



The Fellrunner Magazine

October 2001



Back on the hills at last-**Rob Jebb** heads towards 3rd place at Borrowdale
(Photo Bill Smith)

Fellrunning
-a low
priority sport

Twenty Years Ago

Felldancers-The story
behind the shoes

Will long races survive ?

another **Grand Competition**



The Fellrunner Magazine

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Well, things have not really improved to the extent we had all hoped – relatively few races have been re-instated (even in revised formats) over the summer months and even as we move into autumn the FRA website doesn't exactly seethe with races clamouring to be publicised. Obviously a lot of organisers decided some time ago that to avoid any possible friction with local farmers and landowners they would kick their races into touch this year whatever happened – and all credit to them for doing that in the longer-term interests of their races and hence of fell-running as a whole.

A lot of other events whose existence depended on local shows, fetes or what-have-you for their prizes, finances and venues had no option but to cancel when the host festivities were cancelled, usually quite early in the year. I suspect that some of the old favourites around Christmas and New Year will survive unscathed and will be appearing on the website soon but, for most of us, 2002 is the target now.

There are two bright sparks in the pervading gloom – Borrowdale amazingly managed to go ahead (more on this inside the magazine) and the British Relay Championship in Llanberis on October 21st looks set to be a most enjoyable and well-organised event, possibly destined to be won by the least fat team turning up!!

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On another tack entirely, the appalling behaviour of UK Athletics towards the FRA's bid for the World Trophy drove yet another wedge into the now gaping credibility crevasse between fell-running and its so-called "Governing Body". Once again, details are inside the magazine, but it is obvious from this sorry episode and from many of the sentiments expressed in "Celtic Corner" that the discontent is widespread and that a rethink on the lines of Mike Rose's diagram is probably the way forward – let us know what you think about this.

Finally, two reminders – both inside the magazine but a little repetition does no harm.

The first one is to race organisers: If you haven't got your Race Registration Form for the 2002 Calendar then please give me a ring as soon as possible and, if you have got it, then please return it to me before the end of this month.

The second one is also to race organisers but is looking ahead to the happy day when you will once again have a race to organise – Dave Weatherhead, who does a sterling job collecting and collating the results has been getting an ever-increasing proportion of results via email. He has consequently opened a new email box solely for this purpose and its address is:- resultsfra@aol.com

Data Protection Act

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

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

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

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

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

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

Deadline for the next edition is Friday 11th January

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Chairman's Chat

from Alan Barlow

Unfortunately the sport continues to be dominated by the Foot and Mouth Disease. Whilst access to the hills is much better in most areas obtaining permission to hold a race is much more difficult. However having said that there has been a steady trickle of races taking place. The FRA committee is keen to support races where the appropriate permissions can be obtained. Hopefully the situation will be much improved for next year.

Plans for the British Fell Relay are well advanced and I look forward to seeing many of you in Llanberis. At last UK Athletics have given a supply of medals for the veterans. Kindly Tony Hulme of Running Bear has agreed to provide trophies so the winning veteran teams will not be empty handed.

I am aware that others are writing elsewhere in this magazine regarding the World Trophy for 2003 but I will add my disappointment at the lack of support from both Lottery administrators and UK Athletics for our intended bid.

Finally I am pleased to confirm that we have been successful in our Lottery bid and have obtained £4456 under the Awards for All scheme towards our junior development plan. Norman Matthews' team are already organising the first course for junior athletes and coaches. I am sure you will all join me in wishing them all every success.



Advertising Rates:

£160 Full Page. £100 Half Page
£55.00 Quarter Page. £30 Eighth Page

Classified Advertisements:

These are not for people seeking commercial gain but designed to be runner to runner ads.

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

Advance payment necessary.

Colour Rates

Available on request from Tony Hulme

Calendar Update

As things still haven't improved sufficiently for the Calendar to revert to being the main source of information about races there will, once again, not be a Calendar Update in this edition of the magazine and members are, once again, asked to refer to the website at -

www.fellrunner.org.uk

for up to date information about what is taking place.

FRA Fixtures Calendar 2002

Notice to Race Organisers

By the time you receive this copy of the "Fellrunner" you should also have received, during the first week in October, your Race Registration Form for the 2002 Calendar.

If you haven't yet received it please give Dave Jones a ring on 0161 485 1557 and, if you have received it,

please make sure it is returned before Wednesday 31st October

Championships 2002

Provisional dates for your diary

Next year's Championships (Foot & Mouth permitting) will virtually be a re-run of the non-existent 2001 Championships and are printed below - however, this list is provisional and the odd date may change, so check your 2002 Calendar when you get it for confirmation.

Let's hope it happens next year!!

English Championship

| | | |
|-------------------------|---------------------|--------|
| Saturday 23rd March | Half Tour of Pendle | Medium |
| Saturday 4th May | Coniston | Medium |
| Saturday 19th May | Saddleworth | Short |
| Saturday 1st June | Duddon | Long |
| Sunday 19th August | Sedbergh | Long |
| Saturday 28th September | Thieveley Pike | Short |

British Championship

| | | | |
|---------------------|----------------|--------|-----------|
| Sunday 10th March | Criffel | Medium | Scotland |
| Saturday 13th April | Spelga Skyline | Long | N.Ireland |
| Saturday 4th May | Coniston | Medium | England |
| Saturday 1st June | Duddon | Long | England |
| Saturday 22nd June | Eildon | Short | Scotland |
| Sunday 4th August | Y Garn | Short | Wales |

Intercounties Championship

| | |
|--------------------|-----------|
| Saturday 20th July | Turnslack |
|--------------------|-----------|

British Relay Championship

| | |
|---------------------|-----------------------|
| Sunday 20th October | Somewhere in England. |
|---------------------|-----------------------|

FRA News

UK ATHLETICS

NORTH OF ENGLAND AA REGISTRATION SCHEME

The background to the introduction of the Individual Registration Schemes, together with several viewpoints, was aired in the February 2001 magazine. See also the letter from Ian Campbell in the June 2001 issue.

Our members have made it clear that they want to see a fair proportion of their registration fees directed towards fell running. The FRA AGM 2000 instructed the Committee to negotiate a fair deal for fell runners.

We have recently agreed a formula with the North of England AA, and will be seeking similar arrangements with the other English Regions.

The North of England will pass registration money to the FRA calculated as follows, based on the those clubs affiliated for fell running.

| AFFILIATED FOR | NO. OF CLUBS (at Apr 01) | PROPORTION TO FRA |
|------------------------------------|-----------------------------|----------------------|
| fell running only | 7 | 100% |
| fell running + 1 other discipline | 9 | 50% |
| fell running + 2 other disciplines | 66 | 33.33% |
| fell running + 3 other disciplines | 81 | 25% |
| fell running + 4 other disciplines | 12 | 20% |

This formula will take effect from 2001-2002 and under the current fee structure is expected to generate around £3700. (We have accepted a payment of £3736 for 2000-2001 - the figure is about right but the basis of calculation has been rejected in favour of the above.)

It will be noted that in order to maximise money coming to the FRA:

- clubs should encourage their members to register.
- unattached athletes should be encouraged to join a club.
- clubs should only affiliate for disciplines in which their members take part.

We shall be seeking endorsement of this agreement at the AGM in November.

MINUTES OF THE COMMITTEE MEETING HELD AT THE CASTLE GREEN HOTEL, KENDAL, ON SATURDAY 9 JUNE 2001

- PRESENT.** A. Barlow (Chair), A. Brentnall, L. Hannah, R. Lawton, B. Martin, N. Matthews, N. Taylor, B. Waine, B. Weedon.
- APOLOGIES.** J. Broxap, P. Bland, P. Dyke, D. Jones, C. Knox, M. Rose, J. Smith, T. Varley.
- MINUTES OF MEETING 1 APRIL, 2001.** The Minutes of the Meltham Meeting should have included an apology from LH, but the letter was not received in time. Otherwise approved (pro BWa, sec BWe).
- MATTERS ARISING**
 - 3(i) It is assumed that the advert for the coach is going ahead.
 - 5(i) UKA have provided £348 towards the cost of last year's medals.
 - 6(iv) M. Rose is still in discussion with NOEAA regarding the FRA's share of members' contributions.
 - 8(ii) Members were notified of the cancellation of the English Championships via Website.
 - 9(ii) The younger category changes which were added to the rules by the PST are to enable organisers who hold fun runs for these age groups, in order to take advantage of the UKA insurance. They are not intended for competition or championship purposes.
 - 10 Health & Safety - there is an ongoing dialogue between the FRA and UKA.
 - 11(iv) The World Championships (2003) meeting has been deferred, probably until June.
 - 11(vi) The dinner is going ahead on 24 November, cost will be around £20.
 - 11(vii) Details of the AGM are to be advertised in the June Fellrunner.
- FINANCE.**
 - Other than receipt of UKA money towards medals, nothing to report.
- CHAMPIONSHIPS.**
 - It is still assumed that the Relay Championships will be held in October.

7. ANY OTHER BUSINESS.

- Recent decisions by the Disciplinary Committee were discussed.
- NM gave a report on the Internationals Subcommittee, including the problems of selecting athletes.
- It was agreed that future agendas should include standard headings for subcommittees, and that all subcommittees should report on all key issues to the FRA meeting following the subcommittee meeting.
- The current protocol for race authorisation was described. After obtaining all necessary permissions, organisers should then seek agreement from the FRA (see Website) who will notify the membership via the Website. Any races not published on the Website are NOT insured via the FRA. The Website is to be amended to state this.
Action BWA
- A brief report was given on the FMD situation and the work on the new Access forums. A fuller report from C. Knox should accompany these minutes.
- BM and NT volunteered to form a Sponsorship Subcommittee. An approach is to be made to Jennings Brewery. ABR to provide stationery.
Action ABR

MINUTES OF THE COMMITTEE MEETING HELD AT THE GOVERNOR'S HOUSE, CHEADLE HULME, ON SUNDAY 16 SEPTEMBER, 2001

- PRESENT.** A. Barlow (Chair), A. Brentnall, P. Dyke, D. Jones, C. Knox, R. Lawton, M. Rose, T. Varley, B. Waine.
- APOLOGIES.** J. Broxap, P. Bland, N. Denby, L. Hannah, B. Martin, N. Matthews, D. Richardson, J. Smith, N. Taylor, B. Weedon.
- MINUTES OF MEETING 9 JUNE, 2001.**
 - The Minutes of the last Meeting should have been dated 9 June, 2001.
 - B. Martin and N. Taylor have stated that they did not agree to form a Sponsorship Subcommittee, but did agree to approach Jennings Brewery and British Telecom for sponsorship.
 - CK apologised for the lack of FMD report with the last Minutes, but hard information was not forthcoming.
- MATTERS ARISING**
 - 4(i) Position of Coach advertised, and Peter Shields has been appointed as Coach.
 - 4(iii) MR has discussed members' NOEAA contributions. See AGM Motions below.
 - 4(vi) Re Health & Safety, PST have agreed to produce a pro forma and await UKA.
 - 4(vii) World Championships (2003): DJ summarised the meetings involved. No support is likely from either UKA or the Lottery, so the bid has been withdrawn. Full details are to be published in the Fell Runner. A bid for the European Championships (2004) is under consideration.
 - 4(viii) No details are available regarding the dinner. ABA is to investigate. J. Broxap is still aiming to organise a race to coincide with the Dinner/AGM day.
Action ABA
- FINANCE**
 - Provisional annual reports were distributed by TV. There will be some minor changes prior to the AGM.
 - The reports were discussed, and TV said that the figures were in line with the predictions.
 - TV stated that the costs of the Navigation Course would be picked up in 2002.
 - ABA described a Development Plan for Juniors which has been funded by Sport England. N. Matthews and I. Smith are taking over from D. Richardson, and will be providing a course, based at Horwich, which will be aimed at Schools and Clubs. MR is to write to D. Richardson, to thank him, on behalf of the FRA, for all his work.
- CHAMPIONSHIPS**
 - It is aimed to use the same British and English races in 2002 as were proposed in 2001, with the exception of Merrick, which will be replaced by Criffel. Dates are still to be confirmed.
 - Next year's BH&F Relay Championships are to be held in England. The problems and possibilities were discussed.
 - The Intercountries Race will be Turnslack on 20 July.
 - It was agreed to hold a trial Ladies V50 Championships in 2002, limited to gold medal only.

- vi. This year's BH&F Relay is using an independent controller, and feedback from the organiser has been favourable. Courses have been previewed, and it looks like a good event.
- vii. CK raised the issue of certain races never being selected because of clashes with selection races etc. MR confirmed that, officially, the only period ever avoided is the four weeks prior to a World Cup.

15. INTERNATIONALS

- i. MR has received a complaint regarding selection for International Teams. This may be brought up at the AGM.

16. DISCIPLINARY

- i. Nothing to report.

17. ENVIRONMENT

- i. CK gave a detailed review of the FMD situation. An article will appear in the October Fell Runner. We seem to be over the worst, but it is possible that there could be further flare-ups.
- ii. CK also brought the meeting up-to-date on Countryside Rights of Way issues. Although there should ultimately be no restrictions for runners, it is likely that administrative charges will become the norm for organised events.

18. ANNUAL GENERAL MEETING

- viii. **Nominations for Officers:** All last year's Officers are standing, with the exception of Junior Co-ordinator. Ian Smith has been proposed by N. Matthews and seconded by ABa.
- viii. **Club Reps:** Linda Hannah, Sam Kirkpatrick, Jackie Smith, Neil Taylor and Brett Weeden are being proposed by their respective clubs.
- ix. **Motions:**
 - a. "That the Meeting endorses the funding agreement with the North of England AA as set out in the October 2001 issue of the Fell Runner" (proposed by the Executive Committee). Motion discussed and approved.
 - b. After a discussion, an amended motion "To amend Rule For Competition Eight to read as follows:- Runners may only count in team competition for the first claim club of which they are a member on 1 January of the competition year. This club may be different from their first claim road, cross-country or track club, if their club does not cater for fell-running. To be eligible to count in British and English Championships, English Clubs must be affiliated to a UK Athletics Regional AA and English Athletes must be registered with a Regional AA of UK Athletics **OR** be members of the FRA." (proposed T. Hulme, seconded DJ) was approved.
 - c. "That the FRA establish an annual award: 'The FRA Annual Award for Services to Fell Running'" (proposed N. Taylor, seconded B. Weeden). Motion to be discussed and voted on at the AGM.
 - d. After a discussion, an amended motion "That the FRA Committee should liaise as soon as possible with the appropriate fellrunning bodies in Northern Ireland, Scotland and Wales with a view to forming a single UK organisation responsible for fellrunning" (proposed DJ, seconded ABR) was approved.

19. ANY OTHER BUSINESS.

- i. The meeting agreed that T shirts should be given to the two designers (Mel Cranmer and John McCall).
- ii. The meeting expressed its dissatisfaction with the design of the medals received from UKA for the BH&F Relay Championships. It was noted that this design may be changed in future.
- iii. The meeting agreed to pay £600 (approximately 50% of the full cost) towards upgrading Dave Weatherhead's PC in appreciation of the work he has done, and continues to do, regarding the results section of the Fell Runner.

Believe it or not!!

(This may not be politically correct but that's not my fault!!)
For those of you heavily into the International Fellrunning Scene,

if you ask Google.com to find "WMRA"
you will find that it suggests you log into the following:

Washington Midget Racing Association

WMRA Midgets Homepage

www.northwestracer.com/wmra

"Plus ça change"

Nearly twenty years ago, in 1983 to be precise, a younger, fitter and clearly more fiery Selwyn Wright, with considerably less metal in his ankles and long before he became an elder statesman of the FRA, was sufficiently disturbed by what he saw as potential dangers to fellrunning that he penned a most articulate and powerful Open Letter to Fell Runners, which was published in "Athletics Weekly". Many of his statements compared the elitism and professionalism which he felt had infected orienteering and changed its character for the worse to the likely happenings in fellrunning at the time. Bearing in mind some of the disenchantments expressed elsewhere in this issue of the "Fellrunner" it is perhaps worth reprinting part of Selwyn's letter as a timely reminder that some things in our sport ought never to change and that, just as in 1983, we need to be on guard against those who would plead "development" as a justification for changing the sport to suit their own agendas.

We cannot turn the clock back but we can certainly learn from the past!!

We join Selwyn's letter about halfway through, just after he has rather effectively mounted a swingeing attack on the damage he felt orienteering had inflicted on itself.

"..... I cannot hide my feeling that this development of orienteering is not one for which I have much time.

The reason for which I write this rather savage criticism is that my own sport, fell running, stands today at a crossroads in its development. In its early days, the FRA existed more as a club than as an authority. It linked people with a common interest and promoted the "Fell Runner of the Year." It produced a magazine and, crucially, a calendar of events. The sport was characterised by a healthy and vigorous spirit of friendly competition on the fell. A spirit of unity existed because everybody, whether champion or duffer, was in the same race and the same pub afterwards! As the sport grew, it became clear that the average fell race contravened several of the AAA Laws, and, to prevent us all being barred, affiliation was sought. Now that affiliation has been achieved the FRA has become the rule making body and its character has changed overnight. It, or we as its members, can take the sport where we want it to go. That is something we should all think about.

We, all of us, have thought of little ways of improving the organisation of our favourite races. Many of us will have fantasised in years gone by about international championships and other grand ideas. But have we looked at the trappings which might accompany such schemes? Do we really want commercial sponsorship? To see Kenny sipping his Bovril on TV every night? How long will it be before the FRA has its own professional officer - paid out of our subs? Will there be a national squad whom we will no longer see at "domestic" races? When will the FRA get around to vetting which races it will support and to barring its members from running in any others?

Far-fetched? Not when you consider that representations have already been made by the FRA to change the rules of one of its oldest races (*the Fairfield - Ed.*) by having it completely flagged for the benefit of non-map-reading Italians. Not when you know that the FRA has tried to have other race organisers change the dates of their races to fit in with the championship.

There may be a majority in the sport who would like to see a progression along these lines. There will be those to whom development naturally means more publicity and popularisation through the media, to whom sponsorship is a trend to be welcomed. If there is such a majority then fair enough, I wouldn't want to be accused of standing in the way of progress. In fact, I'm in favour of international competition, so long as it doesn't cut across the character of fell running as we know it.

I believe there are many who share my unease; who believe that its character is the most attractive thing about our sport - and the most fragile; who came into fell running to escape the bureaucratic, over-commercialised, over-organised world of "accepted" sports. For me, fell running is in grave danger of becoming far too serious a business. To run up a fell is the simplest thing - let's not make it complicated."

Arthur Jones : 1912-2001 : In Memoriam

The whole of Manx Athletics was saddened by the news of the death of Arthur Jones.

Arthur, who was fast approaching his ninetieth year, had been suffering with ill-health for a number of years. Typically, he had borne his health problems in his usual quiet, uncomplaining way until he finally succumbed on 12th June.

Arthur was rightly regarded as the father of Manx Fell Running and Walking. He had taken part in the inaugural Manx Mountain Marathon in 1970 and was voted on to the organising committee in 1974, eventually taking over as Event Secretary in 1977, a position he held with great distinction for over twenty years.

He was also Secretary and Treasurer of the Manx Mountain Marathon Organisation, a body set up to promote and organise all fell and hill running on the Isle of Man. Arthur was the driving force that saw a calendar comprising a couple of races a year develop into a league consisting of eleven races in the summer, a three-race winter hill series plus four non-competitive long distance walks.

His experience as a Bank Manager made him a first-class choice as Treasurer and he transformed the finances of the MMMO from a couple of quid in the accounts when he took over to a healthy financial position when he retired - and it was not just his good book-keeping that changed things. In the early days, if the organisation needed a new piece of equipment and Arthur could make it himself, he would disappear into his garage and would usually manufacture whatever was needed, no matter how long it took him and, most importantly for the cash-strapped organisation, it would cost next to nothing!

Arthur used his quietly persuasive talents to conscript many of his close friends into helping to officiate at the races he organised. Many had no particular interest in athletics but were only too glad to give up their time to help Arthur. It was not just athletics that he was involved in; at various times he held official positions in badminton, rifle-shooting, his local church and many other organisations and sports.

Probably the most important thing that many will remember Arthur for is the fact that he was simply a lovely man who had nothing bad to say about anyone. He was a good, old-fashioned gentleman with a great sense of fairness that made everyone totally respect him. All those involved in athletics on the Isle of Man are very proud of Arthur and grateful that he chose the sports of Fell Running and Walking as two of his major interests.

All our thoughts are with his devoted wife, Nell, and all his family.

Richie Stevenson

England Team Manager

Regretfully Robin Bergstand has announced that he will not be continuing as joint England Team Manager after the 2001 season. The FRA are therefore seeking to appoint a new joint England Team Manager to work along side the other incumbent, Barry Johnson. The successful applicant will be expected to work as part of a small team aimed at optimising the performance of English mountain runners. Within the existing set up one manager has prime responsibility for senior athletes/teams, the other with prime responsibility for junior (U/20) athletes/teams. It is recognised that there needs to be flexibility in terms of which manager attends which events during the course of a year, however where possible the managers will travel with the teams for which they have a prime responsibility.

Remit

- Maintain regular contact with potential senior and junior international athletes, including advising them of selection policies, trial races and international events.
- Be responsible for the welfare, discipline and all matters relating to the team before, during and after international events.
- Liaison with international event organisers.
- Liaison with AAA England regarding travel and kit requirements.
- Advise athletes of their selection and all travel arrangements.
- In conjunction with the coaches, agree racing schedules with selected athletes.
- Organise selection races when necessary.
- Provide a written report after each international event to the chair of the international committee.

Applicants should ideally have previous experience of competing at representative level and or team management at club or county level.

Further information can be obtained from
Sarah Rowel - 0113 2754459

Applications in writing should be submitted by
Monday 12th November 2001 to
Sarah Rowel at 6 Claremont Court, Leeds LS6 4DP.

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World Trophy Bid withdrawn

UK Athletics shows its true colours - a slap in the face for fellrunning - we are considered "as a low priority"!

The background

Those people with reasonably long memories will remember that the last time the World Trophy was hosted in England was in 1988, when the event was held at Keswick and proved to be highly successful and extremely enjoyable. Since then it has moved around the world and the ramifications of international running politics have become ever more turgid.

A bid was put together and presented in 1999 for the 2001 event to be held at Sedbergh in the Howgills. All the requisite documentation was prepared, a thoroughly professional presentation was made and all those concerned were more than a little disappointed when, at the World Mountain Running Association Council Meeting, we lost out by one vote to the Italians in a situation which caused more than a little disquiet to the people most closely connected with the bid. That bid was wholeheartedly supported by UK Athletics and Sport England Lottery Funding (Reference 99000327 for those who like their information precise!) and would, in all probability, have been just as successful as the Keswick event.

After losing the opportunity to host such a prestigious event by such a narrow margin it was unanimously decided by the FRA to go for it again for the 2003 event, especially as all the groundwork had been done and, as far as we were aware, there were no other realistic candidates who could approach the potential of our bid - consequently the organisation swung into action, led by Dave Hodgson as Financial Controller and Jon Broxap as Event Director, and hopes were high.

The bid

Clearly, to host such an event requires a fair amount of funding and the estimate was £90,000, which divided roughly into thirds as far as funding sources were concerned, with a third going to be raised from commercial sponsorship, a third from FRA "in-house" promotions and sales and a third from UK Athletics via Lottery Funding. Commercial sponsorship would, fairly obviously, only be forthcoming if it was clear that the event had the full support, both in the promotional and financial senses, of UK Athletics (via its plethora of subsidiary bodies such as "Sport England", "World Class" and "UK Sport" - jobs for the boys there somewhere, I think!!). Consequently, Dave Hodgson set to work digging resolutely through the pile of bureaucracy which surrounds such bidding processes and soon, to his dismay, came up against obstacles. Firstly, Dave's original pre-application (sent on 21st March) was lost and he had to send a duplicate to UK Sport. They replied on 17th May stating they felt the application was "not considered a strategic priority" and that they would pass it on to Sport England. They finally communicated with Dave in impeccable committee "jargon-speak" on the 21st June to state that "Fell-running is considered as a low priority for the World Class Events programme" and also that "the current strategic relevance is low".

Dave, as might be imagined, tried valiantly to get this reversed, quoting the support given to our previous bid, the support given in 1988 and the support given by the Scottish Sports Council for the 1995 World Trophy in Edinburgh. The reply which was written on 23rd July simply re-iterated that the event was seen as "low-priority" and that the focus of Sport England was on Olympic and Commonwealth sports - as an interesting corollary to this statement it now transpires that cross-country (not an Olympic or Commonwealth Sport) has been promised £111,000, more than the whole cost of the FRA bid, to host the European Cross-Country Championship in Edinburgh in 2003.

The reaction

Faced with such an unhelpful, intransigent and damning response Mike Rose had no option but to write to the WMRA Secretary and, rather humiliatingly, explain that as we had received no support from our national body, UK Athletics, we were unable to proceed with our bid.

The feelings of the FRA and, more particularly, of the people directly involved, can be imagined and are summed up in the letter written by Jon Broxap to David Moorcroft himself at UK Athletics :-

I am writing to inform you that the Fell Runners Association has reluctantly withdrawn its bid to stage the World Mountain Running Trophy in 2003.

This decision has been made as a direct result of our inability to gain the support of UK Athletics and Sport England for Lottery Funding. I wrote to you over five weeks ago, requesting that you include our bid in the UK Athletics Strategic Plan for 2003, just as you had for 2001. To date I have not even received acknowledgement of my letter, let alone a response to my request. This lack of courtesy unfortunately ceases to surprise me as I have lost count of the times that this has happened. Being geographically away from the seat of power does not mean we deserve to be treated so unprofessionally.

I regret to have to adopt this attitude but it is becoming increasingly apparent that Fell & Hill Running is of no relevance to UK Athletics. To discover this when the competitive side of our sport has all but ceased due to Foot & Mouth is doubly galling. Please wake up to the situation and realise that you represent more than throwers who do not record a valid throw or sprinters who cannot pass a baton.

To date Jon has not received a reply to this letter.

Where do we go from here?

It is abundantly clear from this sorry episode that UK Athletics has a complete disregard for fell-running; it is hard to imagine a more insulting situation than a sport being refused support for its bid for a prestigious international event by its so-called "governing body" and being told in addition that it has "low priority" in that governing body's scheme of things.

Surely it is time for fell-running and UK Athletics to go their separate ways and for fell-running in the UK to manage its own affairs as it sees fit, without the unnecessary, cumbersome and inefficient superstructure of committees with which UK Athletics has burdened what is basically a very simple sport indeed!

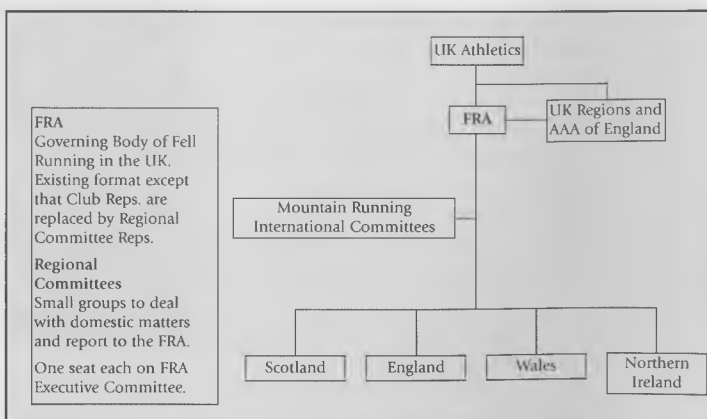
There are no significant advantages to the sport derived from UK Athletics and fell-running would be the better without it - a few years ago, when the governance of sport was devolved to national English, Welsh and Scottish bodies by UK Athletics, fell-running took the decision to adopt that structure, under the illusion that we would benefit from it. Time has proved that decision to have been largely wrong; for some time there have been schisms in Scotland and Wales because of high-handed and unpopular moves by governing bodies and now England has also been made only too aware of where it stands.

Fell-running is a minority sport and a very simple one; what is the point of dividing it up, making it complicated and ridden with utterly superfluous self-serving administrative structures - the initials "FRA" contain no national content and surely we have the ability, if we have the will, to create for ourselves one UK body, composed of fell-runners, to run the sport for fell-runners.

Elsewhere in this issue of the magazine Mike Rose has laid out a possible structure in which this could be organised - it is a very straightforward structure and yet a very effective one and I make no apology for duplicating it below.

To change the organisation of the sport in this way is a very fundamental concept - the committee and the various national representatives need to know what your views are on this before anything can be done. Please, pick up a pen, a phone, or put finger to computer and let the views of the fell-running majority be made clear to all.

Structure for the management of Fell/Hill Running in the UK



Borrowdale - the race that went ahead!!

Rumours were rife before we went to the Pyrenees; people were saying that Borrowdale was going to be on, others said no, it was impossible, so when we returned (having missed it!!) to find that right in the middle of the Foot & Mouth outbreak and right in the middle of the one of the most restricted areas in the land they had actually managed to get it all together and run one of the most prestigious races in the country it seemed like a minor miracle and a shining ray of hope in the prevailing gloom. Despite their example it was not to be and the shutters rapidly came down again but it is a testament to those involved that Borrowdale went ahead - and not only went ahead but also contrived to engineer a visitation from royalty in the person of Prince Philip, Duke of Edinburgh, who generously agreed to attend the prizegiving and added a further touch of occasion to an already very successful day - congratulations to everybody.

Borrowdale Fell Race - how we managed to put it on

by Ann Bland

Having discussed the possibility of cancelling the race with Miles Jessop of The Scafell Hotel who organises the marquee, band, etc. and who also gives the first prize, we were determined not to do that unless circumstances dictated that we had no option. When the high fells were opened on the 9th June our hopes were high, although the route to Bessyboot and Esk Hause was still closed. We thought we could change the start by running up the Langstrath Valley to Angle Tarn and Esk Hause then joining in the normal route from there - a bit flat and boring but better than nothing! It was then announced that all the footpaths were to be opened on the 1st August - couldn't be better. This left us with a couple of weeks to get things organised. Luckily it doesn't take long for things to come together as most people were on standby anyway.

The first thing we had to do was get permission from the powers that be. Dave Wilkinson, who is a founder member of the club and works as property manager for the National Trust, offered to do any negotiating that needed to be done. First

he contacted the FRA asking what their criteria were for putting on the race - this was getting permission from the landowners. As most of the land is National Trust Dave knew who had to be contacted and after several emails was told by the Trust that they were agreeable as long as the Tenant Farmers were happy about it. The valley warden then got in touch with the farmers involved who then gave us the go-ahead. We appreciated the fact that really none of the farmers would want the race but such is the community spirit that they realised it would be a good morale boost for everyone in the valley. One farmer wasn't too happy about us using the normal car park down the lane but if we could find an alternative then he had no objections.

We were then offered another field for car parking and camping - we did have a little bit of hassle from the owner of the nearby guest house but we won't go into that!

On the Wednesday before the race, rumours were flying around the valley that certain people were trying to have the race stopped but for what reason and how they thought they could, we don't know - only the farmers could have put a stop to it.

Also two newspapers, one in Manchester and one in Burnley, both carried the story that the race was actually cancelled so I

imagined that there would be some disappointed runners after reading that - I wish whoever was responsible for this had phoned me first to check before going to print.

Rathbones of Keswick are our usual source of prizes and this year Rathbones had, on our behalf, managed to get some generous prizes from Berghaus, Mountain Equipment and Ron Hill Sports and, together with the Scafell Hotel and Pete Bland, we had our usual excellent array of goodies! We had our usual extensive prizegiving at 4.30 but had another very special one at 5 o'clock when the Duke of Edinburgh dropped in on his way to visit Honister Quarry. He presented some of the main prizes again and had a few words with some of the runners. (Ask Scoffer what he said to him!)

This was quite a coup for Miles at the Scafell who had a hotline to the Palace! I'll leave him to tell you how he managed to pull this off!

We would like to thank everyone who helped us in any way to get the race underway, everyone who helped on the day and especially the local farmers, the National Trust, the Mountain Rescue and the checkpoint men. It was a good day for everyone and, for one day at least, the valley was back to normal.



*Obviously glad to be back racing - Patrick Lusardi (V60-Ipswich) and Mandy Goth (V40-Todmorden) nearly at the end of Borrowdale
(Photo Bill Smith)*



Simon Booth receives the Borrowdale Winner's Trophy from Prince Philip with Pete Barron looking on (Photo Pete Jebb)

Borrowdale Fell Race - by Appointment to HRH Prince Philip

by Miles Jessop

My first thoughts about asking Prince Philip to present the prizes came whilst having dinner on July 23rd with some friends at The Scafell. In casual conversation I remarked that Prince Philip was coming to visit the Honister Quarries on Saturday 4th August, which happened to be the day of the fell race. Knowing that he was due to arrive in the afternoon, it dawned on me to consider the possibility of trying to see if it could be arranged for him to fit this in his itinerary.

