.42
13. J. Kevan	Horw	46.48
14. K. Collison	Eden	47.00
15. B. Mounsey	CaldV	47.02
16. R. Little	DkPk	47.07
17. S. Godsman	CaldV	47.09
18. S. Tosh U/23	Ross	47.09
19. R. Hope	P&B	47.16
20. J. Heneghan	P&B	47.21
VETERANS O/50		
1. (51) M. Stenton	DkPk	51.14
2. (82) P. Stevenson	P&B	53.14
3. (96) J. Minshull	Gloss	54.20
4. (99) A. Staveley	Burnden	54.54
5. (110) T. McGaff	CheshHR	55.55
VETERANS O/60		
1.(137) R. Taylor	Penn	57.55
2. (148) B. Grant	Hgte	58.19
3. (165) J. Holt	Clay	60.31
4. (167) M. Walsh	Kend	60.37
5. (172) P. Booth	Clay	60.55
VETERANS O/70		
1. (277) J. Parker	Horw	73.40
2. (286) P. Murray	Horw	77.18
3. (287) B. Allsop	Bux	78.22
4. (301) B. Wade	Holmf	84.21
5. (303) P. Martin	Bowland	84.58

309 finishers

LADIES		
1. E. Clayton	Bing	52.35
2. L. Jeska	Tod	52.51
3. H. Page U/23	DurUni	54.36
4. L. Brindle	Horw	55.03
5. H. Berry	Holmf	55.39
6. H. Fines	CaldV	55.51
7. H. Elmore O/40	DkPk	57.09
8. J. Waites O/40	CaldV	57.21
9. L. Blackett	Durham	57.23
10. M. Price	Mercia	57.55
(13) S. Newman O/50	CaldV	58.38
(34) G. Myers O/50	Wharfe	64.39
(37) W. Dodds O/60	Clay	65.05
(70) A. Brentnall O/60	Penn	72.32

112 finishers

FIENDSDALE
Lancashire
AM/10.5km/67/m 17.03.12

After my initial panic with only 30 runners entered a week prior to the race, there was an influx of people in the last few days wanting an entry. Obviously not everyone wanted to run Lads Leap after all…!!!

With all the access issues over recent years, I was convinced that the new shorter course of the last three years was so far removed from the original classic route the race had actually fallen out of favour with the fell running community. In reality it turned out to be a fantastic day, with the feel of a low key but very enjoyable race. The entries and results were effectively handled by Steve Taylor on his laptop, my other half putting in her baking skills up for public approval by asking a quid for tea/coffee and a delicious piece of cake in aid of the Pennine and Bowland Mountain Rescue (not much of which went home…!!) and the prizes being presented next to the finish at the foot of the fell instead of keeping people waiting for ages at the pub in the village, all helped to make the day great.

After observing a minute's silence in memory of Bill Smith who met his end on the fell not far from the path of the race, 75 runners started the race on an improving day with Mark Chippendale making the pace on his home turf. However, he went astray at checkpoint two drifting too far east and lost ground he was unable to make up. The winner in the end by one and a half minutes was Dave Nuttall, ahead of Mike Johnson.

Sarah Sarginson, currently in formidable form, took the ladies' prize to go along with her win at Bleasdale two weeks prior, in an excellent time of 1.10.34

Thanks as always to members of Bowland Fell Runners for their brilliant support, the Pennine and Bowland Rescue Team for manning the checkpoints and providing cover on the day and to local landowners who allow us to run the race.

Andrew Farmer

1. D. Nuttall	Clay	57.40
2. M. Johnson O/40	Bowl	58.10
3. S. Edmondson O/50	Horw	59.13
4. C. Pass	Wesh	59.53
5. J. Titmuss	P&B	60.15
6. J. Coe	DkPk	61.18
7. H. Dalby	Unatt	61.37
8. M. Chippendale O/40	Bowl	62.51
9. G. Schofield O/50	Horw	63.05
10. R. Hunt	DkPk	63.44
(16) C. Valentine O/50	Kesw	66.47
VETERANS O/60		
1. (25) I. Robinson	Clay	71.07
2. (30) I. Cookson	Bowl	74.48
3. (52) A. Kenny	AchR	84.19

Dave Gelling (MFR) at Glenn Mona

Photos © Murray Lambden

LADIES

1. (22) S. Sarginson O/40	Bowl	70.34
2. (36) N. Davies O/50	Borr	77.21
3. (55) L. Lord O/50	Clay	88.56
4. (62) D. Cooper	Lytham	94.13
5. (65) K. Goss O/60	Clay	99.54

GLEN MONA
Isle of Man
AM/11km/6650m 17.03.12

Mild and clear conditions greeted the record 56 competitors taking on the challenge of the Glen Mona fell race. The seven-mile route starts from the Glen Mona Hotel, climbing straight up a rocky track and on to the first checkpoint at Slieau Ruy before contouring round the ridge to Clagh Ouyr summit. After a steep descent to the old mine workings there is a final tough climb, demanding good route choice to avoid the thickest patches of heather. The race concludes with a short, but treacherous, rocky descent to the finish.

Tom Cringle took the honours, establishing an early gap over the rest of the field and maintaining that advantage for a comfortable win. He finished in a time of 59.51 to become only the second person ever to complete the course in under the hour. The Castletown man is in a rich vein of form at the moment after a fine 4th placed finish at the Half Tour of Pendle the previous weekend. Fellow MFR man Simon Skillicorn, a previous winner of this race, finished second just under two minutes back. Ian Gale and Paul Kneen had a race-long tussle for third, with the more experienced Gale finally winning the war of attrition. Rob Webb was the leading 'supervet' in 12th place.

Kate Burge was a clear winner in the ladies' race, finishing 14th in a time of 1:17:54. Rosie Craine had a great run to come home in second position, with fellow 'northerner' Michelle Turner, finishing in a fine third place on her fell running debut.

Thanks as always to the marshals, race organisers and landowners without whom the events could not go ahead.

Dave Gelling

1. T. Cringle	MFR	59.51
2. S. Skillicorn	MFR	61.56
3. I. Gale O/40	MFR	66.55
4. P. Kneen O/40	MFR	67.51
5. R. Sille	MFR	71.21
VETERANS O/50		
1. (17) J. Norrey	Unatt	81.39
VETERANS O/60		
1. (12) R. Webb	IOMVAC	77.43
LADIES		
1. (14) K. Burge	Unatt	77.54
2. (21) R. Craine	NAC	84.21
3. (30) M. Turner	NAC	94.33

56 finishers

THE HIGHLAND BOUNDARY HILL RACES 2012
Scotland
23/24/25.03.12

The fourth running of the Highland Boundary fell and trail races proved most popular with brilliant weather and 15 deg C warmer than two years ago! 22 runners completed all three races so congratulations and hope the legs recover soon!

The first race on the Friday night alongside the River Tay, a return route from Dunkeld bridge (next to the old gaol) to the fishing hut and back, was eventful as ever with the torches lighting up the night sky along the trail. The race over the 5km course saw Robbie Simpson in fine form after a series of recent road races, winning in a time of 16:17. He was followed home by Callum Gilhooley in 17:15 and Chris Hill 17:30 with first vet Adrian Davis in 17:44. They were pursued by Angela Mudge first lady in 18:42 who set off like a rocket followed by Morag McCracken 19:46 and Wendy Duigan 20:07.

The Saturday race, Birnam Hill, is a true steep climb through lovely birch then pine woodland before emerging above the trees onto Kings Seat. The fast descent is a good mixture of rocky knolls, steep grassy descents and trails with a rough wet rocky section to negotiate before the undulating finish to the Beatrix Potter garden. Once again Robbie dominated winning in a new record 28:14, well inside his old record set the previous year. Callum Gilhooley followed up his good first run with second here too in 30:17 with Stewart Whitlie escaping from child minding duties to finish 3rd and 1st vet 40. Sarah O'Neil surged past Angela Mudge a quarter of the way up and held on for a win in 33:06 ahead of Angela by 24 seconds with Morag McCracken in 3rd with 37:13. The crowds were out in the fine weather and a great thanks to the kitchen staff and marshals, especially Emma and the Nicols' who completed the results and who helped make it such a memorable day.

The final race around Craig O Barns and then up and over Deuchary Hill was in beautiful sunshine, with some lovely woody and grassy trails. The route was marked with red tape and most people seemed to find it this year although I noticed yet again some had been moved. Back to sawdust again next year!! The scenery looking

Angela Mudge at the Highland Boundary Hill Races. (Birnam Hill)

north along the Tay to Ben Vrackie and beyond is stunning and it was so warm, 18 deg C someone reported. Water was gratefully handed out by Des Crowe at the bridge crossroads. Once again Robbie smashed the record (by over 5 minutes) with an impressive 1:23:58 followed by Matt Sullivan 1:26:30 and Chris Hill 1:29:53. Mark Harris was first vet 40 in 1:30:21. Angela sealed the win in 1.36.02 and was in fine form all weekend. Claire Gordon joined her HBT team mates and was 2nd in 1:45:04 with Morag McCracken 3rd in 1:48:11. Thanks to Tilly Smith and Kate Friend at the finish, Derek and Deirdre, Angela and Laurie for the food and not to forget Louise and Jean for the wonderful cakes.

The overall positions were obvious after Day 2 with Robbie romping away to win the overall series, followed by Callum Gilhooley with Angela Mudge first female, followed by Morag McCracken.

The local soup and food, marshals and competitors made it a great few days and the beer on Sunday night made an enjoyable weekend for all. Any photos of the weekend would be appreciated!

Adrian Davis

RACE 1 - TAY DASH

1. R. Simpson	Dees	16.17
2. C. Gilhooley	Dkpk	17.15
3. C. Hill	Cosmics	17.30
4. A. Davis O/40	Carneth	17.44
5. K. Du Plessis	Unatt	18.01
6. S. Rawlinson	LochTay	18.10
7. D. Sym O/40	Strath	18.18
8. D. Kerridge O/40	Dees	18.36
9. A. Mudge O/40	Carneth	18.42
10. T. Jack O/40	Aberd	19.23
VETERANS O/50		
1. (11) A. Smith	Dees	19.30
2. (16) L. Anderson	Lomond	19.52
3. (24) B. Smith	Fife	21.43
VETERANS O/60		
1. (30) S. Davidson	Fife	24.20
2. (39) P. Ryan	Unatt	35.33
LADIES		
1. (9) A. Mudge O/40	Carneth	18.42
2. (14) M. McCracken	HBT	19.46
3. (19) W. Duigan	Strath	20.07
4. (22) J. Connor	Moorf	21.03
5. (23) S. Winter	Dund	21.42
(34) U. Bass O/40	Dees	24.53

39 finishers

Robbie Simpson in fine form breaking all the records at the Highland Boundary Hill Races. (Deuchary Hill Race)

RACE 2 - BIRNAM HILL RACE

1. R. Simpson	Dees	28.14
2. C. Gilhooley	DkPk	30.17
3. S. Whitlie O/40	Carneth	31.07
4. I. Whiteside	EdinbUni	31.12
5. G. Green	Portob	31.32
6. C. Russell	Cosmics	31.57
7. P. Faulkner	Carneth	32.15
8. A. Davis O/40	Carneth	32.45
9. S. O'Neil O/50	HBT	33.06
10. A. Mudge O/40	Carneth	33.30
VETERANS O/50		
1. (9) S. O'Neil	HBT	33.06
2. (20) D. Crowe	Dund	37.12
3. (26) L. Anderson	Lomond	37.45
VETERANS O/60		
1. (80) S. Davidson	Fife	47.33
2. (87) C. Love	Dund	50.08
3. (92) A. Stapley	Portob	58.09
LADIES		
1. (9) S. O'Neil O/50	HBT	33.06
2. (10) A. Mudge O/40	Carneth	33.30
3. (21) M. McCracken	HBT	37.13
4. (22) C. Gordon	HBT	37.15
5. (29) J. Higginbottom O/40	Carneth	38.09
(57) B. Junnier O/50	Ochil	42.10

95 finishers

RACE 3 - DEUCHARY HILL RACE

1. R. Simpson	Dees	1.23.58
2. M. Sullivan	Shettle	1.26.30
3. C. Hill	Cosmic	1.29.53
4. M. Harris O/40	Fife	1.30.21
5. C. Gilhooley	DkPk	1.30.31
6. M. Reid	Moorf	1.30.58
7. B. Wiseman	Ochil	1.32.06
8. B. Bonnyman	Wester	1.33.09
9. K. Hood	Corstor	1.33.09
10. I. Whiteside	EdinbUni	1.33.48
VETERANS O/50		
1. (16) G. Stewart	H'land	1.39.19
2. (23) J. Kay	Fife	1.42.08
3. (28) D. Mitchell	Dund	1.46.02
VETERANS O/60		
1. (57) M. Hulme	Corstor	1.55.29
2. (62) H. McLean	LochTay	2.02.43
3. (77) H. McPherson	Tinto	2.14.42
LADIES		
1. (13) A. Mudge O/40	Carneth	1.36.02
2. (25) C. Gordon	HuntBog	1.45.04
3. (36) M. McCracken	HuntBog	1.48.11
4. (37) J;. Hlgginbottom O/40	Carneth	1.48.33
5. (52) J. Chalmers O/50	Unatt	1.54.31
(59) B. Junnier O/50	Ochil	1.56.26

94 finishers

RIVOCK EDGE
West Yorkshire
BM/10.4km/255m 25.03.12

1. C. Loftus	Kghly	51.38
2. J. Bradshaw	Wharf	51.52
3. J. Whiteley	Stainl	53.39
4. D. Burnley O/40	PudP	54.15
5. J. Hemsley O/40	Wharf	56.06
6. J. Smitly	Wharf	56.43

7. T. Sessford	Kghly	56.46
8. S. Ewen	HydeP	56.47
9. P. Hughes O/40	Q'bury	57.20
10. J. Sprackland O/40	S'thport	57.34
VETERANS O/50		
1. (9) P. Hughes	Q'bury	57.20
2. (14) K. Binns	Wharf	59.06
3. (27) J. Wheldon	Pudsey	62.48
VETERANS O/60		
1. (49) M. Coles	Valley	69.03
2. (54) J. Hignett	Ross	70.24
3. (58) M. Baldwin	DenbyD	71.01
LADIES		
1. (23) L. Needham	Holmf	61.58
2. (35) C. Morgan	NiddV	65.00
3. (38) T. Hemsley	Wharf	66.09
4. (55) K. Ballantine O/40	Kghly	70.34
5. (61) L. Whitaker O/50	Wharf	71.35
(64) L. Murgatroyd O/40	CaldV	72.04
(90) J. Rawlinson O/60	Clay	77.49
(94) S. Cross O/50	Abbey	82.00

106 finishers

DON MORRISON MEMORIAL EDALE SKYLINE
Derbyshire
AL/34km/1373m 25.03.12

After filling up in a matter of weeks, this year's Edale Skyline was held in the midst of that early spring sunshine (remember it?). In the unseasonably warm weather, 329 people started with 30 dropping out during the event.

As usual, the 'Dark Peak Machine' was out in force ensuring that everything ran smoothly on the day. A race this size takes a lot of hard work from a lot of people and I can't thank them all enough for everything that got done on the day and leading up to it. Judging from the many e-mails and comments on the FRA forums we should all be very proud!

It was my first year as race organiser and feedback suggests that we got most things right. I could have sorted through the results quicker for prize giving, especially as John Dalton had made it easy for me by being super-efficient in processing the results. Due to this, there were no team prizes given on the day but Dark Peak took both men's and ladies' team prizes. One slight disappointment to me was that we had 435 on the start list but only 329 appeared on the day. Over a hundred people who couldn't use the weather as an excuse!

Edale MRT were out in force to help out with safety cover, we will be donating money to them and other local charities. I need to total up how much this will be but will be detailed on the race website by the time the Fellrunner is published. We also raised £66.67 for Sport Relief by people donating extra cash for their tea and cakes. I've made this up to £100 from race funds.

Huge thanks to Accelerate for providing us with the race numbers and some great prizes.

Watson's Farm Shop provided us with their home reared meat as extra prizes. I thought it was appropriate that someone won part of a lamb they would have run past in the race!

Kraft foods (that's Bassetts to older fell runners!) provided us with thousands of their new mini-jelly babies, which seemed to disappear pretty quickly!

Right, the village hall and MRT are booked so let's do it all again next year!

Ian Fitz

1. C. Bell	Howg	2.41.55
2. K. Collison	Eden	2.45.49
3. T. Brunt	Holmf	2.46.23
4. S. Harding	Macc	2.48.12
5. A. Fallas	Carneth	2.49.38
6. D. Holloway O/40	Penn	2.50.01
7. P. Vale	Mercia	2.51.55
8. W. Boothman	DkPk	2.56.35
9. S. Pyke O/40	StaffsM	2.59.04
10. M. Stenton O/50	DkPk	3.00.07
VETERANS O/50		
1. (10) M. Stenton	DkPk	3.00.07
2. (27) C. Davies	Sadd	3.17.22
3. (28) J. Minshull	Gloss	3.17.33
VETERANS O/60		
1. R. Taylor	Penn	3.46.40
2. F. Fielding	Penn	3.56.51
3. S. Presly	WoldsV	4.03.06
LADIES		
1. J. Paris	Carneth	3.18.14
2. J. Jepson O/40	DkPk	3.20.54
3. L. Gibson	Totley	3.29.56
4. H. Marshall	DkPk	3.40.55
5. L. Grantham	Wirral	3.51.13
H. Slater O/40	FatB	4.00.17
P. Goodall O/50	Totley	4.11.06
M. Edgerton O/50	Penn	4.13.17

299 finishers

MIDGLEY MOOR
West Yorkshire
BS/8k/381m 31.03.12

Yet again fine weather prevailed and it had been very dry for a couple of weeks prior leading to times being faster that in previous years. This resulted in the men's record being beaten for the second year running by the same man – Karl Gray. Karl led the way from start to finish, followed home by team mate, Tim Ellis, who was closely followed by Ashley Holt.

The ladies race was a 1,2,3 for Calder with Helen Fines narrowly missing out on the ladies' record, followed by Sally Newman and Anne Johnson.

Teams were won by Calder Valley in both categories.

A massive thank you to all runners entered, as you all helped raise money towards the sixth form pupils at Calder High School's trip to Uganda (the Generation Project).

A big thank you to all who helped out, making the day run smoothly and a big thanks to Geoff Midgley the farmer, who without his generosity the race could not go ahead.

See you next year.

Shaun and Sharon

1. K. Gray O/40	CaldV	35.11
2. T. Ellis	CaldV	40.46
3. A. Holt	Ross	40.49
4. I. Nixon	P&B	40.56
5. C. Smales O/40	Unatt	40.58
6. A. Thorpe O/40	CaldV	41.00
7. M. Goldie O/40	CaldV	41.37
8. A. Bowden	CaldV	41.50
9. S. Willis O/40	Saddle	41.54
10. C. Stansfield O/40	Unatt	41.55
LADIES		
1. H. Fines	CaldV	43.38
2. S. Newman O/50	CaldV	44.13
3. A. Johnson O/40	CaldV	47.35
4. K. White	Royton	53.25
5. N. Torr	Sadd	53.27

127 finishers

EXCALIBUR MARATHON
Clwyd, North Wales
BL/43km/1403m 31.03.12

Runners from as far afield as the Netherlands ran or walked 26 miles along sections of Offa's Dyke National Trail, over Iron Age Hillforts and ascending over 5,800ft to raise money for Claire House Children's Hospice, which provides respite for seriously ill children. Supported by the Clwydian Range and Dee Valley AONB (Area of Outstanding Natural Beauty) and Forestry Commission, the Excalibur Marathon takes in some of North Wales's most breath-taking scenery through green forestry and past the Jubilee Tower.

Solo Male Winner, Rob Grantham, had this to say: "This was an absolutely cracking event suitable for all abilities helped by different start times to suit everyone whether walking or running. The organisers, marshals and supporters were extremely helpful and made the miles pass quicker! A hard route which just got harder! The scenery was stunning taking in views across the Vale of Clwyd, over the Wirral and over to Sowdonia. I am already planning for next year and would urge anybody thinking of taking part to start training and enter. You couldn't really run for a more worthy cause."

Dan Thomas

CAUSEY PIKE FELL RACE
Cumbria
AS/7.2km/543m 31.03.12

After many years under the stewardship of Lyn Thompson, there were new organisers for the Causey Pike fell race with Dan Barton and John Nicoll taking on responsibility from 2012. It was to prove an eventful debut for the new organisers with a number of race records being broken.

The first of these was a record turnout with 171 competitors finishing the testing fell race. This is testament to the growing popularity of this early season race and with the fine March weather continuing over the weekend there was little surprise at the large number on the start line.

The race starts from the small village of Stair in the Newlands Valley. There is a short section of road as the runners leave the village but the fell race quickly starts in earnest with the lung-busting ascent of Rowling End. This is a fierce climb with little choice of route but once the initial ascent is out of the way there is a short period of relief as the ridge levels out and the participants can resume a running pace. This is short lived, however, as Sleet Hause is reached and the runners have to face another tough climb, rockier than the first, to the prominent summit of Causey Pike. The descent is equally challenging with a fast and furious drop off of the fell-side before a fast finish along the mine road which runs parallel with Stonycroft Gill and back to the finish in Stair.

