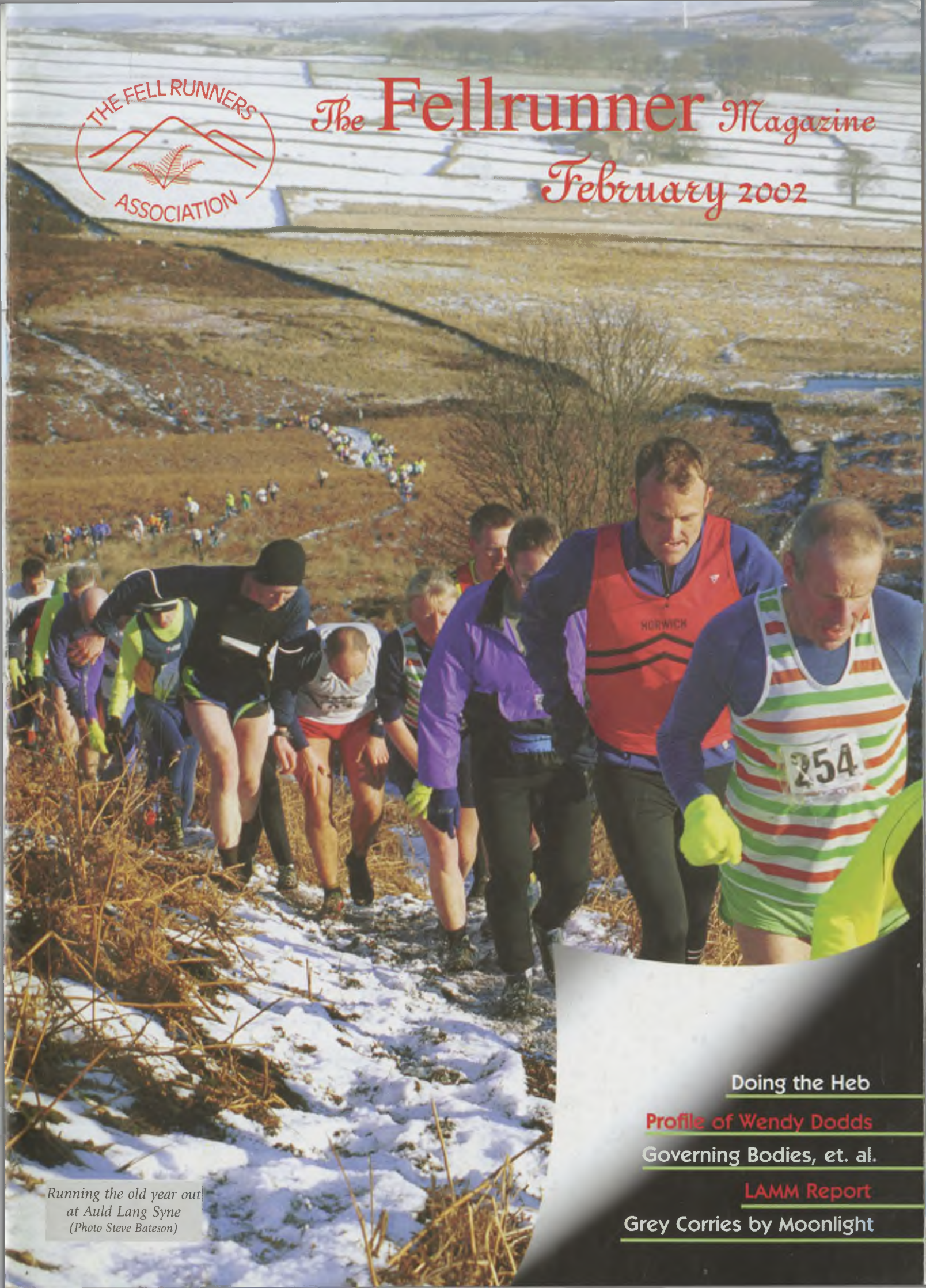




The *Fellrunner* Magazine

February 2002



Running the old year out
at Auld Lang Syne
(Photo Steve Bateson)

Doing the Heb

Profile of Wendy Dodds

Governing Bodies, et. al.