The next day I telephoned the Lord Lieutenant's Office in Cumbria, who informed me that this was a private visit and that any such enquiry would have to be taken up with the Duke's equerry at the Duke of Edinburgh's office in Buckingham Palace. I then telephoned the Palace, who said that the application should be made by fax because of the close proximity of the event. The following day I learnt from his equerry that His Royal Highness was keen to try to fit the prizegiving into the schedule and, shortly after, his equerry confirmed that he would do so.

Any Royal visit has to run precisely to time and we had to ensure that this was so, since his visit was scheduled for only fifteen minutes and so a programme was drawn up, keeping formalities to a minimum to give as much time as possible to meet runners and race officials alike.

After flying in by helicopter, straight from the birthday celebrations of Her Majesty Queen Elizabeth the Queen Mother at Clarence House, landing at Glaramara Hostel, he then drove himself, with his protection officer, in his own Land Rover to The Scafell Hotel where I received him with Billy Bland and Peter Barron. He was then escorted over to the race field and, after a few words of welcome by myself and a short and humorous reply by His Royal Highness, he went on to present the major prizes to the first three male and female runners, the two teams and the vets 0/40, 0/50 and 0/60. The remainder of the time was taken up talking to the runners, race officials and some of the public.

It was a great honour to welcome Prince Philip to the Borrowdale Fell Race and to introduce him to the sport of fell running and I should personally like to add that I was charmed by his relaxed manner and humour and to add special thanks to all at the Palace who couldn't have been more helpful in all my arrangements for the occasion. It was indeed a great occasion for fell running and the community.

The Screens - Wastwater

by Peter Travis

A grey blanket stretched to water's rim,
to slip below the lapping periphery
to create finest edge around
a mirror that will not let
the straying rock elude our eyes.

Above, the scarred and fissured mother-rock
stares down and sees reflected
lines of age, long-wintered, ice-splintered;
her reckless offspring scattered far
beyond her reach - forlorn she views below.

The southern shore holds time to ransom;
Scritthes Edge has long enraptured those
who surrender mind to this awesome place
where fell and lake conjoin
by an infinity of sweeping stone.

*To all those interested in fell-running in Wales -
there will be an open meeting as below -
please make every effort to attend.*

SUNDAY 4th NOVEMBER
at
THE SHIP, DOLGELLAU
12.00 NOON

THE FUTURE OF FELL-RUNNING IN WALES

**Is the AAW setup working?
Back to the old FRA?
On to the new FRA (UK)?**

If you can come, please let John Sweeting
or Graeme Stringer know.

If you can't come, please let us know your views.

John Sweeting:
Tel: 01550 721086

e-mail: john@grottoview.demon.co.uk
Lower Lodge, Cynghordy, Llandovery,
Carmarthenshire, SA20 0LD

Graeme Stringer:
Tel: 01341 251061

An Agenda will be circulated in October to all Welsh
Race organisers and interested individuals and clubs.

If we miss anyone, please pass the message on.

"Fell dancer" - the story behind the shoe

FOR MANY PEOPLE one of the more realistic alternatives to Walsh running shoes is, increasingly, the Felldancer range of shoes, manufactured in Burnley. Clearly a lot of careful design work has gone into the range and they have been put together by people who understand fell-running and what fellrunners want out of a shoe - this article is a "behind-the-scenes" look at the company and its products and may serve to awaken experimental interest in those of us who habitually reach for a new pair of Walshes when shoe renewal time comes round.

The History

The company, actually "Felldancer Ltd.", started life in 1993 as the brainchild of Dave Comer and his original partner, David Edmondson from Bacup. Dave Comer has always been a keen sportsman, not only as a fellrunner but also as quite a respectable footballer, until knee injuries (the athlete's recurring Nemesis!!) forced him to stop playing football and concentrate his energies on fell running until that too was brought to premature halt by his second knee operation. He still attends a local gym on a regular basis to keep fit but confesses ruefully that "It's boring compared to running!!" He also has an impressive CV in the footwear industry, both in the manufacturing and management sides, stretching over 27 years - he has a wealth of City & Guilds qualifications, B.Tech. Certificates, Footwear Awards and Gore-Tex Technologies certificates, so he quite clearly knows his trade inside out. From his own fellrunning experience and feedback from his friends he became dissatisfied with both the limited choice of fell running shoes available and also with the shortcomings of the leading brand and decided to bite the bullet and design and manufacture a quality alternative.

This was done after an enormous amount of research into what fellrunners actually wanted, to enable Dave to confirm or, in some cases modify, his own views on what he wanted to create. Such luminaries as Mark Roberts, Shaun Livesey, Mark Aspinall, the Baileys, Rob Jebb, Lee Siemasko and various others have provided valuable feedback while John Buckley (Senior Lecturer in Biomechanics), Dennis Quinlan, Ken Ledward of KLETS testing services and the SATRA research and testing centre have also played their part in providing informed opinion, professional assessment and objective testing of the materials used in the construction of the shoes.

It can be seen that Dave is not a man who embarks on a project without very thorough preparatory work nor without seeking outside assistance where necessary.

In January 2000, Dave's original partnership with Dave Edmondson having dissolved, Eric Wrathall joined the company as his replacement, bringing with him a set of complementary qualifications in the trade and an even longer history within it than Dave himself. Eric has been for many years a keen long-distance walker and is still a member of the LDWA; however the time restrictions of his job made Eric try fell running as an alternative to his walking exploits - he became completely hooked and is now a member of Todmorden Harriers, training on most days and making appearances at races (when Foot & Mouth permits) almost every week.

In addition to Felldancer, the partners' Burnley base is also home to their other company, Lancashire Sports Repairs, which, as well as repairing specialist outdoor footwear, also repairs outdoor clothing, rucksacks and gaiters.

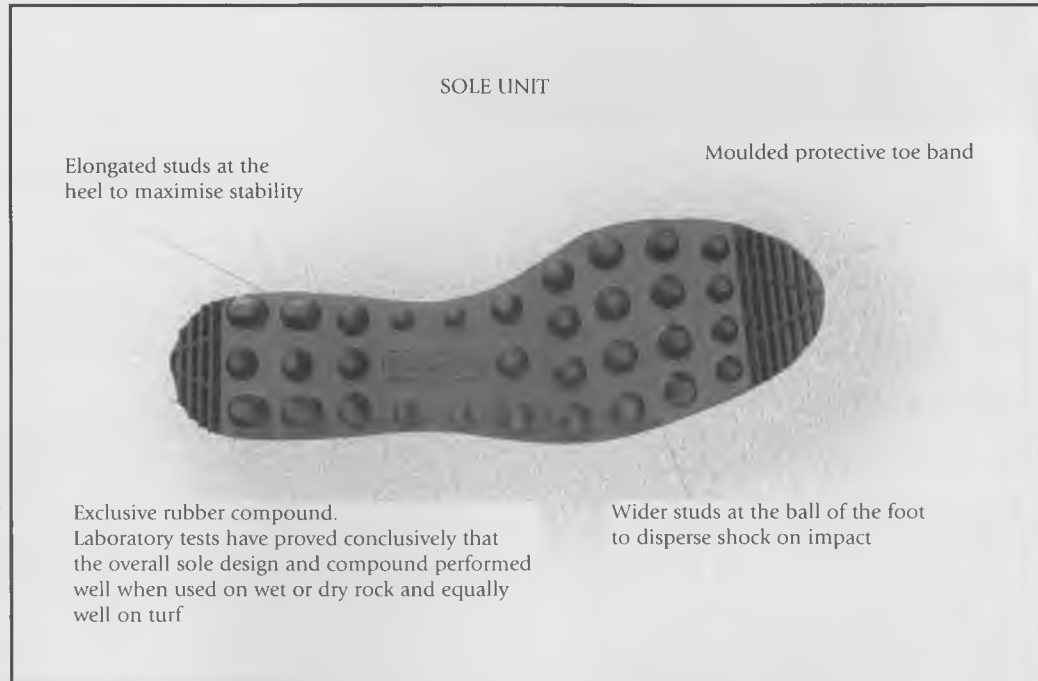
With two partners who had extensive personal knowledge of the sport and a comprehensive set of professional qualifications coupled with a total of 59 years practical experience in the footwear industry it was clear that their range of shoes was going to be well thought out and sturdily constructed - and so it seems to have proved

The Products

Felldancer produce a range of three shoes, all designed for a particular purpose - the "Challenger", which is the backbone of the range and is intended to be used under all conditions as both a training and a racing shoe; the "Extreme", with its wrap-round rubber rand, intended either for heavier runners or those whose regular terrain and/or mileage is such that they need a heavier-duty shoe and, finally, the "Racing", which, as its name implies, is lightweight, closer fitting, with a thinner midsole and is intended

for competition use or for lighter runners who prefer a shoe more in keeping with their own body weight!!

This is the standard range; however, unlike any other comparable shoe manufacturer, Felldancer offer two more variants for all three shoes - firstly all the shoes are available in two width fittings, a "standard" for the majority of runners, who have an average foot joint width, and an "ultra-fit" for runners with slimmer feet or who prefer a shoe to fit very closely around the



foot. To provide a further degree of choice, the company will provide each shoe with a choice of midsole thicknesses - normally the "Challenger" and the "Extreme" come with a 14mm EVA midsole and the "Racing" with an 8mm midsole but any shoe can be supplied with either of the two midsoles, depending what the customer wants it for. For example, a particularly hefty runner who wants the more precise feel of a racing sole but whose weight tears his shoes to pieces could opt for an "Extreme" shoe with an 8mm sole, thus getting the best of both worlds.

Dave Comer reckons that the most important item when making a shoe is the last - if the shape of the last is not correct then the shoe built around it cannot perform as well as it should. The last of Felldancers is constructed so that the heel curvature contours inwards to cradle and support the Achilles' heel and the area around the ball of the foot has been designed to be tight around the runner's foot to avoid movement when the runner is traversing on steep ground. The last has also been deliberately shaped at the medial arch area so that when the anatomically designed footbed is positioned in the shoe it helps to support the medial arch.

One of the immediately noticeable features of Felldancers is the Corrinium rubber outsole - there is no question of overlarge soles being trimmed to fit, thus leaving half studs in places round the sole edge; each shoe size has an individual outsole mould for that size shoe only, thus ensuring a correct distribution of studs all over the sole. The design of the outsole is interesting - early Felldancers had conical studs all over but the latest models now have more substantial oval(ish) studs at the heel to maximise stability and wear and wider studs on the ball of the foot to disperse more shock on impact. All the soles, like most fell shoes nowadays, incorporate a protective toe band to help with abrasion resistance. The soles were tested extensively, not only by real, live fell runners but also by the SATRA technology centre who confirmed that they meet their "slip resistance recommendations for high performance use"

The materials which go to make up the shoes are similarly well researched for purpose - the upper, the tongue and the facings are made of Velon, which is a lightweight and hardwearing synthetic material which is both abrasion resistant and quick drying; the tongue and heel are lined with a material called Avotex, which has low water retention and high abrasion resistance and the eyelet facings have three layers, Velon, Avotex and an eyelet strengthener, to ensure they don't rip out. The other materials, the footbed, the insole and even the laces, have all been chosen after considerable input and research, to make sure that they stand up to the rigours of use on the fells.

INNER BODY LINING
Avotex, highmoisture absorption, low water retention and abrasion resistance

ROT PROOF LACES



TONGUE
Padded 8mm foam insert adds to the comfort over the instep when the laces are fastened

OUTER BODY LINING
Nylon foam backed tafeta adds extra padding from heel to toe, adding to the comfort of the shoe

EYELET FACINGS
Three layers of material are used to lessen the chances of eyelet holes ripping under pressure, these are Velon, Eyelet strengthener and Velotex.

UPPER MATERIALS
Velon is used for the entire upper. Low water retention, quick drying, abrasion resistant and very hard wearing

HEEL BACK CURVE
Due to the special last felldancer shoes follow the curvature of the wearer's heel right up to the Achille's tendon to cradle and protect.

FOOTBED
Foam backed to increase shock absorption and comfort. Its anatomical design supports the medial arch for added comfort and protection

EXTREME RAND
Innovative rubber rand encapsulates the shoe, boosting stability as well as protecting the upper from damage

MIDSOLE
14mm profile EVA midsole with 10mm for racing shoe



The Production

The production sequence of Felldancers, like that of many products nowadays, is an object lesson in the diversification of industry.

The upper materials are sent to Scotland, where they are cut to shape and sewn to make the uppers. Meanwhile the EVA midsoles and the Corrinium rubber outsoles are sent to Northants. Here the EVA is scoured clean, primed and then coated with adhesive. The outsole is similarly scoured, halogenised and also coated with adhesive. When both components are dry they are heat activated and pressed together to ensure a perfect bond. When cool they are lightly roughened to remove any overhanging edges of the EVA, ensuring that each sole unit is complete and has no half studs.

The uppers and soles are then sent back to Felldancer for lasting. Uppers and insoles are coated with adhesive; the insoles are attached to the last; the uppers and insoles are heated to reactivate the adhesive and the shoe is lasted around the toe on a machine called a "pull toe laster". The waist and seat are then heated once more to reactivate the adhesive and the waist is then pulled over by hand to ensure that the uppers are as tight as possible around both the medial and longitudinal arches (the "waist"). The seat is then clamped into a seat-lasting machine that forces the upper to conform exactly to the shape of the last at the heel.

The sole is then positioned on the shoe and drawn around the toe box, so that the sole laying operator knows exactly where the sole is to be positioned, before finally attaching it to the shoe.

The toe box and lasting margin of the shoe is then lightly roughened to take the adhesive and the upper is coated with adhesive and left to dry. Once dry, the upper and sole adhesive are reactivated, the two are positioned together and then put into a sole pressing machine for about thirty seconds, during which time the adhesive cools and forms a bond between the upper and the sole.

The shoe is then slipped from the last, inspected for faults, has its footbed inserted, its laces fitted and is boxed up ready for despatching.

As well as their standard production run, Dave and Eric can also offer a personal fitting service to those people who have gait problems, who over-pronate, over-supinate or who have joint problems - it is even possible, at a price, to have a last specially modified to produce shoes tailored exactly to individual feet!!

The Future

Dave and Eric are pretty confident that they have now got a very good range of shoes in production but intend, as they have in the past, to keep their ears to the ground and to take heed of advice from fell runners which can be proved to be sensible and to develop their models accordingly - "We're always ready to hear constructive criticism and recommendations for improvements - input and feedback from athletes are essential if we're going to achieve anywhere near perfection."

And the best of luck to them!!!

Useful information

If you want any technical information about the shoes or any information about special modifications or information on orthotic fittings you can contact Felldancer at Northbridge House, Elm Street, Burnley, Lancashire, BB10 1PD. Telephone: 01282 714138. email: info@lsr.gb.com Website: www.felldancer.com

For all other enquiries, or to find the name of your nearest stockist you can contact Mike Chapman, Viga Athletic Company, Low Mill, Town Lane, Whittle-le-Woods, Chorley, Lancashire, PR6 7DJ.

Telephone: 01257 269611.

TWENTY YEARS AGO

Saturday, July 11:

"I should never have started Wasdale," recalled John Wild (RAF Cosford). "I'd been ill with a chest infection the week before and had not recovered. However, I'd missed Ennerdale due to Service commitments, so didn't feel I could miss Wasdale as well and still call myself a champion fell runner. As it was, I cracked after Gable and dropped out at Sty Head."

Billy Bland (Keswick), Jon Broxap (Keswick), Bob Whitfield (Kendal) and Mike Short (Horwich)

headed the 129-strong field at the first checkpoint on Whin Rigg, but Bland had opened up a five minute lead at Checkpoint 2 on Seatallan, across the dale, beyond which point his closest rivals, Whitfield and John McGee (CFR), both retired.

The Borrowdale builder and stonewaller continued to increase his lead over Pillar, Great Gable, Esk Hause, Scafell Pike and the final descent down Lingmell Nose

to finish over seventeen minutes clear in 3.35.10, this being the second of his total of nine wins in the event. (His time was four minutes nineteen seconds outside Andy Styan's 1979 record but he set a new mark of 3.25.21 the following year which still stands.)

Meanwhile, Billy's brother Stuart, who farms near Seatoller and is the father of Jonny Bland, had begun to shake off the challenge of Harry Jarrett (CFR), Jos Naylor (CFR) and Martin Hudson (Keswick) beyond Pillar and eventually came home in 2nd place with a time of 3.52.23. Hudson lost ground between Pillar and Gable and Jarrett finally beat Naylor by twenty-four seconds to claim 3rd place in 4.00.35, while Hudson hung on to finish 5th in 4.01.35. (He had triumphed in the Capricorn Two-Day Mountain Orienteering event a fortnight previously and was later to win the Mountain Trial in September.)

Taff Davies (Aldershot, Farnham & District), a Regular Soldier, did not compete but it is doubtful if he would have been any match for Jos over this type of terrain and distance, nor probably for Ray Aucott (DPFR) or Harry Blenkinsop (Keswick), who placed

2nd and 3rd among the O/40s, with Clayton's legendary long-distance fell specialist, Alan Heaton, leading home the O/50s (Blenkinsop, an outstanding fell runner of the 1970's, had been the 1979 O/40 champion and Heaton winner of the O/50 category, while the late Ray Aucott took the O/40 title in 1980.)

The ladies' race that year followed the men's course to Pillar before descending to the finish at Brackenclose and Lochaber's Ros Coats (now Mrs Ros Evans) led throughout

Davies runner-up to Westbury's Dave Francis in the 1976 inaugural event, claiming the veteran's prize in 20th position with a time of 1.13.10.

Ros Coats set a new ladies' record of 1.24.49, followed home by Rosie Naish (Eryri) in 1.25.44, Pauline Haworth 3rd: 1.28.22 and Fiona Wild 4th: 1.29.45.

Saturday, July 25:

Billy Bland, who had defeated Harry Jarrett at Kinniside the previous weekend, completed a consecutive hat-trick of victories in the Meall An T-Suidhe Hill Race at Lochaber Highland Games, covering the steep, grassy course - with the odd boulder here and there - in a personal best time of 29.54, but missing Alan McGee's 1978 record by eleven seconds. (McGee, the 1977 FRA champion, had been a steep, short course specialist who afterwards emulated Dave Cannon by turning to marathons and road-racing in general, as indeed did Kenny Stuart during the late '80s.)

Billy really outpaced his rivals coming down, as McGee so often did, with Harry Jarrett arriving at the finish forty-three seconds later in 2nd place, followed by Bob Whitfield in 30.48. and Jon Broxap in 31.11.

Alan McGee's elder brother, John, finished in 8th place, incidentally, while Norman Matthews (Horwich) was the first veteran in 20th, ahead of Andy Phillipson (Gosforth) and Peter Brooks (Lochaber). (Taff Davies did not travel up for this one.)

Ros Coats continued her winning ways by defeating Fiona Wild by sixty-four seconds with a time of 36.40, with Pauline Haworth placing 3rd in 41.08.



Taff Davies of Aldershot, the 1981 Veteran Champion, pictured here at the Wrekin. (Photo Bill Smith)

to win by just over ten minutes in 3.16.23. Her clubmate, Fiona Wild, got off to a slow start, being last of the seven competitors onto Whin Rigg but finally pulled through to 2nd in 3.26.25.

Orienteering legend Carol McNeil (Interlopers OC) took 3rd place in 3.31.30, followed by Cath Whalley (CFR) 4th and Pauline Haworth (Keswick) 5th, the other two runners having been timed out on Seatallan.

Saturday, July 18:

The Snowdon Race, over much milder terrain, attracted Italian army entries for the second year running. Corporal P. Pezzoli had won the 1980 event and this year John Wild had his work cut out to withstand the challenge of Gaio Rovedati, eventually finishing thirteen seconds ahead of him in 1.05.18, some fifty seconds outside Ricky Wilde's 1978 record.

Another Italian, Stefano Lazzaroni, came 3rd in 1.8.18, with Taff



John McGee, 8th at Melantee, pictured winning the 1980 Sedburgh Hills. (Photo Bill Smith)



Ros Coates, the Ladies' Champion in 1981, winning The Ben Nevis Race in that year. (Photo Neil Shuttleworth)

The top placings in the Half Nevis Race the following day were identical to those in the Melantee, both men's and ladies' events, while Jarrett achieved his own hat-trick of victories in the Cow Hill Race on Monday evening after Bland and Whitfield had returned home, setting a new record of 17:57 into the bargain, with Fiona Wild winning the ladies' race.

Saturday, August 1:

Billy Bland achieved the fourth of his ten wins in his local Borrowdale Fell Race over Bessyboot, Scafell Pike, Great Gable and Dale Head. He ran most of the course by himself, maintaining a lead of around five minutes between Esk Hause and Gable and stretching it to almost nine minutes by time he'd arrived back in Rosthwaite with a new record of 2:34.38, which has never yet been bettered.

Bob Whitfield was the fastest of his rivals, breaking clear of the chasing bunch on the scree descent from the Pike and the rough traverse of the Corridor Route to Sty Head and Gable. A trio comprised of John Wild, Harry Walker (Blackburn) and three-times winner Mike Short then became involved in a battle for 3rd place, with the "Lancashire lads" both overtaking Wild in the latter stages, so that the final placings behind Bland read: Whitfield 2nd: 2:43.27, Walker 3rd: 2:48.09, Short 4th: 2:48.15 and Wild 5th: 2:48.24.

Stuart Bland, meanwhile, had made a sluggish start to the race and didn't begin to pick up till late on when he made a typically breakneck descent from Dale Head to claim 6th position in 2:50.15.

"I really enjoyed Borrowdale," said Wild in retrospect. "It was a fine, clear day and I was able to get a good look at the Lakeland scenery. I was very pleased with 5th place and also relieved that I didn't become really knackered till the very end."

Jos Naylor again took the veteran's prize, this time in 17th position, with Taff Davies 4th in this category behind the more experienced Phillipson and Brooks.

Ros Coates sliced over twenty minutes off Pauline Haworth's year-old record to set a new ladies' mark of 3:30.30, with the next three finishers also being inside the old record, Pauline herself taking 2nd place in 3:36.03, with Fiona Wild 3rd: 3:38.52 and Rosie Naish 4th: 3:44.17.

Next day, Billy Bland won the Latrigg Fell Race, in which Rosie Naish was the fastest lady.

Saturday, August 22:

A warm, sunny day for Burnsall Feast Sports, but with a cooling breeze on the fell. Triple winner Mike Short set the pace going up, leading from John Wild and 1971 winner Harry Walker, and looked a good prospect for 1st, such was his lead at the cairn.

A radioed message from here to the finish stated that there was "no way he can lose." John Wild, however, didn't share this opinion and in a repeat performance of the Butter Crag Race two months previously, launched himself off the crag into a reckless headlong descent to which the Horwich man was unable to respond when Wild flashed past him lower down.

Despite losing a shoe, which he afterwards went back to find, Wild finished sixteen seconds clear in 13.15 almost twenty-five seconds outside Ricky Wilde's 1977 amateur record. (Fred Reeves of Coniston had set the professional record of 12:47.2 earlier this same year, breaking the 67-year-old mark of 12:59.8 established by the legendary Keswick gamekeeper, Ernest Dalzell.) Walker took 3rd place in 13.50, ahead of Bland, Whitfield and Jarrett, while Taff Davies was 1st veteran in 11th position, 14.14, over a minute in front of runner-up Derick Jewell (DPFR) in 20th.

Saturday, September 5:

Fine weather prevailed for the Ben Nevis Race, but with some mist high on the mountain.

Double FRA champion (1975/78) Mike Short led at the summit from Jack Maitland (Aberdeen), Bland, Walker and Whitfield, but was overtaken by Billy near the foot of the scree descent, approaching the bridlepath-crossing, and then by Bob at the actual crossing point. Bland then led all the way down to the concluding road section, where he uncharacteristically began to struggle, allowing Whitfield to pass him halfway along (and giving him a sporting handshake as he did so) and enter the New Town Park first with a winning time of 1:26.57 - only two seconds outside Dave Cannon's 1976 record.

No one had bothered to inform him on the run-in of just how close he was to the record otherwise he may well have managed to eclipse it and exactly the same situation had arisen the previous year, when Bland had been only one second outside it.

Meanwhile, Taff Davies had left the summit in 13th position and came down in great style to claim 3rd place (a repeat of his 1976 performance) in a personal best time of 1:29.54, eleven seconds in front of Short in 4th. John Wild, though, had a poor run by his own high standards: "I was disappointed by my performance, not because of my 9th position, which I felt was quite a creditable place to finish, but because on the day I didn't 'feel good' and my attitude was less than gutsy. I should have led the field in the early stages, say up to the Red Burn. It was ideal for me: nice flat start on the road and then runnable all the way to the Burn. I just couldn't get going and was dropped even before then."

Derick Jewell was 2nd veteran in 1:39.09, with Peter Brooks 3rd, over two minutes adrift.

In the ladies' race, Ros Coates reduced her own 1978 record by almost nine minutes to set a new mark of 1:44.25, with both Fiona Wild and Pauline Haworth also finishing inside the old record with respective times of 1:49.19 and 1:52.59.

Sunday, October 4:

The championship returned to Scotland for the next event, the Moffat Chase, a demanding grass-and-heather course over the Southern Uplands, taking in Greygill Head, Hart Fell, Saddle Yoke, Nether Coomb Craig, Aulton Fell and a final descent off Greygill Head.

Colin Donnelly (Cambuslang) lowered Andy Styan's 1979 record of 2:40.25 to 2:39 (no seconds being given with this year's results).

John Wild took 2nd place, some two

minutes adrift, followed home by Jack Maitland in 3rd and Billy Bland in 4th. This was another race which Taff Davies chose not to contest (possibly because of Service commitments) and Andy Phillipson picked up another veteran's prize in 14th position with a time of 2.58, just ahead of runner-up Derick Jewell in 15th.

Ros Coats took around ten minutes off her own two-year-old record to set the new mark at 3.14, Fiona Wild placing 2nd in 3.36 and Cathy Thorpe (CFR) 3rd in 3.56.

Saturday, November 14:

Having already confirmed his championship success, John Wild did not contest the Blisco Dash, the final event of the series, though since the Moffat Chase he had won both the Three Towers and Black Lane Ends races, setting a new record of 29.54 for the latter.

Billy Bland completed a consecutive hat-trick of victories at Blisco, having also gained his third victory in the Langdale Horseshoe from the same venue (the Old Dungeon Ghyll) two months previously. He at last broke Martin Weeks' 1976 record by five seconds with a time of 37.46, seven seconds in front of Bob Whitfield, with Ian Ferguson

(Bingley) taking 3rd place and Jon Broxap 4th.

In the veterans' class, Taff Davies showed his superiority over the shorter course by finishing 7th overall in 40.10, two minutes thirty-four seconds ahead of his nearest rival, Andy Phillipson, in 19th, with Norman Matthews claiming 3rd place ahead of Derick Jewell.

Like John Wild, Ros Coats did not need to run the Blisco Dash as she had already clinched the ladies' title, though she had triumphed there in both 1977 and '79. On the day, Jean Lochhead (Airedale & Spen) ran out a clear winner by sixty-two seconds over Clayton-le-Moors' Linda Lord with a time of 55.07. Jean had been the most successful lady fell runner of 1978 and had finished runner-up to Ros Coats in the inaugural 1979 championship and 3rd in 1980 to Pauline Haworth and Bridget Hogge (Eryri). Linda had finished 5th and 4th respectively in the first two campaigns but dropped to 8th in 1981.

John Wild achieved his second title in 1982 and was very narrowly defeated in 1983 by the re-instated "guide's" racer Kenny Stuart (Keswick), who became the first man to complete the hat-trick.

Open Men's Championship:

- 1: John Wild 200 points;
- 2: (jointly) Billy Bland & Mike Short 163;
- 4: Jon Broxap 159 ;
- 5: John Reade (Clayton) 149.

Veterans:

- 1: Taff Davies 209 points;
- 2: Andy Phillipson 187;
- 3: Norman Matthews 170;
- 4: Derick Jewell 168;
- 5: Peter Brooks 164.

O/50: Tony Llewellyn (L&M).

Ladies:

- 1: Ros Coats 110 points;
- 2: Fiona Wild 90;
- 3: Pauline Haworth 72;
- 4: Carol McNeil 21;
- 5: Rosie Naish 20.

Note: I must apologise for getting Ros Coats' married name wrong in the June issue: it is, of course, Evans, not Hope. This was pure carelessness on my part. Also, both photographs illustrating Part One of this article in that issue were wrongly credited to me (not my fault): the Ben Lomond shot of John Wild was kindly supplied by Mitchell & Averell, Photographers, of Dumbarton, while the one showing the first three at Kentmere came from The Westmorland Gazette.

NAVIGATION COURSES 2002

Learn the basics of navigation on the fells or come along and improve your navigation skills. We can help you at any level of experience and it will only cost you £50 for the weekend, inclusive of full board.

Courses will comprise instruction and practical sessions on the fells, with discussions and talks on safety, fitness and training, two-day mountain marathons, equipment, the 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 12th to 14th
April 2002.

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



AUTUMN COURSE

Friday to Sunday 20th to 22nd
September 2002.

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 - early booking advisable.

Pennine Pilfer Pyrenean Prizes!!

THIS SUMMER a variable but fairly large party, peaking at twenty, of Pennine members, partners and offspring headed from the Foot & Mouth and rain-ridden British Isles into the sunshine and clear skies of the Pyrenees. Some of them arrived there without trouble; others, old enough to know better, had to divert to London for a couple of days after being refused exit from Britain on the utterly justifiable grounds of a passport some two years out of date!! Eventually, however, all were assembled at the Bioux-Oumettes campsite by the Pic du Midi d'Azous - the Senior Citizens in the luxury of their air-conditioned Volkswagens with awnings, double beds and fridges stuffed with refreshment, while the Younger Generation(s) pigged it out under canvas in le Camping Britannique further up the site - although Martin Mavin's splendid edifice, complete with south-east and south-west wings and a servants' annexe, did raise the overall tone somewhat, despite the air of decadence which accompanied the arrival of the Topliss's "Gangstamobile", resplendent with gold alloy wheels, a ground clearance of 2", blacked-out windows and a gaping hole in the bonnet for the air inlet to **BOTH** the turbochargers!!

Deeds were done, walks were walked, rock was climbed, runs were run, the Pic du Midi was climbed by two parties, a lot of wine and Bier Blond was drunk and one of the Volkswagens managed to turn itself into a sort of mobile creche.

At the end of a most satisfying week and a half the party decamped two valleys to the east to the more child-friendly facilities of the Lac d'Estaing, where the holiday continued in much the same vein, with the addition of trips to the swimming pool and the establishment of a somewhat competitive regular training run from the campsite up the 2700' to the Lac du Barbat, a run which started up through near-vertical woodland from the first step out of the tent (or van). Notable on the mist-enfolded descent section of one of these runs was the sudden and unexpected appearance through the mist of a stark-naked French girl being given a shower with a hosepipe by her mate by the side of a cabane - it was fortunate that this stunning apparition was granted to the Senior member of the party, who knows what might have transpired if it had occurred to one of the younger and more impressionable gentlemen!!

Regular meal preparation having begun to pall, the whole party eschewed the pleasures of tent (van) cookery and on two extremely pleasant occasions sampled en masse (as the French say) the delights of the local restaurants.

For those who didn't have the misfortune to have to set off early to be back at work the expedition concluded with five of Pennine running in one of the French Championship races, the Crete du Val d'Azuns, from nearby Arrens-Marsous - the weather was Britishly cool and slightly overcast for the first part of the race, the Brits had had two weeks' acclimatisation and the result was that four out of the five came away with trophies, legs of ham, cheeses, free meals in restaurants, weekend's ski-ing vouchers (bit tricky to take this one up!!) and bottles of wine. Mary Edgerton was third FV40; Alison Brentnall was first FV50; Margaret Chippendale was second FV50 and Alan Brentnall (introduced at the prizegiving as "a representative of her Britannic Majesty") was third V50. The Prizegiving was amazing!! Stage, podium, thousand-decibel commentary ("le record a tombe, non, c'est pulverise!!"), local dignitaries (including the Chairman of the French selectors, conspicuous in his Walsh sweatshirt and baseball cap!), laurel wreaths, flowers, kisses all round, speeches, speeches, more speeches, every prize being allocated its donor - we think Alan was awarded the "Hairdressing Federation of Arrens-Marsous Cup!!" - followed by a substantial buffet and wine. All that, plus a t-shirt, for £5 - it would be nice to know how they do it. And, with nearly all the field bar the Brits in road shoes, the first two extremely quick runners wore Walsh Raids, Walsh t-shirts and, for the Prizegiving, joined the Chairman of selectors in Walsh sweatshirts and Walsh baseball caps - perchance a touch of sponsorship in search of foreign markets?? It seemed abundantly clear that as far as the French are concerned a race is just an excuse for the main business of the day, namely the Prizegiving, but Pennine weren't complaining - it was a good end to a good holiday!!



Ian Warhurst of Pennine finishes the Crete Du Val D' Azuns

(Photo John Chippendale)

Environment and Access

by Chris Knox

A part from the current flare up (first week of September) of Foot and Mouth (FMD) in Northumberland there is little mention in the national press and understandably most people presume FMD is under control and not a problem. This does appear to be true in Scotland and all Ireland, where contingency plans were in place and followed through, preventing further contamination so far, but with FMD still in England and Wales, there is still a huge potential risk of re-infection.