Rob Jebb led the race from the start and took both the race win and the newly introduced first to the summit prize. Rob's winning time

was 33:10 which meant the course record set by Borrowdale's Simon Booth (32:14 in 1998) remained in place for another year. Carl Bell put in a fine descent to claim second place in 33:50 with youngster, Tom Addison, third. There was a Borrowdale one-two in the over 40 category with Simon Booth fourth in 34:18 and Mike Fanning fifth in 34:40.

So the existing men's record remained in place but this was not the case for the female record as Lizzie Adams put in a storming run to finish first lady in 37:33, shaving nearly a minute off the previous best time. This was set by Pippa Maddams and Pippa had another strong run this year with a second placed finish, crossing the line in 39:05. Third was Hazel Robinson and first veteran was Jackie Casey.

There was a convivial atmosphere in the village hall after the race as the runners were able to refresh themselves with the abundant amount of tea and cake on offer. There was also a generous array of prizes, provided by sponsors EDZ technical clothing of Keswick, and a great deal of credit must go to John and Dan as all those taking part seemed to have enjoyed the race.

Daniel Barton

1. R. Jebb	Bing	33.10
2. C. Bell	Howg	33.50
3. T. Addison	HelmH	34.14
4. S. Booth O/40	Borr	34.18
5. M. Fanning O/40	Borr	34.40
6. M .Addison	HelmH	34.51
7. P. Cornforth O/40	Borr	35.43
8. C. Edis	Kesw	35.49
9. S. Birkinshaw O/40	Borr	36.38
10. J. Ross U/23	StaffsM	36.52
VETERANS O/50		
1. (44) D.Armstrong	NFR	42.05
2. (45) C. Valentine	Kesw	42.34
3. (48) H. Price	Bowl	42.46
VETERANS O/60		
1. (58) M. Walsh	Kend	44.07
2. (78) B. Dredge	Mercia	46.59
3. (98) J. King	FRA	49.41
VETERANS O/70		
1. (162) J. Rutter	Kesw	67.38
2. (167) S. Watson	CFR	72.17
LADIES		
1. (16) L. Adam	BCombe	37.33
2. (22) P. Madams	Kesw	39.05
3. (47) H. Robinson	Amble	42.41
4. (79) J. Casey O/50	BCombe	47.06
5. (81) S. Massey	Bowl	47.14
(85) J. Howells O/40	Wharf	48.38
(102) S. Schofield O/40	Borr	50.04
(105) C. Pollard O/50	Wharf	50.31
(119) L. Malarkey	Kesw	52.04

171 finishers

NARRADALE
Isle of Man
BL/20km/950m 01.04.12

The first long race in the 2012 Rentokil Manx Fell League saw a record entry of 50 runners – a great turnout for one of the tougher courses in the calendar.

Sunny conditions for the Up and Running sponsored 20km race led to a number of records being broken.

This contrasted with the last race in 2010, when wind, rain and navigation caused major problems for the small field of 17 starters.

Thanks to the organisers, landowners and other helpers.

Richard Sille

1. L. Taggart O/40	MFR	1.48.29
2. S. Skillicorn	MFR	1.56.17
3. I. Gale O/40 O/40	MFR	1.57.51
4. N. Armstrong O/40	MH	1.58.35
5. R. Sellors O/40	MFR	1.59.21
VETERANS O/50		
1. (14) A. Gosnell	MFR	2.20.20
VETERANS O/60		
1. (16) R. Webb	IOMVAC	2.26.10
LADIES		
1. (6) J. Lee	MFR	2.05.59
2. (10) J. Quane	NAC	2.16.31
3. (19) K. Burge	Unatt	2.33.12

59 finishers

THE BLUBBERHOUSES MOOR 25
North Yorkshire
CL/39km/885m 01.04.12

This Nidderdale LDWA organised challenge attracted more entries than ever before with an increased number being from fell, trail and road runners, many of whom are discovering that this longer off-road route initially devised for walkers can provide an enjoyable change from their usual events.

Bright sunshine greeted the 228 starters as they set off from Bland Hill and up the Washburn Valley towards Thruscross Reservoir. Ascending the moor to Rocking Hall there was a welcome cooling breeze before descent to the River Wharfe near Bolton Abbey. Unusually dry conditions across the peat moorland from Beamsley Beacon and through the bogs below Round Hill contributed to Andrew Dobby setting a new record of 3.00.00 with Nicholas Charlesworth only a couple of minutes behind. Surprisingly, Isaline Kneale and Karen Nash were some 10 minutes off the pace of the ladies' record.

As usual on Nidderdale LDWA events, there were plentiful supplies of food and drink around the route and a hot meal at the finish. The route uses permissive paths across two areas of access land and we are grateful to the land owners for their consent. We trust that the thoughtless actions of one entrant in bringing a dog, despite this being specifically excluded by the rules, will not jeopardise future events.

Thank you to all the helpers and to Richmond Raynet. We hope to see you all again on Sunday 7 April 2013.

Adrian Dixon

1. A. Dobby	3.00
2. N. Charlesworth	3.02
3. H. Dalby	3.10
4. A. Todd	3.14
5. P. Crabtree	3.15
6. A. Hauser	3.18
7. B. Grant	3.20
8. D. Oliver	3.22
9. T. Sessford	3.26
10. I. Sanderson	3.27
LADIES	
1.(21) I. Kneale	3.52
2. (26) K. Nash	3.55
3. (27) T. Duckett	3.57

224 finishers

BUNNY RUN ONE – THE WINTRY ONE
West Yorkshire
CS/3m/300ft 03.04.12

Young and old braved the freaky weather that Britain can throw up and especially Penistone Hill with a record turn out of 302 runners haring round the course. Just days previously, the country was bathed in sunshine and 23 degree temperatures, great sunbathing weather, no chance of that here, It was a case of finding layers to put on with freezing temperatures, strong winds and a blizzard to contend with.

Recent winner of Stanbury, Ilkley Moor and Baildon Boundary Half, Tom Adams stormed to his third Bunny win and his sixth Egg Stage win. U23 English champion and last year's BRI winner, Tom Addison, gave chase to finish second with his cousin Mark third, in fourth was U16 English champion James Hall.

Bunny girl Katie Walshaw won her seventh Bunny race and collected the Egg Stage chocolate for the sixth time, in second overall and first FU14 was FU14 English silver medallist Elizabeth Greenwood and in third was FU16 Molly Traviss.

Not even the weather could dampen the spirits of the runners at the prize giving, maybe it was the hot soup and roll, the warmth of the Old Sun Inn or the yummy prize chocolate eggs, who knows but it was packed! To round the evening off Elizabeth Greenwood helped Dave and Eileen with the legendary chocolate throw out.

The Woodentops

1. T. Adams	Ilk 15.20	
2. T. Addison	HelmH	15.29
3. M. Addison	HelmH	15.40
4. J. Hall U/16	Wharf	16.03
5. M. John	Otley	16.10
6. B. Traviss	CaldV	16.12
7. A. Peace O/40	Bing	16.17
8. B. Pinder	Skipt	16.44
9. D. Kirkham	Wharf	16.50
10. N. Armitage O/40	P&B	17.02
VETERANS O/50		
1. (21) P. Hall	Clay	17.49
2. (55) B. Whalley	P&B	19.19
3. (60) P. Mitchell	Bing	19.29
VETERANS O/60		
1. (116) S. Carter	Kghly	21.31
2. (158) S. Thompson	Bing	23.03
3. (207) I. Hartman	FRA	25.04
VETERANS O/70		
1. (198) T. Cock	Holmf	24.39
2. (209) T. McDonald	Bing	25.08
LADIES		
1. (19) K. Walshaw	Holmf	17.40
2. (45) E. Greenwood U/14	Bburn	18.55
3. (52) M. Traviss U/16	Hfax	19.17
4. (59) S. Morley	Ilk 19.28	
5. (61) K. Farquhar O/40	Holmf	19.31
(80) M. Sykes O/40	Holmf	20.07
(129) A. Bennett O/50	Ilk 22.03	
(148) B. Weight O/50	Bing	22.43
(185) M. Jagan O/60	CravenE	24.13
(249) J. Rawlinson O/60	Clay	26.54

296 finishers

THE LLANGYNHAFAL LOOP
Denbighshire
AS/7.6k/533m 05.04.12

A deserved win for Jez Brown by over two minutes on home territory. I'd a feeling he was going for it as he wasn't out with our motley crew the night before. The course had been extended a little by some off colour flagging so nothing should be read into the actual times (well certainly my time!).

Jayne Joy is improving rapidly and rapidly she ran to claim the ladies' prize. Second places in both categories were taken by the family running firm of Ashcroft and Daughter!!

Buckley John Morris seemed to have recovered fully from his impression of a frozen mop the week before in the gale at Mynnydd Troed and Denbigh John Morris, 50 years his junior, ran like the wind in only his third fell race to get a top twenty place - what heroes!

We were privileged to have the current over 60s' leader of the British Fell Championships visiting our gentle hills and Rob Taylor therefore knocked 25 places out of me to take the over 60 prize (I should have stayed on the start line!).

The evergreen Peter Norman rolled back the years yet again – he competed in the first Llangynhafal Loop in 2000 and he was over 60 then!

The weather was just about right for this time of year in contrast to some recent formidable experiences. Thanks to all the marshals and helpers who made it all go like clockwork - and allowed me to have a go at my own race.

Martin Cortvriend

1. J. Brown	Buckley	42.30
2. N. Ashcroft O/40	Amble	44.35
3. T. Hiles U/23	Clwyd	44.42
4. M. Atherton O/40	Meiryon	44.44
5. S. Roberts O/40	Buckley	44.48
6. A. Broughton	Helsby	45.16
7. P. Targett O/40	FellP	45.22
8. S. Burthern O/50	Warring	47.06
9. J. O'Hara	Helsby	48.25
10. R. Taylor O/60	Penn	48.26
VETERANS O/50		
1. (8) S. Burthern	Warring	47.06
2. (13) V. Belshaw	Denb	49.34
3. (16) A. Duncan	Bowl	49.54
VETERANS O/60		
1. (10) R. Taylor	Penn	48.26
2. (35) M. Cortvriend	Denb	54.34
3. (40) J. Morris	Buckley	56.31
VETERANS O/70		
1. (71) P. Norman	Wrex	75.44
LADIES		
1. (21) J. Joy	Helsby	50.57
2. (39) K. Ashcroft U/23	Warring	56.15
3. (53) G. Darby O/50	PennyL	61.48
4. (54) S. Lovick	Unatt	63.11
5. (61) S. Smith O/40	Otley	65.47

72 finishers

PENDLE
Lancashire
AS/7.2km/457m 07.04.12

Easter Saturday and the normally tranquil and picturesque village of Barley was once again full of 259 fell runners of all different abilities. With a number of top runners tackling the 4.5 mile race to the trig point of Pendle Hill and back and the conditions dry, fast times were expected. It was Rob Jebb who came home first 30 seconds in front of Rob Hope, with Mark Addison just three seconds behind.

First female home and 16th overall was Katie Walshaw in 35 37 with Victoria Wilkinson second and Melanie Hyder third.

Andrew Peace was fourth overall and first V40. Simon Reed was first V50 and local runner, Pete Booth, was first V60. There were five V70 runners with Paul Murray first home.

In the veteran ladies' categories, Sarah Sarginson was first V40, Rowena Browne first V50 and stalwart, Jean Rawlinson, first V60.

Lancashire mal champion was Brendon Taylor and female champion was Melanie Hyder.

Thanks to all the marshals and helpers and to Mrs Weatherall and her friends for providing the refreshments, and to John Schofield, wife and daughters for the results.

See you all next year.

David Bailey

1. R. Jebb	Bing	31.20
2. R. Hope	P&B	31.50
3. M. Addison	HelmH	31.53
4. A. Peace O/40	Bing	32.20
5. D. Kay O/40	P&B	32.34
6. T. Addison	HelmH	32.47
7. M. Fanning O/40	Borr	32.57
8. B. Taylor	Ross	33.20
9. D. Raby	Chorl	34.21
10. D. Kirkham	Wharfe	34.47
VETERANS O/50		
1. (32) S. Reed	NottAC	37.57
2. (35) R. Stott	Ross	38.17
3. (46) G. Gough	lay 39.17	
VETERANS O/60		
1. (71) P. Booth	Clay	41.07
2. (86) I. Robinson	Clay	42.07
3. (92) S. Varney	Kend	42.47
VETERANS O/70		
1. (181) P. Murray	Horw	50.52
2. (222) S. Davies	Accring	55.53
3. (237) J. Minton	Chorl	58.10

Rob Jebb in winning form at Pendle

Photo @ Mark Sanderson www.whiteflyerphotography.com

PENDLE JUNIOR RACE
Lancashire
07.04.12

With the focus on enjoyment as well as competition, over 260 junior runners descended into Barley village on a mild, fine, cloudy Easter Saturday. Not only competing for junior championship points but also Lancashire championship titles. With the usual goody bags, drinks and loads of Easter Egg prizes, also 50p tickets off refreshments in the village hall.

The courses were mainly dry and good for running. The Under 8s running round the start field started the day with Jath Lee (boy) and Alice Jones (girl) first home.

The Under 10s, with a field of 67, were led home by Jack Muir (boy) and Rachel Nealon (girl).

The biggest field of the day, the Under 14s, with 88 runners were next - Joshua Boyle, first boy and Lancashire Champion with Blythe Foure first girl and also Lancashire champion.

In the Under 14 race, Chris Richards was first boy and Elizabeth Greenwood first girl, also Lancashire champion. Hall, who was second in last year's race, was first boy in the Under 16s' race and Annabel Mason had a fantastic run to come second overall and first girl.

The Under 18s ran the full senior race with 25 runners. Brad Travis, with a time of 34.04, was first boy and finished in the first ten runners, Sally Ratcliffe was first Under 18 girl.

Organisers will know that to put on junior races requires a great number of helpers. Thanks to all Clayton Club members, members of other clubs and friends. Also thanks to Dave and Eileen, John Schofield for the results and Mrs Weatherall and helpers for the refreshments.

Hope to see you all next year.

David Bailey

Under 8s

1. J. Lee Boy	Kghly	01.53
2. A. Jones Girl	Wharfe	01.58
3. S. McTiffin Girl	Hyndb	02.01
4. E. Lloyd Girl	Kghly	02.04
5. T. Edward Boy	Wharfe	02.06
6. J. Smith Boy	Ross	02.11

Photo © Dave Woodhead www.woodentops.org.uk

Katy Whiteoak of Stockport Harriers at the Pendle Junior race

32 finishers

Under 10s

1. J. Muir Boy	Wharfe	04.50
2. E. Beaumont Boy	Kghly	04.52
3. A. Thorpe Boy	Brought	04.56
(8) R. Nealon Girl	Wreake	05.12
(12) L. McTiffin Girl	Hyndb	05.20
(19) E. Elmes Girl	Ilk	05.31

67 finishers

Under 12s

1. J. Boyle Boy	Hyndb	14.01
2. T. Nelson Boy	Wharfe	14.02
3. D. Tierney Boy	Prest	14.07
(9) B. Fourie Girl	Hyndb	14.58
(22) S. Waterman Girl	Holm	15.48
(26) L. Horrocks Girl	Clay	16.01

88 finishers

Under 14s

1. C. Richards Boy	HelmH	17.24
2. A. Thompson Boy	LeicsCor	17.54
3. SW. Waterman Boy	Holmf	18.10
(9) E. Greenwood Girl	Bburn	19.27
(15) L. McGuinness Girl	Stockp	20.04
(16) E. Clapton Girl	Scarb	20.23

53 finishers

Under 16s

1. J. Hall Boy	Wharfe	19.12
2. A. Mason Girl	Wakef	19.52
3. R. Wong Boy	Bburn	20.37
4. C. Mahoney Boy	Bburn	21.18
(15) M. Traviss Girl	Hfx	23.29
(18) G. Maiir Girl	Ilk	25.04

29 finishers

Under 18s

1. B. Traviss Boy	CaldV	34.04
2. F. McGrath Boy	W'bury	35.01
3. D. Mahoney Boy	Bburn	35.45
(13) S. Ratcliffe Girl	Stockp	41.52
(16) K. Buckley Girl	Bury	44.05
(18) L. Munro-Bennett Girl	HelmH	44.49

25 finishers

PEAT PITS WOOD
Derbyshire
BS/10k/356m 08.04.12

The race was over by the 1km mark as 21 year old Josh Bull took a decisive lead to eventually win by almost three minutes. The Derby AC competitor repeated his victory at the same event in 2011 but in far easier conditions with virtually no mud on the course.

In winning her first ever fell race, Emma Gould was five minutes ahead of her rivals.

The £400+ proceeds have gone to the fund created to build a school in the southern Indian state of Kerala.

D. Denton

1. J. Bull	Derby	42.52
2. J. Burgess	StaffsM	45.40
3. D. Cross O/40	SuttonA	48.12
4. R. Donald	Shelton	49.26
5. J. Hargreaves	Unatt	49.40
6. T. Oakes O/40	DkPk	50.11
7. E. James	Belper	50.40
8. R. Hall	Uttox	51.04
9. A. Brooks	Harbor	51.13
10. K. Perry O/50	Unatt	51.36

VETERANS O/50

1. (10) K. Perry	Unatt	51.36
2. (17) D. Wilkinson	DkPk	53.49
3. (26) G. McMahon	Redhill	55.34

VETERANS O/60

1. (28) M. Moorhouse	Matl	55.44
2. (72) R. Campbell	Staffs	66.24
3. (79) M. Milmoe	Forres	68.45

LADIES

1. (27) E. Gould	Serpent	55.36
2. (48) L. Davison	WestE	60.35
3. (58) L. Muskett	FleckK	63.07
4. (60) A. Wainwright O/40	Unatt	63.33
5. (61) F. Macdonald O/40	Unatt	63.35
(98) C. Brown O/50	LongEt	75.17
(99) M. Gorman O/50	NDerby	75.25
(105) S. Butcher O/60	Shelt	78.06

107 finishers

5km/178m

1. A. Storrow O/40	UKNet	26.20
2. T. Hibbert	Unatt	32.13
3. A. Booth O/40	LittleE	33.42
4. J. Heathfield O/50	DkPk	34.22
5. S. Boon O/40	Unatt	34.22

Under 16

1. M. Wainwright	Unatt	26.08
2. R. Van Vroenhiven	Unatt	33.01

Under 14

1. H. Woodward	Birchf	32.05
2. O. Wainwright	36.20	
3. S. Wallwin	50.22	

2km/56m

Under 12

1. W. Tighe	Buxt	9.52
2. M. O'Hanlon	Burton	10.21
3. M. O'Hanlon	Burton	10.27

Under 10

1. T. Roberts	9.41	
2. J. Husselbee	10.33	
3. S. Clarke	SuttonA	10.49

Under 8 - 8 km

1. W. Clark	7.20	
2. E. Lawrence	10.33	
3. I. Halford	10.49	

BUNNY RUN TWO – HOLMSEY'S 31ST
West Yorkshire
CS/3m/300ft 10.04.12

Everyone's favourite fell runner and Mr Bunny, Ian Holmes, once again proved the master of the course by winning for the 31st time, showing that a few injury niggles will never stop him from displaying his prowess at these races, as he was the only one to break sixteen minutes on the windy showery night, in a field of 301.

The youngsters were allowed to fight out the Egg Stage and U16 Max Wharton the English Uphill champion, had the speed to fend off the English U16 and Yorkshire champion, James Hall. Max looks to be putting his injuries behind him now and finished third behind James so both have now earned Yorkshire selection for the U16 inter Counties in May. U16 course record holder James now looks certain to win the series and become immortalised on next year's Bunny Beer label, if he runs the following week. Seth Waterman won the BU14, Alan Wright the V50 and Steve Carter again the V60. Miss Bunnygirl, Katie Walshaw, is unstoppable at the moment having just won Pendle fell race three days previous in a very fast 35.37 finishing sixteenth overall there, so how she had the speed in her

legs to equal Scary Mary Wilkinson's Egg Stage time of 3.59 is astounding. The 27 year old only faltered towards the end to miss Mary's course record by seven seconds and considering the weather that record is within her grasp as she finished twelfth overall. Former U16 Bunny champ Mel Hyder who finished third at Pendle came second with Jo Buckley third. Elizabeth Greenwood and Molly Traviss dominated the FU14 and FU16 categories again.

This race also celebrated the eighteenth birthday of Rosie Hellawall in true Bunny Run fashion, with an elite number and her having to wear bunny ears and a bob tail. At the prize giving it was a raucous rendition of 'happy birthday'. A multi signed birthday card, flashing bunny ears and an ultimate giant cupcake, before the finale where she helped throw out the crème eggs, sweets, haribos etc. to the eager mad crowd, what a way to spend your birthday!