LAMM Report

Grey Corries by Moonlight

Pete Bland Sports

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FEBRUARY

- 16. Carnethy (Scot)
- 24. Ilkley Moor

MARCH

- 9. Half Tour of Pendle (E)
- 9. Dentdale Run (Road)
- 17. Black Combe
- 23. Coniston 14 (Road)
- 24. Criffel (B) (Scot)
- 30. Causey Pike

APRIL

- 6. Pendle
- 17. Burneside Blast (Road)
- 20. Anniversary Waltz
- 21. Lancaster Three Bridges 10k (Road)
- 28. Three Peaks

MAY

- 4. Coniston (B) (E)
- 6. Wray-Caton
- 11. Ben Lomond (Scot)
- 12. Buttermere Sailbeck
- 18. Clougha Pike
- 19. Fairfield
- 25. Hutton Roof
- 26. Helvellyn

JUNE

- 1. Duddon (B) (E)
- 8. Ennerdale
- 12. Coledale Horseshoe
- 19. Tebay
- 22. Eildon (B) (Scot)
- 23. Grasmere Gallop (Trail)
- 29. Dockray
- 30. Settle Hills

JULY

- 1/2/3. Saunders Mountain Marathon
- 7. Skiddaw
- 10. Lancaster 10k (Road)
- 13. Wasdale
- 20. Ingleborough
- 21. Kentmere

AUGUST

- 1. Rydal Round
- 3. Borrowdale
- 18. Sedbergh (E)
- 25. Grasmere Sports

SEPTEMBER

- 7. Ben Nevis (Scot)
- 15. Dale Head
- 15. Mountain Trial
- 21. Three Shires
- 22. Whernside
- 28. Thieveley Pike

OCTOBER

- 6. Ian Hodgson
- 12. Langdale
- 20. British Relay Championships (Langdale)
- 26/27. Karrimor

NOVEMBER

- 2. Derwentwater 10 (Road)
- 9. Dunnerdale
- 16. Tour of Pendle

DECEMBER

- 8. Calderdale Way Relay

(B) = British Championship
(E) = English Championship



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The Fellrunner Magazine

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Tel: 0161 485 1557 Mobile: 07950 440972 Email: djonesfra@aol.com

Here we are with the first "Fellrunner" of 2002, a Calendar full of races to go at, Foot & Mouth at last declared banished from the country and the "annus horribilis" (as her Majesty would have said in Mike Rose's place) of 2001 fading into the distance – let's hope that 2002 lives up to its promise.

I'm afraid this issue of the magazine doesn't quite have the balance of articles I would have liked – apologies for this but when domestic fell-running activity has all but ceased it's a bit difficult to find articles of "mainstream" interest, consequently we're a little top-heavy on long-distance exploits and foreign affairs; all good and interesting pieces (I hope you'll agree!) but lacking the leavening of pieces centred on the current scene. I hope to regain the balance by the June issue but, once again, I'm in your hands to a large extent and while the resurgence of enthusiasm is coursing through your veins, please put pen to paper and send (or preferably email) me any articles you feel would be of interest to the rest of the fell-running world.

The issue of fell-running autonomy will probably keep surfacing during the year – it was well and truly supported at the AGM and at

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present letters are being sent out to all relevant bodies to seek their official opinions but let us not forget that this is basically a matter for "grass-roots" fell runners to decide in the long run. "The Fellrunner" will do its bit (see inside) and discover and publish what people's views and opinions are and "Celtic Corner" will keep us abreast of what's happening in Ireland, Scotland and Wales but the simple question is – do we want one UK governing body of fell-runners, elected by fell-runners, to manage fell-running (and nothing else!) or do we wish to continue as a set of divided subsidiaries of UK Athletics, managed by their Appointees, with all the unnecessary complexities that entails?

Apart from that little bone of contention everything else seems to be well set up for a potentially successful season of racing, Championships, mountain marathons, long-distance challenges or whatever other form your enjoyment of the sport takes – have a good year!!

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 10th May**

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Chairman's Chat

from Alan Barlow

I trust by now you are all in training for this year's fell running season and that the turkey and mince pies have been worked off. The first championship races take place in March and I look forward to seeing many of you there.

Following the AGM you will notice some changes in the committee and I would like to take this opportunity to thank those officers who have left for all their hard work. At the same time I also wish a warm welcome to the new members.

