



The Fellrunner Magazine

February 2001



The
Registration
Debate

The Purple Peril
Unmasked!

Ten out of Ten for
Ian Holmes

Championship Summary 2001

Steve Bateson Profile

Hodgson Relay 2000 -
N Lockwood and M Ward descend leg 4
(Photo Peter Hartley)

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The Fellrunner Magazine

Editor: Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL.
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Well, firstly, credit where credit is most certainly due. Those of us who can remember the days when "The Fellrunner" was a black and white A5 size booklet will appreciate just how far the magazine has travelled, both in content and appearance, over the years. That development has been driven over the last ten of those years by Neil Denby's vision, skill and sheer hard work and the result has been a truly professional production with a careful balance of material, both written and photographic, and a detailed results service which must make other publications green with envy. Ten years is a long time to maintain the high standards Neil has set himself, especially when his editorial role has been combined with his work and family commitments, not to mention his own running, and I would like to express to him on behalf of all the members of the FRA our sincere thanks for all his efforts – you can go out and get fit now, Neil !!

Secondly, I would like to reiterate Neil's belief that any magazine is only as good as its contributors and to say that "The Fellrunner" is your magazine and that any articles (serious, humorous, libellous(ish), contentious), opinions, letters, cartoons, etc., etc., will be gratefully received. I can't promise they'll all find their way into print but without them there wouldn't be a magazine at all. As far as photographs are concerned I appreciate that, unlike articles, photographs involve a certain expenditure of money, so any photographs used in the magazine will be paid for at £7 per photo (£10 if it's one commissioned by me on a specific subject) and £20 for a front cover shot. If you do send a photo in then please put your name and address on the back (otherwise it won't get returned) and include exact details of the subject.

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Listed next to this column are some of the people who play a large part in gathering material for the magazine in certain specific areas – if you've got an idea for an article and you're not sure if it's suitable or you want a bit of advice/information then please give the appropriate person (or me) a ring to discuss it.

2001 looks as though it could be quite an interesting year for the structure of fell-running; the registration issue continues to simmer away (see various pieces in this issue), as does the growing disenchantment with the role of UK Athletics, with a number of voices (and by no means all of them English) murmuring suggestions about fell-running "going it alone". Is this sensible? Is it practicable? Would it mean the FRA (note there's never been the word "English" in our title) turning into a British body? More on this in later editions.

Please let me have your suggestions, comments and criticisms about the content and approach of the magazine, both in this and subsequent editions. I would like it to "inform and entertain" (as the saying goes) and also to reflect what is going on in the various branches of our sport; this is difficult to do without feedback and I am very conscious of the fact that I am a new boy at this editorial lark and a new boy treading in some fairly illustrious footsteps – I need all the help I can get !!

Best wishes and good running for 2001.

Data Protection Act

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

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

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

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As usual, a centre results section with races from August to January

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

Please send in any articles, letters, etc. which you feel may be of interest – if possible send them in Word format, either on disc or by email. Photographs of runners and events are particularly welcome; please give details of the subject of the photo and your address if you want it returned.

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

Deadline for the next edition is **Sunday 6th May**

Please send material to Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL.

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Copies of the Scottish 2001 Fixture List available on receipt of a large SAE.

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Chairman's Chat

from Alan Barlow

First I would like to welcome Dave Jones as our new magazine editor and say a big "thank you" to Neil Denby for all his hard work over the past 10 years.

The continued lack of medals from UK Athletics for the British Fell Championship events is disappointing. They have obviously given other matters priority, as I am informed that they are currently awaiting proofs to be approved but are hopeful of having medals minted in 2001. The Policy and Support Team who look after the interests of fell running are pressing strongly to resolve the situation but are having problems convincing UK Athletics that we should be given all the medals we require. It should be borne in mind that the only other branch of athletics to hold a British Championship is road running and only medals to the first 3 men and women are to be awarded.

In the meantime the FRA have used our own medals to make sure the competitors have not lost out. UK Athletics reimbursed the FRA for 1999 and Tony Varley is in the course of submitting an invoice for the cost incurred last year. I am sure David Moorcroft would welcome the views of any fellrunners who would care to write to him at UK Athletics on this subject.

The question of eligibility has raised its head again. The rules are quite clear - only first claim members may compete in open team competition and breaking the rule may leave all competitors in offending teams open to sanction.

We plan to reintroduce at least one junior training weekend this year so, if you are interested, please submit your details to Dave Richardson.

Finally I would like to take this opportunity to wish all our members a successful and injury free 2001.



Advertising Rates:

£160 Full Page. £100 Half Page
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Calendar Update

As ever in the February magazine there are quite a few additions and alterations, all set out in chronological order according to when the event will now be held.

First of all some points of information :-

The email address for Dave Jones, Fixtures Secretary and "Fellrunner" editor, as shown in the front of the Calendar, is incorrect. Please alter it to read "davejonesfra@barclays.net"

The address/phone number of Jon Broxap, Championships Co-ordinator, has changed. Please alter it to read "8 Castle Garth, Kendal, Cumbria, LA9 7AT. Tel: 01539 734471".

The address/phone number of Adrian Woods, AA of Wales contact, has changed. Please alter it to read "Ty'r Mynydd, 7 Coed Cae Uchaf, Blaenafon, Tor-Faen, NP4 9JA. Tel: 01495 791754. Mobile: 07980 682038."

The address of Richie Stevenson, organiser of six of the Isle of Man races has changed. Please alter it to read "5 Palatine Road, Douglas, Isle of Man." The phone number remains the same.

Scottish Championship. The murk and confusion surrounding the selection of the Scottish Championship races is over; the dirks have been sheathed, the blood mopped up and the dust has settled. The championship now consists of the following races, so please alter your Calendar accordingly:

Criffel (M; 11th March), Stuc a Chroin (L; 5th May), Eildon (S; 23rd June), Ben Rinnes (L; 28th July),
Creag Dhu (S; 4th August), Merrick (M; 22nd September).

SAT.17TH.MAR. FIENSDALE FELL RACE. The race will now be held on this date and not on 24th.March, to avoid a clash with the Half Tour of Pendle.

SAT.31ST.MAR. SLIEVE CROOB. This race has unfortunately had to be cancelled because of access difficulties.

SUN.1ST.APR. MAN V SHEEP RACE. All entries for this race should go to the organiser. However, thank you to the young lady who sent me her entry details direct and thank you also for the rather unusual inflatable toy which accompanied the entry - this has been donated as a mystery prize at the Pennine Fellrunners Handicap event.

SUN.APR 22. KINDER DOWNFALL FELL RACE. AM. 11.30 a.m. 10m/2500' from Hayfield Village Centre (GR 037870) - registration at the Scout Hut (GR 035873). £3 pre-entry only - to organiser by 16th.April. Teams free. ER/LK/NS/PM. Over 18. Also junior race, U18, 11.15 a.m., 2.5m/500', 50p.on day. Records: 1.01.46 M.Kinch 1995; f. 1.14.46 S.Rowell 1995. Limit of 300 runners. Counter in the Hayfield Championship. Details: Wayne Harrison, 24 Spinnerbottom, Birch Vale, High Peak, SK22 1BL. Tel: 01663 743305.

WED.2ND.MAY. WREKIN STREAK. The race will now be held on this date and not on Monday 2nd.April.

There was all sorts of confusion about the next event's entry, so I have included the corrected entry in full -

SAT.MAY 12. THE FELLSMAN. BL. 9.00 a.m. 60m/11000' from Ingleborough Community Centre, Ingleton, North Yorkshire (GR 694730). £21 per person (£30 after 1st.April or on the day) to the organisers at - The Fellsman, PO Box 30, Keighley, West Yorkshire. ER/NS/LK. Over 16. Records: 10.12.00 P.Clark 1993; f. 12.08.00 A.Grindley. Details: Stuart Thompson, 6 Healey Avenue, Bingley, BD16 1DX. Tel: 01274 568382.

SUN.20TH.MAY FAIRFIELD. The race will now be held on this date and not on 13th.May.

SAT.MAY 26. RAS Y GADER. AM. 2.00 p.m. 10.5m/3000' from Dolgellau Town Centre. £5 to organiser or on day. Teams (4) free. ER/LK/PM. Over 18. Records: 1.21.18 C.Donnelly 1996; f.1.43.29 A.Bedwell 1992. Details: Sarah Noble, Iscoed, Dolgellau, LL40 2TP. Email: www.cader-race.co.uk

SAT.JUN 9. ENNERDALE HORSESHOE FELL RACE. AL. 11.00 a.m. 23m/7500' from Ennerdale Scout Camp (GR 085153). £5 to organiser by 4th.June 2000 - cheques payable to "CFRA". Teams free. ER/LK/NS/PM. Over 18. Records: 3.20.57 K.Stuart 1985; f.4.06.41 T.Calder 1990. Toilets and changing facilities but NO CAMPING. Details: Colin Dulson, 5 Sunnyside, Kendal, Cumbria, LA9 7DJ. Tel: 01539 735134. Email: colin@kendalcastle.demon.co.uk

SAT.JUN 30. FYRISH HILL RACE. BS. 2.00 p.m. 6m/1330' from Novar Farm, Evanton (GR NH614685). £6 - details to organiser by email or on the day at 12.00 noon - includes medal and "lucky bag". Over 16. Please note there are no toilet facilities at this race venue. Also junior race, 4m.; also 2.5m Fun Run for adults and children at 2.30 p.m. Details: Rob Shaw, c/o Scottish Woodlands Ltd., Mayfield, High Street, Dingwall, Ross-Shire, IV15 9ST. Tel: 01349 864999. Email: robshaw@scottishwoodlands.co.uk

SAT.30TH.JUN. SCOTTISH 4000'S DUATHLON. The race will now be held on this date and not on 7th.July.

SUN.JUL 1. SETTLE HILLS RACE. AM. 12.45 p.m. 7m/1750' from Settle Rugby Club, near the Falcon Manor Hotel. £3 on day only. Teams free. PM. Over 18. Also junior races to be announced in the next edition of the "Fellrunner", Records: 45.05 S.Bailey 2000;f. 58.12 K.Bailey 2000. Details: John Crossland, Fell Barn, Rathmell, Settle, North Yorkshire, BD24 0JX. Tel: 01729 823798. Email: jcrossland@talk21.com

SUN.JUL 22. OLDFIELD GALA FELL RACE. BS. 2.30 p.m. 3m/500' from the Grouse Inn, Oldfield, near Oakworth, Keighley, W.Yorkshire (GR 011383 on OS Sheet 104). £2.50 on day only. LK/PM. Please note there are no toilet facilities at this race venue. Also junior races; U6/U12/U14/U17. Records: 20.57 A.Clark 2000; f. 25.23 K.Drake 2000. Gala, etc. Details: John Collinson, The Barn, Oldfield Lane, Oldfield, Keighley, West Yorkshire, BD22 0HY. Tel: 01535 647872. Email: JohnCollinson@beeb.net

SUN.AUG 5. KIELDER BORDERER FELL RACE. BL. 11.00 a.m. 17m/3000' from Kielder Castle, Kielder, Northumberland (GR OS80/632934). £5.50 (includes food) on day only. Teams free. ER/LK/NS/PM. Over18. Records: 2.35.15 R.Hackett 1992; f. 3.09.17 A.Isdale 1994. Part of Kielder Forest Festival and Open Day. Details: Jonathan Farries, Forest Enterprise, Eals Burn, Bellingham, Hexham, Northumberland, NE48 2AJ. Tel: 01434 220242. Email: jonathan.farries@forestry.gsi.gov.uk

SATAUG 11. CHURN MILK JOAN. BM. 11.00 a.m. 7m/900' from Wadsworth Old Town Village Green, near Hebden Bridge at GR 998285 on the OS South Pennines sheet 21. £2.50 on day only. Teams free. PM. Over 16. Records: 45.57 A.Wrench 2000; f. 53.22 V.Peacock 1999. Details: Allan Greenwood, 1 Royd Avenue, Ainley Top, Huddersfield, West Yorkshire, HD3 3RY. Email: fellrunning@ogdenwater.freeserve.co.uk Website: ogdenwater.freeserve.co.uk

SUN.12TH.AUG. WORLD TROPHY TRIAL RACES. The venue for this event is Dodd Wood, east of Bassenthwaite Lake at GR NY235282. The start time for the Senior Men is 2.30 p.m., not 2.00 p.m.

SATAUG 25. BELLINGHAM SHOW FELL RACE. BS. 2.00 p.m. 4m/600' from the junction of the B6320 and Hesleyside Road at GR NY834829. £3 on day only. Teams free. PM/NS. Over 14. Also junior race; 11/14 years; 1.5m, 2.05 p.m., entry free. Records: 27.21 S.Murdoch 1992; f. 33.24 K.Robertson 1997. Details: Bill Campbell, 4 Noble Street, Bellingham, Northumberland, NE48 2EE. Tel: 01434 220733.

SUN.AUG 26. HALTON GILL. AS. 2.30 p.m. 1.7m/800' from Halton Gill, near Arndcliffe, N.Yorkshire. £2 on day only. PM. Over 14. Please note there are no toilet facilities at this race venue. Also junior race; U14; 2.15 p.m.; 50p. Records: 13.05 R.Jebb 1996; f. 16.16 K.Slater 1998. Details: Roger Gibson, Sawyers Garth Farm, Litton, near Skipton, North Yorkshire, BD23 5QJ. Tel: 01756 770258.

SAT.SEP 8. FESTIVAL OF SPORT FELL RACES. AS. 3.00 p.m. 3m/838' from Cockermouth Show Field, near Cockermouth School, Castlegate Drive, Cockermouth (GR 313134) - registration at the Leisure Centre. £4 on day only. PM. Over 16. Also junior races, U14 & U16, 2.30 p.m., 1m/360', £2. Part of a weekend of sporting events - duathlons, triathlons, road races, gym tests, etc. Details: Simon Parry, c/o Leisure Connection, Cockermouth Leisure Centre, Castlegate Drive, Cockermouth, Cumbria, CA13 9JR. Tel: 01900 823596. Email: cockermouth/leisureconnection@circanotesdomain

SAT.15TH.SEPT. PERIS HORSESHOE. The race will now be held on this date and not 22nd.September, to avoid a clash with the Merrick Hill Race. The organiser's email address is alantudur@btinternet.com and the Eryri Harriers website address is now www.eryri.org.uk

SAT./SUN.SEP 22/23. VENTNOR ISLE OF WIGHT FELL RUN SERIES. RACE ONE - ST.BONIFACE FELL RACE. AS. 11.00 a.m. on the Saturday morning. 3m/775'. LK/PM. Records: 17.36 M.Hayman 1999; f. 20.07 P.Leach 1999. RACE TWO - VENTNOR HORSESHOE. BM. 3.30 p.m. on the Saturday afternoon. 7m/1500'. LK/PM/NS. Records: 54.01 K.Leitch 1999; f. 65.56 P.Leach 1997. RACE THREE - WROXALL ROUND. CL. 10.30 a.m. on the Sunday morning. 13m/1500'. Records: 1.34.38 M.Hayman 2000; f. 1.50.17 P.Leach 1999. All races start from the Winter gardens, Esplanade, Ventnor, Isle of Wight. £5 each race or £12 for all three to organiser or on the day. Teams free. Over 18 (Race One over 16). Details of local accommodation and free camping, also car ferry concession forms sent with every application form. The event will incorporate the 2001 Southern Counties fellrunning Championship. Details: Eddie Leal, 56 St.John's Crescent, Sandown, Isle of Wight, PO36 8EZ. Tel: 01983 401920 or Brenda Lawson, 32 South Street, Ventnor, Isle of Wight, PO38 1NG. Tel: 01983 853843.

SUN.SEP 30. THE BLAKE LAPTHORN BUTSER HILL CHALLENGE. AS. 11.30 a.m. 4.5m/1400' from Queen Elizabeth Country Park, off the A3 road four miles south of Petersfield, Hants at GR 188717 on OS SU197. £7 on day only. Teams free. Over 16. Also junior races; 10.45 a.m.; 11-13 years and 13-15 years; 1.5m/450'; £2.50. Details: Race Secretary, 16 Wellington Court, Waterloo Road, Havant, Hants, PO9-1BL. Email: fit4it@yahoo.com

SUN.7TH.OCT. OPEN COUNTRY MOUNTAIN MARATHON. The event will now be held on this date and not on 23rd.September.

SUN.7TH.OCT. SMARNA GORA RACE (SLOVENIA). The race will now be held on this date and not on 30th.September.

SAT.13TH.OCT. WITHINS SKYLINE. The race will now be held on this date and not on 21st.October. The race continues to be the Yorkshire Men's and Ladies' Championship Event.

SUN.14TH.OCT. BREIDDEN HILLS. The race will now be held on this date and not 21st.October.

SUN.14TH.OCT. HIGH BROWN KNOLL. The race will now be held on this date and not 7th.October, to avoid a clash with a major relay event.

SAT.DEC 15. LLYN ELSI RACE. BS. 12.00 noon. 5m/750' from St.Mary's Church, Betws y Coed, North Wales. £3 (includes soup & roll) on day only. PM/LK. Over 16. Records: 27.14 C.Donnely 1997; f. 34.15 A.Brand-Barker 1996. Registration at the Glan Aber Hotel, Betws y Coed. Details: Steve Jones, Llys Gain, Crafnant Road, Trefriw, N.Wales. Tel: 01492 641430. Email: Xraymins@aol.com

The Military Challenge

2001-01-08

25th March, ATR Pirbright, Surrey.

If you want a unique, tough and exciting challenge which allows you to run where the Nation's finest fighting elite are put through their paces - we have just the answer - The Military Challenge 2001 offers everything you could want from a cross country run plus an optional authentic Army assault course.

Set at ATR Pirbright, Surrey, this is an exhilarating event with one of the largest and most challenging Army Assault courses in the UK, and with obstacles like the Barbed Wire Crawl, Rope Swing, Monkey Bars and 6ft Wall (10ft for teams), it will test your balance, co-ordination, and strength and provides numerous opportunities to get dirty and wet.

A choice of distances from 5-15 Military km across scenic Surrey heath and woodland,

provide all levels of run-only competitors with an equally challenging and enjoyable event, and with Army PTI's on hand to encourage and motivate you, the day will be truly memorable.

Team entries are discounted, plus, for every 3 teams of 3 you enter, you can get a FREE 5km run only competitor or equivalent price discount on the next individual or team entry. To claim your discount, all you have to do is send the entries together, with the discounted or free person's form clearly highlighted.

The Military Challenge takes places on March 25th. Entry from £8. Open to individuals and teams. Minimum age 15.

Contact:

www.freemile.co.uk for entry form printouts plus training programmes and full assault course details.

T: 0870 241 3807; e-mail: raceinfo@freemile.co.uk; Freemile Ltd, 88 Kingsway, London WC2B 6AA.

Contact:

For entry form printouts, full assault course and charity details check out www.freemile.co.uk.

T: 0870 241 3807 or e-mail: raceinfo@freemile.co.uk

!! STOP PRESS !!

Below are two important date changes :-

1. **KENTMERE HORSESHOE.** This race is now on the 22nd.July and not 15th.July. All other details as in the Calendar.
2. **BLACK FOREST TEENAGER GAMES.** These will now be on the 14th./15th.July and not 7th./8th.July. Further details from Pete Bland on 01539 730791 (daytime only).

Holiday Cottage (200 years old!) in Padarn Country Park, Llanberis - (on the route of the "Peris Horseshoe).

Run, walk, climb, mountain bike, paraglide, even swim in Llyn Padarn, all from the door.

Sleeps 6, fully furnished, central heating, washing machine etc. Newly renovated.

Weekends/midweek bookings available from £150 per week/£45 per night. Contact Stel Farrar - tel. 01286 870548 or on www.hafody.co.uk

The Registration Debate

Fellrunning is generally a very relaxed, easy-going, tolerant sport but, every now and again an issue surfaces which causes disruption and argument and one of the current ones is the matter of Registration. I have an impressive little plastic card (see right), given to me by our Membership Secretary, which informs me that I am a registered athlete (stop sniggering at the back there !!*!) but what use it is to me I haven't a clue. I don't road run, I don't track run, I don't throw spears or lumps of iron or jump over or along anything; in fact all I do is fell run and mountain bike and exactly how my little card will affect that I can't really see. There are various points of view about this issue - some people see it as a bureaucratic interference in our affairs designed to extract cash from hard-up fellrunners for no discernible purpose and others see it as a most reasonable piece of organisation which will leave our sport better funded and with better calls on facilities. The issue is not helped by the fact that it is being implemented in vastly different ways in different regions of the country - and as for Scotland !!*?!

Somewhere in all this must lie the truth, so below are printed three outlooks on the matter; one is the official FRA viewpoint expressed by Mike Rose; the second is by Bob Berzins of Dark Peak and expresses certain reservations and the third is the situation from the viewpoint of the North of England AAA. Read, consider and if there are any other points you feel would contribute to the debate then please put them down and send them in.

UK ATHLETICS - MEMBERSHIP REGISTRATION SCHEMES

The FRA viewpoint by Mike Rose

Following the demise of BAF and the creation of UK Athletics, Regional Associations lost all income from National Governing Bodies. A Membership Registration Scheme emerged as a way of raising money, but instead of a national scheme, each UK Region was left to come up with its own, so we now have the confusion of six different schemes of variable merit - and some with no merit at all.

While at first sight a national scheme might appear to be preferable, it would probably result in a much heftier registration fee in order to finance not only the Regions, but also various dreams and ambitions of little benefit to the rank and file generally, and fell runners in particular. Regional registration is infinitely more accountable and more manageable, but it would be better if the several schemes were essentially the same.

The Regions are club based, democratically managed associations and it is not for the FRA to tell them how to organise themselves. Registration schemes were agreed at the Regional AGMs and the FRA has no problem with this.

Our role is to look after the interests of our members and the future of domestic competition. The club affiliation fees and registration fees can hardly be described as onerous and we have safeguarded the position of FRA members who don't wish to

register or join a club.

However, to look after our members outside England is a bit of a problem. The Scottish registration scheme is particularly ham-fisted, but all we can do is support the Scottish Hill Runners in their efforts to get the Scottish Athletic Association to come up with something more acceptable. And we have no information about how things work in Wales and Northern Ireland.

REASONS FOR REGISTRATION

- * to raise funds to secure the future of each Regional AA.
- * to determine levels of participation.
- * to enable planning for future development of athletics.

You may think this justification is a bit contrived and that funds could be raised in other ways but it is said that Sport England/Scotland/Wales/Northern Ireland demand registration and, since they hold the purse strings for lottery monies, you can draw your own conclusions.



There are three Regional AAs in England and the vast majority of English fell running clubs fall within the North of England.

Registration was agreed by the constituent clubs at the 1999 Annual General meeting.

THE NORTH OF ENGLAND FEE STRUCTURE.

The Management Committee initially set the 2000 fee structure:

- * no change in club affiliation fees, for example 76 to 100 members - £35.
- * abandon discipline levies, which were previously £30 for cross country, £30 for field and track, £30 for road running and £15 for fell-running.
- * individual registration - £3.
- * in this example, club fee + registration fee represents £3.35 to £3.46 per member.

This was challenged by a significant number of clubs and a revised 2000 fee structure was agreed. There will be no change in 2001.

- * club affiliation fees increased eg. 76 to 100 members - £130.
- * abandon discipline levies.
- * individual registration - £1 for all athletes aged 11 or over.
- * in this example, club fee + registration fee represents £2.30 to £2.71 per member.

The Midland Counties AA has a slightly different scheme with similar ingredients and an individual registration fee of £3. The SEAA doesn't yet operate a scheme, but I guess there is little doubt they will have to toe the line sooner rather than later.

HOW DOES REGISTRATION AFFECT YOU?

- * Only club members may register.
- * Registration is voluntary. In particular, the NEAA does not press non-competing members, social members and the like to pay a fee.
- * Unregistered club members who participate in competitive events will be treated as unattached.
- * Athletes may be registered as members of more than one club but will only pay once through that of the longest membership.
- * Clubs will provide membership details, collect registration fees and pass to the NEAA. This will require a bit of work in the first instance, but annual updating will be simple.

WHAT DOES ALL THIS MEAN IN PRACTICE?

Generally speaking, in order to compete in open competition, athletes will have to be registered or pay an unattached levy at each event. Unregistered athletes may not compete in championship events. BUT - so far as fell running is concerned:

- * all official FRA races are open to allcomers, registered or not, and we will not be asking our race organisers to collect unattached levies.
- * to score points in the British and English Championships, both team and individual, English athletes (as defined in the FRA Fixtures Calendar) must be registered, or if unregistered must be members of the FRA.

Eligibility rules in Scotland, Wales and Northern Ireland are decided by their own governing bodies. The home countries now acknowledge reciprocal arrangements, and the day when an English runner is charged an extra £2 at the Ben for not being registered with the Scottish Athletic Federation has disappeared - we hope.

IN CONCLUSION.

We urge all English fell runners to join a club, to join the FRA, and to register with a Regional AA. We believe that our links with UK Athletics are to the benefit of fell running and that on balance perceived disadvantages are outweighed by real advantages:

- * General support services.
- * Previously we have received the fell running levies collected from clubs. Now these levies have been abandoned we are negotiating a fair slice of the registration fee. The more fell runners registered, the more money for the FRA.
- * We have received grants for particular purposes, e.g. the recent purchase of timers for loan to race organisers.
- * Liaison with other home countries through the Policy and Support Team.
- * Insurance for fell race organisers is funded by UK Athletics.
- * English runners and teams are eligible to compete in international events.
- * England International Teams are funded by the Amateur Athletic Association of England.

Will the cost of registration escalate in the future? We don't know - it is up to the athletic clubs to dictate what is acceptable but with a pint of lager costing £2 in certain places (and more in London !! - Ed.), fell running must be good value for money. The FRA is managed by fell runners, for fell runners and, by careful control of funds, we have maintained the £9 annual subscription for 10 years. Surely the current £1 registration is peanuts, particularly when a proportion of it will help to keep FRA subs as low as possible.

THE REGISTRATION SCHEME - WHAT DOES IT DO FOR FELL RUNNERS?

by Bob Berzins of Dark Peak

I'm not whinging about paying £2 for my sport. I'll gladly give the FRA more money if they need it. The problem is, this money is going to the North of England AA and, more than six months after the start of the scheme, nobody can tell me exactly what the money is going to be used for and how much is going to find its way back into fell running. Perhaps we shouldn't think of £2 but a potential £10,000 contributed by FRA members.

How can it be recommended that fell runners subscribe to this scheme when North of England's primary aim is to provide funds for itself? I hope in their negotiations, the FRA committee will ask, and publish, exactly how much money has been contributed by fell runners and how much is to be given back. If the FRA needs more funds then surely a better way to raise money is through increased subscriptions where 100% of the amount contributed will be used for our sport.

My club has consistently opposed this scheme, primarily because nobody has answered the question - Why do we need it? I have spoken to the North of England and it's clear they think that they are responsible for administering fell running. We were told from the outset that the scheme was compulsory for anyone engaged in active competition. So we have an overwhelming feeling that the North of England is interfering with our sport.

At the FRA AGM we debated my club's proposal that we look at alternative ways of administering our sport including the possibility of disassociation. The members present latched onto the perceived problems of going it alone - basically the money we receive from AAAs for international athletes and the problems of fell runners wanting to participate in road and cross country. The motion was soundly defeated, but the "pure" fell clubs present did support it.

Having had time to reflect on the debate I think we have largely achieved what we asked for - fell running being a special case. Mike Rose assured us that we can compete in fell races without being registered and fell race organisers will not be expected to check runners' registration numbers. So we are back to where we were a year ago.

But I am sad that the FRA has "no problem" with the registration scheme. To my mind it's a devious, poorly planned and mismanaged scheme with no relevance or benefit to fell runners.

Tell me I'm wrong.

NORTH of ENGLAND ATHLETIC ASSOCIATION MEMBERSHIP SCHEME

by John Temperton (Administration & Projects Manager)

The North of England AA welcomes the opportunity to explain the background to their Membership Scheme to readers of the "Fellrunner" and thanks the Officers of the FRA for their support and guidance during the development and consultation process. The Membership Scheme was introduced in May 2000 after extensive consultation with affiliated clubs and associations. There were three main purposes in mind when making the decision to proceed:

1. to determine levels of participation in athletics to assist future development;

2. to assist the management of competition;

3. to raise additional finance to support the activities of the association, including contributions to the cost of the AAAoE Development Co-ordinators, following the loss of income from national sources.

There were many critics amongst club personnel in the North who left us in no doubt that membership schemes are not universally welcomed. We listened carefully and adapted the planned scheme to make it as user friendly as possible. Nine months on we are delighted with the outcome and the positive manner in which clubs have reacted. With a small number of returns still to process we have a database of almost 30,000 members aged over 11 years - a reasonable start on which to build.

There continues to be resistance within some sectors of the sport towards the Membership Scheme and representatives of specialist fell and hill running clubs have raised particular queries on behalf of their members who compete solely in fell and hill events. Athletics is a global term for a group of vastly different activities ranging from hammer throwing to fell running and race walking to pole vault with the majority of participants competing across a range of the five disciplines.

We fully understand the reluctance of those parts of the sport that cost relatively little to administer in comparison to the costs related to the promotion of track and field. Readers should not give too much credence to the theory that Governing Bodies consist of men in blazers who have spent all of their three score years and ten in committee rooms talking about track and field. There are few, if any, who did not start as competitors in at least one of the sport's disciplines and without their knowledge and willingness to give freely of their time, there would not have been a sport of athletics in existence now.

The writer, who was responsible for developing the Membership Scheme on behalf of the NoEAA, spent far more time competing on fell, country and road than he ever did on the track. In common with colleagues, he is regularly intrigued by relative newcomers offering extreme views with little experience of the history of the sport. A fresh look is always welcome, but don't deride experience without first listening to the opposing view.

As a governing body, the NoEAA is responsible for all sectors and supports all affiliated groups. Members of the FRA can rest assured that their Officers protect their interests at all times and maintain regular and effective communication with NoEAA Officers. Since the establishment of the current NoEAA structure all fees payable to the NoEAA for affiliation for fell and hill running have been paid back to the FRA. The introduction of the Membership Scheme and the withdrawal of the requirement to pay for team affiliation require a revision of the way we calculate how much will be paid to the FRA by the NoEAA.

The arrangements have still to be negotiated but it is anticipated that the sum will be calculated in relation to the number of members in clubs affiliated for team competition in fell and hill. In the past the amount involved has been in the region of 3000 and it is expected that this figure will not be reduced but it will be affected if fell and hill runners decide not to join the NoEAA Membership Scheme.

Some of the Key Features

1. All data collected through a nominated club officer,
2. Costs kept to the minimum possible,
3. Data supplied by club in the most suitable format for them - we supply either a paper return or membership software (see below). We can also import from Access and Excel databases,
4. Clubs issue numbers to allow immediate availability for competition,
5. Individual membership cards supplied by NoEAA,
6. Reports available to event organisers,
7. The list of members will not be sold to commercial organisations - addresses need not be supplied if the club so wishes;
8. Annual updates will be provided for clubs to reduce their workload.

The North of England AA has always been, and will continue to be, an association of affiliated clubs. Its only responsibility is to those Northern clubs - there are no other masters. We will always be criticised by those who feel that their needs are not being met but are those critics actively seeking the support and advice of their association? Since May 2000 we have issued almost 30,000 membership cards, on those cards we have asked members to suggest any services the NoEAA should be providing for them. We have not received any responses to this request but, perhaps for the first time, those 30,000 are aware of the address, telephone, fax and e-mail address of the NoEAA. It has resulted in many more athletes contacting us direct to seek information, a welcome outcome that we are keen to encourage.

The North of England AA is your association just as much as the FRA is. The FRA, as a specialist organisation, may be more appropriate for your needs as an athlete but why not exercise your strength and help the NoEAA to continue as an effective governing body for all sections of athletics.

Obituary for a fell race

The Felldancer Gale Fell Race 1967 - 2001

by Allan Greenwood



Andy Buttery of Rossendale leads a chasing group in the 2000 Race (Photo Steve Bateson)

The Gale fell race will be run for the 35th and final time on the last Sunday in October 2001.

Many regular readers will have seen the article "The Gale Fell Race Lives On!!" (*The Fellrunner* - February 2000 - page 10) celebrating the event's continuation after over three decades of competition, even though the Gale Inn had closed down as a licensed premises.

The Gale is a cracking little race and a great many runners will have a good few tales to tell of their experiences over this fast course, with its road start, bottle-neck over the little stream bridge, dash over the railway bridge and factory yard section and those notoriously slippery steps up to the road before a tough mile of bridleway (slightly uphill, usually into the wind) and a short fell section leading up to the White House Inn.

Doesn't sound much like a true fell race profile, does it, but, of course, what often makes a good event are the venue, the atmosphere and post race social.

I took the classic race on in 1993 after I'd heard rumours that no one wanted to organise it. Many hard working organisers had given up their valuable time up to this point, initially the great Tommy Smythe who had instigated the race in 1967, then many other local runners including Kevan Shand of Smithybridge, Geoff Read of Littleborough and Wardle's Andy Maloney.

The first ever Gale fell race was run to settle a friendly argument between locals at The Gale Inn, on the A6033 road between Littleborough, Rochdale and Todmorden (now The China Palace Restaurant).

Local runner Tommy Smythe overheard a conversation in which someone had claimed that an old time athlete, Halliwell Clough, once ran from The Gale to The White House Inn on Blackstone Edge and back in half an hour. Tommy declared that it could be done quicker and, after much leg pulling and laughter, he vowed to organise a race to settle all their bets.

Colin Robinson of Rochdale AC won the initial race (clocking just over 24 minutes) and an annual event was born.

Colin retained his title in 1968 but the following year some students from Birmingham University came over, after hearing tales about the unusual (at the time) little off-road race with the grand social atmosphere in the Pennine village of Gale.

One of their number was Andy Holden of Preston, later a Great Britain international marathon runner, and he set a new record time which would stand for 27 years, becoming the longest standing benchmark in fellrunning.

Andy Maloney took on the mantle of organiser in 1994 and '95, the latter year being the one in which Andy Holden's fantastic record time was finally eclipsed by the British and English fell running champion Ian Holmes of Bingley Harriers.

As usual, Colin Robinson of Rochdale Harriers and his wife Brenda who runs under the colours of Bury AC, who have only missed a handful of Gale race in 34 years (with fifteen victories between them, Colin - who won the first ever race - scoring on seven occasions and Brenda with eight wins in nine years), were on hand to record finish times and positions, along with fellow stalwart Joe Salt the local athletics club coach.

I took the race on again in 1996 and vowed to do my best to uphold the tradition into the new century.

For quite a few years, however, I had had my reservations about those steep slippery steps leading to the A58 Blackstone Edge road, especially when runners were returning, descending stairs covered with moss and wet leaves.

Rochdale Harrier Jamie Dore has helped me greatly in this respect, doing a grand job with a barrel of water and hard sweeping brush. I had toyed with the idea of changing the route slightly, perhaps sending runners along the good track used as a return route by the juniors but, to be honest, never *dared* for fear of upsetting the historical value of the race and suffering the wrath of any local stalwarts !!

However, after the 2000 race it was, in fact, none other than Joe Salt himself who approached me with a word about his and Colin Robinson's concerns.



Lucy Whitaker of Saddleworth under pressure in the 2000 Race (Photo Steve Bateson)

"We are getting increasingly worried about the road section at the finish", he told me, as he explained how especially the *leading* runners, emerge from the woodland path, to the main road, then hare down the 6033 when it is busy with traffic.

Apparently, this particular year, one fellow had a lorry bearing down on him as he sped towards the finish *outside* the long line of parked cars.

For the past couple of years we have been using the excellent hospitality provided by The Summit Inn for our post-race social, just a mile along the road towards Todmorden.

A much more spacious pub than The Gale ever was and with a great wealth of tracks and footpaths leading over the moorland behind, it provides a great venue for another race of mine, "Race You To The Summit", which will again take place towards the end of May this year.

A discussion took place between myself, Joe, Colin and Brenda and we made a decision based upon the premise that competitors' safety is paramount.

The Felldancer Gale race will take place as usual in October 2001.

The 35th anniversary race will go over the original traditional course, with registration at Stansfield Hall School and prizegiving at The Summit and hopefully (and maybe some of you can help me here) we could get as many of the original winners as possible to return (Anyone know the whereabouts of Andy Holden / Jeff Norman / John Reade etc ??)

Then in 2002, a new Gale race will be born, from The Summit, with an even better course (still visiting The White House Inn), better facilities, and who knows, with the right competition up front, they may just produce a new record time which will also stand for 27 years !!



30th. Anniversary T-shirts

Colour

Indigo Blue

Sizes

Small, Medium, Large

Attractive design on front & back

Price - £5 plus

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(cheques payable to "FRA")

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**All proceeds to
FRA funds**

BELIEVE IT OR NOT !!

Fellrunning chic hits the media !!! Provided you don't mind them in a fetching shade of red and yellow the cheapest places to buy your Walshes are now "Office", "Offspring" and "Poste" stores nationwide, where you can get them for £50 a pair - the source for this (of all places) was page 43 of the Fashion section of the "Guardian Weekend" of Saturday 13th. January, complete with picture. Really, really big question - if they can do them for £50 a pair, why can't other people ?? Perhaps one worth asking next time you need a pair of Walshes.

FELLRUNNING FRED by Anne Colstrane



NAVIGATION COURSES 2001



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

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

Ideal for anyone new to the sport of fellrunning.

SPRING COURSE

Friday to Sunday 6th to 8th April 2001.

To be based at Kettlewell Youth Hostel in the Yorkshire Dales.

AUTUMN COURSE

Friday to Sunday 21st to 23rd September 2001.

To be based at Elterwater Youth Hostel, near Ambleside, Cumbria.

For details of both courses write to -

Margaret Batley, 3 Banksfield Grove, Yeadon, Leeds, LS19 7LN.
Please enclose an SAE

Please book early; these courses have proved very popular - there will be a limit on numbers, after which a waiting list will be kept.

Borrowdale Fell Runners

It is ten years ago, although it seems less, since the now familiar purple livery of Borrowdale Fell Runners first made its appearance. It was a strange beginning – a tiny number of competitors started to turn up at races, usually but not exclusively in the Lake District, and inevitably would disappear with most of the top prizes. Rumours abounded about where they had come from, how they were founded, how only a select few were ever eligible for membership and then by a mysterious process involving surnames and hair colour !! Some of them were reputed never to train, except by walking unspeakable distances over the fells with a sheep under each arm and another held firmly in the teeth. Tales of dissolute post-race drinking bouts circulated and altogether a mystique built itself up akin to that surrounding the equally impressive and secretive Rock & Ice Club in the rock-climbing world of the 50's and 60's. I once witnessed a touch of their eccentricity at the Caw Race (or Dunnerdale, I can't recall which) when, with the rest of the field more or less sensibly attired in thermal tops, club vests and shorts, a prominent member of Borrowdale took his place on the start line in a skin-tight one-piece purple lycra bodysuit and then proceeded to run everybody else into the ground. Over the years their numbers have grown only slightly and their abilities, both individually and collectively, have continued to arouse admiration and envy throughout the fellrunning world. They are justifiably regarded (Bingley might dispute this !) as the leading fellrunning Club and have to their credit innumerable race and national titles yet, even now, very little is generally known about them. The two pieces which follow attempt in their different ways to dispel some of the mystery and to present the REAL Borrowdale Fell Runners.

The Official Inside Information by Len I'Anson, Borrowdale Secretary

Once upon a time the people of Borrowdale noted that the cuckoos would arrive in the valley in the spring and that this was also the time that the good weather would arrive. The people of Borrowdale decided that these two facts must be related and that it was the cuckoos which brought the good weather. They therefore concluded that if walls were built around the valley, then the cuckoos could not fly away and Borrowdale would always enjoy fine weather. Walls were duly built but one became broken down and the cuckoos were able to fly away - that explains why the weather in Borrowdale is so often atrocious !!

In modern times, when Borrowdale Fell Runners was established for the second time, the founder members adopted as the club emblem a cuckoo with a broken wall behind it.

The first Borrowdale Fell Runners came into being during the 1970's in response to what might be perceived as the official red tape which surrounded running at that time. Some readers may recall that a leading amateur runner was banned from running in amateur races because he was foolish enough to run in what was deemed to be a professional race at his local agricultural show. The Lake District Mountain Trial was not run under AAA Laws. There was a feeling amongst the officials of Keswick AAC that their runners could not compete as a team in the Mountain Trial without dire consequences for someone. Therefore a group of Keswick AAC runners from Borrowdale competed in the Mountain Trial as Borrowdale Fell Runners.



Billy Bland, the original Borrowdale Fell Runner on leg 4 of the Hodgson relay (Photo Pete Hartley)

In issue number 4 of "Up and Down" for March and April 1991, there was a headline in the News section- "Surprise Rift at Keswick". This referred to the birth of the current Borrowdale Fell Runners club. The report referred to the resignation from Keswick AAC of two long serving and prominent members. Dave Wilkinson had been the Secretary of Keswick for a number of years and Billy Bland was a life member of the club. The report did not give the full background to the resignations. Hardly surprising when it was only four paragraphs long. It referred to a "lack of agreement over the future direction of the club".

It was further reported that one of the founder members of the new Borrowdale Fell Runners was invited to quash the rumour that membership of the new club would be at the invitation of Billy Bland only. The response was :- "The club will be just like any other club with open membership for all abilities." So it is - but the myth persists.

In spite of how it may appear, the resignations from Keswick were not planned and the formation of the new club was not anticipated initially. Personality clashes had developed within Keswick. Certainly for Billy Bland there was frustration at how the Keswick club had fallen back from its pre-eminent position in fell running. Readers may recall that during the mid 1980's the Keswick club won the British Men's Championship almost at will. By the beginning of 1991, it was clear that there was little prospect of the Keswick men repeating their earlier triumphs, even though within the club there was still the talent to mount a challenge for the Championship. There were not enough men who wanted to race for the Championship. Of course the Keswick women enjoyed much success during the 1990's but that is another story. Billy Bland had had enough of Keswick and had decided to resign and perhaps find another club. For slightly different reasons and independently of Billy Bland, Dave Wilkinson had also decided to resign from the club. When the two men discussed the situation, the new club, Borrowdale Fell Runners, was the outcome.

It has to be said that right from its inception the story of Borrowdale Fell Runners club has been a Bland affair. Others have played and continue to play significant roles. There is even another super family in the club, the Davies's. The attitude which has driven Borrowdale Fell Runners emanates from Billy Bland. Most of the administration of the club has been carried by Billy's wife, Ann. Her role has been unsung yet vital. For instance Ann has co-ordinated the annual Borrowdale Fell Race since 1986. It is in no small part due to her that the race has remained one of the most consistently popular of events. Then of course there have also been the athletic exploits of various Blands.

The report in "Up and Down" referred to an Extraordinary General Meeting of the Keswick club called in response to the two resignations. The feeling at that meeting was that Borrowdale Fell Runners could not last. Gavin Bland bravely attended that meeting and was assured that when the new club folded, he would be welcome to return to Keswick. Part of the early impetus for Borrowdale Fell Runners to succeed came from a determination to prove such doubters wrong.

Initially, the new club was not allowed to compete as a team. It may well be that, following their resignations from another club, many of the new club's members would have been ineligible for team competition for a period anyway. But not all the members of the new club had previously been members of running clubs and in theory would have been eligible for team competition immediately. Within the new club, this was perceived as an official bias against the club, perhaps based on personal animosity. Whether there was any substance to that view no longer matters. Perhaps it arose from the antipathy of some within the club to officialdom. What it did, though, was to further harden the resolve of the new members of Borrowdale Fell Runners to make the club last and to beat everybody else.

Looking at the list of members for that first year 1991, it is easy to see why the new club became almost instantly successful. In addition to Billy Bland there were his nephews, Gavin and Jonny. Mike Fanning was still a force and a young man called James Bulman achieved some tremendous results. Just look back at the results in the Fellrunner for 1991 and see how often James finished in the first half dozen in races.

1991 saw Gavin Bland win the English Championship and finish second in the British Championship. On 13 April 1991, Borrowdale Fell Runners finished first team at the Grisedale Grind but Keswick won the prize because of problems over eligibility.

That year also saw the club finish third in the Ian Hodgson Mountain Relay. That event has become a favourite for club members. Consistently the club has turned out teams which have been either what was acknowledged to be full strength or something very close to it - and it has shown up in the results.

It was a year of consolidation in 1992. There was also a new recruit from Keswick in Simon Booth. January 1993 saw the arrival from Rossendale of Andrew Schofield. Many may not recognise the name. It is used rarely and most often appears in his race reports in the Keswick Reminder. Scoffer was soon to become club chairman. His influence has been consistently substantial and greatly beneficial to the club. There has never been a problem of motivation within the club. Occasionally someone might not have been keen to run in a particular race. A telephone call from Scoffer soon sorted that out.

Borrowdale Fell Runners won the British Championship for the first time in 1993. With the exception of 1997 the club has won the British Championship every year since then. Borrowdale Fell Runners failed to finish a team of men (Nicola Davies finished as well as four men but she was not allowed to count for the team) at Stuc a Chroin, the only long race in 1997, because the fifth runner twisted his ankle and could not finish. The English Championship has been less of a target but Borrowdale Fell Runners won it in 1997.

It has never been a big squad of racers. The club still has only thirty-seven members, many of whom do not compete. It is the quality of the runners which has brought the success and their commitment to achieve that success. That appetite for success tempted Mark Roberts to leave Kendal in 1994 after Kendal had just won the Ian Hodgson Mountain Relay and the FRA Relay Championship (as it was then). His arrival coincided with that of the Davies family. The extra manpower (and Nicola) gave the club much more strength in depth and virtually another team.



The Borrowdale team after clinching the 1998 British Championship:
Back (L-R) Jim Davies, Simon Booth, Jonny Bland.
Front (L-R) Gavin Bland, Andrew Schofield,
Mark Roberts (Photo Miles Jessop)

Borrowdale Fell Runners have also enjoyed continental success. There have been several forays to La Plagne and the club won the team prize in 1999 and 2000 as well as having an individual winner in Simon Booth.

A not insignificant figure in Borrowdale Fell Runners is Miles Jessop., the owner of the Scafell Hotel in Rosthwaite. Without him the Borrowdale Race would not be the all round experience which it is for so many. He

arranges not only the evening's entertainment but also most of the checkpoint marshals, as well as donating the first prize of a weekend at the Scafell Hotel. Borrowdale Fell Runners would struggle to put the race on at all without him. Miles Jessop also provided generous patronage and encouragement in the very early days of the club. He provided the champagne in the photograph from 1994. In addition the Scafell Hotel serves as the club's headquarters.

The club is called Borrowdale Fell Runners but only a handful of members live in the valley. Members are scattered round Cumbria and in some cases beyond. That means that it is difficult to get people together for training and social events. There are no club training sessions as such. Members who live close to each other may go out together for a run but much of the training is done alone. There are two annual exceptions to this. In February and December members meet at ten o'clock in the morning at the Scafell Hotel and go for a run before retiring to the bar for some food and one or two drinks. The February gathering is to plan for the coming year and December's is to celebrate the achievements of the year.

There is a club dinner in March and a barbecue in July. That is it apart from when people meet up at races.

So where does the motivation to win team events come from? Team spirit is hardly fostered in a conventional way. The enthusiasm of several strong individuals seems to carry along the rest. The attitude which was in evidence when the club was founded still persists - no one will do Borrowdale Fell Runners down !!!

Borrowdale Fell Runners - the Purple Peril Unmasked !!

by a courageous undercover reporter now travelling on a Venezuelan passport and last seen making enquiries of estate agents on the Isle of Wight.

It doesn't seem like it but it's now seven years since Borrowdale Fell Runners won the first of seven British Team Championships but it's still crystal clear in my mind - the venue was the Black Mountains Fell race in mid-Wales and a narrow victory over a strong Ambleside team led by Keith Anderson (you must remember him ?) proved to be the start of fell running dominance by the small valley club.

Also still fresh in the mind are the celebrations on the way home, which involved cans of beer, empty pop bottles, delicate bodily functions and even more delicate tipping out of now full pop bottles from a minibus window at 70 mph on the M6 !!

Also pleasing was the fact that the team on the day consisted of four people, Gavin Bland, Jonny Bland, Simon Booth and Andrew Schofield, all of whom are still a big part of the team today - the fifth member that day was Billy Bland, who has now taken up the post of sometimes player/manager.

People think we do well these days to win what we do with our limited numbers but back then we had half our current membership - in fact if it had been six to count in the team we would have been well and truly knackered !!

The Club is run on a VERY informal basis, with no club training nights or committee meetings or anything like that - you just pay £5 (up from £3 due to UK Athletics !), turn up and run.

The Club does, however, have an AGM, which lasts about five minutes and is followed by the Annual Dinner, where the Club Champion is crowned. This, so I'm told, is a highly coveted prize which is harder to win than the British Individual Title - in fact, to prove this point, last year (1999) Gavin Bland won both the English and British titles but could only manage third in the Club Championship, and that was not without trying !

The club also has two club runs/social get-togethers, one either side of Christmas, where any member of the club is welcome to come for a nice, social pack run where everybody stops together for about a hundred yards - whereupon it's then every man and woman for themselves - I'm sure you know what I mean. The one prior to Christmas is also the day of the highly prestigious Club Darts and Pool Championships, where friendships are sorely tested. The one after Christmas is when the Club Championship races are chosen; this is a very lively affair but, no matter how much certain people complain, it always ends up with ten races, varying in distance but all having one thing in common, such as running on a wall top or along a beck bottom.

The Club can now, in fact, boast thirty-six members, of which twenty-four are regular runners of all ages and abilities with a geographical spread from Coventry up to Edinburgh and several of these feature in the following "who's who" of Borrowdale Fell Runners :-



Name: **Ben Bardsley**. Age: 28.
Occupation: Vet (honestly).
Major Fellrunning Achievements: winner of Scafell Pike English Championship race. Ben really is the Nice Guy of the Club, who is not only a great runner but also a top mountain biker. Ben unfortunately suffers from elephantiasis of the thighs, which I'm sure you will instantly notice if you meet him.



Name: **Billy Bland**. Age: 53.
Occupation: Builder.
Major Fellrunning Achievements: too many to list. Billy was, in his time, without doubt one of the best and now enjoys his role of Team Manager. A keen horse-racing enthusiast who lists Victor Meldrew as one of his all-time heroes.



Name: **Gavin Bland**. Age: 29.
Occupation: Sheep farmer.
Major Fellrunning Achievements: Second in 1990 World Juniors plus a few English and British titles since. Gavin has often been tagged with the label "Idle Bugger", which is harsh but fair. Gavin never gives 100% when 90% will do but when he does decide to commit himself fully he is about as unbeatable as you can be.



Name: **Jonny Bland**. Age: 28.
Occupation: Sheep farmer.
Major Fellrunning Achievements: Represented England in Home Countries long race championships in 1998. Jonny is the opposite of Gavin, i.e. he will always give 110% even if 90% would have done very well. Jonny is a hard trainer with a particular liking for steep, rocky descents and a real dislike of long, runnable climbs. Jonny also suffers from a rare eating disorder and once went nearly **two hours** without having anything to eat – a word of warning here –**never, ever** leave food unattended when this man is around.



Name: **Simon Booth**. Age: 32.
Occupation: we think he may be a Nuclear Scientist.
Major Fellrunning Achievements: three consecutive Borrowdale Race victories, including the second fastest ever. He has also represented Britain at Mount Kinabalu in Malaysia. Simon has proved himself in recent times to be King of the Category "A Longs" – he is also King of the Catwalks as well and is, without doubt, the only person in the Club with kit sponsorship from Hugo Boss.



Name: **Andrew Davies**. Age: 38.
Occupation: Aristocrat.
Major Fellrunning Achievements: none. Andrew is not only a highly talented fell runner, he has now turned his attentions (along with the rest of his sporting family) to the sport of Adventure Racing, which involves a wide range of activities combined in one event – such as running in wellington boots full of baked beans, swimming in baths of custard, cycling on unicycles and (believe it or not) climbing over sheets of 8'x4' plywood covered in vegetable oil !!



Name: **Jim Davies**. Age: 33.
Occupation: Aristocrat.
Major Fellrunning Achievements: represented Britain at Kinabalu in 1998. Jim burst on the fellrunning scene about eight years ago with his characteristic bald head and Bermuda shirt/shorts. He now sports more conventional kit but he still has a bald head. Jim is one half of the classic Karrimor partnership (with brother Andrew) that is destined never to win the KIMM, not because of poor running ability but because of absolutely crap map- reading. This was superbly demonstrated at the 1999 Fell Relays at Alva when, in full view of the Start/Finish area, they went in completely the wrong direction to the first checkpoint – much to the joy of all but six of the assembled crowd.



Name: **Nicola Davies**. Age: daren't say !.
Occupation: Aristocrat.
Major Fellrunning Achievements: various English and British individual titles. Nicola is Borrowdale's one and only female competitor, who also has a liking for climbing, cycling, caving, etc., etc.. She also has a love for making jams and cakes for her local branch of the Women's Institute and you **must** have seen the lovely knitted shorts that she and her brothers wear.