The Woodentops

1. I. Holmes O/40	Bing	15.59
2. J. Hall U/16	Wharf	16.08
3. M. Wharton U16	CaldV	16.19
4. L. Athersmith	Bing	16.23
5. B. Traviss	CaldV	16.38
6. A. Brown O/40	Bing	16.44
7. L. Byram U/16	Holmf	16.54
8. D. Kirkham	Wharf	17.07
9. G. Weight	Bing	17.20
10. R. Lawrence O/40	Bing	17.23
VETERANS O/50		
1. (51) A. Wright	Unatt	19.21
2. (54) P. Hughes	Queensb	19.29
3. (88) P. Routh	Idle	21.22
VETERANS O/60		
1. (96) S. Carter	Kghly	21.34
2. (109) D. Tait	DkPk	21.54
3. (192) I. Hartman	FRA	24.36
LADIES		
1. (12) K. Walshaw	Holmf	17.27
2. (21) M. Hyder	HelmH	18.07
3. (44) J. Buckley	CaldV	19.10
4. (49) L. Needham	Holmf	19.19
5. (52) E. Greenwood U/14	Bburn	19.24
(62) M. Traviss U/16	Hfax	19.48
(105) D. Haggar O/40	Ilk 21.47	
(112) T. Weatherhead O/40	Otley	22.03
(113) A. Bennett O/50	Ilk 22.04	
(128) B. Weight O/50	Bing	22.29
(175) M. Jagan O/60	CravenE	24.06
(256) S. Coates O/60	Baild	28.11

296 finishers

LOUGHRIGG
Cumbria
AS/6.4km/330m 11.04.12

Ladies' record holder, Lizzie Adams, returned this year to defend her title. Having set a time of 30.11 in 2011 she managed to equal it this year – to the second! – despite forgetting fell shoes and having to run the somewhat slippery route in road shoes. Adams finished 6th overall in a field of 125; a good size field, despite British and English Championship race, Coledale Horseshoe, looming just three days later.

In the men's race it was a one-two for Team Inov-8 racers: Carl Bell of Howgill Harriers came home in 27.35, with Kim Collison of Eden Runners in 28.42. Steve Swarbrick of Bowland had a good run to finish within a minute of Kim.

Jane Jackson had a close battle with Karen Bridge for the ladies' podium places. Jackson taking second in 36.43, just 20 seconds ahead of Bridge.

Thanks to everyone who turned up and took part; the weather was perfect, the route well marked, flapjack for everyone at the finish, plenty of vouchers, wine, beer and Easter Eggs for prizes. There was also a great turn out for the junior races – under-8, under-12 and under-14.

Thanks to Lakes Climber & Runner of Ambleside for their vouchers and sponsorship of the race. And thanks to all those at Ambleside AC who helped the event run smoothly.

Ben Abdelnoor & Cath Musetti.

1. C. Bell	Howg	27.35
2. K. Collinson	Eden	28.42
3. S. Swarbrick	Bowl	29.38
4. J. French	Eden	29.55
5. J. Mann	Pstone	30.04
6. L. Adams	BCombe	30.11
7. S. Ware	Eden	30.16
8. D. White O/40	HelmH	31.30
9. M. Beresford O/40	Kend	31.33
10. 10. J. Rylance	Unatt	31.39
VETERANS O/50		
1. (38) S. Reed	Notts	33.29
2. (102) G. Elms	Ilk 41.47	
3. (110) P. Dugdale	Clay	44.22
VETERANS O/60		
1. (116) J.Mitchinson	Unatt	47.51
LADIES		
1. (6) L. Adams	BCombe	30.11
2. (64) J. Jackson O/40	Carneth	36.43
3. (66) K. Bridge O/40	Eden	37.03
4. (70) K. Aubrey O/40	HelmH	38.00
5. (73) L. Munro-Bennett	HelmH	38.14
(80) W. Dodds O/60	Clay	39.07
(105) J. Leonard O/50	Tod	42.46
(114) K. Clarke O/50	Kesw	47.17

125 finishers

SCREEL
Dumfries & Galloway
AS/6.4k/396m 14.04.12

With a dry course and sunny skies, a cooling breeze along the top ridge, conditions could not have been better for the annual Screel Hill Race which attracted an entry of 63 runners.

As the field of runners charged up the forest road Stephen Winter and David Parish looked set to battle it out for the lead, with Stephen leading to the Cairn and the turn for home. David made his challenge and by the finish both runners broke the race record set by Alan Smith in 2010, with David taking nearly a minute off the record and winning the race for the second year in succession.

The vet 40 category was fiercely challenged between the two Carnethy boys of Adrian Davies and Adam Anderson, with Adrian taking the spoils and 3rd place overall. Fast descending Alan Smith split the Carnethy boy to take 4th and first V50 with John Stevenson 2nd V50.

A return to form after a 5 year lay off from running it was good to see Rory Longmore finishing a magnificent 3rd V50. The two Hunters Bog trotters of Eilidh Wardlaw and Claire Gordon had a ding dong battle throughout the race with Eilidh taking first lady by two seconds. Shirley Singh took the V40 female prize and Tilly Smith the V50, race organiser Dougie Milligan winning the vet 60 class.

A great day's racing was had by everyone, race winner David Parrish was presented at the prize giving with a large iced chocolate cake and some beer to wash it down by Mrs Lauren Milligan.

D. Milligan

1. D. Parish	Dumf	28.53
2. S. Winter	Shettle	29.54
3. A. Davies O/40	Carneth	30.26
4. A. Smith O/50	Dees	30.47
5. A. Anderson O/40	Carneth	30.57
6. J. Haworth O/40	Unatt	31.07
7. J. Stevenson O/50	Ochil	31.22
8. O. Bass O/40	Dees	33.07
9. A. Murray O/50	Ochil	33.24
10. R. Longmore O/50	ADAC	33.47
VETERANS O/60		
1. (47) T. McCulloch	Seaforth	40.42
LADIES		
1. (13) E. Wardlaw	HBT	34.11
2. 14) (C. Gordon	HBT	34.13
3. (44) S Singh O/40	Unatt	39.55
4. (46) K. Martin	Unatt	40.41
5. (51) C. Vincent O/40	Gall	41.32
(53) T. Smith O/50	Dees	43.37
(54) D. Galbraith O/50	Gifnock	45.59

63 finishers

WARDLE SKYLINE
Lancashire
BM/11.3km/381m 14.04.12

The usual suspects volunteered for marshalling duties without being asked. Thank you to all of them for making my job straightforward. They helped to set up the race for another good turnout at this popular South Pennines event. There was a good atmosphere before, during and after the race, influenced by the delicious tea and cake made available by the Calderbrook Church ladies.

85 of those who raced are members of clubs who are part of the local 'Run the Moors' Grand Prix, this race being the third in the 2012 series. Archived race photographs are displayed at registration. One comment this year was that there were no photos of lady runners. A valid point: there were 47 ladies taking part this year.

A few boggy bits and a strong head wind on Crook Moor made the race more testing than in recent years, but the rain held off so everyone stayed dry from the knees up. Brendon was 24 seconds slower than his 2009 victory possibly due to the course now being a metric distance, but more likely there being no one near to push him. A tremendous run from first lady, Carly Needham, saw her finish in 12th position overall. It was nice to see numerous supporters on the run in.

The presence of Rossendale MRT on Rough Hill gives good safety coverage for the race, and race proceeds generated a good donation to them.

Next year's race is already in their diary- 13 April.

John Armstrong

1. B. Taylor	Ross	47.00
2. D. Simpson	Roch	49.24
3. M. Fowler O/40	CheshHR	50.00

4. G. Bailey	PudP	50.20
5. S. Willis O/40	Sadd	50.46
6. T. Evans O/40	Ross	51.25
7. R. Solman	Ross	51.43
8. J. Raho	Holcom	51.47
9. T. Gomersall	Bing	52.05
10. C. Stansfield O/40	Unatt	52.19
VETERANS O/50		
1. (16) R. Stott	Ross	53.46
2. (19) T. Taylor	Ross	54.13
3. (21) J. Cook	Roch	54.32
VETERANS O/60		
1. (44) K. Taylor	Ross	58.43
2. (47) T. Hesketh	Horw	58.58
3. (67) J. Comyn-Platt	Sadd	60.34
VETERANS O/70		
1. (202) D. Dickson	Ross	92.43
2. (203) T. West	Rad	99.10
LADIES		
1. (12) C. Needham	Roch	52.59
2. (25) S. Lewis	Altrin	55.25
3. (27) S. Yeomans U/23	Ross	55.51
4. (73) J. Needham O/50	Roch	61.28
5. (80) K. White	Royton	62.27
(112) P. Lintun O/40	FRA	66.20
(113) D. Raidy O/40	Ross	66.24
(117) K. Sinkerson O/50	Holmf	67.22
(148) J. Rawlinson O/60	Clay	70.32
(185) E. Royle O/60	Rad	79.26

203 finishers

BUNNY RUN THREE –'RUN FOR MY BUNNY'
West Yorks
CS/3m/300ft 17.04.12

'I didn't think I was going to be able to keep that young whippet James at bay, he certainly gave me a run for my bunny, so to speak' said, now four times Bunny winner, Tom Adams. The Egg Stage record holder, 29 year old Tom has made that race a procession, storming away from the off to win with ease for the seventh time. But it was U16 James Hall who lit up the night with another second place overall and a new U16 record, taking ten seconds off his own mark. He finished ten seconds down on Tom, but had U23 Yorkshire champion Fred Slemeck and four times BR winner Willy Smith in his wake. James now is the overall series winner and makes history by being the first BU16 to feature on the beer label and win a case of beer! Don't worry his dad Roger is OK with it.

Seth Waterman again won the BU14, Andy Brown the V40, Alan Wright again the V50 and Steve Carter again the V60, while Malcolm Coles the V70.

Katie 'Bunnygirl' Walshaw, fresh from finishing eighth on leg one of the National 6 Stage Road Relays at the weekend and the new Egg Stage record holder won that chocolate again for the eighth time. Katie is also equal top of the carrot with Kath Drake on nine BR wins now and looks certain to take that crown next year, while her photo will star on the series beer again for the third year. Durham Uni student Holly Page, third at Lads Leap the English championship race, finished second whilst Pendle race FU14 winner Elizabeth Greenwood took third. Kath Farquhar, Katie's coach, won the FV40 again. Margaret Jagan the FV60 again and 2010 FV50 English champion, Gill Myers, returned to win that chocolate category.

The Woodentops

1. T. Adams	Ilk 15.35	
2. J. Hall U/16	Wharf	15.45
3. F. Slemeck	P&B	15.53
4. W. Smith	Kghly	15.56
5. M. Wharton U/16	CaldV	16.07
6. B. Traviss	CaldV	16.12
7. T. Ellis	CaldV	16.21
8. L. Athersmith	Bing	16.37
9. L. Byram U/16	Holmf	16.45
10. A. Brown O/40	Bing	16.53
VETERANS O/50		
1. (58) A. Wright	Unatt	19.11
2. (60) P. Mitchell	Bing	19.17
3. (66) P. Hughes	Queensb	19.30
VETERANS O/60		
1. (121) S. Carter	Kghly	21.28
2. (130) M. Jeffrey	Otley	21.49
3. (144) S. Thompson	Bing	22.15
VETERANS O/70		
1. (213) M. Coles	Valley	25.00
LADIES		
1. (25) K. Walshaw	Holmf	17.52
2. (36) H. Page	CaldV	18.20
3. (39) E. Greenwood U/14	Bburn	18.33
4. (64) S. Morley	Ilk 19.23	
5. (72) L. Needham	Holmf	19.41
(82) K. Farquhar O/40	Holmf	20.04
(98) M. Sykes O/40	Holmf	20.44
(125) G. Myers O/50	Wharf	21.37
(136) A. Bennett O/50	Ilk 22.00	
(186) M. Jagan O/60	CravenE	23.49

283 finishers

GRISEDALE GRIND 2012
Cumbria
AS/4km/480m 18.04.12

If you've ever sat in the Whinlatter Forest Visitor Centre and gazed in a Southwesterly direction – you see a steep ridge towering above the treetops that leads to a rocky summit. Every year, a classic fell race is held to and from this rocky summit of Grisedale Pike. There's no time for competitors to linger and admire the Lakeland panorama however, as they need to perform a quick about turn to undertake the exhilarating challenge of running down the steep, heathery descent as they head back for the shelter of the forest.

Sixty fell runners ignored the weather forecast of hail and thundery showers and completed this tough challenge in the footsteps of the winner, Martin Mikkelsen-Barron. Martin is no stranger to this race route – indeed he works at Whinlatter and has won the race on three previous occasions. This year, not only did he win but also set a new record of 24.48 – bettering his old record set in 2010 by over half a minute. He finished just under a minute ahead of Rhys Findlay-Robinson.

The male over 40 race was keenly contested with Mike Fanning finishing 3rd overall in 23:13 thus pipping his club mate, Andrew Schofield, who finished in 6th place overall.

The ladies' record holder, Pippa Maddams, won the ladies' race in 29.04 but this was 17 seconds short of her record mark set in 2010. The second lady overall and first lady veteran runner was Lyn Thompson in 36:49. Lyn's fast descending skills are well known and she put these to good use by overtaking Janet Kenyon on the descent and ensuring there was plenty of distance between her and any other female runners.

Once again, the event took place with a small group of volunteer marshals – thanks are extended to them once more – there would be no race for the runners without you.

Angela Brand-Barker

1. M. Mikkelsen-Barron	Borr	24.48
2. R. Findlay-Robinson	DkPk	25.46
3. M. Fanning O/40	Borr	26.13
4. J. Heneghan	P&B	26.27
5. C. Edis	Kesw	27.23
6. A. Schofield O/40	Borr	27.31
7. S. Birkinshaw O/40	Borr	27.33
8. P. Winskill	Kesw	28.14
9. J. Nicoll O/40	Kesw	28.14
10. P. Webb	Unatt	28.28
VETERANS O/50		
1. (21) P. Buchanan	Ochil	32.23
2. (23) D. Loan	Kesw	32.39
3. (37) P. Tuson	HelmH	37.08
VETERANS O/60		
1. (49) C. Clark	Kesw	41.16
2. (58) D. Morgan	CFR	48.02
VETERANS O/70		
1. (59) J. Rutter	Kesw	48.02
2. (70) S. Watson	CFR	52.50
LADIES		
1. (12) P. Maddams	Kesw	29.04
2. (36) L. Thompson O/50	Kesw	36.49
3. (38) J. Kenyon O/50	Unatt	37.08
4. (43) C. Spurden	Kesw	38.27
5. (46) M. Robson O/40	Borr	40.23
(53) F. Kelsall O/40	Ochil	43.00

60 finishers

JOE BARBER HEROD FARM
Derbyshire
AS/4.8km/335m 18.04.12

The clouds became darker and the rain heavier while the course was being flagged earlier in the day. Conditions were certainly going to be wet underfoot for the race, and we wondered how many people would want to turn up on what looked like being a miserably wet evening But we need not have worried – because turn up they did and we had a fine field of 104 runners, with the rain easing up just slightly for the start of the race.

Jack Ross, 19, the current Fell Runners Association Junior champion, won by 90 metres from Robert Little in 24.07. This is a good time given the conditions for the 4.8 km mile race, which features two hard climbs of Whitely Nab. Jack's mentor and club

mate, Stephen Pyke, a veteran long distance ace placed fifth two minutes behind Ross, and just behind Jack Barter, 20, the host club's first counter.

Judith Jepson in 27th place was the first woman home in a shade over 30 minutes, becoming the seventh winner of the Stella Judd memorial shield. She had a large margin over Helen Slater who finished in 49th place.

Fifteen members of the host club, Glossopdale Harriers, competed, a number which was only bettered by Pennine Fell Runners who had 23 out, led by Muir Morton in 11th. Two father and son teams from the Harriers competed – Jack Barber in an excellent 4th place and father (and race sponsor) John in 86th, and Julien Minshull in 21st with son and first U18 finisher Alex in a

creditable 37th. Barber senior said "Jack ran very well. He is a good all-rounder and enjoying a range of sports while studying in Manchester".

The race marshals endured difficult conditions up on the hill, and the finish funnel team and results compilers battled with fading daylight and increasingly soggy paperwork as the rain intensified through the evening. But their determination resulted in a job well done, and we owe everyone who helped great thanks for their efforts.

Desirable Glossopdale Harriers 30th anniversary mugs, with fine artwork by Rod Holt, were presented to each of the age category winners. Once again we were very grateful for the fine set of prizes provided by the race sponsor, Joe Barber's Plumbers' merchants of Glossop, and for the excellent facilities which are provided by the owners of Reliance Garage, our race venue. Finally, we would like to thank the owners of Herod Farm and local landowners and tenant farmers for their co-operation and continued support for the event.

Neil Shuttleworth &Andy Wilkins

1. J. Ross	StaffsM	24.07
2. R. Little	DkPk	24.25
3. T. Brunt	Holmf	24.55
4. J. Barber	Gloss	25.55
5. S. Pyke O/49	StaffsM	26.09
6. C. Leigh O/40	Traff	26.17
7. S. Harding	Macc	26.30
8. T. Bush	Altrin	26.35
9. I. Mills	Unatt	26.38
10. D. Kilpin	Pstone	26.40
VETERANS O/50		
1. (18) R. Horsfield	Unatt	28.29
2. (21) J. Minshull	Gloss	29.07
VETERANS O/60		
1. (34) R. Taylor	Penn	31.02
2. (44) F. Fielding	Penn	32.15
LADIES		
1. (27) J. Jepson O/40	DkPk	30.15
2. (49) H. Slater O/40	FatB	32.33
3. (58) L. Harris	Penn	33.24
4. (68) J. Mellor O/40	Penn	34.52
5. (75) E. Rose O/40	Penn	35.43
(90) C. Blackford O/50	Denby	37.35
(98) A Dinsmor O/60	Penn	43.33

104 finishers

HARTCLIFFE HILL
South Yorkshire
BS/4k/150m 19.04.12

In the wettest conditions the race has ever been run in, I have to say I am more than impressed in the tenacity of those who turned up and took part. Apart from the short road sections, there was no dry terrain, and the initial hill was a strength-sapping bog. Considering that all the times were at least a minute down on last year, it suggests that in drier conditions, John Rocke could well have taken Stuart Bond's course record of 14.54. Still, he's a young lad and can always come back next year!

Zanthe Wray was first lady home by a considerable margin. The biggest surprise, though, was that for the first time in many a year Sheffield University did not win most of the cakes!

Looking forward to a drier race in 2013.

Pete McLeod

1. J. Rocke	DkPk	15.40
2. T. Besant	DkPk	15.45
3. D. Scorah	DkPk	16.51
4. A. Swift	Pstone	17.24
5. A. Moss	Totley	17.32
6. A. Frost	DkPk	17.52
7. J. Malley	SHUOC	18.20
8. W. Spain	DkPk	18.37
9. M. Hobbs	SheffUni	18.48
10. M. Marsh	Pstone	18.52
VETERANS O/40		
1. (12) I. Winterburn	DkPk	19.11
2. (13) R. Mackie	Pstone	19.07
3. (15) D. Stevenson	Unatt	19.37
VETERANS O/50		
1. (18) J. Bell	DkPk	19.51
2. (19) J. Paterson	Unatt	19.59
3. (22) S. Frith	Unatt	20.40
VETERANS O/60		
1. (54) S. Highham	Pstone	28.24
2. (56) C. Sumner	VallH	30.09
3. (57) R. Rivers	Kimber	30.40
LADIES		
1. (14) Z. Wray	DkPk	19.30
2. (38) R. Hodkinson	Notting	23.11
3. (41) R. Lee	SheffUni	23.32
4. (42) R. Find Robinson	DkPk	23.34
5. (43) H. Parkin	Pstone	23.43
(49) A. Beresford O/40	Pstone	25.09
(52) J. Cockerton O/40	Pstone	26.51
(53) S. Duffy O/50	Handsw	28.20
(54) S. Higham O/60	Pstone	28.24
(58) J. Davis O/60	Pstone	30.57

60 finishers

CRIBYN FELL RACE 2012
Gwynedd, Wales
AS/8.9km/946m 21.04.12

Contrast was the theme of this year's Cribyn. It was either sunny intervals or hail showers overhead and underfoot, 3,100 feet of climb crammed into 5.5 miles doesn't leave much flat ground. So Cribyners are either slogging a stiff up or trying to get their jelly legs to get up to speed on the inevitable immediate down.

That is, unless your name is Paul Murrin and you're seen to actually run up those wicked slopes or swoop down the other side with your arms outstretched like a diving Spitfire!! Paul headed the race organiser's squeeze Ed Gamble - down from Cheshire for the weekend - and observant enough on the run to spot the smallest European bird, goldcrest don't you know, while fending off Tom Roo and two other Chepstow boys, Pete Ward and Matt Stott.

Alice Bedwell led Florence Haines up the first climb, but the U23 lass from Ilkley eventually made the finish just half a minute ahead of Alice, and four ahead of another youngster, Katie Reynolds .

Dick Finch

1. P. Murrin	Cheps	58.20
2. E. Gamble O/40	CheshHR	60.42
3. T. Roo	Mercia	61.18
4. M. Stott	Cheps	63.17
5. P. Ward O/40	Cheps	63.34
6. R. Johnson	MynDu	63.44
7. J. Firth	Sthville	64.02
8. E. Newes	Mercia	64.39
9. G. Fisher	FRA	64.58
10. P. Gardner O/50	WFRA	65.19
VETERANS O/50		
1. (10) P. Gardner	WFRA	65.19
2. (19) M. Saunders	MDC	72.46
3. (20) P. Williams	MDC	73.22
VETERANS O/60		
1. (35) L. Williams	Eryri	80.38
2. (48) C. Williamson	Mercia	85.00
3. (53) J. Sweeting	MDC	86.20
LADIES		
1. (23) F. Haines U/23	Ilk	74.24
2. (24) A. Bedwell O/50	MDC	74.56
3. (30) K. Reynolds U/23	Swans	78.41
4. (38) C. Mills	Mercia	81.35
5. (41) S. Howarth O/50	Mercia	82.47

61 finishers

MASSON HILL
Derbyshire
AS/6.4k/320m 24.04.12

I have been an addictive fell runner and mountaineer all my life. This is the first race I have organised and it certainly gave me a buzz. Masson Hill is one of my favourite places and I always thought it would make a great race. The main reason for organising it was for the runners, but I was keen to raise funds for a good cause in the process. The Matlock Bath Grand Pavillion was an ideal choice.