Ian Smith has got off to a flying start helping Norman Matthews at the junior training weekend held in December. There are plans for further junior courses this year which are aimed at coaches and beginners with a view to helping clubs bring new blood into the sport. So don't be shy, contact Ian to see how the courses can help your club. Whilst speaking about development I hope all the clubs have completed those boring forms from U.K. Athletics as they have a budget of some £300K and I would very much like to hear of some of this coming to fell running. If you want to know more let me know.

The FRA have held a meeting with David Moorcroft and other members of U.K. Athletics to clear the air following the withdrawal of our bid to hold the World Trophy in 2003. I think we are now much better placed and will receive their full co-operation in any future bid that we make.

Good luck to everyone in 2002.



Advertising Rates:

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Advance payment necessary.

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Calendar Update

It's really rather pleasant after last year to have a Calendar to update in the first place!!

Below are various alterations, corrections, additions and other bits of information to enable you to amend your copy of the Calendar appropriately. Very, very few of them are down to me (I'm relieved to say!!) but I apologise for those that are.

Please note that the update is in the chronological order of when the events will NOW take place.

Ewen Rennie would like it known that he has no official position with either Scottish Hill Runners or the Hill Running Commission (Scotland) and therefore will not/can not respond to any requests for Scottish Calendars. These can still be obtained from Mark Rigby - address on page 2.

Saturday 2nd March. Moel y Ci. The race will now take place on this date and not on 16th March.

Monday 6th May. Wray Caton Moor Fell Race. This race will now take place on this date and not Sunday 6th May.

Saturday 11th May. The Fellsman. AL. 9.00 a.m. 60m/11,000' from Ingleton Community Centre (GR 694730). £21 to organiser by 30th April - £30 after that or on the day. Teams free. ER/NS/LK. Over 16. Records: 10.12.00 P. Clark 1993; f. 12.08.00 A. Grindley?? Details: The Fellsman, PO Box 30, Keighley, W. Yorkshire. Tel: 01274 568382.

Saturday 18th May. Nuts in May. The race will now take place on this date and not on 19th May.

Sunday 26th May. Helvellyn. The race will now take place on this date and not on 27th May.

Thursday 30th May. Pilsley Fell Race. The race will now take place on this date and not on 29th May. Also the Devonshire Arms will be selling a mouth-watering selection of both hot and cold sandwiches.

Tuesday 4th June. Coniston Old Man "Up & Down". AS. 7.00 p.m. 3.5m/2400' from Coniston Village. £2 on day only. Over 16. Records: 43.51 J. Bland 2000; f. 64.47 J. Leather 1999. Details: Dick Palmer Email: dick@bay.demon.co.uk Tel: 015394 41765.

Wednesday 5th June. Calver Peak Fell Race. BS. 7.30 p.m. 5m/900' from the Derwentwater Arms carpark at GR 241747 in Calver Village. £3.50 on day only. LK/PM. Over 14. Details: Mr. M. Boyes, 6 Smithy Knoll Road, Calver, Hope Valley, S32 3XW. Tel: 01433 631163.

Sunday 9th June. Cockermouth Half-Marathon. The race will now take place on this date and not on 3rd March. This race is £9 entry on the day but £7.50 pre-entry on official form.

Sunday 9th June. Mallerstang & Nine Standards Yomp. The race will take place on this date. Details as in the 2001 Calendar or obtainable from Bill Watkin, 16 Fletcher Park, Kirkby Stephen, CA17 4QZ. Tel: 017683 71238. Email: watkinb1@tinyworld.co.uk.

Saturday 22nd June. Eildon. The start time information in the Calendar is incorrect. The ladies' start is at 2.00 p.m. and the men's start is at 3.00 p.m.

Saturday 22nd June. Pen Y Ghent. The race will now take place on this date and not on 8th June.

Sunday 23rd June. European Trial Races. The email and website addresses given in the Calendar for this event are the wrong way round - please substitute the website for the email and vice-versa.

Sunday 30th June. Bakewell Black Pudding Race (terrible blunder here!!). There should be no "Black" in the race

title, which should read as the Bakewell Pudding Race. The puddings in question are actually Bakewell tarts and not black puddings, hence vegetarians may now enter this race with a clear conscience!!