Name: **Mark Roberts**. Age: 39.
Occupation: part-time Norweb Electrician.
Major Fellrunning Achievements: British, English and Intercounties Champion in 1997. The first and the only person to have done this so far, but you would already have known that had you spent more than one minute in his company !! Mark has had a long and illustrious running career, with a 3 minute 45 second 1500 metres and a sub-9minute 3000 metres steeplechase to his credit, but you would already have known that had you spent more than one minute in his company !! Mark has now proved himself to be an accomplished fellrunner and one day it is hoped he will feel confident enough to do the Borrowdale Fell Race. If you don't know Mark he is easy to spot at any post-race booze-up – he will be the one with half-closed eyes with a Silk Cut in one hand and a l'all glass of green stuff in the other, probably having a heated discussion with Mike Rose.



Name: **Andrew Schofield**. Age: 32.
Occupation: Painter & Decorator.
Major Fellrunning Achievements: none. Andrew is the driving force behind the Borrowdale team and has the phone bill to prove it !! Weighing in at a tad under fourteen stone he's quite a big lad and is without doubt the person the top lads hate being beaten by – just ask them. When asked what gave him most enjoyment in fellrunning he said, "Making new friends, raising money for charity and beating James McQueen of Eryri".

Added to the selection above, the Club can boast a moaning blacksmith, a part-time fireman/snooker & darts player, two solicitors, a furniture restorer, a hypochondriac picture framer and a school teacher who has to book an hour's visit to Casualty every time he goes for a run. Quite a varied bunch. I'm sure you'll agree, with running standards from the very, very good to the not quite as good.

There used to be a myth that you had to be a top runner to join Borrowdale – that is simply not true, as only last year John Reeve joined from Kendal – so there you go !

I'll just leave you with one thought for those long, dark winter nights – "Borrowdale Fell Runners, if you can't beat them –**TRAIN HARDER** – or, on the other hand, buy them a pint !!"

ATTENTION ALL RUNNERS NEW DATE

SATURDAY 13th OCTOBER
WITHINS SKYLINE FELL RACE
(THIS INCORPORATES THE SENIOR
YORKSHIRE FELL RUNNING CHAMPIONSHIPS)

7 MILES / 1000FT **11.30am START**
FROM PENISTONE HILL COUNTRY PARK,
NEAR HAWORTH, W. YORKS.
£2.50 ON DAY ONLY **OVER 16**
ALL SENIORS RECEIVE A CADBURY'S
'CURLY WURLY'

ALSO JUNIOR RACES : U9, U12, U14 & U16.
10.30am. £1 ON DAY ONLY
ALL JUNIORS RECEIVE A 'GOODY - BAG'

CONTACT : DAVE WOODHEAD :
01535 669100

Secretary's Corner

in which Mike Rose expands and comments on issues.



The FRA Secretary in formal attire
(Photo Richard Topliss)

FHRC, UKAFHPST and BRITISH CHAMPIONSHIPS MEDALS

THE FELL AND HILL RUNNING COMMISSION

The Fell and Hill Running Commission (FHRC) was established with the formation of the British Athletic Federation (BAF) in 1992. It comprised elected members; 3 from England, 2 from Scotland, 1 from Wales, 1 from Northern Ireland, and a secretary/treasurer from the BAF Council. A chairman was chosen from the seven members.

The role of the FHRC was simply to co-ordinate matters common to the four home countries, and this included the British Fell/Hill Running Championships. We think it was a useful forum and worked very well. A major achievement was its successful negotiations with BAF to finally rid fell running of the professional and amateur nonsense.

The FHRC ceased to exist when BAF failed in 1998.

UK ATHLETICS, FELL AND HILL POLICY AND SUPPORT TEAM

UK Athletics (UKA) is the successor to BAF and the Policy and Support Team (PST) is the successor to the FHRC. Instead of being elected, the chairman (Robin Morris) and six members are appointed by UKA. Instead of being a representative committee looking after the general interests of the home countries, each member has a portfolio: administration and planning; rules, records and standards; fixtures; officials; promotions.

You may wonder why all these jobs are necessary. What was wrong with the elected format of the FHRC? It seems that, regardless of the needs of fell running, this daft structure is foisted upon us because that's how the other athletic disciplines are organised. We are not aware of any guidelines as to how the PST should operate, nor exactly what authority it has.

The only roles that really matter to us are those of Jon Broxap and the FRA statistician Brian Martin, who each do an excellent job managing the British Championships.

REG BAKER – 70 on the 2nd SEPTEMBER 2000

a tribute by Jim Slinn of Lancaster & Morecambe



Photo Jim Slinn

This is a tribute to all the unsung heroes of athletic clubs around the country; to the faces that have always been there; to the encouragement and coaching; to the smiles on the faces when someone from the club does well; to the ones who always volunteer to help at events or with lifts to events, often sacrificing their own races to help.

This is for one such hero, a real sporting gentleman – Reg Baker.

Reg's running career started in the Forces in 1948, mainly with cross-country running. During the '50s he tried his hand at cycling, then, during

the early '60s he discovered fell running at the Lake District local sports events in the days of "guides' racing".

He recalls how many amateurs hid their ID and signed in as Bill Smith or John Brown because of the complications caused by amateurs and professionals running together. He ran many road and cross-country races and also quite a few marathons well before they became the "thing to do". One amusing incident he

recalls took place during the World Vets Marathon – while he was vying for position with a Norwegian chap they passed several Japanese runners, all of whom bowed to them as they went by!

He also started coaching and passed the 3 AAAs exams in Sprints and Middle distance and he is, in addition, a graded time keeper and track judge. It was during his coaching years that he coached Kevin Capper to English Schools' Champion in the 2,000 metres steeplechase in 1978. Kevin went on to be the UK 3,000 metres steeplechase champion three times, an English International and also holder of a few record times in fell races.

Reg also coached a partially sighted athlete to several middle distance medals, as well as coaching several female members to country and national vests.

Reg's great love has always been the hills and fells of Britain, having raced in England, Scotland and Wales. He has completed 19 Ben Nevis races, his last one on his 65th birthday. He climbed it this year on his 70th and was there to cheer club members on in September but undoubtedly his greatest day was winning the Super Vet prize at the Isle of Jura race in 1985. Over the years Reg has also been involved with countless Bob Graham attempts, pacing and assisting most of the Lancaster & Morecambe lads around even though his own attempt unfortunately ended in injury.

As President of Lancaster & Morecambe he encourages all athletes and promotes the club in every way he can, often presenting athletes with his own awards. He is much loved by all club members and can count many, many fell runners of all ages and all standards as his friends.

On behalf of all these people I would like to thank Reg for all his help and comradeship and look forward to seeing him on the hills for a long time yet.

Thanks Reg.

CHAMPIONSHIPS MEDALS

Previously, BAF medals were supplied to the FHRC, but nowadays UKA are unwilling to provide sufficient medals (or funding). PST members, Robin Morris, Jon Broxap and Alan Barlow, have tried all manner of persuasion but are stuck with the apparently standard ration of six medals per discipline - gold, silver and bronze for the men and ditto for the ladies.

The 1999 British winners were presented with medals paid for by the FRA and the cost of around £2000 was reimbursed when the PST was fortunate to find a one-off source of funds. The medals were funded by the FRA again last year and the PST is struggling to find money to pay for them. This can't go on !!

The British championships, including the Relay and the Junior International, require some 200 medals. The PST are doing their utmost to resolve this issue with UKA, but we are not optimistic. In the meantime, an obvious course is to try and find a sponsor but if this is not possible, it might be necessary to impose an appropriate levy on all competitors in British championships races.

What do our members think?

RULES FOR COMPETITION - FIRST CLAIM

FRA philosophy is to keep rules and bureaucracy to a minimum but we are keen to enforce safety rules, for obvious reasons, and also those rules which seek to ensure fair competition. First claim rules are enforced in the interests of fair competition, as without these rules athletes would be able to run for different clubs willy-nilly.

Misunderstanding of First Claim Status is ongoing. The last time I dwelt on this topic was in 1994 and, following several recent breaches in relay events (probably without any intent to cheat) I think a reminder is appropriate.

CLUBS

Athletics is organised within the following disciplines. Regional AAs require clubs to state which disciplines are catered for.

a) Track and Field. b) Race Walking. c) Road Running. d) Cross Country. e) Fell and Hill Running.

FIRST CLAIM STATUS

On first joining a club, an athlete immediately gains first claim status for that club. When an athlete is a member of more than one club, the club showing the longest period of unbroken membership has first claim.

Only if the first claim club does not cater for fell running may an athlete, with the permission of the Regional AA, represent a different club. I might add that there are very few instances where this situation arises.

NINE MONTHS RULE

If an athlete wishes to change clubs, both the previous club and the new club must notify the Regional AA. The athlete does not enjoy first claim status and may not represent the new club **in team competition** for a period of 9 months (unnecessarily long I think) after resignation from the previous club.

An athlete may apply to the Regional AA for relaxation of the 9 months period. The most likely grounds for relaxation are move of residence or improved training/competition facilities.

TO SUM UP

It's quite simple really. **In team competition** an athlete may only represent the first claim club which is nearly always the club showing the longest period of unbroken membership.

Race organisers have enough to do without worrying about club membership and eligibility, so we expect clubs and athletes to regulate themselves but the FRA will take appropriate action when breaches of rules are noted or complaints are received.

(Editor's note:- the following piece is a response from Robin Morris to some of the views expressed by Mike Rose in "Secretary's Corner")

Rationale behind the United Kingdom Athletics Fell and Hill Running Performance and Support Team by Robin Morris, Head of UKA F&HR PST

The UKA F&HR PST was appointed after open advert and application in August 1999, as with the four other athletics disciplines, track, road, cross country and race walking, under the almost unanimous approval of all UK Clubs for the new UKA taking over from the BAF. The six-strong committee, plus co-opted international member Danny Hughes, have met four times since - very much like the former Commission.

The new UKA Constitution and full committee remit does not allow for a federal structure but there are four members from England, all on the FRA committee, one from Northern Ireland, all with specific responsibilities and the Head, which includes the financial control, is from Scotland at present.

There will be two more meetings of the PST in February and May before re-appointments on the same basis for another two year period are made in July 2001.

The last 16 months have not been an easy period for the PST as it finds its feet, works out its full role and purpose within a new UKA and for our sport in the four separate countries split into six regions (England is three regions) constitutionally.

As organisers of the British Championships the PST had expected UKA to continue with providing medals which now total approximately 180 for all events and categories but this they have been reluctant to do for various reasons, whatever the precedent. At present there is no income (entry fees, sponsorship etc) from the championships, no other PST has such an allowance or number of championships and the medals are not for sale or on demand. No supply of new medals have been available yet anyway.

UKA is under no obligation except for the precedent when BAF paid approx. £2,000 to the FRA for their medals used for the 1999 Championships but for 2000 it is very doubtful this will be forthcoming again.

The PST has carefully used a small budget for invited international events and for GB representation there, plus it has been actively involved with the process for an official European Championship in the near future.

The UKA Constitution and Rules of Competition for F&HR have been under scrutiny and we are actively working on amendments for the next publication in 2002 and looking at their implementation now and in the future of our sport, conscious of much greater public and sporting safety requirements and standards.

The new UKA coaching qualifications and revalidation for fell and hill running comes under our jurisdiction also and UK development, promotion and sponsorship issues are being addressed.

Much of the work of the PST is ongoing and the PST will report more regularly to you in the future. If individuals or regional or national bodies have any points to raise we welcome their input or questions at any time.

Countryside and Rights of Way Bill

The aim of this article is to look at the bill purely from the FRA point of view, not the individual, and explain how the bill evolved and how things appear to stand at the time of writing.

Where to start ?

The Law of Property Act 1925 ?

The mass trespass at Kinder ?

The National Parks and Access to the Countryside Bill 1949 ?

The Countryside Act 1968 ?

These are only four events out of dozens that could be justified in being a starting point and are good indicators of the complex, emotive and moral issues that this bill attempts to address.

The Ramblers Association are to be thanked for years of direct action in re-opening many blocked rights of way to be used by all of us; success in this has led to frustration in some cases where stepping off the footpath to admire a view or to picnic is deemed as trespass. On the other hand, abuse of tolerated access by a few has ruined access for the many. Legislation has delivered access in some areas, although protective designation has usually been the main thrust. More countryside access via legislation has been an objective of the RA for many years, resorting to confrontation when consultation has failed. During the last two years, other user groups, such as the FRA and the BMC (British Mountaineering Council), have been approached by the RA to lobby on a co-ordinated front with some success. The FRA were cautious in their support because our races technically would end up outside the law, despite the fact that individual runners might well benefit.

Often incorrectly referred to as the 'Right to Roam Bill' (a previous incarnation), the Countryside and Rights of Way Bill appears to have emerged as a result of successful lobbying and a number of recent private members bills that didn't quite make it onto the statute books. Not to mention the Labour, sorry New Labour, election promise on access. Oh, and there was a DETR (Department of Environment Transport and Regions) consultation paper with a list of consultees that included Barnardos, Birmingham Gun Barrel Proof House, Business and Professional Women UK Ltd., Liquefied Petroleum Gas Association and the Southern Brick Federation, but, alas, NOT the Fell Runners Association.

In March 2000 all 82 pages of the bill and 36 pages of explanatory notes were published and, costing £7.30, were not the lightest bit of reading material to be

found. Nevertheless most directly involved organisations and user groups appeared to be happy with the main content of the bill. That was of course only until debate started on definitions and interpretations of access on foot, exclusions and restrictions of access etc. Fans and biodegradable waste making spectacular contact come to mind. For example, take Part 1, Chapter 1, Clause 17 paragraph (1), (c) '*An access authority may, as respects access land in their area, make byelaws for securing that persons exercising the right conferred by section 2(1) so behave themselves as to avoid undue interference with the enjoyment of the land by other persons.*' An access authority (District, Borough, County Council, National Park Authority, Government Agency etc.) can introduce its own byelaws to restrict access at any time if they think other persons' enjoyment may be compromised.

Section 2 (1), in Schedule 2, refers to "Restrictions to be observed by persons having access to access land". There are 21 of these, most are obvious, referring to vandalism; some refer to prevention of hunting and fishing, but the last three are the ones which worried us the most.

'(s) without reasonable excuse, does anything which (whether or not intended by him to have the effect mentioned in paragraph (r)) disturbs, annoys or obstructs any persons engaged in a lawful activity on the land,

(t) engages in any organised games, or in camping, hang-gliding, or para-gliding, or

(u) engages in any activity which is organised or undertaken (whether by him or another) for any commercial purpose.'

Question 1 - does our sport annoy or disturb others ?

Question 2 - is our sport an organised game ?

Question 3 - does our sport have any commercial purpose ?

If you think "yes" is the answer to any of the above, our sport has a major problem of survival!

Now then before you start asking for an entry in the endangered species Red Data Book for fellrunners, there is another twist or two to come.

Meanwhile, after failing miserably to get any satisfaction from DETR to our dilemma, the Bill, with one or two amendments, made its way to the House of Lords. A direct approach to Rt. Hon. David Maclean MP and Lord Inglewood MEP resulted in a response from Lord Whitty, Parliamentary Under Secretary of State, '*...most fell running events are organised with the agreement of those whose*

land is affected, and there is no reason why this should not continue, just as before.....the Bill will indeed increase the opportunities for fell running so far as the activity comes within the definitions in the Bill and fell runners do not breach the restrictions set out in Schedule 2.'

Great, we will survive - so long as we have agreement from those whose land is affected. Next twist. House of Lords amendment 4) Curfew on access to open countryside at night. When does night start? Good question - answer - one hour after sunset and it lasts until one hour before sunrise. More fans and biodegradable waste meet, blood pressure rises etc.. Lobbying from user groups eventually helped to knock this one on the head.

Now, oh best beloved, this is still a shortened version of events, back it goes to the Commons who change things round a bit, then send it back to the Lords and hey presto - the Bill has its third reading on the 23rd November and final amendments (nos.255 and 256 I think) agreed on the 29th November. The Bill received Royal Assent on 30th November and it is now known as the Countryside and Rights of Way Act 2000.

If anyone really can't sleep the complete Act can be found on the net at www.publications.parliament.uk - what a good read it is not!

The next stage is for the Countryside Agency to complete the compilation and gain approval of access area maps. The local highway authorities and National Park Authorities have a duty to establish Local Access Forums (LAFs!), with statutory status, to advise on the operation and implementation of the new right of access. LAFs will also report to the National Access Forum (NAF), NAF advice will then be offered to the government !! I'm assured that these acronyms are to be taken seriously and that over the next two months Public Notices will be published in the local press for people, which will include users by right of access, landowners, managers and occupiers, to join their LAF. The FRA should try to be represented on any LAF that covers areas through which we race, so please read your Public Notices carefully.

The two main points for all race organisers are to have permission from landowners over whose land the race crosses and to be aware that landowners and access authorities will have the power to close access for up to 28 days per year in the interests of nature conservation and heritage preservation.

www.fellrunner.org.uk

The Fell Runners' Association Website one year on

by Bill Waine - FRA Press Officer

It is now a year since the FRA started up a web site. The idea had been discussed in the committee for while before the venture was launched because we had to be certain that the initiative would be in the best interests of the members and the sport.

Fell running is, by its nature, easily affected by change. The enjoyment of the sport is, for many, its own unique sporting culture. Change in the organisation, such as the introduction of a new means of communication that is open to a wide population, could actually effect changes in the sport itself. What had been occurring in the year or so before we developed a web site was that many athletic clubs with fell running interests had been developing their own sites, something to be welcomed. Additionally certain individuals had been publishing the FRA calendar on their own web pages. Publishing information this way was in breach of copyright and posed some threat to the existence of the FRA, as well as infringing the rights of individual Race Organisers to decide where their races should be publicised.

On the positive side World Wide Web communication offers the scope to give information on interests that do not get mass media publicity and allows information to be rapidly communicated to a widely dispersed group.

On balance we decided to go for a web site and see how it might evolve.

Those who have accessed the web site in the last year might have noticed its growth, much of this due to the members supplying information such as links to their own club web sites.

We have developed a championship results service that hopefully has enabled all members to know what is going on at the elite end of the sport.

Setting up links to well over 30 other fell running sites has meant that through the FRA site any member can find out information about races and fell running clubs.

The site has also offered a place for information about FRA activities to be posted, in effect our own electronic notice board.

Recently we have begun to give information about races, but less information than you will get through the race calendar; the full information is one of the things you get for your membership fees.

Other things that have come out of this venture are the creation of email links and communications between members and the FRA organisers.

What seems to be emerging from developing this site is that there is interest in this from members who have access to this means of communication. If there is a demand for this type of service to members then we can offer it, if we do not then some one else might do it for us and we would not have control over it. We also need to be aware of the people who do not have access to this communication means and not develop a two-tiered service for members. Hopefully this can be an additional means of keeping members informed of what is going on in their sport.

Veterans - The Majority Group!

(and how to stay in it !!). by Norman Matthews, FRA Coach



"You're never to old"... Ted Maden (v65) receives his mementos from Allan Greenwood (Photo Martin Haigh)

If a veteran runner has run the gauntlet of time, with a record going back to his/her school days, then the body like all moving parts - starts on the downward journey of fair wear and tear. The 0/40 group can usually take it in their stride with just a few niggles and grumbles, but in the 0/50 group awareness that the stride length has shortened and that fastening shoes without bending the knees is definitely dodgy is usually thought par for the course and can be seen as an acceptable fact of getting old. For the over sixty group I don't need to say a thing, they are well aware of Father Time's assault on their physical ability, even if their minds are able to hold back the clock.

Now I don't want you veterans getting the impression that it is all doom and gloom and that your athletic decline through old age is indeed an inevitable fact of life. Well, it is - but only at the rate you choose. How quick you lose your athletic bounce is dependent on how much work you are prepared to undertake in order to slow the ageing process down. There is well-documented evidence to prove that unless you have a real medical problem - arthritis being a strong contender for the number one slot - the ability to prolong your fitness can be carried well into your sixties and beyond. So it can be done and there is a formula that can be used if you really do want to continue running well as a veteran - it goes under the general heading of 'Supplementary Routines'.

Aerobic fitness is usually no problem for any veteran who trains daily and Max VO2 levels can be successfully carried forward through the veteran age categories with little deterioration. What usually hinders continuity, are injuries of one form or another. Without going into too much detail, as we get older we start to lose our resilience and bounce. It's like the old skin pinch test, in young people the skin springs back quickly but as you get older - to put it nicely - it takes its time.

Reaction times get slower because muscles and tendons slowly lose their elasticity, joints are worn and arthritis starts to nibble away. So what's the magic formula to halt all this? Well to be honest there is none, nothing can be guaranteed but what I can say is that any veteran who spends twenty to thirty minutes a day on conditioning routines can certainly go a considerable way towards holding back Father Time

Quite simply it's down to hard work and sheer determination. There's nothing magic about body conditioning or flexibility routines. There's

nothing clever about diet, most of us know what we should eat and the foods we shouldn't, it's all down to application. As you get older much more attention - as a percentage of training time - has to be spent on body conditioning. The old age stoop can be countered with stretch band work on the rhomboid and erector spina muscles, and with an awareness of correct posture there is no real need to look old before your time.

One of the reasons for stride length reduction is stooping over and not running upright. Breathing can be impaired if

the shoulders curl in at the front instead of being held back. Muscle tone has to be worked on and routines of body weight conditioning need to be done regularly. The ever-faithful "press ups" and "sit ups" have a major part to play. The lower limbs need extra attention to stay free of injury with exercises for the plantar flexors (calf muscle area) and dorsi flexors (shin and lateral area). The knee area with all its complexities needs the all round protection of good and well-conditioned muscle and tendons. Ski squats or static work (not moving the joint) is best when the joints are worn.

All over free-standing exercises of arm and leg movements take up little time and require little apparatus, yet are sadly neglected as one gets older. I always make it a habit to introduce a new exercise into my routines each year, especially in an area where I consider deterioration has started out of sync with the rest of my body.

The magic word if there has to be one is 'Routines'. We take for granted that we eat breakfast in a morning out of habit and routine, well supplementary routines are nothing different once you have decided to implement a schedule of work to possibly strengthen an area where you have had problems. Write it down, put it where you can see it each day, boast to the better half your intentions so you put a little more pressure on yourself. Once you get into the routine the progression factor will start to emerge and you can sometimes surprise yourself by being able to do a stretch or body exercise that you had never done before. I am always trying with my training group to get them stretching when watching the television or reading or whenever. If you are relaxed and doing nothing active why not sit in a gentle stretch position, use the opportunity, don't always wait until you are going for a run or after a session. So why not start **now** - you only require about 20 - 30 minutes a day and not all at the same time. I will be writing down some of the exercises on the FRA web site, all very simple and well tested. Why not give it a go, can you think anything more important than your health and fitness?

For those of you who have yet to experience the onset of age on performance, I can only say that it is a fact of life that no one is spared. Starting early on conditioning routines can have a very favourable influence on your future competitive ability.

"A Winter's Beck"

by Peter Travis

A winter's beck beneath
grey skies, heavy, forbidding
and a whiteness
despoiled by defused
grey indentations.

Not now the gentle flow; today
the confluences wrestle
for supremacy.
Angry waters; extended talons to
tear the bones of river side.
Leaping, thrashing,
dislocating, culling
all that would impede its flux.

I am lured to watch
this madness,
transfixed by cararact
that explodes
the churning waters.
Tomorrow will see its
anger muted,
and there will return a
gentle tone.
The mood has passed –
today's anger
is tomorrow's forgiveness.

CHAMPIONSHIPS 2001

The Calendar only gives you certain information about races; for anyone intending to have a serious go at either the British or the English Championship we have compiled below a summary of all the races, giving the sort of information you won't find in the Calendar but which is very helpful indeed in planning a campaign.

Half Tour of Pendle – AM – Saturday 24th March – English

Parking Not a tremendous amount of it, so try to share cars as much as possible. In the main car park virtually opposite the Village Hall at GR 823404; if this is full then the only other option is to squeeze onto the main road verge.

Registration, start & finish All at, or outside, the Village Hall.

Accommodation No local campsites really recommendable at this time of year but hardy souls could try Todber Caravan park, Burnley Road, Gisburn (Tel: 01200 445322) approximately six miles from Barley – though it will probably be freezing !! There are two Youth Hostels; Earby Youth Hostel (Tel: 01282 842349) and Slaidburn Youth Hostel (Tel: 01200 446656), both approximately ten miles either side of Barley. The local TIC is at Pendle (Tel: 01282 661701).

Course Start at the Village Hall (GR 823404); flagged out onto the fell gate at Buttock Farm. Then on open fell to checkpoint 1 (GR 805417) at a gate in the wall. Then to checkpoint 2 (GR 773384) at the Nick of Pendle quarry; checkpoint 3 (GR 787385) at Churn Clough gate; checkpoint 4 (GR 802397). From there rejoin a marked route through the fields to the finish back at the Village Hall. Only the run out onto the fell and back to the finish will be marked.

Description A typical Lancashire fell race, with some good tussocky ground to cover, some fast running and nothing too steep as far as climbing goes. The descent into Ogden Clough is quite steep but nothing to frighten Lakeland mountain goats. The route has tracks/paths all round it and no-one should get really lost, even in thick mist. I would say that the place to "go for it" would be following checkpoint 3, with a climb up before the descent into Ogden Clough (but then what do I know about "going for it"?!). Traditionally, it will be cold, wet, misty and very fast. I would like to reiterate that runners will need to share transport and park sensibly – good luck to everyone.

2000 winners and times

Men – Rob Hope – 1.06.49

Ladies (and Lady Vet) – Vanessa Peacock – 1.23.07

MV40 – Mike Wallis – 1.08.45 MV50 – Tony Hesketh – 1.14.17

MV60 – Ross Jaques – 1.31.22



Siggie Gould dropping into Ogden Clough
(Photo Peter Hartley)

Spelga Skyline (Northern Ireland) - AL - Saturday 21st April – British/Irish

Mourne Mountains, County Down 11.00 a.m. 13 miles/6175 feet

Entry £5 by 14th April
Registration, parking and
toilets at Spelga Dam car park
(GR 268 273)

Optional meal available at
prizegiving - details on entry form.

Organiser:
Jim Hayes
25 Dermot Walk
Comber
Co. Down.
BT23 5NU
Tel: 028 9187 2802

ACCOMMODATION

There are numerous B&Bs, guest houses and self catering cottages in the region. There is even a self catering cottage right at Spelga Dam! There is a Youth Hostel in Newcastle and a well appointed campsite at Tollymore Forest Park. Details are available from Tourist information offices:-

Newcastle, Central Promenade, Newcastle, Co Down, BT33 0AA.
Tel: 028 4372 2222 Fax: 028 4372 2400 e-mail newcastle@nitc.net

Newry, Town Hall, Newry, Co Down, BT35 6HR. Tel: 028 3026 8877 Fax: 028 3026 8833
Tollymore Campsite : Tel: 028 4372 2428 Newcastle YH : Tel: 028 4372 2133
Websites www.kingdomsofdown.com • www.visitcoastofdown.com
E-mail info@kingdomsofdown.com

TRAVEL

You can travel to Belfast and Larne by ferry from Stranraer, Cairnryan, Troon and Heysham. Also Dublin/Dun Laoghaire from Holyhead.

Stena, P&O and Seacat all operate services and it is often worth shopping around for special offers.

P&O : Tel: 0870 24 24 777 Stena : Tel: 08705 70 70 70 Seacat : Tel: 08705 523 523
www.poirishsea.com • www.stenaline.co.uk • www.seacat.co.uk

By air you can travel to Belfast City and International airports. Easyjet fly to Belfast International.

MAP

The Mourne Country Outdoor Pursuits Map is published by Ordnance Survey Northern Ireland.

Telephone: 028 9025 5755 Fax: 028 9025 5700

PRIZEGIVING

This will be held at a suitable establishment where thirsts can be quenched and appetites satisfied ! Details of the optional meal which can be ordered will be included on the entry form. We will also endeavour to arrange showers somewhere near the prizegiving.

WEBSITE

www.nifra.org.uk

COURSE

Start & Finish GR 268 274 Map: Mourne Country OSNI 1:25000

1. Butter Mountain	275 279	7. Eagle Mountain	244 230
2. Road Crossing	280 278	8. Pierce's Castle	234 239
3. Slieve Meelbeg	301 279	9. Rocky Mountain	233 258
4. Slieve Muck	281 250	10. Cock Mountain(north top)	253 268
5. Road Crossing	271 253	11. Sheep Pen(taped route)	259 280
6. Slieve Moughanmore	249 241	12. Spelga Mountain	265 280

INTRODUCTION

Runners in previous British Championship races in Northern Ireland will be familiar with Slieve Donard and Slieve Commedagh in the north east of the Mourne. This race is in the middle and western Mourne, starting from Spelga Dam about 8 miles south west of Newcastle.

The course is an extended version of the long established Spelga Skyline race and includes an extra three peaks to make nine summits in total. It is a varied and testing course, unblemished by road and there are few paths but walls provide a navigational handrail for the middle section.

The terrain is mostly grass and heather, but with heavier and softer going from Eagle to Cock mountain. Although the longest climb is about 1,200 feet there is 6,200 feet of climb in total.

COURSE DESCRIPTION



Photo Simon Taylor

After the initial 450 foot climb up Butter Mountain a short descent leads to the first road crossing. A track is followed for a short distance before heading across the boggy valley above Foffany Dam to the climb up Meelbeg, which is the longest in the race.

Heading to Slieve Muck the established route is to contour to the east of Slieve Loughshannagh and to the west of Carn Mountain then join the wall up Muck. Note that the checkpoint is at the trig point 30 yards on the south side of the wall.

The wall indicates the general direction the whole way to Eagle Mountain although it is faster to follow its general direction rather than all its twists and turns. Head out to the north of the wall on Slieve Moughanmore as the checkpoint is at the summit cairn about 200m from the wall.

From Eagle there are a number of possible route choices both to Pierce's Castle, which is a granite outcrop rising out of the Castle bog, and on to Rocky Mountain. The climb up Cock Mountain is around 1,000 feet and by this stage of the race may feel a lot longer. Note that there are two summits and the checkpoint is on the most northerly one.

The underfoot conditions turn grassy on the descent to the next checkpoint at a sheep pen above the 's' bend on the road at Spelga Pass. There will be a taped section, which must be followed, from a gate in the fence on the south side of the river at grid ref 259 279. This will lead you across the river, up through the sheep pen and across the road.

The final climb of 750 feet is the steepest of the race. The checkpoint on the flat summit of Spelga Mountain will be beside a pond which is not marked on the map. After this it is just a pleasant half mile of grassy descent to the finish.

The records for the original Spelga race (11 miles/4500feet) are 1h-49m-25s (men) and 2h-41m-30s (women) and I estimate that the men's winning time will be 2h-15m to 2h-25m.

Coniston Fell Race - AM - Saturday 5th May - British/English

Medium category - 9 miles and 3500ft of climbing - a Lakeland classic with possibly the best (worst ?) descent to the finish of any medium race bar the Ben .

N.B. This race is pre-entry and has a limit of 400. No late entries or E.O.D.

Registration - Village Institute- off the main street opposite the T.I.

Parking - race parking is provided at John Ruskin School - 5 min. walk from registration. At £1 it is a lot cheaper than the SLDC car parks in the village and the proceeds go to a good cause, so use it.

Accommodation - loads of B&B in the village but remember it's a Bank Holiday ; camping at Coniston Old Hall and Torver (2) and 2 youth hostels in the village. T.I.C. 015394 41533

Start and finish - in the field behind the Institute ; access also off Coppermines Lane

Course: Maps: Harveys Lakeland S W or the O.S. Outdoor Leisure 6 S W Lakes

- Controls
1. Wetherlam summit G.R. 288011
 2. Swirl How summit G.R. 272005
 3. Coniston Old Man summit G.R. 272977

The race starts with a mad sprint to get out onto Coppermines lane through a very narrow gate and goes R. up the lane over cattle grids - slip on these and you'll get trampled in the rush before you can get up again !!.

After about 500 m you turn right up Mauldry Bank - this is a nice opener for what's to come ! At least it is on a good path . From the top of the climb you traverse on tracks and sheep trods through mine workings to Crook Beck (G.R. 293990).

The long climb up on to Wetherlam starts in earnest here ! You take the main ridge path with corner cutting optional

to the first control on Wetherlam summit. Descend westerly from the summit and pick up the path to the col at G.R. 278007 with corner cutting again the preferred option. Climb Prison Band to Swirl How summit (control 2) and from there head south, descending to Lever Hawse - good running - and traverse through to Coniston Old Man (control 3), skirting Brim Fell to west.

The really good bit starts now ! You have three options :-

1. Go left to Low Water
2. Go right on a more direct line
3. Follow a local !

In all three cases you hope to arrive at the track junction at G.R. 285981. From the junction follow the path to Miners Bridge (G.R.294980), respecting fenced off regeneration areas. From Miner Bridge leg it down the Coppermines track being careful not to trip on the cattle grids ! Turn left through that narrow gate and **sprint** !

Winners 2000.

1st.M S.Savage 1.14.59 1st M40 J.Tomlinson 1.19.27
1st V50 B.Rawlinson 1.29.15 1st F N.Davies 1.31.28

The Saddleworth Fell Race -AS - Sunday 20th May - English

Starts and finish - in the yard outside Tanner Brothers Mill in the Saddleworth village of Greenfield. The mill is located just east of The Clarence Hotel at the junction of the A635 (Isle of Skye Road) and the A669 (Grid Reference SE002038).

Parking and registration - Parking at the mill is limited so competitors are asked to arrive early in order to obtain on road parking and to be able to register on time. Marshals will be at the entrance to the mill yard to assist in the parking arrangements. Registration will take place in the loading bay immediately adjacent to the start and finish, where refreshments will be on sale for supporters and hungry competitors.

Course - well marked throughout by flags and marshals. After leaving the level mill yard the runners turn right and immediately start their ascent, following the A635 for about 200 metres before turning up the second lane on the left, turning left again into a narrow gateway. Here the runners are treated to the pleasant surroundings of the Hollyville private 9-hole golf course. They may not have time to appreciate this as their course continues up



Tony Sardo on the rough descent The Old Man (Photo Peter Hartle)



hill, leaving Hollyville as they cross over Tunstead Lane and into Dick Clough. The course is now heading towards the fell, climbing steeply through farm fields, over open fell and a final craggy knoll at the summit of Alderman Hill at Grid Reference SE015 045. From here a rough path follows the edge around to the War memorial at Pots and Pans at Grid Reference SE010 051.

Now begins the steep descent back into Dick Clough but runners who failed to bring decent studs will be pleased to learn that Oldham Mountain Rescue Team will be waiting to pick them up at the bottom. After crossing the Dick Clough itself the runners return, retracing their outward route through Hollyville and back to Tanners Yard.

Richard Wild's record of 18:50 has stood since 1978 and Carol Haigh's record is equally impressive, being set in 1984.

Saddleworth is something of a tourist spot and there is accommodation available in many of the local hotels and pubs. Full information can be obtained from The Saddleworth Tourist Information Centre on 01457 870336 or by visiting the Saddleworth Tourist Association web site <http://www.tourism-northwest.com/index.htm>.

An entry form can be downloaded from the Race web site at <http://www.kiveal.freereserve.co.uk> or alternatively by using the FRA standard entry form.

Duddon Valley Race – AL – Saturday 2nd June – British/English

Another Lakeland Classic – shorter and easier than Ennerdale but do not be fooled as Uncle Billy's record is awesome !

Registration – usually in a horsebox in the field behind the Newfield Inn, Seathwaite G.R. 227960, or, failing that, in the Church Hall about 25 yards north up the road.

Parking - in the field behind the Newfield – it's not that big, so please car share.

Accommodation - limited B&B in the Duddon valley but plenty in Broughton.

Camping at Turner Hall Farm G.R. 234964 Tel: 01229 716420

Start and Finish - in the field behind

From the Newfield the start is compulsory, out to the forest corner at G.R. 211992 going via Grassguards G.R. 224981

Course - Map – the only one with all the race route on in sufficient detail is the OS 1:25000 South-West sheet

Controls: 1.Harter Fell summit	OG.R.218997
2.Hard Knott summit	G.R. 231022
3.Little Stand summit	G.R.250033
4.Three Shires Stone	G.R.276026
5.Swirl How summit	G.R.272005
6.Dow Crag- 200m west of summit	G.R.262977
7.White Pike summit	G.R.248955
8.Caw Pike summit	G.R.230944
9.Wall corner	G.R.231953

and then flagged to finish.

This one is one of the true Lake District classics; it's twenty miles long, has six climbs (two of which seem to go on for ever and ever !) has every type of terrain imaginable and, if you're not prepared for it, really can be a monster !! In fine weather then the route-finding is not all that difficult, although there are lots of possible variations and some of them make a lot of difference. There can, however, be a serious problem with water, simply because once past the Three Shires Stone (and with a lot of race still to go) there isn't any until it's far too late. You need to either fill a bottle at the Three Shires or have a support team somewhere from there on. In bad visibility it has proved a nightmare to many people and needs careful, accurate navigation. The first bit up to Harter Fell is usually straightforward, if only because you tend to be playing "follow-my-leader" at this stage but make sure you've got an accurate bearing off it as going wrong this early would be especially disastrous. Getting to the Hard Knott road presents few problems but lots of people have spent AGES finding the Hard Knott checkpoint as there are millions of similar little bobbles in this area and in thick mist they all look depressingly similar – going up Hardknott Gill is the best start but from the top you're on your own. Getting from Hard Knott to Little Stand is navigationally easy but psychologically dreadful, whoever called it "Little" anything had a warped sense of humour – and if it's clear weather you can see the whole awful climb full on as you run down to Mosedale Beck !! The actual top itself is like Hard Knott but not as bad – the little tarn is a useful aid if you're a bit puzzled. From Little Stand to the Three Shires gives lots of scope for route-finding

and also for making spectacular errors; I will mention the name "Gaitkins" as a possible hint as to the route taken by many of the fast boys and girls but that's all you're getting. Things get easier in route-finding terms, if not in running, from the Three Shires as you basically (if not totally) follow the path up Wet Side Edge to Swirl How and then cut across and down to Levers Hause. You could go up Brim Fell and down again to Goats Hause but very few people do and you'll have to find out why. Take care at the Dow Crag checkpoint – for safety's sake it is situated at the foot of a little crag just west of and down from the summit. A little while after Dow Crag good running and easy navigation rule for most of the rest of the way, if you're not too knackered to take advantage of them, but be very careful of the sting in the tail which is Caw; apart from being a steep little thing just when you don't need it, getting to it from White Pike can cause a certain amount of confusion in mist and you'd just hate to get lost only a mile from the finish !! From Caw you can see the finish, smell the beer and chips and it's all downhill – easy, provided you know the best line. Have a good run.

Eildon Two Hills – AS – Saturday 23rd June – British/Scottish

4.5 miles and 1500 ft of climbing - a very runnable lung burster up Walter Scott's celebrated twin peaks. For the Sassenachs it is a bit like Latrigg but with a double climb and a bit of heather. It also has a long standing Kenny Stuart record. Two hills ? There are actually three but the race only does two of them.

Registration - is in the Clubhouse of Melrose RUFC, the Greenyards (G.R. 545343).

Parking - is in town or at the Greenyards

Accommodation - plenty of B&B in Melrose and the other Tweed valley towns. Camping and youth hostel 5 mins from start. YH warden runs for Gala Harriers, the promoting Club. T.I.C.

Start and finish - start is from the Gibson Park (G.R. 545342) and the finish is on the Greenyards.

Course - Map: OS Outdoor Leisure 44 Tweed Valley

From the Gibson Park run on road, B6359, through the town, passing under A6091(T) and take St. Cuthberts Way (LDP) left down some steps between houses. Follow path to stile constructed for the race at G.R.551333. Climb directly up Eildon Hill North (G.R. 555328) and descend on indistinct tracks to col between EHN and Eildon Mid Hill (G.R. 548323). Climb EMH and descend on paths to pick up LDP at G.R.551325. Follow this back to outbound route into town and finish right onto the Greenyards.

2000 Winners

1st M Alan Milligan 27.26
1st M40 Neil Aitchison 31.43
1st M50 George Armstrong 38.34
1st. L Isabel Knox 38.18
1st. L40 Deborah McDonald 38.58

Y Garn – AS – Saturday 4th August – British/Welsh

Registration, car parking, start and finish -will all be in the (very) small village of Rhyd-ddu (GR 569529). There is a car park (marked on the OS map) but due to its size, car sharing would be appreciated. There are toilets at the car park. The registration will be in the vicinity of the car park but negotiations are under way to use the Cwellyn Arms pub in the centre of the village. The race will start and finish where the B4418 joins the A4085 (GR 569530). Car parking is VERY limited at the race venue itself, so please try really, really hard to combine for transport.

Accommodation – Limited B&B in the valley but plenty in Beddgelert and Caernarfon. Snowdon Ranger Youth Hostel only two miles from race venue. Campsites in the Nantlle Valley (GR 529529); at Beddgelert (GR 577490) and at Betws Garmon (GR 545566).

Local Tourist Information centres - BEDDGELEERT : Yr Hen Gapel, Beddgelert, Caernarfon, Gwynedd, LL55 4YD.

Tel: 01766 890615 Fax: 01766 890615

E-mail: ticbeddgelert@hotmail.com

CAERNARFON : Oriol Pendeitsh, Castle Street, Caernarfon, Gwynedd, LL55 2NA. Tel: 01286 672232 Fax: 01286 678209
E-mail caernarfon.tic@gwynedd.gov.uk

PORTHMADOG, Y Ganolfan, High Street, Porthmadog, Gwynedd LL49 9LP. Tel: 01766 512981 Fax: 01766 515312

E-mail porthmadog.tic@gwynedd.gov.uk

Useful web-site: North Wales Tourism - www.nwt.co.uk

Maps - Os Outdoor Leisure 17 (Snowdon & Conwy) or OS Landranger 115 (Snowdon).

Course - Most of the course is on very steep grassy slopes with a short run in and out on tarmac and track. The route is obvious, other than the descent down Cwm Marchnad, which will be flagged - although some runners have managed to miss the flags in the past due to thick mist (including Colin Donnelly!!). The race follows the B4418 south-west for 300 metres before running along the brideway below Drwsycoed Uchaf farm for 250 metres. It then leaves the brideway and ascends very steeply up a footpath (marked on the OS 1:50,000 but not marked on the 1:25,000) to the summit - a climb of 450 metres with a couple of short "hands-and-knees" scrambling sections, a small section of scree and a couple of stiles. This part of the route is obvious as there is a clear path. After rounding the cairn at the summit the route descends south-east very steeply down the grassy slopes of Cwm Marchnad to rejoin the brideway at GR558518 - this section will be flagged. The runners will need to round a post at this point - (this is not a permanent feature but will be placed for the race - for those receiving the course beforehand it is where the brideway meets the north bank of the river) before following the brideway north-east back to the finish on the road at GR 569530.

Category winners 2000 (note - this was a low-key evening race in 2000 so the times should not be taken as Championship standard, especially the vet ladies and the juniors (he got lost!!))

Male: James McQueen 28m 58s
V40: Colin Donnelly 29m 57s
V50: Don Williams 33m 27s
Ladies: Jayne Lloyd 36m 23s
LV40: Liz Tristram 56m 35s
Juniors male: Gwyn Williams 39m 29s

Sedbergh Hills - AL - Sunday 19th August - English

14 miles and 6000ft of climbing - a disarmingly hard race with much good running on short cropped fell grass which is interrupted by steep climbs across the grain of the land. Very interesting in mist - a worthy product of Karrimor winner Mike Walford.

Registration - in the Peoples Hall, Howgill Lane G.R. 655923. Changing and toilets but no showers. Refreshments at a small charge.

Parking - at Sedbergh Auction Mart G.R. 655920. Free ; 5 mins walk from the start. NO race parking on Howgill Lane or at Peoples Hall.

Accommodation - plenty of B&B in Sedbergh; Dent, Kirkby Lonsdale and Kendal only 20 mins away. Youth hostels at Dent and Kendal. T.I.C. 015396 20125.

Start and Finish - start is on the road outside the Hall and finish is on the playing field; access to the fell on both the way out and back is via Howgill Lane and Lockbank Farm.

Course - Maps:Harveys Howgill Fells or OS Outdoor Leisure 19 Howgills

Controls: 1. Arant Haw summit G.R. 662947
2. Castley Knotts summit G.R. 642963
3. Stream bend G.R.647997
4. Stream Junction G.R. 679996
5. Calf summit G.R. 668970
6. Winder summit G.R. 654933

After accessing the fell via Lockbank Farm turn left on the path for 100 m. and then sharp right up a steep grassy bank. Pick up the wide grassy track that traverses under Winder and run it through to the track junction at G.R. 658937 . Climb Arant Haw on a good path.

Descend the west ridge to Chapel Beck, passing a corrugated iron sheepfold at G.R. 648953. Climb steeply to Castley Knotts summit. Descend west of north to pick up a good path that is taken right through to control 3, stream junction (note: Black Force is below to the left). The big climbs and tricky navigation starts now. Climb out of the stream junction to traverse Docker Knott and Simon Seat to their south to descend steeply to Langdale Beck. Wade the 'beck' and climb Hazellgill Knott crossing the ridge to Borrowdale north of the summit. Descent to control 4, stream junction, is again steep.

If you have not overcooked it the climb up onto the Calf is runnable! From the summit of the Calf (trig pillar) follow the new path to the col at G.R.670962. From here you can avoid climbing Calders by traversing to the west on sheep trods to come out at the fence corner on Calders at G.R. 669959. A wide grassy track which climbs the shoulder of Arant Haw can be followed all the way back to the summit of Winder. Take the path off the summit for 800m and then aim for the re-entrant at G.R.652930 - on the Harvey map - and drop into Lockbank Farm. Miss the re-entrant and acquaint yourself with some bracken! Retrace outward route.

2000 Winners

1st M Mark Roberts 2.12.15
1st L/LV Vanessa Peacock 2.49.08
1st V40 Mike Wallis 2.18.42
1st V50 Dave Spedding 2.27.41

Merrick Hill Race - AM - Saturday 22nd September - British/Scottish

A typical Galloway race with some fast going on the tops but tussocky and (very) wet in the valleys and lower slopes. The Merrick at 843m. is the highest hill in the Southern Uplands.

Registration - at Bruces Stone (G.R.417803).

Parking - some at Bruces Stone, with overflow if necessary at Caldrons Campsite (G.R.400700).

Accommodation - Pub/hotel ; House o' Hill Hotel (01671 840243) 0.5 miles south of Glentool vilage; some B&B in the vilage; camping/caravans at Caldrons Campsite (Forest Holidays 01671 8402180) and Glentool Holiday Park (01671 840280), approx.0.5 miles south of Glentool vilage.

T.I.C. Newton Stewart (13 miles from Bruces Stone) 01671 402431

Start and Finish - Bruces Stone (G.R.417803).

Course - Map: Harveys Galloway Hills or O.S. Outdoor Leisure 32 Galloway Forest.

From Bruces Stone climb the Fell of Eshconcan and then the slope of Benyellary, the Neive of Spit and to the summit of Merrick. Then descend the Rig of the Gloom to the Buchan Ridge and along this ridge back to the start at the Bruces Stone. There are small paths or to Benyellary and the Merrick and along the Buchan Ridge.

2000 times

1st M 1 hr 29m
1st MV40 1 hr 36m
1st MV50 1 hr 40m
1st FV 2 hr 28m

Records : John Coyle 1hr 27m 36s

Helen Diamantides 1hr 39 m 05s

Junior Race : 11.00 am : 3milsand 800ft : climbs the Fell of Eshconcan to meet the forest road then to Culsharg bothy and back to the Bruces Stone.

Record : Richard Goldsworthy 23m24s.

Thieveley Pike Fell Race - AS - Saturday 29th September - English

Registration Holme Chapel-in-Cliviger CE Primary School Hall (opposite Ram Inn) SD 875285.

Parking Arrangements have not yet been finalised, but I am in negotiation with a farmer to use a field adjacent to the start. Marshals will direct cars to the car park.

Accommodation There is no accommodation in the vilage, nor are there local campsites. Nearest Tourist Information is in Burnley (01282 664421).

Course All off road. The Race starts in the field across the road from registration & passes over varied terrain. From the field there is a newly-laid brideway before a steep, rough climb (250 feet) that levels out over rough pasture & meadow. Then there is a second steep climb (200 feet) to a long ascent over tussocky moor to the trig point (872272). The descent is runnable over open moorland. The final drop off is steep & narrow, leading to a farmer's lane & the finish in a field next to the main road, a quarter of a mile from the start (878283).



Craig Roberts in 1999
(Photo Peter Hartley)

2000 Results

Men	U18	Joe Symonds	Kendal	24.0
	Senior	Andy Wrench	Todmorden Harriers	23.5
V40		Steve Oldfield	Bradford Airedale	24.0
V50		Peter Lyons	Rossendale	27.3
V60		Ross Jacques	Clayton-le-Moors	32.1
Women	U18	Natalie White	Holmfirth	29.0
	Senior	Kirsten Bailey	Bingley	32.1
	FV35	Sue Beconsall	Todmorden	31.4

Grand "Fellrunner" Poetry Competition

"I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a cloud,
A host of golden daffodils...."

The lines above epitomise the romance of poetry, the flowing, emotive verse stimulated by the exquisite beauty of the Lake District and finding its full expression through the skill of the deeply moved poet – the harsh truth, however, is that Wordsworth suffered excruciating neuralgia, to alleviate which he sank vast quantities of opium, so the reality is that "Daffodils" was most probably composed while he staggered round Patterdale with a blinding headache, high as a kite with his mate Coleridge waiting for the pub to open so they could both get in out of the rain !!

Whatever the truth may be, it is undeniable that deep emotions combined with magnificent scenery often produce some of the best poetry and what other sport has the combination of those two factors more than fellrunning? We drift effortlessly along the airy ridges of our mountainous areas, hair blowing lightly in a warm summer's breeze, eyes scanning the glittering lakes and tarns and then we speed downwards through the rustling woods, butterflies fluttering up at our every step, little woolly lambs flitting from tree to tree and rabbits popping their heads up by the side of the flower-strewn path to wish us well..... or do we ???

The reality of fellrunning is often something completely different, much muckier, rain-sodden and blood-stained, often with a view restricted to the pair of squelching Walshes in front or frequently not even that, just a yard or two of wet grass and the hopeless realisation that you've no real idea any more which way is right and that your chances of a successful outcome are plummeting to zero.

With that sort of rich experience to draw on it can't take much for hundreds of us to become true poets in the Wordsworthian tradition. Therefore please put pen to paper and submit your entries for a **Grand Poetry Competition** – the poem should encapsulate the **REAL** experience of fellrunning and **MUST** begin with the line:-

"I wandered lonely as a slug ..."

The winning entry will be published in the next edition of the "Fellrunner" and the lucky poet will win a "Running Bear" Fellshirt.

Depending on space available the best of the rest will either also be published in the magazine or will appear on the FRA Website.

If Wordsworth can do it, so can you !!!

Exercise in Pregnancy - What did you do? an enquiry by Dr. Helen Allcock

RUNNING FOR TWO

For a woman pulling on her running shoes for the first time after a positive pregnancy test things are different. From now on she's running for two and it's not as straightforward as it used to be.

The big question is "What's safe?"

The available evidence is limited.

While the upper level of safe performance is not established, it is widely acknowledged that a healthy woman benefits from a regular exercise programme during pregnancy, without increasing the risk of harm to herself or her child.

Ultimately, every pregnant woman has to decide for herself and her unborn child as to the amount of exercise she performs during her pregnancy.

Her decision will be based on a host of influences including: her existing beliefs and experience, the ideas of those around her, the information available to her, the advice and support she is given and how her body feels.

Consequently, there must be a huge variation in the levels of exercise performed by pregnant women.

WHAT DID YOU DO?

I am asking those of you who have already had to make this decision and carried out your own pattern of exercise during pregnancy to help me to compile as full a picture of this as possible.

I am interested to find out what levels of exercise pregnant women actually maintain and the factors that may have influenced their exercise decisions. I want to find out what information and support women have been able to obtain and if and where they think this may be improved. My interest is both as a doctor and a runner. I am a GP researching this as a MSc project while studying at the Royal London Hospital Academic Department of Sports Medicine.

If you have a reasonably good recall of your exercise in pregnancy either because it is recent or recorded in training diaries I would be very interested to hear from you. Taking part involves completing a questionnaire. The results will be expressed anonymously so that no individual will be identifiable. I hope the results will help to provide future expectant mums with more information on which to base their own decisions and give health professionals, trainers and coaches insight into what information is needed by pregnant runners. It will also be of great interest to those women who have already had children to compare their own levels of exercise and experiences in pregnancy to those of other runners.

If you are able to contribute, please contact me for a questionnaire (I will return stamps and enclose an s.a.e. with the questionnaire).

If you have any comments or want more information about the research project I will be glad to hear from you.