I was keen for Matlock to have a short A fell race. I wanted it to be runnable for the top fell runners, with a minimum amount of tarmac and giving a variety of terrain throughout the race. For the average runner who is competitive but generally enjoys the feeling of well being in a superb location Masson was ideal. The views from its upper reaches are for me the best in the white peak.

In this race we were also trialling a new electronic timing and tracking system. This ran in tandem with the normal manual system. If it works it will improve the safety on long mountain events. It will be used in June on the 1000 Metre Peaks race in North Wales.

One of my intentions was to encourage the older fell runner and to give the same prize for each category. I was surprised by the number of runners on the night. I had expected between 50–70 but 114 left the start line. The response of the local spectators who, for some, had never witnessed the power and speed that top fell runners generate from the start, will stay in my memory. For me the sight of Jack Ross, a young fell runner, winning the race and of Steph Curtis, the winner of the ladies' section, made me proud of what outstanding role models they give to the younger generation.

Thank you marshals, the local community, the land owners of Masson Hill. You made my job easy.

John Middleton

1. J. Ross	30.08
2. T. Wild	30.24
3. D. Holloway O/40	31.04
4. J. Wilson	31.31
5. K. Davis	32.39
6. M. Jones O/40	32.44
7. B. Cartwright	33.06
8. A. Frost	33.09
9. K. Hope	33.37
10. M. Hulley O/40	33.45
VETERANS O/50	
1. (40) M. Moorhouse	37.54

2. (55) S. Wickham		39.48
3. (56) T. Stephens		40.08
VETERANS O/60		
1. (77) R. Campbell		44.32
2. (95) J. Bush		50.29
3. (109) H. Finlaysen		55.59
LADIES		
1. (23) S. Curtis		35.44
2. (27) C. Howard O/40		36.11
3. (38) C. Stuart		37.48
4. (58) L. Harris		40.16
5. (71) M. O'Connor		42.43
(83) E. Bridgen O/40		46.40
JUNIOR		
1. E. Wainwright		47.22

114 finishers

BUNNY RUN RELAY
West Yorkshire
24.04.12

1. Young Pretenders	29.02
2. Lancs & Paddy	29.21
3. Only the lonely	29.38
4. Has Beens	29.50
5. A Fine Eggsample	30.50
6. Me, U & Chew	30.51
7. Otley Dynamos	31.26
8. Byram	32.12
9. Last Entry	32.15
10. Bingley Also Rans	32.22

87 finishing teams

26th PENTYRCH HILL RACE
South Wales
25.04.12

The week leading up to the race had been very wet making parts of the course very slippery and with some muddy patches.

Even though the date had to be changed some time after it had first been advertised, a field of 134 assembled – a goodly number for a mid week, evening race. My thanks to FRA and Welsh Athletics for advertising the fact. Although most athletes were, as expected, mainly from south Wales, some came from as far afield as Newbury and Bath, and have said the time and journey were worthwhile.

The race was, however, dominated by local athletes. By the end of the first major climb, Hugh Aggleton had emerged as a front runner with Gareth Green and Krzysztof Chrosteu following closely behind. Hugh, however, showed his strength in gradually increasing his lead, until, on the return visit to the top of the Garth Mountain, he had a lead of some 150 metres, that he maintained to finish in 47.31, some five minutes outside the course record, although it was not a night for records.

The first lady was Marie Coultas in 58.12, a good run for someone attempting her first fell race.

Throughout the field there were many personal battles particularly from a group of policemen from the local station, determined to show who was top cop.

At the presentation, much praise was heaped on the 40 plus marshals who gave support and encouragement to the athletes throughout the one lap course.

John Gough

1. H. Angleton	CardiffH	47.31
2. G. Green	SDomin	48.23
3. K. Chrosteu	Unatt	48.41
4. D. Barnby	F'water	49.06
5. T. Burden	Unatt	49.21
6. P. Coles O/40	Pontyp	49.30
7. G. Lewis	Porthc	50.19
8. M. Stott	Cheps	50.54
9. R. Johnson	MDC	51.04
10. N. Frost O/50	Pontyp	51.57
VETERANS O/50		
1. (10) N. Frost	Pontyp	51.57
2. (23) G. Sansom	SDomin	56.29
3. (30) P. Adams	Neath	57.34
LADIES		
1. (33) M. Coultas	Newb	58.12
2. (34) K. Vaughan O/40	OutFit	58.32
3. (49) K. Roby	MDC	60.40
4. (50) C. Beatty	LesCr	60.44
5. (54) J. Becker	LesCr	61.27
(74) J. Oakley O/40	PortT	63.52
(95) J. Scholey O/50	LesCr	67.15
(100) C. Dallimore O/50	LesCr	69.48

134 finishers

WREKIN STEAK
Shropshire
AS/4.5km/247m 25.04.12

A fantastic turn out on a thoroughly awful evening. To have over a hundred finishers in such conditions was truly remarkable. I think I would have stayed at home and watched the football if I wasn't the organisor!!

Steve Cale is making a habit of winning races and his time put him well clear of his nearest rival U23 runner, Dan Maskew. Mercia dominated the men's race with seven finishers in the top ten.

The ladies' race was won by Val Swingler. Helen Tromans was second.

A big thank you to the staff and students of Southall School who really made the junior race memorable. The event raised £200 towards their school funds. We are looking forward to some better weather on the rest of our evening series!!

Simon Daws

1. S Cale	Mercia	18.00
2. D. Maskew U/23	WolvB	18.26
3. T. Werrett O/40	Mercia	18.38
4. P. Jones O/40	Mercia	18.49
5. D. Brazier	Mercia	19.05
6. G. Jones U/18	Maldwyn	19.19
7. I. Grindley O/40	Mercia	19.48
8. A. Davies O/40	Mercia	20.19
9. D. Croft O/40	Shrews	20.24
10. A. Yapp O/40	Mercia	20.33
VETERANS O/50		
1. (21) H. Jones	Maldwyn	22.10
2. (44) T. Jones	ShropS	24.02
3. (46) G. Hughes	Mercia	24.13
VETERANS O/60		
1. (45) A. Davies	Telf	24.11
2. (53) G. Whitmarsh	CroftA	25.04
3. (58) G. Gunner	CroftA	25.27
LADIES		
1. (39) V. Swingler O/40	ShropSh	23.43
2. (62) H. Tromans	DudK	25.56
3. (64) K. Morgans	WolvesB	26.07
4. (72) S. Deniss	Mercia	26.36
5. (75) R. Moorhouse O/40	DudK	27.06
(93) G. Evans O/50	Sheps	29.22
(100) P. Kesek O/50	Wrekin	31.45

118 finishers

RUNNING FESTIVAL
3 DAY EVENT
Derbyshire
27/28/29.04.12

RACE 1 - CHUNAL
AS/4.8km/305m 27.04.12

1. J. Ross U/23	StaffsM	26.56
2. F. Blunt	Unatt	28.42
3. G. Williams O/50	DkPk	29.46
4. T. Jackson	Gloss	30.29
5. J. Doyle O/40	Penn	31.01
6. M. Burton	Unatt	31.22
7. T. Radcliffe O/50	Sadd	32.32
8. I. Warhurst O/50	Penn	32.49
9. J. Mooney O/50	Macc	33.05
10. M. Cliff O/40	Penn	33.11
LADIES		
1. (22) L. Bloor O/40	Penn	38.46
1. (25) E. Eaton	GoytV	55.43
2. (26) J. Ryan O/40	Unatt	60.11

26 finishers

RACE 2 - MOORFIELDROAD RACE
5K - 28.04.12

1. T. Jackson	Gloss	20.09
2. S. Crossman O/40	Gloss	20.17
3. J. Doyle O/40	Penn	20.41
4. D. Gibbons O/40	Penn	21.36
5. D. Hughes O/50	EChesh	21.47
6. T. Isherwood	Unatt	22.04
7. T. Radcliffe O/50	Sadd	22.08
8. T. Bedwell O/50	Unatt	22.14
9. F. Fielding O/60	Penn	22.46
10. N. McGraw	Gloss	23.39
VETERANS O/60		
1. (9) F. Fielding	Penn	22.46
2. (14) V. McKay	Gloss	24.52
3. (16) N. McGraw	Gloss	25.28
LADIES		
1. (21) E. Eaton	GoytV	28.08
2. (22) B. Buckley O/60	Gloss	29.47
3. (23) J. Ryan O/40	Unatt	33.11
4. (25) C. New O/40	Unatt	33.42

25 finishers

RACE 3 - JAMES THORN FELL RACE
AS/8km/49/m 29.04.12

1. D. Taylor O/40	DkPk	34.48
2. N. Curtis	Penn	36.04
3. K. Hodgson	FRA	36.08
4. A. Frost	DkPk	37.27
5. J. Minshull O/50	Gloss	37.58
6. T. Jackson	Gloss	38.04
7. S. Knowles O/40	Penn	38.15
8. N. Martin	Holmf	38.25
9. J. Doyle O/40	Penn	38.32
10. J. Downing	Penn	38.38
VETERANS O/50		
1. (5) J. Minshull	Gloss	37.58
2. (16) T. Radcliffe	Sadd	41.29
3. (17) D. Hughes	EChesh	41.41
VETERANS O/60		
1. (24) F. Fielding	Penn	43.34
2. (40) P. Calladine	Sadd	48.55
LADIES		
1. (14) L. Batt O/40	DkPk	40.58
2. (22) C. Aspinall	Penn	42.45
3. (41) M. Edgerton O/50	Penn	49.05
4. (45) K. Harvey O/50	Penn	51.45
5. (46) M. Dilan	Unatt	52.16
(48) C. Hughes O/40	Ilk	53.45
(53) B. Buckley O/60	Gloss	59.59

55 finishers

ANNALONG HORSESHOE
Co. Down, Northern Ireland
AL/21km/1550m 28.04.12

Deon McNeilly and Ciara Largey were the winners of the second round of the Northern Ireland Mountain Running Championship. It was the 31st running of the classic Annalong Horseshoe and with Championship status there was a record entry of 77 people. The race climbs five major peaks in the Eastern Mournes around the Annalong valley, covering 13 miles with a total ascent of 5,100 feet.

McNeilly is normally a front runner but started off at the rear of the leading pack. As the group approached Long Seefin, traditionally there is a choice of two routes to the first summit. McNeilly watched all the leading contenders choose the same direction, he promptly selected the other route and sprinted off in the direction of the first summit, unseen by the leading contenders. By the time they realised McNeilly's tactics, he was already ahead and through the first checkpoint.

Deon McNeilly's tactics meant that he had opened up a lead of a minute by the first summit, Chimney Rock, and made all the running over the next four peaks to maintain his advantage all the way to the finish. McNeilly may be in his 50th year and may not descend just as fast as he used to but he still retains his awesome climbing ability and comfortably controlled the race from the front. As the chasing pack closed in on the steep descents, McNeilly powered away from the pack on the ascents and maintained his advantage all the way to the finish.

The Newcastle man clocked 2.05.42 to notch up his 4th win in this classic event in impressive style. Johnny Steede and Stephen Cunningham chased hard throughout to take second and third on 2.06.47 and 2.07.57, with Clive Bailey, Neil Carty and Sam Herron completing the top six.

Ciara Largey was in tremendous form as she knocked almost two minutes off the highly respected women's course record which was set by three times British Master Champion, Fiona Maxwell, five years ago. Ciara seems to be getting faster and faster with each race this season and was nearly 20 minutes faster than her winning time last year. The trainee Doctor clocked 2.26.56 for 10th place overall, a time which represents a quantum leap forward and means she should be capable of being up among the top women in Britain. Defending NI Champion, Shileen O'Kane, was runner up 2.36.38, a time which would have secured a good win in almost any other year, with Anne Sandford third in 2.53.35.

Thanks to Lagan Valley Orienteers for the hire of the Sport Ident timing system, to Northern Ireland Water Service for access to their property for off-street car parking and to the members of organising club BARF for marshalling and post race refreshments.

Trevor Wilson

1. D. McNeilly O/40	Ncastle	2.05.42
2. J. Steede	Ballym	2.06.47
3. S. Cunningham	Mourne	2.07.57
4. C. Bailey	Mourne	2.15.20
5. N. Carty O/40	NBelf	2.17.39
6. S. Herron	Mourne	2.24.04
7. S. Sweeney O/40	Bowl	2.24.45
8. S. Reeve	NBelf	2.25.56
9. D. McNeilly	Ncastle	2.26.32
10. C. Largey	FERMO	2.26.56
VETERANS O/50		
1. (13) E. McCann	Ncastle	2.32.08
2. (14) D. McGreevy	Ncastle	2.32.35
3. (16) C. McCullough	Mourne	2.35.58
VETERANS O/60		
1. (24) J. Patterson	Ncastle	2.40.38
2. (31) S. Cunningham	Mourne	2.47.45
3. (44) H. Teggarty	Mourne	3.03.49
LADIES		
1. (10) C. Largey	FERMO	2.26.56
2. (18) S. O'Kane O/40	LaganV	2.36.38
3. (40) A. Sandford O/40	LaganV	2.53.35
4. (50) J. Toal O/40	BARF	3.09.09
(66) S. Carson O/50	LVO	3.32.05

75 finishers

THREE PEAKS
North Yorkshire
AL/37.4km/1608m 28.04.12

A Scottish runner with a growing international reputation beat world class opposition to win the 2012 Three Peaks Race but set himself another tough challenge in the process.

Joe Symonds, 28, finished the 23-mile race over the summits of Penyghent, Whernside and Ingleborough in the Yorkshire Dales in 2.55.58. Now he must win the race, which has Salomon as its principle sponsor, twice more to equal the achievement of his father, Hugh Symonds, of Kendal Athletic Club, who won in 1984, 1985 and 1987.

They are the second father and son to win the Three Peaks Race. Harry Walker, of Blackburn Harriers, won in 1977, 1978 and 1981. His son, David, of Clayton-le-Moors, won in 2003.

Joe Symonds' father was not there to see him beat some of the race favourites, including last year's winner Tom Owens. After finishing the race

All bunched up at the start of the Three Peaks

Photo © Dave Woodhead www.woodentops.org.uk

at Horton-in-Ribblesdale, near Settle, Symonds was not able to get a mobile 'phone signal to tell his father of his success. Joe said: "When I contact him he will be quite happy. In fact I think it will make his day." But it later emerged that Hugh Symonds, who was in New Zealand, was monitoring his son's progress via the SPORTIdent website on the Internet and knew he had won. Joe said: "It's nice that they were taking such an interest on the other side of the world."

After several days of heavy rain, race day dawned dry, but there was a bitter cold easterly wind and the temperature barely lifted above three degrees on the summits. The 745 starters from an entry of 1,000 found themselves battling against showers of sleet.

Symonds, who finished ninth in the Three Peaks in 2008 when it incorporated the World Long Distance Mountain Running Challenge and retired at the Hill Inn checkpoint last year suffering from blisters and what he described as "a lack of fitness", was modest about his success.

He said: "The Three Peaks has a reputation for toughness, but in some ways you have to be fortunate to win it. If you have anything wrong with you on the day, you will get found out on this course."

The Three Peaks is billed as "the Marathon with Mountains" because of its 5,270ft of ascent. Symonds, whose wife's parents were on the summit of Ingleborough to support him, added: "I was lucky. I felt I was running really well and I won it. Whether I can come back and do it again, we will have to see."

In the 2011 Gore-Tex Trans-Alpine Run, Symonds and his teammate Jethro Lennox, who won the Three Peaks in 2008, finished only 17 minutes behind the winners, the Spaniards David Lopez and Miguel Caballero. In eight days of trail running, the winners covered 273.73 kilometres and 15,436 metres of ascent in 26.37.51. Symonds and Lennox were second and won the final stage.

In the 2012 Three Peaks Race, second and third places went to two runners making their first attempts. Carl Bell, 29 was second in 2.57.29 and Rob Baker, 34, finished third in 2.58.01.

Fourth was Ricky Lightfoot in 3.00.21. Karl Gray, 42, had a notable race taking the male veteran Over 40 title and fifth place in 3.01.19. His time was a new V40 record over the current course.

Andrew Davies was sixth in 3.02.05. Rob Jebb, who won the Three Peaks in 2005, 2006, 2007 and 2009, finished in seventh place in 3.02.55 ahead of last year's winner, Tom Owens in 3.04.56.

As well as winning the race, Hunters Bog Trotters also supplied the fastest woman competitor. Sarah O'Neil, 25, finished in 3.28.43. O'Neill's time on Penyghent summit was 20 seconds ahead of the second placed female, Emelie Forsberg, of Salomon International, who finished in 3.43.52. Forsberg, a biology student from Tromso in Sweden, who sat an exam the day before the Three Peaks, fell further behind at Ribblehead and O'Neill was 4.38 ahead on Whernside and reached Ingleborough 12 minutes ahead of the newcomer. Third was Welsh international fell runner Sarah Ridgway, 38, in 3.45.51.

In the men's race, the pace was slow to the summit of Penyghent with Symonds, Baker, Lightfoot, Gray, Davies, Jebb and Owens all taking 30 minutes. Bell took nearly a minute longer but was back in contention at Ribblehead where the first three to finish were all within 22 seconds of each other.

Symonds, who said he enjoyed the steep climb up the face of Whernside, reached the summit 1.49 ahead of Bell, with Baker only two seconds behind. Symonds lost a few seconds on the rough descent to the Hill Inn where he was 1.44 ahead of Lightfoot, with Bell only three seconds slower.

Despite the weather, there was a good crowd of supporters on Ingleborough to see Symonds arrive in 2.25.44. Baker followed in 2.28.48 with Bell two seconds behind. Then it was the long run for home through Sulber Nick with Symonds worrying that he might be overtaken, but making it back to Horton with a 1.27 margin.

In her 29th completion of the Three Peaks Race, Wendy Dodds, 61, the joint ladies' winner in 1983, set a new lady Over 60 record. Her time of 4.23.14 was quicker than all the Over 60 men!

Two runners completed the race for the 21st time to qualify for the special award issued by the Three Peaks Race Association. They were Tony Varley, of Horwich, and Jean-Marc Lawton, of Stornoway in the Outer Hebrides, who is in the process of writing a book on the history of the Three Peaks Race.

It was an indication of the difficult conditions that only 641 of the 745 starters finished the race. The race organisers expressed their gratitude to the marshals and radio operators, some of whom endured up to six hours on the summits in poor weather conditions until all the runners were safely at the finish.

Race Director Paul Dennison, and his team woke on Sunday morning to watch gale force winds destroy two marquees which had been vital on the previous day. A marquee used for the medical and first aid staff was blown 200 yards across the event field and the race control marquee was flattened.

Brian Dooks

1. J. Symonds	HBT	2.55.58
2. C. Bell	Howg	2.57.29
3. R. Baker	DkPk	2.58.01
4. R. Lightfoot	Ellenb	3.00.21
5. K. Gray O/40	CaldV	3.01.19
6. A. Davies	Mercia	3.02.05
7. R. Jebb	Bing	3.02.55
8. T. Owens	Shettle	3.04.56
9. J. Rocke U/25	DkPk	3.05.48
10. G. Pearce	P&B	3.06.40
11. J. Logue O/40	CaldV	3.09.08
12. O. Johnson	DkPk	3.11.43
13.T. Brunt	Holmf	3.14.27
14. K. Richmond O/40	Shettle	3.15.39
15. S. Birkinshaw O/40	Borr	3.16.38
16. C. Birchall	Leeds	3.17.06
17. R. Pattinson O/40	P&B	3.18.49
18. S. Harding	Macc	3.19.27
19. J. Morgan O/40	DkPk	3.20.03
10. M. Lockyer	P&B	3.20.31
VETERANS O/50		
1. (60) M. Wallis	Clay	3.42.46
2. (70) A. Hauser	Holmf	3.44.23
3. (91) J. Ewart	Holmf	3.48.51
4. (93) R. Stott	Ross	3.49.11
5. (113) J. Bell	DkPk	3.54.00
VETERANS O/60		
1. (281) K. Taylor	Ross	4.23.16
2. (339) M. Wilson	Helm	4.31.29
3. (461) R. Sutcliffe	CaldV	4.48.45
4. (491) P. Reed	NFR	4.53.32
5. (536) D. Scott	Clay	4.59.27
LADIES		
1. (36) S. O'Neil	HBT	3.28.43
2. (68) E. Forsberg	Salomon	3.43.52
3. (76) S. Ridgway	Inov	3.45.51
4. (95) A. Bartlett O/40	Shrews	3.49.22
5. (99) H. Berry	Holmf	3.50.50
6. (122) A. Raw O/40	Bing	3.55.17
7. (124) C. Evans O/40	Settle	3.55.34
8. (129) A. Rowlands	Eryri	3.56.36
9. (140) K. Bailey	Staffsm	3.58.42
10. (148) D. Gowans O/40	Accring	4.00.23
(155) L. Colquhoun O/40	Shettle	4.01.24
(280) W. Dodds O/60	Clay	4.23.14
(520) K. Sinkinson O/50	Holmf	4.57.15
(524) L. Whittaker O/50	Wharf	4.57.41
(573) G. Walkington O/50	Horw	5.07.35
(636) H. Horton O/50	Ilk	5.30.16
(641) S. Haslam O/50	Scarb	5.40.48

641 finishers

SNAEFELL
Isle of Man
AS/8km/550m 28.04.12

Lloyd Taggart once again took a commanding win in bright but windy conditions. Partner Jackie Lee, also took a comfortable win in the ladies' race.