As the months go by and the FMD situation becomes more of a political hotbed than a national problem, it is becoming apparent that many rural areas and communities will be changed for ever. What all those changes will be is beyond the scope of 'The Fellrunner' but some changes are already starting with outdoor centres, retailers and rural tourism trades under impossible financial burden, the YHA possibly having to sell up key hostels and farmers leaving agriculture altogether.

Despite all this gloom, restoration of access to many areas has allowed some of our regular races (and some novel 'one-off' events) to take place over the summer period. These not only have provided entertainment in the way of wobbly legs trying to descend but also opportunities to see almost totally un-grazed upland flora. Without getting all botanical, things like Cotton Grass, Heath and Lady's Bedstraw, Alpine Lady's Mantle, Ragged Robins, and Orchids amongst many other plants will have been seen at their best. It can also be presumed, although not observed, that early spring flowering plants also thrived as more stock was impounded or slaughtered. Upland and other ground nesting birds appear to have done well, nesting on otherwise well used footpaths, indeed most wildlife seems to have benefited from the FMD aftermath.

If things are this good after only six months will wildlife continue to benefit if domestic stock does not return?

Some species would continue to thrive, but many others need some grazing to prevent extinction and the emerging scrub would hinder general access. This may be encouraged in some areas to recreate unmanaged 'wilderness', something that the UK lacks.

However this increased mass of vegetation gives lead to another problem for us, namely -

LYME'S DISEASE

Yes, we've had this article before, but restoration of access to countryside, minus most of the stock in the upland areas and hence taller vegetation, means that Fellrunners are likely to pick up more ticks than normal. Run with a friend, check each other carefully after each run. Seed ticks are tiny - 1 to 2mm, juveniles 2 to 4mm and adults up to 6mm, of course each range gets bigger as it bloats on blood. Each adult is capable of producing hundreds of offspring and without a natural predator in the UK, it is important to kill any that we find.

This is a rare infection but one which may cause long-term irreversible problems similar to Arthritis and Rheumatism. The major difficulty is that it may go unnoticed until too late.

The disease is transferred to humans via deer ticks, which bite and embed themselves in arms and legs, etc. of humans as well as dogs and cats. So check and groom your pet well after a run.

Prevention

It is essential that anyone working, running, walking or just playing in areas wherever there are deer ticks (i.e. most of Scotland where there is bracken or heather) try to prevent ticks attaching themselves. Exposed flesh should be covered and trousers tucked into socks. That's official advice, it is obviously difficult to tuck shorts into socks (you'd get locked up anyway!) so it is even more essential for us to take care. Application of insect repellent is said to be useful in repelling ticks.

Personal hygiene is most important - thorough daily examination of the body (and clothing) and prompt removal of ticks is a vital preventative measure, it can take up to 48 hours for the infection to be transmitted. This could be part of your warm down routine.

Treatment, involving injection with a course of drugs, should be commenced as soon as symptoms appear. There may be no symptoms unless the blood is tested and shows positive. If you are regularly exposed to tick bites it may be useful to have a routine blood test.

Symptoms may include:

- A rash appearing at the site of the bite (not the immediate soreness and itchy swelling associated with tick bites). This appear 'a few weeks' later and spreads out into a red irregular ring up to 10cm or more in diameter.
- Weeks or years after a bite (whether a rash occurs or not) joint problems can occur. Pain may move from joint to joint and be more obvious at night. *If neglected, permanent damage may occur in the joints.*
- Occasional nerve-related symptoms may occur. Weakness of limbs, palsy of facial muscles, heart-block (slow beat rate which doesn't speed up with exercise) or the features may mimic the fatigue syndrome that occurs after a number of other (especially viral) infections.

As soon as any of the symptoms appear you should contact your Doctor and inform him/her of the possibility of Lyme's disease.

Ticks are more active around lambing time, Spring/early summer and towards Autumn, however, with little stock around, they will be keen to attach to any host species.

Removal of ticks

Although there are many methods of removal, many involve unpleasant materials or do not remove the complete insect (which has its whole head embedded after all). The following procedure has been tested on humans and dogs by NCC at Loch Lomond:-

1. Using a pair of sharp pointed tweezers, grasp tick firmly as close to the skin as possible.
2. Twist tick anticlockwise without pulling or jerking. This may take 4-6 half turns, but the tick will come out cleanly. If the mouth parts remain under the skin, consult your doctor as soon as possible.
3. Kill the tick by crushing (but not between your fingernails), burning or dropping into alcohol.
4. Wash hands with soap and water and apply antiseptic to the bite area.
5. If you can't bear the thought of plucking the tick from your flesh (or that of a friend or pet), Vaseline or similar products smothered over it will get it to release its grip, but this may take some time.

Right, that's enough of that - go out and enjoy your running, appreciate our open spaces, observe the beauty around us and spare more than just a thought for all those affected by the Foot and Mouth epidemic.

!!Champagne celebrations !!

marked the re-opening of footpaths in Calderdale in July.

Runners from Todmorden Harriers and Clayton le Moors Harriers, together with walkers and families from a local school, popped the corks at Stoodley Pike after months of being banned from footpaths and fells due to the foot and mouth crisis.

The event marked the end of several months' campaigning to have paths re-opened in an area which had not been affected by the disease.

A few days later, members of Calder Valley Fell Runners also opened their champagne at High Brown Knoll above Hebden Bridge, one of the checkpoints on the Wadsworth Trog fell race route.



(Photo Bill Smith)

RAMBLING ROSE

FELL RUNNING IN THE LAKE DISTRICT

At the end of July public access was restored to large areas of the Lakeland Fells. Though many landowners are none too happy, the farmers in Borrowdale seem to have taken the view that since the fells and footpaths are open to the general public, it is reasonable to allow a fell race. The event was clearly a boost to the locality which, like so many country areas, has suffered from the wider effects of the Foot & Mouth precautions. It is fitting that the first major fell race in England this year should be a Lake District classic and we acknowledge the efforts of Ann and Billy Bland in gaining the support of local people and being able to organise a hugely successful event. The success was enhanced by Miles Jessop, owner of the Scafell Hotel and supporter of the race since its inception, who somehow persuaded Prince Philip to present the prizes.

I was hoping this event would show the way for more races in the Lakes, but at the time of writing am not optimistic. Chatting with several race organisers, I suspect it will be quite a while before many landowners are confident that fell races can take place without risk to livestock.

LOTTERY FUNDING

Seeking finance to host the World Trophy in England certainly is a lottery. We applied to UK Sport for a modest £31,500 (35% of the estimated cost) and it took them three months to tell us that *"the event is not considered a strategic priority and is not an eligible application for support through the UK Sport funded lottery programme."* They passed our application to Sport England and wished us "good luck!" Sport England World Class Events Panel *"appraised and carefully evaluated the application against the current published assessment criteria."* Support was rejected because *"fell running is not an Olympic or Commonwealth sport, therefore it is considered as a low priority for the World Class Events programme."* Furthermore, *"fell running does not currently have a lottery funded World Class Programme to support its activities, therefore the current strategic relevance is low."*

Make what you will of all this twaddle, but clearly it doesn't apply to staging the European Cross Country Championships which have been offered a six figure sum.

COMMUNICATIONS TECHNOLOGY

I recently listened to a Radio 4 debate: "Instant communication is the curse of the twenty-first century." Whilst I wouldn't go so far as this, I have to admit to Luddite tendencies, and am sick of the junk generated by modern technology - but there can be little doubt that during the current foot and mouth crisis, the only effective way of communicating with our clubs, members and race organisers is by the Web and E-mail. Those who, like me, don't play with computers, have been able to get information from their more enlightened friends.

Incidentally, why does e-mail correspondence invariably ignore basic grammar and use stunted phraseology, little if any punctuation and no upper case. I think we are heading towards illiteracy and clear English is becoming a thing of the past!!

MANAGEMENT OF FELL/HILL RUNNING IN THE UK

Celtic Corner (June 2001) makes interesting reading. Apparently the Northern Ireland Athletic Federation (NIAF) allows the Northern Ireland Fell Running Association (NIFRA) considerable freedom in the management of fell running, albeit with very limited financial support. In contrast, Scottish Athletics Ltd (SAL previously SAF) milks organisers and athletes at every turn and can't keep its nose out of hill running affairs. The management of mountain running in Wales appears to be in similar disarray.

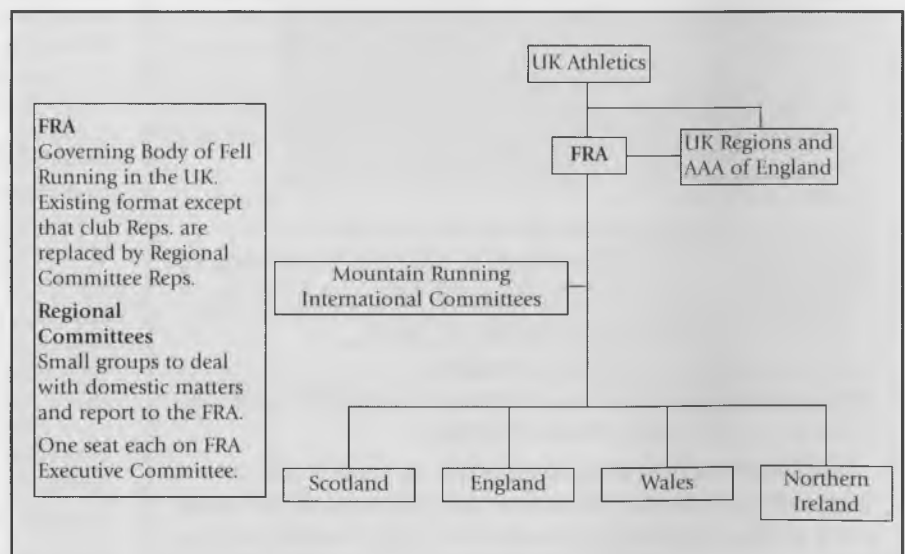
I was particularly interested in John Sweeting's ideas for streamlining the ever increasing bureaucracy, and share his view that the FRA should revert to its original role of serving all fell/hill runners throughout the UK. However, I think John's "modest proposal" can be streamlined even further, and I often dream of a very simple management structure on the lines of the attached diagram.

Such radical changes would of course require the total support of Scotland, Wales and Northern Ireland. There are several reasons for maintaining our link with UK Athletics, (at least for the time being,) but since they are not really interested in fell running they ought to be content for us to manage the sport on their behalf (unpaid, voluntary). If they can't go along with this, then the writing is on the wall.

Athletes would be more willing to co-operate with registration schemes if some of the money collected is earmarked for our sport. We have just agreed a formula with the North of England AA which provides for a fair proportion coming to the FRA. Is it unreasonable to expect SAL, the Athletic Association of Wales (AAW) and other Regions to enter into similar arrangements?

This sort of structure would ensure fell running throughout the UK is managed by fell runners, without any interference from paid officials who don't know the difference between a mountain and a mole hill!!

Structure for the management of Fell/Hill Running in the UK



Letters, opinions et.al.

The Welsh Situation

from Adrian Woods

This letter is in reply to "Welsh News" Celtic Corner of the Fell Runner Magazine dated June 2001.

Following the decision by John Sweeting and Adrian Orringe not to represent Fell & Mountain Running at the Athletics Association of Wales Annual General Meeting in October 2001, I have officially represented Fell & Mountain Running on Athletics Association of Wales Endurance and Management Board Committees.

Elected Members and Officers representing the disciplines of Track & Field, Road Running and Cross Country have long since abandoned their "blazers" and now wear 'fleece jackets'. They have been extremely helpful in the development of Fell Running in Wales.

Following the problems in introducing a 'Registration Scheme' imposed on the Athletics Association of Wales by the Sports Council for Wales, there have been many benefits in developmental and financial terms to Welsh Running.

In financial terms alone Fell & Mountain Running has received £17,000 this year for:

- International Competitions
- Junior Development
- Junior Competitions
- Mountain Running Grand Prix (formerly Welsh Championships)
- International Snowdon Race
- Inter-regional Championships
- FRA Relays (North Wales)

In addition the Athletics Association of Wales provide all administrative support, Welsh team kit and sponsored T-shirts, subsidised tracksuits and fleece jackets. Each registered athlete received £30.00 worth of discount vouchers to be used with Bourne Sports. Registration remains at £10.00 per year and this includes an information event booklet for the coming year.

The Athletics Association of Wales provides the same insurance cover for Athletes, Coaches, Officials and Race Organisers as the FRA. Copies of the Insurance Policy are available from the Athletics Association of Wales' Offices at Newport. They also provide a race calendar, medals for Championships and a quality newsletter.

Permits are not currently issued to Fell Races in Wales by the Athletics Association of Wales because race organisers still obtain them from the FRA! The Athletics Association of Wales wishes to work with the FRA and the policy and support Team for Fell Running PST in trying to resolve some of these issues. Welsh Fell Races come under the auspices of the Athletics Association of Wales but they are run under FRA rules which have been accepted by the Athletics Association of Wales. What is the point of reinventing the wheel?

With regard to selection of International Athletes. The Athletics Association of Wales selection panel consists of Adrian Woods, Sharon Woods, Mike Blake, Steve Barnard, Kevin Evans and Derek Osborne. Advice is also sought from Steve Brace - Director of Athletics, Phil Banning - Director of Coaching & Performance, some of our senior Athletes and Endurance Coaches.

I have put forward a proposal to re-establish the Fell & Mountain Running Committee in Wales. This has been circulated to John Sweeting and all Club Secretaries in Wales.

I would welcome anyone willing to help!!

Adrian Woods, Secretary Fell & Mountain Running - Wales

Race prizes - a response

from D. Croft

Mike Rose's "ramblings" on the subject of prizes in the last edition of the "Fellrunner" magazine struck a chord; after all, for 25 years, I was largely responsible for who got what at the Three Peaks Race.

The whole subject is one which has caused controversy for a long time. The problem is that the situation is getting worse, largely because the average age of fell runners is increasing quite rapidly. For example, in the Three Peaks Race the average age of a competitor exceeds 40 and is going up by about six months every year. This means that our average competitor is a veteran and, in these circumstances, the possibility of one runner receiving a multiplicity of prizes is greatly increased.

There are some prizes which have to be given, come what may. For example, we have prizes for the first man home representing a Yorkshire club, a Lancastrian club, the Scout Association, etc., etc. So far as these are concerned, the answer is clear-cut; whoever wins them gets them. It is the prizes for achieving a position which cause the most problems.

One possible solution is to have a race made up of individual categories by reference to age. In this way a super-veteran cannot also win a veteran's prize and it would also be possible to introduce categories further down the age range and, hopefully, try to encourage a more youthful trend - which is badly needed.

Such a pattern would effectively result in several different races being run at the same time over the same course and, for many events, that would be a perfectly adequate solution but for others it is worth bearing in mind that the winner of one particular category would also be the overall race winner and, where the race is a particularly highly regarded event, then that individual's achievement would need to be recognised. For some races there will, as a result, always be some measure of duplication but before such a system can really come into being we need to give a great deal of thought to exactly which categories should apply - for example, should the 18-39 year olds be just one category?

On the other point, there is little doubt in my mind that prizes are an essential feature. I am fully aware that many competitors are racing to achieve a personal best and it is for that reason that the Three Peaks has given a certificate to every competitor who has finished, recording their accurate time, for very many years. On the other hand, people who go out and win have risen to a very considerable challenge and their success needs to be recognised. That need not involve hugely expensive prizes but, so far as the Three Peaks is concerned, neither must it involve anything cheap or tacky. We hope that the prizes we give offer a lasting and quality memento of an achievement.

D. Croft, Three Peaks Race.

Safety pins et. al.

from Derick Jewell

I was interested to see the letter from David and Eileen Woodhead about safety pins in the last issue. I hope they do not reap too rich a harvest as I will then have to buy even more than usual!

However, it has always puzzled me, both as a runner and as a race organiser, why so many runners are able to arrive at race venues with various types of running shoes, long and short-sleeved tops, shorts, long-johns, socks, gloves, thermals, tracksters, windproof and waterproof garments (upper and lower body), hats, soap, bandages, ointments, liniments, quick energy food, drinks, bumbags, haversacks, holdalls, elastoplasts, sandwiches, thermos flasks, towels, compass, whistle - need I go on?

BUT NOT SAFETY PINS!!

In my book there are two essentials that all runners should pack for

every race - safety pins and the correct entry fee. A biro with which to address a results envelope would be useful too. If all runners arrived so equipped then race registration would be so much easier and quicker for all concerned.

If some runners persist in not providing their own safety pins it may be worth asking all race organisers to trial for, say, the current millenium, a two-tier entry fee, discriminating between runners who provide their own safety pins and those who do not!!

Derick Jewell, Dark Peak Fell Runners.

Thanks

from **Graham Breeze**

During this year's Borrowdale Race, somewhere between Esk Hause and Scafell Pike, I lost my Timex Ironman watch and I mentioned this afterwards to Ann Bland as part of a wry "today has not seen my best Borrowdale" conversation.

Two days later Ann telephoned to say that someone had handed in the watch but had not left their name; and she was putting the watch in the post.

I thanked Ann and via *The Fellrunner* I now thank my anonymous benefactor.

Graham Breeze

Fell runners - different from other athletes?!!

from **Joe Ritson**

I find it increasingly difficult to understand why many FRA members like to class themselves as "fell runners" and not athletes. There has always been a close connection with other branches of athletics, even in the traditional Lakeland Sports. Many fell runners regularly took part in track events on the same day as running in a fell race. For example, in the past I have run both a fell race and a track race on the same day at the Cleator Moor Sports.

The big problem for athletes was often deciding whether to compete in the "professional" Lakeland meetings or to stay as an amateur. For those of us who competed "under AAA Rules" this meant that we could attend Grasmere or Ambleside Sports only as spectators - even in the mid-1980's a runner was banned from "amateur" races because he won minor prizes at Eskdale and Wasdale Shows and, about the same time, one of the country's top fell runners was temporarily suspended from competition because he was seen on national TV being presented with first prize by Prince Charles for winning his local "professional" fell race!

The amateur/professional split is, thankfully, no longer an issue. After athletes have campaigned to have closer ties with each other, an increasingly closer integration within the national athletics structure can only benefit the development of fell running and athletics as a whole - I fail to see why there are people who like to class themselves as "fell runners" and, it seems, want little contact with mainstream athletics.

Training and racing on roads, track or cross-country is just as enjoyable as fell running; even in 2001, with no fell races to compete in, many athletes haven't entered one of the few official road races which have taken place as alternatives. This has been the ideal year to try something different and, of course, many of the winning competitors in road races are exactly the same as in fell races. Virtually all the top fell runners of the last thirty years or so have competed successfully in road, cross-country and track races and I can even remember training on a running track at the same time as the legendary Joss Naylor, who has also been known to have entered a few road races in his time!

The Foot & Mouth crisis of 2001 may yet mean that some fell access is restricted for a number of years, especially if the goodwill of the farming community is lost. This may mean that athletes have to race on the roads some weeks, or not at all - perhaps a more integrated sport may be enforced by all this if athletics is to survive at all.

Joe Ritson, FRA Member No.0750

Grand Avoirdupois Assessment Competition

Take this opportunity to win a
"Running Bear" Fellshirt!!

As the last Competition tested the literary skills of the fellrunning fraternity, it seemed only fair to vary the competition demands, hence this one is designed to test to the limit people's abilities of amplitudinal appraisal.

The Women's Institute has its "Guess the Weight of the Cake" contests but we can go one better with -

"Guess the Weight of the FRA Secretary"

Mike Rose has generously agreed to be the subject of the Competition and will be ceremonially weighed (clothed) at the start of the AGM on Saturday 24th November.

The photograph below is included to assist you. It is of Mike in full competitive mode descending Pike o' Blisco in the 1976 Langdale Race - note the very respectable time!!



When the photo was taken Mike was 39 years old, 5' 10" tall and weighed just under 11 stones. Since then, of course, a lot of beer, whisky and cigars have flowed under the metaphorical bridge (can cigars flow??!!?) but Mike is presently on a serious health kick and is looking very sprightly indeed.

The closing date - for obvious reasons - will be Friday 23rd November; entries may be in writing or by email (NOT by phone) and the estimate MUST be in stones and pounds - anything in any other units will be instantly disqualified.

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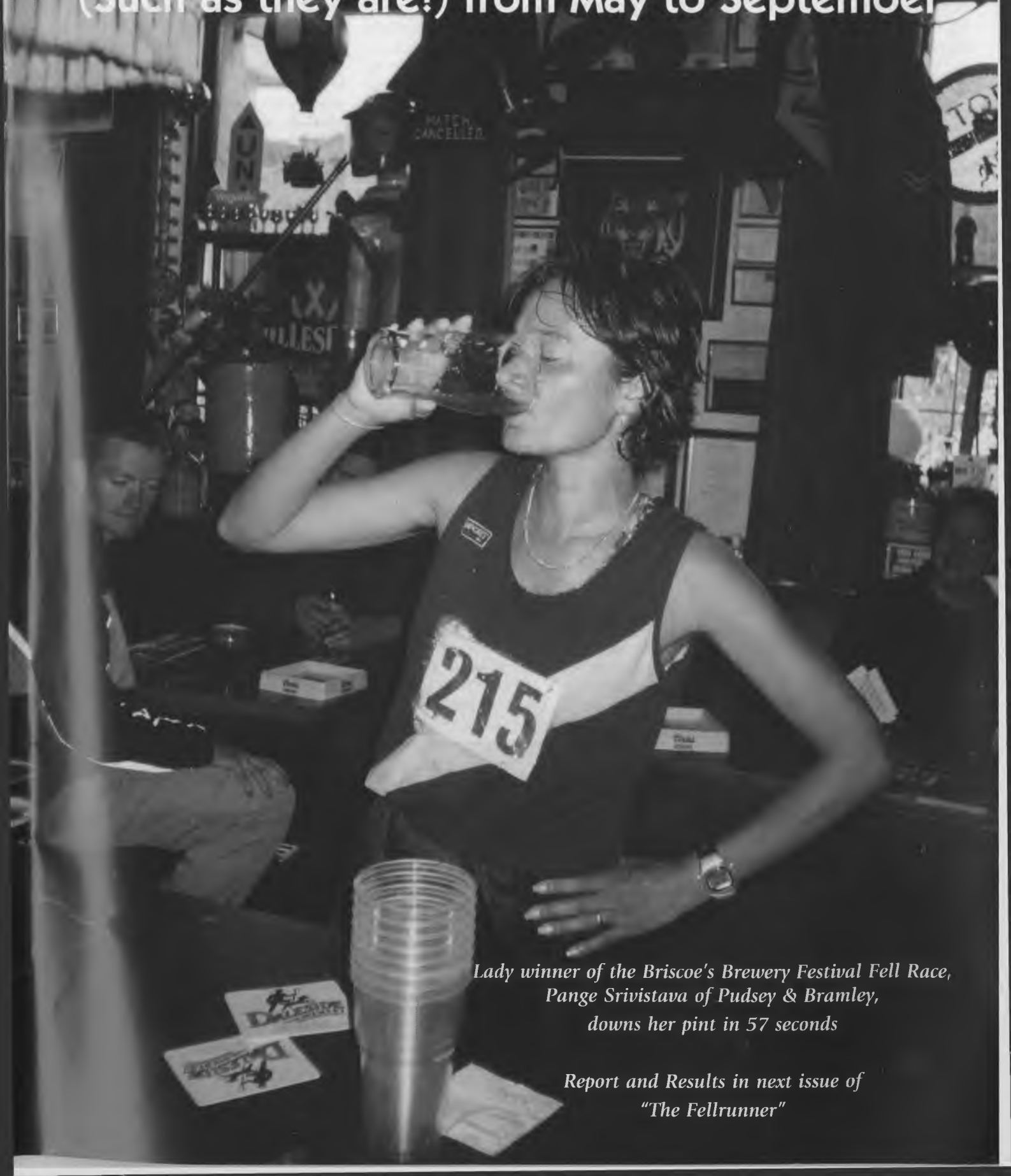
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Results

(Such as they are!) from May to September



*Lady winner of the Briscoe's Brewery Festival Fell Race,
Pange Srivistava of Pudsey & Bramley,
downs her pint in 57 seconds*

*Report and Results in next issue of
"The Fellrunner"*

TOTLEY MOOR FELL RACE

Derbyshire

BS/5m/800ft 31.05.01

| | | |
|------------------|-----------|-------|
| 1. S. Penney | Chest'fld | 26.03 |
| 2. T. Austin | DkPk | 28.01 |
| 3. I. Smith | DkPk | 28.13 |
| 4. L. Banton | Clowne | 28.29 |
| 5. T. Tett | DkPk | 29.25 |
| 6. M. Wilson | Hallam | 29.35 |
| 7. P. Winskill | Penn | 29.40 |
| 8. A. Carruthers | Crawley | 29.59 |
| 9. M. Robinson | DkPk | 30.17 |
| 10. J. Boyle | Unat | 30.59 |

VETERANS O/4

| | | |
|----------------------|---------|-------|
| 1. (5) T. Tett | DkPk | 29.25 |
| 2. (8) A. Carruthers | Crawley | 29.59 |
| 3. (12) A. Watson | Erewash | 31.25 |
| 4. (14) R. Hutton | DkPk | 31.32 |
| 5. (17) K. Holmes | DkPk | 31.56 |

VETERANS O/50

| | | |
|----------------------|--------|-------|
| 1. (26) D. Tait | DkPk | 33.12 |
| 2. (33) N. Oxley | Unatt | 34.07 |
| 3. (38) N. Boler | DkPk | 34.20 |
| 4. (46) R. Hopkinson | DkPk | 34.58 |
| 5. (50) M. Nunn | Kimber | 35.17 |

VETERANS O/60

| | | |
|--------------------|--------|-------|
| 1. (117) L. Outwin | DkPk | 41.16 |
| 2. (123) R. Mason | Totley | 42.37 |

LADIES

| | | |
|------------------------|--------|-------|
| 1. (56) J. Wilson | Hallam | 36.27 |
| 2. (66) H. Hargreaves | Penn | 37.12 |
| 3. (76) J. Phizacklea | Buxton | 37.55 |
| 4. (81) J. Newey | Kimber | 38.23 |
| 5. (95) F. Kay | Hallam | 39.39 |
| 6. (105) E. Dent | Totley | 40.19 |
| 7. (111) N. Betts O/50 | Totley | 40.52 |
| 8. (114) L. Parry O/35 | Cleeth | 41.00 |

LARA SHINING CLIFF FELL RACE

Derbyshire

BS/5m/900ft 03.06.01

Congratulations to both Steve Penney who set a new course record and to those newcomers who completed the course for the first time. I can only apologise to those who went off the course on the second lap!! Apparently someone moved one tape marker and caused the problem. In future in the fell races I organise, all junctions will be marked with painted arrows on the ground and no tape - tape will be used between turns.

David Denton

| | | |
|------------------|-----------|-------|
| 1. S. Penney | Chestfl'd | 27.45 |
| 2. L. Banton | Clowne | 28.57 |
| 3. T. Plant | Derby | 29.06 |
| 4. N. Bassett | StaffsM | 29.51 |
| 5. A. Carruthers | Crawley | 30.09 |
| 6. A. Leck | LancsM | 30.56 |
| 7. D. Richards | Nott | 31.20 |
| 8. A. Watson | Erewash | 35.01 |
| 9. C. Allison | LongEaton | 34.29 |
| 10. I. Evans | NDerby | 34.35 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (5) A. Carruthers | Crawley | 30.09 |
| 2. (7) D. Richards | Nott | 31.20 |
| 3. (8) A. Watson | Erewash | 31.47 |
| 4. (10) I. Evans | NDerby | 34.35 |
| 5. (14) M. Kuszynski | Matlock | 35.23 |

VETERANS O/50

| | | |
|--------------------|----------|-------|
| 1. (11) P. Pittson | Erewash | 35.01 |
| 2. (12) R. Booth | SheltStr | 35.19 |
| 3. (19) M. Harvey | BellH | 36.24 |

VETERANS O/60

| | | |
|-------------------|---------|-------|
| 1. (39) F. Makin | HolmeP | 42.09 |
| 2. (52) A. Bourne | StaffsM | 44.14 |

LADIES

| | | |
|-------------------------|-----------|-------|
| 1. (26) M. Mills | HolmeP | 37.02 |
| 2. (28) W. Roethenbaugh | SheltStr | 37.13 |
| 3. (40) A. Harland | LancsM | 42.20 |
| 4. (42) Z. Fletcher | LongEaton | 42.32 |
| 5. (43) R. Elgenia O/40 | Raven | 42.33 |

CHEVIN FELL RACE

West Yorkshire

AS/3.5m/900ft 06.06.01

The only wet night in June saw 115 runners line up for the first FRA fell race (on its original course) to be held since the outbreak of the Foot & Mouth disease.

My thanks go to Leeds City Council Parks Department and the Chevin Forest Rangers for their assistance and enthusiasm which allowed the 22nd running of the Chevin Race.

Due to problems in Upper Wharfedale with Foot & Mouth, it was agreed to carpet and disinfect the entry/exit to Chevin Forest, thus making the race possible.

As the first "A" category race for some time, there was an influx of talent at the sharp end. Ian Holmes (returning after an absence of ten years) Rob Hope, John Taylor, Siggy Gould, Steve Oldfield and Gary Devine are athletes to be reckoned with.

At the start, the race was declared the English Championship by the organiser and the runners were sent on their way.

The course is basically out and back with a loop at the top of the fell. It goes up Station Road on cobbles, a dog leg over the by-pass and then up Johnny Lane - 400 yards up a 1 in 4 soon splits the field. You then enter Chevin Forest and the real hill begins. Up past the Park Rangers' Lodge and then up the stairs (approximately 200 - mostly missing!), along the clearing above the forest and then the final climb to Surprise View. From here there are superb views of Lower Wharfedale and away towards Ilkley Moor and York.

There are no

such views of the course for the leaders as, from here, it's downhill to the finish.

Ian Holmes led by some 13 seconds from Rob Hope at the summit and probably extended this on the initial stony descent. However, when he finally came into view of the finish officials, he appeared to be jogging. Not so Rob Hope in second place, who was determined the close the gap - 8 seconds separated them at the finish.

Ian's time of 17.04 was a new course record and with Pauline Munro breaking the ladies' time with 21.08, Bingley pulled off a clean sweep. They also landed the team prize ahead of Pudsey & Bramley, the usual winners.

The race was sponsored by Clearview Windows of Otley, with help from Morrisons, KFC and the Drop Inn. This means that over 30 individual prizes, plus two team prizes, spot prizes and a can of beer to all runners could be given, together with free results.

On the downside, the Junior race was again poorly supported, despite entry being free and goody bags to all finishers. Regretfully, the turnout does not warrant the cost and time and the Junior race will not be run next year.

Finally, I would like to thank all runners who turned out and a special thanks to all those who helped and Dave and Eileen (Woodentops) for timekeeping and help with the results. Thanks also to the Red Lion for providing trophies and hosting the results (the beer's OK as well!).

Neil Clayton

| | | |
|----------------|------|-------|
| 1. I. Holmes | Bing | 17.04 |
| 2. R. Hope | P&B | 17.12 |
| 3. S. Gould | Bing | 17.16 |
| 4. J. Taylor | Bing | 17.23 |
| 5. G. Devine | P&B | 18.24 |
| 6. S. Oldfield | BfdA | 18.29 |
| 7. A. Shaw | Holm | 18.31 |
| 8. D. Hope | AchR | 19.09 |
| 9. J. Hemsley | P&B | 19.11 |
| 10. S. Green | P&B | 19.14 |



New Chevin Ladies' record holder Pauline Munro ably supported by Ian Holmes, Siggy Gould and Rob Hope (Photo Woodhead)

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (6) S. Oldfield | BfdA | 18.29 |
| 2. (14) R. Hamilton | Wharfe | 20.01 |
| 3. (18) J. Wootton | Wharfe | 20.19 |
| 4. (19) R. Griffiths | Holm | 20.22 |
| 5. (23) D. Britton | Felland | 20.53 |

VETERANS O/50

| | | |
|---------------|---------|-------|
| 1. G. Howard | Ilk | 22.53 |
| 2. P. Reynard | Felland | 23.15 |
| 3. N. Berry | Holm | 24.28 |
| 4. P. Glover | Felland | 25.08 |
| 5. K. Wilson | Tad | 25.09 |

VETERANS O/60

| | | |
|-------------|-------|-------|
| 1. B. Wade | Holm | 23.35 |
| 2. D. Adams | Unatt | 30.37 |

LADIES

| | | |
|-------------------|---------|-------|
| 1. P. Munro | Bing | 21.08 |
| 2. K. Drake O/40 | Spenn | 22.26 |
| 3. K. Bailey | Bing | 23.23 |
| 4. A. Scrivastava | P&B | 23.33 |
| 5. A. Weston | Ilk | 23.42 |
| 6. A. Wilson | Felland | 24.38 |
| 7. V. McParland | Abbey | 24.40 |
| 8. J. Graham O/40 | Holm | 25.16 |

GLAS TULAICHEAN UPHILL RACE**West Lothian****AS/4.5m/2200ft 09.06.01**

It was good to see a strong field this year. This was due in part to the fact that the race was being used as a trial for Scotland's European Championships team. We wish those selected every success. Unfortunately, another factor was that some race starved hill runners were looking for an event that had not been cancelled because of the dreaded F & M. We hope that those who had travelled from as far afield as the Orkneys and Birmingham felt that the event justified their efforts.