Dr. Helen Allcock, 38 Hangingroyd Road, Hebden Bridge, West Yorkshire HX7 6AH
Telephone: 01422 845140 e-mail: HelenAllc@aol.com

THE JACK BLOOR FUND

The trustees of the Jack Bloor Fund are able to accept applications for grants from:

- * Yorkshire Fell Running Clubs - affiliated to UK Athletics (North of England AA).
- * Yorkshire Orienteering Clubs - affiliated to the British Orienteering Federation.
- * Yorkshire Mountaineering Clubs - affiliated to the British Mountaineering Council.
- * Yorkshire Scout Groups - member of West or Central.

The JACK BLOOR FUND was set up to commemorate the late Jack Bloor (1926 -1984). He spent much of his life helping young men and women to enjoy the challenge of the great outdoors. Older members will remember Jack as a regular fell runner (Leeds City), orienteer (Airianteers), mountaineer (Gritstone Club), and mountaineering advisor to the Yorkshire Scouts.

The purpose of the fund is to provide financial assistance to help young people to undertake adventurous activities, or to attend courses, or to compete in events which improve their athletic skills. Grants are usually around £50 - £100 and the definition of young is loosely up to the mid-twenties. The trustees are particularly keen to support small expeditions where applicants display personal initiative.

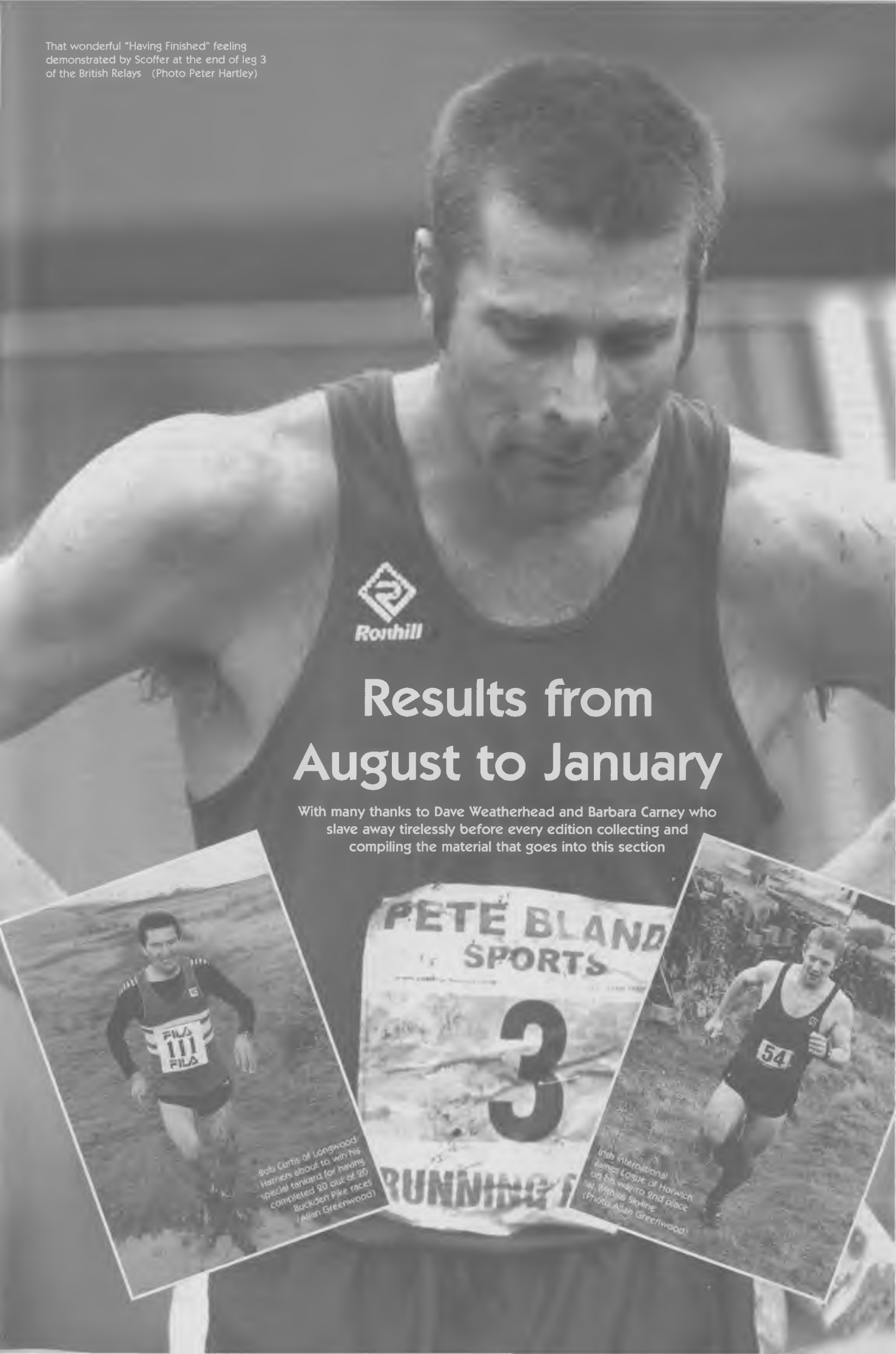
The fund income comes from the annual Jack Bloor Races and is supplemented by a biennial collection at an orienteering event in memory of the late Pete Livesey (1943 -1998). Pete was an all-round sportsman and achieved success in rock climbing, cave diving, canoeing, orienteering and steeplechase.

Grant Application Forms are available from:

Hilary Bloor (a member of Dark Peak Fell Runners),
Glenthorne, Castleton Road, Hathersage, Hope Valley, S32 1EH.

The JACK BLOOR RACES take place on Ilkley Moor on a Tuesday evening in May. The 2001 races will be held on Tuesday 8 May at 7.15 pm (over 16) followed by junior races (10 - 12 and 13 - 16) at 7.20 pm. Refer to FRA Calendar for details or website www.jack-bloor-races.co.uk

That wonderful "Having Finished" feeling demonstrated by Scoffer at the end of leg 3 of the British Relays (Photo Peter Hartley)



Results from August to January

With many thanks to Dave Weatherhead and Barbara Carney who slave away tirelessly before every edition collecting and compiling the material that goes into this section



Bob Curtis of Longwood Harriers about to win his special tankard for having completed 80 out of 90 Buckden Pike races (Alan Greenwood)



Irish International James Legge of Horwich on his way to 2nd place at Wobles Skelme (Photo Alan Greenwood)



LANGDALE COUNTRY FAIR OPEN FELL RACE

Cumbria
AS/3m/2100ft 20.08.00

Langdale Country Fair once again offered a full programme of fell races, starting with the Under 10 age group and culminating in the increasingly popular open race, which takes the runners to a height of 2,100ft up Harrison Stickle in Great Langdale.

Conditions were superb – bright sunshine, a few odd clouds and just a light breeze, and the runners were clearly visible to the many spectators for almost the entire race. It was gratifying to see more female runners this year, particularly in the Under 12 and Under 14 age groups. All the races were well supported with the exception of the Under 16 and Under 18 age groups where there seems to be a shortage of runners.

Once again, the races were sponsored by local firm, Burlington Slate, who provided handsome slate clocks and mementoes as prizes as well as T-shirts for the leading runners.

The winner of the open race, Colin Moses, was less than two minutes outside the record set by K. Capper in 1994, and 67 out of the 68 runners completed the race.

Alison Bolt

1. C. Moses	Bing	39.03
2. S. Savage	Amble	40.42
3. W. Bell	CFR	40.58
4. C. Reacle	Bowl	41.13
5. D. Hope	AchR	41.33
6. P. Singleton	Amble	41.35
7. P. Targett	Clay	42.24
8. A. Beck	Unatt	42.53
9. C. Valentine	HelmH	43.12
10.P. Bland	Borr	43.14

VETERANS O/40

1. K. Dacre	Kend	46.16
2. A. Renfree	Unatt	48.10
3. A. Firth	Clay	50.27

VETERANS O/45

1. W. Bell	CFR	40.58
2. A. Beck	Unatt	42.53
3. P. Clark	Kend	43.30

VETERANS O/50

1. D. Robinson	Amble	53.31
2. G. Newsam	Clay	54.15
3. G. Symes	CaldV	58.09

VETERANS O/55

1. J. Ely	CFR	54.07
2. P. Blagborough	Saddle	63.28
3. E. Hoare	Clay	66.26

VETERANS O/60

1. J. Garbarino	AchR	61.44
2. H. Blenkinsop	Kesw	70.21
3. J. Rutter	Unatt	70.39

LADIES

1. S. Forsyth	Kesw	52.45
2. G. Evans	Shepshed	59.37
3. N. Slater	Skip	66.04
4. M. Greenwood O/50	Stain	91.41
5. C. Grinstead O/40	Skyrac	106.00

ECCLES PIKE

Derbyshire
BS/3.5m/650ft 23.08.00

Another great evening in a beautiful part of the country. This year's race attracted a record turnout and the weather was kind. The race is short enough to be able to enjoy the after-race drink in a really good pub but tough enough to feel you've had a work-out. No records this year but conditions were ideal if a bit warm. A good time was had by all!

Sue Stafford

1. M. Fowler	Salf	20.44
2. L. Taggart	Bux	20.49
3. J. Cudahy	Stock	21.05

4. S. Penney	Ch'fld	21.47
5. P. Winkill	Penn	22.06
6. A. Kirk	Gloss	22.11
7. N. Peach	Sale	22.37
8. M. Williams	Penn	22.54
9. R. Marlton	Stock	22.58

VETERANS O/40

1. A. Kirk	Gloss	22.11
2. N. Peach	Sale	22.37
3. G. Morson	Bux	23.02

VETERANS O/50

1. R. Taylor	Penn	23.06
2. T. Hulme	Penn	23.21
3. A. Brentnall	Penn	24.58

VETERANS O/60

1. B. Howitt	Matl	29.53
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LADIES

1. E. McGuire	Stock	26.06
2. L. Lacon	Holm	26.12
3. M. Edgerton O/40	Penn	27.42

JUNIORS

1. T. Edgerton	Traff	23.14
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ROUND LATRIGG

Cumbria
BS/5.5m/800ft 23.08.00

A record turnout on a lovely summer's evening. No records were broken but times overall seemed a bit faster than in the past. Luckily, there were no mishaps this year, and I hope everyone enjoyed the race and look forward to seeing you next year. Many thanks as always to the marshals, timekeeper and all helpers. Out of a total of 106 runners, 59 were veterans and 20 were ladies.

Lyn Thompson

1. S. Booth	Borr	30.27
2. M. Amor	CFR	30.39
3. M. Donnelly	NFR	31.56
4. J. Tomlinson	Clay	32.34
5. B. Taylor	CFR	32.55
6. D. Morris	CFR	33.06
7. S. Savage	Amble	33.23
8. S. Moore	Kesw	33.26
9. A. Beaty	CFR	33.57
10.B. Short	CFR	33.59

VETERANS O/40

1. J. Tomlinson	Clay	32.34
2. A. Beaty	CFR	33.57
3. K. Smith	CFR	34.33

VETERANS O/45

1. H. Jarrett	CFR	34.48
2. R. Unwin	CFR	35.50
3. P. Greenhow	CFR	36.18

VETERANS O/50

1. S. Moore	Kesw	33.26
2. S. Sharp	CFR	35.22
3. M. Litt	CFR	35.43

VETERANS O/55

1. T. Bland	Borr	35.36
2. D. Morgan	CFR	43.32

VETERANS O/60

1. D. Hayes	Kesw	39.06
2. B. Johnson	CFR	43.41
3. M. McDougall	CFR	44.03

VETERANS O/65

1. J. Dearden	Helsby	43.20
2. R. Strachan	Kesw	51.47

LADIES

1. S. Forsyth	Kesw	39.02
2. K. Heaviside	Eden	39.25
3. T. Walker	Unatt	40.39
4. K. Beaty O/40	CFR	40.50
5. D. Thompson O/40	Kesw	40.51
6. J. Saul	NFR	41.36
7. J. Meeks	Kesw	42.42
8. P. McCaig	Kesw	43.56

BECA

Pembrokeshire
BS/5m/1050ft 26.08.00

This year's Beca Race once again proved to be as popular as ever with runners from as far afield as the City of Norwich AC, Ashbourne, Amman Valley, fielding club members and individuals from Northampton, London and North Wales, as well as our own locals. A total of 63 runners completed the five mile course.

Last year's winner, Andrew Abbott, won again but came home one minute behind his last year's time. The very wet conditions over part of the course probably accounted for this. The first lady was Karen Buckley. Last year's winner, Clare Peck, unfortunately pulled a tendon during the race. In a new class, Don McCaffrey took the prize for the Over 60s.

Many thanks to all the runners. Hope to see you next year for the 25th race.

John Evans

1. A. Abbott	SarnH	35.32
2. R. Barrett	Trots	37.21
3. E. Williams	Trots	37.29
4. E. James	Unatt	38.11
5. E. Rees	SarnH	38.35
6. H. Lloyd	SarnH	38.46
7. D. Jones	Carmarth	39.22
8. I. Williams	Trots	39.28
9. A. Harries	BoisB	40.00
10.D. Beier	CityNorw	40.08

VETERANS O/40

1. D. Jones	Carmarth	39.22
2. M. Palmer	HaverfW	45.07
3. N. Smith	Cardig	45.43

VETERANS O/50

1. L. Rees	SarnH	43.00
2. R. Sherwood	Unatt	45.06
3. C. Evans	AmmanV	47.32

VETERANS O/60

1. D. McCaffrey	Eryri	45.29
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LADIES

1. K. Buckley	Bristol	43.13
2. C. Davies	HaverfW	47.31
3. M. Heighton	Unatt	47.53
4. K. Finch	Nthmpton	48.48
5. J. Hawking	Unatt	49.57
6. J. Buck O/35	Cardig	52.54

JUNIORS – BOYS UNDER 16

1. I. Williams	Trots	39.28
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JUNIORS – GIRLS UNDER 16

1. F. Harrison	Prescli	45.42
2. N. Durrant	Unatt	61.27

MOUNT SKIP FELL RACE

Lancashire
BS/4.5m/1000ft 26.08.00

The revised course removing a lot of the road section proved very popular. This was due to access being removed from the field below the pub but luckily getting access to the next field along the hillside. It rained heavily before and after the race but held off during. Entrants slightly up this year to 43.

Gary Oldfield won again for the third time and this is the fourth year of competing. Other runners to thank for returning are Michael Fryer and Eric Riddall four years, Dave Beels five years and John Baker ten years.

Thanks also to the Radcliffe men and the Spensborough ladies for competing. No thanks to the local teenagers who rearranged the flags three times.

Jez Wilkinson

1. G. Oldfield	P&B	31.27
2. A. Carruthers	Crawley	32.00
3. J. Hemsley	P&B	32.34
4. S. Hulme	Middle	32.39
5. S. Macina	P&B	32.44
6. J. Mason	Unatt	33.08

7. R. Skelton	Penn	33.20
8. M. Howard	Radcl	33.27
9. N. Pearce	Ilk	33.38
10. D. Beels	CaldV	34.16

VETERANS O/40

1. M. Howard	Radcl	33.27
2. N. Pearce	Ilk	33.38
3. D. Beels	CaldV	34.16
4. D. Asquith	Skyrac	34.55

VETERANS O/50

1. D. Tait	DkPk	34.42
2. J. Dore	Roch	35.26
3. A. Steele	Radcl	36.47
4. J. Baker	EHull	39.18

VETERANS O/60

1. M. Seward	Unatt	44.16
2. T. West	Radcl	44.20

LADIES

1. J. Pratchett O/40	Spen	40.17
2. L. Crabtree O/40	Hfx	43.31
3. S. Milnthorpe O/40	Spen	47.04
4. W. Cant	Unatt	49.27

BELLINGHAM SHOW FELL RACE

Northumberland

BS/4m/600ft 26.08.00

This year the weather was very wet and misty. At 1.00 p.m. it looked as if it was going to be a poor turnout but between 1.00 and 1.30 p.m., a steady flow of people registered, finishing up with thirty six on the day, twelve down on the previous year. By start time, the weather had begun to clear.

At the start of the race there was a mad dash out of the showfield and up to Dunkerley Fell. After the first mile, a group of six broke clear from the rest of the field. This group stuck together all the way round, Morgan Donnelly eventually finishing 18 seconds in front of Keith Forster, with the next four runners all coming in within about 40 seconds of one another. In the ladies' race Jane Saul had a very good run followed by a very pregnant Karen Robinson in second place.

All in all, a good day was had by all.

Bill Campbell

1. M. Donnelly	NFR	28.47
2. K. Forster	Unatt	29.05
3. J. Dickinson	Tyne	29.11
4. D. Armstrong	NFR	29.15
5. S. Coxan	Tyne	29.20
6. A. Green	Tyne	29.51
7. J. Dallinson	NFR	32.03
8. G. Woolnough	Kend	32.12
9. G. Davis	NFR	32.15
10. D. Bental	Tyne	33.28

VETERANS O/40

1. K. Cooper	Unatt	29.05
2. J. Dickinson	Tyne	29.11
3. D. Armstrong	NFR	29.15
4. J. Dallinson	NFR	32.03
5. J. Davis	NFR	32.15

VETERANS O/50

1. J. Woolnough	Kend	32.12
2. W. Campbell	NFR	35.45
3. S. Beaty	NFR	40.02

VETERANS O/60

1. J. Garbardino	NFR	39.25
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LADIES

1. J. Saul	NFR	35.40
2. K. Robinson	NFR	38.04
3. G. Menem	NFR	40.08
4. H. Maud	Felland	41.28
5. P. Cooper O/40	NFR	44.41
6. J. Cross O/40	Clare	42.17
7. S. Davis O/40	NFR	43.01
8. B. Young O/40	Unatt	45.20

PENDLETON FELL RACE

Lancashire

AS/5m/1500ft 26.08.00

Underfoot conditions as we flagged the course on the Friday evening were good. So, would the long standing records be broken this year, especially as it was the Lancashire Championships? The overnight rain which continued into Saturday morning put paid to that.

At the first summit of Apronful Hill, a group of five had shared the lead. Then on the climb up to Mearley Moor, Andrew Symonds, preparing for the World Cup in Germany, broke away. On the fast descent of Mearley Moor, his lead was reduced by Andy Wrench, but the young Kendal runner was able to hold off his more experienced rival for a fine win. The consolation for Andy Wrench was the Gold Medal as Lancashire Champion, with Gary Wilkinson taking Silver and Mike Wallis Bronze. Todmorden became Lancashire team champions with Andrew Wrench, Sean Willis and Jonathon Wright, holding off Clayton.

The Lancashire Ladies' Champion was Debbie Gowans with a fine run in 54th place, followed by Jill Robinson and Katy Thompson.

On this, the busiest weekend for races, we were pleased to welcome 138 runners.

The race showed a profit of £46 which was donated to the Clitheroe Heart Machine Fund.

Thanks to all the marshals without whose help these events couldn't take place.

Roger Dewhurst

1. A. Symonds	Kend	34.06
2. A. Wrench	Tod	34.20
3. G. Wilkinson	Clay	35.02
4. M. Wallis	Clay	35.06
5. S. Willis	Tod	35.18
6. J. Symonds	Kend	35.23
7. K. Harding	Tring	36.09
8. G. Schofield	Horw	36.10
9. S. Sweeney	Bowl	36.14
10. J. Logue	Horw	36.55

VETERANS O/40

1. M. Wallis	Clay	35.06
2. K. Harding	Tring	36.09
3. G. Schofield	Horw	36.10
4. G. Shuttleworth	Pres	37.26
5. G. Gough	Clay	37.35

VETERANS O/50

1. J. Holt	Clay	39.11
2. K. Carr	Clay	39.19
3. J. Hope	AchR	39.44
4. P. Booth	Clay	40.49
5. G. Newsam	Clay	41.42

VETERANS O/60

1. R. Jaques	Clay	47.03
2. M. Houghton	Chor	49.53
3. K. Gresty	Wesh	50.24

LADIES

1. D. Gowans	Acc	43.36
2. J. Robinson O/40	Garst	48.32
3. K. Thompson O/40	Clay	48.52
4. B. Carter	Chor	49.13
5. B. Dickenson	Wesh	53.13
6. G. Craske	Acc	56.50
7. J. Chaplin	Chor	57.02
8. D. Smith	AchR	61.53

JUNIORS

1. J. Symonds	Kend	35.23
2. M. Smith	Horw	48.22

RHIWLAS SHOW FELL RUN

Shropshire

CM/6.5m/800ft 26.08.00

There was a good entry on a lovely sunny day. The race is held in conjunction with a small village show, which enhances show attendance, for which the show organisers were very grateful.

Doug Morris

1. H. Matthews	Shrews	48.23
2. G. Pierce	Eryri	50.19
3. R. Edwards	Bangor	52.42
4. C. Ashley	Wrex	53.16
5. T. Higginbottom	Ashby	54.42
6. D. Collins	Aberyst	55.00
7. S. Evans	OSOL	55.14
8. C. Kirtley	OSOL	55.25
9. E. Elsmore	Ashby	56.04
10. P. Williams	OSOL	56.31

VETERANS O/40

1. C. Ashley	Wrex	53.16
2. S. Nicholls	OSOL	64.07
3. S. Maycock	Arfon	67.52

VETERANS O/45

1. D. Owen	ShSh	58.51
2. A. Knott	OSOL	60.58

VETERANS O/50

1. B. Vinton	WChesh	60.44
2. J. Beharrel	OSOL	61.48
3. J. Rowlands	OSOL	64.07

VETERANS O/55

1. N. Pratten	Wirral	58.06
2. B. Morris	ShSh	61.13
3. A. Morris	ShSh	61.35

VETERANS O/60

1. T. Pugh	Newtown	59.16
2. K. Matthews	OSOL	68.10

VETERANS O/65

1. T. Partridge	Wrex	71.33
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LADIES

1. A. White	Unatt	68.42
2. P. Phillips	Eryri	69.16
3. A. Tuckner	Unatt	70.15
4. K. Preston O/50	ShSh	72.00
5. J. Ewels	AshbyI	73.14
6. P. Matthews O/55	OSOL	73.20

ARNISON CRAG HORSESHOE

Cumbria

AS/3m/1000ft 26.08.00

Thank you to everyone who took part in the fifth running of this race. The weather was a bit cooler this year and the rain held off, so we can't complain! Apologies for the slightly early start - we are in the hands of the sheepdog trialists!

Well done to Andy Schofield for leading everyone home at his first attempt and to Lyn Thompson for winning the ladies' race. Patrick Wooddisse retained the title of first local for the third year.

Well done to all those who ran their first fell race - hope you all enjoyed your run. See you next year! Many thanks to Catsycam Outdoor Shop in Glenridding for sponsoring the prizes, and to the marshals.

Christine Kenyon

1. A. Schofield	Borr	23.44
2. P. Singleton	Amble	25.03
3. S. Gregory	HolmeP	25.14
3. G. Bland	Borr	25.14
5. P. Wooddisse	Knaves	26.38
6. P. Bland	Borr	27.15
7. M. Mallen	Crook	27.22
8. D. Richardson	HelmH	27.29
9. I. Andrews	SWRR	27.38
10. C. Jones	AchR	27.48

VETERANS O/40

1. M. Mallen	Crok	27.22
2. D. Richardson	HelmH	27.29
3. D. Shinn	Kend	29.07
4. K. Walker	YorkA	30.19
5. K. Wilby	Felland	30.32

VETERANS O/50

1. M. Litt	CFR	27.57
2. P. Murray	Horw	30.11
3. M. Dawes	Kesw	30.49
4. L. Thurston	Bstort	34.57
4. D. Bridge	Borr	34.57

VETERANS O/60

1. H. Catlow	CFR	36.49
2. H. Blenkinsop	Kesw	39.50

LADIES

1. L. Thompson O/40	Kesw	30.56
2. O. Drury O/40	Felland	34.46
3. R. Murray	Horw	34.47
4. J. Holmes	Unatt	37.54
5. M. Bridge O/50	Kesw	41.01
6. J. Wilson	Unatt	45.23
7. E. Dawson	Unatt	48.44
8. T. Radcliffe O/40	Unatt	51.45

BRECON BEACONS FELL RACE**Gwent****AL/19m/4500ft 26.08.00**

Perfect conditions greeted a field of 35 runners to the Brecon Beacon National Park. Being the last race of the Welsh Championships, there was plenty to race for, especially in the veterans' categories and the ladies' championship.

As for the race, Mark Palmer assumed his customary position in the lead, closely followed by Chris Harvey for the first 13 miles until the final ridge along to Tor-y-foel.

The ladies' race was won by Samantha Bretherick, who also clinched the Welsh Championships title with Victoria Musgrove taking the ladies' veterans' title.

A disturbing fact for the future was that the youngest runner was 28 years old. Where are all the youngsters??

Tom Gibbs

1. M. Palmer	ForDean	2.46.31
2. T. Gibbs	MDC	3.03.59
3. C. Harvey	Severn	3.06.17
4. D. Waide	Unatt	3.08.09
5. J. Marsh	TarrenH	3.10.17
6. J. Darby	MDC	3.10.40
7. P. Maggs	MDC	3.11.38
8. R. Wilson	Unatt	3.12.16
9. S. Bretherick	Preseli	3.12.52
10. M. Brady	Clay	3.20.22

VETERANS O/40

1. D. Waide	Unatt	3.08.09
2. J. Darby	MDC	3.10.40
3. P. Maggs	MDC	3.11.38

VETERANS O/50

1. J. Marsh	TarrenH	3.10.17
2. O. Burrows	Eryri	3.39.13
3. R. Hopkinson	DkPk	3.39.41

VETERANS O/60

1. P. Norman	Wrex	3.43.25
2. C. Jones	MDC	4.21.55
3. J. Carson	Eryri	4.27.00

LADIES

1. S. Bretherick	Preseli	3.12.52
2. V. Musgrove	Eryri	3.36.53

GOODRICH FELL RACE**Herefordshire****BM/6.5m/1100ft 26.08.00**

The "new" Goodrich Fell Race evolved due to lack of a start as the village school is being extended, which prompted the race organisers, Forest of Dean, to find a new traffic-free, completely off-road route.

The consensus was that the new course was a big improvement and this will remain a permanent fixture.

The senior and veterans' races were keenly contested affairs and it was nice to see the front of the field dominated by youngsters - Matthew Collins (aged 21) and David Turvey (Under 20). Collins was the victor in what is now established as a course record of 38.57.

Sally Newman dominated the ladies' race winning by a margin of six minutes over Beryl Sampson and also placed 7th overall.

The one lap Junior race was won by Darryl Reynolds, retaining his title, but pushed all the way by Jon Mielczarek. First girl was Dominique Low in 3rd place overall.

The good weather, excellent ale and food at "Ye Hostellerie", Goodrich, ensured that the presentation held in the Beer Garden lingered well into the afternoon as everyone recounted every step of their Wye Valley wander! Thanks were extended to Coppett Hill Trust who continue to allow the race, now in its 22nd year, to be staged.

Martin Green

1. M. Collins	MDC	38.57
2. D. Turvey	Hales	39.26
3. T. Taylor	Mercia	40.36
4. T. Callaghan	ForDean	42.04
5. D. Kearn	Compton	43.33
6. J. Foster	Lliswerry	43.47
7. S. Newman	Gloss	43.52
8. L. Gwilym	Blaen	44.43
9. P. Courtney	Unatt	46.00
10. R. Davies	CaldV	46.11

VETERANS O/40

1. T. Taylor	Mercia	40.36
2. J. Foster	Lliswerry	43.47
3. L. Gwilym	Blaen	44.43

VETERANS O/45

1. D. Kearn	Compton	43.33
2. M. Mielczarek	Hales	50.00
3. M. Harris	Westb	51.50

VETERANS O/50

1. R. Britton	StaffsM	46.41
2. K. Buckle	Chelten	48.53
3. S. Herrington	Heref	48.57

VETERANS O/60

1. M. Rosbrock	Orion	53.51
2. S. Wheeler	Chepst	58.24
3. R. Philips	Chelten	60.08

LADIES

1. S. Newman O/35	Gloss	43.52
2. B. Sampson O/40	Glouc	49.59
3. C. Ashton	Unatt	54.33
4. M. Darby O/40	MDC	54.54
5. J. Newton O/40	Wreak	58.09
6. J. Williamson O/40	Blaen	59.11

DUFTON FELL RACE**Cumbria****AS/2m/1578ft 26.08.00**

The race was a lot better attended this year, which was good.

It was a very good race and everyone enjoyed watching it as it is such a lovely setting.

J. Elliott

1. C. Roberts	Kend	24.56
2. A. Bains	Borr	25.12
3. P. Brittleton	Howg	28.13
4. C. Valentine	Kesw	28.21
5. F. Livesey	Howg	28.59
6. D. Ellis	Kend	29.12
7. N. Davis	Borr	30.02
8. R. Marlow	DkPk	31.06
9. A. Cutts	Longw	31.45
10. M. Moss	Howg	33.41

JUNIORS

1. T. Armstrong	Milb	14.56
2. D. Cutts	Leeds	15.34
3. J. Livesey	Howg	18.36

CROSS KEYS ROAD & FELL**RELAY****Lancashire****Relay 26.8.00**

The weather conspired to wreck all the careful planning that had gone into the event, but 31 teams still managed to have a good time.

Thanks to all those runners who turned out and all those who helped in the organisation. Mal Fowler, who was fastest male on the fells, with Ros Dunnington fastest female. D. Watson was fastest male on the road, with Janet Hundley leading the ladies.

Dominic Franklin

1. Holmfirth A	1.13.06
2. Salford	1.14.20
3. Saddleworth A	1.20.38
4. East Cheshire A	1.20.53
5. Rotherham	1.21.38
6. Holmfirth B	1.21.53
7. Woodkirk Striders	1.26.52
8. Saddleworth Mixed	1.28.59
9. Glossopdale A	1.30.11
10. Rossendale	1.30.17

VETERANS

1. Rotherham	1.21.38
2. East Cheshire A	1.34.12
3. Glossopdale	1.35.30

LADIES

1. East Cheshire A	1.35.48
2. Rotherham	1.39.01
3. Horwich	1.48.27

SHIPMAN KNOTT**Cumbria****AM/7.5m/1800ft 27.08.00**

1. N. Sharpe	Amble	55.14
2. J. Deegan	Amble	56.03
3. D. Houldsworth	Kend	57.12
4. R. Owen	Eryri	58.12
5. L. Banton	Clown	58.14
6. S. Hicks	Borr	59.20
7. P. Targett	Clay	59.42
8. A. Robertshaw	Otley	60.24
9. B. Clough	Amble	60.52
10. C. Valentine	Kesw	60.52

VETERANS O/40

1. D. Houldsworth	Kend	57.12
2. R. Owen	Eryri	58.12
3. S. Hicks	Borr	59.20
4. R. Unwin	CFR	61.29
5. A. Miller	Kend	61.59

VETERANS O/50

1. M. Leck	LancM	68.24
2. R. Baker	Amble	70.33
3. L. Stephenson	Kend	71.53
4. J. Ely	CFR	72.34
5. N. Dyson	Mand	76.08

VETERANS O/60

1. J. Escritt	Felland	86.39
2. J. Taylor	Amble	87.17
3. H. Blenkinsop	Kesw	90.53

LADIES

1. L. Sharpe	Kesw	69.02
2. D. Thompson O/40	Kesw	74.27
3. N. Fellows	Newburgh	77.12
4. T. Edgerton	BelleRR	81.37
5. M. Chippendale O/50	Penn	83.58

Y CNICHT

Cwynedd

AS/4.5m/1850ft 27.08.00

This race has not been held for four years, and I thought it was a shame to let it go. We had thirty two runners from quite a variety of places. All agreed it was good to see the race back on the Calendar again.

BARREL INN FELL RACE

Derbyshire

BS/5.5m/900ft 28.8.00

Changed the course from previous years to take in less road work and more climbing. I think the runners thought it was a better run, also reverted back to midweek evening run and we attracted more runners this year. Everything went well with no problems.

Margaret Lomas

1. M. Fowler	39.38
2. S. Penney	39.54
3. M. Bradbury	40.08
4. D. Teasdale	41.43
5. I. Smith	41.53
6. N. Bassett	42.23
7. D. Nicholls	43.24
8. G. Moffatt	43.41
9. S. James	43.44
10. I. Duncan	44.39

VETERAN O/40

1. S. Entwistle	44.46
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VETERAN O/50

1. D. Tate	46.01
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VETERAN O/60

1. B. Howitt	54.00
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LADIES

1. J. Smith	52.09
2. P. Lee	54.58
3. J. McBride	55.57

LADY O/35

1. N. Kuszynski	56.15
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LADY O/45

1. D. Worthy	58.35
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JUNIORS

1. S. Smith	54.53
2. K. McBride	56.00
3. H. McBride	66.06

CILCAIN MOUNTAIN RACE

Flintshire

AS/3.5m/1600ft 28.8.00

The hill was very slippery underfoot, the weather was sunny with showers. One hundred and thirty five runners started at 1pm and one runner three minutes later.

First runner back was Gary Rees Williams. He was very quickly followed by Mark Hartell and Graham Macneil.

As usual most runners enjoyed the race, the stile caused some trouble this year, we hope to solve that problem by next year.

Twenty runners did not record their times at the table, if they have their times please contact me.

L Wardle

1. G. Rees Williams	Eryri	28.25
2. M. Hartell	Macc	28.57
3. G. Macneil	Hels	30.02
4. R. Crane O/50	Keepfit	30.53
5. I. Houston	Dee	31.03
6. C. Horgan O/40	Buck	31.37
7. C. Ashley O/40	Wrex	31.43
8. J. Hunter O/40	Wrex	31.50
9. D. Gibbons	Alt	31.52
10. P. Lyons O/50	Ross	34.57

LADIES

1. I. Redfern	Colwyn	36.16
2. V. Musgrove O/35	Eryri	38.39
3. K. Foster	Spec	38.43
4. E. Dunnington	Eryri	39.16
5. G. Darby	L.P&S	39.20
6. M. Oliver O/35	Eryri	42.19
7. L. Dobson	Hels	43.44
8. S. Bennell O/35	Eryri	43.59

GREAT LONGSTONE CHASE

Derbyshire

BS/4.8m/950ft 01.09.00

Lady luck was with us. Rain all day although one hour before our race it was sunny. We had one hundred and forty four runners set off on the four point eight mile run. Everyone said they enjoyed the course. We had a few newcomers, so we hope to build from there. The record for the fastest time has not been broken yet. David Neil holds the record to 27.03.

We had eight juniors set off on a three mile course, that was better than last year. We also had a childrens race - fourteen entered into that one. We are fortunate in having Lord Hattersley living in the village, so he started the race and presented the trophies, as he has done for the past three years.

Peter Askew

1. S. Penney	C'field	29.05
2. M. Bishop	Hallam	29.43
3. A. Ward	DkPk	29.53
4. N. Bassett	Staff	30.05
5. D. Nicolls	Macc	30.13
6. P. Martin	Staff	30.42
7. T. Austin	NEDerby	30.53
8. M. Strange O/40	Tipton	30.56
9. J. Matthews O/40	OWL	30.58
10. K. Holmes	DkPk	31.19

VETERANS O/50

1. D. Tait	DkPk	31.48
2. B. Toogood	DkPk	32.01
3. R. Marlow	DkPk	32.54
4. R. Defaye	DVO	34.28
5. N. Oxley	Derby	34.31

VETERANS O/60

1. R. Mason	Totley	37.38
2. B. Howitt	Matl	38.27
3. J. Clarke	BPFR	39.44

LADIES

1. J. McBride	Macc	36.11
2. J. Welbourne O/40	P'stone	38.30
3. D. Pelly O/40	DkPk	39.19

JUNIOR BOYS

1. S. Baker	17.05
2. D. Stanton	17.05

JUNIOR GIRLS

1. Kim & Karly	17.57
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CAFOD GRISEDALE HORSESHOE

Cumbria

AM/10m/5000ft 02.09.00

A good day for a record breaking run; both Paul Sheard and Mark Roberts ran out in front pushing each other hard. Paul eventually taking the record by over two minutes. Mark only one second behind.

We had the largest field to date of one hundred and seventy one starters of which only four retired.

During the past ten years the race has raised nearly five thousand pounds for CAFOD (overseas development charity). A big thanks to all who helped. Raynet and marshalls and the unsung heroes behind the scenes.

Thanks and see you all next year.

Colin Jones

1. P. Sheard	Pudsey	1.41.36
2. M. Roberts	Borr	1.41.37
3. J. Bland	Borr	1.45.20
4. A. Schofield	Borr	1.45.26
5. R. Hope	Pudsey	1.46.43
6. G. Ayers	CFR	1.47.17
7. J. Archbold	CFR	1.48.52
8. J. Deegan	Amble	1.49.36
9. J. Hunt	CFR	1.50.47
10. S. Bottomley	Pudsey	1.55.08



Paul Sheard, Grisedale Horseshoe winner in record time, pictured at the Ian Roberts Relay (Photo Allan Greenwood)

VETERANS O/40

1. P. Skelton	CFR	1.55.15
2. A. Haynes	Eryri	1.55.53
3. I. Ellmore	Scar	2.01.49
4. D. Armstrong	N'land	2.02.05
5. A. Miller	Kend	2.04.25

VETERANS O/45

1. P. Clarke	Kend	1.59.46
2. W. Bell	CFR	2.03.41
3. C. Davies	Sadd	2.07.41
4. R. Unwin	CFR	2.08.43
5. R. James	CFR	2.09.35

VETERANS O/50

1. J. Hope	AchRat	2.09.06
2. D. Milligan	Solway	2.12.31
3. P. Booth	Clay	2.17.04
4. M. Litt	CFR	2.21.41
5. N. Harris	Ross	2.24.25

VETERANS O/55

1. D. Spedding	Kesw	1.59.50
2. P. Walkington	Horw	2.18.31
3. T. Peacock	Clay	2.25.57

VETERANS O/60

1. K. Gresty	Wesh	2.37.40
2. J. Taylor	Amble	2.46.56
3. B. Leathley	Clay	2.51.58

LADIES

1. L. Thompson O/40	Kesw	2.27.16
2. N. Maddocks	Wreake	2.33.41
3. K. Thompson O/40	Kesw	2.34.13
4. D. Thompson O/40	Kesw	2.36.01
5. H. Bransby	CFR	2.37.33
6. J. Saul O/35	N'land	2.43.50
7. S. Perry	CFR	2.47.52
8. J. Wood O/35	Ross	2.56.52

MOFFAT BEEFTUB RACE

Lothian

AS/2m/750ft 02.09.00

We normally get fifteen to twenty four entrants. Numbers were down this year, perhaps because one race calendar (not FRA's) had the date wrong. Rain made the final steep descent an on-bottom job. General opinion: a hard but enjoyable twenty five minutes.

I Nimmo

1. S. Whitley	Carn	21.40
2. A. Anderson	Solway	21.52
3. B. Millen	Unatt	24.50
4. S. Robertson	Unatt	27.06
5. J. Robertson	W'lands	27.13
6. C. Nimmo	Carn	32.10
7. A. Shiell	Carn	34.46
8. C. Shiell	Carn	34.48
8. D. Shiell	Carn	34.48

BEN NEVIS RACE

Highland

AM/10m/4400ft 02.09.00

With near perfect conditions, there was much conjecture, as the 385 starters were led to the line by Lochaber Pipe Band, that Kenny Stuart's 1984 record of 1.25.34 was in danger. No records were broken on the day but the first three finishers in 1999 - Ian Holmes, Rob Jebb and Simon Booth had a ding-dong battle with the two local favourites, John Brooks and David Rodgers. For many observers who witnessed the lead changing hands several times amidst falls and a few hard luck stories, this was the best Ben Race for many a year. From the start Brooks and Rodgers put their pre-race plans into action and a blistering pace along the road section had the field strung out. Brooks maintained his relentless pace until caught at half way by Jebb who had increased his lead to 30 seconds at the summit. Holmes and Rodgers were a further 2 minutes behind with Booth close in fifth place and a long way ahead of the rest of the field. A good first half descent saw Brooks regain the lead from Jebb but as both men began to struggle, it was apparent that Holmes, Rodgers and Booth were making inroads on the two leaders. Three times previous winner Holmes took the lead from Brooks on the lower slopes and looked to have the race wrapped up until a nasty fall allowed the second man to draw level. As they neared the road section, they were neck and neck until Brooks took a tumble from which he never fully recovered and finished in a distant fifth spot.

Holmes, driven on by the fast finishing Booth, went on to record his fourth win in the Ben Race. Fine runs by Rodgers and Jebb were rewarded with third and fourth places. Consolation for the home contingent came with Robbie Cant's seventh place, which clinched the team prize for Lochaber AC. First lady in 49th position overall was Sarah Rowell in a good time of 1.54.31. Pauline Haworth's 1984 record of 1.43.25 remains a stiff target. What a vintage year 1984 was! With Ian Holmes determined to emulate David Cannon's record five wins, will these long-standing records remain after Saturday 1 September 2001?

Donald Cameron

1. I. Holmes	Bing	1.28.47
2. S. Booth	Borr	1.29.16
3. D. Rodgers	Loch	1.30.10
4. R. Jebb	Bing	1.30.52
5. J. Brooks	Loch	1.31.07
6. G. Wilkinson	Clay	1.39.07
7. R. Cant	Loch	1.39.13
8. J. Hepburn	Loch	1.40.04
9. R. Gallagher	W'lands	1.40.19
10. S. Jackson	Horw	1.40.47

VETERANS O/40

1. R. Gallagher	W'lands	1.40.19
2. S. Jackson	Horw	1.40.47
3. M. Laing	Fife	1.42.45
4. S. Hicks	Borr	1.43.06
5. A. Beaty	CFR	1.44.30

VETERANS O/50

1. K. Carr	Clay	1.48.10
2. A. Bland	Borr	1.48.48
3. J. Holt	Clay	1.50.44
4. C. Love	DundHawk	2.01.56
5. B. Horsley	WYFire	2.01.59

LADIES

1. S. Rowell	P&B	1.54.31
2. D. Scott	Loch	1.57.03
3. S. Taylor U/23	Bing	2.04.04
4. A. Reid	Loch	2.07.11
5. K. Beaty O/40	CFR	2.09.32
6. J. Smith O/40	Bing	2.10.16

PHOENIX 2000 - THE 7th PHOENIX LONG O EVENT 02/03.09.00

This year's annual 2-day Long O event took place around the picturesque Ingram Valley on the eastern side of the Cheviot Hills. This year, finishing times were mainly fast, reflecting the runnable nature of this year's terrain.

The event is run in five different classes over four different courses each day, the times for the two days are added together to determine the placings. There is a chasing start on Day 2 for the faster finishers from Day 1 which, this year, produced the closest finish ever in the A Class. After Day 1, Andy Lewsley had a lead of over seven minutes but on Day 2, spectators saw John Smallwood only some 400 metres behind on the climb to the last control. A slight error by Andy on the control saw the two reappear much closer together and we were treated to the sight of a hard chase all the way down the hill to the finish, with Andy holding on to win by a mere four seconds after a total of 44 km of racing! Another exciting finish was in the D Class where Sue Wood overcame a ten minute deficit with a fine Day 2 run to win the class by 54 seconds from Mick Anderson. An anticipated close finish in the B Class failed to materialise when two out of the first three retired after Day 1 leaving Michael Sprot to come home first on Day 2. In the C Class, Simon Ross extended his comfortable lead after Day 1 to take first place and the Pairs Class was won by Ken Masser and Tom Cochrane, two of the youngest entrants. They hung on to their Day 1 lead though second placed Mark and Timothy Savage cut a large chunk off it.

This year saw the introduction of a veterans' handicapping system which gave a time allowance depending on age and was successful in allowing older veterans to challenge and overtake the younger ones in the "40s and over" competition. Thanks to the sponsor, Phoenix Mountaineering Limited, there was a very extensive prize list of their quality products and all competitors who completed their course received a top quality T-shirt bearing the Phoenix logo. Next year's event is only in the very early planning stages. For those who want to put a date in their diary, possibly the third weekend in August or the first weekend in September.

(Web site:

www.geocities.com/andrew_nicoll/phoenix.html)

Andrew Nicoll

CLASS A - 44km

1. A. Lewsley	6.32.34
2. J. Smallwood	6.32.38
3. A. Mackenzie	6.48.17
4. D. Rogers	6.52.23
5. K. Maynard	7.09.42

CLASS B - 37km

1. M. Sprot	5.39.07
2. B. Hanley	5.50.23
3. G. Shutt	5.55.16
4. P. Sleight	6.22.57
5. K. Masser	6.34.26

CLASS C - 31km

1. S. Ross	5.05.10
2. D. Sprot	5.47.04

3. A. Fale	5.53.58
4. C. Warner	6.05.12
5. M. Bradley	6.08.50

PAIRS CLASS - 31km

1. Masser/Cochrane	5.40.33
2. Savage/Savage	5.47.07
3. Claxton/Claxton	6.27.18
4. Watson/Myers	7.01.38
5. Brammer/Brammer	7.17.34

CLASS D - 20km

1. S. Wood	3.51.04
2. M. Anderson	3.51.58
3. A. Stimson	4.31.18
4. N. Sprot	4.32.11
5. E. Pye	4.40.42

VETERANS HANDICAP

CLASS A

1. A. Lewsley	6.16.13
2. P. Gorvett	6.43.36
3. A. Mackenzie	6.44.53

CLASS B

1. B. Hanley	5.32.52
2. S. Cane	6.10.02
3. M. Berry	6.12.56

CLASS C

1. R. Gray	5.37.57
2. A. Meadows	6.02.06
3. B. Cooper	6.11.10

CLASS D

1. M. Anderson	3.30.42
2. N. Sprot	4.16.18
3. S. Sprot	4.24.19

BRADLEY FAMILY DAY

FELL RACE

West Yorkshire

BS/4.5m/675ft 3.09.00

This is the first time I have organised the fell races. They form the last part of Family Day in Bradley. It was a glorious day with many runners commenting how much they enjoyed the views.

Mick Hawkins led from start to finish and his time of 23.35 was only five seconds outside Alfie Atkinson's record of 1996. Had he been pushed, he would probably have broken the record. The rest of the results speak for themselves. Helen Johnson's ladies' 1999 record of 29.10 was never under threat. John Wootton, fourth overall, retained the Bob Marchant Trophy as the first local runner. The tightest finish was in the Girls' Under 14 where Francesca Coulthead beat Bradley's Tierney Maude at the line.

J. Rosser

1. M. Hawkins	Bing	23.35
2. D. Brame	Kghly	24.39
3. M. Horrocks	Clay	25.00
4. C. Shuttleworth	Prest	25.47
4. J. Wotton	Bradley	25.47
6. R. Bradbury	Bing	26.06
7. R. Glover	Hfx	26.21
8. C. Miller	Hgte	26.24
9. L. Athersmith	Skip	26.38
10. R. Grillo	Kghly	26.53

VETERANS O/40

1. C. Shuttleworth	Prest	25.47
2. S. Wetherill	Kghly	37.21
3. P. Metcalfe	Hellif	42.31
4. D. Adams	Heading	44.29

VETERANS O/45

1. P. Buckley	Sils	32.06
2. H. Atkinson	Bing	32.38
3. T. Metcalfe	Hellif	33.56
4. P. White	B'burn	37.53

VETERANS O/50

1. M. Coles	Skyrac	31.27
2. B. Crewdson	WPenn	31.48
3. G. Rowlinson	Clay	35.53

VETERANS O/55

1. J. Dvevlin	Tod	33.14
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VETERANS O/60

1. G. Arnold	Prest	36.54
2. A. Jones	NWales	37.03
3. J. Amos	Clay	39.44

LADIES

1. J. Hodkinson	Prest	31.49
2. K. Morgan	Barnolds	32.17
3. S. Shephed	Settle	36.29
4. H. Stilleto	Yor	38.03
5. J. Carter	Spenn	43.07
6. F. Johnson	Bradley	43.60
6. C. Wotton	Bradley	43.60

JUNIORS U/14

1. S. Nunn	Skip	11.14
2. M. Hurst	Hanlith	11.31
3. D. Cutts	Leeds	13.28

JUNIORS U/12

1. C. Wetherill	Cowling	6.41
2. J. Darling	Cowling	6.47
3. J. Mountain	Airton	6.53

JUNIORS U/9

1. L. Waite	Langcl	3.42
2. B. White	Hyndb	3.43
3. D. Lund	LongP	3.46

SHELF MOOR FELL RACE**Derbyshire****AS/5.9m/1500ft 03.09.00**

Mike Bouldstridge, a relative newcomer to fell running, took first place ahead of two past winners, John Taylor and Gary Oldfield. Mike, perhaps better known as a road and cross-country international and obviously enjoying the change of scenery, won in 42:02 leaving Colin Donnelly's 1989 mark of 39:45 safe for another year.

Second placed John Taylor said that Mike had a clear run and powered away. John's pre-race warm up consisted of cycling over the Snake Pass in preparation for the Snake Hill Climb in mid-September. Gary Oldfield came looking for a hat-trick but had to settle for third place after another good run.

First lady was local Sally Newman finishing in fifteenth place overall in a time of 49:39. This was her second victory at Shelf Moor in succession and underlines

her place at the top of English ladies' fell running.

Andrew Fox

1. M. Bouldstridge	Birchf	42.02
2. J. Taylor	Bing	43.08
3. G. Oldfield	P&B	44.47
4. N. Bassett	StaffsM	45.52
5. M. Fowler	Salf	45.56
6. G. Watson	Altr	46.23
7. D. Gartley	Gloss	47.08
8. T. McGaff	Penn	47.29
9. A. Jenkins	DkPk	48.20
10. T. Taylor	Ross	48.31

VETERANS O/40

1. D. Gartley	Gloss	47.08
2. T. McGaff	Penn	47.29
3. T. Taylor	Ross	48.31

VETERANS O/50

1. R. Taylor	Penn	48.59
2. T. Hulme	Penn	49.13
3. R. Hope	DoncSt	51.16

VETERANS O/60

1. B. Thackery	DkPk	61.46
2. D. Clutterbuck	Roch	64.33
3. D. O'Leary	ManchYMCA	74.27

LADIES

1. S. Newman	Gloss	49.39
2. L. Lacon	Holm	53.48
3. J. Howlett	Unatt	57.54
4. N. Higson	Penn	58.07
5. J. Smith O/40	DkPk	59.08
6. J. Bradwell	EChesh	59.36

HADES HILL RACE**Lancashire****BS/5m/1200ft 07.09.00**

1. A. Payne	Ross	32.45
2. C. Bishop	Saddle	34.10
3. P. Taylor	Ross	34.18
4. R. Griffiths	Holm	34.47
5. C. Davies	Saddle	35.05
6. S. Clawson	Ross	35.18
7. M. Howard	Radcl	35.22
8. A. Maloney	Roch	35.34
9. S. Hoyle	Ross	35.54
10. D. Beels	CaldV	36.19

VETERANS O/40

1. P. Taylor	Ross	34.18
2. R. Griffiths	Holm	34.47
3. M. Howard	Radcl	35.27
4. C. Chown	AbbeyR	37.56
5. K. Delaney	Ross	38.26

VETERANS O/45

1. C. Davies	Saddle	35.05
2. D. Beels	CaldV	36.19
3. D. Schofield	Ross	36.57
4. D. Hyde	CaldV	37.05
5. B. Waterhouse	Saddle	37.19

VETERANS O/50

1. J. Dore	Roch	37.15
2. A. Steele	Radcl	38.42
3. N. Shaw	Roch	40.17
4. G. Large	NthnV	41.21
5. I. Holloway	Roch	41.25

VETERANS O/55

1. G. Breeze	Skyrac	37.52
2. D. Gibson	Saddle	42.12
3. T. Peacock	Clay	42.16

VETERANS O/60

1. T. West	Radcl	45.24
2. A. Campbell	RoadR	53.45

VETERANS O/65

1. P. Duffy	NthnV	48.09
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LADIES

1. V. Peacock O/45	Clay	37.25
2. K. Drake O/40	Spenn	40.09
3. J. Rawlinson O/45	Ross	43.16
4. J. Robertson	Unatt	45.20
5. K. Thompson O/45	Clay	45.52
6. L. Bostock O/40	Clay	49.30
7. E. Nuttall O/40	Ross	55.53

JUNIORS U/18

1. L. Leishman	Ross	39.08
2. M. Corbishley	Ross	39.33
3. A. Godwin	Ross	40.01

CREG-NY-BAA FELL RACE**Isle of Man****AM/10m/2700ft 09.09.00**

Tony Okell scored his eighth win in this year's Manx Fell League when he won the Creg-ny-Baa race. The race was held in perfect weather with warm sunshine and clear visibility over the 10-mile course.

Okell was challenged all the way by Tony Rowley, who has had a quiet season so far. The race was only decided on the final ascent in the last mile where former Stockport Harrier, Okell, dug in deep to secure his win, a remarkable performance just one week after winning the Bullock Smithy 56 mile 2-day race.

Local Laxey runner, Steve Partington, took third after a race long battle with Skelmersdale's Paul Minshull, while David Young broke the Over 50's course record in a fine fifth place.

Colby farmer, Brenda Walker, ran her usual outstanding race to finish top lady in 7th overall.