Many thanks to all the marshals, landowners and officials, and to Sean Craig for sponsoring the race.

Richard Sille

1. L. Taggart O/40	MFR	39.31
2. N.Armstrong O/40	MH	42.54
3. S.Skillicorn	MFR	43.07
VETERANS O/50		
1. (25) J. Norrey	Unatt	58.17
VETERANS O/60		
1. (14) R. Webb	IOMVAC	54.27
LADIES		
1. (10) J. Lee	MFR	51.33
2. (22) R. Craine	NAC	57.12
3. (32) M. Turner	NAC	61.04

65 finishers

Photo © Mark Murphy

Lloyd Taggart once again took a commanding win in bright, but windy, conditions

FLOWER SCAR
West Yorkshire
AS/6.4k/427m 02.05.12

1. T. Ellis	CaldV	29.33
2. J. Stevens O/40	CaldV	31.24
3. A. Wrench O/40	Tod	31.30
4. A. Thorpe O/40	CaldV	31.45
5. L. Jeska	Tod	31.58
6. A. Fleet U/23	CaldV	32.43
7. M. Taylor O/40	Unatt	32.57
8. I. Gee O/40	Tod	33.07
9. M. Boardman O/40	Newb	33.15
10. M. Ruscoe	Horw	33.31
VETERANS O/50		
1. (16) R. Stott	Ross	34.19
2. (17) K. Horrigan	Unatt	34.41
3. (22) G. Fleet	Penn	35.52
VETERANS O/60		
1. (85) N. Harris	Ross	44.09
2. (90) P. Bland	Horw	44.25
3. (95) D. Leslie?	Tod	45.11
VETERANS O/70		
1. (124) G. Arnold	Prest	54.00
2. (128) S. Davies	Accring	57.28
3. (130) D. Dickson	Ross	59.38
LADIES		
1. (5) L. Jeska	Tod	31.58
2. (18) H. Fines	CaldV	34.54
3. (30) S. Sarginson O/40	Bowl	37.11
4. (40) D. Gowans O/40	Accrin	39.07
5. (47) V. Mousley	Accrin	40.04

THE CAKE RACE
Lancashire
BM/16km/518m 05.05.12

A record turnout of 153 runners turned out to the Pennine Village of Diggle for a most traditional fell race. The race itself is actually a cover for a keenly competitive cake competition. In recent years the standards have reached new heights, with some truly inspirational designs. The best bit is that the competitors eat the lot after they have raced.

The race itself, known for years as the Autumn Leaves until we moved it from October to May, is not in the strictest sense a fell race. We set it up as a trail race originally as it is wholly on paths and tracks around the Wessenden Valley and Boat Lane that leads from Diggle over to Marsden. At 10 miles and 1700', the quick boys are round in just over the hour, but it has a bit of everything and judging by the number of regulars who return each year it must be enjoyable.

A cold but bright morning greeted the runners, and a random kit check reminded competitors that this is a serious sport and should not be taken lightly. West End Runners from Leicester once again came in their hoards with over 20 getting round, though they did suffer two nasty falls requiring medical attention (thankfully, both now fully recovered)

Jason Williams returned to defend his title from last year, and although not quite as quick, still headed home the field in some style. Colin Bishop (1st V40) came home second with Paul Green in third, both being previous winners. Sale Harriers put out a strong line-up taking the team prize.

In the ladies' race, Sam Fox (1st V40) brought some of her road success to the fells with a strong performance coming home over two minutes ahead of former winner Laura Davison. Third lady was Becki Penrose. Saddleworth ladies managed to just hold off West End for the team prize.

Prizes were framed photographs of the route from our budding David Bailey, Ray Green, who creates some stunning photos with donations going to charity.

As mentioned, St John's and Holme Valley Mountain Rescue were kept busy, though Jane Hagreen one of the fallers, did get some redress by winning the best tasting cake, the best decorated going to locals Ms Heginbotham and Ms Boustead.

A massive thank you to all who helped put this event on, tremendous support from Saddleworth runners. We do not sell the cakes or the gallons of tea and coffee post race, but ask for donations. This year our two chosen charities (Ashanti School for the Deaf- Ghana and Childhood Diabetes shared £200, a fantastic amount thank you.

Howard Chambers

1. J. Williams	CaldV	1.06.55
2. C. Bishop O/40	Sadd	1.07.14
3. P. Green O/40	Sale	1.07.36
4. K. Hodgson	FRA	1.18.15
5. J. Craggs	Newb	1.12.08
6. M. Walsh O/40	Darw	1.13.04
7. L. Browne	EChesh	1.13.35
8. T. Taylor O/50	Ross	1.14.23
9. D. Appleby	Swint	1.14.35
10. A. Oliver	Gloss	1.14.44
VETERANS O/50		
1. (8) T. Taylor	Ross	1.14.23
2. (30) D. Collins	Tod	1.21.02
3. (40) A. Norgate	Longw	1.22.19
VETERANS O/60		
1. (51) J. Comyn-Platt	Sadd	1.24.14
2. (116) T. Greene	Sadd	1.41.10
3. (119) C. Grime	Spect	1.42.44
LADIES		
1. (38) S. Fox O/40	Sadd	1.22.08
2. (53) L. Davison	WEnd	1.24.30
3. (59) B. Penrose	Unatt	1.26.15
4. (63) G. Keane	Sadd	1.27.02
5. (65) J. Ridgard O/40	EChesh	1.28.03
(101) G. Markham O/50	Melth	1.37.45
(107) J. Davies O/50	Sadd	1.40.03

149 finishers

PENDLE CLOUGHS FELL RACE
Lancashire
AL/22.5km/1250m 05.05.12

This fifth running of the race brought a good field of 80 runners to the beautiful and unique village of Downham. Dry, sunny but cool conditions prevailed with the going underfoot on the hill firm to slightly soft, ideal conditions for running, and with quite a few good runners and past winners lined up, the record looked set to be broken.

We weren't disappointed, with Tom Brunt winner in 2009 and Andy Brown, last year's winner, doing battle throughout, Andy with his local knowledge sometimes getting the better lines.

At CP3, Tom had nearly a minute lead but by CP6 Andy had regained half a minute. Heading down Ogden towards Boar Clough, Andy took an early line to CP7, Tom carrying on the path losing height and having to back track to reach the CP, but by the final CP at the Lane Head road crossing Tom's lead was still around half a minute.

A strong run down the fields to the finish saw Andy bring the gap down to 19 seconds, finishing in 2.04.39, 56 seconds quicker than his winning time last year, Tom completing the course in a new record time of 2.04.20, 12.16 inside his 2009 winning time, and picking up the coveted pewter tankard.

They had both obviously enjoyed their battle, listening to them after, discussing the different and better lines to take. Tom is convinced that with better local knowledge, the two hour barrier could be broken. "Any takers?!"

There were also good runs from Shaun Chew and Mike Wallis and Pete Booth to name a few.

The first Lady was Carol Life. The Life family had another good day with both Alan and Carol taking the V40 prize. Unfortunately, for the second time, I messed up when copying down the results, missing Alan out when presenting the prizes, although one happy runner was the unexpected recipient of a bottle of wine. Sorry Alan, not the way to treat someone who has supported and competed in every race, and always attains a top ten finish. Fortunately, I had a spare bottle which I managed to give to you after.

Besides that, the day went smoothly, although an access problem at Churn Clough due to diseased larch trees, and resulting in the forest being felled, caused limited route choice between CP5 and CP6 with most runners opting to take the higher line.

Subject to permission, next year I am thinking of re-routing the race over the fields towards Worsaw Hill entering the lane at Worsaw End, missing out the tarmac section of lane at the start. It is no longer in distance or height gain and no bottlenecks and when I have run that way, it's taken the same time so would not, I feel, alter the overall times. Any feedback on this would be appreciated.

Lastly, I would like to thank all the volunteers and marshals for their help, all the runners for supporting the race and the Asherton Estate, without whose co-operation the race would not take place.

Andrew Hirst

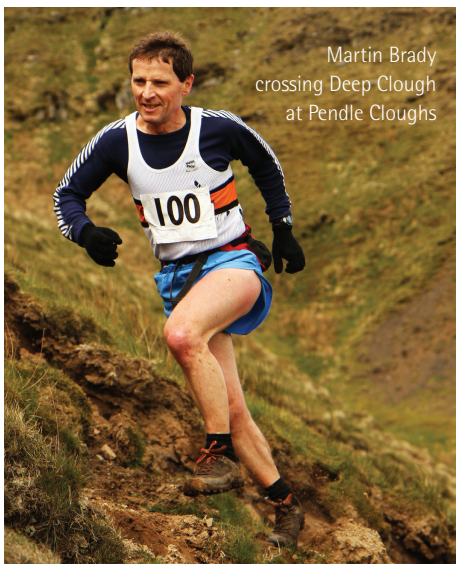
1. T. Brunt	Holmf	2.04.20
2. A. Brown	Clay	2.04.39
3. S. Chew	Wharf	2.10.32
4. M. Wallis O/50	Clay	2.16.39
5. A. Life O/40	Clay	2.22.34
6. M. Green O/40	Horw	2.23.00
7. R. Laycock O/50	Settle	2.23.56
8. I. Rowbotham O/50	Ilk	2.25.51
9. G. Schofield O/50	Horw	2.25.56
10. S. Whitaker O/40	Clay	2.26.35
VETERANS O/60		
1. (12) P. Booth	Clay	2.28.33
2. (25) D. Tait	DkPk	2.43.26
3. (39) S. Presly	Wolds	2.57.42
VETERANS O/70		
1. (57) M. Coles	ValleyS	3.25.38
LADIES		
1. C. Life O/40	Clay	3.21.08
2. J. Haworth O/40	Ross	3.22.02
3. K. White	Royst	3.22.59
4. S. Clarke O/40	Clay	3.23.10
5. B. Holmes O/40	Tod	3.25.38
L. Whittaker O/50	Wharf	3.26.37
S. Vietoris O/50	Unatt	5.01.07

78 finishers

Photos © Andy Holden

The start of Pendle Cloughs

Keep right



Martin Brady crossing Deep Clough at Pendle Cloughs

Mike Wallis at Deep Clough at Pendle Cloughs

Photo © Andy Holden

Shaun Chew arriving at CP4 at Pendle Cloughs

GREAT HAMELDON
Lancashire
BS/9.6km/338m 06.05.12

This was the 31st race since its inception in 1979. The event was the first in the Pendle & Burnley Grand Prix, a series of 15 races taking place around East Lancashire between May and August. Despite a less than good weather forecast, it was a very pleasant sunny day for the largest field of competitors since 1998 with 205 senior runners on the starting line. In the junior races there were 44 in the various age groups under 16 years of age, the best turnout since 2003.

Brendan Taylor took the honours in the senior event in 38.14, just over two minutes slower than the record set by Rob Hope in 2004. Taylor was followed by Stephen Chew in 39.34 and Christian Holmes 40.09. Andy Stubbs Harriers was first veteran over 40 years of age in 40.51. Local runner Keiran Horrigan was first over 50 years in 42.17.

In the ladies, Amy Green was first to finish in 24th place overall in a time of 44.14, just 33 seconds outside the record she set in 2007. The second place was taken by Laura Hesketh in 48.24, closely followed by 17 year old Helena Leathley, ten seconds later. Molly Ralphson took the veterans class. Kaye Callaghan took the over 40s' prize and Irene Roche the over 50s.

In the Over 60 class, Tony Hesketh won in 48.41 whilst Karin Goss took the ladies' prize in 66.05. John Minton was first over 70 years in 63.38 and Dawn Lock was first lady over 65 years in 82.07.

Clayton's Samuel Hardisty was first man in the under 18s.

In the Under 8s' race 12 runners took part and ran an 800 metre route around the school field, led home by 7-year old Jack Smith. Christopher Brown was the first 6-year old to finish. In the girls, Ella Dorrington-Levy was first 7-year old and Alanya Irvine first 6-year old.

In the Under 10s, 8 youngsters had a go at the 1600 meter course, with Eric Beaumont first home and also first 8-year old, whilst Ciaran Crabtree was first 9-year old.

The Under 16s, 14s, and 12s all did a route around the Coppice of around 2 miles. Twenty-four youngsters lined up. First home was 12-year old James Lund. Wharfedale took the next two places with 11-year old Thomas Nelson and 11-year old Logan Hargreaves-Madhas. Natalya Irvine, aged 11 years, was the first girl home. Fourteen year old George Pier took his age group, closely followed by Kelsey Rutherford, who was first 13-year old girl. Sophie Murphy was first 12-year old girl and Eleanor Root first 10-year old girl.

Paul Healey

1. B. Taylor	Ross	38.14
2. S. Chew	Wharf	39.34
3. C. Holmes	Wharf	40.09
4. A. Stubbs O/40	Clay	40.51
5. P. Crabtree O/40	Wharf	41.32
6. A. Rowe O/50	Wesh	41.41
7. G. Jackson	Ross	41.46
8. J. Sutton	Bburn	41.49
9. C. Barnes	Bburn	41.57
10. J. Craggs	Newb	42.06
VETERANS O/50		
1. (6) A. Rowe	Wesh	41.41
2. (12) K. Horrigan	Unatt	42.17
3. (22) T. Taylor	Ross	43.54
VETERANS O/60		
1. (58) T. Hesketh	Horw	48.41
2. (70) A. Corbishley	Ross	49.52
3. (84) A. Green	Kghly	51.38
VETERANS O/70		
1. (169) J. Minton	Chorl	63.38
2. (189) S. Davies	Accring	70.28
LADIES		
1. (24) A. Green	Kghly	44.14
2. (32) B. Taylor	Bburn	46.06
3. (52) L. Hesketh	Clay	48.24
4. (56) H. Leathley	Clay	48.39
5. (61) M. Ralphson	Trawd	48.53
(76) J. Butterworth O/40	Skipt	50.28
(78) J. Horrocks O/40	Clay	50.33
(106) I. Roche O/50	Clay	54.07
(153) G. Dobie O/50	RedR	60.34
(176) K. Goss O/60	Clay	66.05
(198) C. Leathley O/60	Clay	77.52

203 finishers

JUNIORS

Boys under 8		
1. J. Smith	Ross	01.31
2. J. Atkin	Unatt	01.32
Girls under 8		
1. E. Dorrington-Levy	Unatt	01.33
2. A. Irvine	Clay	01.45
Boys under 10		
1. E. Beaumont	Kghly	02.59
2. C. Crabtree	Wharf	03.01
Girls under 10		
1. C. McCarrick	Chorl	03.17
2. N. Ireland	Unatt	03.49
Under 12 to under 16		
Boys		
1. J. Lund	Kghly	11.50
2. T. Nelson	Wharf	12.49
3. L. Hargreaves-Madhas	Wharf	13.16
4. M. Mackay	Ross	13.31
5. J. Newbold	Wharf	13.35
Girls		
1. N. Irvine	Clay	13.49
2. L. Horrocks	Clay	14.03
3. K. Rutherford	Bburn	14.12
4. S. Murphy	Ross	15.04
5. E. Root	Clay	15.16

Photos © Paul Healey

The start of the 31st senior Great Hameldon fell race

JACK BLOOR RACES
West Yorkshire
BS/8.4k/350m 08.05.12

The weather had been dreadful in the weeks before the event but a clear, dry day provided near-perfect conditions for the 200 runners that started the 27th annual Jack Bloor fell race on Ilkley Moor.

Tom Adams won the senior race with an impressive two and a half minute lead and a time of 39.03. Next came the two Pudsey & Bramley runners of Fred Slemeck and Ian Nixon separated by only two seconds. Fred retained his Under-23 title winning the Arthur Dolphin Trophy for a second year. Current record holder, Greg Hull, came 4th winning the Over 40 veteran class whilst Steve Webb was 1st veteran in the Over 50 class.

This race commemorates Jack Bloor, an accomplished outdoor sportsman who did so much to encourage young people to engage in sport. All monies raised help support individuals under 25 to develop technical skills in outdoor pursuits.

Jack would have been impressed to see Lucy Crookes win the women's senior race at her first attempt and only having just turned nineteen. With a time of 48.06, Lucy was placed 42nd overall. Second place went to Holly Williams and 3rd to Lucy Needham. The veteran trophies for Over 40 and Over 50 went to Carol Evans and Alison Bennett redspectively.

The coveted senior race trophies were presented by Terry Lonergan of Complete Runner, a loyal sponsor and supporter of the Jack Bloor Race and Fund.

Jack's widow, Pat Bloor, passed away last August. To commemorate her long standing support for these races, Otley artist, sculptor and runner, Shane Green, created the Pat Bloor Trophy for the new ladies Under 23 class. Inspired by the Swastika Stone, this fine sculpture was presented to winner, Lucy Crookes, by Jack's eldest son and daughter, Robert and Hilary. Lucy said, 'My highlights were the fast descents and running along the tops with great views. The whole event has a friendly atmosphere and I can't wait for next year!'

In the men's' team competition, Pudsey & Bramley won, followed by Bingley then Ilkley Harriers. Welcome competition amidst the women's teams saw Otley AC squeeze Ilkley Harriers into 2nd place.

Throughout the rest of the field individual runners battled with personal rivals or simply enjoyed the challenge and atmosphere of the race. All were rewarded with a bottle of Jack Bloor Ale thanks to the generous support of the Ilkley Brewery Company.

After his win, Tom Adams said, 'The Jack Bloor Race has to be one of my favourite races of the year - and with the money raised going to a fantastic cause'.

The junior Jack Bloor Races saw yet another record entry of 132 runners reflecting the fantastic efforts to develop junior running in local clubs and schools. Children tackled courses of half a mile, one mile or 1.5 miles in one of five age-based classes (U8, U10, U12, U14, U16). Some were simply there to enjoy the occasion with several trying their first fell race. Others were out to beat rivals or improve on a previous time. Certainly, they were all eager for the off on the start line!

Photo © Bethan Davies

Top: Overall winner of the women's race, 19yr-old Lucy Crookes of Leeds University, an up-and-coming star in running!
Below: Lucy also won the new Ladies Under-23 trophy – The Pat Bloor Trophy. The trophy commemorates Pat Bloor, Jack's widow, who died last summer
Pat hailed from a fell-running running family and was herself a great supporter of the Jack Bloor Races and Memorial Fund
The trophy was carved by Shane Green – artist, sculptor, teacher and fell-runner from Otley, West Yorkshire. It is inspired by the Swastika Stone, the most famous of all the prehistoric 'rock art' found on Ilkley Moor and Checkpoint 2 on the Jack Bloor Senior Race

Photos © Rob King

JBR 2012 Small Trophy

JBR 2011 Small Trophy

Pat Bloor Trophy 2012

Max Bryant won the U8 race in just 4.40 whilst club mate Lucy Hargraves took the girls' title. Hot competition amidst the 47 runners in the U10 race saw just two seconds separate both the first two boys and girls. Jack Muir took 1st place just pipping club mate Ciaren Crabtree. For the girls, Emily Elmes squeezed ahead of Rachel Scott. Joshua Newbold and Shona Hastings each won their U12 races. Also running this race was Jack's grandson, Max Bloor, representing Edinburgh orienteering club Interlopers.

James Lund took the boys' U14 title whilst just one second separated each of the top three girls. Victoria Merrick led Ellie Lambert and Lucy Haines. John Lockwood and Lucy Williamson each won the boys' and girls' U16 race. Climbing to the cairn above Rocky Valley this course provides the ultimate springboard for future entry to the senior race.

Sponsored by Smoooth, the Café and Deli on Ilkley's Wells Road, every junior runner received a voucher for a free smoothie as a reward for their efforts. The top three boys and girls in each category were also presented with certificates and 'cookie medals' from Smoooth.

As in the senior race, junior class winners each received one of the coveted small trophies. Inspired by the wealth of ancient rock art on Ilkley Moor, each year's small trophy features a unique pattern. The 2012 trophy based on markings on Stead Crag.

As ever, thanks to our sponsors and members of the Gritstone Club, Airienteers, Ilkley Harriers, friends and all our other supporters who make this event possible.