Bobby Quinn's time, only 23 seconds off his own course record, was very impressive, especially in view of the strong cold wind that the runners had to contend with. Under the circumstances, Angela Mudge needed to run like the true world champion she is, to knock 47 seconds from her own course record. Another remarkable run was that of 45 year-old Keith Varney, who improved his over 40 record by 9 seconds.

Even though we escaped the 2½ cm of snow which fell on Blairgowrie during the race, those of you who are not used to the climate changes between valley floor and the summit of Scottish mountains, will now understand why we insist on full waterproof body cover being carried and on warm gear being taken to the finish, at an altitude of over 1050m. These safety precautions make this event more difficult to organise than the traditional British up and down race. My reason for taking the trouble is that I want to give our runners a taste of the style of mountain running which is favoured by the majority of the world's hill runners.

Thanks once again to Steve Mason for freezing himself on the summit, in order to

record results, and to Charlie Love, his wife and other Dundee Hawkhill Harriers, who produced food for post race refuelling, and to many others who helped out without being asked.

As usual, Simon Winton from Dalmunzie Hotel, provided the course and all the other facilities which are necessary for an enjoyable race. And Simon raced too, in a very creditable time, despite a very busy working weekend.

Lastly, I would like to commend young Iain Donnan and Scott Fraser, who gave two days of unstinting effort in the cause of the race. Be warned that Iain and Scott, Scottish and British age group champions, will turn 16 by next year, and will be old enough to compete in our race!

We wish you all much enjoyable running in the hills, and hope to see you at Glas Tulaichean next year.

Martin Hyman

| | | |
|-------------------|------------|-------|
| 1. R. Quinn | Kilbarchen | 34.13 |
| 2. M. Boulstridge | Birchf'd | 34.58 |
| 3. N. Wilkinson | Cambuslang | 36.48 |
| 4. K. Varney | Cosmic | 37.19 |
| 5. D. Whitehead | Cosmic | 37.49 |
| 6. B. Rodgers | RMarines | 38.23 |
| 7. S. Whittle | Carn | 38.50 |
| 8. D. Weir | Fife | 39.14 |
| 9. J. McDonald | OchilHR | 39.24 |
| 10. A. Mudge | Carn | 39.28 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (4) K. Varney | Cosmic | 37.19 |
| 2. (8) D. Weir | Fife | 39.14 |
| 3. (13) R. Gallacher | W'lands | 41.07 |
| 4. (15) J. Stevenson | Ochil | 41.58 |

VETERANS O/50

| | | |
|-----------------------|-------------|-------|
| 1. (21) J. Blair-Fish | Carn | 43.34 |
| 2. (22) M. Hulme | Corstophine | 44.13 |
| 3. (29) G. Robinson | W'lands | 45.39 |

LADIES

| | | |
|--------------------------|--------|-------|
| 1. (10) A. Mudge | Carn | 39.28 |
| 2. (19) C. Miller | Cosmic | 43.28 |
| 3. (24) T. Brindley | Carn | 44.26 |
| 4. (28) J. Rae | Amble | 45.32 |
| 5. (34) P. Munro | Bing | 46.46 |
| 6. (35) S. Armitage O/40 | Cosmic | 47.03 |
| 7. (36) S. Dolan O/40 | Hgte | 47.34 |
| 8. (39) L. Burt | Fife | 49.25 |

COITY FELL RACE**Gwent****AM/5m/1000ft 13.06.01**

| | |
|--------------|-------|
| 1. A. Davies | 39.06 |
| 2. C. Purt | 39.46 |
| 3. P. James | 40.18 |
| 4. A. Jones | 41.30 |
| 5. I. Powell | 42.49 |

VETERANS O/40

| | |
|------------------|-------|
| 1. (6) L. Gwilym | 45.22 |
| 2. (7) S. Brown | 45.26 |
| 3. (8) E. Davies | 46.43 |

VETERANS O/50

| | |
|---------------------|-------|
| 1. (18) J. Swetting | 50.38 |
| 2. (21) E. Meredith | 56.00 |

VETERANS O/60

| | |
|-------------------|-------|
| 1. (25) C. Powell | 61.45 |
|-------------------|-------|

LADIES

| | |
|---------------------------|-------|
| 1. (19) F. Harrison (Jun) | 51.14 |
| 2. (20) A. Bedwell O/35 | 52.08 |
| 3. (24) S. Woods O/35 | 57.59 |

BEN SHEANN HILL RACE**Perthshire****AS/2.5m/1400ft 13.06.01**

| | | |
|--------------------|----------|-------|
| 1. J. McDonald | OchilHR | 26.39 |
| 2. D. Crowe | Shettle | 27.02 |
| 3. N. Leslie | DundeeRR | 27.17 |
| 4. R. Gallagher | W'lands | 27.25 |
| 5. J. Stevenson | OchilHR | 27.47 |
| 6. S. Simpson | OchilHR | 27.58 |
| 7. B. Smith | StdLife | 28.07 |
| 8. M. Higginbottom | Carn | 28.13 |
| 9. J. Kennedy | Maryhill | 28.28 |
| 10. P. Fettes | DundeeRR | 29.08 |

VETERANS O/40

| | | |
|---------------------|---------|-------|
| 1. (2) D. Crowe | Shettle | 27.02 |
| 2. (4) R. Gallagher | W'lands | 27.25 |
| 3. (5) J. Stevenson | OchilHR | 27.47 |

VETERANS O/50

| | | |
|--------------------|----------|-------|
| 1. (21) C. Love | Hawkhill | 32.24 |
| 2. (26) R. Collins | OchilHR | 34.45 |
| 3. (39) B. Bennet | Penicuik | 42.15 |

LADIES

| | | |
|---------------------------|---------|-------|
| 1. (24) C. Menhennet O/40 | W'lands | 34.39 |
| 2. (27) D. MacDonald | HBT | 34.49 |
| 3. (32) J. Rosbottom | HBT | 36.55 |

BLACKAMoor CHASE**Derbyshire****BM/6m/1400ft 21.06.01**

| | | |
|------------------|----------|-------|
| 1. S. Penney | Chestf'd | 35.20 |
| 2. I. Smith | DkPk | 36.21 |
| 3. L. Banton | Clowne | 37.13 |
| 4. K. Webster | Matlock | 38.19 |
| 5. B. Edwards | DkPk | 38.57 |
| 6. A. Carruthers | Crawley | 39.07 |
| 7. P. Roberts | Kimber | 40.10 |
| 8. J. Boyle | Unatt | 40.15 |
| 9. D. Allen | DkPk | 40.34 |
| 10. A. Watson | Erewash | 40.48 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (6) A. Carruthers | Crawley | 39.07 |
| 2. (7) P. Roberts | Kimber | 40.10 |
| 3. (9) D. Allen | DkPk | 40.34 |
| 4. (10) A. Watson | Erewash | 40.48 |
| 5. (11) P. Keen | Hallam | 41.02 |

VETERANS O/50

| | | |
|----------------------|-----------|-------|
| 1. (27) H. Todd | SteelCStr | 43.05 |
| 2. (30) D. Tait | DkPk | 43.37 |
| 3. (36) R. Bory | ValleyH | 44.18 |
| 4. (37) M. Cochraine | DkPk | 44.30 |
| 5. (38) N. Oxley | Unatt | 44.45 |

VETERANS O/50

| | | |
|-------------------|----------|-------|
| 1. (80) R. Mason | Totley | 49.51 |
| 2. (96) J. Clarke | SheffTri | 51.50 |

LADIES

| | | |
|---------------------|----------|-------|
| 1. (50) J. Wilson | Hallam | 46.18 |
| 2. (61) J. Bednall | SheffTri | 48.06 |
| 3. (64) J. Seymour | Hallam | 48.31 |
| 4. (74) L. Atchison | DkPk | 49.15 |
| 5. (75) J. Smith | DkPk | 49.16 |

**LAD'S LEAP CROWDEN FELL RACE
Derbyshire**

AM/6m/1700ft 01.07.01

The Foot and Mouth restrictions were lifted and true fell running could now commence. This race was the first back on the website and attracted over 100 runners.



*Gary Devine climbing hard at Lad's Leap
(Photo Steve Bateson)*

Pre-race favourites, Gary Devine and Steve Oldfield, didn't fail to promise a good race. By the 800ft climb to Lad's Leap, the two were well clear of the chasing group, Andy Clarke, Malcolm Fowler and Gary Oldfield, though a navigation error over Tinsle Knarr took the leading eight runners 400 metres astray and called back. Local lads, Dale Gartley and Adi Jones came into the frame but Gary Devine overtook them up through Tinsle Knarr Quarry to win by hard chasing Andy Clarke, with Steve Oldfield suffering in the hot conditions to finish fourth.

Jenny James won by over thirteen minutes to take the ladies' prize.

Des Gibbons

| | | |
|------------------|-------|-------|
| 1. G. Devine | P&B | 49.18 |
| 2. A. Clarke | CaldV | 49.31 |
| 3. D. Gartley | Gloss | 49.50 |
| 4. S. Oldfield | BfdA | 49.59 |
| 5. M. Fowler | Salf | 50.36 |
| 6. A. Jones | Gloss | 50.50 |
| 7. J. Hodgson | Horw | 50.51 |
| 8. M. Robinson | DkPk | 51.03 |
| 9. R. Griffiths | Holm | 51.15 |
| 10. G. Schofield | Horw | 51.27 |

VETERANS O/40

| | | |
|----------------------|-------|-------|
| 1. (3) D. Gartley | Gloss | 49.50 |
| 2. 4) S. Oldfield | BfdA | 49.59 |
| 3. (6) A. Jones | Gloss | 50.50 |
| 4. (9) R. Griffiths | Holm | 51.15 |
| 5. (10) G. Schofield | Horw | 51.27 |

VETERANS O/50

| | | |
|------------------|-------|-------|
| 1. (17) D. Tait | DkPk | 52.53 |
| 2. (19) T. Hulme | Penn | 53.10 |
| 3. (22) L. Best | Stock | 54.13 |

| | | |
|-------------------|------|-------|
| 4. (38) N. Harris | Ross | 59.17 |
| 5. (39) P. Lyons | Ross | 59.25 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (57) M. Coles | Skyrac | 65.41 |
| 2. (89) B. Thackery | DkPk | 72.04 |

LADIES

| | | |
|--------------------------|-------|-------|
| 1. (28) J. James | DkPk | 56.58 |
| 2. (48) M. Edgerton O/40 | Penn | 65.51 |
| 3. (84) J. Purvis | Gloss | 70.04 |

DANEFIELD RELAY

West Yorkshire

BS/2.5m/500ft per leg 04.07.01

A combination of the fine day and lack of alternative races, gave us a record entry of 72 teams, which certainly stretched our organising ability. Entry on the day and relatively short leg times meant hard work for the registration/results team. We have a few improvements in mind for next year so we hope you will all come again.

Fastest leg times were recorded by the current Yorkshire cross country champions, Ian Fisher and Charlotte Sanderson (new record). Charlotte finished in 10th place in the European Mountain Running Championship only three days previously.

Congratulations to all other prize winners, particularly the Bingley ladies' team who broke the previous ladies' record by over two minutes.

Fellandale Committee

| | |
|--------------------|-------|
| 1. Otley | 53.30 |
| 2. Pudsey & B | 55.29 |
| 3. All Sorts | 55.54 |
| 4. Valley Str | 56.32 |
| 5. Keighley | 58.07 |
| 6. Pudsey P | 58.57 |
| 7. Wharfedale 'A' | 59.04 |
| 8. Wharfedale Vets | 59.44 |
| 9. Harrogate 'A' | 59.56 |
| 10. Keighley & CB | 60.07 |

VETERANS

| | |
|------------------------|-------|
| 1. (8) Wharfedale Vets | 59.44 |
| 2. (13) Ilkley Vets | 61.05 |

LADIES

| | |
|------------------|-------|
| 1. Bingley Babes | 61.02 |
|------------------|-------|

BULL HILL FELL RACE

Lancashire

BS/5.5m/830ft 12.07.01

| | | |
|------------------|---------|-------|
| 1. M. Keys | Ross | 36.00 |
| 2. S. Livesey | Clay | 36.20 |
| 3. R. Thomas | DarwenD | 36.43 |
| 4. I. Greenwood | Clay | 37.39 |
| 5. T. Hesketh | Horw | 37.56 |
| 6. N. Ashcroft | Amble | 38.16 |
| 7. L. Dowthwaite | Bowland | 38.41 |
| 8. P. Targett | Clay | 38.45 |
| 9. A. Carruthers | Crawley | 39.02 |
| 10. R. Wynne | Bowland | 39.24 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (1) M. Keys | Ross | 36.00 |
| 2. (4) I. Greenwood | Clay | 37.39 |
| 3. (9) A. Carruthers | Crawley | 39.02 |
| 4. (11) R. Parris | Swinton | 39.42 |
| 5. (14) D. Archer | Bury | 40.13 |

VETERANS O/50

| | | |
|-------------------|----------|-------|
| 1. (5) T. Hesketh | Horw | 37.56 |
| 2. (12) K. Taylor | Ross | 39.52 |
| 3. (23) P. Booth | Clay | 41.25 |
| 4. (38) J. Norman | Altrinch | 43.04 |
| 5. (40) D. Kears | Bolt | 43.27 |

VETERANS O/60

| | | |
|--------------------|---------|-------|
| 1. (57) M. Coles | Skyrac | 45.57 |
| 2. (95) B. Gaskell | Swinton | 61.51 |

LADIES

| | | |
|---------------------------|--------|-------|
| 1. (34) V. Peacock O/45 | Clay | 42.35 |
| 2. (44) L. Whittaker | Saddle | 44.03 |
| 3. (54) S. Ratcliffe O/40 | Saddle | 45.23 |
| 4. (59) K. Bailey | Bing | 46.00 |
| 5. (61) S. Whilds | Saddle | 46.50 |
| 6. (73) J. Robertson O/35 | Spect | 49.07 |



*Ken Taylor leading a group at Bull Hill
(Photo Steve Bateson)*

**BUPA CASTELL DINAS BRAN
HILL RACE**

BS/4m/800ft 14.07.01

| | | |
|------------------|---------|-------|
| 1. T. Davies | Mercia | 20.47 |
| 2. J. Hunt | CFR | 21.14 |
| 3. C. Stead | Saltw | 21.23 |
| 4. G. McNeill | Helsby | 21.26 |
| 5. A. Carruthers | Crawley | 21.38 |
| 6. I. Hughes | Shrews | 21.47 |
| 7. A. Smith | SuttStH | 22.18 |
| 8. G. Norgrove | Wrex | 23.03 |
| 9. B. McDonald | Telford | 23.07 |
| 10. T. Evans | Eryri | 23.35 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (5) A. Carruthers | Crawley | 21.38 |
| 2. (11) G. McAra | Helsby | 23.41 |
| 3. (12) M. Peat | LancsM | 24.11 |
| 4. (14) D. Whitley | Brodys | 24.23 |
| 5. (17) J. Adair | Holm | 25.11 |

VETERANS O/50

| | | |
|-------------------|------------|-------|
| 1. (33) A. Morris | ShropShuff | 27.24 |
| 2. (38) J. Davies | ValeR | 29.01 |
| 3. (39) E. Owen | Unatt | 29.19 |

VETERANS O/60

| | | |
|------------------|-------|-------|
| 1. (34) M. Parry | Unatt | 28.00 |
|------------------|-------|-------|

LADIES

| | | |
|--------------------------|------------|-------|
| 1. (18) J. Hawitt Jun | Warring | 25.14 |
| 2. (20) L. Lacon | Holm | 25.30 |
| 3. (25) K. Ellison Jun | ValeR | 25.52 |
| 4. (28) V. Musgrove O/40 | Wrex | 26.11 |
| 5. (36) C. Willis | ShropShuff | 28.22 |

CARDING MILL CANTER Cheshire

AS/4-6m/1500ft 17.07.01

| | |
|--------------------|-------|
| 1. T. Davies | 21.57 |
| 2. P. Cadman | 23.14 |
| 3. A. Carruthers | 23.19 |
| 4. A. Yapp | 23.43 |
| 5. I. Glendinning | 24.12 |
| 6. G. Jones | 24.24 |
| 7. H. Jones | 24.46 |
| 8. T. Higginbottom | 25.31 |
| 9. V. Giffiths | 26.07 |
| 10. G. Cartwright | 26.57 |

MOEL SIABOD

Conwy

AM/6.2m/2300ft 21.07.01

This was the first major fell race to be held in Wales since the Foot and Mouth outbreak began. The field of 84 runners encountered a strong head wind on the ascent with spells of driving rain. Welsh international, Tom Davies, was first to the summit. He was passed on the descent by English international, Mark Roberts. However, Tim did not give up and managed to regain the lead on the long run in to beat Mark by 13 seconds.

Both men's and ladies' winners kept it in the family with Tim Davies winning the men's race (his brother, Andrew, won last year) and Sarah Hammond retaining her title from last year. The most improved local runner has to be Dylan Jones, finishing third.

Thanks to the race sponsors, Cobdens Hotel, Cotswold, Ellis Brigham, Outside and Running Bear for their support. Thanks also to everyone who provided assistance on the day. Finally, a special thank you to the landowners for allowing access in this difficult year.

R. Powell

| | | |
|------------------|---------|-------|
| 1. T. Davies | Mercia | 50.21 |
| 2. M. Roberts | Borr | 50.34 |
| 3. D. Jones | Eryri | 53.32 |
| 4. T. Werrett | Mercia | 54.09 |
| 5. J. Hunt | CFR | 54.23 |
| 6. C. Stead | Unatt | 54.53 |
| 7. A. Carruthers | Crawley | 55.06 |
| 8. B. Johnston | Eryri | 56.22 |
| 9. I. Hughes | Shrews | 56.36 |
| 10. T. Lloyd | Eryri | 56.53 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (7) A. Carruthers | Crawley | 55.06 |
| 2. (14) E. Roberts | Eryri | 58.03 |
| 3. (17) W. Brown | CaldV | 58.30 |
| 4. (19) S. Hammond | Tatten | 58.53 |
| 5. (23) R. Mapp | Mercia | 61.10 |

VETERANS O/50

| | | |
|--------------------|---------|-------|
| 1. (22) T. Hulme | Penn | 60.56 |
| 2. (29) M. Blake | Eryri | 63.40 |
| 3. (36) J. Bennell | Eryri | 66.26 |
| 4. (38) E. Davies | Eryri | 66.55 |
| 5. (41) F. Hammond | Belfast | 67.07 |

VETERANS O/60

| | | |
|--------------------|---------|-------|
| 1. (63) B. Murphy | FfordH | 72.38 |
| 2. (70) P. Norman | WrexTri | 75.08 |
| 3. (82) J. Casrson | Eryri | 88.44 |

LADIES

| | | |
|----------------------------|----------|-------|
| 1. (42) S. Hammond | Tatten | 67.13 |
| 2. (53) N. Fellowes | Eryri | 70.23 |
| 3. (57) V. Musgrove O/40 | Eryri | 70.40 |
| 4. (61) E. Dunnington O/40 | Eryri | 71.54 |
| 5. (62) C. Mills | Kenil | 72.06 |
| 6. (68) J. Robertson | Spectrum | 74.31 |
| 7. (74) P. Philips | Eryri | 79.56 |
| 8. (76) G. Rostron | Colwyn | 81.50 |

GOYTS MOSS FELL RACE

Derbyshire

BM/6.2m.1100ft 25.07.01

| | | |
|-----------------|----------|-------|
| 1. M. Fowler | Penn | 45.06 |
| 2. D. Neill | StaffsM | 45.21 |
| 3. S. Penney | Chestfld | 45.39 |
| 4. I. Ward | Bux | 46.03 |
| 5. G. Cudahy | Stock | 46.25 |
| 6. A. Ward | DkPk | 46.31 |
| 7. J. Hodgson | Horw | 46.59 |
| 8. L. Taggart | Bux | 47.27 |
| 9. D. Nicholls | Macc | 47.32 |
| 10. G. Airheart | Tod | 47.28 |

LADIES

| | | |
|---------------------|------|-------|
| 1. (38) E. Batt | Bux | 56.38 |
| 2. (48) M. Edgerton | Penn | 60.25 |
| 3. (58) M. Calvert | Macc | 64.25 |

UP THE NAB

Derbyshire

AS/4.5m/1000ft 01.08.01

Adi Jones, fresh from his four minute win at "Race the Train" race in Wales, led from the gun and was only chased by Snowdon 14th placer, Christopher Leigh. At the Nab summit, the two were together but Jones took a wrong turn letting Leigh take charge and used his descending skills to take advantage of Jones's error!

Barnsley had a great turnout which produced the leading lady in Wendy Barnes, who led Karrie Hawitt by over one minute.

The team award was won by the Pennine veterans, including "Mr Consistent", Tony Hulme!

We must also mention that we were happy to see the FRA Chairman, Alan Barlow, running well for 57th place!

Des Gibbons

| | | |
|--------------------|---------|-------|
| 1. C. Leigh | Traff | 25.25 |
| 2. A. Jones | EChesh | 25.35 |
| 3. A. Ward | DkPk | 27.22 |
| 4. T. McGaff | Penn | 28.51 |
| 5. D. Safranavskas | StBedes | 28.59 |
| 6. C. Fray | Penn | 29.06 |



Wendy Barnes of Barnsley, lady winner of Up the Nab
(Photo Des Gibbons)

| | | |
|---------------|------|-------|
| 7. B. Whalley | P&B | 29.32 |
| 8. T. Hulme | Penn | 29.39 |
| 9. R. Skelton | Penn | 29.49 |
| 10. R. Taylor | Penn | 29.55 |

VETERANS O/40

| | | |
|--------------------|-------|-------|
| 1. (4) T. McGaff | Penn | 28.51 |
| 2. (6) C. Fray | Penn | 29.06 |
| 3. (7) B. Whalley | P&B | 29.32 |
| 4. (15) J. Barber | Gloss | 31.03 |
| 5. (18) A. Bocking | Penn | 31.30 |

VETERANS O/50

| | | |
|-----------------------|---------|-------|
| 1. (8) T. Hulme | Penn | 29.39 |
| 2. (10) R. Taylor | Penn | 29.55 |
| 3. (11) K. Payne | StubbGr | 30.08 |
| 4. (14) B. Waterhouse | Sadd | 30.53 |
| 5. (26) V. McKay | Gloss | 32.11 |

VETERANS O/60

| | | |
|---------------------|-------|-------|
| 1. (77) B. Thackery | DkPk | 39.21 |
| 2. (87) T. Tovey | Barns | 42.28 |

LADIES

| | | |
|--------------------------|--------|-------|
| 1. (23) W. Barnes | Barns | 31.52 |
| 2. (29) L. Whittaker | Sadd | 32.37 |
| 3. (33) K. Hawitt | War | 32.55 |
| 4. (38) K. Ellison | ValeR | 33.15 |
| 5. (42) J. Mellor O/35 | Penn | 33.48 |
| 6. (63) J. Bradwell O/40 | EChesh | 35.36 |

BORROWDALE FELL RACE

Cumbria

AL/17m/6500ft 04.08.01

Not a lot to say really. All of you who were there know what a super day it was - everything seemed to be in our favour - the icing on the cake being the visit of the Duke of Edinburgh to present the prizes.

As usual, many thanks to all who helped us in any way - the Scafell Hotel, Rathbones of Keswick, Berghaus, Mountain Equipment Ron Hill Sports and Pete Bland for their generous sponsorship of prizes. Also to the Mountain Rescue team, checkpoint marshals, finish officials, the ladies but

most of all to the local farmers and National Trust without whom there wouldn't have been a race.

Finally, thanks to all the competitors who took part and who were so grateful to us - it made any hassles we had all the more worthwhile.

Ann Bland and Pete Barron



*Ron Smith (V60 - Ambleside) nearly home at Borrowdale
(Photo Bill Smith)*

| | | |
|-----------------|--------|---------|
| 1. S. Booth | Borr | 2.47.13 |
| 2. J. McQueen | Eryri | 2.56.50 |
| 3. R. Jebb | Bing | 2.58.25 |
| 4. A. Schofield | Borr | 2.59.06 |
| 5. A. Ward | DkPk | 3.04.31 |
| 6. J. Blackett | Mand | 3.04.34 |
| 7. T. Mason | Wharfe | 3.07.03 |
| 8. G. Bland | Borr | 3.13.09 |
| 9. G. Patten | Amble | 3.14.23 |
| 10. S. Stainer | Amble | 3.17.07 |

VETERANS O/40

| | | |
|----------------------|-------|---------|
| 1. (16) I. Warburton | Bowl | 3.30.23 |
| 2. (26) I. Elmore | Scarb | 3.42.02 |
| 3. (28) S. Barlow | Horw | 3.42.13 |
| 4. (29) T. Houston | Bowl | 3.43.14 |
| 5. (31) T. Kelly | Bowl | 3.43.39 |

VETERANS O/50

| | | |
|---------------------|------|---------|
| 1. (20) D. Spedding | Kesw | 3.34.09 |
| 2. (24) K. Carr | Clay | 3.41.51 |
| 3. (25) M. Walsh | Kend | 3.41.56 |
| 4. (27) A. Bland | Borr | 3.42.03 |
| 5. (45) D. Lockwood | DkPk | 3.52.56 |

VETERANS O/60

| | | |
|-------------------|--------|---------|
| 1. (90) B. Booth | Kesw | 4.18.44 |
| 2. (115) M. Coles | Skyrac | 4.35.4 |
| 3. (143) E. Coope | Horw | 4.59.35 |

LADIES

| | | |
|-----------------------|-------|---------|
| 1. (53) H. Krynen | Kesw | 3.56.03 |
| 2. (87) T. McQueen | Eryri | 4.16.27 |
| 3. (88) J. Smith O/40 | Tod | 4.17.09 |
| 4. (93) W. Dodds O/50 | Clay | 4.19.59 |
| 5. (116) J. Grundy | Unatt | 4.36.18 |

DONARD Northern Ireland AS/6.5m/2800ft 04.08.01

Last year, the Donard Race took place in traditional blistering sunshine, but the 57th version of this classic took place in completely the opposite conditions. At around 1.17pm on Saturday, summer turned into a spectacular thunder and lightning storm just as runners were turning up at the Newcastle Centre ready for the 2pm start. What followed was an initial delay to the official 2pm start as the storm continued, then flash floods and finally the race underway at 2.40pm - the organisers taking a chance that there was a window in the lightning.

By then, the best part of Donard Car Park was under water and the Glen River in the forest was like a raging Himalayan torrent. 49 brave souls put their destinies in the hands of the mountain gods and set off down Main Street, soaked by the time they entered Donard Wood. As they climbed, the spray from the river reminded them about the challenges to come on the open mountain. Local man, Deon McNeilly, who last won in 1999, was 30 metres clear as they emerged at the stile at the top of the Wood. The big decision was, where next?

Always preparing well, McNeilly had earlier in the week studied the river crossing and knew exactly where he would cross, but of course now the river was flowing some three feet higher. Never one to shirk from a challenge, McNeilly was into the river, waist deep, and across and up past the ice-house in less than thirty seconds. Behind, previous winners Dermot McGonigle, Robbie Bryson, Neil Carty along with Brian Ervine, trying to win this classic for the first time, all approached the river, thought twice and set off up the tourist route to the Saddle and the Mourne Wall.



*Runners battle across the Glen River
(Photo Steve Bateson)*

Damien Brannigan was next in the water, straight across and off after McNeilly. Up front, McNeilly, the pioneer of the Saddle route in the Race, could not believe that his main challengers had gone off in that direction and he was heading for the Black Stairs. That he was angry with himself does not begin to describe how he felt.

Behind the field was well scattered with only around one third of them successfully negotiating the Glen River crossing and ascending by the Black Stairs. Early female leader 1999 winner, Shileen O'Kane (newly wed), was well clear of another former winner, still going strong, Roma McConville.

Onto the upper slopes of the mountain and a winter scene greeted the runners, with the heavy hail giving the mountain a snowy look - but more important, making it treacherous underfoot for the start of the descent. 36 minutes and 59 seconds after the start, Bryson reached the summit official, long suffering Paul Mawhirt, 31 seconds clear of Ervine, with McNeilly arriving from the Black Stairs route 21 seconds after Ervine. Slipping and sliding down the initial white stretch all the main contenders headed for the Black Stairs. Behind, O'Kane reached the summit in 50 minutes in 17th place overall.

Ervine was soon up with Bryson as they picked their way through the steep summit slope scree. Further down, the runners now prefer to keep to the left of the Black Stairs (as they descend) and leap some of the larger drops as they hurtle down at speed. Down below, the marshals now four strong, were at the river crossing preparing to help the runners across. Ervine was first, waist deep, he was across in a flash and no one could stop him now. Behind, McNeilly was next, followed by Bryson.

Damien Brannigan, once again delivered the fastest descent of the day, 6th at the summit in 42 minutes and 20 seconds, he literally flew down to get back to Donard Park in 17 minutes 39 seconds for 4th overall - an incredibly fast time in such slippery conditions. Jim Brown also had a fast descent, less than 20 seconds slower than Brannigan, he moved through from 12th at the summit to 6th and finish first veteran.

Meanwhile, back at the river crossing, McGonigle jumped in the river, lost his footing and disappeared underneath, thankfully to emerge 10 metres downstream with no real damage done, but reminding the marshals of the need to help the hordes to come. The crossing was so treacherous that one of the marshals, hardy Marty (Highpoint) McMullan stood in the centre of the river to help the rest.

49 starters and 49 finishers, itself a great result, including Ronnie Donaldson, tripped by accident in Donard Car Park by a fellow competitor, cuts and grazes all over, took two minutes to decide to go on

and completed the race in just over 93 minutes with blood still flowing from his knee.

O'Kane won the ladies in 76 minutes 44 seconds, 13 minutes clear of McConville. Former winner, Jim Patterson, was first veteran 50 in 8th overall in just under 64 minutes. Peter Howie was first veteran 45 in 11th overall in 69 minutes. Billy Magee completed the line up as first veteran 55 in 20th in 75 and a half minutes.

Newcastle AC dominated the team race with five runners in the top ten, along with 17th to take first and second spot with BARF and ACKC next.

Martin McVeigh

| | | |
|-----------------|----------|-------|
| 1. B. Ervine | Ballyd | 55.17 |
| 2. D. McNeilly | N'castle | 56.33 |
| 3. R. Bryson | N'castle | 57.59 |
| 4. D. Brannigan | N'castle | 59.47 |
| 5. N. Carty | NBelf | 59.54 |
| 6. J. Brown | BARF | 63.41 |
| 7. D. McGonigle | N'castle | 63.51 |
| 8. J. Patterson | Albert | 63.57 |
| 9. M. Burton | BRATS | 63.58 |
| 10. B. McBurney | N'castle | 64.20 |

VETERANS O/40

| | | |
|---------------------|----------|-------|
| 1. (6) J. Brown | BARF | 63.41 |
| 2. (9) M. Burton | BRATS | 63.58 |
| 3. (10) B. McBurney | N'castle | 64.20 |
| 4. (11) P. Howie | Larne | 68.57 |
| 5. (12) K. Grogan | Rathf | 69.13 |

VETERANS O/50

| | | |
|---------------------|---------|-------|
| 1. (8) J. Patterson | Albert | 63.57 |
| 2. (15) W. Ketylle | ACKC | 72.19 |
| 3. (20) B. Magee | Larne | 75.29 |
| 4. (23) F. Hammond | BARF | 77.59 |
| 5. (27) R. Cowan | Willowf | 82.47 |

LADIES

| | | |
|-----------------------|-------|-------|
| 1. (22) S. O'Kane | BARF | 76.44 |
| 2. (35) R. McConville | NDown | 89.08 |
| 3. (42) H. Brown | BARF | 99.38 |

DWYGYFYLCHI RACE

Conwy

AM/10m/2700ft 11.08.01

After much soul (and sole) searching due to the foot and mouth crisis, the decision was made to run the race after consulting with local landowners and people in the know. The expected arrival en-masse of frustrated runners didn't quite materialise but, nevertheless, a record eighty nine registered on the day, which was the fifth consecutive increase in as many years. Word is clearly getting around about this wonderful course.