1. T. Okell	ManxH	1.16.12
2. T. Rowley	MFR	1.16.36
3. S. Partington	ManxH	1.19.16
4. P. Minshull	MFR	1.19.48
5. D. Young	MFR	1.24.57
6. B. Bolland	Newburgh	1.28.36

VETERANS O/40

1. T. Rowley	MFR	1.16.36
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VETERANS O/50

1. D. Young	MFR	1.24.57
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VETERANS O/60

1. I. Chrystal	MFR	1.49.59
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LADIES

1. B. Walker	ManxH	1.31.20
2. R. Hooton	MFR	1.42.38

WORLD MOUNTAIN TROPHY**Bergen, Germany****09/10.09.00**

Angela Mudge became only the third senior British lady to lift this prestigious title since the event's inauguration in 1985. The 30-year old from Carnethy, seventh last year and fifth in the European trophy in July, joins Carol Greenwood (nee Haigh 1986) and fellow Carnethy runner, Beverley Redfern(1990) in the UK World Mountain Trophy Hall of Fame to add to her growing reputation overseas. Indeed, she is only the fifth senior Briton to win this title with Kenny Stuart (1985) AND Martin Jones (1992 and 1993), the only others to taste success at world level.

Just a matter of weeks after sealing overall gold in the four-race WMRA European Grand Prix series at Susa, Italy, the three times (and reigning) British Champion was once again in superb form holding off 24-year old European silver medallist, Birgit Sonntag of Germany by 19 seconds, with reigning European Champion, Isabella Zatorska of Poland, a further half minute back in third.

What makes Angela's performance all the more impressive is that not only was this win secured on foreign soil against the world's mountain running elite, it was also achieved on an uphill only course (as favoured by the continentals) as opposed to up-and-down, which Britons tend to be better suited. It was cause for a double celebration for Angela who, just prior to jetting out to Germany, learned that she had passed her Chemistry PhD from Edinburgh University. Dr Angela Mudge will now attempt to land a record fourth consecutive British title at the 18-mile (4,890ft) Two Breweries Race, Inverleithen, Scotland on 24 September, before heading out to Malaysia to defend her Mt Kinabalu title two weeks later. Few would bet against her rounding her season off in style as this year, for the first time, the ladies will be running to the 13,000ft summit over a much longer course in this up-and-down self-acclaimed "World's Toughest Race".

England duo, Ruth Pickvance and trials winner, Claire Tomkinson, were the only other Britons to make the top thirty as England could fare no better than seventh, one place ahead of the Scots by two minutes - a staggering margin at this level. Last year's fourth placer, Billy Burns, once again produced the goods to place a marvellous seventh overall just one place ahead of England (and Salford) team-mate, Martin Cox.

These performances are put into context when one considers that European Champion, Massimo Galliano, could only finish tenth and reigning world champion, Marco de Gasperi of Italy, placed seventeenth from the 144-strong quality international field.

Last year's silver medallist, Richard Findlow, finished next Briton home in 19th with Chris Robison, eighth in the European Trophy in July, placing 25th. Former World Trophy fourthplacer, Bobby Quinn, felt dizzy at two-thirds the distance and was forced to retire. This was the second year that Quinn has suffered misfortune. Last year, he fell badly after just 60 metres and had to fight his way through the 111-strong field to place a highly creditable ninth.

England placed fifth with European team silver medallists Scotland finishing thirteenth. England's men could well have expected to finish among the medals had trials' winner, Dave Lewis's, knee held

out. A foursome of Billy Burns, Richard Findlow, Martin Cox and Lewis should have proved the match for all but the best but, sadly, Lewis – a master of all surfaces, who has yet to compete on the world mountain running stage – was forced to withdraw with a knee injury just days before, his place going to Aberdeen-based world championship orienteer, John Duncan (fourth in the England trial race) of Scottish Club, Cosmic Hillbashers.

Kate Bailey, third in last year's race, finished first Briton in seventh in the Under 20 ladies' race, as James Mason of Bingley held off Andrew Lemoncello by just two seconds (and one place) in 18th to finish first Brit in the Under 20 men's race.

Gareth Webb

MEN – 11.6km/1,204m; uphill only

1. J. Whyatt	NZL	47.29
2. H. Kogler	AUT	49.48
3. A. Gex-Fabry	SUI	50.16
4. T. Gregor	GER	50.31
5. S. Chies	ITA	50.39
6. R. Fontaine	FRA	50.47
7. B. Burns	ENG	50.50
8. M. Cox	ENG	50.59
9. H. Schmuk	AUT	51.18
10. M. Galliano	ITA	51.25

LADIES – 8.9km/1,074m; uphill only

1. A. Mudge	SCO	49.24
2. B. Sonntag	GER	49.43
3. I. Zatorska	POL	50.11
4. M. Moon	NZL	50.52
5. M. Ravizza	ITA	51.22
6. A. Olarte	COL	51.32
7. A. Pichrtova	CZH	51.37
8. M. Edhouse	NZL	51.49
9. E. Rust	AUT	51.54
10. A. Baronchelli	ITA	51.58

MEN UNDER 20 – 8.9km/1,074m; uphill only

1. N. Habteghergish	ERI	44.08
2. F. Heinzle	AUT	44.48
3. T. Klisz	POL	46.31
4. A. Tonazzini	ITA	46.45
5. M. Massi	ITA	47.10
6. J. Cattneo	ITA	47.26
7. R. Galovic	SVK	47.44
8. G. Berghane	ERI	47.59
9. M. Cosentino	FRA	48.04
10. J. Helm	GER	48.10

LADIES U/20 – 4.5km/604m; uphill only

1. E. Margot	FRA	29.05
2. C. Tye	NZL	29.20
3. I. Vetsch	SUI	29.18
4. A. Montonati	ITA	29.45
5. A. Stafa	POL	30.40
6. S. Recknagel	GER	30.44
7. K. Bailey	ENG	31.23
8. E. Desco	ITA	31.30
9. P. Havlova	CZH	31.31
10. L. de Faveri	ITA	31.37

RAAS MYGRAYRT MOOAR LAKSA (FORMERLY LAXEY HORSESHOE)

Isle of Man

1. T. Okell	MFR	1.49.49
2. S. Partington	ManxH	1.50.25
3. T. Rowley	MFR	1.52.49
4. B. Osborne	MFR	1.56.28
5. D. Ashton	Salf	2.08.50
6. D. Corrin	ManxH	2.10.04
7. R. Moughtin	Western	2.11.00
8. R. Stevenson	MFR	2.11.20
9. M. Preston	ManxH	2.23.58
10. P. Buttery	Holm	2.15.17

VETERANS O/40

1. B. Osborne	MFR	1.56.28.
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VETERANS O/50

1. D. Ashton	Salf	2.08.50
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VETERANS O/60

1. I. Chrystal	MFR	2.37.24
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LADIES

1. R. Hooton	MFR	2.23.48
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KAIM HILL 2000

1. J. Brooks	Loch	27.33
2. D. Whitehead	Cosmic	28.22
3. A. Anthony	Central	28.27
4. J. McDonald	Central	28.54
5. R. Gallagher O/40	W'lands	29.04
6. M. Laing O/40	Fife	29.12
7. S. Whittle	Carn	29.16
8. J. Hepburn	Loch	29.21
9. A. Anderson	Solway	29.43
10. J. Stevenson	Ochil	29.48

VETERAN O/50

1. J. Knox	Teviot	32.59
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VETERAN O/60

1. B. Waldie	Carn	34.09
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LADIES

1. K. Newman	Carn	37.26
2. C. Menhennet O/35	W'lands	38.43
3. E. Scott O/35	HBT	39.49
4. D. MacDonald O/35	HBT	40.09
5. H. Spencely O/35	Carn	40.43
6. A. Wood	Carn	43.42
7. S. Gilchrist	Gala	50.32
8. L. Knox O/35	Teviot	57.06

LYME PARK FELL RACE CHAMPIONSHIPS 2000

Sixty four runners succeeded in completing the three races of the series and the battle for the top two places was extremely hard fought indeed, with Malcolm Fowler just pipping Mike Hutchinson by one point to win, four points to five!! Kath Harvey took both first Lady and Lady Veteran O/40 slots and Alison Brentnall was also a double winner, gaining second Lady and Lady Veteran O/50 positions. Stockport won both the Ladies' and Men's Teams and no fewer than nine different clubs were represented in the first ten positions.

The organisers were more than a little peeved when it was reported that after the last race of the series, the Boar's Head, a small group of runners was overheard outside the pub bemoaning the fact that they had "only" got T-shirts for all their efforts. We would like to point out that (a) the whole idea of the series was that it was a low-key additional competition to add a bit more fun to the three race and (b) that there is no entry fee for the series and the cost of the T-shirts comes out of the proceeds of the three races, all of which go to good causes of one sort or another. If you run for fat prizes rather than for the enjoyment of the competition and the company, we suggest you take up road running or professional football! However, as it's quite clear that the majority of the runners have a go at the series in the spirit in which it was conceived, we'll continue to organise it next year and hope that everyone has as much fun as they did this year. Sorry about the moan but some things get right under your skin!!

Dave Jones

1. M. Fowler	Salf	4pts
2. M. Hutchinson	Traff	5pts
3. G. Watson	Altr	15pts
4. S. Barlow	Horw	23pts
5. G. MacNeil	Helsby	29pts
6. A. Carruthers	Crawley	31pts
7. D. O'Brien	Bux	59pts
8. S. Burthem	Spectr	64pts
9. B. Gregory	Stock	68pts
10. C. Southern	Spectr	71pts

VETERANS O/40

1. D. O'Brien	Bux	59pts
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VETERANS O/50

1. R. Scotney	Penn	102pts
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VETERANS O/60

1. B. Thackery	DkPk	313pts
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LADIES

1. K. Harvey O/40	Altr	257pts
2. A. Brentnall O/50	Penn	314pts
3. J. Robertson	Spectr	326pts

Results and Reports up to here were submitted for October edition of The Fell Runner but not printed - due to the large number of results for the October edition.

STICKLEPATH-CAWSAND HILL RUN

Devon

AS/4m/1150ft 08.07.00

An improvement on last year's event on all fronts – record broken, pleasant weather and, most importantly, an increasing number of runners. Good conditions helped Kevin Hagley win again and take a new record and Anne Farruggia also took a new female record. Well done to Sticklepath resident Ryan Cheyne who did a solid third place as a junior. Keep it up Ryan! Devon local John Pinn continues to improve and came a safe second, despite still being a junior; excellent!

Phil Haygarth

1. K. Hagley	S.W.RR	29.06
2. J. Pinn	Unatt	33.04
3. R. Cheyne	Unatt	33.05

BELSTONE – CAWSAND HILL RACE

Dorset

BS/4m/850ft 9.7.00

Another one & two for Kevin Hagley and John Pinn in two days, but Kevin's 1996 record of twenty five minutes and fifty three seconds record remained safe. Well done to Paul Bruton and Chris Baretto who both travelled yet delivered solid performances. Nice to see local Tom Webster following in his Dad's footsteps and winning the first villager prize.

A steady turnout of ten runners was, for this event, not bad considering the top of the beacon was hidden in mist.

Phil Haygarth

1. K. Hagley	S.W.RR	28.05
2. J. Pinn	Unatt	33.23
3. P. Bruton	Swansea	33.46

WORLD TROPHY TRIAL RACE – JUNIOR & SENIOR RACES

Cumbria

12.08.00

Close racing typified both senior races and the junior men's race at the English trial for the World Mountain Running Trophy, signifying improved depth in the quality of English uphill racing. Perhaps the poor visibility was the incentive for runners to stick close together! Dave Lewis was the surprise package in the men's race, displaying the form that he has long been thought capable of on the mountains. Thirty-eight seconds covered the next four places, with top GB orienteer Jon Duncan forcing himself into the reckoning with a strong run in fourth. Clare Tomkinson's victory was the reward for a summer devoted to mountain running. Behind Clare, Ruth Pickvance displayed previously untapped potential in shorter mountain races with a surprise second, ahead of this summer's new talent, Helen Jackson. Seventeen year old James Mason upset the form books and his elders by taking a close second to Jon Parker in the Junior men's race, proving his preference for both climbing and longer races. Kate Bailey was a comfortable winner in the Junior women's trial, a week before her mountain debut in a GB vest at Susa in Italy.

Robin Bergstrand

SENIOR MEN AM/7m/3370ft

1. D. Lewis	Ross	55.48
2. J. Brown	Salf	56.52
3. A. Bowness	CFR	56.55
4. J. Duncan	Cosmic	57.10
5. J. Taylor	Bing	57.30
6. M. Bouldstridge	Birch	58.03
7. S. Bailey	Staffs	58.42
8. S. Hawkins	Bing	58.58
9. C. Roberts	Kend	59.08
10. P. Sheard	P&B	59.09

SENIOR LADIES AS/5.6m/3030ft

1. C. Tomkinson	Charn	56.02
2. R. Pickvance	MDC	56.23
3. H. Jackson	Bing	56.46
4. M. Clark	Thames	57.13
5. T. Ambler	P&B	60.17
6. N. Nealon	Hunc	60.44
7. S. Dolan	Harr	61.25
8. N. Thompson	Charn	61.52

JUNIOR MEN AS/5.6m/3030ft

1. J. Parker	OWLS	51.20
2. J. Mason	Bing	51.55
3. S. Savage	Amble	52.39
4. A. Symonds	Kend	52.46
5. S. Reid	Kend	53.24
6. C. Heyes	Prest	55.19

JUNIOR LADIES AS/2.8m/1890ft

1. K. Bailey	Staff	33.18
2. N. White	Holm	37.02
3. K. Rogan	Wharf	37.51

DWYGYFYLCHI RACE

Conwy
AM/ 12.8.00

This was the fourth running of the Dwygyfylchi race, and the fourth consecutive increase of competitors as seventy eight runners enjoyed good conditions around this excellent route. James McQueen established a new course record without being put under much pressure (hope he was able to enjoy the scenic views), and the rest were left to battle it out amongst themselves. Paul Evans held off Trefor Jones for second place, with Don Williams showing no signs of slacking with a fine fourth place.

Sarah Hammond of Tattenhall set a new ladies record, and both pubs did brisk business as free chip butties and lots of spot prizes made for a pleasant post race atmosphere. Thanks to Sinclair Steel & Access Hire and Conwy Outdoor shop for Sponsorship, and of course a big thank you to all marshals.

Steve H

1. J. McQueen	Eryri	1.11.35
2. P. Evans	Eryri	1.20.10
3. T. Jones	Eryri	1.20.52
4. D. Williams O/50	Eryri	1.22.06
5. J. Smith	R'lagh	1.22.20
6. A. Bickerstaff	R'lagh	1.23.59
7. S. Ellis	Tatten	1.25.08
8. R. Crane	Colwyn KF	1.25.47
9. C. Owens O/40	R'lagh	1.26.03
10. M. Forrest	London	1.26.25

VETERAN O/60

1. (43) B. Evans	Eryri	1.44.57
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LADIES

1. (34) S. Hammond	Tatten	1.40.35
2. (39) K. Forster	Spec	1.43.05
3. (42) C. Mills	Kenil	1.44.43
4. (49) Y. Prior O/40	Colwyn KF	1.50.06
5. (52) V. Ronald	Colwyn	1.50.53
6. (55) G. Roberts O/40	Merc	1.54.13
7. (56) M. Oliver O/50	Eryri	1.54.20
8. (58) C. Nicholson	R'lagh	1.55.45

STICKLEPATH HORSESHOE

Devon

BM/9.6m/1700ft 12.8.00

A strong field turned out but failed to beat the male record. However, Judy Maund made a strong and consistent effort in pleasant conditions and took the new female record. This race is, organisationally the most difficult to run of the series, and this year was no exception as I lost my usual support from the Cricket team, who went on tour! So thanks to everyone for looking after the check points at twenty four hours notice. Phew! I was pleased with the slightly longer route taking the finish through the flower show field, to make more of a local spectacle of the event.

Phil Haygarth

1. M. Kaukonen	Devon Orien	1.20.26
2. N. Least	Dartmoor	1.27.07
3. J. Jackson	Devon Orien	1.27.08

NINTH CROOK PEAK CAKE RACE

Somerset

AS/3m/800ft 23.8.00

1. P. James	Tortilla	19.37
2. C. Hallett	Bristol	19.52
3. M. Duxbury	Horw	19.56
4. A. Bickerstaff	GWR	20.12
5. D. Finn	Wells	20.22
6. N. Thorpe	Weston	21.22
7. C. Taylor O/40	Merc	21.40
8. P. Chadwick O/40	Wells	21.54
9. M. Turner O/40	Weston	22.20
10. I. Powell	W'bury	22.26

VETERAN O/50

1. (11) R. Hart	Weston	22.28
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LADIES

1. (17) U. Counsell	Bristol	23.28
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MOUNT SKIP FELL RACE

West Yorkshire

BS/4.5m/1000ft 26.8.00

1. G. Oldfield	P&B	31.27
2. A. Carruthers	Crawl	32.00
3. J. Hemsley	P&B	32.34
4. S. Hulme	Mid'ton	32.39
5. S. Macina	P&B	32.44
6. J. Mason	Unatt	33.08
7. R. Skelton	Penn	33.20
8. M. Howard O/40	Radc	33.27
9. N. Pearce O/40	Ilk	33.38
10. D. Beels	Calder	34.16

VETERANS O/50

1. (12) D. Tait	DkPk	34.42
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LADIES

1. (26) J. Patchett O/40	Spenn	40.17
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HALTON GILL

North Yorkshire

AS/1.7m/800ft 27.8.00

A damp showery day, greeted the runners. There were fourteen junior starters, mostly from the Wirral. Most welcome visitors to the bunk house. The first four runners all within a minute.

The senior race took on a familiar look, with Steve Oldfield and Graham Schofield again out in front. Twenty four runners started, including four under seventeens – the winner C Jones finishing just over a minute behind Steve.

A good afternoon of fun, running on the riverside was enjoyed, finishing off with a grand tug of war. Many thanks to one and all runners and marshals, see you all next year.

Roger Gibson

1. S. Oldfield O/40	14.16
2. G. Schofield O/40	14.26
3. C. Moses	14.58

4. I. Ferguson O/40	15.09
5. C. Jones U/17	15.11
6. T. Peerless U/17	15.32
7. S. Hoyle	15.36
8. R. Gibson O/40	15.56
9. A. Marr U/17	16.01
10. N. Pearse O/40	16.03

BULLOCK SMITHY

Cheshire

BL/56m/7000ft 2/3.9.00

“What is the weather going to do this year?” A frequently heard question at events. Following a Friday night of torrential rain in the north-east Cheshire area, the same anxious question was posed by the entrants arriving on the Saturday morning for the twenty fifth Bullock Smithy Hike. Their fears were soon allayed as the sun came out and a gentle breeze dried the ground to make conditions ideal for the weekend event. The traditional BSH anvil was struck in Hazel Grove, Stockport, at noon on Saturday 2nd September to start one hundred and seventy walkers and runners on the fifty six mile cross country event. Indeed, the conditions continued to improve and in the evening and through the night they were excellent, resulting in an above average success rate, with only thirty seven retirements.

Congratulations to all who completed the route through the Peak District checkpoints at Bow Stones, Chinley, Edale Cross, Edale, Castleton, Peak Forest, Millers Dale, Near Chelmorton, Earl Sterndale, and the brand new section via Brand Top, Cumberland Cottage, Walker Barn, Whiteley Green returning along the Middle Wood Way to Hazel Grove. All successful entrants received a commemorative certificate and plate to celebrate the event's silver jubilee.

We are continually making changes to the event, both in the organisation and provision of facilities for entrants. This year was no exception. Some minor changes in the food at checkpoints, thankfully we still have a good supply of Penguin bars!! The changes to the latter part of the route appeared to meet with approval by many but not all. One person did say, ‘walking along the Middlewood Way beats the hell out of walking down the A6’. Let us have your views please. Communications is now completely controlled through, both landlines and mobile telephones, to give more rapid information to control and response to any emergencies.

Of course, there were plenty of stories to tell. One entrant, David Harrison, flew from Houston, Texas on Friday, returning home on the Monday!! Robert Ferry from Northern Ireland and David Hickling from Saddleworth used the event as a training exercise for the Augribies, South African Marathon. Robert and David were members of the twenty strong British Team taking part in the one hundred and fifty mile extreme marathon. Many of the regular supporters turned up, including number one, George Matuszewski' who completed his twenty fifth BSH!

Peter Wood

1. T. Okell	9.02
2. D. Tucker	10.14
3. N. Fowler	10.35
4. C. Banks	10.35
5. M. White	10.35
6. A. Trigg	11.21
7. P. Rushworth	11.22
8. T. Longman	11.25
9. P. Elliot	11.25
10. D. Parry	11.25

PENGWELY ROUND THE RESERVOIRS

Shropshire

CM/6m/700ft 09.09.00

A good entry and perfect conditions saw Bill Nock come within seconds of taking Will Lovett's course record – a good number of non fell runners took part indicating that there is a slot for these 'not-so-hard' competitions.

Doug Morris

1. B. Nock	Hales	34.55
2. D. Turvey U/18	Hales	38.07
3. R. Edwards	Bangor	38.42
4. M. Foschi O/40	Penn	39.05
5. F. Reilly O/50	Stock	39.10
6. G. Manson O/45	OsOI	41.01
7. F. Stevens O/40	Hels	41.26
8. R. Mapp O/40	Merc	41.40
9. K. Jones	Unatt	42.29
10. M. Williams	Merc	42.34

VETERAN O/60

1. P. Norman	Wrex	46.48
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LADIES

1. R. Davies	Unatt	46.10
2. K. Ryan O/35	OsOI	47.07
3. C. Sowden	Shrews	50.38
4. S. Tuerema O/40	OsOI	51.06

HODDER VALLEY SHOW

FELL RACE

Lancashire

AM/6.5m/1500ft 09.09.00

The forecast was awful for the day, but turned out to be wonderfully inaccurate, with fine weather throughout the race.

The race follows the Hodder Valley Show on a three year circuit of venues, and partly due to the infrequent use, the routes tend to vary. Records are therefore an even more unreliable guide than at other fell races. The variation this time knocked off

a road section, and we finished the race right at the bottom of Mellor Knoll so removing a long run in. It seemed to meet with the approval of most of the competitors. It was a bit muddy in parts this year, but nothing compared to the state of two years ago, so the two crossings of Langden Brook just helped clean runners off, instead of threatening to drown them, hence no safety line this year.

George Ehrhardt was the early leader, but didn't descend quite so well. Will Sullivan then made the running, closely followed by Graham Schofield, who took the lead with around a mile to go, and went on to win by twenty two seconds. Vanessa Peacock comfortably won the ladies (again), and the abundance of over forty's and over fifty's of both sexes made sorting the prizes just a trifle complicated. The team prize was very narrowly won by Clayton-le-Moors over Bowland FR (sorry, but I had to mention us somewhere).

I'll not dwell on the competitor who didn't start, but neglected to tell us as (s)he sounded quite apologetic on the phone, as we were wondering whether or not to call out mountain rescue.

Alex Livesey

1. G. Schofield O/40	Horw	43.02
2. W. Sullivan	Clay	43.24
3. C. Reade	Bow	43.57
4. S. Sweeney	Bow	44.11
5. G. Ehrhardt	Tod	44.32
6. C. Miller	Harr	44.36
7. C. Valentine	Kesw	44.40
8. R. Griffiths O/40	Holm	44.42
9. A. Nicholls	Acc	44.47
10. P. Whiting O/40	Kend	44.54

VETERANS O/50

1. (15) J. Holt	Clay	46.02
2. (22) K. Taylor	Ross	47.23
3. (23) P. Booth	Clay	47.25

VETERAN O/60

1. (55) R. Jaques	Clay	53.40
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LADIES

1. (29) V. Peacock O/40	Clay	49.31
2. (39) L. Lacon	Holm	50.59
3. (70) J. Robinson O/40	Garstang	56.59
4. (78) J. Rawlinson O/40	Ross	58.58

CHELMORTON 5 MILE CHASE

Derbyshire

BS/5m/1000ft 9.09.00

One of the highest events in the Peak district, the Chelmorton Chase has gained fame over the last three years as one of the toughest events in the fell race calendar. The race is set in the heart of the Peak District, south of Buxton and this year drew an excellent field to a highly successful event in great weather. Running clubs from across Derbyshire were represented while Buxton AC took pride of place with the first two ladies home. Elizabeth Batt continued her excellent form this season and Joanne ran a personal best for the course. The course record from 1998 set by Andy Wilton was unbroken.

The climax of the run was climbing Chelmorton Low at over a thousand feet from the bottom of Deep Dale. Runners passed the prehistoric tombs at the Low summit before a steep descent into the village. Cheers from many locals down the Main Street of the ancient linear village brought the entrants home to finish outside Primitive Hall. To help with conditions Chelmorton race director Tracey Worth has put the date back to September in the hope of better weather and this year it came. Tracey has worked with top local runner, landowners and the fell race association to bring the course up to championship standards.

1. R. Crossland O/40	Bfd/Aire	35.50
2. I. Simpson	Hels	35.20
3. S. Smith	N.Staffs	36.29
4. F. Fielding	Gloss	38.20
5. S. Brister	Matl	38.21
6. A. Mayer	DkPk	38.25

LADIES

1. (10) E. Batt	Bux	39.58
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CHROME HILL HOLLINSCLOUGH

FELL RACE

Derbyshire

BS/4m/700ft 10.9.00

Among the comments from runners – "Thanks for the race it seems to cover a whole range of terrain in only four miles", and "I had forgotten about my vertigo until the last climb". Chrome Hill is fast gaining popularity as a record turnout demonstrated. Two Buxton runners seem to have a stranglehold on the main event with Liz Batt winning the ladies race comfortably for the fourth year in a row and her team mate, Lloyd Taggart, fresh from Ben Nevis the previous week, coming in over a minute ahead of Dale Gartley yet again. Lloyd also led the men's team winners while Pennine ladies, present in force, deservedly won the ladies team award. Fifty to of the eighty nine competitors came from four clubs, Buxton, Pennine, Macclesfield and Ivanhoe Runners of Leicestershire who again targeted Chrome Hill as their club fell race.

Martin Corvriend

1. L. Taggart	Bux	29.44
2. D. Gartley O/40	Gloss	30.59
3. A. Ward	DkPk	31.01
4. N. Bassett	Staffs	31.17
5. T. McGaff O/40	Penn	31.35
6. D. Nicholls	Macc	32.15
7. D. Dunn	Penn	32.19
8. A. Whittingham	Bux	32.26
9. G. Cresswell O/40	Penn	32.34
10. G. Morson O/40	Bux	32.59

VETERANS O/50

1. T. Hulme	Penn	33.19
2. J. Kershaw	Macc	34.19
3. R. Scottney	Penn	37.06

VETERANS O/60

1. P. Duffy	NthnVets	43.47
2. P. Grundy	Bux	45.24

LADIES

1. E. Batt	Bux	35.29
2. N. Higson	Penn	38.22
3. J. McBride	Macc	40.11
4. J. Phizacklea	Bux	41.28
5. H. Hargreaves	Penn	42.35
6. A. Brentnall O/50	Penn	42.43
7. C. McBride U/17	Macc	43.54
8. M. Chippendale O/50	Penn	44.13

JUNIOR MEN

1. M. Hudson	Goyt	34.39
2. S. Baker	Macc	38.24
3. N. Morson	Bux	38.35

PADFIELD PLUM FAIR TORSIDE

SCAMPER

Derbyshire

BM/6.5m/1050ft 10.09.00

The weather was kind to us again this year, hot through the whole Plum Fair without a drop of rain. In the fell race, Nuala Bardsley put in a storming run to knock nearly five minutes off the ladies record. The junior race was a minor success considering the lack of publicity, hopefully we will see more juniors in 2001. The coal race attracted its usual small field and huge crowd of spectators. I would like to thank 'North West Water' for their generous sponsorship and Up and Running of Hyde for the spot prizes and numbers. I must also give thanks to the Padfield Powders and all the other friends who help out on the day.

Ted Woodhouse



Mark Nutter and Peter Booth of Clayton fording Langden Brook in the Hodder Valley race (Photo Bill Smith)

1. P. Deaville	Stock	47.00
2. S. Fraser	Unatt	48.00
3. A. Jenkins	DkPk	49.40
4. C. Davies O/40	Sadd	50.00
5. S. Entwistle O/40	Gloss	50.18
6. R. Taylor O/50	Stock	50.51
7. I. Walker	Wake	52.00
8. P. Lyons O/50	Ross	52.01

VETERAN O/60

1. (25) J. Dearden	Hels	63.37
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LADIES

1. (16) N. Bardsley	Gloss	55.43
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FACTORY HILL NIGHTMARE MILE RACE

Lancashire

1m/600ft 12.9.00

The annual Factory Hill Nightmare Mile Race took place in overcast, cool and breezy conditions. Rob Jackson won the race for the fifth time in six attempts, finishing just eleven seconds outside his own course record.

Horwich Harriers' most recent signing, triathlete Darren Kay, had a fine run in second place, with team-mate, Steve Barlow, third.

First veteran, Tony Orrell, just edged out Alan Higginson.

Sue Webb, wife of fell correspondent, Gareth, was a convincing winner of the ladies' race.

The efforts of race organisers, Tony and Brenda Hesketh, were again greatly appreciated, especially with the race coinciding with the fuel shortage.

1. R. Jackson	Salf	6.21
2. D. Kay	Horw	6.44
3. S. Barlow	Horw	7.10
4. T. Orrell O/45	Horw	7.12
5. A. Higginson O/40	Bolt	7.23

VETERANS O/50

1. P. Bland	Horw	8.27
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VETERANS O/60

1. T. Parr	Bolt	12.30
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LADIES

1. S. Webb	Horw	8.12
2. L. Smart	Horw	9.06

DAVID DENTONS 60TH BIRTHDAY CHEVIN FELL RACE

Derbyshire

BS/3m 13.09.00

Former junior fell international, Daniel Yates of Matlock, had to rely on his track speed to win this special David Denton's Birthday Chevin Fell Race. Yates was headed by Tom Plant as they reached the flat 600 m road section to the finish. However, the sub two minute 800m runner, sprinted past to win, just four seconds outside the record.

David Denton

1. D. Yates	Matl	17.52
2. T. Plant	Derby	17.56
3. A. Laban	Derby	19.05
4. G. Cresswell O/40	Penn	19.39
5. C. Rowe	Matl	19.49
6. J. Matthews O/40	Owls	20.03
7. M. Wynn O/40	DkPk	20.17
8. R. Salt	Charn	20.22
9. G. Yates	Hatton	20.28
10. R. Baker	Derby	20.42

VETERANS O/50

1. (15) R. Marlow	DkPk	21.02
2. (28) M. Lindsay	Derby	22.46
3. (34) T. Press	Hatton	23.23

VETERANS O/60

1. (38) B. Howitt	Matl	24.15
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LADIES

1. (23) J. Pidgeon	Notts	22.05
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PERIS HORSESHOE MOUNTAIN RACE

Gwynedd

AL/17.5m/8500ft 16.9.00

Thirty nine year old Bangor librarian, Trefor Jones, made the most of the calm, misty conditions to win the race in impressive style. He established an early lead on the long climb to the summit of Elidir Fawr and was never challenged by the chasing pack, guided to half-way by first veteran, Steve Barnard (the man on the telly). Notorious wanderer, Paul Evans, made up for the expected early mistakes to pull through to second place.

Veteran lady, Gill Harris of Mercia, was first lady, fourteen minutes ahead of local Eryri veterinary surgeon, Ellie Dunnington.

An unsurprisingly low turnout of 43 resulted from worries over the fuel situation and a clash with the Dalehead British Championship race the following day.

Doc Hale n' Wills

1. T. Jones	Eryri	3.35.05
2. P. Evans	Eryri	3.51.10
3. S. Barnard	Eryri	3.58.07
4. C. Near	Eryri	4.05.26
5. T. Longman	Macc	4.07.25

VETERANS O/40

1. (3) S. Barnard	Eryri	3.58.07
2. (5) T. Longman	Macc	4.07.25
3. (6) C. Rhodes	Macc	4.10.03

VETERANS O/50

1. (18) A. Oliver	Eryri	4.29.19
2. (26) D. Sinclair	Eryri	4.58.57
3. (35) M. Potter	Mercia	5.42.09

VETERANS O/60

1. (36) C. Jones	MDC	6.07.14
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LADIES

1. (27) G. Harris O/40	Mercia	5.04.25
2. (30) E. Dunnington	Eryri	5.18.50
3. (41) S. Farrar O/40	Unatt	6.11.22

RUNNING SHOP MORVERN HILL RACE

Aberdeenshire

AS/5m/2100ft 16.09.00

With much regret, I decided on the Wednesday evening before the race to cancel this year's event, due to the uncertainty of fuel supply. Several factors influenced the decision, but the disappointment is tempered by the sure knowledge the Morven's fine slopes will remain in place at least until next September, and I look forward to welcoming all enthusiasts to come and have a go!

Yours, on the hill, Phil Kaumner

MERRICK HILL RACE

Dumfries & Galloway

AM/9m/3300ft 16.09.00

National petrol crisis - Will anybody turn up for the race? We need not have been concerned as there was a good turnout.

The mist came down at the start of the race, that led to varied routes off Merrick! Adam Anderson led the race near enough from the start, to a comfortable win. Veteran runners outnumbered the 'young pups' in a ratio two to one, with great efforts coming from Dougie and Dougie (Brown and Milligan).

The junior race was won by Richard Goldsworthy, in his last year in this category.

The small but never the less enthusiastic Solway RC, made a clean sweep of the team prize.

D. Gillespie

1. A. Anderson	Solway	1.28.44
2. D. Gillespie	Solway	1.31.55
3. D. Brown O/40	Solway	1.35.44
4. C. Brash	Girvan	1.39.42
5. D. Milligan O/50	Solway	1.40.16

6. R. King	Annan	1.44.44
7. D. Duncan O/40	Ochil	1.50.37
8. O. Brown	Annan	1.50.42
9. D. Makin O/40	Gallo	1.51.00
10. D. Broadley O/40	Loch	1.51.56

JUNIORS

1. R. Goldsworthy	Gallo	23.24
2. S. Goldsworthy	Gallo	27.33
3. T. Burns	Ayr Seaf	30.34

SIMONSIDE FELL RACE

Northumberland

BM/6.75m/1200ft 16.09.00

Last year's third, Daniel Wood, was determined to put his victory beyond doubt with over a minute up on his nearest rival. In fact he was ahead of a whole raft of excellent previous winners. Local Neil Dunn, another previous winner introduced Daniel, with a practice, to the route last year. Daniel had his eye firmly on first place. It was not to be, but this year he left no doubt. The show ground exploded with delight and Daniel joins the ranks of local hero. Daniel as might be expected is a shepherd and I heard a recent comment that his dogs have a job keeping up with him!

Not only was it really soggy this year but all the rain during the summer had made the heather very long. Given these conditions it was a surprise that the times were as good as they were. There was an elite group that tussled it out from start to finish making it really competitive. Morgan Donnelly set the pace and was first to the summit with Daniel on his heels. In third place was last year's winner John Larkin. By Little Church, Daniel was in the lead which he maintained until the end.

It is great to see that all those runners that took up fell running in the early eighties are still at it, and also great that we have growing numbers of veterans over forty, fifty and eight this year over sixty! Of course, these guys were only forty two (including myself) when our race started. But what veterans! David Armstrong and James Dickinson were up there with the youngsters at seventh and eighth. The over fifties had their own tussle. The first four runners over fifty constantly changed place but once Rob Hall reached the summit first he ploughed down the fell to finish seventeenth overall. Phil Lancaster is also still very much a contender at sixty years, finishing in a remarkable twenty eighth position overall!

We had a strong under sixteen's with Ben Henderson and Jane Phizackerle as winners. This is an uncompromising run for under sixteen's and is very much underrated to be called a fun run. A good Millennium race and congratulations to everyone.

Ian Webb

1. D. Wood	Unatt	44.15
2. M. Donnelly	N'land	45.07
3. J. Larkin	Salt	46.18
4. C. Stead	Salt	46.32
5. A. Green	Tyne	46.33
6. I. Twaddle	N.Shlds	47.12
7. D. Armstrong O/40	NFR	47.20
8. J. Dickinson O/40	Tyne	47.42
9. S. Coxon	Tyne	48.02
10. F. Smith O/40	Salt	48.31

VETERANS O/50

1. R. Hall	NFR	52.02
2. K. Brewis	Tyne	54.56
3. J. Keeble	Unatt	54.56
4. P. Graham	Tyne	54.56
5. C. White	NFR	56.13

VETERANS O/60

1. P. Lancaster	C'mont	54.24
2. R. Hayes	NFR	59.22
3. P. Winter	Morp	63.48

LADIES

1. A. Raw	Darl	54.24
2. F. Shenton O/40	Elvet	59.22
3. S. Rouse	Quakers	59.80
4. J. Saul	NFR	61.36
5. J. Duggan O/40	Morp	65.59
6. G. Mennim O/40	NFR	66.56
7. R. Metcalfe	Dumf	67.18
8. J. Cross	C'mont	67.45

LADY VETERANS O/60

1. E. Armstrong O/60	Tyne	70.01
2. V. Stapeley	Unatt	83.39
3. K. Dallinson	NFR	85.17

JUNIORS U/18

1. A. Wilson	Unatt	53.03
2. T. Burden	Unatt	54.56
3. R. Bennett	Unatt	70.21

DALEHEAD**Cumbria****AS/4.5m/2210ft 17.09.00**

1. I. Holmes	Bing	42.51
2. G. Bland	Borr	43.00
3. S. Booth	Borr	43.02
4. M. Roberts	Borr	44.00
5. R. Hope	P&B	44.05
6. J. Bland	Borr	44.10
7. B. Bardsley	Borr	44.38
8. R. Jebb	Bing	45.05
9. P. Sheard	P&B	45.56
10. A. Schofield	Borr	45.57
11. N. Sharp	Amble	46.01
12. A. Davies	Borr	46.06
13. C. Donnelly O/40	Eryri	46.13
14. G. Devine	P&B	46.27
15. D. Neill O/40	Staffs	46.32
16. G. Ayers	CFR	46.38
17. J. McQueen	Eryri	46.58
18. J. Archbold	CFR	47.25
19. G. Wilkinson	Clay	48.00
20. M. Wallis O/40	Clay	48.07
21. P. Skelton O/40	CFR	48.30
22. S. Hicks O/40	Borr	48.52
23. C. Roberts	Kend	49.01
24. S. Savage	Amble	49.14
25. N. Spence	Borr	49.18
26. B. Proctor O/40	Kend	49.28
27. G. Oldfield	P&B	49.37
28. S. Neill	P&B	49.41
29. S. Bottomley	P&B	49.53
30. D. Overton O/50	Kend	49.59

VETERANS O/50

1. (30) D. Overton	Kend	49.59
2. (45) D. Spedding	Kesw	52.26
3. (61) J. Patterson	A'ville	54.15
4. (65) J. Holt	Clay	54.47
5. (67) K. Taylor	Ross	55.01

VETERANS O/60

1. (114) B. Waldie	Carn	60.56
2. (128) B. Booth	Kesw	61.56
3. (151) P. Norman	Wrex	65.00

LADIES

1. (60) S. Newman	Gloss	54.14
2. (74) H. Jackson	Bing	56.12
3. (75) T. Ambler	P&B	56.14
4. (80) N. Davies O/40	Borr	56.36
5. (82) V. Peacock O/40	Clay	56.57
6. (93) L. Sharp	Kesw	58.05
7. (99) J. Rae	Amble	59.25
8. (103) A. Brand-Barker	Kesw	60.04
9. (105) J. Lloyd	Eryri	60.17
10. (108) H. Krynen	Kesw	60.30

JUNIOR BOYS

1. M. Stuart		13.45
2. J. Weedon		14.22
3. G. Robinson		14.34

JUNIOR GIRLS

1. E. Stuart		14.40
2. E. Knox		17.36
3. R. Cornthwaite		17.42

PASSING CLOUDS FELL RACE**Staffordshire****BM/9m/1800ft 17.09.00**

Race cancelled due to fuel shortage.

LOW FELL**Cumbria****AS/2.5m/900ft 21.09.00**

A rather disappointing number of entries on what turned out to be a nice day, or at least the morning was and it did stay dry. Eight runners won prizes and everyone went home with a Snickers bar.

Lyn Thompson

1. J. Bland	Borr	19.11
2. L. Athersmith	Skip	20.58
3. S. Holliday O/40	CFR	22.21
4. A. Brand-Barker L	Kesw	22.59
5. J. Slater	WCO	23.02
6. I. Anderson	RRC	23.11
7. S. Maytum	CFR	24.12
8. T. Metcalf O/40	Settle	24.26
9. R. Coles O/40	Unatt	25.04
10. D. Bridge O/50	Borr	25.06

LANTERN PIKE**Derbyshire****BS/5m/1050ft 23.09.00**

The Junior race is a quite demanding and varied two mile route. Congratulations to Tod and Liz on their victories, and well done to all who took part. Please bring along your friends next year, we'd like to see more junior running.

Congratulations also to Steve and Tricia on excellent performances in this very competitive race. Thanks are due as always to our small army of helpers, the marshals and the Mellors of Spray House Farm for the use of their land.

Finally thanks to everyone for turning up to compete as usual, even though we weren't in the calendar this year.

Mel Crammer

1. S. Penny	C'field	32.49
2. M. Fowler	Salf	33.46
3. L. Taggart	Bux	33.55
4. A. Kirk O/40	Gloss	34.18
5. P. Deaville	Stock	34.49
6. P. Martin	Staffs	35.17
7. D. Gartley O/40	Gloss	35.30
8. N. Peach	Sale	35.41
9. K. Webster	Matl	36.02
10. G. Morson O/40	Bux	36.23

VETERANS O/50

1. (17) B. Toogood	DkPk	37.33
2. (33) R. Britton		39.24
3. (40) A. Brentnall	Penn	40.09
4. (45) R. Marlow	DkPk	40.38
5. (48) P. Pearson	E.Chesh	40.47

VETERAN O/60

1. (138) B. Smith	Clay	50.05
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LADIES

1. (37) T. Sloan	Salf	39.50
2. (47) C. Howard	Matl	40.44
3. (51) L. Lacon	Holm	41.00
4. (74) L. Batt	Bux	42.58
5. (80) M. Edgerton O/40	Penn	43.32
6. (83) N. Mission	Penn	43.47
7. (84) K. Mather	Sadd	43.48
8. (93) C. Waterhouse	H'fax	44.51

JUNIOR BOYS

1. T. Brunt	Staffs	17.46
2. T. Wild		18.30
3. N. Morson	Bux	19.03

JUNIOR GIRL

1. L. Wild		24.23
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STANAGE STRUGGLE FELL RACE**Derbyshire****BM/7m/1200ft 24.09.00**

1. M. Yelling	Bedf	39.20
2. M. Fowler	Salf	39.33
3. S. Penney	C'field	39.51
4. G. Cudahy		40.19
5. P. Winskill	DkPk	42.35
6. A. Carruthers	Crawl	42.49
7. L. Yelling	Bedf	43.01

8. A. Jenkins	DkPk	43.23
9. R. Skelton	Penn	43.27
10. M. Bishop	Hallam	43.42

VETERANS O/40

1. (14) K. Holmes	DkPk	45.19
2. (17) A. Renfree		46.05
3. (18) K. McGrath	DkPk	46.22
4. (20) M. Smith	DkPk	46.38
5. (22) A. Moore	DkPk	47.17

VETERANS O/50

1. (24) R. Marlow	DkPk	47.36
2. (29) N. Boler	DkPk	48.17
3. (32) A. Ashforth	Hallam	48.48
4. (34) R. DeFaye		49.15
5. (37) K. Jones	DkPk	50.01

VETERANS O/60

1. (47) P. Seyd		52.04
2. (67) M. Rawson	Hallam	55.54
3. (90) A. Barne	Staffs	59.29

LADIES

1. (07) L. Yelling	Bedf	43.01
2. (26) C. Howard	Matl	47.49
3. (30) H. Wooton		48.19
4. (36) J. Smith	DkPk	49.57
5. (43) J. Stevenson	DkPk	51.16
6. (60) E. Dent	Totley	55.16
7. (61) J. Griffiths	DkPk	55.20
8. (68) H. Bloor	DkPk	55.58

BLACK MOUNTAINS**Gwent****AL/17m/5200ft 30.09.00**

After the usual hectic registration, sixty three runners set off including myself, thanks to John Sweeting and computer. Underfoot conditions were surprisingly good given the amount of rain in the past two weeks which had fallen since I jogged around the course. This didn't stop runners deviating from the optimum route, so times were down from previous races.

Ladies winner, Ruth Pickvance, again could have attacked the ladies record. How many more years can the organiser break three hours? Super duper veteran, Cledwyn Jones, was ever consistent. Redundant Concorde pilot, Lloyd Griffiths, flew around and beat his son.

Unlimited tea and biscuits served up by Sue, nan, Marisa for afters. Thank you to everyone. See you next year.

Almost derailed, 'Puffing Bill' (W. Darby)

1. P. Evans	Eryri	2.49.50
2. T. Laney O/40	Unatt	2.50.21
3. P. Wooddisse	Knave	2.50.45
4. I. Cowie O/40	Merc	2.51.25
5. R. Pickvance	MDC	2.51.59
6. J. Maddocks	Wreake	5.52.06
7. R. Wilson O/40	Unatt	2.57.54
8. A. Carruthers	Crawl	2.58.21
9. J. Darby O/40	MDC	2.59.52
10. C. Kelsey O/40	Wells	3.02.14

VETERANS O/50

1. F. Thomas	DkPk	3.18.49
2. E. Meredith	MDC	3.26.59
3. B. Waive	Leaming	3.35.20
4. T. Davies	Cft Amb	3.47.43
5. R. Griffiths	Aber'wyth	3.48.34

VETERAN O/60

1. C. Jones	MDC	4.01.28
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LADIES

1. R. Pickvance	MDC	2.51.59
2. V. Musgrove O/40	Eryri	3.20.28
3. G. Evans	Shep	3.35.34
4. S. Woods O/40	Eryri	3.45.55

THIEVELEY PIKE FELL RACE

Lancashire

AS/4m/900ft 30.09.00

At the start of the Thieveley Pike fell race 2000, I announced to the one hundred and sixty eight runners that they were involved in an International Fell Race. Among their number was a Ukrainian athlete, Anatoliy Polyarush, who had represented his country in Mountain Races in Poland and Germany. Anatoliy had travelled to England just to run in the Thieveley Pike FR. Owing to his very limited English I could not work out the reason for his choice of race – clearly our fame has spread abroad! However, I did discover that he lives in Sevastopol in the Crimea and that he is used to running in good conditions. He could not believe how muddy the course was and I lent him my Walshes to help speed him on his way. In the event he finished thirty fifth place, no match for Andy Wrench, who for the second successive year finished just in front of Steve Oldfield. Five of the top ten were juniors (U/18) taking part in the selection race for the following week's International.

In the Ladies' race two juniors, Natalie White and Kate Rogan led home veterans over thirty five Sue Beconsall and Pauline Oldfield. Overall, times were faster because of an improved section just after the start, which should ensure that we can continue to use the same course in future.

The junior race was a shorter course and was also a selection race for the Internationals.

My thanks to an army of helpers from Clayton-le-Moor and to Felldancer Ltd for their generous sponsorship.

Peter Booth



George Grayston of Cumberland Fell Runners at Thieveley Pike (Photo Steve Bateson)

9. L. Athersmith U/18	Skip	26.19
10. A. Orr	Clay	26.22

VETERANS O/40

1. (02) S. Oldfield	Bfd/Aire	24.00
2. (08) M. Keys	Ross	25.57
3. (22) B. Waterhouse	Sadd	27.33
4. (31) J. Quine	Kend	28.15
5. (32) K. Delaney	Ross	28.17

VETERANS O/50

1. (23) P. Lyons	Ross	27.35
2. (25) B. Mitchell	Clay	27.50
3. (27) J. Holt	Clay	27.57
4. (44) J. Dore	Roch	29.06
5. (56) G. Wright	Ross	30.03

VETERANS O/60

1. (88) R. Jaques	Clay	32.14
2. (112) M. Houghton	Chor	35.07
3. (126) D. Clutterbuck	Roch	36.27

LADIES

1. (46) N. White U/18	Holm	29.09
2. (75) K. Rogan U/18	Wharf	31.20
3. (80) S. Beconsall O/35	Tod	31.44
4. (82) P. Oldfield O/35	Unatt	31.55
5. (84) K. Ellison U/18	Vale R	31.58
6. (90) K. Bailey	Bing	32.17
7. (94) R. Robinson	Kend	32.46
8. (95) J. Rawlinson O/35	Ross	32.47

JUNIOR BOYS

1. R. Edgar U/16	L&M	17.41
2. M. Buckingham U/16	Holm	18.02
3. D. Sugden U/16	Holm	18.12
4. C. Doyle U/14	Kend	18.35
5. M. Smith U/16	Horw	18.39

JUNIOR GIRLS

1. K. Roberts U/14	Kend	21.23
2. L. O'Gorman	P'stone	21.40
3. K. Hawitt	Warr	21.54

OPEN COUNTRY MOUNTAIN MARATHON

Northern England 1.10.00

1. Bourne/M. Fowler
2. Q. Harding/K. Harding
3. J. Hunt/J. Smallwood

VETERANS

1. M. Wynne/R. Hopkinson

SUPER VETERANS

1. D. Sleath/M. Sleath

MIXED

1. D. Parker/K. Parker

MIXED VETERANS

1. L. Campbell/M. Campbell

IAN HODGSON MOUNTAIN RELAY

Cumbria

25m/8500ft 1.10.00

Borrowdale continued their domination of the Mountain Relay, not only winning for the sixth successive time but also recording the fastest time on all four legs despite the fact that Phil Davies broke his ankle one thousand metres from the finish of leg two. Their winning margin of twelve minutes and six seconds was the largest in the history of the event and given the strength in depth of the club (and the 'B' team finished eighth). With their familiarity with Lakeland terrain it is perhaps difficult to see them being beaten in the foreseeable future. Ambleside, given a good lead off by Mark Rigby and Nick Sharp finished a creditable second and Pudsey & Bramley repeated their third place of last year by overtaking Lothian on the last leg. Kendal repeated their win in the veterans category as did CFR in the Mixed. We were pleased that last minute team changes resulted in six Ladies teams finishing with Ilkley winning for the first time.

The weather was kinder to us this year with the forecast rain and wind not arriving until Monday. However, times were generally slower reflecting the very wet conditions underfoot and poor first leg visibility. The prize presentation was well attended and the principle prizes of unique landscape pictures taken on the Relay route seemed to be well



Ian Greenwood and Jason Harbour of Clayton in free fall down to Hartsop on leg 2 of the Hodgson Relay (Photo Peter Hartley)

received – as was the special Relay brew of beer! Finally, a couple of gripes. Why don't team captains distribute the literature we send to team members? All teams receive separate sheets of race rules and route details but it is obvious from queries we get that many runners never see them. Secondly, please can we make a plea for more care in punching control cards. If we applied orienteering or mountain marathon standards many teams would be disqualified. As it is we have only disqualified the teams whose leg three runners chose not to visit the tarn on Caudale Moor. Sincere thanks to Barrie, Maureen and Nigel Atkinson for the use of the Syke Side facilities as our event centre. Alan and Eric Wear and Patterdale Playing Fields Committee for the use of Take-Over areas at Patterdale and Hartsop. To Peter Hartley (legs 1,2 and 3) and Russell Nicholson (leg 4) for their photography skills. Pete Bland and the Fleece Hotel Horsforth for donation of prizes and the National Trust, Dalemain Estate and Lake District National Parks for permission to traverse land under



Runners struggle to keep their balance on leg 3 of the Hodgson Relay (Photo Pete Hartley)

1. A. Wrench	Tod	23.56
2. S. Oldfield O/40	Bfd/Aire	24.00
3. J. Symonds U/18	Kend	24.07
4. J. Mason U/18	Bing	25.07
5. P. Deaville	Stock	25.42
6. L. Siemaszko U/18	Kend	25.44
7. G. Crayston U/18	CFR	25.45
8. M. Keys O/40	Ross	25.57

their care. Raynet Leeds have taken over provision of Radio cover and we thank them for the impressive professional service they provided. Special thanks to all those family friends and members of Fellandale who helped with the organisation of the race – approximately seventy helpers on the day and many whose home baking enabled us to provide such an impressive array of good value refreshments.

Dave, Shirley, Michael, Sara, Neil and Chris Hodgson.