Rob King

1. T. Adams	Ilk	39.03
2. F. Slemeck U/23	P&B	41.42
3. I. Nixon	P&B	41.44
4. G. Hull O/40	Leeds	41.49
5. M. Lockyer	P&B	41.54
6. P. Branney	Leeds	42.17
7. R. Lawrence O/40	Bing	42.44
8. A. Jebb	Bing	43.15
9. M. Peace O/40	Bing	43.20
10. A. Robertshaw O/40	Otley	43.23
VETERANS O/50		
1. (29) S. Webb	VStr	46.26
2. (30) P. Harris	Overopt	46.29
3. (34) I. Rowbotham	Ilk	47.00
VETERANS O/60		
1. (137) I. Hartmann	FRA	60.17
2. (145) B. Kenny	AchillR	61.40
3. (158) D. Smart	LdsBfdTri	63.55
LADIES		
1. (42) L. Crookes U/23	LeedsUni	48.06
2. (53) H. Williams	VSTR	48.58
3. (55) L. Needham	Holmf	49.08
4. (60) C. Evans O/40	Settle	50.46
5. (65) L. Martin O/40	Otley	51.28
(114) A. Bennett O/50	Ilk	56.18
(151) J. Marshall O/50	Ilk	62.57
194 finishers		
JUNIORS U/8 0.75km		
Boys		
1. M. Bryant	Ilk	4.40
2. D. Smallbone	Otley	4.46

3. J. Leach	Unatt	4.55
Girls		
1. L. Hargraves	Ilk	5.16
2. S. Black	Unatt	5.27
3. A. Black	Unatt	5.33
JUNIORS U/10 0.75km		
Boys		
1. J. Muir	Wharf	3.34
2. C. Crabtree	Wharf	3.36
3. E. Beaumont	Kghly	3.40
Girls		
1. E. Elmes	Ilk	4.21
2. R. Scott	Ilk	4.23
3. A. Brown	Airient	4.26
JUNIORS U/12 1.7km		
Boys		
1. J. Newbold	Wharf	7.53
2. T. Nelson	Wharf	8.06
3. A. Stewart	Bing	8.11
Girls		
1. S. Hastings	Wharf	10.03
2. B. Morley	Ilk	10.25
3. O. Roper	Bing	10.44
JUNIORS U/14 1.7km		
Boys		
1. J. Lund	Kghly	7.39
2. R. Mon-Williams	Ilk	8.07
3. M. Merrick	Bing	8.29
Girls		
1. V. Merrick	Bing	8.53
2. E. Lambert	Wharf	8.54
3. L. Haines	Ilk	8.55
JUNIORS U/16 2.2km		
Boys		
1. J. Lockwood	Wharf	13.04
2. J. Cummings	Ilk	13.31
Girls		
1. L. Williamson	Ilk	15.08
2. Z. Baistow	Wharf	29.00

BURBAGE SKYLINE
Derbyshire
BS/9.3km/366m 08.05.12

Thanks again to Natural England and the National Trust who kindly allowed another record field of runners to enjoy a cool evening with some dark clouds that threatened rain but thankfully never delivered it. The Dark Peak club gazebo thus remained secure in the van whilst a fantastic variety of runners hurtled themselves around a course this year described as boggy in places but generally fast.

Again kindly sponsored by Accelerate as part of the local Grit Stone Series, a very competitive race saw Rob Little take a great first win just ahead of Neil Northrop with Helen Elmore making it three ladies' race wins in a row.

Also a mention for young Tom Saville whose top ten placing confirms his potential.

A fantastic number of folk helped this year including multiple past winner, Stuart Bond, who was out marshalling the route. It was great seeing so many people enjoying themselves before, during and after the event and special thanks to our registering, finish and results helpers for managing a very hectic and at times animated event all done with courtesy and humour.

The race continues to grow in popularity and this year we warmly welcomed fell runners from Newbury and also Sweden, next year will be the 20th edition!

At this year's start line, we took a moment to remember Dark Peak runner, Stu Learmouth, who sadly passed away in April. Stu's last race was Burbage 2010 so it was fitting that were able to send a sizeable cheque to Cancer Research in his honour

Finally there wasn't much of a sunset to report this year but there was a number of unsubstantiated woodcock sightings and after a few contemplative pints of Black Sheep, the evening's proceedings were finally over. With continuing gratitude to Wayne at the Fox for again letting us take over his pub for the night

Roy Gibson

1. R. Little	DkPk	38.44
2. N. Northrop	DkPk	38.52
3. T. Brunt	Holmf	39.00
4. M. Tuckett	DkPk	39.23
5. A. Smith	Hallam	39.38
6. S. Pyke O/40	StaffsM	39.48
7. J. Wilson	FatB	40.32
8. P. Hodges	DkPk	40.37
9. T. Saville U/23	DkPk	40.38
10. F. Blunt	Howg	41.16
VETERANS O/50		
1. (18) M. Stenton	DkPk	43.20
1. (36) S. Reed	Notts	45.29
2. (37) G. Williams	DkPk	45.37
VETERANS O/60		
1. (127) A. Brentnall	Penn	51.45
2. (130) T.Longman	Macc	51.52
3. (136) S. Brister	Mat	52.02
VETERANS O/70		
1. (315) B. Allsop	Buxt	63.44
2. (356) T. Barry	HolmeP	69.18
LADIES		
1. (49) H. Elmore O/40	DkPk	46.23
2. (73) S. Curtis	Penn	48.07
3. (102) S. Fawcett	Smiley	50.10
4. (118) H. Slater O/40	FatB	51.12
5. (121) L. Harris	Penn	51.28
(202) P. Goodall O/50	Totley	55.34
(272) S. Land O/50	Unatt	61.45
(279) D. Kesterton O/60	Unatt	61.51

378 finishers

CARADOC CLASSIC
Shropshire
BS/5.6km/268m 09.05.12

On another filthy night in Shropshire almost a hundred runners braved the wet and cold to run this classic race. Most seemed undaunted by the conditions and some set out in vests like it was a balmy evening!

No records were going to be set and Andrew Davies had pole position with Steve Cale taking a rain check. Andrew was never headed and was indeed almost three minutes clear of the ever improving Dan Maskell.

The ladies' race was won by record holder Mel Price. Val Swingler took second and continued her run of good form. Various lines were taken off the summit as the mist obscured most of the markers. Still everyone got back despite some reports of short-cutting across the field!

We look forward to the next race in the series and I hope the organiser has some better luck with the weather. Big thanks to Mercia Fell runners for their support of the series with marshals and timekeepers.

Simon Daws

1. A. Davies	Mercia	23.00
2. D. Maskew U/23	Mercia	25.58
3. G. Jones U/18	Maldwyn	26.01
4. G. Speake	Mercia	26.05
5. T. Roo	Mercia	26.49
6. E. Newey O/40	Mercia	27.20
7. D. Croft O/40	Shrews	27.45
8. S. Turk O/40	Shrews	28.01
9. I. Lowe O/40	Oswest	28.04
10. M. Price Lady	Mercia	28.11
VETERANS O/50		
1. (15) H. Jones	Maldwyn	29.04
2. (18) C. Taylor	Mercia	29.27
3. (23) A. Pickles	Settle	29.43
VETERANS O/60		
1. (51) A. Davies	Telf	33.10
2. (55) G. Gunner	CroftA	34.26
3. (67) T. Davies	CroftA	35.15
LADIES		
1. (10) M. Price	Mercia	28.11
2. (33) V. Swingler O/40	Shrop	30.33
3. (64) K. Morgans	WolvB	35.03
4. (66) H. Tromans O/40	Dudley	35.10
5. (69) G. Evans O/50	Sheps	35.31
(79) C. Evans O/50	Telf	36.20

184 finishers

RAINOW
Cheshire
BS/8k/229m 09.05.12

Despite the damp conditions this year's Rainow 5 had another good turnout of competitors. The race was dominated by young Jack Ross, with Simon Harding racing hard for second place. Third place was eventually won by Ed Gamble after a close contest with Tom Rush and Malcolm Fowler. Ed was particularly chuffed with his result, it being the first time he'd managed to stay ahead of Malcolm.

The ladies race was won by Olivia Walwyn Bush who finished a splendid 8th overall.

Many thanks to all who supported the race, particularly those who marshalled or helped with registration.

Colin Fray

1. J. Ross	StaffsM	32.36
2. S. Harding	Macc	33.54
3. E. Gamble O/40	CheshHR	34.17
4. T. Bush	Altrin	34.20
5. M. Fowler O/40	Chesh	34.28
6. D. Holloway O/40	Penn	34.36
7. R. Grantham	EllesP	35.17
8. O. Walwyn Bush	Altrin	35.27
9. H. Raho	Holcom	36.41
10. M. Messenger O/40	Macc	36.49
VETERANS O/50		
1. (21) J. Mooney	Macc	39.28
2. (53) N. Hindle	FRA	43.47
3. (55) P. Bailey	Buxt	44.04
VETERANS O/60		
1. (59) M. Docherty	Unatt	44.14
2. (73) D. Tucker	Macc	46.25
3. (84) I. Ankers	StaffsM	47.27
LADIES		
1. (8) O. Walwyn Bush	Altrin	35.27
2. (23) S. Lewis	Altrin	40.01
3. (28) C. Aspinall	Penn	40.39
4. (46) C. Griffin	GoytV	42.42
5. (49) R. Chatwin O/40	Penn	43.03
(75) B. Murray O/50	Macc	46.34

(88) J. Miles O/50	Macc	48.25
(91) A. Jacquemart O/40	StaffsM	48.35
(106) J. Forrester O/60	Mat	49.39

135 finishers

FAIRFIELD HORSESHOE
Cumbria
AM/14.5km/914m 12.05.12

The classic Lakeland horseshoe, Fairfield, is a tough category A medium race, not to be underestimated ! A tough uphill start ,then a long undulating ridge to the summit, then tricky navigation in bad weather, a bit of the rough stuff over to Hart Crag where many have gone astray in the mist and ended up at Brotherswater! From Dove Crag an exhilarating descent all the way back to Rydal park and then the sting in the tail –a long flat track on wooden legs to the finish in the magnificent setting of Rydal Hall.

The 46th Fairfield Horseshoe race saw 291 set off in cool clear conditions.

Rhys Findlay-Robinson was first home in a respectable time of 79.18, closely followed by Kim Collison six seconds later. Chris Steele was third. There were five Vet 40 males in the first 10 led by Richard Pattison in 4th. Mike Johnson was 1st V50 in 10th place.

Karen Robertson triumphed in the ladies' race in 1.43.36 in 76th position overall and also took the lady vet 40 title, Sally Ozanne was second and Dawn Atkins third.

Evergreen Kate Beaty, in 10th place, was 1st LV50.

Thanks are due to Rydal Hall for providing such a splendid venue, St John's Ambulance for their efforts and Pete Bland Sports for race sponsorship.

Also a great big thank you to Ambleside club members and friends for marshalling and helping on the day, without whose time and considerable effort this race would not take place!

See you next year on Saturday 11 May

John Brockbank

1. R. Findley-Robinson	DkPk	1.19.18
2. K. Collinson	Eden	1.19.24
3. C. Steele	Borr	1.21.58
4. R. Pattison O/40	P&B	1.23.33
5. C. Roberts O/40	Kend	1.23.56
6. D. Milliken O/40	Horw	1.24.06
7. C-J. Taylor	EskV	1.24.14
8. S. Birkinshaw O/40	Borr	1.25.01
9. D. Holoway O/40	Penn	1.26.26
10. M. Johnson O/50	Bowland	1.26.40
VETERANS O/50		
1. (10) M. Johnson	Bowland	1.26.40
2. (31) C. Davies	Sadd	1.33.13
3. (35) S. Shuttleworth	Amble	1.33.44
VETERANS O/60		
1. (82) M. Walsh	Kend	1.44.20
2. (115) D. Tait	DkPk	1.50.48
3. (130) I. Cookson	Bowland	1.54.25
VETERANS O/70		
1. (286) K. Heywood	Kend	2.41.52
LADIES		
1. (76) K. Robertson O/40	NFR	1.43.36
2. (90) S. Ozanne	HelmH	1.45.38
3. (98) D. Atkins	Chorl	1.47.30
4. (111) N. McLeod	Army	1.50.18
5. (113) E. Gregory	Bowland	1.52.32
(10) K. Beaty O/50	CFR	1.55.09

290 finishers

BOLLINGTON FESTIVAL 3 PEAKS
Cheshire
BS/9k/370m 12.05.12

Now in its fourth year, this has become an established event, and always attracts a strong field of locals and first-time fell runners. Conditions were ideal, the field of 149 was 50% up on the year before, and almost half of the runners were unattached.

The fast flat start eventually gave way to a succession of climbs and descents through and past ever changing scenery, including a newly decorated White Nancy. As the course was only 'partially marked', the trick was to run fast – but in the right direction, and those who did both did best.

First across the finish line was Cambridge veteran, Michael Salt, with a time of 40.30; his second win, having won the inaugural race in 2009.

Tom Bush came in second, closely followed by his wife Olivia Walwyn-Bush in an excellent overall 3rd place. Olivia set a new women's course record of 42.00.

Last year's winner, Liz Batt, was second lady over the line, and John Mooney and Barry Blyth took the V50 and V60 prizes

As the fastest of a contingent of mountain bikers known as the White Nancy Boys, Rob Palmer won the 'local' shield, and James Noakes Mark Walker and Peter Nield took the team prize for the Macclesfield Harriers.

Thanks to the Bollington Brewery for the great venue, chilli and beer, and all their other support, Camp Four for additional sponsorship, to all the various marshals, landowners and others for doing their bit, and finally to all the runners for turning up, racing, and providing all the entertainment.

We hope everyone fun and will return next year!

Andy Skelhorn

1. M. Salt O/40	Camb	40.30
2. T. Bush	Altrin	41.37
3. O. Walwyn-Bush	Altrin	42.00
4. T. Fellbaum	MDOC	42.15
5. A. Broughton	Helsby	42.49
6. J. Noakes O/40	Macc	42.49
7. D. Alexander O/40	WChesh	43.14
8. N. Pettie	GoytV	43.22
9. L. Taylor	Stockp	43.25
10. M. Walker	Macc	43.50
VETERANS O/50		
1. (14) J. Mooney	Macc	45.24
2. (23) T. Stock	Macc	47.50
3. (25) A. Moore	DkPk	48.02
VETERANS O/60		
1. (19) B. Blyth	Macc	46.24
2. (72) M. Docherty	Unatt	54.34
3. (91) J. Williams	SpringStr	57.17
LADIES		
1. (3) O. Walwyn-Bush	Altrin	42.00
2. (22) L. Batt O/40	DkPk	47.16
3. (27) J. Joy	Helsby	48.11
4. (41) C. Griffin	Macc	50.49
5. (44) J. Mayland	StaffsM	51.06
(67) G. Evans O/40	Congle	54.06
(85) A. Jones O/50	Altrin	56.09

CRESS BROOK CRAWL
Derbyshire
BM/10.5km/350m 12.05.12

At least the weather this year was better than the previous year! After what seemed like weeks of rain, we had a nice, sunny day with a pleasant cooling breeze - perfect for running. Unfortunately this year, we seemed to clash with a lot of other races, including prestigious ones like the Kentmere Horseshoe, so entries were well down on previous years.

No matter - the race was won in a time of 47:36 by Iain Ridgway, who came all the way from Wales for the event. Matthew Law was second in 48:50 and Jon Hargreaves third in 49:06. The first lady home was Rachel Chatwin in 57:13. The team prize was claimed by Dark Peak Fell Runners, with Chris Bateson in 8th, Russell Beresford in 10th and David Beeling in 17th. Angus Malcolm was the first Vet 40 in a time of 52:21 - this was especially

Bollington Festival
3 Peaks Fell Race

Photo © Andrew Skelhorn

sweet for him as last year he fell over in High Dale and dislocated a shoulder!

The first locals home were Mark Elwis in 57:00, who won the local men's cup and Jo Hoare, who retained the local ladies' cup with a time of 1:07:28 - just beating Charlotte Birch – but watch out Jo, she's getting closer!

Many thanks to everyone who came and took part and to all the people who helped - marshals, timekeepers and caterers. Special thanks also to our sponsors, Peak Ales, who provided bottles of beer for the winners and free beer for all competitors.

Paul Radcliffe

1. I. Ridgway	Eryri	47.35
2. M. Law	Charnw	48.50
3. J. Hargreaves	Unatt	49.06
4. D. Broadbent	SinFin	51.52
5. A. Malcolm O/40	Unatt	52.21
6. S. Choppin	CGCC	52.48
7. C. Lomas	Unatt	53.13
8. C. Bateson O/40	DkPk	53.38
9. R. Hyde O/40	Erew	53.49
10. R. Beresford O/40	DkPk	54.02
VETERANS O/50		
1. (15) J. Gorman	NDerby	56.15
2. (16) S. Wickham	Erew	56.42
3. (23) N. Lander	Erew	59.05
VETERANS O/60		
1. (48) R. Campbell	StaffsM	66.06
2. (51) A. Ashforth	Unatt	66.59
3. (56) P. Hitchings	StaffsM	68.15
LADIES		
1. (19) R. Chatwin O/40	Penn	57.13
2. (31) C. Stewart	Wirks	59.41
3. (34) C. Gardiner	Unatt	59.57
4. (39) G. Thomas O/40	Penn	63.08
5. (41) A. Wainwright O/40	StaffsM	63.26
(64) C. Hartwright O/60	Totley	73.12
(66) M. Gorman O/50	NDerby	74.14
(74) J. Waller O/50	DkPk	80.24

77 finishers

JUNIORS

Boys U/6	
1. J. Malcolm	20.56
Boys U/8	
1. R. Malcolm	11.02
2. C. Richardson	12.02
Girls U/8	
1. L. Wilshaw	11.44
2. T. T. Smith	14.24
Boys U/10	
1. E. Ollier	10.02
Girls U/10	
1. H. Wilshaw	10.23
2. V. Smith	11.59
Boys U/12	
1. E. Meylan	08.25
2. J. Bulkley	08.26
Girls U/14	
1. I. Coltman	10.08
2. R. Barron	11.33

BELMONT WINTER HILL
Lancashire
BS/7.2k/305m 12.05.12

A sunny day at last for the races! Great turnout of both seniors and juniors. Many thanks to all involved in helping out (too many to mention), to Bank Top Brewery, and to Lancashire Constabulary.

Congratulations to the winners, and particularly Tony Hesketh who won the V60 prize on his 64th birthday!

A donation is to be sent to Bolton Mountain Rescue for their fantastic and essential role at the event. Special thanks to the Belmont Town Crier for starting the races. He hopes to have a bigger bell next year!

David Bateson

1. N. Leigh	P&B	34.19
2. M. Shakeshaft	Bury	34.37
3. A. Fowler U/23	Prest	35.13
4. T. Snape	Unatt	35.51
5. J. Goudge O/40	Chorl	36.22
6. D. Keyan?	Unatt	37.41
7. A. Gibbons	Penn	37.52
8. A. Valentine	Bolt	38.15
9. R. Haworth O/50	Horw	38.25
10. W. Collins	Unatt	38.35
VETERANS O/50		
1. (9) R. Haworth	Horw	38.25
2. (17) D. Ralphs	Newb	39.26
3. (18) A. Sunter?	Horw	39.44
VETERANS O/60		
1. (29) T. Hesketh	Horw	42.29
2. (46) P. Lyons	Ross	45.14
3. (68) T. Varley	Horw	48.49
VETERANS O/70		
1. (101) G. Arnold	Prest	60.39
2. (107) D. Dickson	Ross	64.35
LADIES		
1. (24) B. Taylor U/23	Bburn	41.33
2. (41) D. Cartwright	Rad	44.26
3. (43) S. Budget O/40	Horw	44.36
4. (58) S. Flatters O/40	Horw	46.43
5. (63) J. Redmayne O/40	Chorl	47.40

113 finishers

BLUEBELL RUN
Shropshire
BS/8k/366m 13.05.12

A lovely day for a run, even the sun came out. Both records were broken, the men's by Tim

Calder Valley Mixed - leg3: Jo Stevens & Jackie Scarf

Photo © Pete Hartley

Photo © Pete Richards

Latrigg Fell Race: Carl Bell and Chris Edis near the summit

Hartley, by 3.01, and the ladies' record by Alison Lavender. Well done to both.

This was the last race that I have organised. Thank you to everyone, you have raised over £10,000 in total for charity.

Phil Harris

1. T. Hartley O/40	Notts	31.40
2. D. Masken	Mercia	33.39
3. A. Davies O/40	Mercia	34.39
4. A. Lavender	Oswest	36.00
5. T. Roo	Mercia	36.18
6. D. Egglestone O/40	Shrop	37.21
7. V. Barton	Mercia	37.40
8. K. Bailey	Unatt	37.51
9. S. Langby O/40	Mercia	40.21
10. R. Mapp O/50	Ludlow	40.56

LADIES

1. (4) A. Lavender	Oswest	36.00
2. (8) K. Bailey	37.51	
3. (18) G. Evans	45.42	

38 finishers

CALDERDALE WAY RELAY
West Yorkshire
6 legs/80.5km/3660m 13.05.12

Thousands of mud spattered legs, bum bags and coloured running club vests descended upon the Calderdale area for one of the biggest events in the fell running calendar, The Calderdale Way Relay, organised annually by Halifax Harriers.

Eighty teams from the fell running heartlands of the north, as well as an unlikely team from Milton Keynes, lined up below Clay House in West Vale to race the first leg of the six which cover the 50 mile circular route. Each team comprises twelve runners, who compete over the six legs in pairs. The inevitable mixture of abilities amongst 950 plus competitors results in a lengthy chain of brightly coloured vests, snaking its way around Calderdale's boundaries before finishing at Heath RUFC's clubhouse on the banks of the Calder.

Organising such a huge event, managing the health and safety of competitors whilst trying to minimise disruption to locals and motorists along the route, is an enormous undertaking which depends upon the goodwill of a small army of volunteer helpers to register runners, marshal checkpoints and to make sure that everyone gets a drink and a sandwich at the finish.