Just for once, let's dangerously break with tradition and name a few names first - Dewi, Jean, and Debbie Sinclair, Paul and Tony at Conwy Outdoor Shop, Geoff Clegg, Barrie Wells, Peter Eardley, Pedder and the boys of Conwy Radio Group - stalwarts all, always available, and collectively responsible for making this event the success it is. Thanks also to Iori, Blakey, Tegs, Alwyn, Mark, Tony, John, Sheila, and also those who I have no doubt

omitted whose contribution is only surpassed by my ignorance. Thanks also to the new Mrs. H (I will get her a pair of Walshies for her birthday as a token of appreciation ready for Pen Fell - only joking Karen!)



Tim Davies of Mercia well on the way to winning Dwygyfylchi (Photo Andy Todd)

How pleased I was not to have any of the above as witnesses though when I arrived early at race headquarters to set everything up, only to slip gracefully into the stream whilst trying to collect a bucket of water in order to dilute the disinfectant for the footwash! Marvellous - eighty nine bone dry sweltering runners oblivious to a semi-hypothermic race organiser with trenchfoot!

Oh yes - the race! Tim Davies took the honours, holding off last year's winner and record holder, James McQueen. James, now a Conwy resident, was running in his own "back yard", and just failed to overhaul Tim on the narrow run for home along the old donkey path. Tim added another win to extend his unbeaten run of recent victories, and it was smiles all round at the finish as James' record still remained intact. Jayne Lloyd set a new standard for the ladies though as she took seven minutes off the ladies record despite the muggy conditions.

No major problems with route finding, despite all the markers being taken down by the phantom tape collector on Conwy Mountain. Credit to Dewi for double checking just before the start - I wish I could have seen his face as Tim and James were coming up on his shoulder as he frantically attempted to remark the route! Post-race socialising was aided with the provision of free food and a choice of two pubs, and as the beer flowed freely, the prizes were handed out, with Ellie Dunnington receiving this years special award.

Thank you all for making it another great Dwygyfylchi - we look forward to your return next year!

Steve Hurdman

| | | |
|-------------------|---------|---------|
| 1. T. Davies | Mercia | 1.12.41 |
| 2. J. McQueen | Eryri | 1.12.51 |
| 3. G. Schofield | Mercia | 1.17.39 |
| 4. J. Hunt | CFR | 1.18.33 |
| 5. C. Fray | Penn | 1.22.04 |
| 6. G. McNeill | Mercia | 1.22.49 |
| 7. A. Carruthers | Crawley | 1.22.53 |
| 8. T. Jones | Eryri | 1.23.23 |
| 9. S. Culshaw | Horw | 1.23.29 |
| 10. P. Brittleton | Unatt | 1.25.20 |

VETERANS O/40

| | | |
|----------------------|---------|---------|
| 1. (3) G. Schofield | Horw | 1.17.39 |
| 2. (5) C. Fray | Penn | 1.22.04 |
| 3. (7) A. Carruthers | Crawley | 1.22.53 |
| 4. (8) T. Jones | Eryri | 1.23.23 |
| 5. (11) M. Keys | Ross | 1.26.15 |

VETERANS O/50

| | | |
|---------------------|--------|---------|
| 1. (12) D. Williams | Eryri | 1.26.30 |
| 2. (20) G. Hodges | Unatt | 1.29.21 |
| 3. (28) M. Cochrane | DkPk | 1.34.57 |
| 4. (31) M. Potter | Mercia | 1.36.13 |
| 5. ((36) J. Bennell | Eryri | 1.37.32 |

VETERANS O/60

| | | |
|-------------------|-------|---------|
| 1. (52) P. Norman | Wrex | 1.46.17 |
| 2. (80) J. Carson | Eryri | 2.08.45 |

LADIES

| | | |
|--------------------------|--------|---------|
| 1. (24) J. Lloyd | Eryri | 1.33.07 |
| 2. (37) L. Whittaker | Sadd | 1.37.35 |
| 3. (42) V. Musgrove O/40 | Eryri | 1.38.45 |
| 4. (53) S. Hammond | Tatten | 1.46.34 |
| 5. (56) R. Metcalfe | NWRCC | 1.48.12 |

ECCLES PIKE

Derbyshire

BS/3.5m/650ft 22.08.01

Despite a late decision to run the race and subsequent late advertising, 72 runners turned out for this year's race. A sunny, cloudless sky and warm temperature meant that conditions were perfect. A good quality field set off on this short, but tough race.

Malcolm Fowler led from the start and was never headed. Prize-giving and after-race chat and frivolities were held at the Navigation Inn. The Striders look forward to seeing everyone next year.

Mark Whelan

| | | |
|-----------------|-------|-------|
| 1. M. Fowler | Penn | 21.16 |
| 2. J. Chambers | Stock | 22.07 |
| 3. D. Gartley | Gloss | 22.38 |
| 4. D. Nicholls | Macc | 23.04 |
| 5. J. Stockdale | Unatt | 23.06 |
| 6. C. Fray | Penn | 23.17 |
| 7. M. Hudson | Unatt | 23.49 |
| 8. A. Jenkins | DkPk | 24.27 |
| 9. I. Warhurst | Penn | 24.36 |
| 10. S. Baker | Macc | 24.38 |

VETERANS O/40

| | | |
|-----------------------|-------|-------|
| 1. (3) D. Gartley | Gloss | 22.38 |
| 2. (6) C. Fray | Penn | 23.17 |
| 3. (9) I. Warhurst | Penn | 24.36 |
| 4. (15) G. Pettengell | Macc | 25.35 |
| 5. (16) A. Bocking | Penn | 25.40 |

VETERANS O/50

| | | |
|----------------------|-------|-------|
| 1. (13) A. Brentnall | Penn | 25.17 |
| 2. D. Tucker | Macc | 27.24 |
| 3. K. Jackson | Stock | 30.14 |

VETERANS O/60

| | | |
|----------------|---------|-------|
| 1. M. McDonald | FRA | 32.00 |
| 2. A. Bourne | M'lands | 34.21 |
| 3. D. O'Leary | M/CYMCA | 36.10 |

LADIES

| | | |
|-------------------|-------|-------|
| 1. N. Greaves | Penn | 29.06 |
| 2. C. McBride Jun | Macc | 29.39 |
| 3. K. MBride Jun | Macc | 30.05 |
| 4. J. Purvis | Gloss | 31.17 |
| 5. E. Wharton | Bux | 31.55 |
| 6. L. Bell | Unatt | 33.03 |

CROOK PEAK CAKE RACE**Bristol****AS/3m/800ft 22.08.01**

Thanks to everyone for helping with the race. Congratulations to the winners, particularly to Ursula Counsell for breaking the eight year course record and thank you to them for sharing their cakes! Look forward to seeing everyone at next year's race.

Will Robbins

| | | |
|-----------------|---------|-------|
| 1. I. Powell | W'bury | 20.36 |
| 2. A. Kelly | GWR | 20.55 |
| 3. R. Parfitt | Wells | 21.15 |
| 4. A. Deamer | Wells | 21.35 |
| 5. I. Humphreys | Wells | 21.36 |
| 6. T. Gibbs | BristOK | 21.45 |
| 7. R. Bartlett | Weston | 22.00 |
| 8. U. Counsell | BristAC | 22.08 |
| 9. A. Heath | BristOK | 22.20 |
| 10. C. Ashworth | Dursley | 22.36 |

VETERANS O/40

| | | |
|---------------------|---------|-------|
| 1. (10) C. Ashworth | Dursley | 22.36 |
| 2. (12) R. Ford | Weston | 22.56 |
| 3. (13) D. Hunt | BristOK | 23.00 |
| 4. (14) P. Chadwick | Wells | 23.11 |
| 5. (22) G. Tubridy | Wells | 24.13 |

VETERANS O/50

| | | |
|--------------------|---------|-------|
| 1. (11) R. Hart | Weston | 22.54 |
| 2. (17) G. Hawkins | Dursley | 23.26 |
| 3. (18) T. Lewis | Dursley | 23.30 |
| 4. (21) T. Sperrin | Weston | 24.00 |
| 5. (24) P. Johnson | BristOK | 24.21 |

VETERANS O/60

| | | |
|----------------------|-------|-------|
| 1. (42) A. Vince | Wells | 29.00 |
| 2. (51) J. Battersby | MDC | 33.00 |

LADIES

| | | |
|-------------------------|---------|-------|
| 1. (8) U. Counsell | BristOK | 22.08 |
| 2. (30) L. Daniel | BristOK | 25.00 |
| 3. (33) C. Thomas | Wells | 25.00 |
| 4. (37) G. Fowkes | Weston | 27.00 |
| 5. (43) J. Johnson O/50 | BristOK | 29.00 |

GOODRICH FELL RACE**Herefordshire****BM/5.5m/850ft 25.08.01**

The 23rd running of the Goodrich Fell Race was compromised by Foot & Mouth restrictions on farmland in the area but thanks to kind permission by the

landowners, Coppett Hill Trust, the event went ahead.

Record numbers attended from all over the UK with one entrant from California!

The resulting course was one mile shorter than advertised and a half mile shorter for the junior race, with the amount of climb also affected. The assembled throng of 93 runners were not too concerned and once the hooter was sounded, any disappointment of attracting course records or PBs were forgotten.

1999 winner, Bill Nock soon headed the senior race and opened up quite a gap on the first lap with a powerful display of front running, being chased by a large group of juniors, veterans and under 20s. Nock won by over two minutes from Under 20, Jonathan Parker, with veteran, Tim Taylor occupying third spot for the second successive year.

The junior, one lap race of 2.3/4 miles was competitive this year by the attendance of OWLs runners, who took first, second and fourth spots, posting times that some seniors would struggle to attain.

The usual alcoholic prizes were distributed in Ye Hostelry and it is hoped we will be free of Foot & Mouth in 2002 to return to the original course.

Martin Green

| | | |
|------------------|---------|-------|
| 1. B. Nock | Hales | 33.15 |
| 2. J. Parker | OWLS | 35.43 |
| 3. T. Taylor | Mercia | 37.35 |
| 4. A. Carruthers | Hales | 37.52 |
| 5. D. Overton | Kend | 37.59 |
| 6. J. Franklin | OWLS | 38.21 |
| 7. D. Wilcox | Worc | 38.55 |
| 8. D. Doyle | OWLS | 39.05 |
| 9. I. Powell | W'bury | 39.07 |
| 10. B. Willis | Royston | 39.32 |

VETERANS O/40

| | | |
|----------------------|---------|-------|
| 1. (3) T. Taylor | Mercia | 37.35 |
| 2. (4) A. Carruthers | Hales | 37.52 |
| 3. (7) D. Wilcox | Worc | 38.55 |
| 4. (10) B. Willis | Royston | 39.32 |
| 5. (16) K. Read | Stamf | 41.44 |

VETERANS O/50

| | | |
|----------------------|---------|-------|
| 1. (5) D. Overton | Kend | 37.59 |
| 2. (12) R. Britton | StaffsM | 40.17 |
| 3. (13) J. Griffiths | Unatt | 40.21 |
| 4. (22) M. Amglim | Hardley | 43.13 |
| 5. (24) K. Buckle | Chelt | 43.26 |

VETERANS O/60

| | | |
|----------------------|--------|-------|
| 1. (62) S. Wheeler | Chep | 55.15 |
| 2. (73) J. Battersby | MDC | 60.39 |
| 3. (74) M. Coope | Wreake | 61.33 |

LADIES

| | | |
|--------------------------|----------|-------|
| 1. (18) L. Whiley O/40 | Reading | 42.23 |
| 2. (27) B. Sampson O/40 | Glouc | 44.16 |
| 3. (35) F. Harrison U/20 | Pembroke | 45.38 |
| 4. (47) S. Revill | Stamf | 48.07 |
| 5. (48) P. Glover | Wreake | 48.20 |

ANNALONG HORSESHOE**Northern Ireland****AL/13m/5200ft 25.08.01**

| | | |
|-----------------|----------|---------|
| 1. B. Ervine | Ballyd | 2.02.45 |
| 2. D. McNeilly | N'castle | 2.12.37 |
| 3. N. Carty | NBelf | 2.12.48 |
| 4. J. Patterson | Albert | 2.22.57 |
| 5. M. Cowna | BARF | 2.28.31 |
| 6. J. Brown | BARF | 2.28.36 |
| 7. K. Grogan | Rathf | 2.29.08 |
| 8. P. Howie | Larne | 2.31.05 |
| 9. S. Taylor | BARF | 2.34.56 |
| 10. J. Flanagan | AJAX | 2.43.31 |

VETERANS O/40

| | | |
|------------------|-------|---------|
| 1. (6) J. Brown | BARF | 2.28.36 |
| 2. (7) K. Grogan | Rathf | 2.29.08 |
| 3. (8) P. Howie | Larne | 2.31.05 |

VETERANS O/50

| | | |
|---------------------|--------|---------|
| 1. (4) J. Patterson | Albert | 2.22.57 |
| 2. (12) D. Rankin | BARF | 2.45.33 |
| 3. (14) W. Kettle | ACKC | 2.46.37 |

LADIES

| | | |
|--------------------------|------|---------|
| 1. (10) J. Flanagan O/40 | AJAX | 2.43.31 |
| 2. (13) S. O'Kane | BARF | 2.45.44 |
| 3. (27) H. Brown | BARF | 3.36.18 |
| 4. (28) B. Brown O/40 | ACKC | 3.38.44 |

BRADDA TOWER HILL**RUNNING RACE****Isle of Man****26.08.01**

Ian Ronan scored a comfortable win in this eventful race held in and around Bradda Head and Glen. The 5,000 metre race was put on in place of the Buchanan & Pitts sponsored Laxey Fell Race, the latest event in the Managrakem fell league to be cancelled due to the Foot & Mouth restrictions. It now seems inevitable that the whole league will be cancelled this year as there will be little chance of rescheduling enough, if any, of the lost races.

Dave Davies managed to set out an interesting course that twisted its way within the reopened section of Bradda Head with a good variety of running surfaces and two testing climbs.

Ian Ronan quickly took the lead on the first steep climb to Bradda Tower in very warm conditions and sped down to the section that followed the Coronation Path, gradually opening a small lead over top junior, Thomas Davies. Further back came a chasing group consisting of former fell champion, Tony Rowley, Foxdale school teacher, Roger Moughtin, and welcome regular visitor, Dave Ashton. The chasers could see the two leaders forging ahead on the second climb to the cairn above Bradda West and had resigned themselves to a fight for third place at the finish back at Branna Glen cafe. However, the descent back towards the Coronation path saw the race change considerably. Unfortunately, a misunderstanding with a marshal resulted in a path junction being unmarked. The resulting confusion led to runners flying off in all directions losing various amounts

of time. Ronan managed to correct himself and such was his lead that he still had a comfortable three minute advantage at the finish. Next to start the short path section back to the finish was a very surprised Richie Stevenson. He was soon recaptured by Davies who had been given an hour off work at the Bradda Glen Restaurant in order to compete, followed by Rowley and school teacher, Ashton.

Rose Hooton was the only lady finisher in a good ninth overall, while newcomers Richard Haley, Martin Lardner-Burke and Ian Costain all ran well.

Twelve year old Tony Eccles showed he has great promise by flying round a shorter course in just under 15 minutes.

The race was thoroughly enjoyable with wonderful weather and scenery in this picturesque part of our Island. The hiccup with the marshalling caused much amusement at the finish as all the runners accepted that no one was to blame and took it all in the right spirit.

Many thanks to Graham Davies for all his hard work (he even went to the trouble of naming the various corners after local athletics people) and to all the officials who helped on the day. Also thanks to Port Erin Commissioners and Mr John Maddrell for access.

| | | |
|------------------|--------|-------|
| 1. I Ronan | ManxFR | 25.07 |
| 2. T. Davies Jun | ManxH | 28.24 |
| 3. T. Rowley | ManxFR | 28.27 |

VETERANS O/50

| | | |
|--------------|---------|-------|
| 1. P. Cooper | IOMVets | 28.49 |
|--------------|---------|-------|

LADIES

| | | |
|--------------|--------|-------|
| 1. R. Hooton | ManxFR | 29.14 |
|--------------|--------|-------|

JUNIORS U/13

| | | |
|--------------|-------|-------|
| 1. T. Eccles | ManxH | 14.52 |
|--------------|-------|-------|

(NOT QUITE) UP THE NAB RACE Derbyshire

AS/4m/1000ft 26.08.01

Adi Jones made up for his missing out on the last race by leading from the start. Cheshire policeman, Malcolm Fowler, chased hard but couldn't get on terms with Jones' pace.

This slightly different Up the Nab Race tested all as it left Glossop Rugby Club, ran straight up The Nab, around Combs Edge and back down The Nab - short and fast but testing.

In the ladies' race, Tricia Sloan led from the start but was chased closely by Nuala Bardsley. Tricia ran on to take 13th overall and first lady veteran category.

First male veteran was O/50, Ken Payne, showing the rest of the veterans a good clean pair of heels!

Pennine took the team honours.

| | | |
|----------------|--------|-------|
| 1. A. Jones | EChesh | 23.07 |
| 2. M. Fowler | Penn | 23.41 |
| 3. P. Winskill | Penn | 25.19 |
| 4. D. Nichols | Macc | 25.35 |
| 5. J. Stocks | Unatt | 26.36 |

| | | |
|----------------|-------|-------|
| 6. R. Davison | DkPk | 27.05 |
| 7. K. Payne | Stubb | 27.20 |
| 8. P. Lyons | Ross | 27.31 |
| 9. D. Emmerson | Unatt | 27.44 |
| 10. D. Gibbons | Altr | 28.09 |

VETERANS O/40

| | | |
|--------------------|--------|-------|
| 1. (9) D. Emmerson | Unatt | 27.44 |
| 2. (11) G. McAra | HeslbY | 28.21 |
| 3. A. Bocking | Penn | 29.04 |

VETERANS O/50

| | | |
|---------------|---------|-------|
| 1. K. Payne | Stubb | 27.20 |
| 2. J. Leary | M/cYMCA | 31.19 |
| 3. G. Corless | M/cYMCA | 32.29 |

VETERANS O/60

| | | |
|---------------------|---------|-------|
| 1. (33) B. Thackery | DkPk | 36.59 |
| 2. (36) D. O'Leary | M/cYMCA | 42.44 |

LADIES

| | | |
|-----------------------|-------|-------|
| 1. (13) T. Sloan O/35 | Penn | 28.56 |
| 2. (15) N. Bardsley | Gloss | 29.17 |
| 3. (24) H. Hargreaves | Penn | 32.21 |
| 4. (26) K. Dalton | DkPk | 33.08 |

BEN NEVIS RACE

Highland

AM/10m/4400ft 01.09.01

On a day of wind and rain which precluded fast times, David Rodgers was strong enough over the closing stages to beat Ian Holmes into second place. First to the top was Andy Peace at which point David was lying fourth. Jebb and Peace had a good lead off the top but were soon overtaken by fast descenders, Holmes and Rodgers. Rodgers took the lead after the greasy grassy bank and opened up a thirty yard lead when they passed Achintee. He held his lead and extended it slightly on the road to the finish. This was a determined run by the Lochaber AC man, who had the confidence to wait to catch the other on the descent.

In the ladies' race, last year's winner, Sarah Rowell, could not match her last year's time and finished second, over two minutes behind first-timer, Tracy Ambler.



D. Rodgers goes for it down the hill at Ben Nevis
(Photo Steve Bateson)

In spite of the conditions, there were some excellent performances, notably Ted Mason, who finished sixth. Superveteran, Kieran Carr, made the over 50s' title his own again with a remarkable 1.54.25.

Local shepherd, Peter Kennedy, in his first Ben Nevis race, finished 25th to be third counter for the Lochaber team, which took third place behind Bingley Harriers' 2, 3, 4 (outstanding package) and Pudsey and Bramley 7, 8, 9.

An interested spectator was John Brooks, former winner, who is back home from Ireland and now training again. 383 runners ran.

Leen Volwerk & Ronnie Campbell

| | | |
|-------------------|----------|---------|
| 1. D. Rodgers | Lochaber | 1.29.24 |
| 2. I. Holmes | Bing | 1.29.43 |
| 3. R. Jebb | Bing | 1.31.39 |
| 4. A. Peace | Bing | 1.32.20 |
| 5. J. McQueen | Eryri | 1.35.05 |
| 6. T. Mason | Wharfe | 1.36.27 |
| 7. Paul Sheard | P&B | 1.36.49 |
| 8. Phillip Sheard | P&B | 1.36.57 |
| 9. S. Bottomley | P&B | 1.38.55 |
| 10. M. Roberts | Borr | 1.39.14 |

VETERANS O/40

| | | |
|----------------------|---------|---------|
| 1. (13) R. Gallagher | W'lands | 1.42.00 |
| 2. 16) S. Hicks | Borr | 1.43.59 |
| 3. (22) M. Laing | Fife | 1.46.45 |
| 4. (27) J. Kennedy | Clydes | 1.49.13 |
| 5. (31) T. Jones | Eryri | 1.49.59 |

VETERANS O/50

| | | |
|------------------|--------|---------|
| 1. (56) K. Carr | Clay | 1.54.25 |
| 2. (70) R. Wilby | H'land | 1.57.26 |
| 3. (80) J. Holt | Clay | 2.00.12 |
| 4. (83) J. Hope | AchR | 2.00.48 |
| 5. (96) N. Boler | DkPk | 2.02.59 |

LADIES

| | | |
|----------------------|------|---------|
| 1. (57) T. Ambler | Ilk | 1.54.36 |
| 2. (68) S. Rowell | P&B | 1.56.49 |
| 3. (103) D. Scott | Loch | 2.03.44 |
| 4. (109) S. Byrne | Loch | 2.04.56 |
| 5. (117) S. Taylor | Bing | 2.06.29 |
| 6. (121) J. Anderson | Loch | 2.07.24 |
| 7. (133) K. Beaty | CFR | 2.09.35 |
| 8. (169) J. Smith | Tod | 2.14.51 |

SHELF MOOR UPHILL ONLY

Derbyshire

AS/2.5m/1600ft 05.09.01

Conditions were so poor that the race was shortened for safety reasons. So, instead of finishing at the higher Shelf Stones, the race finished at the memorial on James Thorn, starting at Mossy Lea.

Once again, local race winner, Adi Jones, dominated the proceedings setting a record of 14.59. Steve Oldfield struggled through the ever lowering mist and rain and eventually abandoned his race and retired giving second spot to Gary Oldfield and third spot to Malcolm Fowler.

The first and only lady was local girl, Nuala Bardsley.

A miserable evening ended in triumph as England beat Albania 2-0!!

| | | |
|-----------------|--------|-------|
| 1. A. Jones | EChesh | 14.59 |
| 2. G. Oldfield | P&B | 16.49 |
| 3. M. Fowler | Penn | 16.58 |
| 4. P. Winskill | Penn | 17.13 |
| 5. C. Fray | Penn | 18.37 |
| 6. K. Payne | Stubb | 18.37 |
| 7. W. Brown | CaldV | 18.52 |
| 8. C. Moriarty | Penn | 18.59 |
| 9. R. Gallagher | Unatt | 19.07 |
| 10. A. Wilkins | Gloss | 19.18 |

VETERANS O/40

| | | |
|--------------------|-------|-------|
| 1. (5) C. Fray | Penn | 18.30 |
| 2. (10) A. Wilkins | Gloss | 19.18 |

VETERANS O/50

| | | |
|---------------------|---------|-------|
| 1. (6) K. Payne | Stubb | 18.37 |
| 2. (12) M. Morrison | Gloss | 24.00 |
| 3. (13) J. Leary | M/cYMCA | 24.08 |
| 4. (14) D. Salmon | EChesh | 25.55 |

LADIES

| | | |
|---------------------|-------|-------|
| 1. (11) N. Bardsley | Gloss | 19.50 |
|---------------------|-------|-------|

HADES HILL RACE

Lancashire

BS/5m/1200ft 06.09.01

The Clerk to the Lord of the Manor suggested I contact the Moorwatcher. He contacted the graziers, who said they'd like us to have a footbath - so we had one!

109 ran from 32 clubs. One (male) thought six ladies' prizes amongst ten lady entrants was inadequate positive discrimination, but everyone else seemed to have a good time.

D. Clutterbuck

| | | |
|----------------|---------|-------|
| 1. S. Livesey | Clay | 31.39 |
| 2. D. Hope | AchRatt | 32.37 |
| 3. D. Gartley | Gloss | 33.09 |
| 4. P. Taylor | Ross | 33.33 |
| 5. M. Lee | Ross | 33.57 |
| 6. B. Whalley | P&B | 34.07 |
| 7. A. Nicholls | Acc | 34.09 |
| 8. D. Franklin | Sadd | 34.14 |
| 9. T. Taylor | Ross | 34.24 |
| 10. P. McWade | Clay | 34.35 |

VETERANS O/40

| | | |
|-------------------|-------|-------|
| 1. (3) D. Gartley | Gloss | 33.09 |
| 2. (4) P. Taylor | Ross | 33.33 |
| 3. (6) B. Whalley | P&B | 34.07 |
| 4. (9) T. Taylor | Ross | 34.24 |
| 5. (12) D. Archer | Bury | 35.03 |

VETERANS O/50

| | | |
|-----------------------|--------|-------|
| 1. (10) P. McWade | Clay | 34.35 |
| 2. (16) K. Taylor | Ross | 35.31 |
| 3. (23) J. Dore | Roch | 37.08 |
| 4. (31) B. Waterhouse | Sadd | 37.56 |
| 5. (38) G. Breeze | Skyrac | 38.35 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (34) D. Ashton | NthnV | 38.16 |
| 2. (56) M. Coles | Skyrac | 40.35 |
| 3. (87) B. Rogers | NthnV | 45.05 |
| 4. (104) D. Dickson | Ross | 51.42 |

LADIES

| | | |
|-------------------------|-------|-------|
| 1. (29) V. Peacock O/45 | Clay | 37.41 |
| 2. (45) K. Drake O/40 | Spenn | 39.14 |

| | | |
|-------------------------|------|-------|
| 3. (49) K. Mather | Sadd | 39.31 |
| 4. (75) K. Taylor O/40 | Ross | 42.41 |
| 5. (96) L. Hayles O/45 | Hfx | 48.16 |
| 6. (100) N. Biddle U/18 | Pend | 49.02 |

JUNIORS UNDER 18

| | | |
|-----------------------|------|-------|
| 1. (18) P. Frechette | Roch | 35.43 |
| 2. (27) L. Lieshaman | Pend | 37.31 |
| 3. (32) M. Corbishley | Ross | 38.02 |

GREAT LONGSTONE CHASE

Derbyshire

BS/4.8m/950ft 07.09.01

| | | |
|----------------|----------|-------|
| 1. S. Penney | Chestf'd | 27.55 |
| 2. D. Yates | Matlock | 28.28 |
| 3. N. Bassett | StaffsM | 30.16 |
| 4. D. Nicholls | Macc | 30.26 |
| 5. G. Marson | Bux | 30.41 |
| 6. M. Robbins | Unatt | 36.46 |
| 7. J. Bacon | DkPk | 30.57 |
| 8. K. Payne | Stubb | 31.02 |
| 9. M. Robinson | DkPk | 31.05 |
| 10. C. Osborne | SheffTri | 31.18 |

VETERANS O/40

| | | |
|-------------------|---------|-------|
| 1. (13) P. Wright | HaltonD | 31.51 |
|-------------------|---------|-------|

VETERANS O/50

| | | |
|------------------|-----|-------|
| 1. (5) G. Marson | Bux | 30.41 |
|------------------|-----|-------|

VETERANS O/60

| | | |
|-------------------|---------|-------|
| 1. (97) B. Howitt | Matlock | 39.11 |
|-------------------|---------|-------|

LADIES

| | | |
|-----------------------|----------|-------|
| 1. (50) L. Batt | Bux | 34.56 |
| 2. (71) H. Mort | Chestf'd | 31.28 |
| 3. J. Phizacklea | Bux | 37.13 |
| 4. (82) L. Bland | DkPk | 37.34 |
| 5. (85) J. Smith O/40 | DkPk | 38.20 |
| 6. G. Heys | Unatt | 38.37 |



Bob Hutton and Mike Beecher descend Watersaw Rake at Great Longstone (Photo Woodhead)

MOUNT SKIP FELL RACE

West Yorkshire

BS/4.5m/1000ft 08.09.01

A nice sunny day and a good field of 76 runners for this short but tough race from Mytholmroyd Gala field. Steve Oldfield was the first to the summit of Sheepstones Trig point and handled the tricky descent to win with a 20 second advantage.

Apologies for the delay in prize giving. We had a 4.15 p.m. slot on the stage but the dancers didn't seem to want to get off!

Perhaps next year we could have the prize giving from the registration tent.

Thanks to Linda and Thirza at registration, Alan Greenwood for flagging and prize giving and all the helpers and marshals which made my job much easier.

Hope to see you all next year. Date to be confirmed.

Steve Cavell

| | | |
|----------------|------|-------|
| 1. S. Oldfield | BfdA | 30.10 |
| 2. S. Livesey | Clay | 30.30 |
| 3. G. Devine | P&B | 30.38 |
| 4. G. Oldfield | P&B | 30.40 |
| 5. S. Neill | P&B | 30.40 |
| 6. A. Shaw | Holm | 31.08 |
| 7. R. Lawrence | Bing | 31.14 |
| 8. St. Sweeney | Bowl | 31.20 |
| 9. J. Hemsley | P&B | 31.54 |
| 10. C. Miller | Harr | 32.23 |

VETERANS O/40

| | | |
|-----------------------|---------|-------|
| 1. (1) S. Oldfield | BfdA | 30.10 |
| 2. (6) A. Shaw | Holm | 31.08 |
| 3. (12) S. Gelsthorpe | StBedes | 33.00 |
| 4. (13) W. Brown | CaldV | 33.06 |
| 5. (15) T. Taylor | Ross | 33.30 |

VETERANS O/50

| | | |
|-------------------|--------|-------|
| 1. (18) K. Taylor | Ross | 34.38 |
| 2. (24) J. Dore | Roch | 35.42 |
| 3. (28) G. Newsam | Clay | 36.11 |
| 4. (33) G. Breeze | Skyrac | 36.58 |
| 5. (36) M. Crook | Horw | 37.44 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (35) D. Ashton | NthnV | 37.05 |
| 2. (50) L. Sullivan | Clay | 39.34 |
| 3. (65) M. Coles | Skyrac | 43.46 |

LADIES

| | | |
|----------------------------|------|-------|
| 1. (29) H. Johnson | Bing | 36.20 |
| 2. (40) S. Becconsall O/40 | Tod | 38.08 |
| 3. (45) A. Srivastava | P&B | 38.33 |
| 4. (57) L. Crabtree O/40 | Hfx | 41.08 |
| 5. (60) J. Smith O/40 | Tod | 41.44 |
| 6. (67) J. Scarfe O/40 | EPOC | 44.13 |
| 7. (68) C. Life | Clay | 44.19 |
| 8. (72) L. Hayles O/45 | Hfx | 47.44 |

CRAIG-Y-RHIW HILL RUN
Shropshire
08.09.01

The Craig-Y-Rhiw run was organized as an alternative to the Penygwely "Around the Reservoir" hill race. It was a great success with 61 runners enjoying a good testing two lap woodland course - two laps of approximately 2.4 miles each, which included approximately 360 feet climbing on each lap. This route proved more testing than the old Penygwely course but was voted the better of the two by all concerned. Consequently, thanks to the co-operation of local farmer, Ian Room, who owns the land (which incidentally does not track over any "farm land"), the Penygwely will be run over the new course in 2002 and will also include a junior event.

A good men's winner this time, setting a time which will be hard to beat, was Tim Davies who led from start to finish. Veteran Over 40, Dave Rudd, also had an excellent run finishing in second spot.

Local ultra-distance runner, Victoria Musgrove, who is now in the Over 45 category, also performed well to lead home the ladies.

Doug Morris

| | | |
|--------------------|----------|-------|
| 1. T. Davies | Mercia | 25.49 |
| 2. D. Rudd | Altrinch | 27.20 |
| 3. J. Loxam | Stock | 27.40 |
| 4. C. Lancaster | Ludlow | 28.19 |
| 5. T. Higginbottom | Wrex | 29.14 |
| 6. H. Jones | Welshp | 29.52 |
| 7. S. Jones | Wrex | 30.09 |
| 8. J. Griffiths | SarnH | 30.10 |
| 9. R. Mapp | Ludlow | 30.20 |
| 10. G. McAra | Helsby | 30.40 |

VETERANS O/40

| | | |
|---------------------|----------|-------|
| 1. (2) D. Rudd | Altrinch | 27.20 |
| 2. (4) C. Lancaster | Ludlow | 28.19 |
| 3. (6) H. Jones | Welshp | 29.52 |
| 4. (9) R. Mapp | Ludlow | 30.20 |
| 5. (10) G. McAra | Helsby | 30.40 |

VETERANS O/50

| | | |
|---------------------|--------|-------|
| 1. (8) J. Griffiths | SarnH | 30.10 |
| 2. (20) J. Daniels | Helsby | 33.14 |
| 3. (22) M. Blake | Eryri | 33.51 |

VETERANS O/60

| | | |
|---------------------|--------|-------|
| 1. (33) J. Dearden | Helsby | 37.34 |
| 2. (37) M. McDonald | FRA | 38.18 |
| 3. (45) R. Warren | Unatt | 40.05 |

LADIES

| | | |
|--------------------------|----------|-------|
| 1. (23) V. Musgrove O/45 | Eryri | 33.54 |
| 2. (26) T. Turner | Unatt | 34.46 |
| 3. (30) B. Eyke O/35 | OswOly | 35.59 |
| 4. (34) H. Johnson O/40 | Altrinch | 37.51 |
| 5. (36) J. Ewels | Wrex | 38.17 |

FELLRUNNING FRED by Anne Colstrane



*THE EVENT THAT FOOT & MOUTH
COULD NOT STOP*



F.R.A.