1. Borrowdale 'A'	3.35.54
2. Amble	3.48.14
3. Pudsey & Bramley 'A'	3.51.14
4. Lothian RC	3.51.51
5. Dark Peak	3.59.40
6. Clayton Le Moors	4.03.06
7. Kend O/40	4.05.43
8. Borrowdale 'B'	4.06.36
9. Cumberland O/40	4.07.56
10. Keswick	4.15.27

MIXED TEAMS

1. (13) Cumberland	4.22.49
2. (19) Pennine	4.34.41
3. (20) Pudsey & Bramley 'B'	4.36.11

LADIES TEAMS

1. (37) Ilkley	5.10.28
2. (45) Dark Peak	5.22.44
3. (46) Keswick	5.22.51

BUTSER HILL CHALLENGE

Hampshire

AS/4.5m/888ft 1.10.00

1. M. Peters O/40	Hadant	31.48
2. B. Hards O/40	Stub	32.08
3. P. Guest O/40	Ports Jog	32.38
4. A. Ewing O/40	Stub	32.55
5. S. Fishpool	Dulwich	33.01
6. T. Allen	Hadant	33.40
7. Z. Grice	Stub	33.42
8. S. Banwell	Avon	34.11

VETERAN O/50

1. K. Griffiths	Stub	35.06
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VETERAN O/60

1. J. Taylor	Liss	41.55
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LADIES

1. S. Bradburn	Aldf	37.28
2. B. Harsds	Stub	38.45
3. K. Nelson	Clad	40.37

JUNIORS

1. A. Weames	Aldf	12.47
2. A. Price	Unatt	13.22
3. T. Bedford	Swan	14.35

SADDLEWORTH TRAIL

Lancashire

CM/10m/1200ft 7.10.00

This being Saddleworth, the weather was wet but the welcome was warm to the ninety six runners in just the second year of this event, first time in the fell calendar for what is really a trail race with hills and a few streams. Gloomy weather did not betray the pace at the front. John Brown might have won it, but made the mistake of asking the Oldham Mountain Rescue team the way at a stream crossing. The reply, "well, which way do you want to go?" left John bemused for maybe the thirty seconds critical for success. In the end you could throw a blanket over the first three men. Sally Newman ran well on almost home ground to be first lady. Everyone enjoyed the Saddleworth homemade cakes and endless tea. See you in October.

B Bridgestock

1. M. Fowler	Salf	62.38
2. G. Cudahey	Stock	62.43
3. J. Brown	Salf	62.59
4. S. Willis	Tod	65.31
5. A. Kirk O/40	Gloss	66.13
6. S. Nemerlija	Wigan	66.59
7. R. Elstone	Barns	67.05
8. J. Ingram	Sadd	67.25
9. M. Lynas	Thames H&H	68.05
10. F. Reilly	Stock	69.33

VETERANS O/40

1. (05) A. Kirk	Gloss	66.13
2. (11) C. Davies	Sadd	69.40
3. (15) L. Best	Stock	71.30
4. (16) A. O'Keefe	GM Fire	71.37
5. (25) B. Bridgestock	Sadd	74.57

VETERANS O/50

1. (10) F. Reilly	Stock	69.33
2. (29) R. Marlow	DkPk	76.46
3. (30) N. Boler	DkPk	77.08
4. (35) R. Walker	HolmeV	78.34
5. (36) V. McKay	Gloss	78.54

VETERANS O/60

1. (45) K. Bamforth	HolmeV	82.35
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LADIES

1. (22) S. Newman	Gloss	74.04
2. (31) T. Sloan	Salf	77.16
3. (38) N. Bardsley	Gloss	79.31
4. (39) L. Whittaker	Sadd	79.46
5. (43) K. Mather	Sadd	80.56
6. (48) J. McBride	Macc	84.10
7. (53) N. Misson	Penn	85.52
8. (58) C. Baguley	Gloss	88.37

LANGDALE HORSESHOE

FELL RACE

Cumbria

AL/14m/4000ft 7.10.00

Well, what can I say? except well done to the hardy two hundred and two souls who completed this years Langdale Horseshoe. Steady Lakeland rain and a cloud base of five hundred feet turned this years event into the default FRA navigation course! The usual extra checkpoints of Langstrath, Three Shires Stone and Little Stand were added bonuses for many – though everyone was back and accounted for much earlier than last year. Once again, Well done. Huge thanks to the checkpoint marshals and Raynet Radio team whose welcoming and cheery banter was commented on by a good number of the runners. Thanks also to all those who helped at race control, St Johns ambulance, the Langdale farmers, Pete Bland Sports and the ODG. Apologies to the leading runners who navigated their way to the summit of Thunacre Knott before the checkpoint marshal. Congratulations to Mark Rigby on his victory, his first, and also a first for the host club. Congratulations also to Wendy Dodds, Leigh Warburton and Barry Johnson; though the biggest prize haul went to Keiran Carr whose journey from Billington was certainly well worth the effort. So you all know who to follow next year! But then again you won't need to will you? – because it will be SUNNY and DRY, without a cloud in the sky!

Fish

1. M. Rigby	Amb	2.15.30
2. J. McQueen	Eryri	2.17.07
3. A. Schofield	Borr	2.18.11
4. A. Kitchin	Lothian	2.23.00
5. J. Archbold	CFR	2.29.23
6. L. Warburton O/40	BFR	2.33.05
7. S. Shuttleworth	Amb	2.33.43
8. L. Orr	BFR	2.34.07
9. K. Carr O/50	Clay	2.34.45
10. D. Golding		2.37.55

VETERANS O/40

1. L. Warburton	BFR	2.33.05
2. K. Carr	Clay	2.34.45
3. R. Owen	Eryri	2.38.59
4. A. Beaty	CFR	2.41.48
5. R. James	CFR	2.48.57

VETERANS O/50

1. K. Carr	Clay	2.34.45
2. T. Peacock	Clay	3.02.09
3. T. Hopkinson	DkPk	3.02.25

VETERANS O/60

1. B. Johnson	CFR	3.31.25
2. J. Taylor	Amb	3.42.24
3. R. Smith	Amb	3.45.05

LADIES

1. W. Dodds O/40	Clay	3.02.14
2. S. Parkin O/40	Kend	3.02.15
3. K. Beatty	CFR	3.04.00

THE MILLENNIUM LONG MYND

HIKE

Shropshire

BL/50m/8000ft 7/8.10.00

1. K. Smith	Bomere	09.37
2. A. Davies	Ch.Stret	10.22
3. M. Hartell	Brox	10.22
4. T. Gibbs	Bristol	10.22
5. T. Parker	Ch.Stret	11.08
6. D. Ellis	Wistan	11.08
7. A. Nixon	M'mouth	11.21
8. T. Longman	Stock	11.25
9. G. Harris	Ch.Stret	11.26
10. T. Davies	Ch.Stret	11.26

LADIES

1. G. Harris	Ch.Stret	11.26
2. G. Evans	Shepshed	13.53
3. J. Pitt-Lewis	Shrews	16.18
4. A. Langdon	Wilms	17.31
5. P. Richards	Shrews	18.08
6. H. Davies	H'beach	18.14
7. C. Fernandez	Fife	18.14
8. L. Ryan	B'ham	18.42

MOUNT KINABALU

INTERNATIONAL CLIMBATHON

Sabah, Malaysia 7/8.10.00

TORRENTIAL rain forced the race organisers to revise the course for safety reasons shortening the distance and ensuring the athletes did not run to the 13,455ft summit, Gareth Webb reports.

World champion, Angela Mudge, notched yet another win in a season which includes victory in the four-race WMRA Grand Prix series as well as the British fell championship - the latter for an unprecedented fourth year in succession - to retain her title in the self-acclaimed 'World's Toughest Race'.

Mudge held off Anna Picherova of the Czech Republic by well over six minutes to pocket the US\$4,500 winner's cheque and underline her standing as the world's leading mountain running exponent.

Such were the conditions that surface water was streaming down the mountain for the women's race (on the Saturday) and could well have resulted in serious injury, or worse, had race director Balwant Singh Kler not taken the wise precaution of sending runners to Lapan Rata at 11,000ft.

"On Saturday there was a storm," said Mudge. "This lasted about 24 hours and the race was like a river. I loved it!"

Mudge, who recently learned she had passed her PhD in Chemistry from Edinburgh University, now heads off to New Zealand until next April to recharge her batteries and reflect on her most successful season to date. Helen Jackson was the only other British woman to compete placing a splendid ninth overall.

If Saturday's weather was atrocious, Sunday's was possibly even worse with high winds and almost zero visibility in the misty conditions ensuring the men also turned back at Lapan Rata for the first time in the event's 14-year history.

Last year British and English champion, Ian Holmes, was well off the pace back in fourth at the summit before going on to notch a hat-trick of wins in the men's race. This time Holmes found himself four minutes adrift at the top but was unable to claw back the deficit over the shortened course.

With Holmes being universally regarded as

arguably the world's finest descender, few would doubt that had the race been run over the original course, we would probably be congratulating the Bingley Harrier on race win number four. As it was, a US\$4,000 runner-up cheque went some way to easing the pain.

Simon Booth and Rob Jebb both had excellent runs in third and fifth places (US\$3,500 and US\$800 respectively) with Mark Roberts (8th, US\$500), Paul Sheard (18th) and Adam Ward - Angela Mudge's partner, currently returning from injury - taking a fine 33rd, from the 100 finishers, making up the strong British contingent. Atrocious conditions made for difficult running with 29 athletes recording DNFs in the men's race.

Gareth Webb



Simon Booth, 3rd at Mount Kinnablu, pictured here on his way to winning Ennerdale (Photo Pete Hartley)

1. J. Pellister	ITA	1.40.47
2. I. Holmes	GBR	1.43.24
3. S. Booth	GBR	1.44.46
4. F. Maraldi	ITA	1.45.18
5. R. Jebb	GBR	1.48.45
6. M. Balirting	MALAY	1.48.55
8. M. Roberts	GBR	1.50.32
18. P. Sheard	GBR	1.58.56
33. A. Ward	Carn	2.10.51

LADIES

1. A. Mudge	GBR	1.59.00
2. A. Picherova	CZH	2.05.28
3. D. Gongot	MALAY	2.07.13
9. H. Jackson	GBR	2.28.39

HIGH BROWN KNOLL FELL RACE

West Yorkshire

BM/6.5m/1050ft 7.10.00

The persistent and, at times, torrential rain during the week leading up to this year's race made the going very heavy this year, in fact the soggy terrain was described by competitors as "treacherous in places".

This really puts Andy Wrench's run into clear perspective, as he came home just 3 seconds outside Steve Oldfield's record of 44 minutes 27 seconds.

The course is well flagged from Mytholmroyd to checkpoint one at Sheepstones Edge, then runners must make their own way to check 2 at High Brown Knoll. Then the fun begins as the infinite network of routes back to Mytholmroyd are open to all though, sadly, most competitors appear to play 'follow the bod in front' or simply head back the same way. I will say simply this; the quickest way is **definitely not** to retrace the outward route.

The original idea of this race was to encourage fellrunners to brush up on their navigational skills with a fun low key 6 mile course. Before next year, please get up there and do some recce runs. Find those optimum lines and you will surprise yourself, (and amaze your clubmates) I promise.

After low cloud and rain, which had me a bit worried on Saturday, and a light shower of rain five minutes before the start, the sun shone on one hundred runners who toed the line for this year's event.

Andy Wrench led the field throughout and as his four minute margin of victory shows, the Todmorden man's route choice from checkpoint two, at High Brown Knoll summit trig point was well planned and reced beforehand. In fact, as Andy disclosed the route he had chosen to me at the finish, I recognised that it was not entirely dissimilar to Steve's record breaking route of 12 months earlier.

Improving Stefan Macina had also clearly done his homework as, having turned at the summit in sixth place, he found the strength, speed and route choice that would enable him to power through to take the runner up spot, with Robert Glover eighth at the turn having a fine run to take third just 12 seconds behind Stef.

Chris Seddon of Horwich went through the top in eleventh position, but flew down to take fourth, a further eight seconds behind.

Chris won our fun little series, The South Pennines Grand Prix last season, and by the time you read this, I would say that Andy Wrench will have taken over that mantle, having scored maximum points in about every race.

These lads have certainly added some prestige to the profile of our race series.

The ladies race winner was Lisa Lacon, whose fine run placed her almost two minutes clear of local, Sue Becconsall. This would indicate at the time of writing, that Lisa could take the overall winners' glassware in the Grand Prix provided she completes the final two events.

Great to see Lisa back on form after a short but no doubt frustrating lay off earlier in the season.

Many thanks to all my helpers, including Tony Bradley who flagged the course with me in the mist and rain on Saturday evening, Ted and Irene Long who marshalled at the top and did a great job of taking numbers, enabling me to include summit positions (great reading !!) on the result sheet, Mike, Carol and Richard at the road crossing, and Dave and Eileen Woodhead and Linda Crabtree whose expertise on registration and finish made the whole show appear to run like clockwork.

Next year this race will be the final event in the South Pennines Grand Prix, which I am delighted to announce will be entirely organised by Keith Parkinson of Todmorden Harriers. Keith has a new and very exciting format in store, with fewer races to go at and a separate presentation ceremony, a few weeks after the final race, at some fine ale and food establishment (where, yes, there will be a fell race on for the hell of it !!)

Allan Greenwood

1. A. Wrench	Tod	44.30
2. S. Macina	P&B	48.36
3. R. Glover	Tod	48.48
4. C. Seddon	Horw	48.56
5. M. Lee	Ross	49.22
6. J. Hemsley	P&B	49.24

VETERANS O/40

1. T. Taylor	Ross	49.45
2. P. Grimes	Hfx	50.12
3. B. Hamilton	Wharfe	51.36

VETERANS O/50

1. P. Lyons	Ross	53.37
2. G. Newsham	Clay	56.10
3. P. Jepson	Ross	56.20

VETERANS O/60

1. R. Jaques	Clay	59.37
2. P. Duffy	NthnV	69.18
3. D. Clutterbuck	Roch	73.04

LADIES

1. L. Lacon	Holm	57.30
2. S. Becconsall O/40	Tod	59.23
3. A. Rees O/40	Tod	60.03
4. P. Oldfield O/40	BfdA	60.20
5. H. Alcock O/35	Tod	63.32

SALTERGATE GALLOWS (MANDALE REPRODUCTIONS WINTER SERIES)

North Yorkshire

BM/8m/1200ft 8.10.00

Well that's the first of the Winter Series. A slow start but I'm sure that things are likely to pick up particularly as the next event at Lordstones' Wainstones. On 12 Nov 2000 is the North East Fell and Hill Running Championship event for both male and females who are eligible to compete. Other than that it is an open event and one of the few 'A' category events on The North Yorks Moors. All results available on www.mandaleharriers.com

David Parry

1. C. Stead	Saltw	60.53
2. M. Wynne	Saltw	61.20
3. A. Bissell	Knaves	62.18
4. M. Burn	ThirskS	62.20
5. I. Ellmore	Scarb	62.26
6. K. Carter	Mand	62.41
7. B. Roberts	Mand	62.59
8. R. Burn	Thirsk	63.15
9. K. Maynard	Quak	63.34
10. J. Abel	CityHull	64.25

VETERANS O/40

1. (5) I. Ellmore	Scarb	62.26
2. (6) K. Carter	Mand	62.41
3. (7) B. Roberts	Mand	62.59

VETERANS O/50

1. (25) M. Hetherton	Nestle	72.41
2. (29) G. Houghton	CaldV	74.08
3. (34) J. Barraclough	Ind	76.33

VETERANS O/60

1. (51) D. Reading	Scarb	85.45
2. (59) M. Harper	NMarske	88.43

LADIES

1. (24) L. Proctor	Bolt	72.09
2. (33) K. White	Quak	76.16
3. (41) S. Rouse	Quak	80.12
4. (42) S. Kempson	NMarske	81.27
5. (44) J. Nicholson O/45	EHull	81.53
6. (49) R. Antill	Ind	85.04

WORCESTER BEACON RACE

Worcestershire

BS/1000ft/5m 14.10.00

1. B. Nock	Hales	31.42
2. D. Turvey	Hales	32.41
3. P. Pollard	Sparta	33.38
4. A. Carruthers O/40	Hales	35.12
5. D. Wilde O/40	Bridge	35.15
6. R. Semansmit	Kidder	35.37
7. N. Hazelwood	Hales	36.16
8. S. Deegan	Tam	36.17
9. S. Geggie	Hales	36.19
10. A. Jones	Tam	36.35

VETERANS O/40

1. (04) A. Carruthers	Hales	35.12
2. (05) D. Wilde	Bridge	35.15
3. (12) P. Richardson	Worc	37.05
4. (14) J. Ward	Hales	37.48
5. (15) G. Bagnall	Chelt	38.11

VETERANS O/50

1. (16) K. Court	Hales	38.27
2. (24) D. Lancaster	Read RR	38.52
3. (38) B. Davies	Cft Amb	40.12

LADIES

1. (29) K. Kemp	Taunt	39.14
2. (64) J. Wilcox O/35	Worc	42.47
3. (72) S. Howarth O/35	Kidder	43.21
4. (76) J. Clarke O/35	Stour	43.53
5. (82) H. Forcast O/35	Colwall	44.16
6. (89) M. Myers O/35	Worc	44.37

MANOR WATER HILL RACE**Borders****BM/10m/2300ft 14.10.00**

Mark Rigby (Westerlands) won the Millennium Manor Water Hill Race in the third fastest time ever and a winning margin of almost four minutes.

This was the ninth annual race, held in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley, and under the auspices of the Carnethy Hill Running Club. To mark the Millennium, engraved bronze medals were presented to prizewinners along with the usual prizes.

The race starts at Haswellsykes Farm and follows the ridge between the Manor Valley and Dawyck as far as the hill known as The Scrape, at two thousand three hundred and forty eight feet, returning by the same route. The race is on the calendars of both the Scottish Hill Runners Association and the Fell Runners Association, but is still a young event and relatively little known. There is a shorter race for juniors. This year we had fifty five competitors, the same as last year, comprising of fifty men and five women. The low turnout of women was a disappointment after sixteen took part last year. The weather was sunny and fairly warm but underfoot conditions were soft and muddy in places after recent heavy rains. The record time for the men of seventy one minutes and four seconds was set by Rob Lee in 1994.

Mark Rigby from Glasgow has had a successful year in 2000, finishing third of over five hundred runners in the Carnethy 5 (Pentland Hills) race in February and a second in the recent Two Breweries race (Traquair to Broughton) so he was clearly in great form for Manor Water Hill Race.

Susan Ridley's time of eighty nine minutes and fifty eight seconds was identical to that when she ran in 1995!

We are encouraged by the steady number of runners of the last three years and feel confident that the race is now an established date in the hill race calendar. Certainly everyone seems to enjoy the course with normally good underfoot conditions and lovely views especially on the descent.

1. M. Rigby	W'lands	74.37
2. T. Lenton	Lothian	79.18
3. S. Whittle	Carn	81.10
4. B. Connor	Carn	81.55
5. S. Simpson	Ochil	82.08
6. D. White	Unatt	84.38
7. J. Skilling	P'bello	84.49
8. C. Eades	Lothian	85.03
9. C. Godfree	Lothian	85.20
10. R. Irving	Annan	85.59

VETERANS O/40

1. (12) W. Jarvie	P'bello	89.32
2. (15) W. Gibson	Carn	91.54
3. (18) M. McEwan	Carn	95.34

VETERANS O/50

1. (21) D. Milligan	Solway	96.30
2. (23) M. Myant	Unatt	97.33
3. (29) T. Bowie	Carn	106.55

VETERANS O/60

1. (41) J. Douglas	Bord Tri	116.54
2. (42) K. Daniels	Carn	120.16

LADIES

1. (14) S. Ridley	Edin	89.58
2. (19) J. Rae	Amble	95.34
3. (34) J. Ackland	Lothian	109.47

HARRIERS v CYCLISTS**West Yorkshire****CM/6m/650ft 14.10.00**

Following a couple of weeks of heavy rain, conditions were in favour of the runners this year. It was a surprise, therefore, to see four cyclists home before John Mason, the first man on foot. An excellent performance by the leading cyclists headed by Paul Oldham proving the quality of the cycling participants. In the competition between the two disciplines, however, the runners scored best on the aggregate points of the first ten from each, making it their fifth consecutive win.

My thanks go to all those who gave up their Saturday afternoon runs to help, to Bob at the Fisherman for his kind hospitality and to farmer David Downs, who gets my vote for being the most pleasant and helpful farmer I know.

Pete Jebb



John Smethurst of Bingley being pushed hard at Harriers v Cyclists (Photo Steve Bateson)

1. P. Oldham (C)	HellyH	35.05
2. I. Taylor (C)	KghlyRC	35.18
3. R. Jebb (C)	RonHillRT	36.35
4. L. Craven (C)	BfdRCC	37.59
5. J. Mason	Unatt	38.08
6. S. Macina	P&B	38.35

VETERANS O/40

1. (8) C. Gray	Bing	39.15
2. (12) B. Hamilton	Wharfe	39.55
3. (14) J. Butler	Kghly	40.14

VETERANS O/50

1. (7) F. Reilly	Stock	38.42
2. (13) K. Payne	StubbGr	40.00
3. (22) J. Fortesque	Fearnv	43.12

VETERANS O/60

1. (40) M. Coles	Skyrac	49.55
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LADIES

1. (52) A. Hobbiss (C)	BfdRCC	59.39
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JUNIORS

1. (28) D. Haygarth (C)	Chelt	46.06
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UNDER 18

1. (11) J. Carter	Spn	39.54
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PENTLAND SKYLINE HILL RACE**Pentland Hills****AL/16m/6200ft 15.10.00**

The race is in the Pentland Hills on the south side of Edinburgh; the highest top is just under 2000ft. It is a kind of a horseshoe, along a row of hills and back to the start and finish along another row. There are about fifteen ascents of between 100ft and 1000ft, some of them steep. Some of it is grassy, some on gravel paths and some is through deep heather without useful paths. There is a short stretch of road, less than half a mile.

In this year's race, seventy six started, seventy two finished, eight of them women. A fine bright autumn day for a race. Sunny, dry, mostly warm with a moderate to strong south-westerly on the tops. An international field: runners from Australia, New Zealand, USA and Scotland, but few, if any, from English clubs, due probably to clash of fixtures.

Good conditions, perhaps a bit wet underfoot and no records were broken.

Richard Robinson

1. M. Rigby	W'lands	2.30.50
2. T. Lenton	Lothian	2.42.41
3. R. Gallagher O/40	West	2.42.49
4. M. Higginbottom	Carn	2.45.21
5. J. Brand	Lothian	2.53.55
6. C. Eades	Lothian	2.56.03
7. A. Smith O/40	Deeside	2.56.27
8. J. Blair-fish O/40	Carn	2.57.00
9. D. Mclean O/40	Lomond	2.59.50
10. M. Hulme O/50	KF Corst	3.01.46

LADIES

1. (34) J. Higginbottom	Carn	3.26.35
2. (42) M. Stewart O/40	Carn	3.32.56
3. (46) A. Verges	P'cuik	3.38.55
4. (58) A. Alexander O/40	Manawatu NZ	4.20.11

MENDIP MUDDLE**Somerset****CL/12.4m/1400ft 15.10.00**

This was the sixth annual Mendip Muddle, now well established as one of those West Country off-road races with silly names, but offering real variety, great scenery, and (some year!) good views. Thanks to all one hundred and eighty starters for braving the wettest conditions on the course yet, and for coming from so far and wide – the North-East, North Wales, Croydon and Cornwall...

Special congratulations for a fine turnout to the twenty runners from Chepstow, and the eight from Elvet Striders in Durham.

It was great to attract a real class fell runner down to the South: Colin Donnelly (Eryri Harriers) ran a magnificent time in such conditions to win in one hour twenty two minutes and fifty four seconds.

This year was the first that we put ourselves into the FRA calendar, and we intend to make a habit of that – hope we'll see a lot more fell-runners down here – it's a good opportunity to put those road runners in their places!

Peter Green

1. C. Donnelly O/40	Eryri	1.22.54
2. K. Hagley	SWRR	1.25.30
3. D. Kearn O/40	Comp	1.28.10
4. H. Richards O/40	Pewsey	1.28.53
5. P. Dunn	Elvet	1.29.04
6. R. Dunford	Unatt	1.29.29
7. P. Maggs O/40	Chep	1.31.52
8. N. Thorpe	Weston	1.32.35
9. N. Francis	Leic Cor	1.32.37
10. B. Stadden	Bitton	1.33.23

VETERANS O/50

1. R. Hart	Weston	1.36.20
2. D. Rose	Cty Bath	1.36.48
3. B. Kent-Payne	Cty Bath	1.38.07
4. M. Adams	Bristol	1.39.46
5. M. Jillians	Cty Bath	1.39.58

VETERANS O/60

1. M. Coupe	Nailsea	1.53.51
2. P. Williams	Weston	1.57.06
3. S. Wheeler	Chep	2.00.41

LADIES

1. A. Nixon	FoD	1.37.27
2. J. Mills	Bidef	1.45.22
3. V. Ford	GWR	1.46.38
4. F. Turner	FoD	1.49.20
5. L. Laird	Elvet	1.50.05
6. L. King	Wells Cty	1.51.12
7. R. Layton	Elvet	1.52.27
8. J. Llewellyn	Chep	1.55.16

WOUND WITHER WOOD WELAY WACE West Yorkshire 21.10.00

The Wound Wither Wood Welay Wace produced its usual mix of the fit and the flabby, the famous and the infamous. In the past, the fit have included ex-champions and internationals at junior and senior level: the flabby have included various members of local clubs and even pub teams. This year, due to the dodging and weaving involving the date and venue of the race, several of the usual suspects failed to put in an appearance. Nevertheless, the race still attracted some very fast competitors at the sharp end, who came close to being in record breaking form.

Despite venue changes and a further last minute change from Saturday to Sunday, there was still a good, if reduced, turnout. It was unfortunate that so many of the hundred strong membership of our own club were otherwise engaged. The event clashed with some road race in Newcastle and with some people having to work. This meant that the marshals ran and the runners marshalled and, unfortunately, some runners took the opportunity to cut unmarshalled corners in the wood. Some even claimed that they couldn't find their way in spite of the tape every five to ten yards! I know it says "marked course" but it helps if you look for the markers. I believe that orienteers have something called a "string" course that might be more suitable for runners who are quite so navigationally challenged.

Hallamshire set a cracking pace from the start with Jason Ward coming mighty close to John Taylor's 1995 course record of 19.47 for the three and a half mile course. Indeed, Hallamshire's winning time was only three minutes outside Pudding & Bramble's four year old mark of 1.23.09 - a time posted by a collation of assorted internationals. Hallamshire Vets could not hold a candle to their speedy clubmates and, with a four minute gap opening up on the first leg, were left to finish second, sixteen minutes adrift of the winning time. Barnsley Harriers made a good race of it for second place, leading on Leg 1 and sticking close to post an honourable third just 78 seconds behind the "Scroggs".

The ladies' race was also won by Hallamshire in a time of 1.50.04, as was the veterans' prize (1.42.40). The juniors' event, of course, went to Rossendale. My special thanks to their juniors who have taken this event to their hearts. They appeared in a minibus and produced five teams to slug out the junior event. Walshes have again promised to provide a special prize for the first junior team at next year's event, which will be held in February on a Saturday: Saturday 24 February 2001, definitely. Registration will be at the Denby Dale Pie Hall and the course start and finish as usual.

Neil Denby

1. Hallamshire Scroats	1.26.11
2. Hallamshire Old Scroggs	1.42.40
3. Barnsley Harriers	1.43.58

LADIES

1. Hallamshire Ladies	1.50.04
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JUNIORS

1. Rossendale Junior A	2.01.30
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9th WITHINS SKYLINE

West Yorkshire

BM/7m/1000ft 22.10.00

Three times winner and about to make it a fourth time, Ian Holmes took a bad fall below Top Withins ruin, which abruptly ended his race.



Lucy Wright of Leeds City, first lady at Withins Skyline
(Photo Woodhead)

Described by several main-stream running magazines as, "the world's best descender", here the 35-year-old takes up the story. "After illness at the Mount Kinabalu race in Malaysia, where I finished second over a half distance route, due to very bad weather, making the exposed top section too dangerous, this was my first race back. I was really enjoying the race and feeling comfortable. The paved Pennine way section was very slippery, so I ran on the grass verge. It was here I suddenly found my left foot in an overgrown drainage ditch, so fell heavily on my left knee. At first it didn't hurt, but then the pain and shock set in and I had to sit down and realised I'd knackered my leg". 1994 winner, Andrew Wrench, second at Top Withins ruin, thought Ian at first was tying his shoe lace, then realised he'd fallen, but didn't realise the full extent of his injury. "I fully expected Ian to be chasing me, I did look back on the grassy descent and saw Robert Jebb had stopped with Ian. My dilemma was to return to the ruin, or carry on and report the injury to Dave and Eileen (organisers); I chose the latter in the knowledge that Ian was in safe hands. The rest of the race was a total anti-climax, it's not the way to win any race". Bingley teammate, Robert Jebb, took a closer look at Ian's injury, "not recommended, it looked awful, you could see the inside of the knee itself". Robert gained help from his parents, Anne and Peter, along with Alison Barrett, who were spectating, and a group of ramblers came to aid as well. Robert then

proceeded via the quickest route possible, to Penistone Hill to gain transport. Now with his close friend Ian off to hospital in the care of his wife Zina, Robert then re-joined the race route at his exit to finally finish 186th. Why?.....He wanted his Curly Wurly chocolate bar that was on offer to all finishers!

In recognition of Robert Jebb's race sacrifice, at the prize giving he received rapturous applause as he was presented with a case of beer for his demonstration of true fell running spirit. No such drama in the ladies' race as retaining the perpetual trophy, Lucy Wright finished 22nd overall from the 200 runners.

Sharon Taylor finished second, with an overjoyed Kate Rogan 3rd, and first under 18. Kate, an outdoor studies first year student at St. Martins, Ambleside, had only a few weeks previously been crowned the BOFRA's ladies champion. Thriving on competition, the 18-year-old is also a silver medallist in the FRA English championship, and has three times worn the England national vest with pride this year. If any youngsters need inspiring, Kate wasn't always vying for top positions, in fact in BOFRA races a regular saying was "are there anymore runners to finish?.....Only young Kate". Kate's enjoyment of the sport and perseverance has shown what can be achieved, and whatever future rewards Kate receives, it's the love of the sport that shines through.

Now 42 years old, Colin Shuttleworth has finally won an over 40 Woodentop event, after numerous second and third placings, and twisting his ankle at last years Withins event. Remarkably his only other fell success was on his 40th birthday at Bradley Show fell race, where he also won the race outright. It's a real family affair for the Shuttleworth's with son Richard second under 9, and daughter Kara 4th under 12 both adding to the prize tally.

A record of 68 juniors raced around the challenging Quarry route, including 28 under 9s. English under 12 bronze medallist, David Shepherd won in 5-40, with 5 seconds to spare over Mark Addison and James Mountain all under 12s, with under 14, Mark Thwaites 4th in 5-59. Anne Smith, last years outright winner, finished 6th overall in 6-20, with Lindsey Agg and Rachel Ingham 2nd in 6-38 and 3rd 7-00 under 14 girls respectively.

Girls out numbered the boys in the under 9s with 1st Jenny Addison 7-08, 2nd Emma Thompson 7-17 and 3rd Jenny Woods 8-02. For the boys, it was Liam Waite 8th overall in 6-31 followed by Richard Shuttleworth 6-50 and Ethan Hassell 7-16.



Joanna Mason crosses the line at the Withins Junior Race
(Photo Woodhead)

All juniors received goody bags containing crisps, mini chocolate bar, Haribo's and a painter lolly along with a carton of pop to wash it down with. This reward has an amazing effect on the little ones' faces at the top of the Quarry finish, all that exertion is soon forgotten once they realise the running is over and the eating can begin!

Seymour Hills

1. A. Wrench	Tod	43.22
2. J. Logue	Horw	44.20
3. A. Black	Clay	44.30
4. A. Waterworth	Clay	45.19
5. J. Hemsley	P&B	45.43
6. C. Shuttleworth O/40	Prest	45.48
7. S. Gould	Bing	45.57
8. J. Mason	Unatt	46.04
9. A. Whalley	P&B	46.10
10. I. Ferguson O/40	Bing	46.30

VETERANS O/50

1. K. Payne	StubbGr	48.46
2. G. Newsam	Clay	52.52
3. K. Taylor	Ross	53.01

VETERANS O/60

1. R. Jaques	Clay	56.20
2. M. Ward	Oswest	57.39
3. M. Coles	Skyrac	58.06

LADIES

1. L. Wright	Leeds	48.41
2. S. Taylor	Bing	54.31
3. K. Rogan U/18	Wharfe	55.37
4. E. Tomes O/40	Kghly	56.19
5. J. Ashworth	Unatt	57.46
6. J. Smith O/40	Tod	58.32

QUARRY RUNS UNDER 14s

1. M. Thwaites Boy	Skyrac	5.59
2. A. Smith Girl	PkHigh	6.20
2. L. Agg Girl	Radc	6.38

UNDER 12s

1. D. Shepherd Boy	Settle	5.40
2. M. Addison Boy	HelmH	5.45
3. J. Mountain Boy	Aireton	5.52

UNDER 9s

1. L. Waite Boy	Unatt	6.31
2. R. Shuttleworth Boy	Prest	6.50
3. J. Addison Girl	HelmH	7.08

SETTLE SCRAMBLE

North Yorkshire

CL/25m/2200ft 22.10.00

This year's race took place in glorious autumnal conditions. Of an entry of 157, there were 126 starters, though times recorded show most of these to be walkers.

Ian Parker

1. S. Bottomley	3.45.00
2. D. Wilson	3.54.00
3. F. Reilly	3.55.00
3. D. Brown	3.55.00
5. S. Arnott	4.02.00
6. ? Walker	4.15.00

LADIES

1. (10) A. Carrington	4.40.00
2. (17) J. Sullivan	5.21.00
2. (17) J. Lee	5.21.00

BREIDDEN HILLS RACE

Shropshire

AM/7m/2300ft 22.10.00

Already five times winner of the race, Andrew Davies, again appeared to stroll in over the finish line breaking his 1999 record time by 28 seconds, with Sally Newman six seconds slower than last year coming in first lady. With the juniors competing this year, we may at last have found some excellent potential ready to let loose on Andrew Davies!

After 16 years, I am happy to hand over the race organising to Keith Richards and Rick Robson, giving me a chance to run the race and let them get

flabby! Everyone should get involved in running a public charity event if only once in their lives to realise where true friendship and support comes from. The runners obviously make the race and there have been some spectacular racing which I hope will continue for many years to come. But there are those who deserve a special mention for the years of loyal support in marshalling and helping - Bob and Judy Preece, Brian and Katherine Phillips, Charlie and Jill Leventon, John Holder, Clifford Lee, Adam Brown, Pete Sheffield, Mike Rushton, Alison, Alastair and Simon - THANK YOU.

PA Richards (for Stuart Cathcart)

1. A. Davies	Mercia	53.09
2. T. Werrett	Mercia	53.41
3. G. Patton	Amble	54.12
4. P. Cadman	Mercia	55.12
5. T. Jones	Eryri	55.15
6. R. Lamb	Mercia	56.56
7. I. Glendinning	CannSt	57.10
8. I. Hughes	Shrews	57.17
9. A. Carruthers	Hales	57.30
10. P. Levell	Birchf	57.42

VETERANS

1. (9) A. Carruthers	Hales	57.30
2. (10) P. Levell	Birchf	57.42
3. (11) M. Clewes	Mercia	58.02
4. (12) R. Mapp	Mercia	58.09
5. (13) D. Whitley	Dysynni	58.35

LADIES

1. (15) S. Newman	Gloss	59.25
2. (42) L. Kent	DenbyD	67.40
3. (51) V. Musgrove O/35	Eryri	70.41

34TH GALE FELL RACE

Lancashire

CS/4.5m/800ft 29.10.00

The 34th annual Gale fell race was blessed with a sunny and windy day, the breeze serving to keep the runners cool, though the timekeepers and spectators were evidently frozen stupid well before the final runners came in.

I was again very lucky with the weather for the duration of the race.

I was buffeted to bits while putting the flags out on Saturday evening, then, as I gathered them all back in again on Sunday after the race - and, I'll admit, after a couple of pints with the lads in The Summit Inn afterwards - I was forced to don walking boots, full thermals and waterproofs when the heavens opened and the wind got up again.

This year's race had the added prestige of being sponsored by Felldancer UK, who very generously offered a pair of Felldancer running shoes to the winning man and woman, as well as donating a table full of expensive and very high quality 'spot prizes' for the runners a bit further down the field. Many thanks to all my many helpers who made it possible for me to have a run myself, including Tony Bradley who rang me on my mobile during registration, asking whether he should bring his kit along or did I need a summit marshal. Cheers Tony, the summit positions on the results sheets make interesting reading.

Nick Leigh took the lead as the leaders neared the turning point, The White House Inn on Blackstone Edge, Rob Jackson next to touch the wall of the Inn with Andrew Wrench tucked in close behind. On the descent things quickly changed however, Andy making his move into the lead almost immediately, with three times winner Rob battling with Nick before the rough section down to Castle Clough. Andy held onto his lead, though Nick fought hard to get back on terms with him.

Andy took his first Gale victory by eight seconds, with Rob in third.

Special mention should be made here about Rob who has completed every Gale race during the past decade, with three wins (1990, 1991 and 1996) and a couple of second and third places amongst them. The women's race was a much closer affair, as last

year's winner, Lucy Whittaker, and Lisa Lacon who won the Gale in 1996 touched the wall of the White House absolutely together. Then the race really started, neither giving an inch until Lucy forged slightly ahead on the final section between the railway bridge and the road. Here, however, as she climbed the steps from the little stream bridge to the pavement, Lisa took advantage of her local knowledge, taking the legitimate woodland path, which cuts a corner to a point lower down the pavement.

The gauntlet was firmly down now and Lucy, in spite of having run in the Red Rose cross country race the previous day, powered down the road to win by the thickness of a bra strap.

I was surprised and delighted that my old friend, the great Hugh Symonds of Sedburgh was able to attend this year's Gale, his first visit to this traditional little fun run which always clashes with his favourite Karrimor Mountain Marathon. Hugh, a winner of many famous races including the classic Yorkshire 3 Peaks on a number of occasions during the 1980s and the World Cup open race when it was inaugurated in Keswick in 1988, was the first man to put together a continuous run of every single mountain in Britain and Ireland, travelling by human power in between. However, on that occasion, he missed out Gale mountain and this has been dogging him ever since so amends were made here in the millennium year!

Hugh has slowed ever so slightly since those halcyon days, but his lad, Joe, has lost no time stepping into those famous Symonds studs. Junior international Joe filled fifth place (4th at the summit), just adrift of powerhouse, Chris Seddon, the South Pennines Grand Prix champion in 1999, and ahead of some red hot regulars.

Past Gale race champions Colin and Brenda Robinson and local athletics coach Joe Salt were, as ever, helping out at the finish with time and number recording.

As documented elsewhere in this magazine, Colin won the Gale race seven times, including the first ever in 1967, while Brenda made the race her own during the late 70s and early 80s with eight wins in nine years.

For quite some considerable time, in fact ever since I organised the race in 1993, I have been worried about runners negotiating the dangerously slippery steps near the Moorcock Inn but never dared to alter the route because of the great history of tradition and, of course, the long standing men's record set in 1969 by the great Andy Holden (which was broken only in 1995 by British fellrunning champion Ian Holmes of Bingley Harriers.)

However, after this year's race, it was Joe who told me of his own concerns, along with those of Colin and Brenda's, about the leading runners who hare down the busy main road towards the finish, (as opposed to the pavement like everyone else.) Therefore, as the Gale pub has now closed, and as we use the Summit Inn for our post race social, the race will be run **FOR THE FINAL TIME** in October 2001, before changing venues to The Summit in 2002.

The 35th anniversary Gale race will be an event not to be missed, and I expect to see as many past winners as possible on the start line or along the route. Anyone who knows the whereabouts of Jeff Norman, John Reade or Andy Holden, please get in touch with me. Cheers.

Allan Greenwood.

1. A. Wrench	Tod	26.12
2. N. Leigh	Altr	26.20
3. R. Jackson	Salf	27.00
4. C. Seddon	Horw	27.30
5. J. Symonds	Kend	26.40
6. J. Mason	Unatt	27.51

VETERANS O/40

1. R. Griffiths	Holm	28.09
2. T. Taylor	Ross	28.37
3. R. Hamilton	Wharfe	28.58

VETERANS O/50

1. P. Lyons	Ross	29.38
2. K. Taylor	Ross	31.16
3. G. Breeze	Skyrac	31.23

VETERANS O/60

1. R. Jaques	Clay	33.25
2. G. Arnold	Prest	38.36
3. D. Clutterbuck	Roch	38.40

LADIES

1. L. Whittaker	Saddle	31.34
2. L. Lacon	Holm	31.41
3. A. Rees O/40	Tod	32.14
4. J. Smith O/40	Tod	35.08
5. A. Lloyd O/35	StBedes	35.22

LADIES U/18

1. L. Griffiths	Holm	37.12
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SHEPHERDS SKYLINE FELL RACE**Lancashire****BM/6m/1150ft 4.11.00**

There were no course records this year due to the saturated conditions. Flood alerts and road closures deterred some people from travelling - resulting in a reduced entry of 185. Men's winner was Robert Hope of the victorious Pudsey and Bramley team. Andrew Wrench was trying to record his sixth consecutive race victory but had to settle for second place. Andrew was more than happy to pick up the title of 2000 South Pennines Fell Running Champion - this being the final event of the 12 race Grand Prix series. A great run from the home club's George Ehrhardt, brought him an excellent third place. As a former England junior international, George is now fulfilling his early potential. The almost unstoppable Vanessa Peacock took the famous Jack Riley Trophy - she gets better all the time! As in the men's race, the second placed runner was crowned South Pennines Fell Champion - well done Lisa Lacon. Todmorden took the women's team prize.

See you all next year!

Keith Parkinson



Founder member of the FRA, Jim Smith of Todmorden, still going strong at the Shepherd's Skyline (Photo Woodhead)

1. R. Hope	P&B	42.06
2. A. Wrench	Tod	42.24
3. G. Ehrhardt	Tod	43.29
4. P. Sheard	P&B	44.19
5. R. Jebb	Bing	45.13
6. G.Oldfield	P&B	45.51
7. J. Hemsley	P&B	46.14
8. B. Whalley	P&B	46.26
9. M. Lee	Ross	46.53
10. T. Chew	Clay	46.54

VETERANS O/40

1. (12) C. Speight	Kend	47.03
2. (13) T. Taylor	Ross	47.11
3. (15) R. Hamilton	Wharfe	48.35

VETERANS O/50

1. (16) K. Carr	Clay	49.06
2. (30) P. Booth	Clay	51.02
3. (44) D. Matthews	BfdPot	53.19

VETERANS O/60

1. (95) R. Jaques	Clay	59.20
2. (149) D. Clutterbuck	Roch	66.56
3. (150) K. Gresty	Wesham	67.01

LADIES

1. (48) V. Peacock O/45	Clay	54.02
2. (53) L. Lacon	Holm	54.54
3. (63) A. Rees O/40	Tod	56.04
4. (73) S. Taylor	Bing	56.43
5. (77) K. Mather	Saddle	57.08

MEALL A' BHUACHAILLE**Highland****AM/6m/2000ft 4.11.00**

The race clashed with Eddie's half marathon so was slightly down on numbers (10th November next year) nevertheless we had 48 runners who would enjoy a cold misty day on the MaB. Unusual for the wind not to be blowing The route was marked and begging to be raced on. A mixture of forest track, lung bursting climbs, rough open hillside, brilliant views and a sting in the tail. Alan Milligan was first to the top of the Mab in around 25 mins; close on his heels were Dan Whitehead and Hayden Lorimer (was it going to be a repeat of Ben Lomond). Record progress was being made in the ladies' race; Karen Kealey was holding the fort against her team mates, Kate Jenkins and Lyn Willson. Alan kept up his unrelenting pace to win for the second time in a row. He's certainly made this race his own. Karen took the honors in the ladies' race to win by 27 secs in front of Kate. Nearly all the racers were a minute down on their times from last year. Considering weather conditions were better this year, there was no excuse. We bought some silverware for the winners, which was unduly christened with pourings of whisky. Hope this made up for the shortfall in the shortbread.

Russell McKechnie

1. A. Milligan	Fife	53.08
2. D. Whitehead	Cosmic	54.36
3. H. Lorimer	HBT	55.01
4. J. Stevenson	Ochil	57.34
5. D. Peterson	Lochaber	58.23

VETERANS O/40

1. D. Armitage	Cosmic	59.35
2. E. Peterson	Moray	60.08
3. W. Mikura	Carn	62.10

VETERANS O/50

1. R. Wilby	HHR	61.56
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LADIES

1. (19) K. Kealey	Carn	65.10
2. (21) K. Jenkins	Carn	65.37
3. (22) L. Willson	Carn	65.45

FFORDD Y BRYNIAU**Mid Glamorgan****BM/9m/2000ft 5.11.00**

The weather forecast was absolutely spot on with a monsoon arriving half way through the race so that the conditions became very difficult, misty and slippery. As a result there were four DNFs including two dislocated shoulders, who ended up on adjacent beds in the local casualty ward! There have been no injuries like this in the past twenty years of this race - a reflection on the atrocious autumn weather and a reminder of the need to descend very carefully in very wet conditions.

Julian Baker won the race for the second year running despite a hard race the previous day in the Gwent League (8th). Chris Gildersleeve used his local knowledge to good effect to claim the Veteran Over 40, while Dave Ormerod made a 200 mile round trip from Aberystwyth worthwhile claiming the Veteran Over 50 first spot.

Everyone seemed to enjoy the event, even local, Neil Welch, who got lost and finished last by a distance!

Algy Morgan

1. J. Baker	LesCroups	62.12
2. A. Jones	MDC	63.38
3. C. Gildersleeve	Brych	63.40
4. D. Headon	MDC	65.35
5. G. Lloyd	PontyR	65.44
6. P. Holder	Cardiff	66.16

VETERANS O/40

1. C. Gildersleeve	Brych	63.40
2. D. Headon	MDC	65.35
3. G. Lloyd	PontyR	65.44

VETERANS O/50

1. D. Ormerod	MDC	71.16
2. G. Hicks	Iswlyn	77.28
3. R. Griffiths	Unatt	90.43

LADIES

1. R. Tabor O/35	Dulwich	93.43
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THE RUNNING BEAR - CLWYDIAN HILLS RACE**Flintshire****AM/10m/3100ft 5.11.00**

1. T. Davies	Mercia	77.54
2. J. McQueen	Eryri	78.04
3. N. Leigh	Altr	82.13
4. A. Davies	Mercia	83.17
5. G. Watson	Altr	83.24

VETERANS O/40

1. T. McGaff	Penn	84.58
2. A. Haynes	Eryri	85.27
3. C. Fray	Penn	88.35

VETERANS O/50

1. T. Hulme	Penn	89.02
2. A. Brentnall	Penn	96.19

VETERANS O/60

1. A. Peers	SpectStr	110.38
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LADIES

1. S. Gilliver	Penn	99.11
2. M. Edgerton	Penn	101.47
3. R. Isaacs	Pensby	103.56
4. V. Musgrave O/35	Eryri	109.11

JUNIORS U/21

1. D. Nicholls	Macc	89.36
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DUNNERDALE FELL RACE**Cumbria****AS/5m/1800ft 11.11.00**

Two hundred runners took part on a day of mixed weather. Times were two to three minutes slow this year due to it being very wet underfoot after non-stop rain all autumn.

The race was run in reverse direction for the Millennium, so the final descent from The Knott required full concentration in treacherous conditions to stay upright.

Robert Hope managed to achieve a similar time to his run last year and this moved him up from third last year to win this year. Well done also to Janet King, who edged clear in the ladies' race.

Mike Berry

1. R. Hope	P&B	39.29
2. R. Jebb	Bing	39.48
3. S. Booth	Borr	40.08
4. A. Schofield	Borr	40.36
5. N. Sharp	Amble	41.19
6. J. Hunt	CFR	41.47
7. M. Laithwaite	Phoenix	42.04
8. J. Archbold	CFR	42.19
9 G. Watson	Altr	42.23
10.G. Crayston	CFR	42.41

VETERANS O/40

1. (17) P. Whiting	Kend	43.48
2. (18) P.Levell	Birchf	44.01
3. (19) A. Beaty	CFR	44.15

VETERANS O/50

1. (22) M. Walsh	Kend	45.00
2. (46) M. Litt	CFR	48.53
3. (52) A. Brentnall	Penn	49.58

VETERANS O/60

1. (85) R. Booth	Kesw	54.07
2. (95) R. Hayes	Nth'land	55.13
3. (98) D. Brown	Clay	55.37

LADIES

1. (34) J. King	CFR	47.25
2. (38) A. Brand-Barker	Kesw	48.12
3. (48) P. Jackson	Kesw	49.18
4. (53) L. Sharp	Kesw	50.00
5. (57) H. Krynen	Kesw	50.34
6. (81) K. Beaty	CFR	53.29

**LORDSTONES/WAINSTONES
(MANDALE REPRODUCTIONS
WINTER SERIES)**

North Yorkshire

AM/11m/3500ft 12.11.00

Let us look first at the Junior Races. This was the inaugural event for the juniors as part of the North East Championships. On a very tough day, it was good to see the leaders in two of the categories running. Well done Luke and Gemma you now hold the records.

In the main race it was another 'southern' weather forecast totally unrelated to anything in reality! "Instead of the 7-9 degrees C. slight wind, blustery later with showers, we had heavy rain to sleet temperatures down to 2-3 degrees at the finish, with near to freezing in the sleet on top."

Another competitive field set off on the very wet and heavy going. The first ascent saw a group of about seven moving slightly ahead at the front. There was the usual crocodile then with a little group dropping away at the rear. Scugdale was the first area of total confusion. Navigation skills were certainly tested. Runners arrived into Scugdale from every direction except the West. On the ascent out of here, Joe Blackett was now at the front chased by Brian Roberts. At Stone Intake, Joe was still leading with Brian Roberts in close attendance. Andy Green was not far away and Matty Wynne was coming back into the picture after an earlier navigational error. At this check in the women's race Alison Raw was just ahead of Kendra White with only about 30seconds separating them.

At the front the crunch came in the different descents chosen after achieving the high point along the ridge following Wainstones. Brian managed to get the edge on Joe. Matty Wynne was now back in the picture having chased hard he caught Joe after the Wainstones Ridge but was unable to close Brian down. In the women's race Alison proved to be the stronger over the last half of the race.

David Parry

1. B. Roberts	Mand	96.19
2. M. Wynne	Saltw	96.56
3. J. Blackett	Mand	97.09
4. J. Hemsley	P&B	98.14
5. A. Green	Tyne	99.35
6. S. Macina	P&B	99.44
7. A. Carruthers	Crawley	100.06

8. J. Dickenson	Tyne	100.24
9. P. Buckley	Mand	101.23
10. M. Broadhurst	Tyne	101.40

VETERANS O/40

1. (1) B. Roberts	Mand	96.19
2. (7) A. Carruthers	Crawley	100.06
3. (8) J. Dickenson	Tyne	101.23

VETERANS O/50

1. (19) J. Winder	Scarb	106.05
2. (27) R. Firth	Mand	110.28
3. (41) G. Houghton	CaldV	117.56

VETERANS O/60

1. (51) R. Sherwood	NMarske	122.47
2. (103) P. Braney	Billing	154.00

LADIES

1. A. Raw	Darling	113.39
2. K. White	Quak	117.35
3. S. Webb	Horw	129.09
4. S. Rouse	Quak	130.53
5. S. Kempson	NMarske	135.11
6. C. Worth O/40	Mand	138.13

JUNIORS

1. L. Kelton (Male)	Quak	22.02
2. G. Bramley (Female)	Quak	38.22

**THE CHARLOTTE SLATER
MEMORIAL KELBROOK FELL RACE
Lancashire
BS/3.5m/800ft 12.11.00**

We would like to thank you all for joining us for the third running of The Charlotte Slater Memorial Fell Race.

The conditions this year were dire for both athletes and their supporters, but being the hardy bunch that you are, we were not deterred. A lot of you were back for your third helping of the race and we were pleased to see that many clubs had included us in their championships. We hope that you all did yourselves justice. Despite the horrendous conditions, one young lady even managed to lower the Under 17s' record by one minute, held previously by Victoria Rusius. Well done to Kelli Roberts! A terrific run finishing 46th overall and first female.



Will Smith of Keighley - Craven battling with the mud to gain 3rd place at Kelbrook (Photo Pete Hartley)

Sean Willis took the race honours, hotly pursued by the battling duo of Ian Taylor and Willy Smith. There was another excellent run from Chris Waters taking first Under 20 and fourth in the race, along with a few notable scalps to boot! Many thanks to the many veterans who support us. You obviously like it tough out there and this year, we didn't disappoint. To our marvellously courageous youngsters - you all deserve prizes for braving the appalling weather - thank goodness for the warm village hall, pie and peas and hot sweet tea.

Over 150 juniors took part on their various courses - quite a record we suspect, for fell running line-ups!

Look forward to seeing you all next year - Sunday 11 November 2001, same format.