For the runners, the race is a test of speed, endurance and the ability to navigate around a course which is not always marked as obviously as you might expect. It's especially easy to make a costly wrong turn at speed, which is exactly what happened to the winning team from Wharfedale Harriers. Lying second to Preston Harriers at the first change over in Crag Vale, they soon took the lead and, thanks to a lightning quick 3rd leg from junior star James Hall who, with Jonny Bradshaw, who took the baton in Todmorden and climbed the steep ascent to Blackshaw Head in just under 37 minutes, they had a six minute lead. British Championship contender, Ted Mason, took over with partner Sam Watson keeping a comfortable margin of four minutes over Leeds City at Wainstalls. Unfortunately, Jack Smith and James Craig lost their way en route to Shelf and lost the lead too, with Leeds City's Chris Needham and Chris Wright taking the baton for the final leg with a two and a half minute lead. Wharfedale hit back though. Stephen Chew and Gareth Hird ran a storming last leg to West Vale, finishing in 6.18.49, ten minutes clear of their Leeds City rivals.

Holmfirth were the first ladies to finish in 7:34:40, the first Veterans team were Clayton Harriers Vets 7.01.42.

Not everyone got around unscathed but the injured were in good hands as the Calder Valley Mountain Rescue Team was on hand. They also had a team entered who came home a very creditable 66th in a little over 9.17.00.

Todmorden Harriers finished 4th in 6:36:01 and Calder Valley Fell Runners were the first mixed team to home in 6:59:11. Halifax Harriers entered four teams, very few of whom would call themselves fell runners, with the Vets team faring best in 22nd place (7:18:38), with three mixed or open teams managing 26th (7:28:23), 41st (8:03:10) and 72nd (10:04:46).

Halifax Harriers' major achievement though was in the organisation and marshalling of an event which brought a good deal of pleasure to many athletes from far and wide, many of whom were being introduced to the splendour of Calderdale's beautiful and wild landscape for the first time. The fell running forums speak of appreciation of a fantastic race day experience which promises to be even bigger next year.

Chris Burrell

1. Wharfedale Harriers A	6.18.49
2. Leeds City	6.28.11
3. Bingley A	6.31.27
4. Todmorden Harriers	6.36.01
5. Holmfirth Harriers	6.39.17
6. Clayton Harriers	6.51.19
7. Airedale Athletic A	6.52.24
8. Wharfedale Harriers	6.58.59
9. Glossop Harriers	6.59.05
10. Rossendale Harriers	7.01.02

LADIES

1. Holmfirth Harriers	7.34.40
2. Clayton Harriers	8.11.09
3. Abbey Runners	8.28.25
4. Wharfedale Ladies A	8.33.10
5. Keighly & Craven	8.45.51
MIXED	
1. Calder Valley	6.59.11
2. Ilkley Harriers	7.00.08
3. Stainland Lions A	7.07.14
4. Accrington A	7.09.34
5. Pudsey & Bramley	7.22.39

CARRAGHAN
Isle of Man
AS/4km/300m 15.05.12

1. L. Taggart O/40	MFR	19.04
2. T. Cringle	MFR	21.00
3. N. Armstrong O/40	MH	21.15
4. S. Skillicorn	MFR	21.31
5. J. Moore	WAC	22.32
VETERANS O/50		
1. (17) A. Gosnell	MFR	26.47
VETERANS O/60		
1. (15) R. Webb	IOMVAC	26.32
LADIES		
1. (18) J. Lee	MFR	26.54
2. (22) J. Quane	NAC	28.02
3. (38) R. Hooton	MFR	31.00

57 finishers

LATRIGG FELL RACE
Cumbria
AS/4.8km/290m 16.05.12

The Latrigg fell race was once again part of the Keswick Mountain Festival and there was a healthy turnout of 80 runners taking part. Conditions were generally favourable with only a strong breeze hindering the progress of the racers.

Kenny Stuart's long-standing record remained intact for the race. In 1984 Kenny put in a staggering race performance, covering the 3 miles and 950 ft in a mere 16.37. The female record set by Bingley's Vic Wilkinson in 2000 (20:00) also remains unbroken for another year.

Race winner was the in-form Carl Bell 18:32. This win needs to be put in context as Carl had won a 10 kilometre road race the night before in Workington, recording a speedy 32:26; the fells man proving he's equally capable on the tarmac. Second placed and first Keswick runner was Chris Edis and he was followed over the line by club-colleague, Phil Winskill, putting in a "heroic" performance.

Batman... or the Joker (Phil Winskill)... there lies a story!

First female and ninth finisher overall was local runner and reigning British Fell-Running Champion, Pippa Maddams. Pippa returned to Fitz Park in a fast time of 21:17. Pippa was joined by fellow Keswick runners Lyn Thompson and Catherine Spurden, who finished second and third respectively. Along with finishing second and contributing to the team prize, Lyn was also the first veteran lady to finish.

Pete Richards

1. C. Bell	Howg	18.32
2. C. Edis	Kesw	19.28
3. P. Winskill	Kesw	19.40
4. S. Birkinshaw O/40	Borr	20.07
5. M. Lamb	Kesw	20.33
6. J. Nicoll O/40	Kesw	20.39
7. M. Cunningham	Borr	21.07
8. S. Bodger	Ncastle	21.12
9. P. Maddams	Kesw	21.17
10. P Watson	Eryri	21.21
VETERANS O/50		
1. (49) Q. Merritt	Kesw	27.30
2. (61) F. Wood	Sunder	29.29
3. (62) P. Turkington	Mourne	29.36
VETERANS O/60		
1. (25) M. Walsh	Kend	23.23
2. (28) B. Dredge	Mercia	24.33
3. (38) J. Downie	Kesw	26.02
VETERANS O/70		
1. (42) P. Hall	BarrF	26.15
2. (75) P. Taylor	CFR	32.31
3. (78) J. Rutter	Kesw	36.07
LADIES		
1. (9) P. Maddams	Kesw	21.17
2. (35) L. Thompson O/50	Kesw	25.25
3. (45) C. Spurden	Kesw	26.18
4. (47) C. Wilson	Unatt	27.05
5. (48) A. Wakefield	Kesw	27.16
(59) A. Tucker O/40	Unatt	29.01
(64) K. Clark O/50	Kesw	30.17
(69) H. Jacob O/40	Vegan	31.15

80 finishers

DURRIS MAST RACE
Stonehaven, Scotland
BS/8.8km/305m 17.05.12

60 runners turned out for the wettest Durris Mast race yet. There were streams running down some of the paths, and I can only guess how deep some of the boggy sections were this year. This is the first year we have seen snow in places, as reported by Anita and Colin when putting out the markers in the afternoon. I returned from marking the junior route to find the first competitor, Davy Duncan, having a power nap in the back of his car - either that or he may have been rummaging around for his snorkel?

Rob Brookes finished first this year just ahead of team mate and current record holder, Simon Peachey. A good time considering the conditions; just over a minute slower than the record. First male vet in 5th place was Chris Tomlin followed closely by the first male super vet Alan Smith in 6th place with Bruce Manning as first M60. The first female was Veronique Oldham, with Liz Delaney second and Anita Hamilton third.

Alexander Chepelin set a new record of 14:42 in the juniors race holding off last years winner Lachlan Kirk.

Many thanks go out to Fountains Forestry for use of the forest, 'Run 4 It' for sponsorship and Andy Bain for removing the fallen tree near the finish. Also I'd like to thank all the marshals, sweepers, people who helped mark the course and Ewen for helping me with time keeping.

Apologies for the late prize giving, but the delay was due to one runner who was unaccounted for at the end of the race. Somehow he had missed the finish and had headed home unbeknown to us. Luckily, the runner's address was within reasonablE proximity to the race so the search was confined to driving to his address and finding him there safe and well.

Dennis McDonald

1. R. Brookes	Cosmics	39.38
2. S. Peachey	Cosmics	39.42
3. B. Abrahams	Cosmics	42.07
4. N. Easton	Stone	43.10
5. C. Tomlin O/40	Cosmics	43.44
6. A. Smith O/50	Dees	44.32
7. J. Williamson O/40	Cosmics	44.53
8. C. Love O/40	Dund	45.35
9. B. Ingram	MAberd	45.36
10. T. Jack O/40	MAberd	45.49
VETERANS O/50		
1. (6) A. Smith	Dees	44.32
2 (23) G. Ritchie	Stone	50.40
2. (25) J. Paxman	Cosmics	51.17
VETERANS O/60		
1. (26) B. Manning	Cosmics	51.40
2. (48) M. Bryce	Cosmics	59.48
3. (59) A. Tough	Stone	71.41
LADIES		
1. (17) V. Oldham	Cosmics	49.00
2. (31) L. Delaney	Cosmics	54.43
3. (38) A. Hamilton O/50	Cosmics	57.30
4. (43) J. Thorn O/40	Stone	58.15
5. (45) C. Alan	Stone	59.10
(47) G. Clunas O/50	Cosmics	59.42
(52) U. Bass O/40	Dees	62.15
(59) A. Tough O/60	Stone	71.41

60 finishers

JUNIORS		
1. A. Chepelin	Gramp	14.43
2. L. Kirk	Gramp	17.04

OLD COUNTIES TOPS
Cumbria
AL/59km/3050m 19.05.12

Being in my second year at the helm, pre-race preparation should have gone smoothly but, true to form, it was left until the last minute and last year's mad rush the week before race day was repeated. This year 103 pairs lined up at the start; this was a record entry and the first time more than one hundred pairs have started. Due to registration taking slightly longer than planned, we had to delay the start by ten minutes. I apologise for this and promise that a more efficient system will be in place next year.

Besides some windy and cold conditions on Helvellyn, the weather was much improved compared to the heatwave of two years ago and last year's downpour. Given this, I was surprised that we had a higher percentage of non-finishers this year than last - the nineteen non-finishers was 18% of the field compared with the 15% that didn't complete last year.

From the start Rob Jebb and Andrew Scofield, Tom Gibbs and Steve Birkinshaw and Chris Near and Tim Higginbottom led the field and it

became clear early on that one of these teams would win. Tom Gibbs and Steve Birkinshaw proved to be the strongest over the distance on the day and they set a new V80 record in the process. Congratulations to them.

Along with the increased numbers it was good to see more mixed and ladies' teams than previous years. The first mixed team of Digby Harris and Judith Jepson had an excellent run finishing fifth overall in under eight hours; only a few minutes off the record for this category which was set by Ruth Pickvance and Martin Stone back in 1993. The ladies' teams were led home by Catherine Evans and Jo Gillyon.

A trophy is awarded to the club which has three teams with the lowest combined finishing positions (both runners in a team must be from the same club to qualify). This year Dark Peak were the only club with three finishing teams; these being Paul Jackson and Lawrence Eccles, Greg Rimmer and Donna Claridge and Bob Johnstone and Rob Cole who finished in 35th, 55th and 66th positions respectively. Unfortunately, they had all left the field before the trophy could be awarded to them. It is in the lounge at the Achille Ratti hut if anyone wants to pick it up.

I would like to thank all those who helped on the day. Without you there is no race. I would also like to thank Lakes Runner for their support, La Sportiva for donating prizes for the winning teams, Warburtons Bakery for the donation of some bread and the New Dungheon Ghyll hotel for use of the bar area for registration and the field for parking, start and finish. More thanks go to the Achille Ratti members who baked the cakes that were gratefully eaten at the finish. Finally thanks to all the competitors and hope to see you on 18 May next year.

Chris Lloyd

1. T. Gibbs/S. Birkinshaw	Amble/Borr	7.03.30
2. C Near/T. Higginbtoom	Eryri/Clwyd	7.10.03
3. A. Schofield/R. Jebb	Borr/Bing	7.17.14
4. E. Bailey/G. Symington	GWR/Macc	7.27.39
MEN V80		
1. T. Gibbs/S. Birkinshaw	Amble/Borr	7.03.30
2. N. HArdiman/K. Livesey	Clay/Clay	8.32.20
MEN V90		
1. S. Pyke/I. Hughes	StffM/Macc	8.02.00
2. D. Terner-Swift/R. Turner	Rosed/Rosed	8.56.34
MEN V100		
1. A. Miller/L. Warburton	Kend/Bowl	8.39.59
2. A. Hurst/P. Jackson	Untt/Wharfe	9.40.09
MV120		
1. Y. Tridimas/A. Nixon	Bowl/FRA	9.47.31
2. J. Doyle/P. Bates	Lonsd/Lonsd	10.59.42
FEMALES		
1. C. Evans/J. Gillyon	Kesw/Kesw	9.13.06
2. B. Redfern/R. Chinnery	Tyne/Tyne	10.42.27
3. A. Calvert/H. Winder	Macc/Macc	10.50.36
FV100		
1. B. Redfern/R. Chinnery	Tyne/Tyne	10.42.27
2. A. Calvert/H. Winder	Macc/Macc	10.50.36
MIXED		
1. D. Harris/J. Jepson	Macc/DkPk	7.54.50
2. S. Halliday/J. Brown	Clay/Clay	8.18.57
3. H. Price/S. Massey	Bowl/Bowl	8.37.01
MIXED V80		
1. D. Harris/J. Jepson	Macc/DkPk	7.54.50
2. S. Halliday/J. Brown	Clay/Clay	8.18.57
MIXED V100		
1. M. Townsend/S. Rowell	P&B/P&B	9.59.35

NEW DUNGEON GHYLL
Cumbria
AS/5.6km/640m 19.05.12

With almost perfect conditions, good visibility, very little wind, and dry after light rain in the morning, 37 runners started, with a group of 5 leading throughout, interchanging positions on the ascent and descent of Harrison. Phil Winskill was just in first place on the summit, followed by Jamie Luxmore. On the descent, Jamie took the lead to win just seconds ahead of the Keswick runner. The rest of the five man group finished strongly, all within 44 seconds of the winner.

Craig Smith (V40) was 15th at the summit, but a group took a wrong line off the top, allowing him and Colin Valentine (V50) to descend strongly and finish in 7th and 8th place respectively. Colin improved on his 2011 time. (In the Old County Tops race, run on the same day, his 1989 record time of 6.25.00 with Dave Nuttall stayed intact).

A close race took place between the two V70 runners, Roger Bell and Pete Dowker, together at the summit, Dowker leading on the descent, with Bell sprinting onto the finish field to win by six seconds.

Jane Leonard (LV50) was first lady, followed just over two minutes later by Linda McEwan (LV40).

Two runners missed checkpoint 3 at the foot of the crags. The checkpoint was there for safety reasons, to avoid runners descending the crags on the face of Harrison, and so they were disqualified, in spite of the rules being displayed, and a reminder being given at the start.

The New Dungeon Ghyll Hotel again provided the event field and prizes, and thanks are due to all the Achille Ratti members who helped with marshalling, car parking, registration and results, and food.

Bill Mitton

1. J. Luxmore	Amble	39.48
2. P. Winskill	Kesw	40.05
3. T. Oates	Amble	40.07
4. T. Edwards	DkPk	40.17
5. B. Wiseman	Ochil	40.32
6. C. Naylor	HelmH	44.46
7. C. Smith O/40	Kesw	44.55
8. C. Valentine O/50	Kesw	45.33
9. N. Wood	Conist	46.09
10. R. Moffat	Howgill	46.50
VETERANS O/50		
1. (8) C. Valentine	Kesw	45.33
2. (18) C. Jones	Horw	51.45
3. (19) P. Buchanan	Orchil	52.41
VETERANS O/60		
1. (22) D. Tait	DkPk	54.57
VETERANS O/70		
1. (32) R. Bell	Amble	64.51
2. (33) P. Dowker	Kend	64.57
LADIES		
1. (21) J. Leonard O/50	Tod	54.54
2. (29) L. McEwan O/40	Lochab	57.08

35 finishers

GLARAMARA FELL RACE
Cumbria
AS/8km/630m 20.05.12

The Glaramara Fell Race starts from the Glaramara Centre at Seatoller in Borrowdale. After a short stretch of road, the race route goes through Jonny Bland's farm and on to the open fell after a steep and rough climb to a gate. There is extensive scope for route choice from the gate. Apart from a marked detour to avoid the rocky scramble near the summit the runners descend to the gate and the marked section back to the Glaramara Centre.

Borrowdale resident, Martin Mikkelsen Barron, won the race in the fast time of 46.21, over two and a half minutes ahead of the second runner, Mike Fanning. Conditions were ideal. It was dry underfoot, visibility was clear and there was a cooling breeze.

Mikkelsen-Barron ran away from the rest of the field from the start and had a substantial lead at the summit. In spite of choosing a line of descent other than the one he had identified during a reconnaissance the previous Wednesday, Mikkelsen-Barron maintained his lead to the finish.

Nicola Davies continued her return to full fitness and form to finish well clear of second placed Kate Beaty.

Len

1. M. Mikkelsen-Barron	Borr	46.21
2. M. Fanning O/40	Borr	49.05
3. P. Cornforth O/40	Borr	50.15
4. T. Edwards	DkPk	51.28
5. P. Winskill	Kesw	53.04
6. S. Birkinshaw O/40	Borr	53.06
7. B. Wiseman	Ochil	53.13
8. S. Johnstone Jun	Ellenb	54.27
9. M. Cunningham	Borr	54.59
10. A. Davies O/50	Borr	55.22
VETERANS O/50		
1. (10) A. Davies	Borr	55.22
2. (13) C. Valentine	Kesw	57.39
3. (16) S. Carr	Unatt	60.18
VETERANS O/60		
1. (19) M. Walsh	Kend	61.40
2. (39) M. Hind	Borr	70.50
3. (52) R. Whitaker	CFR	80.30
LADIES		
1. (18) N. Davies O/50	Borr	60.54
2. (27) K. Beaty O/50	CFR	64.27
3. (29) S. Bailey	Kesw	65.09
4. (33) S. Yeomans	Ross	67.02
5. (37) B. Gregory-Smith	Tyne	42.41

64 finishers

TOTLEY MOOR
Derbyshire
AS/8.3km/440m 22.05.12

A hot and sunny evening saw 242 runners complete the Totley Moor race at the eastern edge of the Peak District. This was the third race in the Totley AC series and the first race from the new club pavilion, recently opened by the legendary Joss Naylor. The race had attracted international attention from a Swedish journalist, running as part of a week of races in UK for a film and article for Swedish Runners World. A perfect evening for a recovery beer on the cricket pitch.

The top men's and ladies' spots were taken by familiar local names, Rob Little and Laura Gibson, with Dark Peak and Totley AC taking the male and female team prizes respectively.

Helen Gilbert

1. R. Little	DkPk	35.19
2. D. King O/40	Clowne	36.42

3. J. Crickmore	SheffUni	37.05
4. J. Wilson	FatB	37.28
5. D. Holloway O/40	Penn	37.37
6. W. Boothman	DkPk	37.49
7. J. Morgan O/40	DkPk	38.10
8. A. Moss	Totley	38.16
9. M. Stenton O/50	DkPk	38.24
10. K. Hodgson	FRA	38.28
VETERANS O/50		
1. M. Stenton	DkPk	38.24
2. G. Williams	DkPk	39.56
3. J. Turner	Sheff	41.17
VETERANS O/60		
1. M. Moorhouse	Mat	44.24
2. N. Boler	Unatt	45.53
3. R. Bory	ValleyH	46.12
LADIES		
1. L. Gibson	Totley	42.42
2. J. Mayland	StaffsM	44.27
3. K. Wilkinson	SteelC	44.53
4. J. Featherstone	Totley	45.56
5. H. Slater O/40	FatB	46.23
J. Crowson O/40	DkPk	47.16

242 finishers

HARROCK HILL - RACE 1
Lancashire
BS/8.4km/275m 23.05.12

Despite wall-to-wall sunshine further east, Harrock Hill was blessed with a thick layer of coastal mist that drifted in more thickly as the day progressed, until by race time it was quite dense. Ground conditions underfoot were bone dry, leading to excellent fast running. The mist unfortunately made the wooden stiles slippery, and this was probably unexpected by most runners, despite a warning given at the start. When "attacking" the first stile on the course a Wigan Harriers runner slipped badly and landed on the neighbouring barbed wire fence, running thumb and forearm along the fence causing very deep cuts, lots of blood, and requiring assistance to disentangle himself. This occurred far from any marshalled point, so top marks go to all those runners who stopped to assist, especially those with medical qualifications, one of whom applied a tourniquet made from a donated vest, or things may have become much worse. We eventually recovered him from the hill back to the pub, and the ambulance duly arrived. True to fell-running stereotypes I gather the injured Harrier refused to get into the ambulance because it would take him to Southport instead of Wigan! We all wish him a very speedy recovery."

Andy Quickfall

1. J. Morrisey	Wigan	31.59
2. A. Buttery O/40	Ross	32.42
3. G. Booth O/40	Horw	34.32
4. S. Nolan O/50	Burnd	34.33
5. P. Muller O/50	Horw	34.34
6. A. Lloyd O/40	Horw	35.03
7. T. Pilkington	Wigan	35.10
8. S. Nicholls	Wigan	35.39
9. D. Phillips	ValeR	35.40
10. C. Millington O/40	Spect	35.46
(12) A. Staveley O/50	Burnd	35.59
VETERANS O/60		
1. (122) M. Charman	Spect	50.07
2. (123) R. Smith	Unatt	50.10
3. (124) F. Green	Lpool	50.30
VETERANS O/70		
1. (145) M. McDonald	Bowl	61.48
2. (147) M. Towler	NVets	64.09

153 finishers

SHUTLINGSLOE FELL RACE
Cheshire
AS/2m/900ft 26.05.12

After the rain and strong winds of 2011, we were blessed with a hot and sunny day, which was greatly appreciated by the spectators if not all of the runners.