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Saturday 24th November 7-30 for 8.00pm
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"The Fabulous Picasso Brothers"

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Tickets £20

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BOOK EARLY, PLACES ARE LIMITED

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9 miles 2,700' ascent from a venue in Ambleside.

*Contact Jon Broxap or Pete Bland
on above number for further details*

Training-Quality not Quantity

by Norman Matthews

The old adage of 'Long Slow Distance' (LSD) for achieving optimum race fitness has long since gone by the way. More and more scientific evidence is emerging, indicating that the fastest and most effective way to run further at race pace is not by running long and slow but by running short and fast. I know this may seem contradictory but with the increase in physiological testing and the emergence of the African nations - to the forefront of international endurance running - there is now sufficient evidence to confirm this approach. The Kenyans, for example, run about a third of their training mileage above lactate threshold (LT) at 5k pace, either in surges or interval work. Other quality work in sessions like 1000m intervals at 3k pace, 1200 - 1600m reps at 5k pace, and 2 mile reps at 10k pace, are now common with little tempo training below threshold. The consequence of such work gives them more capillaries per muscle fibre, enhanced enzyme levels, more mitochondria and a super big heart! It's all about raising the LT level, or in other words, enhancing your physical ability to run longer and harder without your legs going wobbly with that lactate overflow feeling. The sessions indicated are a highly effective means of raising lactate thresholds, the more severe approach of lactate buffering e.g. short hill reps of less than a minute - near to maximal intensity - have a similar effect but over a shorter time span. This lifting of the LT also has a knock on effect in raising the VO² max. But as I have said in the past you need to be in a group to take full advantage of such sessions. These faster sessions do not mean that volume is no longer required, it is. Mileage is still the foundation for an endurance runner and most International athletes will run in excess of 80 miles a week - with some regularly going over the 100 mark. Running at 70% MHR for many hours is now left to those runners who are not aware of this change in training practice. This is now considered the recovery pace between the harder sessions and not the training pace itself. Obviously one has to build up to this level of intensity but as long as the notion is that you are heading in that direction and not extending the miles in hours, then the improvement will occur. At the heart of this physiological change is MCT1 - or monocarboxylate transporter one - A muscle protein that has the capacity to move lactate from the blood into the muscle cell for breakdown into energy. The research on these proteins shows that the more they accumulate in your muscles the quicker the lactate can be turned into fuel, raising the LT higher. The knack of creating more than your fair share of MCT1 is to complete the sessions that maximize their numbers. This is where the higher paced runs above the lactate level are invaluable, without this time at the faster pace the MCT1's stay at statuesque.

Running just above the LT is thought by most athletes to be responsible purely for the production of excessive lactate and they do not associate it with the rate at which muscles can pick up lactate from the blood and tissues and break it down for energy. Unfortunately most club runners are inclined to believe that this type of training is solely for the elite, they don't consider that applying this form of running

science is for them. Physiological improvements work for all standards of runners, in fact in percentage terms I would suggest that a club runner would improve more than a county standard athlete, based on the fact that there is a bigger margin of improvement to work with.

You may ponder that if we know so much about making improvements then why do the Kenyans still leave us for dead. It would seem from comments made by Frank Horwill - a very respected international coach - that unless we start with juniors as young as seven, running seven to ten miles a day, followed by more intensive training at high school, then we will never be able to compete with them on equal terms.

I seem to remember that Hailu Mekonnen of Ethiopia was the World Cross Junior gold medallist over 8k - when it was held in Belfast - what made the win remarkable was that he won the bronze medal the day before in the senior men's 4k race - losing the race by just 7 seconds. To double up for a senior international was considered out of the question, especially with the going being so tough, but for a junior - impossible, obviously Hailu didn't think so. But can you imagine the outcry if coaches in this country advocated that juniors as young as seven should be running 7 to 10 miles a day. Unfortunately that's the problem, we have a long established protective society in the Western World that would not advocate that level of volume for our junior athletes. In the African countries the daily mileage completed by many children is not done at the bequest of coaches, but because the social and environmental conditions dictate it.

It would seem that until they either get regular bus services (!) or an economic system similar to the Western World they will always be that one step ahead, or should that be ten?

The FRA Website and Foot & Mouth

by Bill Waine

When we set up the FRA web site our main intention was to communicate information like championship results out to you members on a more regular basis than magazine could handle. Some committee members wondered at the need for such new fangled inventions and talked about the days gone by of hand written newsletters. Even the advocates of web sites could not have foreseen what this year would bring and how it would affect our sport.

As the news of cancelled events and then reorganised events have come in we have worked hard to try to keep members informed of what is happening. This has meant committee members spending much time on the phone and the Internet contacting race organisers to get information out to members via the web pages. A number of lessons can be drawn from this that will not only affect the situation over the next months, as things hopefully return to normal; but also for future years.

- 1) Could all race organisers keep us updated on race changes?
- 2) Could these changes be directed to Dave Jones?
- 3) Allow time for us to check changes and get them onto the web site. This can take over a week at some times.
- 4) Please give full details of the event and the changes.

Ultimately if changes are made to races and the FRA is not informed then there could be difficulties concerning the insurance cover for a race.

Having a web site during this year has meant that we have been able to get information out to members who have direct or indirect access to the Internet. Race organisers who have kept us informed of the organising of their events have benefited from increased turn-out for their events. We should be able to keep this service going in future years but it will depend on the cooperation of event organisers.

In the end we will all benefit from more information

Believe it or not

The medal below (with one of the FRA medals as a size comparison) is the glorious fruition of months and months of dedicated focus-group activity by UK Athletics and will be awarded for all UK Athletics Championship events in 2001 - provided of course that they'll actually let you have the number you want. As far as fell-running is concerned that was the grand total of eighteen, supposedly for the whole of the British Championships and, actually, not even enough for the Relay!!

The development costs allegedly total over £2,000 and the medals cost around £18 each - to give a clearer idea of the magnitude of the item, it is about the size of a small

dustbin lid, weighs about the same as a milk-bottle top and evoked the scathing comment from the FRA Chairman that, "It looks like something a kid's made for the Christmas tree at school!!"

The box is rather nice though.

We say - "Well done again UK Athletics!!"



Family Frolics in t

There is a corner of Austria that provides a perfect environment for the moderate (i.e. "slow") British fellrunner and a variety of entertainments for reasonably fit and adventurous but non-running family members. The area is called the Tuxer Voralpen and is bounded by the Inn valley to the North, the Brenner Pass to the East and the Tuxertal to the South and West. The mountains of this area are between 2000m and 2800m in height, which means there are no permanent snowfields or glaciers to negotiate and the effects of altitude are not too great. These mountains are composed of volcanic rocks and have been shaped by glaciers, resulting in steady climbing mainly on grass, topped with long rocky edges - similar in some ways to well known British classics e.g. Hellyellyn, Snowdon Horseshoe, Ben Nevis/Carn Dearg but on a grander scale and without the crowds and the erosion

Some of the more typically Austrian delights of these hills are the mountain huts offering excellent beer and food at high level and thus an ideal start/finish for running. The paths are generally well defined but not huge scars on the hillsides, most are discreetly waymarked by the local sections of the Austrian Alpine Club who also provide distance and direction indicators at key junctions and wire ropes to protect any scrambly sections. The summer weather is typically fine, sunny and clear in the morning with clouds building gradually through the day often culminating with thunderstorms at high level at tea time.

Our first family outing into these hills illustrated this weather pattern emphatically. After our morning run on the lower village slopes we assembled our three children, then aged 14, 12 and 10 to attempt the ascent of Wildofen (2563m). After an exciting drive on steep dirt roads with many hairpins we arrived at a cluster of huts and barns that formed a summer pasture settlement at about 1800m. By the time we had the whole family kitted out it was well past midday, however we set out under clear skies through the bracken and heather with the summit crosses already in sight. A stiff climb onto the summit ridge led to severe earache from the youngest member of the party but the application of peer pressure, threats, promises and psychological warfare saw us all at the top in a couple of hours. After signing the

summit book, delighting in the antics of a group of chamois on some crags across the valley and taking the obligatory photos we shouldered our packs for the descent. On turning to head back down the ridge the weather was clearly changing, the other side of the Inn valley had disappeared behind some ominous black clouds and mist was obscuring some of the nearby tops, a brisk route march followed in order to lose height before the approaching storm reached us. As we descended the thunder and lightning across the valley intensified and moved steadily towards us. When the storm hit we were well off the main ridge but we still had to endure a fierce shower of hail followed by a torrential downpour, so the party arrived at the car cold, wet and dispirited. We were greeted by a farmer who was living in the

huts during the summer, he was clearly sympathetic to our plight and invited us to warm up in his hut with a glass of schnapps. This firewater is distilled by the farmers themselves and is considerably more potent than the shop bought spirit available elsewhere in Europe. Six glasses were produced and consumed, to the great delight of the older children and the distress of the youngest who was convinced she had been poisoned. The first glass having been knocked back in traditional style by the adults and the oldest child, another glass was produced to be consumed in a more leisurely manner. It was a very relaxed group that returned to the valley campsite in the evening with only the driver staying awake for the whole journey.



Diane Walker on the Long Ridge off Rastkogel (Photo Walker Family)

The Tuxer Voralpen

by Diane Walker

Having learnt the lessons of the weather our mountain exploits were moved to an earlier time slot, this had the added benefit of allowing the adults to run in the morning whilst the younger members amused themselves on the campsite, swimming, biking, washing up, etc. and still allowed time for family activities in the afternoon.

One fine morning saw us driving the car out of the valley mists, through the mountain villages and forests to the Gasthof "Loas" an inspired location for an inn at the top of the Gamstein pass linking the Inntal and the Tuxertal. Our target for the day was Gilfert, one of the larger tops of the group at 2506m and because of its position the dominant peak when seen from the Inn valley. Starting at the head of the pass allows immediate access to a ridge which becomes progressively narrower and rougher as it climbs over the subsidiary peaks of the Kleiner and Grosser Gamstein 1924m and 2142m. Since this was a weekend and the weather was good we passed a few parties of walkers who were so surprised to see runners that they could barely respond to our "Gruss Gott". It appears that British style fellrunning is virtually unheard of in Austria, the mountain running scene being dominated by uphill only racing on prepared tracks and ski access roads. The ridge ended with a sharp pull through some slabby crags to arrive at a huge summit cross. Examination of the summit visitors' book revealed that UK visitors were very rare but that the mountain was clearly loved and regularly visited by the inhabitants of the nearest town, Schwaz, whose section of the OAV is responsible for maintaining the paths on this peak. A flying descent along the easy angled ridge was followed by a refreshing half litre of cold beer at the Gasthaus before returning to the valley.

One of the useful features of these mountains is the network of chairlifts many of which continue to operate in the summer. By using chairlifts it is possible to combine running with a family walk to the satisfaction of all concerned. Since most chairlifts have a hut or Gasthaus at the top it is quite feasible to send the non-runners up the lift armed with sufficient cash for sweets, drinks and crisps whilst the runners enjoy a brisk trot through forest and lift maintenance roads.

The Kellerjoch (2344m) is ideal for this type of venture as it has lifts on both the Inntal and Tuxertal sides and a bus service connecting the two valley stations. From Schwaz in the Inntal a two stage chair lift ascends to a gasthaus, a steep grassy slope leads quickly to a narrower ridge that holds a magnificent display of wild flowers. A mile along the ridge is the Kellerjochhutte, a traditional alpine hut on an important junction of paths. The true summit is a further half mile along a rocky ridge equipped with wire ropes where exposed, this bit is marked as "nur fur gebeute" (only for the experienced) but is actually very easy and runnable along the whole length. Most Austrian summits have a cross but the Kellerjoch goes all the way and has a church - a small whitewashed building with room for about 10 people and with the summit book attached to the front door.

Our last visit to a Tuxer Voralpen top was to the highest summit, Rastkogel (2782m), this was another fine clear morning although a light snow had fallen overnight on the higher ground. The usual drive up through the forest roads and farm tracks found us parked at the Wiedener Hut and heading out through the summer farms on a gently rising track. This is a favourite mountain bike route between the valleys so provides an opportunity to indulge in the fellrunners' game of pissing off the mountain bikers by indulging in idle chat whilst jogging gently past - unfortunately this was not possible on this occasion; the bikers were probably still in bed.

The biking track was left for steeper ground shortly before the main ridge between the valleys was reached. As the ground became steeper and rougher we reached the snow, which was thin, and soft. Proceeding along a narrowing ridge we noticed footprints in the fresh snow. These were the prints of a largish canine, claws were clearly visible and it was not accompanied by any evidence of humans. Although it was almost certain to be a stray dog from one of the farms, we hold on to the romantic notion that we were following the tracks of a lone wolf.

At the end of the ridge there was a short steep scramble amongst boulders to reach the summit cross. This area was occupied by a small walking party, complete with mountain guide, who had ascended from

the top station of the chair-lift on the Tuxertal side. Our appearance was met with the usual mix of astonishment, fear, puzzlement and anger as the walking party tried to make sense of their huge investment in multi coloured Gore-Tex and carbide tipped titanium trekking poles given that two idiots had just trotted up from the other side of the valley dressed in shorts, vests and what appeared to be blue and yellow tennis shoes from the early 1970's.

Telling the party that we were English seemed to explain everything!

The view from the top of Rastkogel was particularly extensive with the Italian dolomites and the highest point in Germany, the Zugspitz, visible in the distance. Most impressive was the view to the east over the Hintertux glacier topped by the Olperer and the Shreckhorn with the Grossglockner, Austria's highest, in the further distance.

After the inevitable photos and a signature in the summit book a long, loping descent was made down the curving ascent ridge.

During this descent we were accompanied by a magnificent golden eagle soaring above our heads and easily outpacing us without appearing to move a single feather.

A large cool beer at the Wiedener hut provided the perfect finish.

Some of the other interesting entertainments offered by the area are white water rafting, great fun but guaranteed to include a dip in water which a few minutes before has been ice or for those with a deathwish, Klettersteigs. These are the northern equivalent of Italy's Via Ferrata and involve the use of iron rungs, ladders and fixed wire ropes to protect passages across cliff faces and mountain ridges, usually with mind blowing levels of exposure.

The Karwendel on the north side of the Inn has a huge selection of Klettersteigs amongst its spiky limestone peaks. For complete nutters it would be quite feasible to incorporate a klettersteig in a run, a sit-harness, two carabiners and a braking device would fit comfortably in a bum-bag and give adequate protection against falling off, you are of course recommended to wear a helmet - but then you are also recommended to avoid running downhill!!

CLASSIC FELL RACES Part 2: Will "Long A" races survive?

by Graham Breeze

PART 1 OF THIS ARTICLE in the June "Fellrunner" examined eight Long A races over the past 15 years (1986-2000) and noted the paradox that whilst the status of some races is undeniably "classic", fellrunners are entering these events in smaller numbers from which one may infer that their long-term future is questionable.

PART 2:

- summarises the trend in entries for the eight races identified in Part 1
- notes the growth in the number of fell races (which are short rather than long)
- considers the popularity of illustrative races
- discusses factors relevant to current trends, including age profiles
- looks to the future

Ennerdale Horseshoe (23m 7500ft : Ennerdale Water- Great Bourne- Red Pike- Black Beck Tarn- Green Gable- Kirkfell- Pillar- Haycock- Iron Crag- Crag Fell- Ennerdale Water)

There is nothing new in expressing concern about the future of the Long A classics. In the June 1990 "Fellrunner" Danny Hughes displayed a graph of Ennerdale starters for 21 years (1968-89) under the heading "The Traditional Fell Race Past the Peak of Popularity?" The graph showed that entries had increased from around 20 in the late 1960s to over 200 in 1987 when the race was a British and English



High above Buttermere on the Ennerdale race
(Photo Pete Hartley)

Championship counter but then halved to 88 in 1989, although there was a "spike" of 176 finishers in 1990 when the race was a British and English counter.

For most of the 1990s entries were typically in the 80s with 68 finishing in 1998 but finishers plummeted in 1999 (possibly because of a date change) to only 33, in one of the smallest fields since the race started. In 2000 the event received a boost of entries with 207 finishers because, after a seven-year gap, it was chosen as a British and English counter.

Wasdale (21m 9000ft : Wastwater- Whin Rigg- Seatallan- Pillar- Great Gable- Esk Hause- Scafell Pike- Wastwater)

Wasdale appeals to similar runners and illustrates the same pattern of entries, although at a lower level. A frequent Championship counter in the late 1980s it was not selected again until 1997 (English) when it attracted a field of 136. (Perhaps "only 136" because Fairfield Horseshoe in 2000, when an English counter, had 498 finishers). Recently it has attracted fewer and fewer runners with 62 finishers in 1998, 51 finishers in 1999 and in 2000, when it was sandwiched between Championship events, only 25 finished from 34 starters. In comparison races held 20-25 years ago produced an average of 110 finishers.

Ennerdale and Wasdale epitomise the pure, long classic race and have stayed true to the heritage of fellrunning: no gimmicks, no demanding

sponsors, no profiteering (some race organisers must run a Ferrari judging by the paucity of prizes presented) and they continue to offer pleasure to competitors, marshals and all involved. Nevertheless the challenge presented by these races appears to be decreasingly attractive and whilst next year should see the 30th anniversary of the Wasdale, if entries continue to fall one cannot be confident that the race will survive, whatever its high status.

Buttermere Horseshoe (20m 8000ft) and **Buttermere Sailbeck** (9.4m 4250ft): **A Lesson from History?**

Buttermere Horseshoe was run from Loweswater for 11 years until 1992 when the organiser stepped down.

The Buttermere Sailbeck race (originally a 14 mile 5500 feet event from Honister Pass) was organised by the CFRA over a superb course (Buttermere- Ard Crag- Rigg Beck- Causey Pike- Crag Hill- Whiteless Pike- Buttermere) with one of the highest ascent/distance ratios in the Calendar. The climb up to Whiteless Pike inspired Steve Bateson to take a superb (and my favourite) photograph of Billy Bland approaching the summit, which graced the rear cover of the Summer 1987, "Fellrunner".

The race was selected for the first Home International Championship, filmed by the BBC as "Over the Tops" and was a frequent choice for British, English, Northern Counties and Inter-County Championship events. It attracted an entry of 380 in 1998 but the 106 finishers in 1999 were informed that "escalating race costs, low race entries, calendar conflicts with too many other races and the diminishing ground support..." meant it was time for the CFRA "to call it a day". Is this a tale of an outstanding race with an excellent Championship pedigree failing to survive because it was just too hard to be attractive to the fun fellrunners of today? Tony Walker organised the race in 2000 but race date clashes (the race has never been as popular as the easier Fairfield Horseshoe held at around the same time) meant it had only 58 starters, which must cast doubt on the event's future.

Championship Status: A Mixed Blessing?

It may be thought that the regular choice of Wasdale and Ennerdale as Championship events will secure their future but this did not prevent the CFRA letting go of Buttermere Sailbeck. Championship status is clearly a major influence on entry numbers and it is a strange aspect of Championship events that they attract huge fields of runners who can have no expectation of scoring points. Do some fellrunners actually enjoy running amongst 500 others through the Lake District?

Some runners clearly enter the tougher events only when they are Championship counters so there are lots of other runners to follow and no navigational worries. Maybe a few return in later years but those who just want to have "done" a particularly tough event once do not come back.

Club Championships obviously affect attendances at particular races and where clubs, understandably, choose National Championship races for their competitions this must steer runners away from other tough events, exacerbating their low entries problem. Of course some organisers choose race dates to clash with high profile events to avoid a large entry; but they do not really have a problem.

Does It Matter?

With 455 races listed in the 2001 Calendar does it matter if some fall by the wayside? Purists will argue that losing a few score races would enhance the sport and races with the physical and mental demands of Ennerdale and Wasdale will never attract the 500 entries of less exalted events. Long A classics attract elite fellrunners and perhaps the hard men, with a few women, will always be attracted to the toughest events but whilst love of the sport may keep organisers and marshals content, even the most devoted must feel more appreciated if 200 runners turn out rather than 20.

Perhaps the view prevails that races with a pedigree will be there forever and whenever one chooses to do them; but races do disappear from the calendar, even with Championship status, whether short (Simon's Seat), medium (Five Cloughs) or long (Glossop). Who does not now miss Blake, Downham, ...and more?

Three Peaks (24m 4500ft : Horton in Ribblesdale- Pen y Ghent- Ribblehead- Whernside- Hill Inn- Ingleborough- Horton)

Although not the purest fell race in the Calendar the Three Peaks is an undeniably popular classic which has been contested 47 times. During the late 1980s and 1990s a limited pre-race entry of 500+ (selected from



Shaun Livesey, youngest winner of the Three Peaks in 1986, receives the congratulations of his daughter Leanne
(Photo Woodhead)

up to 1000 applications) resulted in around 400 finishers on race day. However, perhaps supporting the view that the race is a marathon run on farm tracks and footpaths that everyone wants to do, but not often, entries started to fall away in the late 1990s. In 1999 the entry limit was not reached and there were only 333 finishers, the lowest number for 17 years.

The race was selected for the English Championship in 2000 for the first time in the 15-year period of this study and this arrested the decline in entries. Even so the 600 pre-race entries resulted in only 491 starters (including 37 substitutes) and 409 finishers. Then in 2001 by the closing date, which preceded cancellation because of F&M disease, the race had only attracted 358 entries suggesting that the problem of falling entries had not been resolved by the high profile of Championship status in the previous year.

Borrowdale : Destination Fell Race? (17m 6500ft : Rosthwaite-Bessyboot- Esk Hause- Scafell Pike- Great Gable- Honister Hause-Dale Head-Rosthwaite)

This article is not all doom and gloom for in Borrowdale we have the destination Long A classic fell race.

Borrowdale strikes a perfect balance by being a tough Long A event, including the glory of climbing Scafell Pike and Great Gable, yet does not punish competitors with the pain of an Ennerdale. It can provide the annual tough challenge for fellrunners who normally focus on shorter, easier events and after 28 years it retains a loyal annual entry averaging around 240 finishers, except when a Championship event as in 1999 when it had 374 finishers. The popularity of the event was demonstrated recently when during the F&M crisis it had an entry of 192 despite being reliant on the Internet and word of mouth to publicise that it was on. And it has a dance in the evening.

Four More Classics

This article hopes to prompt thought and action rather than be an exercise in statistics and so I suggest my four other Classic Races can be summarised:

Ben Nevis: secure because of its unique status and popularity.

Isle of Jura: has never sought a large entry or Championship status. Whilst entries have fallen from the 160-180 level of the early 1990s to around 120 it remains a "special" event and attracts a regular core of runners who return to the island year after year.

Peris Horseshoe: first held in 1987 the race typically now has only around 60 finishers which triples when chosen as a British Championship counter.

Welsh 1000 Metre Peaks: fellrunners totalled around 150 in 1999 when in the British Championship and 67 in 2000 for the 30th Anniversary race but the entire event is secure because it attracts around 300 entrants including competitors in the "services" and "mountaineer" classes and those competing in the short race.

So Where Are The Crowds?

Fellrunning must not remain locked in history and to secure its heritage the sport must support worthy new races. The Bingley Harriers' three-day Wharfedale TTT event (from 1996), which includes the rare opportunity to race over Great Whernside, was a stimulating addition to the Calendar as were the Medium A Helvellyn (11m 4500ft; from 1993) race from St John's in the Vale and the Anniversary Waltz (11.25m 3600ft; from 1997) from the Newlands Valley. The Grisedale (10m 5000ft) race from Patterdale was first run in 1991 (71 entries) and after 10 years has grown in popularity, achieving a record field in 2000 of 171 competitors seeking the sort of tough middle distance race that fellrunners can run regularly.

Many longer established events continue to draw in their devotees with, my personal favourite, the Three Shires (12m 4000ft; from 1983) which starts from Little Langdale attracting typical fields of 250 as does the Fairfield Horseshoe (9m 3000ft), from Rydal Hall, Ambleside, which drew over 500 starters in 2000 when run for the 35th time and an English Championship counter. Whilst Duddon Valley (20m 6000ft) (Seathwaite- Harter Fell- Hard Knott- Little Stand- Three Shires Stone-Swirl How- Dow Crag- White Pike- Caw Pike- Seathwaite) has never attracted huge fields it has been held 23 times and has drawn a consistent field of around 80 runners (just under 200 with Championship status) perhaps attracted by the community spirit of the event. There is similar support for Holme Moss (16m 4000ft), which was introduced in 1987 as a southern alternative to the classic Long A Lakeland races and averages 80 runners which goes up to around 220 entries when a Championship race.

And as for Dave & Eileen Woodhead's races! It cannot just be the free beer, malt loaf, etc. that draws football crowd entries to their Penistone Hill based races again and again. Their events have become social occasions as much as fell races and possibly their success illustrates a lesson for other organisers?

Of course some races become too popular. Boulsworth Hill (6.5m 1200ft; from 1988) was made pre-entry, as is the Langdale Horseshoe (14m 4000ft; from 1973) from Great Langdale, after attracting huge crowds in the late 1980s. Nevertheless even with pre-entry and the risk of bad October weather the latter still attracts fields of 250-350 and is something of a classic with record times dating back to 1977 (Andy Styan) and 1992 (Helen Diamantides).

Natural Selection

Without mixing the theories of Charles Darwin and Market Forces into too forced a metaphor, one could equate the classic Long A races with the dinosaur, doomed to extinction in an era of fun fell races competing for a consumer spoilt for choice. Fellrunning has changed. The early fellrunners were more likely to have a background in mountaineering and at least be able to navigate than to have come from marathon



"Mr Borrowdale", Billy Bland, ten times Borrowdale winner, near dale Head Tarn
(photo Bill Smith)



A runner heads for Snowdon summit with Lliwedd towering behind on the Peris Horseshoe (Photo Pete Hartley)

running and worry about the frequency of water stations. Over the last 15 years FRA membership has leapt from 2000 to over 5000. Races listed in the FRA Calendar have doubled since 1987 (230 listed) to accommodate the refugees from the road running boom and these new fell races provide more choice, with 14 races listed for the weekend of August 25/26th 2001 alone, than the pain of the classics.

Classic races are *ipso facto* established. More cannot be invented, however versatile race organisers are in discovering new routes up and down the same hills. Why some races are more popular than others is complex but it is inevitable that runners will vote with their feet and many will prefer a nearby 7 mile event with a soft underfoot, not much climbing, possibly an associated gala to occupy their family and a Malt Loaf to go home with in preference to a 3-4 hour journey to run for 23 miles over rock with the risk of being "timed out" early or face a near-death experience.

Once in My Life

The fall off in entries for some Long A classics can be compared with the marathon boom. Many runners aspired to run a marathon or maybe several, but few were interested in doing marathons repeatedly with their physiological consequences or the psychological implications of seeking pleasure from running 26 miles on tarmac?

Every fellrunner may aspire to have a good Ennerdale or Three Peaks result; but few want to run these events year after year with the effect that has on performances in other races. Fellrunners as a population are getting older (reference: "Age of FRA Membership" Brian Martin. "Fellrunner" February 2000) and inevitably must turn to shorter races or even give up the sport rather than continue with the great Long A classics year after year.

The future of the long arduous fell race therefore depends not on retaining the interest of those who have been loyal to the events, because sooner rather than later these runners must give up the sport completely, but in attracting the newer, younger fellrunner who may not yet have even contemplated events that seem to offer only suffering.

Old Men and Mountains

Given that the average age of FRA membership is increasing then fellrunning will become an old person's sport or at best a sport where the average age of FRA members will stabilise in the mid 40s. The race report of the 2000 Wasdale race was typical in noting that 72% of starters (26 of the 36) were veterans.

The Three Peaks database provides for analysis of its changing entry

profile and shows that for the 5 years 1997 to 2001 the percentage of male entries under 35 years halved from 22% to 11% and in 2001 there would have been no competitor under the age of 25. In contrast for the same period the percentage of runners over 55 years more than doubled from under 5% to over 10% of the entries and there would have been a dozen runners in the 2001 race over 60 years of age.

It is difficult to resist the conclusion that if the Three Peaks race continues to attract only older runners it will revert to the small fields of several decades ago and that what is happening to the Three Peaks, Ennerdale and Wasdale today will apply to similar races in the future. The population in the rural location of fell races is clearly small and the bulk of fellrunners live in urban areas and so move to fellrunning from road running. Given that the road running boom is over the overall number of fellrunners will inexorably fall in time as the "source" dries up which will have implications for the sport as a whole over the next decade.

The Future: People Said?

The future of the Long A classics was discussed with fellrunners and race organisers; the good and the great.

One view was that if the FRA Committee felt strongly about the heritage of the Long A classic races they should be given FRA support to ensure they survived; an idea similar to the concept of National Parks in which, of course, many fell races take place. Others suggested that pre-entry, particularly the eight weeks demanded for the Three Peaks, was counter-productive because fellrunners are too mean to enter unless sure they can run; that clashes in the FRA Calendar should be addressed; that organisers should seek to emulate Borrowdale's atmosphere or Dave Woodhead's races with a prize for everyone. Several people suggested the introduction of some form of "Long A Trophy" which recognised excellence over a group of the tougher races; that awards should be given for regular finishers, but at a lower level than the 21 completions required for the Three Peaks race; and that Clubs could play a bigger role by selecting races in jeopardy for their Club Championships or for social weekends to give runners an extra incentive to travel the long distances sometimes involved to reach the venue.

What also came over was the enthusiasm of the race organisers for their event, even when they were only rewarded with a small field and lost money on the race. All wished for larger fields than at present, as recompense for the checkpoint marshals and to offset the increasing demands for better prizes by competitors and payments by landowners, although some believed that very large fields run counter to the whole atmosphere of a long Lakeland classic which implies more than a crocodile of runners simply following the person in front.

Some people I spoke with accepted that if the future of the Long A classic races is a reversion to the small fields of decades ago then so be it. It was said that few runners today are willing to put in the training mileage that is necessary to win a Long A classic and of those that are they are, naturally enough, more interested in saving their best performances for Championship events or racing abroad wearing a National vest and competing for lucrative prizes.

However the flaw in this thinking is that the population of fell runners is ageing and most particularly in the group which currently run the Long A classics. This suggests that the most arduous races will not survive unless something changes.

And So?

The purpose of this article was to prompt discussion (and emphatically not to criticise the organisation of any race aforementioned) about falling entries in some of the Long A classic races and their future viability; although the discussion may apply more generally. The death of these events in fellrunning terms may be regrettable but if the races do not attract today's fellrunners there should be no grieving from those who do not support them.

Perhaps those who have never done that Long A classic or would like to do one at least once more should ensure that they get their entry in early in 2002 for who knows...?

With Thanks To:

Russell Bangham, Ann Bland, Neil Clayton, Andy Curtis, Wendy Dodds, Colin Dulson, Richard Eastman, Allan Greenwood, Jonathan Fish, Mike Hale, Chris Humphries, Harvey Lloyd, Brian Martin, Lee Thompson, Bill Wade, Steve Whittaker, Dave Woodhead and Selwyn Wright.

RACE PROFILE - THE THREE SHIRES RACE

by Selwyn & Elaine Wright

IN EARLY 1983 THE STEPHENSON FAMILY from Doncaster took up the licence of the Three Shires Inn in little Langdale, Cumbria. Neil and Shelagh had provided offspring Ian and Elaine with a good mountaineering and fellrunning upbringing and Ian immediately switched his allegiance from Dark Peak to Keswick AC. Meantime Elaine and her boyfriend (been a long time since I described myself like that!) were travelling each weekend from our base in Dewsbury to Little Langdale and thoughts were turning to the organisation of a race based on the hotel. At the same time all three of us were eagerly involved in the moves to re-form Ambleside AC.

In fact the race came to fruition before the club by a matter of months, the one leading almost inevitably to the other as a group of locals and 'off-comers' gathered in the 'Golden Rule' for an inaugural meeting late on in the year.

As far as the race was concerned, of course, the route was obvious. The venue was perfectly suited to a long horseshoe with plenty of good terrain and a sharp sting in the tail. A run out up the valley leads directly to the foot of Wetherlam where starts a good steep 2000' 'walking climb'. A swift run off to the bottom of Prison Band brings the second shorter but equally arduous ascent to the high point of the race; Swirl How at 2630'.

The first serious navigational difficulty arises at this point - as many have discovered over the years - in inclement weather the delights of Grey Friar are hard to resist as the terrain drags the runner left and away from the grassy descent of Wet Side Edge. It's a long trudge back from the summit if you get that far!