Karen and Barry Slater



Jean Rawlinson of Rossendale, first lady vet at Kelbrook, leads a group through the mud (Photo Pete Hartley)

1. S. Willis	Tod	24.01
2. I. Taylor	Kghly	24.16
3. W. Smith	Kghly	24.26
4. C. Waters	Giggles	24.32
5. S. Livesey	Unatt	24.48
6. D. Walker	Clay	25.10
7. T. Chew	Clay	25.25
8. M. Smith	Horw	25.36
9. C. Seddon	Horw	25.43
10. I. Greenwood	Clay	25.50

VETERANS O/40

1. (11) S. Addison	Kend	26.12
2. (13) C. Speight	Kend	26.25
3. (16) A. Shepherd	Settle	27.04

VETERANS O/50

1. (24) P. Lyons	Ross	28.10
2. (35) B. Mitchell	Clay	28.54
3. (50) P. Bramham	Kghly	30.00

VETERANS O/60

1. (123) G. Arnold	Prest	36.23
2. (135) G. Barrow	Tod	38.29
3. (142) J. Amos	Clay	39.51

LADIES

1. (41) K. Roberts U/17	Kend	29.26
2. (63) K. Rogan U/20	Wharfe	30.57
3. (67) R. Robinson U//20	Kend	31.12
4. (69) S. Tunstall U/17	Border	31.17
5. (73) H. Glover U/17	Kghly	31.41
6. (74) S. Slater U/17	Kghly	31.43

INTERMEDIATES

1. (4) C. Waters U/20	Giggles	24.32
2. (38) T. Christian U/20	Skipton	28.59
3. (70) N. Greenhalgh	Skipton	31.18

JUNIORS

1. (8) M. Smith	Horw	25.36
2. (12) C. Doyle	Kend	26.23
3. (17) S. Bryson	Skipton	27.34

COPELAND CHASE**Cumbria****O/10m/3500ft 12.11.00**

Many thanks to all concerned for making my last Copeland Chase, as organiser, such a memorable occasion. It's a pity the weather couldn't have behaved itself – the frequent hail showers testing the patience of competitors and marshals alike. Congratulations to Rick Stuart and Ben Beachell, who both improved on previous best performances to win their respective courses. Graham Watson also impressed in finishing ahead of last year's winner, John Hunt.

I'm still hopeful of finding a new organiser, if not for 2001, then for 2002. The race will not appear in the 2001 Calendar but should a new organiser turn up, I'll make sure word gets around.

Colin Webb

LONG COURSE

1. R. Stuart	Kend	2.19.52
2. G. Watson	Altr	2.24.52
3. J. Hunt	CFR	2.25.12
4. A. Dickinson	DkPk	2.34.22
5. A. Whalley	P&B	2.37.50

VETERANS O/40

1. (6) R. Ansell	Tring	2.39.07
2. (7) A. Miller	Kend	2.42.35
3. (8) B. Clough	Amble	2.42.36

VETERANS O/50

1. (11) Y. Tridimas	Bowland	2.49.18
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LADIES

1. (18) L. Cowell O/35	Kesw	2.58.01
2. (21) H Bransby	CFR	3.01.49
3. (24) J. Meeks O/35	Kesw	3.06.35

SHORT COURSE

1. B. Beachell	Eryri	1.27.20
2. N. Moore O/40	WCOC	1.30.32
3. S. Steele O/40	WCOC	1.38.50

LADIES

1. (4) J. Laverack O/35	Amble	1.42.01
2. (5) J. Laycock/S. Owen O/35	Amble	2.03.57
3. (6) M. Rosen O/50	LancsM	2.08.09

PENMAENMAWR FELL RACE**Conwy****BM/11m/1400ft 18.11.00**

Harry Matthews had a storming run to take victory in the 26th Penmaenmawr Fell Race. Matthews, studying at Bangor University, finished the gruelling eleven mile course in 1.13.20 ahead of second placed Gary Williams – 1.17.47 – and third, taking the Over 40 honours, Russell Owen – 1.18.00.

Conditions underfoot made it very hard going with the recent rains making the ground very heavy and wet but this didn't deter the 242 athletes who started the race. All but four completed the course.

The ladies' race was closely fought between two Eryri Harriers, Jane Lloyd and Jenny Hemming, who has recently returned from a knee operation – Jenny is now back to full fitness which is great news for the Eryri ladies' team. Victory went to Jane Lloyd, who completed in 1.32.59, with Jenny Hemming second in 1.34.25 and Laura Kent third in 1.38.02. Over 40s' winner was Victoria Musgrove in 1.42.38 and Over 50s honours went to Maggie Oliver in 2.00.13.

Geoff Clegg

1. H. Matthews	OswestO	1.13.20
2. G. Williams	Eryri	1.17.47
3. R. Owen	Eryri	1.18.00
4. S. Whelan	LndnFr	1.19.31
5. M. Forrest	LndnFr	1.19.33
6. C. Stead	Saltw	1.19.49
7. E. Roberts	Eryri	1.20.29
8. T. Jones	Eryri	1.20.55
9. R. Johnston	Saltw	1.21.20
10. G. Owen	Eryri	1.22.51

VETERANS O/40

1. (3) R. Owen	Eryri	1.18.00
2. (7) E. Roberts	Eryri	1.20.29
3. (10) G. Owen	Eryri	1.22.51

VETERANS O/50

1. (24) T. Hulme	Penn	1.28.03
2. (34) N. Boler	DkPk	1.32.03
3. (43) D. Whiteside	Eryri	1.34.07

VETERANS O/60

1. (71) P. Norman	Wrex	1.39.11
2. (94) R. Mason	Totley	1.44.27
3. (112) W. Murphy	Ford	1.47.13

LADIES

1. (40) J Lloyd	Eryri	1.32.59
2. (48) J. Hemmings	Eryri	1.34.25
3. (61) L. Kent	DenbyD	1.38.02
4. (69) K. Mather O/35	Saddle	1.39.05
5. (70) J. Bale	DeesideO	1.39.07
6. (81) V. Musgrove O/40	Eryri	1.42.38

TOUR OF PENDLE**Lancashire****AL/17m/4250ft 18.11.00**

Congratulations to Rob – his third win in a row. Also congratulations to Sarah – a win on her first attempt at the race.

Pendle provided the mist and also threw in the rain and a biting wind and out of 132 starters, 118 finished.

My grateful thanks to the marshals on the course and at the start and finish, the response from Clayton and locals was tremendous. Thanks also to Pete Bland Sports for the numbers and help with the prizes, and to Rossendale Search and Rescue for their presence.

Next year's race will be on Saturday 17 November 2001. The Village Hall is already booked and following this year's success, the ladies of the Village Hall are considering putting on soup, tea and scones again at reasonable prices. They have promised to discuss with me nearer the time.

Kieran and Doreen Carr

1. R. Jebb	Bing	2.25.28
2. Q. Harding	Bowland	2.31.35
3. D. Walker	Clay	2.35.24
4. C. Reade	Bowland	2.36.14
5. L. Warburton	Bowland	2.38.23
6. L. Dowthwaite	Bowland	2.38.45
7. J. Tomlinson	Clay	2.40.41
8. P. Minshuill	Manx	2.43.12
9. M. Nutter	Clay	2.46.11
10. P. Graham	Newburgh	2.46.29



Richard Wilkinson of Clayton climbing cheerfully at the Tour of Pendle

VETERANS O/40

1. (5) L. Warburton	Bowland	2.38.23
2. (7) J. Tomlinson	Clay	2.40.41
3. (15) C. Speight	Kend	2.51.18

VETERANS O/50

1. (11) K. Carr	Clay	2.49.50
2. (26) P. Booth	Clay	3.01.30
3. P. Tilley	EChesh	3.02.56

VETERANS O/60

1. R. Jaques	Clay	3.16.27
2. B. Leathley	Clay	3.46.48
3. M. Coles	Skyrac	3.56.53

LADIES

1. S. Rowell (29)	P&B	3.02.18
2. V. Peacock O/45	Clay	3.09.40
3. S. Taylor	Bing	3.16.12
4. K. Thompson O/45	Clay	3.21.12
5. W. Dodds O/45	Clay	3.30.08
6. N. Fellowes	Newburgh	3.34.26

ROACHES FELL RACE**Staffordshire****BL/15m/3700ft 19.11.00**

1. D Neill	StaffsM	2.05.18
2. M. Fowler	Penn	2.08.07
3. M. Scotney	DkPk	2.08.30
4. J. Maddocks	Wreake	2.13.00
5. T. Werrett	Mercia	2.18.37
6. N. Bassett	StaffsM	2.19.15
7. J. Blakett	Mand	2.21.15
8. A. Carruthers	Crawley	2.22.02
9. B. Carr	Congle	2.22.12
10. T. Longman	Macc	2.22.55

VETERANS O/40

1. (1) D. Neill	StaffsM	2.05.18
2. (10) T. Longman	Macc	2.22.55
3. (13) D. Allen	DkPk	2.27.41

VETERANS O/50

1. (12) B. Toogood	DkPk	2.24.54
2. (32) R. Hopkinson	DkPk	2.40.55
3. (38) T. Frank	Chelt	2.42.52

VETERANS O/60

1. (114) B. Thackery	DkPk	3.21.45
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LADIES

1. (21) R. Pickvance	Swansea	2.33.03
2. (39) E. Batt	Buxton	2.43.32
3. (51) J. Phizacklea	Buxton	2.49.18
4. (74) N. Higson	Penn	2.59.52

KIRKBYMOORSIDE FELL RACE Cumbria

BM/8m/1600ft 25.11.00

Thirty two competitors braved the rain and icy wind for a tour of the Kirkby Moor Wind Farm. Graham Patten did well to win in 53.51 considering the weather conditions but fell some way short of the course record of 48.09 set by local runner, John Atkinson in 1995.

This year's reversed route for the Millennium seemed to go down well - next year we will revert to the normal clockwise circuit.

Interesting to note there were only nine runners under 40 years of age and no one under 30, with the average age of the field being 49. There is no doubt about it - this flogging around the fells is definitely a middle-aged pastime.

Our thanks go to all the marshals and helpers and also to National Windpower for sponsoring the event.

The race had enjoyed long running support from National Windpower and this year in the interest of promoting energy efficiency, they donated a free energy saving light bulb to all competitors.

David Parminter

1. G. Patten	Amble	53.51
2. S. Fairmaner	Traff	54.05
3. B. Bolland	Newburgh	61.19
4. J. Blackett	Mand	61.25
5. D. Hindle	Clay	63.58

VETERANS O/40

1. (5) D. Hindle	Clay	63.58
2. (9) M. Berry	BCR	67.06
3. (10) D. Parminter	BCR	68.03

VETERANS O/50

1. (6) P. Hall	BarrStr	64.00
2. (12) P. Dowker	Kend	68.40
3. (13) K. Lindley	BCR	69.01

VETERANS O/60

1. (21) T. Johnson	BarrStr	75.25
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LADIES

1. (20) L. Atchison	Unatt	75.07
2. (26) M. Smith O/40	Kend	78.15
3. (27) L. Lyness O/50	Unatt	78.35

HEXHAMSHIRE HOBBLE Northumberland

CM/10.5m/1220ft 3.12.00

A nice morning but very wet underfoot for the 8th running of the Hobble. The fells between Hexhamshire and Allendale are crossed by many bridleways, former tracks used by lead miners carrying lead ore on the backs of ponies to the smelting mills. Now, they are frequented by walkers, mountain bikers as well as the occasional fell runner and pony trekker.

The entries were slightly down from last year but this was more than made up by the quality of the field. 69 competitors set off from Allendale Fire Station in clockwise direction, with Morgan Donnelly and Andy Green establishing an early lead. They continued to leave the rest of the field with Morgan winning impressively in 1.08.04, despite cycling up 12 miles from Hexham before the race. Andy Green finished second, only 16 seconds behind. Morgan was out of action early in the season with a stress fracture but has made a great recovery winning many North East races, doing well over in the Lake District as well as at works mountain bike riding and adventure racing. An impressive group of veteran 40 runners took the next three places with Ken Maynard clinching third closely followed by Fred Smith and David Armstrong.

Two exceptional lady runners took part, former British and English Fell Running Champion, Angela Brand-Barker, with Scottish international, Kate Jenkins, battling all the way around and finishing in a dead heat.

Roy Dawson, Ray Hayes and 67-year old local running legend, David Wright, all won their categories for the third year running. Local fell running stalwart, Angus Tait, made a welcome return after a long lay off through injury winning the

first local trophy, having marked out the course the previous day.

Once again the local clubs, Tynedale Harriers and Northumberland Fell Runners, were well represented, Tynedale winning the team prize from N.F.R. for the second year running, with Keswick in third place.

All 69 runners safely finished within two hours, many enjoying well-deserved refreshments in the fire station, the proceeds being donated to the Fire Service Benevolent Fund.

Stewart Beaty

1. M. Donnelly	NFR	1.08.04
2. A. Green	Tyne	1.08.20
3. K. Maynard	Quak	1.11.41
4. F. Smith	Saltw	1.12.21
5. D. Armstrong	NFR	1.12.48

VETERANS O/40

1. (3) K. Maynard	Quak	1.11.41
2. (4) F. Smith	Saltw	1.12.21
3. (5) D. Armstrong	NFR	1.12.48

VETERANS O/50

1. R. Dawson	NFR	1.22.57
2. A. Tait	NFR	1.25.50
3. J. Tomlin	Morpeth	1.31.29

VETERANS O/60

1. R. Hayes	NFR	1.34.21
2. J. Taylor	Amble	1.49.40

LADIES

1. A. Brand-Barker	Kesw	1.20.14
1. K. Jenkins	Carn	1.20.14
3. M. Linden	CofEdin	1.26.33
4. S. Rouse	Quak	1.34.21
5. L. Hall	NFR	1.38.11

BOLTON BY BOWLAND FELL RACE Lancashire

CM/8m/800ft 3.12.00



Chris Miller and Shaun Livesey battle it out on the climb to Higher Heights Farm in the Bolton-by-Bowland race (Photo Bill Smith)

After weeks of heavy rain we were blessed with a mild, sunny morning for the 15th staging of the Bolton by Bowland Fell Race. But, as to be expected, conditions underfoot were very heavy resulting in almost everyone being well down on their previous best. On the long fast descent down to Holden, Graham Schofield and Will Sullivan were contesting the lead, with Sean Livesey in third. At the half way point, Graham was to create a gap which he held to the finish. Both course record holders were contesting the race and both were to finish third, Sean Livesey in the men's and Maureen

Laney in the ladies' race, which was won by Sally Newman.

Thanks to all who marshalled the course, to the people who donated prizes, to the farmers whose fields we used and those who manned the kitchen. A total of £363 was raised for the Village Hall Fund.

Roger Dewhurst

1. G. Schofield	Horw	50.09
2. W. Sullivan	Clay	50.31
3. S. Livesey	Unatt	50.50
4. S. Sweeney	Bowland	51.07
5. C. Miller	Hgte	51.59
6. C. Seddon	Horw	52.51
7. S. Addison	Kend	52.57
8. L. Kellet	Unatt	53.12
9. M. Addison	Kend	53.26
10. A. Robertshaw	Otley	53.33

VETERANS O/40

1. (1) G. Schofield	Horw	50.09
2. (7) S. Addison	Kend	52.57
3. (13) R. Clucus	Unatt	54.46

VETERANS O/50

1. (14) D. Matthews	Ilk	54.47
2. (36) P. Rogan	Wharfe	58.23
3. (37) P. Bramham	Kghly	58.28

VETERANS O/60

1. (62) M. Coles	Skyrac	62.17
2. (63) R. Jaques	Clay	62.38

LADIES

1. (24) S. Newman	Gloss	56.58
2. (35) V. Peacock O/40	Clay	58.11
3. (43) M. Laney O/40	Clay	59.26
4. (85) J. Pilkington	Settle	66.12
5. (87) D. Thompson O/40	Kesw	66.21

DAVID STAFF MEMORIAL FELL RACE

Lancashire
BS/5m/900ft 10.12.00

This year's race saw Steve Oldfield return to Darwen to go one better than two years ago with a close victory over Marc Laithwaite. In the ladies' race, Kate Rogan also went one place better than last year with a comfortable victory over Katie Scott.

Once again, Emmerdale actors, Chris Chittell (Eric Pollard) and Emma Atkins (Charity Dingle) took part in the race and presented the prizes.

Thanks to sponsorship from Azol Nobel, all

runners received T-shirts and approximately £250 will be donated to "Cry" in memory of David.

G. Taylor

1. S. Oldfield	BfdA	34.43
2. M. Laithwaite	Wigan	34.44
3. L. Kellet	Unatt	36.51
4. P. Minshull	Manx	36.56
5. D. Gartley	Gloss	37.01

VETERANS O/40

1. (1) G. Oldfield	BfdA	34.43
2. (5) D. Gartley	Gloss	37.01
3. (8) C. Fray	Penn	37.37

VETERANS O/50

1. M. Hirst	DenbyD	44.40
2. J. Hignett	Bury	44.41
3. G. James	B'pool	44.35

VETERANS O/60

1. B. Wilson	Unatt	51.40
2. G. Arnold	Prest	53.20
3. A. Bateson	B'burn	60.55

LADIES

1. K. Rogan (Jun)	Wharfe	44.36
2. K. Scott	Darwen	47.00
3. N. Fellows	Newburgh	47.32
4. Z. Braithwaite	Darwen	47.56

SIMONSIDE CAIRNS FELL RACE

Northumberland

BM/11m/1400ft 10.12.00

A record entry of 82 on a cool dry day. Not dry underfoot on the fells though but this did not deter the Newcastle University students - first, third and fourth.

Morgan Donnelly on his first visit here ran well to take second place.

R. Hayes

1. E. Nash	N'castleUni1.	18.35
2. M. Donnelly	NFR	1.20.21
3. N. Taylor	N'castleUni1.	20.31
4. A. Boyle	N'castleUni1.	26.40
5. K. Maynard	Quak	1.26.12
6. D. Armstrong	NFR	1.26.15
7. J. Dickinson	Tyne	1.26.22
8. P. Fernandez	Unatt	1.30.43
9. C. Valentine	Kesw	1.30.56
10. C. Jones	Clare	1.31.12

VETERANS O/40

1. (5) K. Maynard	Quak	1.26.12
2. (6) D. Armstrong	NFR	1.26.15
3. (7) J. Dickinson	Tyne	1.26.22

VETERANS O/50

1. (29) C. White	NFR	1.43.43
2. (30) L. Stevenson	Kend	1.44.49
3. D. Hunter	Tyne	1.47.16

VETERANS O/60

1. P. Lancaster	NSPoly	1.45.49
2. R. Hayes	NFR	1.48.21
3. P. Winter	Morpeth	2.03.48

LADIES

1. K. Jenkins	Carn	1.46.17
2. S. Rouse	Quak	1.48.29
3. C. Bagness	Wouler	1.50.32
4. N. Duggan	Unatt	2.02.49
5. A. Potts O/35	Blyth	2.12.11

CALDERDALE WAY RELAY

West Yorkshire/Lancashire

50m/6000ft 10.12.00

(Ed.- Because of an on-going dispute concerning the finishing positions in this event, it has been decided to hold the report and the results until the June issue of the magazine.)

MORTIMERS FOREST HILL RACE

Shropshire

BM/10m/1700ft 17.12.00

1. J. Bowler	Broms	67.44
2. M. Boldstreet	Unatt	68.30
3. R. Worth	WyeV	71.11
4. C. Lancaster	Telf	71.52
5. A. Davies	Mercia	72.43

VETERANS O/40

1. M. Clewes	Mercia	73.47
2. A. Carruthers	Crawley	74.20
3. K. Smith	Unatt	74.36

VETERANS O/50

1. I. Price	CroftAmb	79.05
2. B. Wells	RRC	81.46
3. J. Marsh	TarrH	83.20

VETERANS O/60

1. P. Norman	Wrex	91.01
2. T. Wellsbury	Dudley	99.59

LADIES

1. L. Whittaker	Sadd	82.33
2. S. Connop O/40	CroftAmb	88.06
3. K. Mather	Sadd	88.39
4. E. Sidebottom	Bridg	89.22
5. J. Rowland	Mercia	90.25

11TH STOOP RACE

West Yorkshire

BS/5m/800ft 17.12.00

(Ed.- The report of this race appears in the form of a complete article in the main body of the magazine.)

1. I. Holmes	Bing	28.47
2. R. Hope	P&B	28.53
3. J. Brown	Salf	30.25
4. S. Oldfield	BfdA	30.41
5. I. Taylor	Kghly	30.49
6. G. Devine	P&B	31.10
7. S. Sweeney	Bowland	31.20
8. C. Shuttleworth	Prest	31.42
9. A. Whalley	P&B	31.51
10. I. Ferguson	Bing	31.58

VETERANS O/40

1. (4) S. Oldfield	BfdA	30.41
2. (8) C. Shuttleworth	Prest	31.42
3. (10) I. Ferguson	Bing	31.58

VETERANS O/50

1. (21) T. Hesketh	Horw	32.57
2. (30) K. Payne	Stubb	34.22
3. (46) D. Mlting	Ilk	35.23

VETERANS O/60

1. (109) R. Jaques	Clay	39.52
2. (122) M. Coles	Skyrac	41.10
3. (128) D. Brown	Clay	41.43

LADIES

1. (68) L. Lacon	Holm	37.25
2. (76) W. Barnes	Barns	37.53
3. (77) K. Drake	Spen	37.59
4. (80) J. Prowse	Kghly	38.09
5. (94) R. Dorrington	Bing	39.03

JUNIORS U/18

1. (49) J. Carter	Spen	35.50
2. (53) B. Weeden	Kghly	36.00
3. (120) M. Hounslow	Wharfe	41.05

BARF TURKEY TROT

Mourne Mountains

AS/5.5m/1500ft 26.12.00

Most people might regard the Turkey Trot as an end of season fun run but for the leading contenders, festive over indulgence is no excuse for getting stuffed. With the best conditions for years, clear skies, firm going and a crust of frost over the whole route, the 66 starters found things very much to their liking.

The fast start produced a decisive surge up front with eight runners quickly opening up a 20-30 second gap on the rest of the field. As they moved out onto the mountain, Dermot McGonigle and Brian Ervine lead, followed closely by Neil Carty and Steve Neill. Young Simon Taylor found the fast start too furious and dropped back to regroup, as did Joe McCann who has been showing great promise recently.

By the time all the climbing was complete at the second col, Brian and Dermot were still together, but as often happens in this race, the Happy Valley

descent wasn't such a big laugh for some. Brian pulled away from Dermot but both Neil Carty and Steve Neill hurtled down to pressurise them both. Along the Ulster Way, Neil continued to close on Brian, then overtook him and pressed on, closing in on Brian's 1996 record of 42.47. He gave his best but in the event missed out by just one second with Brian just 13 seconds adrift and Steve Neill pushing Dermot back into fourth position.

The ladies' race saw no such problems with record breaking as Anne Sandford smashed Stephanie Pruzinas' 1992 mark by over two minutes. It was a great display of power running which current NI champ; Shileen Donnelly couldn't match even though she also broke the old record. Simon Taylor after his early slow down recovered well and kept the pack at bay to claim 7th place.

We were well pleased to see so many visiting faces at the prize giving and thanks to the Belfast sports shops, Jacksons, Surf Mountain and Tisos for the prizes. So Neil Carty collected the Martin McMahon trophy for the second time, almost got the record and became the first runner to beat Brian Ervine on this course. Hail the new Turkey.

Jim Brown

1. N. Carty	NthBelf	42.48
2. B. Ervine	Ballyd	43.01
3. S. Neill	P&B	43.17
4. D. McGonigle	Shettle	44.19
5. G. James	Carn	45.09
6. B. Johnston	Eryri	46.56
7. S. Taylor	BARF	50.41
8. J. Brown	BARF	50.57
9. P. Mawhirt	N'castle	51.52
10. B. McBurney	N'castle	52.11

VETERANS O/40

1. J. Brown	BARF	50.57
2. T. Wilson	BARF	60.00
3. R. Dugden	ACKC	62.50

VETERANS O/50

1. W. Kettle	ACKC	54.47
2. R. Cowen	Willowf	56.12
3. K. Quinn	N'castle	63.40

LADIES

1. A. Sandford O/35	Ballyd	59.28
2. S. Donnelly	BARF	60.45
3. T. Brown	ACKC	71.12
4. B. Brown O/40	ACKC	73.31
5. S. Bradley	BARF	74.32

WANSFELL

CUMBRIA

AS/2.5m/1400ft 27.12.00



Rob Hope on his way to Winning Wansfell
(Photo Pete Hartley)

A superb winter's day attracted a field of 114 runners with just one casualty near the finish, who asked me to thank those who assisted him to the finish and afterwards.

Thanks also to Geoff for the use of college facilities, Barry and Jane, Neil and Paul.

Martin Richardson

1. R. Hope	P&B	20.20
2. A. Schofield	Borr	21.02
3. E. Nash	N'castleUni	21.16
4. M. Rigby	Amble	21.38
5. G. Wilkinson	Clay	21.45
6. D. Walker	Clay	21.58
7. D. Cummins	Shett	22.04
8. W. Smith	Kghly	22.30
9. T. Austin	DkPk	22.31
10. S. Bottomley	P&B	22.35

VETERANS O/40

1. (15) I. Ferguson	Bing	22.53
2. (19) W. Proctor	Kend	23.03
3. (21) A. Beaty	CFR	23.05

VETERANS O/50

1. (24) P. McWade	Clay	23.43
2. J. Hope	AchR	25.07
3. D. Fell	Wharfe	26.32

extremely muddy; so much so that you would have had to opt to duck and dive through the trees in the top section or progress through mud which was well over ankle deep and paddle across wet areas often 30 metres long in flood water! The usual few fallen trees made life interesting. What we didn't anticipate was a group of 100 walkers who had little awareness of runners and were only intent on socialising. I'll just recount one incident. One of the walkers had slipped over on the early descent down Belmangate Bank; the others crowded round, blocking the wide path as runners rounded a corner of an icy descent - they had to use walkers' backs to brake and jump over the inert obstacle. On being asked to keep a way open it just seemed beyond their comprehension!

In the race itself, it proved to be one of the most competitive for many years. Charles Stead led for the first two laps, hotly pursued by Paul Lowe and Kevin Sheppard. There was little between them until the third lap when Charles was overtaken by both his pursuers on the quarry section. Paul then stretched out a winning margin very gradually over the last half lap. I'm only too pleased that the walkers did not arrive until half way down the field on the last lap! This was Paul's fifth win in this event and I believe that if I consult my archives I will find that both the first two have won the junior race.

In the women's event it was a battling first lap between Alison Raw and Kendra White with little between them. Alison moved ahead on the second lap particularly after the quarry climb. Alison eventually came home a comfortable winner. Kendra has done extremely well recently in the ultra distance events beating many of the men who were ahead of her today.

In the Junior Races, Luke Kelton demonstrated his excellent ability on the hills winning by a comfortable margin. This confirms him as North East Hill Running Champion in the 'Novice' age group. This performance saw him finish ahead of the Intermediate Champion Paul McNally and Silver medalist Chris Maynard.

Silver medal in the novice category goes to Kristian Shaw with the Bronze being gained by Ben Henderson.

Hannah Bruce ran an excellent race to show her potential winning the Junior women's race by a clear margin from Gemma Bramley the North East Intermediate Hill Running Champion.

Congratulations to Gemma particularly for her overall performance this year which now includes North East medals in two throwing events and a Hill Running Championship. She may well be a future heptathlete! Well done Gemma.

David Parry

1. P. Lowe	Mand	39.00
2. K. Sheppard	Tipton	39.12
3. C. Stead	Saltw	40.00
4. M. Burn	ThirskS	40.32
5. A. Capel	KnaveS	40.43
6. F. Smith	Saltw	40.50
7. R. Burn	ThirskS	41.00
8. J. Dickenson	Tyne	41.31
9. I. Ellmore	Scarb	41.40
10. A. Bissell	KnaveS	42.05

VETERANS O/40

1. (6) F. Smith	Saltw	40.50
2. (7) R. Burn	ThirskS	41.00
3. (8) J. Dickenson	Tyne	41.31

VETERANS O/50

1. (24) J. Winder	Scarb	45.43
2. (38) C. White	H'poolBR	49.27
3. (40) G. Houghton	CaldV	50.07

VETERANS O/60

1. (45) R. Sherwood	NMarske	51.39
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LADIES

1. (33) A. Raw	Darling	47.52
2. (41) K. White	Quak	50.17

3. (66) M. Gibbs	O/50 ThirskS	56.34
4. (70) S. Jemson	NMarske	59.05

JUNIORS

1. L. Kelton	Quak	14.56
2. C. Maynard	Quak	16.50
3. P. McNally	Quak	17.07

BRISCOE'S BREWERY AULD LANG SYNE FELL RACE

West Yorkshire

BM/6m/900ft 31.12.00

In only her second ever fell race, Leeds solicitor, Pauline Munro proved to have the talent to go far in the sport of fell running. She judged the race perfectly having kept English champion Sally Newman in her sights, until Sally stumbled in the snow letting Pauline have the advantage. Once in front this 32-year-old was never going to let the race be taken away, in her words "it was death or glory". Having a Scottish parent, but being English she has dual nationality, but would favour the latter if the opportunity arose.

It's the challenge of the outdoor life that Pauline loves, she swims, climbs, scrambles, runs and is a Scottish Munro bagger, and has only liked racing multi terrain races before this victory. Her mentor and training partner is Brian Goodison of Abbey runners, and it was he who persuaded her to challenge the Auld Lang Syne race. Certainly the very cold, snowy and ice covered course didn't help the cold she was harbouring, hence she was clad from head to foot in various items of gear. Meanwhile in second Sally Newman set a new V35 record, eclipsing Sarah Rowell's 1998 time of 45-52. Another two new ladies records were set, by over 40, Jo Prowse and by over 50, Margaret Jagan



Wansfell - runners on the steep descent from the summit (Photo Peter Hartley)

VETERANS O/60

1. R. Smith	Amble	31.07
2. H. Catlow	CFR	33.48
3. P. Knott	B&F	33.51

LADIES

1. L. Lacon	Holm	27.04
2. J. Rae	Amble	27.16
3. B. McWade	Clay	28.37 ✓
4. K. Beaty O/35	CFR	28.51

GUISBOROUGH WOODS HILL RACES (MANDALE REPRODUCTIONS WINTER SERIES)

Cleveland BS/6m/1000ft 27.12.00

Believe it or not, the 'winter wonderland' setting of snow and ice was an improvement in running conditions. I heard a lot of remarks at the event about how the going was slow (true) but I must point out that in the previous week, the going was



Robert Jebb of Bingley trying hard at Auld Lang Syne (Photo Dave Brett)

both took out Sylvia Watson's old records of 46-33 from 1995 and 57-10 from last year respectively. Of course, Ian Holmes won again for his eighth straight win, mind this does include a 'ghost' race victory, when in 1996 the race was postponed due to very inclement weather, but of course a race was run with 70 runners. With an impressive ten straight wins in the Stoop race, who would bet against Ian completing this at the Auld Lang Syne?

With numerous British and English championship titles, victories at virtually every domestic fell race on the calendar, surely this must reinforce the view that Ian is the greatest all-round fell runner of his generation. If fell running was conducive to television coverage, Ian would rank alongside the likes of Steve Redgrave, Colin Jackson and other athletes of that ilk. The only TV coverage seen is of that days race on the big screen in the Old Sun Hotel, viewed avidly by the assembled runners, and a few locals.

Last years 'babe in arms' starter, Louie Holmes was running around more like his illustrious father, Ian, and once again gave the signal to send the 280 well wrapped up athletes on to the snow covered moorland. It is the organisers intentions, to always have Louie be the official starter, to see him grow and mature and maybe one day even pin a number on himself to compete. Being a Winnie the Pooh fan he was awarded a Tigger hat and gloves set which will come in useful when he's watching his dad run on Haworth moor.

44 year old Steve Oldfield is quietly notching up his tally of wins this being his straight fifth win, and an impressive 6th overall. Quite how this Next customer service employee manages to maintain such a high standard of regular racing at this level is beyond belief.

A relatively new kid on the block improved the under 18's record from 42-17 to an outstanding 38-38, especially in the ankle deep snow, sheet ice and covered bogs, the name is Alex McVey, remember it, he's bound to go far. This seventeen year old is currently studying sports science at Bolton North 6th form college and at the moment wants to go into physiotherapy, but this might change, true to every teenagers dreams. A knee operation on an inflamed ligament put him out of running for a year, this happened after he'd become the under 17 British champion in the UK championships at Brockagh, Co. Wicklow, Northern Ireland. He's been astounded by his performances here and at the Stoop race where he finished 13th overall and first under 18. First over 50 Tony Hesketh clubmate to Alex, has taken the youngster under his wing, and

with the years of knowledge Tony has amassed, Alex shouldn't go wrong, what initiative. As ever Briscoe's Brewery awarded all finishers with a bottle of their finest Happy New Year Beer, the Auld Lang Syne Ale, a strong and tasty bitter brewed especially for the last race of the year. A feature at registration is being enrolled into carrying the 25 crates of bottled beer to the finish location to aid runners and organisers alike.

Next year will see a new label on the rear of the bottle, TRUST US IT IS WELL WORTH WAITING FOR, and will certainly be worth your exertions over this six mile and 900 foot circuit of Haworth Moor.

M.T. Glass

1. I. Holmes	Bing	36.13
2. J. Taylor	Bing	36.24
3. G. Patten	Amble	36.24
4. A. Peace	Bing	36.32
5. A. Wrench	Tod	37.28
6. S. Oldfield	BfdA	37.37
7. A. Schofield	Borr	37.39
8. G. Wilkinson	Clay	37.46
9. R. Jebb	Bing	38.00
10. M. Bouldstridge	Birchf	38.03

VETERANS O/40

1. (6) S. Oldfield	BfdA	37.37
2. (16) I. Ferguson	Bing	39.34
3. (17) C. Shuttleworth	Prest	39.37

VETERANS O/50

1. (27) T. Hesketh	Horw	40.36
2. (39) K. Carr	Clay	41.52
3. (62) K. Taylor	Ross	43.34

VETERANS O/60

1. (159) R. Jaques	Clay	49.23
2. (192) M. Coles	Skyrac	52.17
3. (211) R. Mason	Totley	53.19

LADIES

1. (65) P. Munro	Abbey	43.41
2. (67) S. Newman O/35	Gloss	44.02
3. (84) T. Ambler O/35	Ilk	44.54
4. (98) W. Johnecheck	SRR	45.30
5. (102) J. Prowse O/40	Kghly	45.51
6. (114) L. Lacon	Holm	46.26

JUNIORS U/18

1. (12) A. McVey	Horw	38.38
2. (70) J. Carter	Spem	44.09

NINE STANDARDS FELL RACE

Cumbria

BM/8m/1800ft 1.1.01

Thankfully, the gales of New Year's Eve subsided to leave a mild and cloudy New Year's Day. There were 43 entries in the race, which was won by 17-year old Christ Waters. At Nine Standards, he was in fifth place but made an excellent descent to win the race by five seconds from Brian Clough, who was first veteran over 40. Mike Walsh finished fourth and was first veteran over 50.

The ladies' race was won by Denise Tunstall, closely followed by Debbie Thompson, who was also first lady veteran over 40. The team prize went to Howgill Harriers.

Many thanks to race officials and marshals and all other helpers, Kirkby Stephen Mountain Rescue, Sports and Social Club and race sponsor, Tony Sports of Appleby.

John Tunstall

1. C. Waters	Skip	60.43
2. B. Clough	Amble	60.59
3. S. Webb	VallStr	61.17
4. M. Walsh	Kend	61.22
5. G. Moffat	Howgill	61.28

VETERANS O/40

1. (2) B. Clough	Amble	60.59
2. (5) G. Moffat	Howg	61.28
3. (6) S. Moffat	Howg	63.44

VETERANS O/50

1. M. Walsh	Kend	61.22
2. P. Dowker	Kend	75.00
3. G. James	B'pool/F	75.23

LADIES

1. D. Tunstall	Tees	77.55
2. D. Thompson O/40	Kesw	78.06
3. S. Dyer O/40	VallStr	93.56

HILL FORTS & HEADACHES

FELL RACE

Northumberland

AS/3m/1020ft 1.1.01

Those who chose to ignore the weather forecast got their reward with sunshine and classic views at the hill top finish.

The drifted snow slowed the runners a fair bit, so times were a bit outside those of last year.

R. Hayes

1. J. Dickinson	Tyne	26.28
2. G. Davis	NFR	28.57
3. R. Phizacklea	Morpeth	29.16
4. W. Lawrence	NFR	30.05
5. G. McWilliams	NFR	32.23

VETERANS O/40

1. (1) J. Dickinson	Tyne	26.28
2. (2) G. Davis	NFR	28.57
3. (4) W. Lawrence	NFR	30.05

VETERANS O/50

1. (8) J. Tomlin	Morpeth	35.14
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LADIES

1. (13) S. Davis O/35	NFR	38.34
2. J. Phizacklea	Morpeth	44.16

GIANT'S TOOTH FELL RACE

West Yorkshire

CS/3m/400ft 1.1.01

On a beautiful New Year's Day at Ogdewater, with snow on the high ground and the reservoir bathed in bright sunshine, forty one runners set off to do battle with the Giant's Tooth Race.

After an initial burst from the lower car park along a brideway, runners must jump a wooden gate/stile, hare downhill to a bridge over the reservoir feeder and climb a steep zigzag woodland trail to the Giant's Tooth, a large whitewashed standing stone on Ovenden Moor.

After a terrific woodland descent to a wooden bridge, the woodland trail - with plenty of ups and downs along the way - is followed, then over the reservoir embankment, before a quick jaunt along



Heavy congestion led by Adrian Netherwood at Auld Lang Syne (Photo Dave Brett)

CAPTAIN COOK'S RACE

North Yorkshire

BS/5.5m/750ft 1.1.01

As you will know by now if you were partaking of this savage New Year's Day activity, the normal route had to be reversed. We had tried to have barbed wire fencing in the first part of the normal route removed for the day. This had been agreed but unfortunately due to the blizzard conditions of the previous day and the week-old snow, this proved not to be possible. So, in blizzard conditions the previous evening the hardy course markers had to make an on the spot decision. After running the early part of the clock wise route we decided that it would be dangerous for a field of perhaps 200 runners to run through this 'barbed' path only two metres, (or less) wide. The weather was kind to us on the day so things went generally well although a few runners did ring to say they were still snowed in.

In the race itself we saw Paul Lowe complete a holiday double to win the men's race in what will be a record for the anti-clockwise route. Andy Capel was in it all the way just losing out in the final section. In the women's event Catherine Hare retained her title in style moving away from Alison Raw in the second half of the course.

In the Junior Race/Fun Run it required the 'wisdom of Solomon' to sort out the various hiccups. There was interference from spectators and a group that ran the whole race. I have therefore discussed the event with as many participants and parents as possible. The above result therefore stands.

David Parry

1. P. Lowe	Mand	33.10
2. A. Capel	Knives	33.40
3. R. Burn	ThirskS	34.09
4. M. Burn	ThirskS	34.12
5. R. Bergstrand	Mand	34.28
6. A. Bissell	Knives	34.52
7. D. Chippett	Knives	35.21
8. C. Stead	Saltw	35.43
9. B. Johnston	Eryri	35.52
10. P. Buckby	Mand	36.18

VETERANS O/40

1. (3) R. Burn	ThirskS	34.09
2. (10) P. Buckby	Mand	36.18
3. (12) P. Kelly	Darling	36.46

VETERANS O/50

1. (22) P. Rafferty	Mand	38.44
2. (40) P. Connor	Mand	40.35
3. (42) C. White	H'poolBR	41.12

VETERANS O/60

1. R. Sherwood	NMarske	42.55
2. (82) B. Hood	Mand	45.40
3. (111) A. Purdham	Crook	48.38

LADIES

1. (26) C. Hare	Loftus	38.50
2. (38) A. Raw	Darling	40.17
3. (44) K. White	Quak	41.47
4. (64) C. Lowe	Mand	43.36
5. (86) S. Kempson	NMarske	46.08
6. (89) M. Gibbs O/50	ThirskS	46.30

FUN RUN

1. L. Phelp		22.00
2. J. Robinson		35.18
2. N. Robinson		35.18

JUNIOR RACE - FULL COURSE

1. J. Rafferty	Mand	39.46
2. A. Brownlee	Nex	40.37
3. J. Jackson	NMarske	41.00



Stefan Macina of Pudsey & Bramley pulling out all the stops on the way to victory at the Giant's Tooth
(Photo Allan Greenwood)

the water's edge, back uphill from the bridge and a sprint finish by the car park.

Stefan Macina cycled to the venue and this proved to be an excellent warm-up as he won in a new record time of 19.06. He was pushed hard, however, by veteran, Phil Grimes, three seconds behind.

Amy Green, who lives at nearby Queensbury but is presently studying at Loughborough University, won the ladies' race in 23.03, with Carole Waterhouse second and Jackie Graham third.

Amy then went round the course with her mum and dad, Andy and Linda, who had been marshalling and together they collected all the flags in. Thanks, folks, that saved me an hour.

Many thanks to all my helpers, the Greens, Steven, Julie and Tom Cavell for marshalling, Mick Fryer and Carole Waterhouse for helping with flagging and Linda Crabtree who did the times and numbers with Martin Haigh on the finish, then typed up my results!

So many helpers - even managed a run myself!
Cheers.

Allan Greenwood

1. S. Macina	P&B	19.06
2. P. Grimes	Hfx	19.09
3. S. Clawson	Ross	19.20
4. R. Glover	Tod	19.47
5. D. Holt	Ross	20.23
6. N. Holding	WPenn	20.38
7. S. Houghton	CaldV	20.52
8. M. Fryer	Hfx	21.08
9. P. Whelan	Bing	21.12
10. S. Moss	Spenn	21.13

VETERANS O/40

1. P. Grimes	Hfx	19.09
2. N. Holding	WPenn	20.38
3. S. Houghton	CaldV	20.52

VETERANS O/50

1. S. Moss	Spenn	21.13
2. G. Breeze	Skyrac	22.18
3. N. Harris	Ross	22.40

VETERANS O/60

1. M. Coles	Skyrac	24.09
2. M. Bell	CaldV	29.07

LADIES

1. A. Green	Spenn	23.03
2. C. Waterhouse O/35	Hfx	24.20
3. J. Graham O/40	Holmf	25.31

THE TRIG POINT RACE

Stafford

CL/15m/1500ft 6.01.01

It was an interesting seniors' race with Mark Burnhope blasting off from the start and taking an early lead. Everyone thought he was well clear of the field but, in fact, he had taken the wrong route and later retired. This left the way clear for Mark Hartell, a well deserved first position after years of coming second and third. Mark Hayman was almost two minutes behind in second place followed very closely indeed by Bryan Carr in third position, his best ever placing.

The veterans' race proved just as interesting. Matthew Clewes took the first veterans' place with only a minute and a half separating the fourth and seventh veterans' placings. Dave Tait, a seasoned runner of the Trig Point Race, took the Over 50s' prize.

In the ladies' race, Lisa Williams was well clear at the second road crossing with Karen Hemmings closing hard over the last third of the race coming in second with Emma Sidebotham third.

Yet again the race was bathed in blue skies and warm wintery sunshine. However, it was very cold and my thanks go especially to those hardy souls on the checkpoints and finish line. A big thank you also to everyone who helped at the Village Hall and to my Mum who, once again, got out her rolling pin and made the biscuits.

Richard Day

1. M. Hartell	Macc	1.42.43
2. M. Hayman	DkPk	1.44.27
3. B. Carr	Congle	1.44.34
4. M. Clewes O/40	Mercia	1.46.41
5. S. Ruane	Staffs	1.47.43
6. D. Rowley O/40	Telf	1.47.43
7. R. Woodall O/40	Mercia	1.48.27
8. P. Vale	Mercia	1.48.35
9. D. Tait O/50	DkPk	1.48.44
10. J. Currie O/40	Mercia	1.50.22

VETERANS O/50

1. D. Tait	DkPk	1.48.44
2. M. Whittinger	HuncH	1.52.46
3. P. Bratby	Congle	1.53.01

LADIES

1. L. Williams	ChaseH	2.01.39
2. K. Hemmings O/35	Lichf'ld	2.02.27
3. E. Sidebotham	Unatt	2.03.11
4. E. Batt	Bux	2.08.50
5. S. Johnson O/35	Staffs	2.15.51

THE LAMB'S LEG

Cheshire

AS/2.75m/900ft 7.01.01

Lamb's Leg 2001, early doors, the first car pulls up and a car full of Oldfields drop out! First to register and off to retrace the route!

An hour and a half later - car park full - and a record turnout of 103 runners on the start line.

At the top of the first climb, Steve and Nick were neck and neck - at the top of the second climb, Steve had made enough ground to win by nine seconds.

In the ladies' race, Nuala held off Estelle by just under a minute.

In the veteran's race, positions were close - not surprising because 65% of the field were veterans! Thanks go to everyone who helped out on this cold day.

D & D

1. S. Oldfield	BfdA	22.36
2. N. Leigh	Altr	22.44
3. T. Austin	NDerby	22.44
4. D. Gartley O/40	Gloss	23.11
5. M. Crosby	Altr	23.46
6. B. Whalley O/40	P&B	23.53
7. G. Oldfield	P&B	24.43
8. P. Deaville	Hayf	24.53
9. A. Jones O/40	Gloss	25.20
10. D. Gibbons	Altr	25.23

VETERANS O/50

1. K. Payne StubbGr 25.36

LADIES

1. N. Bardsley	Gloss	28.16
2. E. McGuire	Stock	29.10
3. M. Edgerton O/40	Penn	29.45
4. N. Higson	Penn	30.36
5. A. Brentnall O/50	Penn	31.39

PINCHINTHORPE PLOD (MANDALE REPRODUCTIONS WINTER SERIES)

Cleveland

BM/7.5m/1200ft 7.1.01

A fascinating duel between Robin Bergstrand last year's winner and course record holder, and Paul Lowe the man in form saw Paul win the duel. This continued Paul's current winning sequence of three races in a row. Alison Raw was the winner of the women's event having a battle with the visiting Lucy Lacon. Alison just gained the edge in the latter stages of the race. In the over 40s Men, Rob Burn continued his good return to form. In the over 50s, Bob Firth came back from injury to record a win. Ronnie Sherwood continued his winning ways in the over 60s. The first veteran female was Maureen Gibbs running as well as ever with Sandra Jemson doing well in Vet Class 2.

David Parry

1. P. Lowe	Mand	36.41
2. R. Bergstrand	Mand	36.56
3. A. Capel	Knives	37.33
4. E. Nash	N'castleUni	38.00
5. R. Burn	ThirskS	38.38
6. M. Burn	ThirskS	38.51
7. A. Bissell	Knives	39.10
8. D. Gamble	Mand	39.25
9. V. Brudenell	Mand	39.32
10. J. Blackett	Mand	39.36

VETERANS O/40

1. (5) R. Burn	ThirskS	38.38
2. (12) P. Buckby	Mand	40.36
3. (13) R. Pollard	Mand	40.42

VETERANS O/50

1. (23) R. Firth	Mand	44.19
2. (32) G. Houghton	CaldV	45.46
3. (36) P. Connor	Mand	46.56

VETERANS O/60

1. (46) R. Sherwood	NMarske	48.23
2. (71) K. Hildore	NMarske	54.09

LADIES

1. (22) A. Raw	Darling	44.09
2. (27) L. Lacon	Holm	44.36
3. (61) M. Gibbs O/50	Thirsk	50.28
4. (68) S. Gayter	NMarske	52.15
5. (69) S. Jemson O/45	NMarske	53.18
6. (74) L. Nielson	NMarske	54.44

2000 ISLE OF MAN NATIONAL

FELL RUNNING LEAGUE

CHAMPIONSHIP

1. T. Okell	5 pts
2. T. Rowley	7 pts
3. B. Osborne	10 pts
4. D. Young	13 pts
5. I. Ronan	16 pts

VETERANS O/40

1. (3) B. Osborne	10 pts
2. (6) R. Stevenson	22 pts
3. (8) P. Cain	27 pts

VETERANS O/50

1. (4) D. Young	13 pts
2. (7) D. Corrin	25 pts
3. (13) R. Callister	43 pts

VETERANS O/60

1. (19) I. Chrystal	55 pts
---------------------	--------

LADIES

1. (11) B. Walker	31 pts
2. (20) R. Hooton	56 pts

SHROPSHIRE SUMMER 2000

FELL CHAMPIONSHIP

1. P. Cadman	Mercia	870 pts
2. H. Thomas	TAC	852 pts
3. M. Formby	Unatt	836 pts
4. A. Yapp	Mercia	831 pts
5. A. Davies	Mercia	816 pts

VETERANS O/40

1. (6) B. Dredge	Mercia	805 pts
2. (7) R. Mapp	Mercia	797 pts
3. (8) P. Martin	Mercia	797 pts

VETERANS O/50

1. (23) D. Ormerod	MDC	670 pts
2. (25) J. Coombs	Mercia	646 pts
3. (55) A. Hodgkiss	Unatt	423 pts

VETERANS O/60

1. (85) R. Formby	Wrekin	334 pts
2. (93) K. Matthews	Shrews	181 pts

LADIES

1. (39) P. Gibb	Mercia	574 pts
2. (43) S. Pritchard Jun	Brecon	539 pts
3. (61) G. Harris O/40	Mercia	356 pts
4. (67) G. Roberts O/40	Mercia	322 pts
5. (70) J. Mapp	Mercia	303 pts
6. (74) P. Richards O/50	Shrews	283pts



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STEVE BATESON:

Rossendale's -Roving Cameraman

by Bill Smith

The top two fell racing photographers of the past twenty years have both been members of Rossendale Harriers. Peter Hartley, who was profiled in the October 1999 "Fellrunner", had actually been the first of this dynamic duo to begin capturing action scenes on the mountains, while Steve Bateson followed his lead shortly afterwards.

Unlike Peter, whose running career was brought to an end by an arthritic hip, Steve is still an active member of the Harriers and a longstanding resident of the industrialised valley of the River Irwell in the East Lancashire Pennines. He wasn't born there, however, having first seen the light of day at Rainford, a small West Lancashire village beneath the Upholland Ridge whose northern terminal is Ashurst Beacon, venue of an early season race in the FRA calendar.

Bateson, a Civil Engineer, was born on March 10th 1954 but, before he was a year old, his parents took him to live in Preston, then moved to Fleetwood and eventually to Rawtenstall, the "capital" of Rossendale, followed by yet another move a couple of miles westward to Haslingden. Steve moved back to Rawtenstall when he married and lives there still.

A big man, he stands six feet tall and weighs 15 stones, though, when really fit, he can get his weight down to 13 stones. As a schoolboy, he played both football and basketball but always preferred to go for a run in games periods. He began to take the sport seriously at the age of 14 in 1968, initially on the track at the newly-opened Marl Pits Sports Centre in Rawtenstall but also competing at cross-country during the winter.

Marl Pits was also the venue of the Rossendale Fell Race, which was inaugurated the following year, though Steve recalls his introduction to our sport as having come in the Musbury Tor Mile, an old traditional race at nearby Helmshore. He was never formally coached but received a lot of guidance from both Graham Wright and Eddie Roberts, who played a leading role in the early years of the Harriers, as indeed Graham still does, though Eddie is no longer involved.

"I would have a go at almost anything on the fells," he says. "Running on the track gave me shin splints but I found that fell running was a lot easier on the shins."

Trouble At T' Pub

While it might be thought that a big man like Steve would do best in the short, explosive events - like Musbury Tor, for instance - he actually developed a preference for the longer races and made both his Three Peaks and Duddon debuts in 1979. He also began competing in the Karrimor that same year when it was routed over the Rhinogs, usually doing either the "B" or "C" class: "I had no regular partner - just anyone who'd have a go at it."

However, his favourite race has always been the Ben Nevis, in which his best times varied between 2.20 and 2.25. One year he came a cropper on the descent above the Red Burn and slid bodily about twenty yards down the scree. He still enjoys his running and last year competed in the special Frank Sykes Memorial Chew Valley Skyline race, having also competed in the first event in 1980.

Mention of the Duddon Fell Race revives memories of an incident which occurred at the Newfield Inn at Seathwaite after one event: "The landlord of the pub came over to a group of us Rossendale and Rochdale Harriers to ask for assistance with a couple of local farm lads who had had a few pints too many, "Just stand around the bar and look menacing till they leave," he said. Well, they eventually did leave but it turned nasty outside the pub where the landlord ended up in a fight with one of them.

Steve Tosh of Rochdale Harriers gave me his watch to look after as he thought it right and proper to assist in the fun. The other farm lad came up to me and said, "What are you looking at?", to which I replied, "I don't know - label's dropped off." Next I knew I was on the floor wrestling with him. Fortunately, he was too drunk to put up much of a fight once the other lads assisted me. They then decided to leave, jumped in their van and roared off down the lane. The back door of the van was open and as they pulled



away from the pub, the dog in the back fell out and ran down the lane after it, with all us lads cheering outside the pub...."

This event has become firmly established in the annals of Rossendale Harriers folklore.

Training, Injuries and Organising

Despite his liking for long races, Steve Bateson has never been a high mileage trainer: "I train at Marl Pits and run on the hills around the valley during the summer and on the roads during the winter. In the past, I would go to Marl Pits on Tuesday and Thursday evenings and do either a race or long training run at the weekend but recently, because of photographic commitments, I sometimes train only once a week."