The enforced change of day from Monday to Saturday for the Jubilee affected the turnout, with local star, Simon Bailey, not able to attend because the date clashed with his wedding!

After Simon's ten consecutive wins over the course we were destined to have a new name on the winner's trophy. The honour went to Jack Ross after a closely fought race with Simon Harding; Jack eventually prevailing on the long climb up to the finish and winning by a margin of seven seconds.

Last year's ladies' winner, Steph Curtis, won for the third year in succession and turned the tables on husband Noel to be the fastest local.

My sincere thanks go to all those who helped out as well as those who braved the conditions to run. We hope to see you all back again next year!

Jon Mayne

1. J. Ross	StaffsM	16.42
2. S. Harding	Macc	16.49
3. T. Horton	MDOC	17.25
4. T. Fellbaum	MDOC	17.31
5. M. Fowler O/40	Chesh	17.54
6. T. Bush	Altrin	18.03
7. O. Williams	MDOC	18.11
8. R. Stevens	Amble	18.51
9. P. Neild	Macc	19.20
10. J. Nuttall O/40	Penn	19.40
VETERANS O/50		
1. (19) J. Mooney	Macc	21.49
2. (29) M. Moorhouse	Mat	23.13
3. (49) G. Hulley	DkPk	28.02
VETERANS O/60		
1. (29) M. Moorhouse	Mat	23.13
2. (49) G. Hullley	DkPk	28.02
3. (56) K. Price	Unatt	37.07
LADIES		
1. (13) S. Curtis	Penn	20.38
2. (31) V. Harding	Unatt	23.33
3. (43) R. Higton	StaffsM	26.17
4. (46) C. Nield	Unatt	27.00
5. (54) G. Harley	MDOC	31.25
JUNIORS U/10		
1. E. Ollier	StaffsM	3.27
2. D. Gibbons	Dash	3.30
3. N. Hill	Unatt	3.39
4. A. McHugh	Ncastle	3.52

THE WINGERWORTH WOBBLE
Derbyshire
BS/7.2km/183m 26.05.12

1. P. Hodges	30.13
2. C. Davenport	31.20
3. S. Martin	31.42
4. E. James	31.56
5. J. Hargreaves	32.20
6. M. Jones O/40	32.33
7. J. Pemberton	32.53
8. A. Whittaker O/50	33.23
9. K. Marshall O/40	33.39
10. M. Bacon O/40	34.01
VETERANS O/50	
1. (8) A. Whittaker	33.23
2. (11) S. Bennett	34.13
3. (18) A. Moore	35.43
VETERANS O/60	
1. (12) L. Best	34.35
2. (39) J. Parfitt	41.01
3. (67) J. Titterton	49.42
VETERANS O/70	
1. (64) J. Thorpe	48.22
2. (80) B. Rogers	63.33
LADIES	
1. (26) D. Lock O/40	39.09
2. (28) K. Lynn	39.25
3. (32) S. Iliffe	39.40
4. (33) C. Scoott?? O/40	40.08
5. (50) A. Cook O/40	44.12
(56) M. Moore O/50	46.24
(66) L. Noone O/50	49.08
(81) D. Harrop O/60	65.08

81 finishers

PEAT PIT WOODS & SHINING CLIFF WOODS
Derbyshire
BS/8.2km/267m 27.05.12

1. I. Phillips	Matlock	34.46
2. E James	Belper	39.26
3. I. Hunter	Kimb	40.15
4. K. Perry O/50	Unatt	40.47
5. C. Shelton	NDerby	42.13
6. R. Hyde O/40	Erew	43.38
7. C. Perry	Unatt	44.22
8. R. Cooper O/50	Unatt	44.54
9. T. Raynor O/40	Mansf	45.33
10. C. Lomas	Unatt	46.03
VETERANS O/60		
1. (44) M. Milmoe	Forres	67.14
LADIES		
1. (17) T. Hempsall O/40	Belper	47.47
2. (23) C. Stewart	Wirksw	49.41
3. (39) N. Greensmith	LongE	62.53

47 finishers

JUNIORS

Under 16 - 3.2km/89m

1. C. Radford Girl	17.37
2. F. Macdonald Girl	18.20
3. A. Radford	20.28
4. R. Stork	22.55
5. S. Shaw	25.20
6. S. van Vroehoeven	25.20

Under 14 - 3.2km/89m

1. S. Horton	15.39
2. H. Woodward Girl	18.11
3. E. Cowlishaw	27.37

Under 10 - 1.6km

1. M. Halford Girl	08.20
2. D. Denbavand	12.07

Under 8 - 0.8km

1. I. Halford Girl	02.28
2. T. Rogers	04.48
3. Z. Radford Girl	04.54
4. K. Johnson Girl	05.50
5. J. Whitt	06.20

GLAS TULAICHEAN UPHILL

Scotland
AS/7.4km/670m 02.06.12

1. K. Greig	ForresH	38.11
2. P. Faulkner	Carn	38.24
3. B. Bonnyman O/40	W'lands	39.20
4. D. Weir O/50	ForresH	39.43
5. G. Green	Portob	40.56
6. C. Cox Lady	Lothian	43.45
7. S. Smith	Cosmics	44.00
8. I. Anderson O/40	DundH	44.04
9. D. Sym O/40	Strathearn	44.30
10. V. Oldham Lady O/40	Cosmics	45.26
(16) G. Watson O/60	DundH	48.21
(35) S. Cromar O/70	DundH	60.49
(36) L. Hanlon Lady O/50	DundH	61.48

41 finishers

GLAS T TOE TICKLE - FUN RUN
Scotland
02.06.12

Only two took part in the inaugural Toe Tickle last year, so I had not intended to repeat it, but Dave Hanlon, the new organiser of the main Glas Tulaichean race, included it anyway and waved his magic wand. Well done to all who took part with a smile, and to the invaluable helpers.

A special mention for Maisie Gorman (age 2). She is probably not the youngest to take part in any of nearly 100 Scottish Athletics Hill Fun Runs to date, but she is almost certainly the youngest to go all the way on her own two feet. Others have had the slight benefit of a rucksack chair.

Martin Hyman

1. R. Campbell (Age 8)	Dundee	4.59.
2. J. Campbell (Age 9)	Dundee	6.05
3. I. Andrew (Age 8)	Unatt	6.08
4. G. Matthews (Age 7)	Dundee	6.11
5. L. Andrew (Age 6)	Unatt	6.47

11 finishers

WHARFEDALE OFF-ROAD MARATHON & HALF MARATHON
North Yorkshire
CL/41km/792m & BL/21km/700m
02.06.12

This year's event was the 10th anniversary of the Wharfedale races so to mark the occasion the organisers added a bonus of £100 for anyone (male or female) who broke the respective records in either the half or full marathon. In the last couple of years the ladies have taken the limelight with excellent records set by Sarah Jarvis in the Half 1.37.34 and Kate Bailey in the Marathon 3.12.47.

However, on this occasion it was the men's turn as both records were smashed. In cool but dry conditions, last year's winner Quentin Lewis set off with the intent on taking the half marathon record but he was closely pursued by local star, Ted Mason, who was running in the event for the first time. The ex-Wharfedale rugby player was racing over distance and on what is a fast runnable course which does not always suit his style as he tends to excel on the steep rugged classic courses such as Burnsall and Kilnsey. Quentin pushed on relentlessly up the long climb of Mastilles Lane knowing that he needed a good lead over Ted as there was still the 3 mile fast decent back to the rugby club. In the end Quentin beat Ricard Pattinson's record by three minutes in a time of 1.25.07. Ted should also be very pleased with his performance as he also comfortably beat the old record. Catherine Farrow continues to make good progress winning the ladies' race. A special mention must go to Jeffrey Pickup who won the vet 60 category but was placed well up the field in an excellent time.

Little did Richard Pattinson know that whilst he was running the marathon event for the first time his half record was been well and truly removed. The 45-year-old is probably in the form of his life and this showed as he set off at a similar pace to the half marathon runners. By Kettlewell he had opened a huge lead and he managed to keep a strong pace throughout the remainder of the race absolutely smashing a very good record set by Scottish distance international, Paul Hart, five years ago. Richard knocked an amazing 10 minutes off the record in a time of 2.48.41.

Which race will he decide to run next year!!?

The ever-consistent Shaun Wilkinson who came second once again had quoted before the race that Richard would demolish the record and he was spot on. Local runners Rob Shaw and Cathy Bradley both ran very well achieving high positions in the race.

Although the fields were slightly down on previous years (450 entered the events but 100 did not turn up probably due to the jubilee celebrations) The organisers felt that by not accepting entries on the day it made for a much smother and easier organisation of the event. So, in future, make sure you get your entries in early as the Wharfedale races firmly become a 'must do event' for all runners who love a long distance challenge but in some of the most scenic countryside in the country.

Thankyou once again to the organising committee, marshals and event sponsors.

Mick Hawkins

Full Marathon

1. R. Pattinson O/40	P&B	2.48.41
2. S. Wilkinson O/40	Kghly	3.08.08
3. R. Furness	Horsf	3.09.52
4. R. Shaw	Wharfe	3.11.47
5. M. Terry O/50	Clay	3.15.01
6. I. Whigham O/50	Cla	3.19.44
7. S. Marks	Unatt	3.23.56
8. K. Threadgill Lady	Edinb	3.24.02
9. S. Ewen	HydeP	3.24.17
10. E. Stangens	VStr	3.25.53
VETERANS O/60		
1. (43) D. Harrsion	Unatt	4.09.46
2. (56) D. Thompson	Quak	4.24.03
LADIES		
1. (8) K. Threadgill	Edinb	3.24.02
2. (19) J. Field O/40	Stainl	3.42.35
3. (22) H. Allison	Penn	3.45.50
(40) D. Pelly O/50	Amble	4.07.27
(54) A. Baldwin O/60	Stainl	4.21.42

82 finishers

Half Marathon

1. Q. Lewis	Baild	1.25.07
2. T. Mason	Wharfe	1.27.04
3. G. Briggs O/40	StaffsM	1.34.15
4. D. Parkington O/40	Prest	1.35.03
5. M. M-Williams O/40	Ilk	1.36.40
6. C. Bryan	NDown	1.37.11
7. T. Harvey	NiddV	1.37.59
8. A. Mouncey O/40	Settle	1.38.08
9. T. Gaile O/40	PudP	1.38.32
10. J. Bridge O/40	Bburn	1.38.39
VETERANS O/50		
1. (32) C. Heron	Queensb	1.48.47
2. (33) P. Calderbrook	Sale	1.49.09
3. (63) S. Pattison	PudP	1.59.04
VETERANS O/60		
1. (21) J. Pickup	Clay	1.45.07
VETERANS O/70		
1. (198) P. McNally	Bev	3.06.13
LADIES		
1. (26) C. Farrow	Ilk	1.46.56
2. (34) R. M-Williams O/40	Ilk	1.49.11
3. (41) S. Woodruff	Abbey	1.52.39
(79) P. Goodall O/50	Totley	2.03.37
(114) H. Shaw O/50	Wharfe	2.10.06
(152) B. Robinson O/60	Skip	2.20.44

199 finishers

WINCLE TROUT RUN
Cheshire
BS/9km/300m 02.06.12

1. J. Burgess	SMAC	39.08
2. R. Downs O/40	Wilms	39.18
3. J. Wood	SMAC	40.14
4. M. Smith	Chesh	40.33
5. C. Jeffery	SMAC	40.53
6. N. Sabin	Staffs	41.14
7. R. Donald	Shelt	41.35
8. A. Staveley O/50	Burnd	42.00
9. A. Beresford	Unatt	42.07
10. R. White	Unatt	42.33
VETERANS O/50		
1. (8) A. Staveley	Burnd	42.00
2. (20) J. Mooney	Macc	45.15
3. (36) H. Lewis	Buckley	47.40
VETERANS O/60		
1. (41) M. Moorhouse	Mat	48.14
2. (60) G. Newton	Tad	49.37
3. (65) P. Roberts	Buckley	49.59
LADIES		
1. (30) S. Lewis	Altrin	46.50
2. (53) H. Evans	Macc	49.16
3. (81) J. Ridgard O/40	EChesh	51.34
4. (96) C. Griffin	GoytV	52.48
5. (100) C. Hirst	Unatt	53.19
(104) C. Skellern O/40	StaffsM	55.35
(106) D. Hill O/50	Congle	53.50
(155) V. Kinvig O/50	ValeR	56.59

303 finishers

JUNIOR RACE

1. E. Downs FJ15	Stockp	15.38
2. K. Whiteoak FJ13	Stockp	15.39
3. L. Parker MJ10	Penn	15.55
4. C. Richardson MJ13	CFR	16.06
5. A. Gibbons MJ13	Dash	16.18
6. J. Downs FJ13	Stockp	16.22

EDENFIELD FELL RACE
Lancashire
03.06.12

Wet and windy, not a bit like June! It didn't, however, deter a field of 87 who took to the damp hills and Joe Mercer was first home in 45.29, less than a minute off Brendan Taylor's record. Mark Shakeshaft was second in 47.07 and led Bury to a team win. Sean Willis

was,third overall and first V40.

Sarah Yeomans was 12th overall and first lady.

Despite the weather, four new records were set: Carole Fryer (FV45), Fay Beasley (FV50), Ken Taylor (MV65) and evergreen Roy Lee (MV80!!!).

Thanks to Edenfield Residents' Association and their team of marshals (for standing out in very cold conditions), Edenfield Cricket Club for hosting the event (with great chip or bacon butties), Rossendale and Pendle Mountain Rescue (thankfully not used), my team of helpers - Jeff, Dave, Pete, John, Karen, Chris, Barbara and Lefty - without whom the race wouldn't happen and finally, for the runners who all seemed to enjoy themselves. Let's see more of you next year!

Cath Hignett

1. J. Mercer	Traff	45.29
2. M. Shakeshaft	Bury	47.07
3. S. Willis O/40	Sadd	50.03
4. M. Ellison	Tod	52.04
5. T. Taylor O/50	Ross	52.28
6. A. Milligan O/40	Bury	52.35
7. R. Haworth O/50	Horw	53.45
8. A. Preston	Middle	54.29
9. M. Fryer O/50	CaldV	55.14
10. J. Tinman O/40	Ross	55.24
VETERANS O/60		
1. (23) K. Taylor	Ross	59.27
2. (39) T. Hulme	CheshHR	62.29
3. (49) J. Hignett	Ross	65.40
VETERANS O/70		
1. (80) D. Dickson	Ross	84.52
2. (87) T. West	Radc	104.49
VETERANS O/80		
1. (84) R. Lee	Middle	86.05
LADIES		
1. (12) S. Yeomans U/23	Ross	56.09
2. (32) C. Fryer O/40	CaldV	61.04
3. (40) F. Beasley O/50	Ross	62.33
4. (42) L. Hopley	Ross	62.49
(78) M. Leigh O/60	AstleyT	79.31

87 finishers

MYNYDD MYFYR TREFONEN HILL RUN
Shropshire
6.5km 04.06.12

It was decent weather after torrential rain the previous day. 86 runners, which was up from 54 in 2011. turned up to run. They were mainly club runners with Paul Jones and Jane Joy Helsby leading the way.

Profits were shared with Water Aid and Alzheimer's Society as part of the Trefonen Hill Walking Weekend.

Ian Watkins

1. P. Jones O/40	Oswest	22.06
2. I. Lowe O/40	Oswest	22.36
3. J. Brown	Buckley	22.44
4. S. Le'Clere	Unatt	22.54
5. A. Birch O/40	Trismart	23.13
6. A. Broughton	Heslby	23.18
7. T. Roo	Mercia	23.38
8. D. Alexander O/40	WChesh	23.51
9. P. Stradling	Unatt	24.24
10. R. Kerr	Sytri	24.27
VETERANS O/50		
1. (13) H. Jones	Maldwyn	24.57
2. (28) H. Lewis	Buckley	27.03
3. (31) I. Clarke	Unatt	27.32
VETERANS O/60		
1. (27) M. Cortvriend	Denb	26.59
2. (33) P. Roberts	Buckley	27.44
3. (44) M. Charman	Spect	29.24
VETERANS O/70		
1. (76) P. Norman	Wrex	36.47
2. (81) R. Webster	Helsby	38.24
3. (82) B. Jackson	Meirion	39.40
LADIES		
1. (23) J. Joy	Helsby	26.04
2. (29) J. Ashbrook	Helsby	27.22
3. (40) A. Tickner O/40	Oswest	28.53
4. (50) N. Richards	Unatt	30.23
5. (54) E. Ashton O/40	Oswest	31.05
(58) J. Keasley O/50	Helsby	32.23
(60) J. Jarvis O/50	Oswest	32.39
(84) S. Charman O/60	Spect	41.42

86 finishers

BOAR'S HEAD
Cheshire
BM/12.9km/403m 06.06.12

The 25th running of the race was remarkably smooth and trouble-free, thanks largely to the efficiency of the support team – all of whom I would like to thank very much for their efforts.

We had no injuries, only one early retirement due to an asthma attack and, despite the torrential rain which soaked me through twice in the afternoon as I was marking the course, by the time the race started it was blue skies and white fluffies with a sprinkling of drizzle later on to cool everyone down a bit.

At the front of the 176-strong field there was a liberal sprinkling of previous winners but Lloyd Taggart, the men's record-holder in the event, took things by the scruff of the neck from the start and led throughout with a fine run to finish with a convincing three-minute-plus margin over Simon Harding in second place, with last year's winner, James Scott-Buccleugh (who is definitely NOT a Vet 50 as I mistakenly categorised him at the prizegiving !!) in third place. Judging by the speed Lloyd came down the track to the finish his own record would have gone but for a variant route up to the cage at the start which probably cost him the sixteen seconds he needed – next year perhaps?

Jan Nicholls also had an excellent run to finish as 1st lady, with Diane McVey and Molly Whittall taking the second and third places – and I simply do not believe that her club, "White Nancy Boys", actually exists !!

The prizegiving was its usual cheerful, crowded self and, in addition to the usual presentations there were two special Single Malt ones which deserve mention.

One of them went to the evergreen Rob Taylor, who won the inaugural race in 1987 and who blasted round this year to take the V60 prize – quite impressive.

The other went to Dave Sumner, who competed in the very first race but whose running was immediately curtailed by knee problems and who, instead of competing, marshalled at the Bowstones checkpoint for every one of the succeeding events – quite a record and one for which I am most grateful.

I owe an apology to Trevor Faulkner of Wilmslow for misreading his category on the results board and not crediting him with his first V70 position – this has now been rectified and his "Running Bear" voucher is on its way.

If I can manage another twenty-five years of organising the race I'll be ninety-four for the fiftieth anniversary – doubt it somehow but I've enjoyed it, I hope everyone who ran on Wednesday enjoyed it and I look forward to seeing you next year.

Dave Jones

1. L. Taggart O/40	DkPk	43.40
2. S. Harding	Maccle	46.46
3. J. Scott-Buccleugh	Stockp	47.06
4. W. Neill	Mercia	47.12
5. M. Fowler O/40	Wilms	47.23
6. D. Neill O/50	SMAC	47.55
7. D. Ward	Penn	49.32
8. S. Knowles O/40	Penn	49.48
9. T. McGaff O/50	Wilms	50.16
10. M. Richards O/50	GoytV	50.23
VETERANS O/60		
1. (27) R. Taylor	Penn	53.59
2. (44) A. Watts	Wilms	57.18
3. (52) T. Hulme	Wilms	58.17
VETERANS O/70		
1. (168) T. Faulkner	Wilms	78.43
LADIES		
1. (45) J. Nicholls O/40	Sale	57.29
2. (51) D. McVey	Wilms	58.07
3. (61) M. Whittall	NancyB	60.04
4. (72) L. Harrison	Wilms	61.11
5. (82) N. Grobben O/40	Penn	62.35
(93) A. Jones O/50	Altrin	63.38
(102) K. Sutton O/50	Wilms	64.46
(106) H. Winder O/60	Macc	65.18

175 finishers

OTLEY CHEVIN FELL RACE
West Yorkshire
BS/4.5km/210m 06.06.12

1. T. Adams	Ilk	17.38
2. M. Lockyer	P&B	18.40
3. A. Duffield	NMarske	18.54
4. B. Addey	Otley	19.08
5. D. Wilby	Ilk	19.25
6. C. Walker O/40	P&B	19.31
7. R. Ashton O/40	Otley	19.53
8. N. Bourke	P&B	20.24
9. J. Hemsley O/40	Wharfe	20.37
10. S. Webb O/50	VStr	20.49
VETERANS O/50		
1. (10) S. Webb	VStr	20.49
2. (12) A. Hauser	Holmf	21.16
3. (13) J. Wootton	Wharfe	21.18
VETERANS O/60		
1. (54) D. Tait	DkPk	25.25
2. (63) P. Ellerton	Bing	26.30
3. (68) C. Prendergast	Felland	26.54
LADIES		
1. (16) C. Green	P&B	21.37
2. (23) L. Needham	Holmf	22.21
3. (25) A. Sutcliffe	P&B	22.27
4. (39) G. Myers O/50	Wharfe	23.46
5. (41) T. Weatherhead O/40	Otley	24.00

98 finishers

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