Leaving the ridge the route drops to the top of the Wrynose Pass - the meeting point of the old county boundaries of Cumberland, Westmorland and Lancashire which gives the race and its venue their name. There's scarcely a step of flat running on the whole route and the race now climbs, initially on a path and latterly on open fell, to the next summit - Pike O'Blisco, at 2304' the home of the world's cheapest fell race - just a pound - from the Old Dungeon Ghyll Hotel in the next valley north: Great Langdale.

The quickest line lies to the south of the main path but here again danger lies, as the fell cants away in the wrong direction, pulling the weary competitor back towards Wrynose. The rule has to be, bear left until you think you've gone too far left and then go a bit further! Very scientific. Any ageing orienteers reading this will now remember why I never made much progress in that sport! Anyway, if accomplished successfully this manoeuvre should lead one to the top of Redacre Ghyll, whence a narrow sheep trod leads through to a small ridge which boasts a tiny copse and from here the race plummets down to the beautiful Blea Tarn. Cross the footbridge at the tarn outlet to the winding single track lane and prepare to have your tail stung!

The unremitting 'all fours' climb to Lingmoor Fell (1530') is worth a good deal more than 800' to most folk at this point



Approaching the top of Lingmoor with the Langdale Pikes behind (photo Pete Hartley)

and it is on this climb that the race is usually decided. Flags lead from the summit, which is used for the Under 18s race, all the way to the finish. Not that this has prevented the race changing hands en route, as in '91 when local Windermere lad and notorious navigator Robin Jamieson went astray, allowing a young Gavin Bland through to complete the first of his three victories.

Down the intake fields and a final hundred yards of road bring the tired and thirsty traveller past a gallery of mates wired into a well deserved pint. One of the features of the event is having to run the gauntlet past the pub and a very snide public address announcer, to reach the finish.

This then is the Three Shires Race - more than one good judge's choice as 'favourite race of the year'.

A good reason for that is its fame for producing good weather - the last time it rained was way back in the 80s. So it's usually possible to sunbathe on the grass with drink in hand and add to the crowd welcoming any of your friends who happened to pay a visit to Grey Friar.

Another good reason is that we try very hard not to take the whole thing too seriously - there are several people who come every year, except if it's in the Championship! Sometimes things do get a bit too silly however, as when the organiser remembered to order the FRA radios and dutifully rationed them out to checkpoint marshals before finding that he'd forgotten to keep one for himself! It didn't really add to the safety of the event for all the marshals to know exactly who had passed through all the controls but for the finish officials to be in complete ignorance.

And it doesn't bother the organisers that the average age of the competitors is steadily rising. I know Mike Rose has a strategy to make a comeback when he's 92 (only another couple of years now) and win the race! Many runners and members of the organising team come back year after year and it's become a social reunion for some; one runner calls the Shires race his annual M.O.T.

Devotees of the Long Lakeland 'A's place the race alongside Wasdale, Ennerdale, Borrowdale, Langdale and the Duddon as a real true fellrunners' test, although it's the shortest of those by some way. In fact back in the days when 1hr 45 mins was the threshold between Medium and Long, several people had a real go at changing its status. In 1989 Keith Anderson came within a minute of doing so and his record was lowered to 1.45.08 by Gavin Bland in 1997. That was the year that the race hosted the inaugural 'Long Race Home International' - an idea which sadly never took off. Nevertheless quite a few 'proper fellrunners' gained the International vests which their efforts over many years justly deserved.

Another idea which will hopefully have its day is a 'Lakeland Long A Championship', perhaps four from the six above to count? If anybody out there is interested then we certainly would be. It might be just the sort of thing to perk up the numbers at the more westerly events. On the other hand I can already hear the die-hards screaming "There's enough **** Championships already!!"

Over the years there have been some sparkling performances from the women but in 1997 the record was smashed by five minutes by the home club's Mari Todd who ran 2.05.29 (which would have placed her third overall last year!) To put this performance into perspective Carol Greenwood ran 2.13.58 in 1993 to pick up full Championship points.

This year of course we were one of the many to be completely wiped out by Foot & Mouth. Walkers were back on the fells above the Three Shires a few weeks before the race was scheduled but things were still too sensitive, with new outbreaks elsewhere in the County, to consider putting the race on at the last minute. In 2002 we'll plan a bumper edition to get things back to normal. As I always say, "Why not book your holidays? You know it'll be sunny in the Lakes on Saturday the 21st of September!!"

See you there!

CELTIC CORNER

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

NIFRA News

from Ian Taylor

New Events

With less than half the fell running season happening this year, it might seem strange to talk about new events. However in responding as quickly as possible to the changing access situation this year, we re-discovered the possibilities of shorter fell races in forest parks. In Northern Ireland these opened in April while mountain areas were not accessible until the middle of June. We were able to put on a series of forest trail races within ten days of gaining forest access. These were at least comparable to category C fell races with typically 250 metres climb in 4 or 5 miles. They gave us a welcome change from road running, introduced new race and training venues and helped us feel pro-active in overcoming the foot and mouth restrictions. Because we labelled them as trail races they were attractive to some runners who are put off by the image they have of mountain races – rough terrain, weather dependent and requiring navigation. Equally they can be promoted amongst juniors, again emphasising safety with good running in a controlled environment. Of course if we bring in new people who are inexperienced in mountain conditions, we have to be very careful about how we introduce them to “real” mountains. Indeed, in later races in rougher weather over open mountainsides, such as the Rostrevor race in June and Slieve Donard in August, we ought to have been stricter over kit checks, manned checkpoints and pre-race advice to runners.

Communications

To respond rapidly to changing access situations we need to have rapid communications with members. In Northern Ireland we have an email circulation list, with over half of our members connected. It takes no more effort or cost to communication by email with one person, a hundred people or a thousand. This was

backed up by a Web site with more details, updated weekly. Our newssheet “Northern Exposure” was also distributed at race events. Of course we are well aware that many individual clubs have sites with information about their own races, but a more co-ordinated approach would be worthwhile. We did not get the impression that, for example, the FRA made maximum use of Internet possibilities. Why not a discussion forum, an email list people can join or a means of putting on race results within a couple of days of the event happening? Other news that can be added might be team selection decisions, European opportunities, Inter-counties and Relay entry forms and results. Of course all this takes effort and such volunteers are in short supply. Within NIFRA we are fortunate in having an enthusiastic IT person with good links to both clubs and our committee.

Events

Our use of trail races reminds us that there is a whole range of running activities that fell runners take part in, from road running, cross-country, trails, orienteering to those with a more endurance aspect – mountain marathons, Bob Graham rounds and more recently adventure racing. Some of these are governed within UK Athletics and others outside but in many ways fell runners have more in common with, say, orienteers than with track athletes. If, in trying to promote fell running, we organise events that might also be labelled trail races, we need to take note of guidance from trail bodies. Indeed our own safety rules need flexible interpretation in such cases. Is “body cover” required in an event that takes place in a forest park, never more than a couple of miles from the start? In developing fell running we need to make use of opportunities for new events and be more flexible in responding to changing circumstances.

Scottish Athletics Ltd. The New Corporate Culture

by Keith Burns

Members of the FRA might still have an interest in what's going on within what used to be the Scottish Athletics Federation; now a new limited company called Scottish Athletics.

This year, the old campaigners had left the rallying of AGM reformist votes to others. Readers will remember that the campaigning efforts of Carnethy Hill Running Club had secured a veto on restricted access to races and won proxy voting rights which might have secured future voting strength which might transform events at future AGM's.

But it was not to be. At this year's AGM of the new Scottish Athletics Ltd. the reforming initiative came from Lothian Running Club, with a proposal to simplify and reduce SAL membership fees to a single annual charge of £11 (for seniors); still rather high (!?) but maybe a step in the right direction. This compared with the Board of Management's proposal to hold fees at £20 (£7 per capita club charge plus £13 individual membership). Martin Hyman delivered an eloquent and passionate introduction to the Lothian proposal. He pointed out (as many of us have been doing for three years now) how the punitive membership fees are destroying grass roots membership of road, cross country and hill running clubs, including his own. Lothian RC was supported from the floor by a handful of other club representatives (even with support from at least one large Track and Field club). As usual, hill running clubs were very poorly represented.

The galling irony of the meeting came at the voting. The precious new proxy voting arrangements which we had secured to further our reforming aims were deployed with great pride by the Board of Management and their supporters in great decks of voting cards. We reformists were hoist by our own petard! We had a pathetic collection of proxy and present votes by comparison. We lost by a margin of two to one. The Board of Management beamed like the cat with

the cream. Despite Martin's moving plea to consider the plight of his and many other clubs, the indifference of the Board of Management was a spectacle to behold. I tell a lie – the Chief Executive showed apparent remorse by promising a working party to “look into the problem”. Bloody hell! After three years of debate, he's going to look into the problem!! Since then, there has been no sign of this working party being set up (as secretary of the Hill Running Commission and one of the grumble group I will be invited to join it). Oh, and I nearly forgot. There's promise of a *development conference*. You know the sort of thing – lots of coffee and biscuits, powerpoint presentations with flying slogans and cross-fades, bullet points, action plans etc. It's going to cost about nine grand. The Hill Running Commission suggested that we should share the money out between the clubs and tell them to go forth and develop with the money. We were not supported.

Why do we fail? Because decisions are dominated by track and field representatives who are quite happy that they get value for money; and I think they do. As a member of the Hill Running Commission I would not insult those *we* represent by spouting the corporate mantra that they are getting value for money. I would be pleased to claim this if it happens.

So why continue the struggle for reform? Because continuing is the only way for us to gain access to public grant aid to which we have a right. The other way is to go for hill running UDI and bid for separate status and access to grant aid from the Scottish quango, SportsScotland. But where are the volunteers who would do the extra work? I don't think this is practicable at present. Market forces will determine whether the SAL Board of Management is right in claiming that fees are value for money. They *are* for the stars and frequent racers; but what about the rest? What should we all do in the meantime? We should do our own sums to decide whether it is good value to join a SAL affiliated club to gain championship eligibility and access to public grant aid in return for the affiliation charges. Hill race organisers, in their turn, will decide whether they should take out a SAL “permit” depending on whether

they see a benefit. They have freedom of choice and will consider FRA registration as an alternative way of getting insurance and publicity. The old tyranny of the “compulsory permit” has been exposed for the sham it was. Time and market forces will show the SAL Board of Management whether it has offered hill runners the attractive package it claims. Personally I see no early prospect of conditions which will lead to the majority of grass roots hill runners choosing to pay the high affiliation-related fees. Meanwhile, the Hill Running Commission will continue the struggle from the inside.

Notes from Wales

by John Sweeting

Only one item to include under this heading this time around - but one which, hopefully, could have far-reaching effects (preferably for the good) on fell-running in Wales; namely the proposed:-

DOLGELLAU MEETING

Elsewhere in this issue there is an advert for a meeting in Dolgellau on November 4th, called to discuss the future of Fell-running in Wales. It is an individual initiative, but follows consultation with as many people as possible (which unfortunately means all those I know on e-mail!). It was prompted by the unsatisfactory situation that still exists in Wales 4(?) years after fell-running's incorporation into the AAW, and has become especially relevant (and urgent) at the present time when major proposals are under consideration in other parts of the UK.

Now that the first step has been taken, i.e. we've got a place and a date and a time, we can move on to the more simple matter of what we discuss! So I'll kick it off with a few points/opinions:

- Fell-running is a Sport in its own right, not a branch of Athletics – “athletic ability” is required, but is of limited value, for example, when the weather closes in on a strange mountain.
- As such, Fell-running needs a single centre, not multiple centres, i.e. one place where the sport's rules, and especially safety rules, are drawn up

and implemented/enforced.

- On a related topic, during the current Foot and Mouth epidemic, FRA has established criteria for holding events based on a strategic view of the future of the sport, plus a good deal of sympathy for the farming community. However, in Wales it is theoretically possible to bypass this vetting system through the AAW Race Permit scheme. It may not have happened, but it could.

- Geography – another hobby horse I'm afraid – in my opinion, the border between Wales and England, especially from Shropshire to Gwent, is an arbitrary line for fell-running, and has reduced the level of competition and enjoyment for many on both sides in recent years.

- Internationals and junior development – the two areas which I think have benefited from the AAW connection, mainly through the hard work of a few dedicated individuals. I would like to see this connection strengthened, but as a link between Sports, not within one unmanageable confederation.

Two final thoughts:

Meeting Agenda. This should not be an individual proposal, but should be agreed by a group representing as many aspects (grassroots to international races) and opinions (for and against the AAW connection) within Welsh fell-running as possible. I suggest also that we should invite contributions (in writing or preferably in person) from other parts of the UK.

People in Blazers. I spent 2 years attending AAW Management Board and Endurance Committee meetings. On one memorable occasion, a Saturday daytime meeting lasted about 8 hours (plus travelling time). I can't remember much about the dress sense of the people involved, but on the whole I found goodwill on both sides. The problem was that everyone seemed to be very commendably involved in running their particular sport, while I was attempting to help run mine – but I wasn't interested in theirs, and on the whole they weren't interested in mine, so why on earth were we all sitting around the same table?

Responses especially welcome this time – see advert for contact details.

I had a real problem with this next article - I dearly wanted an article on the inaugural Scottish Fours Duathlon and, all of a sudden, I had not one but two very good contributions, one by Gary Baum and the other by Tom Gibbs of 9feet.com. Gary's gave a more overall perspective of the event and some of the people involved, while Tom's conveyed a more vivid individual picture of what the effect of the event was like. I was stuck for choice - to publish both would have been a bit too much of a good thing; in the end I went for Gary's but there was very little in it and so I have published Tom's article on the FRA website at www.fellrunner.org so you have the opportunity to sample both of them!!

The Scottish Fours Duathlon

by Gary Baum

It was a typical July Friday night in Lochaber. We pitched the tent in the wet, at 10pm, and then slept fitfully, listening to the incessant wind and rain, until we woke at 4am, a quarter of an hour after our alarm had failed to go off. If we were not to be late for Martin, there was now no time for a hot drink - so we hurriedly collapsed the tent, stuffing handfuls of wet nylon into kit bags and jam sandwiches into our mouths as we put on our fell running gear. It was light by now but as we drove round to Glen Nevis we realised that the cloud was down to about 1000 feet and that the day ahead would probably offer even more challenges than we had hoped for.

The aforementioned Martin is, of course, of the Stone variety and the day ahead involved taking part in his most recent creation - the inaugural Staminade Scottish 4000's Duathlon. The event's title is, I suppose, somewhat self explanatory, but, for the uninitiated, the Scottish 4000's Duathlon involves linking the Bridge by the Glen Nevis Youth Hostel with the Norwegian Stone in Glenmore - via 31 miles and 13000 feet of ascent on foot (including, of course, all the 4000 foot Munros), and about 60 miles of cycling. The route has been followed numerous times and, until the weekend in question, the record stood at 12 hours 35 minutes - set by Mark Hartell in 1998, although Mark did not include the recently promoted Angel's Peak in his itinerary. To offset this, possibly, it must be pointed out that neither did Mark have the option of mountain biking down the new fast cycle descent that takes the pounding off the legs for the last 1500 feet of Aonach Mor. The idea of turning the challenge into a race was actually Paul McClintock's, who completed the route last year with Duggie Gillespie in a time of 13 hours 20 minutes. It was, however, down to Martin that 26 competitors and a group of willing volunteer helpers and marshals gathered near Fort William on a gloomy Friday night.

Jane (Meeks), Liz (Cowell), Paul (McClintock) and I started the ascent of the Ben at 5am, along with a couple of runners from Kendal. The girls planned to stay together. I hoped to keep with Paul for as long as I could but was pretty sure that he would want to pull away after a while. It had stopped raining briefly and spirits were raised as we began to imagine that the day was about to turn. The clouds seemed to be breaking up. How wrong could we have been? By the summit of the Ben (1hr 23min) Paul and I and the two other guys were in thick cloud and rain and the girls were out of visible range behind us. We had passed one bedraggled, rather miserable looking small group of Three-Peakers about half way up but otherwise we could have been the only people on Earth. The wind was also building and we were feeling cold as we descended on a bearing towards the Carn Mor Dearg Arete. Despite the conditions, things seemed to be going well enough, and maybe we were too relaxed when we thought we recognised the ground from previous visits and forgot the compasses for a while. Thanks to this lapse of local knowledge we had to re-climb about 100m and contour back into the arete. The girls were by now, of course, ahead. The ridge was a cold, wind and hail battered, slippery, exposed scramble - but

at least there was no way we could lose our way for a while - as far as Carn Mor Dearg anyway. It was just before the summit of the third top - Aonach Beag - that we caught up with Jane and Liz, who were pretty surprised to see us coming up from behind - they had assumed we must have been two very fast 6 am starters. We stuck together as a four over Aonach Mor and down into the ski area. From here, Paul donned leg armour



"It's in here somewhere!!"-Paul Raistrick hunts for his kit at the Glen Feshie transition

and helmet and hopped onto his pre-positioned bike while I tried unsuccessfully to keep with the girls' pace as they legged it down to the ski station.

Martin was at the ski station and seemed pleased with how things were going. He also related some good news - that the weather in the Gorms was predicted to be much better. Jane and Liz completed the change-over quite smartly and it was a few minutes later that Paul and I began another chase, this time on our road bikes. Our tactic was to draught each other in 2-minute spells with a short rest and stretch on the hour. The wind was blowing strongly in our favour and we made excellent progress. A speed of 20mph up slight hills seemed relatively effortless - for a while anyway. The foot and mouth enforced cycle training had maybe paid off too. We passed Liz

and Jane quite soon – and seemed to be going a fair bit faster than them. Maybe we would build up enough lead on this 60 mile section to keep ahead of them on the hills in the Cairngorms. We were impressed that Martin had arranged a series of big yellow signs indicating our progress. ‘Keep on cycling’ said one, ‘Keep smiling’ said another. The one that said ‘15 miles to go’ was the one that really cheered us up as it came much sooner than expected. We must have been flying along!...and then we realised that the signs were nothing to do with us but with a much shorter bike race on the same road. Spirits were dulled a little and then, to compound matters, the road changed direction down into Glen Feshie for a final gruelling 5 miles into the wind with legs now tired after three hours of continuous pedalling. Thank goodness that running uses different muscles to cycling....

Now midday, it was a great sight to see the vehicles and our kit bags ready for us, with fresh clothes and food. Jon Broxap gave me some scones and offered me tea – my first hot drink of the day and, boy, did it taste good. There was a small group of 4am and 5am starters getting ready to leave and a couple of heads could be seen bobbing in the undergrowth a way up the track. Before I had even got my shoes off, however, Jo Roe (Paul’s wife) and Katie Boocock (whom we had also overtaken) cycled in, closely followed by Jane and Liz. So much for that time we were making up. We had passed them, it turned out, as they were restarting having just picked up a flying bike computer.

So much also for the idea that I was about to use different muscles - if that was the case why was I hobbling so stiffly and sorely as we set off up the road at the start of the leg to Cairn Toul? I was now sure of two things – that Paul would leave me fairly soon and that the girls would overhaul us somewhere on the Great Moss. I was correct in the second prediction, but Paul steadfastly remained with me all day. It is a long, long way to Cairn Toul from Glen Feshie and by now the relatively pleasant weather had again deteriorated to cloud and wind. Having gained the ridge, navigation over Angel’s Peak and Braeriach was not really a problem, despite the poor visibility, although we probably could have gained a little time by being braver cutting more of a corner on Braeriach. Liz and Jane were now gradually increasing their distance from us and as I stumbled painfully down the steep rough descent to the Lairig Ghru – and a manned checkpoint – I saw them moving apparently very strongly up the other side towards Ben Macdui. So strongly that Jim Davies did not seem to be catching them. He was the first of the 7am starters to come through and had just passed us – running easily down the steep flank of Braeriach. The fact that he had taken two hours less than us to reach this point probably explained his initial lack of speed ascending behind the girls. Needless to say, by the time Paul and I had reached Ben Macdui Jim was completely out of sight – and the girls were about 15 minutes ahead.

The surface from Macdui round to Cairn Gorm was generally excellent for running, but anything other than a gentle descent was by now causing real pain in my knees. At least the cloud had now lifted and we enjoyed fantastic views into the Loch Avon Basin over to Carn Etchachan and The Shelterstone Crag. I tried to blot out the soreness by thinking about climbing experiences on these crags in their winter garb – but these memories were just as painful, so I soon stopped! I hobbled down to the Ptarmigan restaurant, Paul patiently waiting every now and again, and then stumbled down a ski tow parallel to the hideous new funicular rails. I could stride a bit on the last gentle dirt road but I so much wanted this to be over now and to be back on the bike for the last descent.

To avoid the inevitable injuries, Martin had set the finish of the actual race at the ski car park, but to attempt the record you had to cycle down to Glenmore. We clearly had no designs

on the record but still enjoyed the sweeping hairpins down towards Loch Morlich. And then it was over. 14 hours 38 minutes – 19 minutes behind Jane and Liz who were equal first ladies. Jim Davies had finished in 11 hrs 36 minutes – an awesome achievement, but the previous record was also beaten by Steve Birkenshaw, Pete James and Tom Gibbs (who also did the fastest bike section).

It had been a unique event – we agreed that we could not think of a better venue for a mountain duathlon in the UK – and the organisation of the day with its complicated logistics



The true spirit of competition-Jo McClintock still smiling after going straight over her handlebars coming off Aonach Mor

seemed to go like clockwork. All 26 starters finished the event (a first for any event of this scale?) and we received excellent hospitality at Glenmore Lodge. The lift back to Nevis Range in the Glenmore minibus the next morning really emphasised the scale of the event – but, even more so, it put into perspective the 15 year old record held by Martin Stone himself – that of a solo unsupported run over the whole distance (21 hrs 39 mins). Next year maybe?

Staminade Scottish 4000’s Duathlon Results

| | |
|--------------------|----------|
| 1 Jim Davies | 11:35:59 |
| 2 Pete James | 11:52:31 |
| 2 Steve Birkenshaw | 11:52:31 |
| 4 Tom Gibbs | 12:21:49 |
| 5 Mark Seddon | 12:35:41 |
| 14 Jane Meeks | 14:18:52 |
| 14 Liz Cowell | 14:18:52 |

Fastest Road Bike – Tom Gibbs 2:52:28

Remarkable Fact - All 26 competitors who started, completed the route.

**Teenager Games 14-15th July
Sasbachwalden Germany**

**ENGLAND
TRIUMPH ONCE
MORE**

The England Junior Mountain running team returned triumphant once more from their trip to Sasbachwalden - situated on the edge of the Black Forest in Germany.

The Foot & Mouth problems in the Lake District did not stop the trial race taking place in Kendal on the 24th June as the juniors raced up a specially prepared uphill only road course, climbing to over 500 feet.

In Germany the junior girls' team won the gold medal team award for the 4th successive year. Lucy O'Gorman - the youngest member of the winning team - raced to a brilliant 2nd place overall with tremendous back up from Rebecca Cronshaw in third and last year's outright winner Katie Ingram in 5th. Katie boldly went for the title again, staying in close contention to the eventual winner Mateja Kosovelj - from Slovenia - until the stepped section of the race when the young Slovenian pulled away strongly. In the boys' race the England team of Mark Buckingham (7th) Matthew Pearson (9th) and Tim Edgerton (10th) had excellent runs,

packing well to take the silver medal position with Mark making up 10 places from last year's race.

Junior Girls

| | | | |
|----|-------------------|-----------|----------|
| 1 | Kosovelj, Mateja | Slovenija | 13:48,60 |
| 2 | O'Gorman, Lucy | England | 14:16,28 |
| 3 | Cronshaw, Rebecca | England | 14:20,39 |
| 4 | Vladarova, Jana | Slowakei | 14:31,06 |
| 5 | Ingram, Katie | England | 14:37,53 |
| 6 | Podrecca, Tea | Slovenij | 14:37,87 |
| 7 | Harrison, Fiona | Wales | 14:52,40 |
| 8 | Curtis, Briony | Scotland | 15:00,71 |
| 9 | Tamara, Baric | Slovenija | 15:03,75 |
| 10 | Stevicova, Magda | Slowakei | 15:07,41 |

Junior Boys

| | | | |
|----|--------------------|-----------|----------|
| 1 | Urbanovsky, Martin | Slowakei | 11:01,55 |
| 2 | Kosovelj Mitija | Slovenija | 11:11,46 |
| 3 | Kosmac, Matjaz | Slovenija | 11:18,29 |
| 4 | Donnan, Iain | Scotland | 11:23,41 |
| 5 | Lamovec, Peter | Slovenija | 11:37,23 |
| 6 | Kohut, Peter | Slowakei | 11:41,54 |
| 7 | Buckingham, Mark | England | 11:45,94 |
| 8 | Williams, Gwyn | Wales | 11:51,95 |
| 9 | Pearson, Matthew | England | 12:01,36 |
| 10 | Edgerton, Tim | England | 12:03,75 |

England Juniors five year record

1997 Bailey (4) / Cayton (13) / A Symonds (15) 4th Team
 Gatford (2) / Rusius (5) / White (16) 3rd Team
 1998 Sutton (2) / A Symonds (6) / Savage (7) 2nd Team
 Bailey (1) / Gatford (4) / Rusius (6) 1st Team
 1999 Parker (1) / Siemaszko (7) / J Symonds (10) 1st Team
 Hughes (3) / Gatford (5) / White (8) 1st Team
 2000 J Symonds (3) / Mason (7) / Buckingham (17) 2nd Team
 Ingram (1) / Roberts (3) / Glover (9) 1st Team
 2001 Buckingham (7) / Pearson (9) / Edgerton (11) 2nd Team
 O'Gorman (2) / Cronshaw (3) Ingram (5) 1st Team

**Black Forest, Germany –
2001 The Cronshaw Report**

Nearly 800 miles for a race that lasted 15 minutes? It hardly seemed worth it, but I know that everyone who went (myself, Lucy O'Gorman, Katie Ingram, Mark Buckingham, Matthew Pearson and Tim Edgerton, not forgetting our 'chaperones'/team managers Pete and Anne Bland and coach Norman Matthews) would disagree.

The journey down was fairly uneventful, with endless games of cards and a quiz for which Pete and Anne generously donated two pairs of fell shoes. This was the highlight of the journey, and I think it's well worth mentioning Tim's incredible score of 4/20 on the TV and music section. Chuffin' Nora! (for Mark's benefit because he loves this phrase) Still, not quite as bad as thinking the West Yorkshire Dales are the mountain range dividing Scotland and England, not mentioning any names - Mark!

Being the first on the minibus, the next person I saw was Mat, or rather his hair, supposedly dyed England colours. I'm afraid that the only word that really described it was 'ginger'. Thankfully Mark didn't dye his as planned otherwise we might just have been permanently blinded!

During the ferry crossing and the very long drive through France, we became fully aware of the appalling extent of each other's German and French language skills. This caused problems when choosing food and we found ourselves taking random guesses off the menus then hoping we liked them. Unfortunately for Anne, the Germans have never quite got the hang of vegetarianism.

We stayed in some holiday apartments half way up the course and soon discovered that some other teams were staying close by. I would like to congratulate Tim, Mat and Mark on their almost successful attempt at stealing the Scottish flag from the balcony below. Katie looked out of our room to see a Hoover being dangled down over the edge to suck up the flag. Chuffin' Nora! Still, we've got to give them some credit for being original at least!

On the Friday morning we set off to walk/run the course. Norman's tactics of 'elbows out' across the many bridges was surprisingly successful, although not needed by me (because obviously I was running too fast for people to pass me!) In the afternoon, we also visited the



*The highly successful English team, Left to right back row: Mark Buckingham (Holmfirth), Tim Edgerton (Trafford), Matthew Pearson (Holmfirth)
 Front row: Katie Ingram (Chorley Harriers), Lucy O'Gorman (Penistone), Rebecca Cronshaw (Lancs Morecombe) and coach Norman Matthews. (Photo Norman Matthews)*

Europa theme park for the opening ceremony and finally got to see what Mark's obsession was all about. It was amazing how much he and Katie could remember between them from last year: on the ghost train we had to roll our pants up because (in his words) 'otherwise we wouldn't be able to feel the dog hissing!! on us'. Chuffin' Nora!

Race day and we got up to watch the 800m races and eye up the competition. With the race being late afternoon, we had plenty of time to get nervous and also to lock ourselves out of our room...again! When the dreaded climb eventually came around, I did quite enjoy it (after all the pain had gone away). It was a brilliant experience, and I think everyone was pleased with their races, which they fully deserved. Thankfully us girls managed to keep up the tradition of being team champions and the evening party was enjoyed by all. We were very impressed by Norman's dancing - I'll say no more!

The relays the next day provoked a somewhat heated debate when the England lads were clocked first by the officials rather than the third they should have been. The situation was resolved amicably after lots of booing and jeering at the prize giving. I think in the end they were quite relieved, as they had agreed to shave their heads if they had won.

Most of the other teams left in the afternoon and, after we waved them off, we visited the local winery and I listened to the experts (Norman, Pete and Anne) on what wine to choose for taking home as presents. We had all been looking forward to the golf challenge by the management team but for the second year running it was a washout with the rain pouring down. Not to be outdone by the weather Norman arranged some games of strength for us. I'm willing to admit that I thought my attempts at some games were bad - until I saw Mat's that is! He managed a grand total of one leg wobble compared to my five. Chuffin' Nora! All I can say is that it was lucky he had Katie as his partner to save him from public humiliation! Having said that, there was a vicious battle between Mat and Tim for victory in the leg squat exercise and I can honestly say I've never heard so much shouting, moaning and psyching out before in my life.

The last night was spent eating gorgeous pizza, playing hilarious games of charades and with Lucy playing agony aunt to Mark over the hotel intercom system. (I didn't know about that!! NM) Chuffin' Nora! It was a great end to a great holiday, partly down to the hospitality of the people of Sasbachwalden. We had a fantastic trip, and I'd like to say a massive thank you from all of us to everybody who made it possible, especially Pete, Anne and Norman. They were very tolerant of us! Just a little warning for those planning to go to the trials in 2002, according to Mark, they loved him sooo much, he's invited back next year as a guest, even if he's not selected, so beware!

World Championships - Is there a lesson to be learned?

by Norman Matthews

A disappointing performance from our International athletes failed to produce the goods on the day. Expectations before the trip had been high indicating that some of our athletes were in superb form and ready to compete for medals. The reality was that mainly due to injuries we had our worst games ever. The post mortem will now begin to discover what else could have been done to ensure that our athletes got through the heats without injury and were able to compete to their potential in the finals, and also what could have been done to ensure that some athletes actually made an appearance at Edmonton.

UKA have gone some way in helping to prevent this situation by employing the services of a full time Strength & Conditioning Coach to hopefully spread the gospel - to those senior coaches and athletes at National level - on the virtues of being well conditioned.

It's no use spending years preparing for a major championship only to find that at the very time the body has to be in peak condition an injury of one kind or another stops an athlete in their tracks - even before the gun goes.

Strength and conditioning routines are the building blocks for all successful athletes, the intensities of International competition puts immense stresses on the body and only those athletes - and coaches - who have the foresight to apply a comprehensive conditioning program - progressively - over the formative years of an athlete's career can

ensure that they minimise the effects of incurring an injury.

Injuries do happen even to the best-conditioned athletes but the object of the exercise is to minimise the risk by taking all the necessary steps to prevent such injuries occurring.

UKA have in place a Strength & Conditioning course that can be taken at new Level 3 and I recommend that all coaches who have aspiring athletes under their charge take the trouble to find out when the next course will be held in their area.

The reason for the preface about our lack of medals at Edmonton was to once again re-emphasise the value of starting conditioning work early with our junior runners. The elite England Juniors athletes have been made well aware of the importance of conditioning on their training weekends and hopefully are maintaining their enthusiasm in their weekly training. This information and instruction will now be made available to other juniors through the hard work of FRA officials - Alan Barlow our chairman in particular. We have been very fortunate in the last couple of months to acquire lottery funding to hold weekend training camps for our FRA junior runners - not only the elite. The opportunity will be taken at these training weekends to include within the programme a comprehensive introduction to the important aspect of strength & conditioning. The first course will be held at the Anderton Outdoor Education & Activities Centre at Rivington near Horwich on 1st & 2nd December and the details are below:-

JUNIOR TRAINING WEEKEND

A junior training weekend will be held at the Anderton Outdoor Education & Activities Centre at Rivington near Horwich from 10am Saturday 1st December until Sunday 2nd December at 4pm. The cost per individual is £10 for the weekend.

The course has been heavily subsidised from lottery funding obtained by the FRA Committee. Certain criteria have to be followed in relation to those attending - including the number of coaches.

The age group for juniors attending is 11 - 16 year olds. Registered FRA Clubs who have qualified coaches active in coaching fell & hill running - or those coaches who are interested in the discipline - are invited to submit their request for places ASAP.

Because of the limited number of thirty-five places on the December course it is the intention that attending coaches (5) have six places each - preferably three boys and three girls. Further training weekends will be available in 2002.