He has had two serious injuries, both of which have since cleared up: "About ten years ago, I badly sprained my ankle on a training weekend at Patterdale. It came up like a football - and I was driver of the club minibus! I managed to drive home on the Sunday night but was advised to have it checked at the hospital. They put it in plaster for three weeks and it was three months before I could run on it properly."

I also had a long-standing back problem until the excellent physio, Sarah McGrail at Rawtenstall, sorted it out."

Steve has for the past three years been organiser of the Rossendale Fell Race and also helps out at other local fell and road races assisted by his wife and children.

"I admire any fell runner who will have a go at the full range of distances and terrains," he says, "I am usually at the back of the field, so I particularly admire those who are not very fit but still compete as I can appreciate how much effort they put into it. And of course I also admire the 'greats' like Ian Holmes, Rob Jebb and the various Blands, not forgetting the older runners like Brian Leathley, Jack Riley, Colin Robinson and Jim Smith, whom most people outside fell running would expect to be now sat in a rocking chair, taking life easy."

Award Winner

Steve Bateson was introduced to photography by Peter Hartley, but he points out that he also had "many influences from outside fell running in my photography.

I think I started mainly because I was not getting into the top half of the field in fell races and therefore began to enjoy getting more involved by photographing runners out on the fells while competing myself and getting some of these shots published. It's my way of 'winning a prize' at a fell race to see one of my photographs in print.

To begin with, I joined the local camera club but soon realised they were too rigid in their approach to photography. I then studied 'O' level photography at Blackburn College and gained an 'A' grade, so then continued to take an 'A' level in which I also achieved an 'A' grade. Because my marks were in the top five in the country, I was invited to compete in the Volkswagen photographic awards in 1989. This consisted of a brief to produce photographs which captured the essence of the Volkswagen image. I won the award and was presented with it in London by a well-known advertising photographer named Andreas Heumann.

I have used all types of cameras from compact 35mm to large plate models. I began photographing fell races with an Olympus OM10 35mm SLR because it was light and easy to use. I then added to it an OM1 and an OM2 as I progressed. I now use a Nikon Autofocus as it is easier to use though heavier than the Olympus cameras."

Early Pictures

Two of Steve Bateson's earliest outstanding contributions to "The Fellrunner" were a picture of Mike Bishop and Kenny Stuart braving the blizzard conditions of the 1984 Blackstone Edge race, the first championship event of the season (Summer, 1984 issue, p.21), and one of Jack Maitland descending the stoney terrain of Redacre Gill in that

year's Blisco Dash (p.41). Another appeared in the next issue (January, 1985, p.65) showing Rod Pilbeam leading Ray Rawlinson, Gary Devine, Andy Harmer and Harry Walker at the top of the first climb (no longer included in the course) of the previous September's Thieveley Pike race.

These were, however, eclipsed a year later by a truly great action study of an unidentified runner negotiating the wall at the foot of the descent from Worsaw Hill in the old Downham Fell Race, a feature which was later eliminated from the course in favour of a gateway (January, 1986, P.44). The same issue also contained a good picture of Rossendale's Bob Ashworth in the much more majestic surroundings of the Langdale Horseshoe race, rounding Stickle Tam (P.57).

From The Wrekin To Wasdale

When another Rossendalian, Paul Sanderson moved south to Telford in Shropshire during the mid-70s (later to be followed by Paul Ratcliffe), he inaugurated what came to be advertised as "the Midlands' first true fell race", originally called the "Wre-call" as it climbed both the Wrekin and Erccall hills, but eventually simplified to The Wrekin Fell Race. (At that time both the Worcestershire Beacon Race and the Milford 21 (over Cannock Chase) already existed and had previously been listed in early F.R.A. calendars.)

Steve and some of his clubmates started going down to the Wrekin and some of the other West Midlands events which later developed and making a social weekend out of it. He began also to appreciate the opportunities afforded by these races for good action photography: "If you know the routes, you can short-cut points to reach different locations for varied background scenery." This comment referred to the occasions he attended as a spectator rather than a competitor.

One of his earliest outstanding Shropshire studies depicted Malcolm Patterson negotiating the wooded descent of the Wrekin (FR: Spring, 1987, p.8), followed two issues later by another fine shot of Ann Capp on that same descent, the picture again enhanced by the wooded nature of the terrain (FR: Winter, 1987,



Unidentified runner leaps the Warsaw Wall at Downham (Photo Steve Bateson)

back cover). Mark Kinch was captured to good effect on the ascent of the hill by a different path seven years later (FR: June, 1994, p.12 results).

Also in 1987, Bateson profiled "The Stretton Skyline - A Shropshire Challenge" in the orienteering magazine, *CompassSport* (August/September issue). This proved to be his sole excursion into photojournalism, however: "I enjoyed doing this article because I had run and enjoyed the race in previous years and felt that, by producing it, I was putting something back into the sport. However, my photography is so much better than my writing that I decided to concentrate on this rather than attempt to combine the two."

The Winter, 1987 issue of "The Fellrunner", referred to above, also featured two Bateson studies of an entirely different nature, both set against the raw, steep mountain terrain of the Wasdale Fell Race. The front cover portrayed Mandy Ratcliffe, wife of Derek, crossing a mountain stream (Groove Gill?) on her way up to Whin Rigg, with the cloud hanging low on the fellside across the valley to produce an intensely dramatic effect, while on page 17, another Rossendalian, Ken Taylor, is shown approaching the stoney summit of Great Gable against the imposing backdrop of the Pillar ridge, partly in cloud, beyond Kirkfell. To my mind, these pictures, especially the one of Mandy, rate among the very best to have appeared, in "The Fellrunner".

A further change of scenery produced yet another outstanding photograph in the next issue: Robin Bergstrand jogging up the steep scarp of Pendle's "Big End", with his rivals ascending at a walk below him (FR: May, 1988, p.21).

Graham Wright's club history, "Rossendale Celebrate Jubilee" (FR: June, 1992, pp.8/9), noted that, "Steve's passion for photography has overtaken his enthusiasm for competition," and this same issue included some good pictures of entrants in the Coniston junior fell race climbing Mouldry Bank, a favoured Bateson viewpoint.

The previous issue had contained a great shot of Craig Roberts leading Simon Thompson down a spectacular limestone gully in the F.R.A. relay race from Kettlewell (FR: February, results section, p.16), while the results section (p.1) of that year's October issue portrayed Phil Clark beginning the arduous ascent of Great Gable's rugged slopes from Beck Head in the Wasdale Fell Race, the scene being greatly enhanced by the swirling mist about Kirkfell's formidably steep outline. This latter picture, particularly, attains the same high standard as the Winter 1987 front cover.

A return to South Pennines scenery produced another captivating front cover study the following year (FR: June, 1993), with a Skyrac runner crossing a broken-down wall on the descent from Bousworth, with a small pool adding to the flavour in the foreground and the rough moorland rising to the summit ridge in the background. The same race had provided Steve with another striking shot two years previously which depicted Graham Schofield just after he'd forded Turnhole Clough for the second time (FR: June, 1991, results section, p.1).

All of the aforementioned pictures, apart from the Coniston ones, have been in black-and-white, but a superb colour print of competitors ascending Wansfell graced the front cover of the February, 1996 "Fellrunner", the whole scene being snowbound, with the fell in blue shadow against a valley background of hazy winter sunlight and distant fells. It is one of the best of all front cover photographs and Steve repeated this success with another front cover colour print from the same race four years later, showing Ambleside's Jenny Rae leading Clayton's Mark Nutter up the fell, unadorned by snow on this occasion (FR: February, 2000).

Steve has no particular favourites among his own photographs but does have favoured viewpoints for his pictures especially Ben Nevis and the route up Lingmoor from Blea Tarn in the Three Shires Race, both of which also feature prominently in Peter Hartley's work. He hopes to photograph the Jura race this year after being blighted by poor weather conditions on his last visit there. He prefers a rocky foreground with a good view behind for his pictures. While he has worked with both colour and black-and-white film over the years, he has used only colour for the past eighteen months as he hasn't had the time to devote to processing black-and-white. He plans to begin a website early in 2001 which will list all of his photographs.

Sport in Rossendale

In 1991, Steve Bateson exhibited a "Sport In Rossendale" display in the Whittaker Museum at Rawtenstall, comprising some 35 photographs: "This project developed from an idea I had to see if I could work with other sports apart from fell running. I managed to get sponsorship from the local authority to photograph sport in the Rossendale area, provided they could use the prints to promote local sport in various publications. The Whittaker Museum exhibition got very good reviews in the local press and I was asked to stage similar displays at both the Rawtenstall and Haslingden public libraries and also at the Rossendale Groundwork Trust in Rawtenstall."

After submitting fell racing photographs to the "Lancashire Evening Telegraph" in Blackburn, he was asked if he could also provide pictures of other local sport: "The editor wanted to publish a sports supplement on Wednesdays and needed a part-time photographer to take the pictures. I therefore now cover various sports such as football, hockey, netball and ice hockey."

The editor of a new website "Time Outdoors", to be launched early this year, has also contacted Steve with a request for both fell and road racing photographs, and he already contributes to the "Westmorland Gazette", "Bolton Evening News" and "Keighley News", all of which are owned by the same company, Newsquest, and to the magazine, "Runners World".

Fortunately, Steve Bateson continues to regard "The Fellrunner" as his prime objective for submitting photographs and we shall no doubt be able to enjoy a wide selection of his high quality action studies for many years to come.



Mandy Ratcliffe at Wasdale 1987
(Photo Steve Bateson)

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JUNIOR CHAMPIONSHIPS -

A report on the 2000 season

The season got off to its traditional start with a trip down to Shropshire for the Wrekin race and, despite the facts that there had been three dates banded about for the race and there was some pretty poor weather, there was still an excellent turnout in all the age categories with 89 juniors



Kellie Roberts (1st lady) breaking the U17 record at Kelbrook
(Photo Peter Hartley)

competing, with the best supported race being the under 14's. The leading contenders in nearly all the categories appeared and made an early strong impression on the scene. In the inters race, whilst numbers were down, the quality was there with 3 inters finishing in the top 12 in the senior race and 3 under 18's finishing in the top 30. There were the usual tests on the Junior Co-ordinator with pressure being put on me to keep the girls in the senior race and rightly so, as I can now reflect.

Once everyone had set their stalls out there was a break of six weeks before the first trip into the heart of Yorkshire for the West Nab Race at Holmfirth. Weather conditions were considerably different and it was a scorching hot day with the sun roasting everyone in the valley bottom. As a consequence several

runners suffered, yours truly included, being better suited to far cooler climes!!! The races were all brilliantly supported with over 130 runners competing. This was partly assisted by the fact that the race was also the Yorkshire Junior Championship but, nevertheless, there were superb numbers in the under 12, 14 and 16 races and the inters had 2 in the first 3 in the senior race. Everything ran smoothly and there must be something in the belief that the sun shines on the well organised.

This time there was only a three week interval before Hutton Roof hosted the next race on the borders of Cumbria and Lancashire, with a different sort of terrain and a go at several laps up the limestone scar, (1, 2 or 3 depending on age). These races were short and sharp and the venue proved excellent for watching several stages of the races and then returning to the field for lots of the goodies on offer at the Fete. Numbers were down on the previous race, possibly due to it being a Bank Holiday weekend, but still over 100 youngsters were there. The championship positions were now shaping up very nicely with some clear leaders on view and some tight battles in prospect.

It was back into Yorkshire four weeks later for the Settle Hills venue, based at the Rugby Club, with some longer courses to contend with and not as steep running as in the previous two races. 105 juniors turned up and in very favourable conditions put on some super races. Standing on the balcony at the club, or up on the fell, good views were had by all and several of the category champions were seen after this race with 6 athletes completing 4 out of 4 wins to be unbeatable in the final standings.

Close on the heels of this race, a week later the venue moved to the Lancashire hills again with the new race at Sheephouse Lane, near Horwich. The courses proved to be very tough for some, although I was away on holiday so I did not see them, but yet again it was a different style of race for everyone to contend with and 86 runners turned up to contest all the various races.

That then led to a six week break before the final championship race at the superb venue at Sedbergh, where the courses were short and sharp for some and not so short, but still sharp, for others. 73 athletes ran whilst the seniors were out on their long 2 hour slog over the hills and the final

placings were sorted out. The courses proved to be a foretaste for some of the British Junior Home International a couple of months later, where the courses were even steeper and sharper. The weather held off and we concluded the season's English Championship without any major mishaps.

I think the only time it rained on any of the races at which I was present was at the Wrekin, so we didn't do too bad.

There was then a break to early October for the Home Internationals, in which English athletes swept the board in all the categories, winning all the gold medals. Things went well apart from an error in the first race and the weather proved to be "a rose between two thorns" for the day, with appalling rain the day before and after but lovely sunshine (until the presentation) on the day.

There was then a break, and time for the organisation of the presentation at Barnoldswick after the Kelbrook races. I think all the rain that had held off throughout the season came down on those who ran that day but, despite that, there were some of the best turnouts I have ever seen at a junior fell race, and then a great turnout at the presentation do afterwards. A few problems like the video and the disco not turning up were overcome by my merry band of helpers and, after a good nosh and the Quiz, it was on with the presentation of Medals, Certificates and T-shirts to those who had won them.

I would like to thank all those athletes, parents, helpers, race organisers and everyone else who had anything to do with the Championship for all their help and support and I hope that it will be as satisfactory next season - which will soon be on us.

There will be a few slight changes, with points going down to the 19th athlete next season, but otherwise my motto is "if it aint broke, don't fix it". Any comments or suggestions are always gratefully received and will be given full and careful consideration.

See you next season at West Nab; Hutton Roof; Langcliffe; Sheephouse Lane; Latrigg and Three Shires.

Dave Richardson (FRA Junior Co-ordinator)

JUNIOR CHAMPIONSHIPS 2000 by Mark Buckingham

(Editor's note :- Mark Buckingham joined Holmfirth Harriers at the age of six and has run competitively ever since, becoming one of Holmfirth's most successful junior athletes and representing Yorkshire for the last three seasons. His fell-running career got off to a less than perfect start when the family car arrived late at the Rivington Pike race to see the field already 300 yards up the route and Mark had to leap out and set off in pursuit, clutching his number in his hand! Things have improved a bit since then and he has been U12 winner, U13 and U14 runner-up and U16 joint winner (2000 season) of the FRA English Junior Championship. He has also represented England on three occasions.)

A new millennium and a new start to the English Fell Championship! What would the season bring? Glory, disappointment, or an average result - all would be revealed after six races! This year there could be no margin for error as there would be some talent among the contenders. Last year I was at the top of the U/14 age group, battling against the rapidly improving Chris Doyle. The Championship was decided at the final race in Sedbergh and unfortunately I had to be content with second place to Chris who was a well-deserved Champion. I'm sure he was grateful for his Dad's support as his Dad and mine seemed to be under more pressure than Chris and I!

The first race in 2000 was The Wrekin, my first trip to this race. We were greeted with wet and muddy conditions and I wondered why I hadn't gone to the National Road Relays at Sutton Park as I had done in previous years. This year I decided that I should concentrate on the fell, in the hope that I might win a medal. Ray Edgar of Lancaster & Morecambe, who was later crowned the North of England 3000m track and field Champion, won the race. I came second, which was a good start to the season, just ahead of Paul Moores of Tamworth in his first fell race, who later in the year won the English Schools' 3000m title! "Talk about being in the middle of it"! The next race was West Nab, which incorporated the Yorkshire Championship. It was hosted by the Club I run for, Holmfirth Harriers AC. The event was put on by Graham White, probably better known as the Dad of top female International, Natalie White. The sun shone again, beating down on the athletes and causing problems for numerous athletes on the drag up Royd Edge and to the top of the Nab. I had trained on the course several times and was confident of getting a top three placing but my performance of two years earlier came back to haunt me and I finished fourth. Another newcomer to the fells was the ever-stronger David Sugden, my clubmate, who is renowned for his modelling features on the front cover of the *Fellrunner* magazine (June 2000 edition). He managed to grab eight championship points and the Yorkshire Championship from me with a brilliant run, Cheers Suggy!

Another hot and humid day for fell running was the race put on by Ian Rooke in the distant village of Hutton Roof in Lancashire. As always the village hall put on a superb display of home baking, and the country fair has entertainment for everyone, not forgetting the "Bouncy Castle" where many teenagers had to be dragged away by their parents and coaches prior to the race - *You know who I am talking about!* The course is one of my favourites and this is where I recorded my first win, although in the absence of Ray on the day he won the Northern 3000m title. Chris Jones came out of the woodwork and picked up seven points for third place and was another Championship contender to watch. Again it was a good turnout, especially from Holmfirth, where we claimed three of the top five places, with Suggy taking second and Matthew Pierson, another newcomer to fell running this season, taking



Mark Buckingham (Photo Tony Fickles)

fifth place and adding to his points tally. The fourth Championship race was back to Yorkshire for the Settle Hills Race. Chris Jones of Wirral AC was running into contention by beating Sugden to take second place just five seconds behind me. The course was quite challenging as most of the climbing was through wet marshy terrain, followed by a fast slippery descent, with the odd sheep to jump, to keep you alert! This was the shortest course in the Championship and maybe could have been a bit longer, but a variation is nice to see, so that there is no advantage to the athletes who favour the longer distance races. Sheephouse Lane on the first of July was the penultimate round of the English Junior Championship and saw a change on the leader board for local lad Mark Smith of Horwich who recorded his second "top five" placing. Mark is obviously suited to this course which he helped

to mark-out the previous day. He showed great determination from the start as he attacked the climbs and then showed his "trade mark" of descending - awesome! The course didn't suit everyone though and Ray Edgar was beaten for the first time in the 2000 Championship, due mainly to an injury he had in his lower leg. I thought the course was well set-out, with various types of terrain, a fast track on the upper part of the course, steep climbs and descents. The race was in a superb setting which was great for spectators and I believe is a very important factor in a race if you have that bit of extra support that can spur you on throughout the race.

Sedbergh was the sixth and final race in the Championship and would prove whether the U/16 age group would be won outright. Ray and I were the only athletes in contention. The worst outcome for me was to finish on equal points with Ray if he won the race. The week prior to the race Matthew Pierson and I had been on holiday in the Lakes with his parents and we knew we wouldn't be on top form for the race, we were knackered! Our fears were realised and we both had our worst results in the Championship, finishing in fifth and ninth place. Ray managed to hold his nerve and destroyed the field, winning in fine style and taking a well-deserved share in the Championship. Mark Smith again showed his descending skills, passing a few runners on the descent to take second place. Another new face was Andrew Mason of Owls, who I hadn't seen on the fells and he surprised a few people, including me, to take third place. Another new face was Tim Egerton of Trafford who was up with the leaders on the climb but came down like a "sack of spuds" and eventually limped over the line in eighth place. (He is obviously a good athlete but I think he may be better suited to the flat stuff!)

My general feelings about the 2000 Championship were very positive on the whole. The little things that let it down were the lack of "facilities" at some venues and obviously the weather, but that's fell running and if you don't like it, fine, don't do it! My view is that fell running is unique and shows great differences to other types of

running. The landscapes and surrounding environment are often in superb settings; the characters among fell runners like Mark Roberts who's always up for a laugh. The coaching and management team are always interested in your progress and fitness. Norman Matthews, Pete Bland and Dave Richardson are always on hand to give you support and advice. The race organisers have done a great job this year and put on quality races around the country. I am sure this is well appreciated by the FRA because without them the Championship wouldn't exist. It would be nice to see the same faces in 2001 and some new ones in the hope that fell running will become even more popular amongst the youngsters.

Junior Championships 2000 by Katie Ingram

(Note from Dave Richardson - Junior Co-ordinator :- Katie Ingram finished under 16 English Champion, winning all of the five championship races she competed in, and she also represented England in the European Teenager Games and in the British Home International at Sedbergh in the 2000 season.)

I became interested in fell running when I competed in a local cross-country run at Oldham. I excelled on one of the hills during the course, and so my coach, Rick Bennett, told me to have a go at a real fell race. The first fell race which I entered was at Rivington Pike, and it was here that I won an excellent prize of a pair of 'Walsh' fell shoes. My interest then developed, as this spurred me on to take part in more fell running events, such as the English Fell Running Championships.

This year was my second season of competing in the series and I found it just as challenging and difficult as the first. A typical race day with me begins with everyone dashing around the house trying to get organised and then panicking that we are not going to be on time. This is usually the case, as nine out of ten times my dad manages to get us lost!! I always feel nervous at the start of every race but, once the starting gun has fired, I dig in and try to enjoy the climb ahead. Once on the descent, relief floods over me at the sight of the finish as I look forward to dry clothes and refreshments.

This season I entered five of the six races, these were Wrekin, West Nab, Settle Hills, Sheephouse Lane and Sedbergh Hills. To be honest, not every race was enjoyable, but at the end of the day for me, the hard work paid off. Like the saying goes "No Pain, No Gain". An example of both a good and a bad race was at Sheephouse Lane. This was the decider as to whether I would be crowned the U16 English Fell Champion, so as you can imagine I was extremely nervous. Unfortunately I became too nervous, which resulted in me being sick before the race had even begun! I then felt very drained but still continued with the race, thankfully picking up halfway round. I finished in first place and it was smiles all round as I crossed the line knowing that I had won the championship.

Like all competitions, fell running has its ups and downs. Going to the Teenager Games in Germany has to be the highlight of the year. The entire trip was fantastic, we had some lovely meals and also a great day out at Europa Theme Park, despite one of the rides breaking down with all the England team on board! The opening ceremony was held at Europa Theme Park which set everyone's spirits for the race the following day. The race consisted of an "uphill only" course, beginning along a road and then venturing into the very steep woods! The race began fairly steadily, no-one wanting to make the first move, but as we hit the woods the group began to narrow down. I bravely took the lead and managed to keep this place



Katie Ingram winning Thievelly Pike 1999 (Photo Peter Hartley)

all the way to the end. Adding to all of this, great runs from team mates Kelli Roberts and Helen Glover enabled us to win first team, with the boys' team respectively taking silver. After all the races had finished, all competitors were invited to an ice skating disco which pleased James Mason especially! The commitment, teamwork and good humour made it a great experience never to be forgotten and credit must be given to the organisers of the trip, Pete and Ann Bland, and also to the Junior Coach, Norman Matthews. On the down side, I was very disappointed when I turned up to the selection race for the World Trophy, only to be told that I was too young to compete.

Fell running is a tough sport, not for the faint hearted, but I can guarantee friendship, maintaining fitness and having a good time. The competitions are now being better represented with more young athletes taking part and I feel that the sport will continue to grow, as international vests are at stake.

Finally I would like to say that the organisation of all the races which I attended went well and all proved to be successful, so thank you to all of those who contributed.

Junior Training by Norman Matthews, FRA Coach

WOULD YOU LIKE A COACH?

One of the problems that young 'fell running' juniors have in developing their skills is a lack of qualified coaches. We take it for granted that every elite and international athlete has a coach, which is ironic in so much that elite athletes are possibly much more able to coach themselves - to a degree - than a junior runner who still doesn't know the difference between their aerobic or anaerobic conditioning. It would seem obvious that the less experience one has, the more an athlete would benefit from having a coach, especially the youngster whose aim is to run internationally. So what can a junior athlete do to find a coach, and what is it you look for in a coach?



How young do you have to be to need a coach? Kara Shuttleworth (Preston) 3rd Under 12 girl at The Stoop (Photo Woodhead)

In the first instance juniors do not need a 'Fell Running' coach, there are only a

dozen or so qualified in the country and, as juniors, they should not be thinking of specialisation too early in their running careers. Running coaches fall mainly into three categories, sprints, middle distance and long distance. Any one of these would be able to offer sound advice on a youngster's early development. The only problem that can arise with this arrangement is the fact that the coach has to be receptive to a junior running the fells. Some track-based coaches can have a tendency to frown on their young charges venturing on the fells for competition!

In some cases juniors have developed very well on advice given by older experienced runners - who have had many years of training behind them, including their running Mums and Dads.

However, the real problem of coaching juniors is that the training has to be specific to that one person, and if the youngster is to gain progression in an environment of good coaching practice there are many facets that need developing for juniors to progress safely as they climb the age group ladder.

It is this comprehensiveness of all-round coaching knowledge that is essential for youngsters to develop maximally. Hence the requirement of a qualified coach, especially if the junior has expectations of international honours.

A misconception that I would like to clear initially is the fact that it does not take the innate gene ancestry of athletic parents to become an international athlete. Any junior bio-mechanically able, of good health, could, with the right attitude and determination - plus good parental support- attain international level if they followed a progressive training programme helped by a qualified coach.

I hope the following advice will help a little when evaluating the services of a coach.

- A good coach must have the time available to give you a personal training schedule and to be readily available - weekly - for advice and support.
- It helps that a coach has had the experience of being a runner himself/ herself. It is not imperative but in my experience it helps considerably if the coach truly appreciates what the athletes are going through in their training.
- The coach should have experience in coaching juniors; training loads have to be adjusted according to age and ability, with little room for error re. over-training.
- A good working relationship has to be developed with the coach, both have to agree on future goals and ambitions, with a great deal of trust on both sides. The athlete has to believe - and have the confidence - that the program of development agreed is right for them.
- The coach should be able to understand and motivate the athletes through all the many stages of their development, including the exam years and appreciate the major changes in mood and physical development as they go through puberty and adolescence.
- A good coach will have experience in dealing with injuries and will be able to advise on preventative exercises and how to deal with injuries as they occur and will also know when and where to direct an athlete if the injury requires professional treatment.
- It is helpful and encouraging if at all times the coach can lead by example, certainly in the area of commitment and standards of behaviour. Youngsters are easily influenced and a good coach is well aware of the influence his behaviour can have on impressionable youngsters.
- A quality not often recognised in a good coach is the ability to educate the athlete in the ways of best coaching practise. Coaching is not a secret society, and good coaches should be developing the athlete's ability to know and think for themselves. Harry Wilson - Steve Ovett's long-standing coach - said 'that as time went by the instruction grew less and the friendship grew stronger'.
- A coach should always be there when an athlete needs him/her. Those who do not compete, seldom appreciate the passions that intensive training and competition brings. There are times of joy when winning and of disappointment when losing. Coaches are there on all these occasions to give their support and understanding.
- You do not have to be coached by someone from your own club, if you are fortunate and have a coaching structure there, great, but don't let the lack of coaching support stop you from approaching other coaches. **You do not have to change clubs.**
- If you cannot find a coach locally who can give you their time, you could be coached by phone or e-mail, it is second best but at least you will have someone to talk to who has the experience and knowledge to put you on the right road. UK Athletics are currently going through an intensive exercise to establish how many coaches there are in the UK and at what coaching level. It is envisaged that by next year there will a coach register.
- Finally don't be put off at the prospect of approaching a coach, and certainly don't fall into the trap of thinking you are not good enough to be coached. But do think long and hard about what you are prepared to put into the relationship, a good coach will always match you for enthusiasm but you must be prepared to work hard, the old saying of 'you only get out as much as you are prepared to put in', is very apt.

So what does the coach get from all this?

The truth is that a good coach is there simply to help athletes achieve their ambition and reach their goals by maximising their talent, and in so doing share together with the athletes the satisfaction and pleasure of their achievement.

It's my belief that the true value of an achievement can never be fully recognised unless you can share it with someone who fully appreciates what it means to you.

If you require any further help please make contact on 01204 468390 or e-mail nmmatthews1@thefreeinternet.co.uk

Letters, views, opinions, etc.

Spring cleaning from the Woodentops

It's that time of year to spring clean the house and car, a chore every fellrunner hates - besides DIY of course.

All we are asking is that if you come across any SAFETY PINS don't discard them, we, the Woodentops, can recycle them in our races. Thereby you, the runner, are doing your bit for the environment, and helping a race organiser cut his costs and put more prizes on the table. The choice is yours, either bring them along to one of our races or pop them in an envelope and post them to David & Eileen Woodhead, 166 Hainworth Wood Road, Keighley, West Yorkshire, BD21 5DF.

You will be reimbursed for postage.

The Woodentops

An historical query from Conrad Robinson

I was inspired by the photograph of George Brass, the only finisher in the 1962 Lake District Mountain Trial, in the last issue. George is shown finishing and clutching his battered left shoe which had given up on him a mile or so from the finish, which seems to indicate that he still attached some value to it.

In true parsimonious fell runner's style, did he send the shoe back for repair?

Conrad Robinson

"Fellrunner" back copies request from Chris Holloway

I am trying to collect a full set of the "Fellrunner". If anyone has a full collection or copies they wish to get rid of then please let me know. I will agree a suitable price and I will pay postage and/or carriage. If you can help then please ring me on 01761 420053 or email me at chris.holloway@wessexwater.co.uk You can also write to me at 79 Under Knoll, Peasedown, St. John, Bath, BA2 8TY.

Chris Holloway

"Eryri" from Robert Jones

Whilst signing on for the Ennerdale Race I was asked what "Eryri" meant; without thinking I said, "It means "Snowdon"". When I got outside I thought, "Why did I say that?" Well, not to worry, little did I know it was put onto the English Championship video, I feel such a fool, especially when I do know what it means, perhaps it's old age.

I would like to apologise to everybody and give the correct meaning - "Eryri" is the area including and surrounding Snowdon, (The place where Eagles fly) As "Cregiau-yr-Eryri" translates to "Eagles' Cliffs", the name "Snowdon" some say derives from a Norse meaning; either way "Snowdon" is not a Welsh name or word.

Would you be kind enough to include this in the next issue of "The Fellrunner"?

Rob Jones

Neil Denby from Phil Hellawell

I note with regret that Neil Denby has now stepped down as Editor of the "Fellrunner". Although we once had a disagreement over the reporting of the snow-hit 1993 Calderdale Way Relay, I have always admired under Neil's direction the presentation and content of the magazine, which is far above that which one might expect from such a low-key sport.

On behalf of Halifax Harriers I would, therefore, like to express our appreciation for the great contribution Neil has made to the sport over many years and to wish him well for the future. The magazine has been a great credit to him and is always a good read.

Phil Hellawell,

President, Halifax Harriers

A tribute to Neil Denby from Peter McWilliam

Receiving the October 2000 edition of *Fell Runner* magazine I note the departure of Neil Denby with regret. He did a superb job as Editor and his last editorial is an excellent example of his craft. Neil Denby had an uncanny ability to appreciate the varied textual components of fell running discourse and he consistently expressed an empathy for all levels of ability - in his own words - factual, humorous, serious, silly, libellous.

Thank you, Neil, I will miss you.

Peter McWilliam

Inconsiderate elitists ? from Richard Baker

May I, through your pages, make a request that runners who have run their race do not warm down back along the finishing stages of the race course !!

As a runner who will never find himself in the first half of a race I find it disconcerting, if not demoralising, when reaching the latter stages of a race to encounter elite runners casually jogging along towards me or back to the finish having showered, changed, eaten their post race meal and probably sunk a couple of pints. They are in a light hearted mood, casually chatting and laughing about aspects of the race, whereas I am still in the midst of the pulsating tension of the race, drawing on my last reserves of energy, determined to make up one more place and finish 162nd instead of 163rd which in my dreams equates to winning an Olympic medal.

Upon encountering these athletes, with hair by now beautifully manicured and wearing stylish clean tracksuits, my dreams are instantly shattered and my lung bursting effort is exposed for the pathetic attempt at running that it really is. This instant deflation is in no way compensated for by a casual "Well done" or "Come on" from the elite, who then resume their conversation, giving the impression of complete condescension and indifference, although I am sure that is not what is intended. If they really do wish to encourage their team-mates may I suggest that they stand at the finish or on the last bend with the general public, that will really give us a lift.

I may be wrong but I am fairly sure that these higher order runners must derive some further satisfaction over and above that of finishing in the higher orders of the race by jogging through a bunch of sweating no hopers near the finish. I fully understand that these highly trained athletes must have a proper warm down so as not to injure their delicately tuned muscles, but why humiliate us? Is it not possible to warm down somewhere else or on the outward part of the course? I have noticed that in the year 2000 for something startlingly original and interesting several races were run in reverse order but not a soul was to be seen on the outward section. I am quite sure that will not be the case this year when the race reverts to normal.

Is it possible for race organisers to put a note in the race diary similar to the request for runners not to train before a race on the race course asking them also not to warm down on the race course.

It should be remembered that it is the also-rans that make the top boys and girls look good. If we were not there, there would not be much of a race to win. So please let us enjoy our fleeting moment of glory.

R. Baker

Championship Results from Neil Goldsmith

The British and English results for the year 2000 published in the "Fellrunner" and on the web only list the top 30 seniors, top 20 O/40, top 10 O/50 and top 10 O/60 in the men's championship. The position is similar for the women. There are many (me included) who finished outside the top 10 in their category and despite getting points do not know where they finished. I appreciate the difficulties in printing them in the "Fellrunner" (though it is a magazine for all members, not just the elite) but surely the web is different. Can't the complete set of results be made available on the web and/or as a results service? After all, organisers don't just publish a list of prize winners, they publish the results of all of the runners. Indeed, the main demand for the results comes from the 'also rans'.

The value of the championship, the numbers and the sense of occasion is created by the fiercely competitive battles for minor points in the vets' categories (and probably in the seniors). The real value in doing the championships, for all but the few, is to see where you came at the end of the series. Please don't deny us the opportunity to see where we finished. Publish the lot.

Neil Goldsmith

(Bill Waine is in the process of putting all the 2000 Championship results on the FRA website, so that all runners who participated in the championship will be able to see how they performed - all part of the FRA service to members!)

Lake District Mountain Trial Publication from John Lagoe

The 50th Mountain Trial will take place on Sunday 9th September 2001.

The LDMTA is planning a small publication to mark the fifty years. In addition to our records and the comprehensive information up to 1983 in Bill Smith's "Studmarks on the Summits", we are assembling early race reports from the archives of the Lancashire Evening Post and the Westmorland Gazette and other appropriate material.

We would be pleased to receive, from past runners and helpers, any items which may be suitable for inclusion in the publication. Photos of early Trials would be particularly welcome.

Contributions may be sent to John Lagoe, Helm End, Grasmere, Cumbria, LA22 9QN. Telephone: 015394 35492.

email: johnlagoe@easedale.fsnet.co.uk

John Lagoe,

Chairman, Lake District Mountain Trial Association

Junior Training Loads from John Buckingham

I would like to thank Norman Matthews for allowing me to reproduce his article on "Junior Training Loads" which appeared in the June edition of "The Fellrunner".

The article focussed on aspects that everyone concerned with junior athletes should be aware of and particularly the reference to the Child Protection Policy, where Norman gave straightforward definitions for physical and emotional abuse. In my opinion this was an excellent article for juniors, parents and coaches, who should read this article closely and take on board the very important points that were admirably explained. I am a Senior Sprints Coach, working mainly with junior athletes, and, like many other people, can relate to the examples referred to in the article. Hopefully, this will help to get the message home to some people, who may think they have the athletes' best interests at heart!

Well done Norman, keep up the good work.

John M Buckingham,

Holmfirth Harriers AC

Some thoughts from a Senior Citizen of Fellrunning from Eric Mitchell (75) - founder member of Dark Peak Fell Runners

First of all my heartfelt thanks to all those involved in the organisation of our great sport - to the organisers, whose responsibilities extend far beyond the actual event to such mundane tasks as cleaning up after the race, paying the bills, preparing and sending out the results, etc., etc.; to the marshals, who are prepared to put themselves out and suffer in all weathers; to those selfless enough to act as sweepers at the tails of races; to the officers of the running clubs; to club committees; to the FRA committee and all those without whose work there would be no races or championships for us, the "rank & file" to enjoy as we do.

It has struck me as I get older that we need more and more to encourage youngsters into the sport - we are all getting older, to the extent that I wonder sometimes if anybody classes themselves as "old" any more. I started racing at the Skiddaw Race some 25 years ago at the age of 50 and, since I reached 70, have kept a record of my best "post-70" times, which might encourage some of the up and coming over 70's -

Ben Nevis - 3.11.00

Borrowdale (one of my two favourites) - 4.52.00

Coniston - 1.55.00

Fairfield - 2.07.00

Kinder Downfall - 1.50.00

Kinder Trog - 3.20.00

Latrigg - 29.47

Marsden to Edale (the other favourite) - 4.51.00

Stretton Skyline - 3.38.00

And what of the future for our sport? Above all we must try to keep it as it is today, it must be one of the least commercialised sports around, requires very little outlay and certainly doesn't require change. We could be more eco-friendly with our use of transport; we ought to share cars more, hire minibuses for club use, try to utilise buses and trains, cycle if we can (although it can be hard riding home after a race!) - we could always walk; just once, for a laugh, I walked home to Buxton after the Wasdale Race.

To all those involved our sport - I wish you all well and thanks.

Eric Mitchell

BOOK REVIEW

OUR TRADITIONAL LAKELAND SPORTS

Ambleside and its Sports: A look at the events and personalities over the years by Marjorie Blackburn. Published by Ambleside Sports Association, 2000. 96 pages. £5.99.

This is a light-hearted and often-amusing history of Ambleside Sports compiled by the wife of the Ambleside Sports Association chairman, Michael Blackburn, who has written the introduction. "There is a uniqueness about Ambleside Sports," he says. "Whilst others have become 'shows' and a number no longer exist, Ambleside has remained true to its traditional roots." (The neighbouring and probably more famous Grasmere Sports, for instance, has recently dropped its traditional grass-track racing in favour of more modern innovations). Later, he explains: "Money, like spare time, was always in short supply and the chance to match skill against skill whether wrestling or running combined with the opportunity to win prize money, possibly supplemented by a side bet, has always appealed to canny Cumbrians."

Part One, "Local Sports, Early History," provides a general survey of the years up to 1922 when the Sports were abandoned, while Part Two covers from 1945 up to the present day. These are followed by chapters on Cumberland and Westmorland Wrestling, including profiles of Tom Harrington and Tucker Mason; Hound Trailing; Guides Races, including some interesting reminiscences from 1970s champion, Fred Reeves of Coniston, who is now resident in the USA (though he did attend this year's Grasmere Sports); a humorous sketch of Glenn Tubman, "The Voice of the Sports"; a profile of Field Manager and Hound Trail layer Harry Mawson plus some notes from Handicapper (for track events) Ernie Blair; and a piece on the trials and tribulations involved in organising the Sports entitled, "Trouble At T' Mill". The book concludes with 17 pages listing not only winners in the various sporting disciplines (since 1946) but also all local competitors regardless of where they finished, plus a roll call of Association members and officials, and a short bibliography. The lively text is enhanced by numerous black-and-white photographs, both ancient and modern, and my only criticism of the book is that all of the fell racing photographs were taken on the field rather than on the fell, including two of the Rydal Round.

1968 Senior Guides Race winner Pete Bland gets quite a few mentions, while his younger brother Dennis is noted as having finished runner-up in the Junior Guides Race that same year. "Later in the decade (1960s) there was a remarkable achievement by Pete Bland who won the Senior Guides Race 10 years after a motorbike accident following which he was told he would never run again." Fred Reeves acknowledges Pete's help in showing him over the Senior Guides Race course prior to the first of his record number of ten victories in 1970. (Pete was also instrumental in introducing Fred's great friend and rival Tommy Sedgwick, 1967 and '69 winner, to the sport, incidentally). Mention is also made of earlier champions like John Greenop, Ernest Dalzell and George Woolcock, and of other post-WW2 stalwarts like Stan Edmondson, Reg Harrison, Bill Teasdale and Kenny Stuart. Teasdale, with eight wins to his credit, still attends Ambleside Sports in the role of Starter and Judge for all the Guides Racers, while Stuart is recalled by Reeves as "ending my winning streak at ten in 1980 I recall my young son Phillip after that race crying and asking why I let him beat me. I recollect words to the effect, 'I didn't have much choice in the matter'" Other particularly outstanding achievements in more recent years include the four Senior Guides Race victories by Steve Carr during the 1980s and the five by John Atkinson spanning both the '80s and '90s.

This book is highly recommended and at the time of writing (August) is being stocked by Pete Bland Sports. If he has sold out by the time you read this, try the Ambleside Tourist shop or contact the ASA chairman Michael Blackburn at The Coach House, Overbeck, Rydal Road, Ambleside, LA22 9PL (enclosing a SAE if writing). All profits go to the ASA to help preserve the Sports.

Bill Smith

WMRA World Veteran Mountain Running Championships

Ustron, Poland, 22 September 2001

from Danny Hughes

(Editor's Note: As I recall, Danny's literary style is both flowing and accurate - I assume, therefore, that the material below is reproduced verbatim from a Polish publication. If not then Danny has clearly been spending too much time abroad !!)

VENUE

Ustron is the town picturesque situated in the Podbeskidzie region in the Vistula valley in height of 340-450 metres. The first time mentioned in 1305, it was recognised as an Austrian health resort by national Government in Opava. Now there are 16 sanatoriums in Ustron providing good conditions for movement, respiratory, nervous and digestive systems.

Ustron owes its charm to the surrounding mountain ridges: Rownica - 884 m, Wielka Czantoria - 995 m, Mala Czantoria - 866 m. Unusual setting amidst the picturesque slopes of Czantoria and Rownica ridges provides excellent conditions for climbing skiing, biking and of course mountain running.

Three mountain running events are organised annually in Ustron to the summits of Rownica, Czantoria and 77 km trail around Vistula Quelle. There are also six more mountain races to the summits of important mountains in the region organised by the TRS Sila Ustron sports club with strong mountain running section.

For those participating in European Trophy in Miedzygorze visiting Ustron will be quite different experience. Ustron is a real spa town with 16,000 inhabitants and number of tourists spending here holidays or weekend stay.

HOW TO TRAVEL TO USTRON

By car from Vienna to Bratislava, then along E75 to Cadca and in Svrinovec turn right along 487 to Skalite (SVK) / Zwardon (PL) and then to Wisla and Ustron (round 335 km).

By car from Prague along E50 to Brno then along 462 to Olomouc, Frydek-Mistek and Cesky Tesin, through Czech/Polish border and Cieszyn to Skoczow and then turn right to Ustron (round 440 km).

By car from Dresden along E40 to Goerlitz then through German/Polish border to Wroclaw, Opole, Gliwice (always road to Krakow) then to Mikolow (road to Katowice). In Mikolow turn right to Zory, Skoczow, Ustron (road to Wisla) - 540 km.

By air the nearest airport is Cracow with number of travel connections with the main airports in Europe.

ACCOMMODATION

Local pensions, sanatoriums and hotels offer 6000 beds in Ustron meeting all expectations of the visitors.

PROGRAMME

Friday, 21.09.2001
Arrival of athletes and check in. 13:15 - start of W/M45
18:00 - opening ceremony 13:30 - start of W/M40
20:00-24:00 - welcome disco 13:45 - start of W35
Saturday, 22.09.2001 17:00 - presentation of medals
8:00 - 11:00 - check in and closing ceremony
12:00 - start of W/M70, W/M75 18:00 - 24:00 - farewell party
12:15 - start of W/M65
12:30 - start of W/M60
12:45 - start of W/M55
13:00 - start of W/M50
Sunday, 23.09.2001
11:00 - start of the open race on the Czantoria, 9,0 km, +635 m

COURSE

The course proposed for World Veteran Mountain Running Championships is 8050 m long with altitude + 605 - 115 m. It starts in Dobka (south part of Ustron) and ends at the summit of Rownica. First 300 m is asphalt then there are only forest roads on the slopes of Rownica.

WMRA Veterans World Mountain Running Championships Rules of Competition

ENTRIES

3.1 Entries, together with entry fee, must be made on an official form and received two weeks before the event takes place. No late entries will be allowed.

3.2 Evidence of age (passport or other) must be presented at the event when registering to compete.

3.3 Competitors must provide assurance that they are physically fit enough to participate by signing a declaration on the entry form to this effect

3.4 Entries will be accepted from individuals only. There will be no team event.

3.5 Entry to the event is open to all who are of the requisite age.

AGE GROUPS AND AWARDS

4.1 The competition shall be conducted only in the following age groups:

Age Male	Age Group	Female	Age Group
35-39	—	W35	
40-44	M40	W40	
45-49	M45	W45	
50-54	M50	W50	
55-59	M55	W55	
60-64	M60	W60	
65-69	M65	W65	
70+	M70+	W70+	

4.2 An athletes age group shall be determined by his date of birth. An athlete shall compete in the age group for which he/she qualifies on the day of the championships

4.3 Champions will be declared and medals will be awarded to the first 3 in each age group, provided at least 5 competitors start in that age group.

If less than 5 competitors start in an age group they will be automatically considered to be in the next viable (i.e. 5 competitors) younger age group.

The Joss Naylor Lakeland Challenge

The year 2001 will see the 10th anniversary of the first successful challenge run since Joss had set it up a year earlier. The first to complete the run from Pooley Bridge to Greendale Bridge in Wasdale was Don Talbot of Clayton-le-Moors Harriers. As a well established fell-runner, then MV60, he trotted round in less than fifteen of his allotted eighteen hours and thus set the ball rolling. In those days there were no schedules on offer for those who were tempted to try the run, whereas now any prospective challenger can study a safe, "get you round" schedule for their age group on request. There was perhaps more fun when there were no guidelines.

As stated in October, there are only two tankards to be presented at the dinner on March 10th at the Bridge Inn, Santon Bridge. I have been offered two reasons for the slow rise in numbers of this elite group of thirty-three vets. The first fell-runner, of some standing, said that it was because the route was neither very difficult nor very attractive compared with the BG. The second offering, also from a respected fell-runner, said it was because it was so challenging and of a higher calibre than the BG, with all the hard ground coming late on and no option of reversing the route.

You may take your pick from those two veteran thoughts on the subject and I suggest you suck it and see !! There is still time for a winter traverse before the dinner, if we have any more winter with starry skies, hard frosted ground and a moon to turn snow-clad fells into day.

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

Ten out of ten - Holmes scoops The Stoop !!

by Darby and Joan



Ian Holmes on his way to winning Auld Lang Syne with The Stoop in the background
(Photo Woodhead)

Babies." Even the bar code was specially done and if you swiped it, it read the date 17-12-00, every attention to detail being taken care of.

Reading the "Ten out of Ten" article in the last *Fellrunner*, it seems various runners thought it was a challenge, "come on and see if you can beat Ian Holmes". That wasn't the Woodentops, intentions, but even if it was they had full confidence in Ian's ability to rise to the occasion. Rivock Edge and David Staff over 40 winner, Steve Oldfield viewed it so and on the start line commented, "they've ganged up on an old man", regarding the quality record 228 strong field. (That from an athlete nearly 10 years older than the 35 year-old Holmes). Oldfield eventually finished a superb fourth overall, and has now won the over 40 trophy three times.

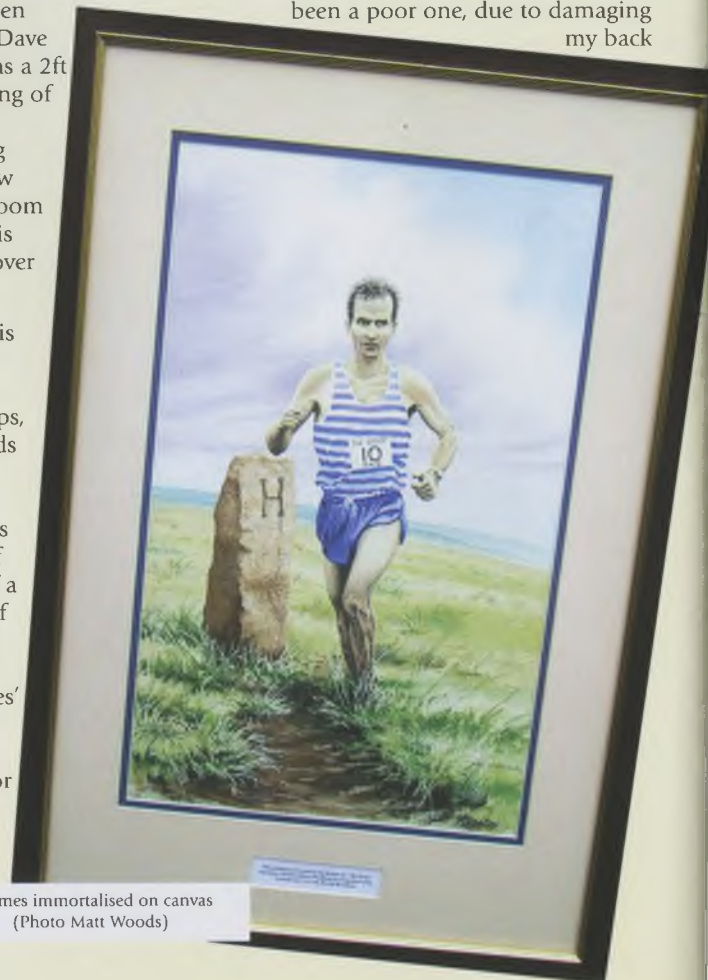
In contrast to Holmes' epic feat, Lisa Lacon claimed a first time victory in 68th overall. Little separated Lisa, Wendy Barnes and Kath Drake at the summit turn but on the descent Lisa always had the advantage. "In the past Kath has always overtaken me on the run in from the beck, this time I was determined it wouldn't happen. Even though I kept thinking I heard her footsteps closing in on me. My season has been a poor one, due to damaging my back

Yes, Ian Holmes made it ten straight wins at the Stoop race, thereby making it a perfect day for all concerned, runners, organisers and spectators alike.

Let's let the man himself tell the race story, "Salford's Jon Brown made a flying start, and on the way down to the beck crossing I had to keep telling myself not to give up and concentrate on just keeping it together and try not to panic. On the boggy climb I narrowed his lead and at the broken down standing stone on the water channel, Jon asked if that was the summit turn. I waved him onwards and upwards, shouting, "Keep going, keep going!" and knew he was suffering. Soon afterwards I caught him and knew by his laboured breathing to put an effort in now. By the summit boundary stone I was surprised he had crumbled so much and that Robert Hope was only yards behind. The descent is always interesting, as you have to avoid the uphill runners, and I always feel it favours the guy behind. Back to the beck little changed and from there it's a matter of just digging in, with around 7 minutes of the race left. I was shocked by the size of the crowd at the café, all chanting and cheering my name and informing me of my 20 yard lead. By the toilet block it was only 10 yards but I knew I couldn't lose it, that last climb, believe me, was hard and it was a mixture of pain and joy when I finally crossed the finish line, totally spent".

Ian's special reward for this unique achievement of a perfect ten from the race organisers, Dave and Eileen Woodhead, was a 2ft by 3ft water colour painting of himself rounding the Oxenhope Stoop standing stone. This painting is now centrepiece of his living room wall, and rightly so, for his outstanding run of wins over this his favourite race.

Everybody benefited by his win, special goody bags containing all of Ian's favourite treats, Skips crisps, mini mars bars, fruit salads and black jacks were presented to all finishers. The 'piece de resistance' was the inaugural winner Boff Whalley's contribution of a specially designed label of your favourite mints. The label design stated, "To commemorate Ian Holmes' winning streak at the Stoop, 'ONE-O for Holmes' mints suitable for fell runners. Ingredients: Mud, Blood, Sweat, Mars Bars, Peat, Heather, Rock, Alcohol, Jelly



Holmes immortalised on canvas
(Photo Matt Woods)



Stoop Junior Start with official starter Mark Brown - Paralympic Silver Medallist (Photo Woodhead)

at the Pendle race in April and after various medical tests hopefully I've solved the problem. It was a trapped nerve in the base of my back, which is now chronic due to the lengthy procedure, but specific stretching and strengthening exercises should see an improvement". Although Lisa says her year is poor it's seen a win at High Brown Knoll and second positions at Hodder Valley, Shelf Moor, Eccles Pike, Tom Tittiman, Erringdon Moor and Shepherds Skyline. To most of us that's success!

Besides Ian's special painting, he, Oldfield and Lisa Lacon all received a mountain of Crackerjack TV style prizes of a kilo tin of chocolate cookies, pooping reindeer, bottle of Bucks Fizz, selection box, metre of Cadbury's chocolate fingers, comical Christmas cake, Xmas lucky bag, novelty rock, 2 kilo tin of Miniature Heroes, large inflatable toy, choice off the table (normally a case of beer) and of course a bag of Brussel sprouts. All these must be carried by the appropriate winner, what you drop you lose!

Once again the race was videoed to be shown on the big screen in the Old Sun Hotel in Haworth, where, with your free soup and roll and sandwiches with some alcoholic lubrication, you could relax and laugh at your exploits.

Both junior and senior races were started by Paralympic marathon silver medallist Mark Brown of Clayton Le Moors Harriers, who also ran in the main race but was to give assistance to an injured runner on the return route. Mark's actual silver medal was on display at registration and probably needs a lot of polishing after virtually everybody took the opportunity to thumb

it, finger it and even a few kiss it! The actual GB vest Mark wore in Sydney and duly signed, was kindly donated to a free prize draw for all of the 62 juniors competing. The lucky recipient was the under 16 race winner Ross Whitaker from Nelson. Mark's day was a tiring one, as he signed all manner of things - the most popular seemed to be race numbers.