The Anderton Centre is a sports outdoor activity centre and the opportunity will be taken to include some of their activities over the weekend.

The course itself will include all aspects of fell running with additional sessions including strength & conditioning and orienteering.

For further details please contact:
Norman Matthews. Tel & Fax 01204 468390. E-mail: nmmatthews1@thefreeinternet.co.uk.

The article below appears by kind permission of Bruce Tulloh and Peak Performance. Bruce is a former European 5000m champion, noted coach and author and also father to three national level runners, offers some thoughtful advice to the parents and coaches of aspiring athletes. For the interest of the parents of those who will be reading this article in "Junior Pages" Bruce has just written a book on veterans and their training (information on this from his email address at BTulloh@aol.com - could be the answer to your Christmas present problems!!

Encouragement and support without pressure is the key with kids

The key to successful coaching of children - whether by parents or professionals - is to tackle each phase of development differently, according to its context. We would all like our children to be Olympic champions, but to my knowledge only one person (Seb Coe's father) has achieved that; and the worst thing you can do is pressurise your children with your own dream of glory and then blame them for not realising it.

At each stage in life developing boys and girls have their own reasons for getting involved in sport. It may be a desire for approval, or a wish to make a mark in his or her peer group. More likely, it comes from discovering an aptitude for the sport, which brings a modicum of success. We all need to find things we can do well. Self esteem feeds on achievement, and sport at club level is an excellent way of doling out spoonfuls of achievement on a regular basis.

Ages 7-11: Avoiding "little league syndrome"

We hear of football clubs sending scouts to primary school matches and the "pushy parent" phenomenon - or what the Americans call "little league syndrome" - can appear at a very early stage. But at this age sport is just play and it does not matter who wins. Children need exercise: they need to develop their bodies and their brains and the best way of doing this is by having fun at the same time.

Exercise also offers a way of learning about the world and how it works. Sport, like life, has its rules, its constraints and its set boundaries. Like life, it tries to be fair but doesn't always succeed. The child learns the hardest but most valuable lesson of all - that he has his limits. The parent has to find out what the child can and can't do well. He must offer the child lots of opportunities and help him to select the ones that will best help him grow as a person.

The "Tiger Woods model" is not a good one to follow, because this involves a parent imposing a regime at an age when the child is not in a position to make a choice. For every success this model produces, there are hundreds of frustrated children who are being blamed for not living up to their parents' expectations.

During the primary school years, the child should be encouraged to run, but not forced to do so. A common reason for running is to be like Mum and Dad and this is fine. If there is a local club which caters for under-9s and under-11s, encourage them to go along, as long as the regime there encourages variety and non specialisation. How far should a child run at this age? Basically, they can run for as long as they want, as long as it is at their own pace. The biggest danger for modern children, particularly city kids, is lack of exercise, producing a downward spiral where inactivity leads to obesity, which makes them less inclined to do anything. Long runs on tarmac are not a good idea, but there is no reason why they should not go out training for 50 or 60 minutes, as long as this time is broken up. Children have the common sense to slow down or walk when they feel tired.

A typical pattern for a club evening might be:

- 5 minutes running round the field
- 10 minutes of exercises, usually with a partner
- 4-8 laps of the track (1-2 miles) broken up into fast and slow sections
- 15 minutes practising a skill (eg a jumping or throwing event)
- 2 short-sprint relay races, in different teams
- 5 minutes continuous relay (paarlauf)

- 2 laps slow jog.

The emphasis in this phase should always be on variety. If a child is doing some kind of sport four times a week, that is fine, but the four days might include football, swimming, judo or cycling as well as running.

Ages 11 to 13: Resist the urge to specialise

At the beginning of secondary school, the child's choices are generally guided by parents and teachers. The urge to specialise in one particular thing must be resisted: all the evidence is that those who keep up a variety of sports up to age 14 are more robust and less fragile than those who specialise early. Early specialisation may bring short-term success, but is that really what you want?

At this age there will be a huge difference between early and late developers. The arbitrary nature of the age group system may lead to immature just-11-year-olds running against overdeveloped 14-year-olds. Coaches and parents must be careful about throwing children into competition before they are ready for it but they should not avoid competition entirely. People develop by overcoming challenges, and the art of coaching lies in finding the right sort of challenge for each kid.

My own three children all became successful runners. My son Clive was a slow developer, like me, but always wanted to be a runner. When he was 11, he wanted to run in the county under-15 championships. I said I didn't think it was a good idea but he said: "So what if I come last, it won't kill me". He came 72nd out of 75 and it didn't kill him. He has a strong drive to succeed and trained hard through his secondary school years, getting up to national class on the track when he was in the sixth form and eventually winning a British Universities title.

My twin daughters Katherine and JoJo had a huge amount of natural ability and by an accident of birth were at the top of their age group. As first-years they completely demolished the local opposition. In some ways it is harder to coach the very talented: you can't dangle the carrot of success under their noses, because they have already eaten it.

With the majority of kids of this age, the right approach is to encourage team spirit, in a club or a school team. This enables the slower developers to get satisfaction from the team success. The more successful fast developers must be shown that they need the others if they are going to win their match or get a medal in the relay. With some short-term goals ahead of them, training should be done once or twice a week, but integrated with all the other physical activities such as games and PE lessons.

Ages 13 to 15: Taking social life into account

During this phase the child has a far bigger share in the decision-making process. The other feature of this age group is that social activities have to be taken into account. The running has to be handled in such a way that it does not conflict directly with the other developing interests. Again, if there is a local club with a good team spirit, it will provide the support and companionship that is so important at this age.

By this time it will be clearer where the child's talents lie. However, the really talented track runner may be needed for the football or the hockey team in the winter, when most runners are doing cross-country. This should not be a cause for worry, because some

running training can be added to the football and there is plenty of time to get fit for the track season if you start training in March.

Training can now become more organised, but other sports can still be kept in. A typical pattern might be two nights a week of club training, plus a Saturday race, to which can be added one or two more steady runs on the days when there are no other sporting commitments. It is important at this age that someone keeps a training diary, so that the youngster's state of fitness is clear and training can be increased gradually year by year.

Training will not yet be all-year-round. The growing body has to be released from the stresses of continuous training, even though the training may be beneficial. Natural breaks will occur in the school holidays, with family visits, skiing trips and travels abroad, and neither the athlete nor the parent should worry unduly about this. A vital point to appreciate is that training too little will not prevent the athlete from eventually reaching full potential but pushing the athlete too hard in training or competition might well do so.

A highly-motivated athlete with several years of running experience may be able to handle a lot of training but this won't suit everybody. The highest-ranked athlete I have coached, Richard Nerurkar, who went on to be Britain's best runner at 10,000 metres and the marathon, was running 50 miles a week when he was 14 - but he also stopped running in the summer when he was working for his exams. Tegla Loroupe, the world record-holder for the marathon, was jogging 10 kilometres to school every morning when she was 11 and another 10 in the evening - but this was normal in rural Kenya.

My own daughters were running 20 miles a week at age 14, which meant roughly four miles a day, five days a week, with two of those days including some kind of speed work. This was enough to enable them to run under 4mins 40secs for the 1500 metres at 14 and get down to 4mins 25secs the following year. This is also the level of

training I used for my school teams in this age group. The pattern was normally to build up endurance in the autumn, with some road relays and school matches as the target and then to focus on cross-country, building up to the English Schools races in March before turning to track training in the summer.

Age 16 and over: Relating training to ability

From this point on the parent is a consultant, not a dictator. The level of training is related to the ability of the athlete. At sixth form level, a distance runner might be running 30-40 miles a week - enough to bring out the talent and carry on with 'A' levels. One of my Marlborough College athletes achieved three Grade A 'A' levels last summer and made the GB Junior team this spring, having stepped up his training since leaving school.

A really talented athlete may be on the fringe of international level at 17. In this case, some adjustment may be made to allow more time for training. On the whole, it is better to stay on in education as long as possible, because sport and education can be combined more easily than sport and work. With a year off and three or four years of college, the athlete has a real chance to develop his full potential.

On the other hand, parents must accept that puberty brings huge psychological as well as physical changes and priorities will change. My own daughters, who at 15 were beating Kelly Holmes, had lost interest a year later. Art, Life and Literature became much more important to them and, as parents, we had to accept their choice. Although we lost them as athletes, we kept them as daughters and friends. They went on to become happy and successful in other ways, and I am sure that the discipline and the confidence they gained from their running has helped them in later life.

So I say to parents: "Enjoy each phase in your child's athletic career, but keep things in proportion: it is their sport and their life."

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save £25

LADY RESPONSE TR

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sizes 5 1/2 - 8 uk
WERE £59.99 NOW £34.99

The little piece below has been provided by Pete Bland for the benefit of those people who have developed a taste for events further afield during this year of Foot & Mouth - and you can't get much further afield than New Zealand!!

For anyone interested, Pete can not only supply Entry Forms for this year's event but can also give the first person to contact him a FREE ENTRY worth \$112 NZ - can't be bad!

THE FAIRYDOWN ADVENTURE KEPLER CHALLENGE

combines a spectacular run, with mountain vistas and cool bush clad valleys and lake shores, with the challenge of a lifetime.

Held in Fiordland, one of New Zealand's remote and wilderness National Parks, it offers some of the most tranquil, unspoilt locations with towering craggy and glaciated peaks to a height of nearly 3000m, which soar straight from sheltered fiords and lakes with impressive buttresses and rock walls.

The Kepler track, which ventures into the National Park in a 67km loop, is well maintained with a mostly soft surface and smooth track allowing one to look out at it all with little fear of tripping up. However, with a total amount of climbing of approximately 1570m and 14km of the race being along exposed ridge tops at an elevation of around 1300m, don't think that the run would be a breeze. In fact it could be a howling Westerly. If it is a challenge you are looking for, this one can throw it at you in the form of climbing and descending effort and the elements. Pure guts and determination are needed in keeping it going for 67kms.

Most of the events have been held in fine weather and everyone has enjoyed gazing at the scenery for as far as the eye can see. You do have to be prepared for everything including snow, as the mountains here can make their own weather, which can change at any time. If the weather turns it can become an adventure just to traverse the alpine section. The difficulties are absolutely nothing compared with the sense of satisfaction gained from completing the Challenge and it is within the grasp of anyone who has done any kind of endurance event. In fact mountain walkers often have a go at this run and do far better than they had ever expected as it is about 'time on your feet' rather than speed.

The race promotes great camaraderie amongst competitors as they settle out to find runners who go at a similar pace. Times vary between 4 hours and 48 minutes to those who join the special 11-hour club and get to know their fellow competitors a little better. Last year the last 5 competitors crossed the line all holding hands with each other and of course smiling.

The race offers some interesting features like flush toilets at over a thousand metres, one of the longest staircases of any race and a competitor last year spotted a rare, endangered Takahe, never before seen in this area. The race is supported by many friendly local people who volunteer each

year to be marshals stationed at the 3 huts along the route as well as at many midpoint stations to hand out drinks, bananas and the famed Pascall's lollies and occasionally, but we hope not too often, first aid. The Fiordland Volunteer ambulance brigade are on standby but the race has an excellent reputation for having very few people having to pull out.

The attraction of the race is strong enough to keep competitors returning year after year. Four competitors have notably completed all 13 Kepler Challenges. One of which, keen Multisporter Murray Thomas, was so determined that he joined the start line only a few hours after completing a 5-day Endurance multisport event called the Southern Traverse. It was as near as you could get to perpetual motion but he cruised across the line comfortably but glad he could finally stop. Russell Hurring, a very popular competitor, has won the race 6 times and has set the record at an amazing 4 hours and 41 minutes, which has remained unbroken since 1993. Four times winner Keith Murray described it as New Zealand's Premiere Mountain Run. Other competitors such as local 60-something veteran and former marathon runner Ray Willetts, competes yearly just for the FUN of it. He always manages to keep the laughs coming and one year he memorably crossed the finish line 3-legged style with a fellow runner. When asked why he does the race he replied, "It's mostly for fun, it's the best organised race and it's easier to recover from than a marathon. It's a run for anyone and I recommend it to any one with an interest in any type of endurance event. Times don't matter too much. Just being there is what it is about".

If 67kms sounds too far, there is a shorter race being held an hour after the start of the Challenge, appropriately named 'The Luxmore Grunt'. This is a 28km run to the top of Mt. Luxmore and back and gives an excellent taste of the event, as it is the first 14km of the main race. It follows a well-graded track through Tolkein style Fiordland Beech Forest and passes some impressive limestone bluffs. In return for the effort, the top section of the route affords excellent views of the south arm of Lake Te Anau and the Te Anau Basin as it enters the alpine area. The descent allows some free-wheeling feeling to enjoy the sight and sound of native birds and hopefully back in time to watch the winners of the Main Event.

Family supporters can have the opportunity to view the race at many points, including some of the spectacular views of the alpine section by helicopter, whilst down at the finish there is a afternoon picnic atmosphere with people waiting for their

runners to cross the line to listen to the stories of their epic journeys.

The stories keep coming well in to the evening as competitors enjoy a quiet drink and have a few laughs at the photographs supplied by 'Fiordland Photography' which are on show. No one gets away without being photographed, or maybe videoed, at some stage of the race.

The Race is very fittingly sponsored by one of the most well known brands of outdoor equipment and apparel with a very good product reputation. Fairydown offers discount on certain products for race entrants and some of the prize pool, including many spot prizes, will include some of their high quality equipment.

The after race breakfast the following morning, held at the Quality Hotel with a view of the Lake Te Anau, is in itself worth doing it all for. Hard-earned bacon, eggs, pancakes and much more, which of course taste really good after the previous day's efforts.

People travel from far and wide from around the globe to enjoy this race and many stay on a while to enjoy the attractions of the area.

The race starts and finishes on the outskirts of the beautiful relaxed little township of Te Anau where the standard of restaurants and accommodation is excellent.

'The jewel of New Zealand' - Milford Sound - is just down the road. For those who still have a leg or two to stand on Te Anau is the jumping off point for the world-famous Milford Track and The Routeburn track, another of the 'Great Walks' of New Zealand. It is also the nearest town to many of the other walking tracks such as the Greenstone, Caples, Hollyford and Dusky tracks and several other beautiful day walks.

Doubtful Sound is another spectacular place to be explored by Boat or Kayak and even closer still, Lake Te Anau itself and The Famous Glowworm caves are worth a look.

So if you have any thoughts about taking up a new challenge why not do it in a really spectacular and exciting environment and make a holiday out of it at the same time. If you start your build up now you will be more than ready to enjoy what this race has to offer.

Entry information

Date: December 8th 2001 Entry Fee:

Challenge \$112NZ; Grunt \$56NZ

Start Time: 6.30am

Website: www.keplerchallenge.co.nz Email: kepler@yahoo.com

Fax: 00 64 (03) 2499596

Address: P.O. Box 11, Te Anau

Annual General Meeting

The Castle Green Hotel, Kendal :
5.00 p.m : Saturday 24th November 2001

Agenda

1 Apologies for absence

2 Adoption of Minutes of 2000 AGM

3 Chairman's Report

4 Secretary's Report

5 Treasurer's Report and Adoption of Accounts

6 Motions

- a) That the meeting endorses the funding arrangement with the North of England AA as set out in the October 2001 issue of "The Fellrunner". (Proposed : The Executive Committee).
- b) That the meeting agrees an amendment to Rule 8 of FRA Rules for Competition to read :-
"Runners may only count in team competition for the first claim fell-running club of which they are a member on 1st January of the competition year. This club may be different from their first claim road, cross-country or track club if that club does not cater for fell-running. To be eligible to count in British and English Championships, English Clubs must be affiliated to a UK Athletics Regional AA and English athletes must be registered with a Regional AA of UK Athletics OR be members of the FRA.

(Proposed : Tony Hulme, Pennine Fellrunners.
Seconded: Dave Jones, Pennine Fellrunners.
Supported by the Executive Committee)

- c) That the meeting agrees that the FRA Committee should liaise as soon as possible with the appropriate fell-running bodies in Northern Ireland, Scotland and Wales with a view to forming a single UK organisation responsible for fell-running.

(Proposed: Dave Jones, Pennine Fellrunners.
Seconded: Alan Brentnall, Pennine Fellrunners.
Supported by the Executive Committee).

- d) That the meeting agrees to establish an annual award - "The FRA Annual Award for Services to Fell-running".

(Proposed: Neil Taylor, Bingley. Seconded: Brett Weedon, Keighley & Craven).

7 Election of Officers & Committee

- a) The meeting will wish to express thanks to the retiring Junior Co-ordinator, Dave Richardson, who is not seeking re-election. Ian Smith has agreed to succeed him - Nominated by Norman Matthews and Seconded by Alan Barlow.

- b) In the absence of other nominations, the Meeting is asked to elect the following unopposed :-

Chairman - Alan Barlow; Secretary - Mike Rose;
Assistant Secretary - Alan Brentnall; Treasurer - Tony Varley; Membership Secretary - Pete Bland;
Magazine Editor/Fixtures Secretary - Dave Jones;
Championships - Jon Broxap; Statistician - Brian Martin;

Environment & Access - Chris Knox; Press & Publicity - Bill Waine; Coach - Norman Matthews; Juniors/Intermediates - Ian Smith.

- c) Club Representatives : Four seats :
Nominations received - Linda Hannah, Sam Kirkpatrick, Jackie Smith, Neil Taylor, Brett Weedon.

- d) Membership Representatives : Four seats :
Nominations will be accepted from the Meeting

8 Other appointments

- a) The Meeting is asked to appoint FRA Delegates to the following organisations:-

World Mountain Running Association; Athletic Association of England; North of England Athletic Association; Midland Counties Athletic Association; South of England Athletic Association.

- b) Auditor

A GENERAL DISCUSSION ON FELL-RUNNING ISSUES WILL FOLLOW THE FORMAL BUSINESS.



WMRA Grand Prix 2001

Rankings after four events



Ruth Pickvance, here pictured with the 1990 Three Peaks Ladies' Trophy, continues her winning ways with a Bronze position after four events in the Grand Prix (Photo Bill Smith)

RESULTS sponsored by SALOMON

| RANK | Surname | Forename | Year | Nat. | Race | | | | | | Races No. | TOTAL POINTS | |
|------------|------------|-----------|------|------|----------|----------|----------|----------|----------|----------|--------------|-----------------|-----|
| | | | | | 1 S-G | 2 S-D | 3 C-S | 4 K-B | 5 A-T | 6 SMG | | | |
| MEN | | | | | | | | | | | | | |
| 1 | Cox | Martin | 69 | ENG | 90 | | 90 | 85 | | | | 3 | 265 |
| 2 | Molinari | Antonio | 67 | ITA | 100 | | 85 | 70 | | | | 3 | 255 |
| 3 | Wyatt | Jonathan | 72 | NZL | | | 100 | 100 | | | | 2 | 200 |
| 4 | Gaiardo | Marco | 70 | ITA | | | 80 | 75 | | | | 2 | 155 |
| 5 | Crake | Paul | 76 | AUS | | | 70 | 65 | | | | 2 | 135 |
| 5 | Quinn | Robert | 65 | SCO | 85 | | | 50 | | | | 2 | 135 |
| 5 | Taylor | John | 69 | ENG | | 85 | 50 | | | | | 2 | 135 |
| 8 | Reitberger | Rudolf | 71 | AUT | 70 | | | 40 | | | | 2 | 110 |
| 8 | Shelley | Richard | 61 | USA | | | 65 | 45 | | | | 2 | 110 |
| 10 | Torresani | Franco | 62 | ITA | | 70 | | 35 | | | | 2 | 105 |
| 11 | De Gasperi | Marco | 77 | ITA | | 100 | | | | | | 1 | 100 |
| 11 | Novak | Bostjan | 70 | SLO | 40 | 60 | | | | | | 2 | 100 |
| 13 | Icart | Thierry | 68 | FRA | 50 | | 45 | | | | | 2 | 95 |
| 14 | Burns | Billy | | ENG | | | | 90 | | | | 1 | 90 |
| 14 | Manzi | Emanuele | 77 | ITA | | 90 | | | | | | 1 | 90 |
| 16 | Blaha | Jan | | CZE | | | | 80 | | | | 1 | 80 |
| 16 | Donnelly | Colin | 59 | SCO | | 80 | | | | | | 1 | 80 |
| 16 | Rieder | Alexander | 69 | AUT | 80 | | | | | | | 1 | 80 |
| 19 | Brown | John | | ENG | 75 | | | | | | | 1 | 75 |
| 19 | Fregona | Lucio | 64 | ITA | | | 75 | | | | | 1 | 75 |
| 19 | Holmes | Ian | 65 | ENG | | 75 | | | | | | 1 | 75 |
| 22 | Roberts | Craig | 63 | ENG | | 65 | | | | | | 1 | 65 |
| 22 | Turk | Frank | 68 | GER | 65 | | | | | | | 1 | 65 |
| 24 | Innerhofer | Wilhelm | 73 | AUT | 60 | | | | | | | 1 | 60 |
| 24 | Pasquion | Nicolas | 73 | FRA | | | 60 | | | | | 1 | 60 |
| 24 | Vitek | Miroslav | | CZE | | | | 60 | | | | 1 | 60 |
| 28 | Bryson | Robin | | IRL | | 55 | | | | | | 1 | 55 |
| 31 | Hope | Rob | 74 | ENG | | 50 | | | | | | 1 | 50 |
| 34 | McQueen | James | 69 | WAL | | 40 | | | | | | 1 | 40 |
| 37 | Wilkinson | Neil | 68 | SCO | | 35 | | | | | | 1 | 35 |
| 40 | Symonds | Andrew | | ENG | | 30 | | | | | | 1 | 30 |
| 43 | Robertshaw | Andrew | 69 | ENG | | 25 | | | | | | 1 | 25 |
| 47 | Leigh | Chris | | ENG | | 20 | | | | | | 1 | 20 |
| 51 | Blackett | Joe | 63 | ENG | | 15 | | | | | | 1 | 15 |
| 51 | Moorhouse | Matthew | 76 | ENG | 15 | | | | | | | 1 | 15 |
| 58 | Schofield | Graham | 56 | ENG | | 5 | | | | | | 1 | 5 |
| 61 | Davies | Andrew | | WAL | | 1 | | | | | | 1 | 1 |

| RANK | Surname | Forename | Year | Nat. | Race | | | | | | Races No. | TOTAL POINTS |
|--------------|--------------|-----------|------|------|-------|-------|-------|-------|-------|-------|-----------|--------------|
| | | | | | 1 S-G | 2 S-D | 3 C-S | 4 K-B | 5 A-T | 6 SMG | | |
| WOMEN | | | | | | | | | | | | |
| 1 | Zatorska | Izabela | 62 | POL | 90 | 100 | 100 | 90 | | | 4 | 290 |
| 2 | Melicherova | Ludmila | 64 | SVK | 85 | | 85 | 75 | | | 3 | 245 |
| 3 | Pickvance | Ruth | 61 | ENG | 80 | | 80 | 70 | | | 3 | 230 |
| 4 | Jackson | Helen | 78 | ENG | 75 | 90 | 60 | 60 | | | 4 | 225 |
| 5 | Moon | Melissa | 69 | NZL | | | 90 | 100 | | | 2 | 190 |
| 6 | Mudge | Angela | 70 | SCO | 100 | | | 85 | | | 2 | 185 |
| 7 | Miller | Claire | 76 | SCO | 60 | 85 | | | | | 2 | 145 |
| 8 | Singer | Elizabeth | 62 | AUT | 70 | | | 50 | | | 2 | 120 |
| 8 | Thompson | Nicola | 68 | ENG | 40 | 60 | 10 | 20 | | | 4 | 120 |
| 10 | Armitage | Sonia | 60 | SCO | 30 | 75 | | | | | 2 | 105 |
| 11 | Bretherick | Sam | 69 | WAL | | 80 | | | | | 1 | 80 |
| 11 | Pichtova | Anna | | CZE | | | | 80 | | | 1 | 80 |
| 13 | Spilotti | Daniela | 68 | ITA | | | 75 | | | | 1 | 75 |
| 14 | Sedoni | Romina | 74 | ITA | | | 70 | | | | 1 | 70 |
| 14 | White | Natalie | 82 | ENG | 0 | 70 | | | | | 2 | 70 |
| 16 | Bardsley | Nuala | 67 | ENG | | 65 | | | | | 1 | 65 |
| 16 | Cabodi | Mirella | 72 | ITA | | | 65 | | | | 1 | 65 |
| 16 | Czuta-Pakosz | Irena | | POL | | | | 65 | | | 1 | 65 |
| 16 | Sonntag | Birgit | 76 | GER | 65 | | | | | | 1 | 65 |
| 20 | Sustarsic | Mateja | 73 | SLO | 5 | 50 | | | | | 2 | 55 |
| 21 | Brindley | Tracey | 72 | SCO | 50 | | | | | | 1 | 50 |
| 23 | Musgrove | Victoria | 56 | WAL | | 40 | | | | | 1 | 40 |
| 26 | Munro | Pauline | | ENG | | 30 | | | | | 1 | 30 |
| 29 | Marks | Alison | 64 | ENG | | 20 | | | | | 1 | 20 |
| 35 | Batt | Elizabeth | 64 | ENG | | 5 | | | | | 1 | 5 |
| 37 | Bryne | Sara | | SCO | | 1 | | | | | 1 | 5 |

KEY

| Race | 1 | 2 | 3 | 4 | 5 | 6 |
|------|--------------------|--------------|------------|----------|---|---|
| S-G | Seegrube | 17 June | Innsbruck | Austria | | |
| S-D | Snowdon | 28 July | Llanberis | Wales | | |
| C-S | Challenge Stellina | 26 August | Susa | Italy | | |
| K-B | Kitzbuheler Horn | 2 September | Kitzbuhel | Austria | | |
| A-T | World Trophy | 16 September | Arta Terme | Italy | | |
| SMG | Smarna Gora | 6 October | Ljubljana | Slovenia | | |

"Fell-running day" Saturday 28th November

A reminder to all FRA members that on 28th November there will be -

A Fell Race at 12.00 noon, originally in the Howgills but now at a new venue in Ambleside - keep an eye on the

FRA Website

(www.fellrunner.org.uk) for details

or phone Jon Broxap at Pete Bland Sports (01539 731012)

The FRA Annual General Meeting

at 5.00 p.m. at the Castle Green Hotel, Kendal, Cumbria.

The FRA Dinner Dance from 7.30/8.00 p.m., also at the Castle Green Hotel.

Tickets for the Dinner Dance are still obtainable from Pete Bland or Jon Broxap at Pete Bland Sports - telephone 01539 731012

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Martin Stone's Long Distance News Summary - Sept 2001

Not much to report this time due to the scourge of Foot and Mouth. Compared with in England and Wales, activities seem to have more or less got back to normal in the Scottish Highlands. It really has been a dreary year in northern England and I'm not aware of any Bob Graham or Paddy Buckley Rounds being completed this summer.

I was fortunate that our own events in Scotland, the Lowe Alpine Mountain Marathon, Scottish 4000's Duathlon and the Hebridean Challenge were able to take place. During the enforced break from fell running, many folk seem to have found alternative ways to tire themselves out, participating in Adventure Races and spending a lot of time cycling. Maybe they will never again be fired up to run long distances on the hills?

NEWS IN BRIEF

The usual suspects have been in action in foreign climes:

Mark McDermott had to travel as far as Tibet to find a hill that was open! On 22nd May Mark, the previous holder of the Lake District 24 hour record traded 76 smallish peaks for one monster. He succeeded in making the third ever British ascent of Everest without the use of bottled oxygen. After a few fraught months on the Tibetan side of the mountain with the odds stacked against their group, he climbed Everest by the north col route. Mark is in good company - Stephen Venables and Alison Hargreaves are the only other Brits to have climbed the mountain without the use of oxygen.

Mark Hartell took 5th place in the 100 mile Western States Endurance Run which has 18,000ft of ascent. This trail race takes place in California each year and is regarded as the world's most competitive trail race. Mark's time was 18hrs 23mins.

John Kewley completed his 50th mountain marathon, winning the World Marathon Orienteering Championships in Spain with Ifor Powell recently. A few weeks earlier John and Ifor were second in the Mammot Mountain Marathon in Switzerland. This event is formerly the Swiss KIMM and it was won this year by British brothers Mark & Tim Higginbottom. It is many years since a British pair won this event and Brits usually end up being pipped for first by a Swiss pair. Good results.

FRA LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, FAX: 01931 714107, EMAIL: martin@staminade.co.uk*

A TRIO OF SUCCESSES - JIM DAVIES

Considering that Jim is best known for his fell racing performances and this year there have been so few races, this has been a very good year for him. In mid-June Jim and brother Andrew won the Elite class on the Lowe Alpine MM. This was their first win on a mountain marathon and

a great result as all the top people were taking part. Two weeks later Jim won the first Scottish 4000's Duathlon. This was a new ultra distance race from Fort William to Aviemore, taking in all the 4000 foot Scottish peaks with a 60 mile road cycle between the Lochaber peaks and the west side of the Cairngorms. The course included 33 miles of mountain running with 13,500 feet of ascent/descent. Jim won the race in 11hrs 36, significantly reducing Mark Hartell's previous record of 12hrs 35mins. It should however be remembered that Jim was racing 25 other hardy souls while Mark was competing against the clock. *See the full story elsewhere in this magazine.* At the end of August, Jim & sister Nicola joined forces with Marc Laithwaite, Jon Bardgett and Keith Brown in the Hebridean Challenge. This was a 5-day stage race on the Outer Hebrides, which included copious amounts of fell running, mountain biking, road biking, swimming and sea kayaking. Their team won the event convincingly, beating 11 other teams.

NEARLY A RAMSAY ROUND - WENDY DODDS

As Foot and Mouth restrictions were being eased in Scotland, Wendy was champing at the bit to recce the hills of the Ramsay Round to the east of Loch Treig. She attempted the round on 26th May and made good progress on schedule for about 16 hours before suffering the fate of so many Ramsay aspirants. Bad weather hit the Mamores at 2am - strong winds, driving rain and poor visibility turned a 1-hour advantage into a 2-hour deficit and she completed the round in 26 hours. I'm not aware of any Ramsay successes this year but if you have completed within 24 hours please contact Jon Broxap - jon@dbroxap.freemove.co.uk so that he can add you to the log.

NEARLY A TRANSCUILLIN TRAVERSE - ROB WOODALL

A group of friends including Wendy Dodds, Paddy Buckley, Yiannis Tridimas and Rob make a trip to Skye each year in late May or early June. One of them usually ends up completing a 24-hour epic which includes numerous Cuillins, Munros and Corbetts. This year it was Rob's turn again and on 18th June he set off to tackle a variation on a theme. This time it was to include all the peaks of the Cuillin Round and add the other 5 substantial peaks of the Red Cuillin. The statistics - 64+ tops, 38 miles, 28,500ft ascent and an initial 2,900 foot climb onto Garsbheinn. During the day the wind strengthened and after 19 hours the storm broke, putting paid to another Skye epic. For more details of this round contact Rob - rob@woodallr.freemove.co.uk

THE THIN 50 - JAMIE THIN

A "mid-career break" for Jamie allowed him time this year to indulge some of his Munro bagging fantasies. What he had in mind was to spend a week on his own linking Jon Broxap's Munro Record Round at Cluanie with the Ramsay Round and finishing with Mark Rigby's Cairngorm Round. This would have included about 80 Munros and he intended to bike between the mountain areas. Jamie started at the Cluanie Inn and spent most of the week in his waterproofs, dealing with hill fog, heavy rain and at times, strong winds. He did a shortened Broxap Round of 20 Munros over 3 days and then cycled 50 miles to Fersit from where he tackled the Ramsay Round + Ben Alder (30 Munros). By then the week was over and with

150 miles on foot under his belt he never made it to the Cairngorms. Jamie described it as an "exciting solo adventure, which with decent weather and some support he felt could probably be done in 4 days. So the Holy Grail of linking together the 3 big Scottish Rounds by bike in a week is still there" and Jamie thought it would be a good challenge for 2002.

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 2001/2002

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 2001/2002 award should be sent by June 2002 to: *Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586*

THE JOSS NAYLOR LAKELAND CHALLENGE

There is nothing to report at all for this season, but we are still open for business and hope you will return soon.

If we have the promised 'Indian Summer' there may still be an opportunity for the racing snakes of the V50 group to manage a run over the route before the hour goes back.

The Presentation Dinner cancelled in March has been reinstated on Saturday, November 10th at Santon Bridge and attendance is building nicely. It would be good to have new runners to add to those who succeeded last year. I know many had planned it and I feel for them in their frustration.

Those with access to Snowdonia and Scotland will be the fittest and this may show in the relays in Uanberis.

Meanwhile, perhaps DIY in this closed season has led to there being many show houses and show gardens being created, resulting in a stack of 'brownie points' built up for the future!

Information, SA£, please:-
Monica Shone, Sw n y Gw ynt,
Penmynudd, Menai Bridge,
Isle of Anglesey. LL61 5BX
(This English version might be of interest to some! It's the same place as before) or (technology having reached the Welsh outposts)
email to:-
monandcol@tyshone.freemove.co.uk

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