Once again a fantastic junior turn out of 62 competitors, with Bingley's Alistair Brownlee, 5-47, beating Mark Addison and Caleb Wetherall in the under 12's. Colne Park High athletes Anne Smith and Rachel Ingham dominated the under 14 girls, as is normal for any of the quarry runs. Preston's Richard Shuttleworth, 6-51, just won the under 9's with 3 seconds to spare over Duncan Lund of Settle, while in the

girls Jenny Addison, 7-41, reigned supreme over Eleanor Moore, 8-13, and Jenny Woods, 8-41. Jenny's younger sister Katie, only four, had her first taste of fell running, ably assisted by mummy Lynn to complete the testing circuit in 14-54, and collect her much deserved prize of a teddy bear.

It's amazing that only a few years ago these quarry runs were under threat due to lack of competitors. So, as a last ditch attempt, the Woodentops introduced the now famous goody bags and pop for all competitors, add in to this over 30 prizes for the young aspiring athletes plus spot prizes and you have success. The reward of all the extra work is hard to put into words but just take time out to come along and watch a Quarry run and you'll experience excitement beyond belief.

Dead heat in KIMM

The 2000 KIMM, held mainly around Black Combe and Dunnerdale in the south-west Lake District, was memorable for two reasons. The first was the absolutely atrocious weather over the weekend, especially on the first day, which saw a far higher than usual number of teams retiring and the second was the fact that for the first time ever the winning result in the Elite Class was a dead heat between the leading teams of Mark Seddon/Andy Trigg and Mark Rigby/Rob Jebb. At the midpoint campsite Mark and Andy were a good twelve minutes behind Mark and Rob but succeeded somehow in hauling this deficit back on the second day until both teams came into view together from the finish.

Despite all their efforts, neither team could establish an advantage on the final steep descent and the electronic timing was unable to separate them at the finish after two whole days of very arduous racing indeed !



Photo Peter Hartley

CELTIC CORNER

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

Scottish notes

by Mark Rigby and Keith Burns

SAF Scottish Hill Championship 2001

Alas, the series published in the FRA fixture list has had to be changed. Here's why:- The SAF introduced a new requirement that all championship races must have a SAF permit. This makes the already tricky job of choosing a championship so as to avoid 'clashes' elsewhere extremely difficult, as only about half of all Scottish hill races actually have a permit! Worse still, two of the races we originally chose for the championship later announced they wouldn't be taking a SAF permit after all, so we had to de-select them.

The championship is now:

Criffel (M; 11th March), Stuc a Chroin (L; 5th May), Eildon (S; 23rd June), Ben Rinnes (L; 28th July), Creag Dhu (S; 4th August), Merrick (M; 22nd September).

All except Creag Dhu are in the FRA calendar, as are quite a few others. We have also launched an expanded 'super-league' series (8 from 12 races) for those competitors (a vast majority!) who have no interest in internationals, etc. If you want our 'full details' 2001 Calendar, available February, send me £2 (cheques to Scottish Hill Runners). If you want our 'synoptic' fixture list send me a large SAE. (Mark Rigby, 332 Crow Road, Glasgow G11 7HT).

Scottish Hill Running in 2000

Hill racing up here continues to expand. There were more races than ever in 2000 (ninety-five) and more faces at them too. The domestic championship saw quality fields at all six races. John Brooks (Lochaber AC) was undisputed champion, celebrating his return from long-term injury with four wins in the four races he contested. Veteran Ronnie Gallagher (Westerlands) also had four wins and kept enough younger folk behind him to place third in the seniors too. Perennial Jim Knox won the superveteran category and Carnethy's Karen Powell was ladies champion. Carnethy's impressive strength in depth allowed them to win both men's and women's team titles. The Junior championships are decided at a single race, this year the Meldon hills near Peebles. Outstanding was 14 year old Marbeth Shiell of Carnethy who won the U18 race - and previously led the Scots lassies home in the World Trophy in Germany.

Men

- 1 John Brooks : Lochaber
- 2 John Coyle : Solway
- 3 Ronnie Gallagher : Westerlands

Veterans

- 1 Ronnie Gallagher : Westerlands
- 2 Martin Laing : Fife
- 3 Andy Spenceley : Carnethy

Superveterans

- 1 Jim Knox : Teviotdale
- 2 Dougie Milligan : Solway
- 3 Charlie Love : Dundee Hawkhill

Women

- 1 Karen Powell : Carnethy
- 2 Elspeth Scott : Westerlands
- 3 Jane Robertson : Westerlands

Veteran Women

- 1 Elaine Stewart : Cosmics
- 2 Lindsay Knox : Teviotdale

Junior (U18) Boys (single race)

- 1 Andrew Lemoncello : Fife AC
- 2 Euan Jardine : Fife AC

U18 Girls

- 1 Marbeth Shiell : Carnethy
- 2 Freya Murray : Lasswade
- 3 Angela Frame : Fife AC

Scotland also hosted two British Championship races this year, at Clachnaben and Two Breweries, where some of you were introduced to heather in large quantities. You'll meet some more on The Merrick next September! . . .

Internationally Scotland has done quite well too. John Brooks had an impressive victory at Knockdhu, our men came home from the European Championships in Poland with silver medals, and we celebrated our very own World Champion, Angela Mudge, in Bavaria (exactly ten years since our last).

Angela, of course, has been simply outstanding. The number of bruised male egos that have now been 'Mudged' in races increases alarmingly. Her 16th place at The Two Breweries was especially notable. Domestically, she sets new records almost wherever she puts her Walshes on, and gained a record 4th British title.

Scotland continues to provide the setting for 'big' challenges too. Most notable in 2000 of course was Charlie Campbell's epic run/bike/swim round the Munros in 48 days, for which he received the FRA Long Distance Award.

Finally our 2001 race calendar will appear in February, including for the first time a fairly comprehensive list of 'Highland Games' races (the equivalent of 'BOFRA' races :- fell running is a truly open sport nowadays, so why not list ALL racing opportunities together we thought.) Both the 'full details' version (£2, payable to Scottish Hill Runners), or the 'synoptic' fixture list (free for a large SAE) will be available from me; Mark Rigby, 332 Crow Road, Glasgow G11 7HT.

Details of our 2001 Championship appear elsewhere in this 'Fell Runner'.

Mark Rigby

Hill Runners and the Scottish Athletics Federation – What's going on.

The problem began many years back; but it wasn't a real problem because the rule fascists were so chaotic and hill runners were totally contemptuous of the rules. There was a rule that said if you competed in a race with a hill runner who was not a member of SAF then you lost your amateur status. We had all enjoyed racing against Roger Boswell (and still do) – so we all lost our amateur status. This meant nothing and was ignored because it was too embarrassing to deal with. The rule fascists could not enforce it of course. So this rule and many others became a joke. The rule fascists attempted to decree that a hill race in Scotland must have a "permit" from the Scottish Athletics Federation and, if it hadn't, anyone competing in it would be banned from amateur competition. Any non athletics club members competing in a "permitted" race had to pay a tax (called the unattached levy) to SAF; and even sillier, club members who were not SAF members could not compete on any terms! This was despite the fact that SAF had no constructive involvement in hill racing.

Hill runners did not see these silly rules as a threat worthy of their attention, only their contempt, until the new corporate-culture took over the administration of Scottish athletics. Scottish athletics, embracing hill racing, receives substantial public funds through the quango "SportScotland". SAF has full time professional staff to administer the funds and manage the sport. The terms of the public funding require, not unreasonably, financial input from the participating clubs. This has led to the recent imposition of a per-capita levy on athletics clubs. Most mainstream athletics disciplines do not object to this because they relate it to the services they get (e.g. stadia, coaches, trackside officials etc). But most hill runners cannot see why they should pay such a levy (£7 a head *plus* their SAF membership fee of £13) because they don't see funds flowing back into hill racing.

In November 1998 hill runners woke up to a battle cry from Ronnie Gallagher at the AGM of Scottish Hill Runners (the independent hill runners' group which performs a similar function to the FRA – and many feel should be part of the FRA). Ronnie propose that we should fight SAF's attempted imposition of unjustified per-capita levies and their closed-shop attitude to hill racing. Carnethy Hill Running Club forced a SAF EGM in January 1999 at which the SAF proposal to prohibit competition in "permitted" hill races for club members who were not members of SAF was thrown out by an enormous majority vote. The protest continued at the SAF AGM in July 2000, where an attempt was made by hill runners to replace the large per capita levy on athletic club members by a more equitable pay-as-you-race arrangement. This failed by a margin of a single vote after three recounts. The failure was largely the fault of hill running clubs who couldn't be bothered to send a representative to debate this important issue.

Over this period, SAF's Hill Running Commission has continued to argue from

the inside to secure the reforms we need (better inside the tent pissing out than outside pissing in). The struggle continues. From north of border we hear of the protests down south (over similar levies which pale into insignificance compared with what we are fighting up here). You seem to be heading for similar struggles.

As long as mainstream athletics fails to understand the different nature and requirements of hill racing, the rule fascists will fail. Their bottom-line mentality needs to change. For too long they have wielded the stick rather than the carrot. There are signs that they are beginning to listen; but it's taking a lot longer than some of us thought it would back in November 1998 when Ronnie Gallagher came down from the hills calling us all to battle. Our biggest hazard is complacency.

Hill runners must not ignore these issues just because they're tedious !!

Keith Burns

Notes from Wales

by John Sweeting

Dave Jones had a good idea - more information/articles from the Celtic fringe in the Fellrunner. Then he spoilt it by suggesting me as Welsh correspondent! Never mind, it's a start. So a few points to kick it off. The main one, and the one that is holding back progress in Wales, is the distorted idea many runners seem to have that fellrunning is about getting out on the hills and enjoying yourself. Wrong! It's about committees, constitutions, meetings, minutes, agendas, points of order, motions - in fact, if you really take the sport seriously you won't have time for running. To put it another way, whether we like it or not, there's a lot to do and discuss if our sport is to survive the way we Fellrunners want it to - and the most important thing is that it needs to be run by FELLRUNNERS and that means more volunteers and, yes, a COMMITTEE (aghhh!).

Secondly, please see the end of this article for correct details should you want to get in touch, or send articles, letters, etc. for the Welsh section of future Fellrunners. I moved two years ago, but obviously didn't tell the right people, so the information in the 2001 FRA Calendar (page 83) is a bit out of date!

AAW and Welsh Fellrunning

A brief history "lesson". Since I wasn't there for most of this, I wait to be corrected, but meanwhile this is my view of recent developments. A few years ago, life went on in what seemed to a simple fellow like a good way of organising a sport, i.e. we were all in the FRA and when it was unavoidable had meetings to discuss relevant matters. Otherwise we got on with a bit of training and racing and, the way I remember it, quite enjoyed ourselves. Then I guess someone thought it was broke so decided to fix it! In Wales it seemed to have a lot to do with International Funding, and the mess BAF was in but, whatever the reason, we found

ourselves no longer part of the FRA and decided that we had to wind up the WMRA (Welsh Mountain Running Association) and join the AAW. This was not a step taken on the whole with much enthusiasm and was a bit distorted by some personality clashes! It also had the misfortune to coincide with a reorganisation in Welsh Athletics, which streamlined the committee structure while imposing a Registration scheme at the rate of £10 per annum for senior athletes. Fellrunning representation in the AAW consisted of a Secretary on the Management Board and this person, plus one other elected representative (plus a statistician) on the Endurance Committee (X-country, Road Running, and Fellrunning). With the voluntary demise of the WMRA, this meant two individuals taking on the responsibility of running the domestic sport, without a Committee involving other fellrunners dedicated to this purpose. Perhaps not a recipe for success.

I have attempted to fulfil the secretary's role for the last two years, and have to report that it was a pretty disenchanting experience. The way I see it, a committee meets to discuss matters of COMMON INTEREST and I found virtually nothing that fulfilled this criterion (except fighting for our share of International Funding from Sports Council) on the Management Board and very little (except fixtures information and International matters again) on the Endurance Committee. As regards the Registration Scheme, my understanding is that this is meant to fund the grassroots sport, while Internationals are covered by Sports Council on a sort of matched-funding basis (plus athletes' contributions) and, since domestic fellrunning remains a self financing sport, heavily dependent NOT on AAW but on a band of heroes (male and female) who organise events or stand on top of mountains offering whiskey to weary competitors, what are we paying for? It is perhaps not surprising to find that there is a little opposition to the Scheme!

So, where from here? Last year we took a tentative step, and held a meeting in Dolgellau which in principle re-launched the WMRA. This was not quite a revolution, as it was intended to exist as a sub-committee of the AAW Endurance Committee and take responsibility for running the grassroots sport. However, revolution or no (possible Agenda item), it has not been taken any further. This is no doubt due in part to my inefficiency but there has also been a noticeable lack of pressure from others in Wales. The situation has now become somewhat more urgent as Adrian Orringe and I both declined to stand again for the AAW positions we previously held at the AGM last October, so there is currently no specifically fellrunning representative on any AAW Committee. I don't think this can continue indefinitely!

I look forward to feedback/proposals on this and to reading other contributions, especially from Scotland, where they seem to be well ahead of us in the debate. And if someone could draw an "Organisation Chart" to show where all the different bodies fit together (and what PST stands for) I would be very grateful.

Open Championship 2000

One effort to improve the level and breadth of competition in our area (which by the way in my opinion is Wales and the West of England, not just Wales) was an experiment with an OPEN Championship last year. The result was calculated using a variation on a North Wales system, based on times rather than positions. Runners' scores are calculated as a percentage difference from a standard, which is the average time for the first five finishers. Figures are adjusted (subtracted from 100) to give fast people BIG scores rather than little ones, and then totted up as usual. And everybody scores - which is nice for people like me! Comments would be welcome.

Welsh Calendar 2001

This is in (slow) progress and I hope to have it ready by early February. Following a noble tradition, all Race Organisers will get one free, to anyone else it's a pound. Contact details below.

John Sweeting

Lower Lodge, Cynghordy, Llandoverly,
Carmarthenshire, SA20 0LD
Tel: 01550 721086
Mobile: 07929 021897
E-mail: john@grottoview.demon.co.uk

2001 International Races - Welsh Selection information.

For full details (e.g. eligibility criteria) contact:

Men's Team Manager

Adrian Woods 01495 791754
01495 766307 work
07980 682038 mobile

Women's Team Manager

Sharon Woods 01495 791754

Assistant Team Manager

Mike Blake 01286 673102
07778 145144 mobile

Knockdhu (12th May)

Selection based on form up to 29th April

European (1st July)

Selection race Llanberis - 10th June

Black Forest Teenager Games (7th & 8th July)

Selection race Llanberis - 10th June

Snowdon (28th July)

Selection on current form, and previous experience

World (15th & 16th September)

Selection race in conjunction with Elidir race - 19th August

Home Countries Junior (7th October)

Selection race in conjunction with Elidir race - 19th August

Welsh AAW Championship 2000 - summary

Pos.	Name	Club
MALE		
1	Colin Donnelly	Eryri
2	Pete Maggs	MDC
3	Don Williams	Eryri
MALE 40		
1	Colin Donnelly	Eryri
2	Pete Maggs	MDC
3	Don Williams	Eryri

MALE 50

1	Don Williams	Eryri
2	Dafydd Whiteside-Thomas	Eryri
3	Olly Burrows	Eryri

MALE 60

1	Peter Norman	Wrexham AC
2	John Carson	Eryri
3	Cledwyn Jones	MDC

OPEN

LADIES

1	Sam Bretherick	Preseli
2	Victoria Musgrove E	Eryri
3	Andrea Goode	Bro Dysynni

LADIES

V40

1	Victoria Musgrove	Eryri
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NIFRA News

by Ian Taylor

Last year Northern Ireland Fell Runners celebrated 21 years of organised races with a re-run of one of the original routes, over Cavehill, last April. Billed as a handicap fun run, with celebration supper in Belfast Castle afterwards, no one was surprised when the winning time was 10% slower than the old record. The good news is that three of the founder members are still active vet 50 runners, with Jim Patterson gaining the British Championship vet 50 bronze medal last year. Denis Rankin, another founder member, is better known as Mourne Mountain Marathon organiser, but was also vet 50 Champion in the midweek Hill & Dales series. Jim Hayes, still a NIFRA committee member and taking his running easy in 2000, is race organiser for the Spelga Skyline British Championship long race on 21st April.

In the NIFRA Championship Brian Ervine regained the Open Men's title, which he last won in 1998. In 1999 he was third behind Robbie Bryson and Deon McNeilly. Robbie has more often been seen racing on a bike recently, apart from when he's planning fiendish courses for the Mountain Marathon. Deon appears occasionally, sufficiently high up the results to remind everyone that he could be winning if he trained more. Neil Carty was second in 2000 but at the recent Boxing Day race gave notice to Brian that he will be a force to be reckoned with in 2001, beating Brian by 13 seconds. Shileen Donnelly won the Open Ladies category in both the NIFRA Championship and the Hill & Dales series, as well as the All Ireland Championship. To raise her standard further she needs to take part in British Championship or similar events. Congratulations too to Scots Pete Baxter and Elspeth Scott from Peebles, who also completed our Championship.

A mere long event is just a warm-up for NIFRA member Robin Ferry. After running the 500 mile Ulster Way in 1999, he was a British Team member in the Augrabies Extreme Marathon in South Africa, covering 148 very hot miles – at one stage needing a saline drip to recover! John McBride, Greg Clarke and Frazer Crawford have added Adventure Racing to their repertoire (and to judge from the Hi-Tec series on TV are not the only fell runners participating), with a third place in the Adrenalin Rush in June. An attempt to repeat their success in the Lake District with Karen Powell was literally a washout. Locally, Brian Ervine at last found a Mountain Marathon partner in Mark Rigby, whom he was unable to wear out, comfortably winning the Elite class from fellrunners/orienteers Steve Linton and James Logue. Despite complaints about too many events for top runners, it is noticeable that both Brian and Mark were happily at the World Trophy one weekend, won a Mountain Marathon a week later and followed it by the Two Breweries Long Championship race on a third weekend.

This coming year we look forward to the British Championship Long Race over an extended Spelga Skyline course (details elsewhere). The date of 21st April is early enough for ferry travel to be fairly cheap. Updated information will be posted to any who requests it, or it is available from the NIFRA web site <http://www.nifra.org.uk/>. Later on in October we host the British Junior Championship using the Cavehill course overlooking Belfast. Visitors to either event will be most welcome.

FRA NEWS

MINUTES OF THE ANNUAL GENERAL MEETING HELD AT BARLEY VILLAGE HALL, BARLEY, LANCASHIRE,

ON SATURDAY 18 NOVEMBER 2000.

- 32 members PRESENT and APOLOGIES from B Martin, J Broxap, M Rigby, K Westley, D Hodgson, B Dearnaley, S Wright, D Richardson, T Hulme, N Denby, J Smith, M Patterson, P Cadman, R Robson, R Bergstrand, J Prowse, D Holmes.
- MINUTES OF 1999 AGM. Adoption prop: P Dyke, sec: A Barlow.
- CHAIRMAN said that he was standing down as chairman, and thanked all the members of the Committee for their work over the past three years; in particular Neil Denby, who was standing down as Magazine Editor, and Chris Knox, for all his work regarding the Access Bill. He commented on the reports of runners being abusive to officials at races, and urged that everybody should make the effort to keep the sport friendly. This is the FRA's 30th year; we should look forward to the next 30.
- SECRETARY issued a written report to all present.
- TREASURER distributed and reported on audited accounts for the year ending 31 July 2000. Dave Woodhead asked about the funding of the British Relay Championships medals, and Mike Rose stated that these had been funded by the FRA, because the UKA had insufficient funds for medals, and because the FRA was looking after its membership's interests. It was also pointed out that this transaction had occurred outside the year being reported. Adoption prop: P Sanderson, sec: W. Dodds.
- MOTIONS
 - That FRA Rules For Competition, Rule 8, be amended to incorporate "To be eligible to count in British and English Championships, English athletes must be registered with a Regional AA or be members of the FRA".
Prop: the Executive Committee. Following a discussion, **Motion carried.**
 - The FRA negotiates to get the best possible financial deals from the Regional AA Registration Schemes. We want to see the maximum amount of money finding its way back into Fell Running. *Prop: Bob Berzins (Dark Peak FR), sec: Dave Holmes (Dark Peak FR).* Mike Rose stated that this is current FRA policy. **Motion carried.**
 - The FRA consults with the grass roots fell runners throughout the UK and looks into alternative ways administering sport, including the possibility of dis-association with the Regional AAs, and reports back to the membership outlining the different options available and recommending a course of action. *Prop: Bob Berzins (Dark Peak FR), sec: Dave Holmes (Dark Peak FR).* This provoked a lot of discussion. After reassurances that the FRA would monitor the situation to ensure that the relationship with the Regional AAs is operating in the membership's best interest, **Motion defeated.**
 - That the FRA set up a fund for international fell support of our leading men and women, for an event/events of the terrain nature of championship fell races; for next year a sum of £3000 is suggested. *Prop: Dennis Quinlan (Bingley), sec: Jo Prowse (Keighley & Craven).* Following a discussion, **Motion defeated.**
- LATE MOTIONS
 - That FRA Constitutional Rules be amended (a) references to BAF read UKA, (b) paras 2 and 3 omit references to FRA club affiliation which has not been available for a number of years. *Prop: Mike Rose (Ambleside), sec: Dave Jones (Pennine).* After a very brief discussion **Motion carried.**
 - That the Junior Development Fund be renamed the Young Athletes Development Fund, and a sum of £3000 be transferred from the General Fund for the continuing encouragement and development of junior competition, but also extending to the under 25 age group. *Prop: Mike Rose (Ambleside), sec: Dave Hodgson (Fellandale).* After a discussion, **Motion carried.**

8. **ELECTION OF OFFICERS AND COMMITTEE.** The meeting thanked Richard Day for his Chairmanship, and presented him with a small token of their gratitude.

a) **Officers.** The following Officers were elected **unopposed**.

Chairman - Alan Barlow.
Secretary - Mike Rose.
Assistant Secretary - Alan Brentnall.
Treasurer - Tony Varley.
Membership Secretary - Pete Bland.
Fixtures Secretary - Dave Jones.
Magazine Editor - Dave Jones.
Championships Coordinator - Jon Broxap.
Statistician - Brian Martin.
Environment and Access - Chris Knox.
Press Officer - Bill Waine.
Coach - Norman Matthews.
Junior Co-ordinator - Dave Richardson.

b) **Club Representatives.** Four seats. Only two advance nominations.

The following were elected **unopposed**.

Jackie Smith (Dark Peak FR),
Neil Denby (Dendy Dale Travellers).

c) **Membership Representatives.** Four seats. Four nominations.

The following were elected **unopposed**.

Linda Hannah (Rossendale) - prop: Mike Rose, sec: Tony Varley; Brett Weeden (Keighley & Craven) - prop: Neil Taylor, sec: Norman Matthews;
Neil Taylor (Ilkley) - prop Norman Matthews, sec: Richard Day and Peter Dyke. (Dark Peak FR) - prop Bob Berzins, sec Dave Holmes.

9. **OTHER APPOINTMENTS.** The decision regarding the delegate to the World Mountain Running Association is to be left to the Committee. Delegates to other bodies were elected by **general consent** as follows: AAA of England - Bill Waine, North of England AA - Mike Rose, Midland Counties AA - Bill Waine, South of England - Sam Kirkpatrick.

10. **AUDITOR.** Neil Hindle, prop: Alan Barlow, sec: Norman Matthews, accepted as Auditor by **general consent**.

11. **CHAIRMAN CLOSED THE MEETING.**

MOTIONS FROM THE ANNUAL GENERAL MEETING HELD AT BARLEY VILLAGE HALL, LANCASHIRE ON SATURDAY 18 NOVEMBER 2000.

British and English Championships

The committee put a motion that "To be eligible to count in British and English Championships, English athletes must be registered with a Regional AA or be members of the FRA. The meeting agreed that those wishing to contest the championships should be contributing to the cost of managing our sport. Indeed, we would urge all English fell runners to join the FRA, join a club, and register with the appropriate Regional AA. The motion was carried.

Regional Registration Schemes

A motion from Dark Peak FR asked the FRA to negotiate to get the best possible financial deal from the Regional AA Registration Schemes. This is current FRA policy and the motion was carried.

A further motion from Dark Peak FR sought a comprehensive exercise seeking alternatives to registration and the possibility of breaking away from the UK Athletics (UKA) regional structure.

The North of England Athletics Association (NEAA) is an association of athletic clubs which democratically agreed a Registration Scheme. It is not for the FRA to get involved unless there is a serious implication for its members. The club affiliation + registration fee is around £2.70 per athlete per annum and can hardly be described as onerous. The greater the number of registered fell runners, the greater the NEAA contribution to the FRA.

Representatives of both Dark Peak FR and Northumberland FR spoke of their members' concern that money collected from club subscriptions together with the registration fees was primarily funding the NEAA administration and other athletic disciplines. What does fell running get out of it? What is the benefit to our club members?

An interesting discussion developed and the general feeling was that the objectors to the scheme were taking a very narrow view. The motion was defeated.

International Funding

There is a long standing perception that the vast majority of our members would not appreciate their subscriptions being used for the benefit of a small number of top runners. England Teams are financed, not from general funds, but by the Athletic Association of England, for which we are very grateful.

A motion by Dennis Quinlan asked the FRA to put £3000 into a fund to finance leading men and women at international events. He said he was thinking particularly of Kinabalu, and of those athletes who don't quite make team selection.

During discussion it became clear that those present thought this was a lot of money to be spent on only two or three athletes and the motion was defeated.

It would be interesting to have feedback as to whether our members think we should be more flexible in financing a few elite runners in international competition. Would members be prepared to pay an increased subscription?

Constitutional Rules

A late motion by the FRA Secretary sought approval to update the Constitution to reflect the formation of UK Athletics and also to omit references to club affiliation, which has not been available for a number of years. This motion to tidy up the Constitution was carried.

Junior Development Fund

There is very strong junior competition in fell running, not so strong at Intermediate level, and virtually non-existent in the 21 - 30 age group. We will be addressing this issue during the coming year and hope clubs will also give the matter some attention and let us have their views.

With this in mind, a late motion by Mike Rose and Dave Hodgson asked that the Junior Development Fund be re-named the 'Young Athletes Development Fund', and that it be topped up with £3000 from the FRA general account. The fund should continue to be used for the encouragement and development of juniors but also extended to benefit athletes (say) under 25. The motion was carried.

BELIEVE IT OR NOT !!

Four or five lady members of Pennine Fellrunners were recently out for an early Saturday morning run over Kinder Scout and were on their way back down to Hayfield when they passed a group of elderly male walkers. As they went past they sang out a cheery "Good morning" (as you do) to be met with a grunt and then the shouted reply to their speeding backs - "Shouldn't you all be out shopping !!" Chauvinism is clearly still alive and kicking in the Peak District.

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The South Pennines Grand Prix 2000

by Allan Greenwood

Wrench and Lacon add prestige to local series

Andrew Wrench of Todmorden Harriers and Holmfirth Harrier Lisa Lacon won the overall awards in the popular South Pennines Grand Prix.

The 2000 series consisted of twelve established fell races, all featured on the Ordnance Survey 1:25000 Outdoor Leisure Sheet 21 ("South Pennines") and to qualify for the final awards, participants had to complete at least eight.

Engraved glassware was presented to all five veteran year category winners, male and female, and in line with the 'reward for persistence rather than performance' approach of the organising team, all those who qualified received a very attractive item of Lakeland pottery engraved with the series' logo.

The series was managed by Keith Parkinson and Allan Greenwood, as well as another four individual race organisers, and the Grand Prix standings (an incredibly complex and time consuming exercise) were worked out by a computer whizzkid by the name of Bob Hamilton. His commitment and expertise proved invaluable in helping to hold this venture together. Thanks Bob.

The Grand Prix kicked off in January with the arduous Ovenden race over eight miles from the popular venue of Ogden reservoir near Halifax, West Yorkshire, Bradford Airedale veteran Steve Oldfield taking maximum points as he got the better of Todmorden's Karl Smith and 1999 SGP champion Chris Seddon from Horwich, while Bingley Harrier Sharon Taylor led the way in the women's category with West Pennine's Marion Dixon and Ann Lloyd of Bradford's St Bedes AC close behind.

Things were soon to change however as Smith got the better of Oldfield by one place at race two, the 6 mile scenic, rough, cross country Ogden Moors race from the same venue a month later, though the pair finished third and fourth respectively behind Paul Dobson of Leeds City and Pudsey's Gary Oldfield.

Having only completed one race the latter two runners were in the league table, but in 57th and 58th places, well adrift of regular middle of the field runners who had done both races - reward for persistence !

Sharon held her lead after Ogden, though Ann Lloyd moved into second place, with Jane Smith of Bingley in third, just ahead of Marion.

The 4 mile classic lungburster Flower Scar race at Todmorden came next, swelling the Grand Prix table to 366 participants. Bingley International Andy Peace won the race, though as it was his first 'series' event, he came into the Grand Prix at position 94.

Bob Hamilton, the veteran from Ilkley who runs for Wharfedale AC had been quietly biding his time, completing the races, and finishing consistently within the top 20 places. Eighth at Ovenden, eighteenth at Ogden and twelfth at Flower Scar were enough to put him into pole position in the league, and, of course, he was now leading the vets' (Yes Bob is our computer whizzkid, though I trust him implicitly!)

Smith and Oldfield missed the latter race, so dropped to 18th and 19th in the table.

Now with three races under her belt, Marion Dixon moved well into the lead as her three closest rivals missed this race.

Bob Hamilton held onto his lead for a couple of races, with West Pennine's Neil Holding moving up to second. Holding continued to show consistent good form over the ensuing races, Tom Tittiman, the Wadsworth village gala race in June and Erringden Moor over eight miles from Mytholmroyd - hence, after the seventh race, the long established Stoodley Pike race from Lumbutts, Holding was a clear leader.

Neil, who had completed every race in the series so far, held onto his lead after Turnsack at Rochdale in July, and after The Churn Milk Joan in August, but Todmorden's Robert Glover took over the lead after race ten, the navigation race High Brown Knoll from Mytholmroyd in October.

The Women's competition had changed dramatically however, as Todmorden's Sue Beconsall and Lisa Lacon of Holmfirth had been quietly ticking the races off, though their names had been lower down the ranks as their tally of races was less.



Andy Wrench (Todmorden) overall Grand Prix winner seen here winning Gale Fell (Photo Les Houghton)

After High Brown Knoll however, Sue finally got her eight in and took the lead, though she would miss the final two events while running in the New York Marathon.

At this stage, Lisa, with only six races completed, lay in fifth place behind Sue, Marion (also eight races completed), Helen Allcock of Todmorden and Ann Lloyd (both on seven).

After the aforementioned Tom Tittiman race, on a beautifully sunny day in June, Todmorden's Andrew Wrench had expressed an interest in the series. He recognised that they are low key, well organised races, runnable courses over mixed terrain, with the typical laid back, friendly atmosphere we sometimes take for granted.

Two races remained and Robert Glover had had his glory, copied the league sheet and pinned it on his wall.

Now it was time for business. Andy Wrench took the Gale race by the scruff of the neck and powered to victory. Would this be enough to give him overall victory, indeed could he avoid injury, sniffles or any other distractions before his essential final race ??

Lisa Lacon had been ill, missing a few of her favourite races while she struggled to regain fitness. The Gale race saw her back in fine form, as she pushed Saddleworth's Lucy Whittaker all the way round, just losing out by a few seconds in the end.

The final race would be The Shepherd's Skyline a week later, though results take a while to type up,

BELIEVE IT OR NOT !!

The well-known and much beloved clothing/equipment retailer Tony Hulme of "Running Bear" (note the name carefully) has been approached by a Naturist running club in the south of England who are enquiring about possible sponsorship for their events - "Because the name seemed appropriate". When Tony discreetly asked exactly how he could sponsor such events he got the reply - "Well we still have to wear socks and shoes, don't we !" This of course raises the question - "But where (and how) do they put their numbers ??"

BELIEVE IT OR NOT !!

A leading equipment shop (which will have to remain nameless) recently gave two pairs of Walshes to a regular customer who wasn't sure of his size. He took them away and, in due course, returned one of the pairs, still in its poly bag, to the shop, where it was put back in the store with all the others. A week later a young lady assistant complained about the smell in the store room and, after a lengthy search, it was tracked down to the returned Walshes. The bag was opened, the Walshes upturned and out slid a hideously decomposing mouse !! Question a) "How did it get there in the first place??" Question b) "What happened to the Walshes??" It has been forbidden to print precise details but anyone who has recently purchased a pair of size 8 Walsh Trainers and who has noticed an unusual perfume of disinfectant mixed with Air Freshener

send by e-mail to the computer genius who works out the overall standings and print out, so no one knew the penultimate positions until they were pinned up at registration in The Shepherd's Rest Inn.

Andy Wrench simply had to complete the final race to earn himself the overall winners' spot and accompanying glass tankard, but did he jog round.. ?? ...not likely, he gave Pudsey's Rob Hope a hard time and only just lost out in the run in to take runner up spot and overall South Pennines glory.

Lisa also ran a fine race and took the overall trophy ahead of Sue, who won the over 40's and Helen Allcock.

The third series will be organised by Keith Parkinson of Todmorden and I am very excited at the prospect of the introduction of some well established events into the series.

Keith has changed the format to 'best five from seven' and the first race will be the Ogden Moors race on the 3rd February, finishing in October with the navigation event, High Brown Knoll.

The presentation will take place again at the Shepherd's Rest, though the Skyline race will not count - it will be a bonus run before the awards ceremony !!



Ken Taylor (Rossendale) V50 Grand Prix winner
(Photo Allan Greenwood)



Sue Becconsall (Todmorden) LV40 Grand Prix winner
(Photo Allan Greenwood)

South Pennines Grand Prix 2001

RACE 1 Sat Feb 3rd... (11am) OGDEN MOORS RACE
6 miles / 700 ft C Med

"Tough, but runnable course on scenic moors & bridleways". From Ogden reservoir, Causeway Foot, off A629 main Halifax to Keighley road, near Denholme (GR 064 306).

RACE 2 Sat Mar 3rd... (12 Noon) NOON STONE
9 miles / 2300 ft A Med

Severe, pure fell runners course, previous experience essential. Starting from Top Brink, Lumbutts, nr Todmorden, Lancashire (GR 956236).

RACE 3 Wed May 2nd... (7-15pm) FLOWER SCAR
4 miles / 1100 ft A Short

Punishing climbs and woodland return. Sourhall Inn, Todmorden (GR 929 250).

*** PLEASE NOTE NEW VENUE !!! ***

RACE 4 Tues June 5th (7-15 pm) WAUGH'S WELL
4 miles / 1000 ft A Short

A delightful mid-week race over Whittle Pike (the hill with the giant wooden cross). Registration (and all proceeds to:) Bleakholt animal sanctuary, Turn Village, two thirds of a mile out of Edenfield, on the A680 Rochdale Road (GR: 806186).

RACE 5 Tue July 10th (7-30pm) STOODLEY PIKE
3 1/2 miles / 700 ft B Short

Long established race to the famous monument and back. From Top Brink Inn, Lumbutts (GR 957 235).

RACE 6 Thu Sept 6th (6-45 pm) HADES HILL RACE
5 miles / 1200 ft B Short

A veritable 'big dipper' of a run, over wonderful rolling Lancashire hills. From Taylor Street, Whitworth, near Rochdale (GR: 885177).

RACE 7 Sun Oct 7th (11-00am) HIGH BROWN KNOLL
6 1/2 miles / 1050 ft B Med

Steep climb & descent with navigational section. From Dusty Miller Inn, Burnley Rd, Mytholmroyd (GR 013 261).

AND FINALLY...The prizegiving afternoon, with a **NON SCORING** race thrown in for good measure (and no doubt a bumper knees-up with Keith's music machine blasting out)

Sat Nov 4th (2pm) ..**SHEPHERD'S SKYLINE** 6 miles / 1150 ft B Med

Tough, rough end to fell season visiting Stoodley Pike. From the Shepherd's Rest Inn, Lumbutts (GR 945 232).

SOUTH PENNINES GRAND PRIX 2000 - FINAL POSITIONS

1	ANDREW WRENCH	TODMORDEN	
2	MARTIN LEE	ROSSENDALE	
3	ROBERT GLOVER	TODMORDEN	
4	ROBERT HAMILTON	WHARFEDALE	V 40
5	NEIL HOLDING	WEST PENNINE	V 40
6	KEN TAYLOR	ROSSENDALE	V 50
7	DAVE BEELS	CALDER VALLEY	V 45
8	RAY HOLDSWORTH	NORTHERN VETS	V 40
9	MARTIN ROBERTS	TODMORDEN	V 40
10	STEVE CURTIS	UN ATT	
19	LISA LACON	HOLMFIRTH	L
23	SUE BECCONSALL	TODMORDEN	LV40
32	HELEN ALLCOCK	TODMORDEN	L 35
39	JANE SMITH	BINGLEY	LV 40
40	ANN LLOYD	ST BEDES	LV 35
47	MARION DIXON	WEST PENNINE	L
57	REBECCA WHELAN	BINGLEY	LV 35
59	JANE COURTNEY-MUMBY	ST BEDES	L
62	TED MADEN	PENNY LANE	V 60

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Martin Stone's *Long Distance News* Summary - Jan 2001

A shortage of space in the Autumn magazine prevented the reporting of many of last summer's bumper crop of long distance achievements - this has been rectified in the Summary which follows !.

FRA LONG DISTANCE AWARD 2000

There were no shortage of candidates for the award last year following a revival of interest in long days out on the hills. The panel of long distance 'enthusiasts' voted for Charles Campbell who in 48 days 12 hours set a new record for the completion of the Scottish Munros on foot, by bike and swimming from Mull & Skye to the mainland. The award was presented to Charles at the annual FRA Dinner.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, Sleagill, Penrith, CA10 3HD, Tel: 01931 714106, Fax: 0870 1685749, Email: martin@staminade.co.uk*

THE 4 PRINCIPAL SUMMITS OF WALES - TOM GIBBS & KERI JAMES

This is an edited note from Tom: "Just thought I would drop you a line with details of a traverse that Keri and I have just completed for your Long Distance page. As far as we know, this is a record and also a damn fine route! Starting at Storey Arms and finishing at Pen-y-Pass it takes in the 4 main mountains of Wales, Pen-y-fan (highest in South Wales), Plynlimon (Source of Severn and Wye), Cadair Idris (The most mystical and perhaps the most impressive mountain in Wales) and Snowdon (The Highest). We did a linear route over each Mountain (rather than back down to the same point) as this fits in more with the ethos of a traverse. Road bikes were used between the peaks.

Our route took us up over the Sennybridge Range to Builth Wells then up the A470 to Llangurig then the A44 to just south of Plynlimon. Descent off Plynlimon to Nant-y-moch reservoir and an awesome descent into Tal-y-bont on the coast. From there up to Machynlleth and past Corris to Minffordd at the base of Cadair. Over Cadair and down the Foxes path to the bikes. Up the A470 to Maentwrog, a few back roads to Beddgelert then to Rhyd-Ddu. From here we climbed straight up Snowdon and down the Pyg Track (weather was too bad to hunt for the Miner's track).

The final statistics are 23 miles of running with 8,500ft climb, 120 miles of biking with 7,000ft climb. The record from Summit to

Summit is 12hrs 32mins and from Storey Arms to Pen-y-Pass 14hrs 26mins. We had excellent weather all the way to Snowdon, where we were the only people on the mountain (that doesn't happen often!). We were supported ably by Phil Brown and Mike Cosslett, who joined us for the runs. There is certainly time to come off this route - our original schedule was 12 hrs for the entire route and if it wasn't for the dark, rain and heavy cloud on Snowdon we would certainly have been quicker"

DARK PEAK WRECKS 100 MILES - JULIAN RANK & ANDY SHAW

Julian and Andy have written an article "Wrecked in the Dark Peak", a summary of which will, hopefully appear in a later edition of this magazine, about their 100 mile run from Marsden, during which Julian and Andy linked together the 63 aircraft crash sites that now litter the hills of the Dark Peak. They have spent 3 years searching the moors for all traces of anything that looks like it could have flown. Their run took them 31 hours and included about 16,000ft ascent.

SCOTTISH 4000'S BIKE/FOOT - JOHN COYLE, PAUL MCCLINTOCK & DUGGIE GILLESPIE

This route has until recent years been tackled most often on foot as an 83 mile run with 17,000ft ascent from Glen Nevis Hostel to Glenmore Hostel, climbing the Lochaber 4 Munros, Ben Nevis, Carn Mor Dearg, Aonach Beag and Aonach Mor followed by a 50 mile run across lower cols via Dalwhinnie to Glen Feshie. From there it climbs onto the Cairngorm plateau for 21 miles and 6,500 feet of climbing, taking in Cairn Toul, Braeriach, dropping into the Lairig Ghru, Ben Macdui, Cairngorm and finishing at Glenmore Lodge.

There have been a number of recent attempts, which use a bike for 60 miles to link the two mountain ranges. The record of 12hrs 35mins for this version is held by Mark Hartell and his route involves 32 miles/13400ft on foot and 61 miles by bike. This year Paul McClintock and Duggie Gillespie made an attempt on 29th July. Like Mark they started from Glen Nevis and enjoyed decent weather for the Lochaber peaks. Not long after beginning the cycling section they were riding through monsoon like rain as they headed through Newtonmore with a large amount of surface water on the roads. Surprisingly this didn't hamper their progress too much and even though Duggie had punctured, they climbed out of Glen Feshie on foot heading into the Cairngorms just about on Mark's schedule. Paul tired and Duggie headed off to clinch the record. Angel's Peak has recently been upgraded to a Munro and this is visited en route from Cairn Toul to Braeriach, but it only adds a few minutes to the route. Duggie made a poor decision and lost time descending to the Pools of Dee col at the head of the Lairig Ghru while Paul took a direct line for Ben Macdui. The two were re-

united and completed the route about 45 minutes outside the record. They were supported on the road by Peter Faulds.

John Coyle made his attempt on Sunday 3rd September. He set off at 7am also heading eastwards and crossed the Ben and the Aonachs in perfect conditions. By the time he had descended off Aonach Mor to the Nevis Range Ski Centre he was 40 minutes ahead of Mark Hartell's schedule. John feels his heavy old bike and a headwind contributed to the 20 minutes he lost on the cycle ride to Glen Feshie and the 60 miles took him 3hrs 40mins. As he headed on foot across the Cairngorms in fine weather he pulled back 10 minutes to Braeriach but then made the same poor decision as Duggie a month earlier by visiting the Pools of Dee en route to Ben Macdui. Dehydrated, he bonked as he was heading to Cairngorm summit and dropped into the ski car park very gently, unaware that he was only minutes slower than Mark's record. He arrived at Glen More Hostel after an exhilarating bike descent just 6 minutes outside Mark's record. Like Mark he feels that given the right conditions and level of fitness the time can go below 12 hours. John would like to thank Serena and Pat for their support that day.

TRANTER'S ROUND LADIES' RECORD - DAWN SCOTT

On 18th/19th July Dawn completed what is believed to be the fastest round by a lady. Setting off from Glen Nevis Hostel on the afternoon of Tuesday 18th, she tackled the Mamores first before returning along the Grey Corries ridge in the dark and finishing with the descent off Ben Nevis just after daybreak. Her time was 15hrs 57mins, which compares with Mark McDermott's fastest time of 12hrs 50mins in 1990.

A (LESSER) SOUTH WALES TRAVERSE - RICK ANSELL

Rick has completed a number of ultra-distance solo challenges over the years including a solo walk around all the mainland Scottish Munros. However, on this occasion I think he would be the first to admit that a bit of homework can prove useful and avoids disappointment. In a similar style to my attempt in 1989, Rick left his bike at Llanthony on 8th May, the finish of the South Wales Traverse, and drove westwards to the start of the 70-mile route, where he left his car. He ran across the 20 main 2000' foot summits of South Wales on his own and arrived back at Llanthony in 18hrs 47mins. The next morning he cycled the 50 or so miles back to retrieve his car. Rick and I subsequently corresponded about his run and then it dawned on him that the route he had completed wasn't quite the **South Wales Traverse** as it excluded a significant loop to the east of Gospel Pass. Rick's last remark to me was 'It's left me feeling very dissatisfied. Has anyone done a Winter Traverse?'. The answer to the best of my knowledge is no!

EVEN GREATER CUIILLIN ROUND - YIANNIS TRIDIMAS

Following Rob Woodall's extension of the Greater Cuillin Traverse last year to include the Cuillin Ridge, Red Cuillin and a number of other peaks to complete a round from Coruisk, Yiannis and a group of fell running friends (including Rob) made their annual pilgrimage north to Skye in mid-June with a view to attempting a faster time for the route and adding an extra top, Sgur a'Bhasteir, making a total of 60 summits and tops, 34 miles and 26,000ft ascent. On Monday 12th June, Skye was hit by the most fearsome summer storms for many years which felled trees and caused severe flooding in part of NW Scotland. The group was stranded at Sligachan and Coruisk for 24 hours without communication and as Tuesday wasn't a good day the attempt was delayed until midday on Wednesday 14th June. Yiannis made good time along the Cuillin Ridge, benefiting from numerous recesses made over the years. The weather was by now nearly perfect and he was paced by Rob Woodall, Rick Houghton and Richard Lamb, who all had the opportunity to do the Cuillin Ridge. He was met by friends bearing food and drink at cols just before Sgurr Banadich and by Paddy Buckley and Wendy Dodds before Bidein Druim nan Ramh. The major support point at Sligachan allowed Yiannis to recharge before tackling the severe climb onto Glamaig, then Beinn Dearg and it became dark as he climbed Marsco. The weather had deteriorated throughout this section and blustery winds with heavy showers which persisted throughout the night. At daybreak the weather improved and from Clach Glas to the finish, it was sunshine all the way. Yiannis' time of 21hrs 22mins was a 2-hour improvement on Rob's inaugural round. Unlike almost every other long distance route, this round requires good rock climbing ability to tackle the climbs without a rope, quickly and safely, also a head for heights as many of the climbs are quite exposed. Yiannis would like specially to thank Rob Woodall, who, with Paddy, devised this fine round. Also thanks to his team of Rob, Richard, Rick, Steve Cliff, Wayne Percival, Ronnie Jackson and Chris Taylor who paced and Paddy, Wendy, Sari, Gordon, Clare and Mike who provided wonderful support.

SKYE FROM FLODIGARRY TO ELGOL - BARRY JOHNSON & DAVE CLARKSON

Every few years as he reaches a new 'landmark' age, Barry feels the need to celebrate with a suitable challenge. To mark his 60th year, Barry and Dave devised a delightful long run south from Flodigarry via the Trotternish ridge, a short bicycle link from Portree to Sligachan and finally on foot again to Elgol via Loch Coruisk. See the article "Skye Crossing - Flodigarry to Elgol" in the Autumn magazine.

EVEREST BASECAMP TO KATHMANDU RECORD - KUMAR LIMBU

In October 1987 Helene Diamantides (23) and Alison Wright (22) set an outstanding record of 3days 10hrs 8mins for the 188 mile run from Everest Base Camp to Kathmandu. Although the route begins at 20,000ft and finishes at 4,000 feet it crosses many deep valleys so the amount of ascent is 34,000ft and descent 50,000ft. There are many factors that contribute to the difficulty of completing this route at speed, namely poor communications, it is almost impossible to support for the first 80 miles, temperature, altitude and the threat of

illness from water borne bugs. The record stood for 13 years until an attempt on 11th May 2000 by Gary Shopland from Huddersfield and his companion Kumar Limbu Sherpa of Nepal. They set off from the Chorten at EBC at 06.00 but Gary was forced by altitude problems and illness to retire after about 27 hours at Nuntalla. Kumar carried on but for most of the route was moving at a slightly slower pace than the girls. However, he managed to keep going with a single 4-hour sleep at Bupsa, the 40-mile point. On the 14th May at 13.10 he arrived at the Sports Stadium, Kathmandu to record a time of 3 days 7hrs 10mins which reduced the record by about 3 hours.

ST CUTHBERT'S WAY RECORD? - HILARY SPENCELEY

Hilary writes the following: "On Sat 15 July I ran the 100km, 1710m St Cuthbert's Way from Melrose Abbey to Lindisfarne Priory in 12 hrs 2mins 42secs. Good conditions, cool and dry which was a boon underfoot as I had reced it in 3ins of mud. Brilliant support from Andy, Moira Stewart, Jane Robertson and Bill Gauld who appeared from nowhere near Wooler, having guessed where I might be. They ran some sections with me & fed and watered me at numerous points.

Perhaps you can let me know if that's a record. I know that Nicki Innes did it in 1997 in 12h 55mins. I'd really recommend the route - very scenic, lovely rolling border countryside, bird life, flora, mainly short grass or track with the odd road section. There are plenty of road crossings for support and optional diversions for historical sites. Great views especially when Lindisfarne appears on the horizon".

BOB BAXTER TRAVERSE - JOHN KEWLEY

JK is a native of the Isle of Man, a veteran of a huge number of Mountain Marathons and currently living in Switzerland. He made a trip back to the UK earlier this year and on 8th July had a go at Colin Donnelly's long-standing record for the Bob Baxter Traverse. This route crosses the 36 or so tops higher than 1000ft on the island and is about 54 miles. Starting from Laxey Beach it climbs Clagh Ouyr, North Barrule, Carraghan and Snaefell and drops to Injebreck Reservoir. The route then heads to St John's via Colden and Beary Mountain and then to Slieve Whallian and South Barrule to finish on Cronk-ny-Arrey-Laa. Colin's record stands at 11hrs 35mins and John has previously completed the route in 12hrs 8mins.

John feels he set off too fast and the only tailwinds of the day helped his early progress. Then in the NW hills he lost several minutes on each hill as he was not being paced. He was hesitant in the thick mist and made a minor navigational error. By the time he was climbing the Creg (near Colden), he was only a couple of minutes outside his 11hrs 20min schedule, this he kept until St Johns when he hit a short bad patch. John and his pacer then made a short navigational error (in the town!!) and they recovered quickly to be still on target for the record. The wind and rain later in the day impeded progress and although he was able to run a lot harder at the end than he thought would be possible, the minutes seemed to slip away and he just missed Colin's record by 2 minutes. John was ably assisted by Richie Stevenson, Ian Collister, Roger Maughton, Bob Baxter and Stan Kewley. He hopes to give it another go next year.

RAMSAY ROUNDS

Although significant numbers are still completing Bob Graham's, successful completion of Ramsay and Paddy Buckley rounds are very few and far between. I'm only aware of two completions this year. Allan Millar made a successful attempt in early summer with minimal support and precious little knowledge of the hills. Despite a few mishaps en route he completed the round with a few minutes in hand! This was Allan's first round of the year. On Saturday 22nd July Jane Meeks set off to attempt a clockwise round and enjoyed a day of great excitement and ultimate success. Her close shave of 23hrs 59mins 10secs is almost too excruciating to contemplate but it does make her the second lady to complete the round. Jon Broxap and I believe these are the only two successful completions this year. Please tell us if we are wrong!

PADDY BUCKLEY ROUNDS

Completions of this route in North Wales are almost as rare as Ramsay's. Mark Hartell made an unsuccessful attempt in late July to extend the round beyond Adrian Belton's tally of 52 (which included all the 3,000ft summits) but sadly and uncharacteristically ground to a halt after about 15 hours. Rob Woodall attempted a similar extension in mid-September when the fuel crisis was at its worst but in the event had to be content with a much shorter route which was less than the standard round. With the Ramsay Round under his belt earlier in the summer Allan Millar mounted a larger scale attempt on the Paddy Buckley Round on 8th/9th July. He was dogged by bad weather but with a solid support team, completed the round with 21 minutes to spare. The horrible weather at the end of last year prevented Allan sneaking in a Bob Graham Round before the end of the year 2000 to join the elite group, Helene Diamantides, Adrian Belton and Mike Hartley who have completed all 3 rounds within a single summer. Successful completions to date are recorded below and again, please tell us if your name is missing: 1982 - Wendy Dodds (25:35), 1983 - Ian Fox, 1984 - Sue Walsh (24:52), 1985 - Martin Stone, 1986 - Chris Bolshaw, Eddie Thurrell, John Crummett, Colin Brooke, Peter Jagan, Tony Wimbush, 1988 - Peter Simpson, Russell Owen, Dennis Gleeson, Adrian Belton, 1989 - Helene Diamantides, Alison Wright, Adrian Belton (+3000's), Geoff Pettengell, Martin Stone (Winter solo-unsupported), 1990 - Colin Donnelly, Mike Hartley, 1991 - John Amies, Mike Lawrence, Anne Stentiford, 1992 - Mark Hartell (record), 1994 - Paul Sanderson, 1996 - Yiannis Tridimas, 1997 - Roger Bell, Chris Lumb, Rob Woodall, Richard Calder, 1998 - Paul McClintock, Peter Edgerton, 1999 - Wayne Percival, 2000 - Bob Rowlands, Chris Rhodes, Allan Miller.

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 2000/2001

The Club presents an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April and to be eligible for the award, the member MUST BE NOMINATED by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 2000/2001 award should be sent by June 2001 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586