Sunday 30th June. Oxenhope Straw Race. The race will take place on this date (as given in the main body of the Calendar) and not on 7th July (as stupidly given in the advert on page 3 of the Calendar!!)

Saturday 6th July. Cribyn. AS. 2.00 p.m. 5.5m/3100' from Cwm Gwdi Camp, Brecon Beacons (GR SO024247). £2.50 on day only. Teams free. LK/NS. Over 16. Please note there are no toilet facilities at this race venue. Records: 53.13 C. Donnelly 1999; f. 65.56 A. Nixon 1997. Details: Alwyn Nixon, Hen Dafarn, Mansons Cross, Monmouth, Gwent, NP25 5RE. Tel: 01600 714386.

Saturday 6th July. Nicky Nook Challenge. BM. 2.00 p.m. 8m/1200' from Garstang Sports and Social Club, Lancaster Road, Garstang, Lancashire (GR SD493455). £3 on day only. Teams free. LK/PM. Over 18. Records: 60.30 C. Seddon 1999; f. 69.35 V. Peacock 1999. Please do not park at the Sports and Social Club, use the adjacent Tourist Information Centre carpark. Details: Geoff Lyons, 45 Lancaster Close, Great Eccleston, Lancashire, PR3 0UT. Tel: 01995 671017. Email: geoff@glyons.co.uk

Saturday 13th -Sunday 14th July. Black Forest Teenager Games. The event will now take place on this weekend.

Saturday 24th August. Green Bell Fell race. BM. 2.30 p.m. 6m/1300' from Ravenstonedale Show Field, Newbiggin-on-Lune (GR 698054 on OS Sheet 91). £2 entry to field. Teams free. NS/PM. Over 16. Also junior cross-country race, 2.5m, U12 to U16. Records: 39.01 S. Willis 1995; f. 41.55 C. Greenwood 1993. Traditional agricultural show. Details: Fraser Livesey, Murthwaite, Ravenstonedale, Kirkby Stephen, Cumbria, CA17 4LP. Tel: 01539 621021.

Saturday 31st August. Ragley Run. BS. 1.30 p.m. 5m/750' from the fete Field, Blackshaw Head, Hebden Bridge (GR 959276 on OS Sheet 21). £2.50 on day only. PM. Over 16. Also junior race at 1.00 p.m. Records: 37.13 T. Taylor 2001; f. 39.43 V. Peacock 2001. Details: Irene Long, 2 Moor House View, Badger Lane, Blackshaw Head, Hebden Bridge, HX7 7EL. Tel: 01422 844871. Email: tedirenelong@aol.com

Saturday 21st September. Junior Home International Trial Race. This Trial will be held in conjunction with the Three Shires Race instead of at Sedbergh on Sunday 22nd September.

Sunday 6th October. Open Country Mountain Marathon. The event will now take place on this date and not on 5th October.

"Running Bear" to sponsor British Championships



Tony Hulme (on right), the legendary Great Merchant of Alderley and owner of "Running Bear" presents a cheque for £1000 to FRA Chairman, Alan Barlow, in sponsorship of the 2002 British Fellrunning Championship.

CHAMPIONSHIPS 2002

AS MOST PEOPLE are aware, the bulk of the Championship races are the same as last year's and a massive article about them all appeared in the February 2001 edition of "The Fellrunner" - so dig your back copy out and get reading if your memory needs refreshing. The only two alterations are that Criffel has replaced Merrick (details of Criffel are printed below) and, of course, the Relay is to be held in Langdale.

Below, to reinforce the information in the Calendar, is a summary of the Championship events :-

Saturday 9th March - Pendle - AM - English

Sunday 24th March : Criffel Hill Race: AM : A Westies/Solway Production (7ml/2000ft)

A typical Galloway race, pray for lots of warm dry sunshine or a hard frost. You are likely to get bog, heather and more bog.

Registration: New Abbey (Sweetheart Abbey Car Park), Near Dumfries, Scotland GR: 962662

Parking: Very Limited, please come at least two to a car. Parking at Abbey car park. Please do not park on narrow road at start area.

Accommodation: Contact Dumfries and Galloway Tourist Board.

Start and Finish: At New Abbey Inn, finish at Duck pond (near start).

No dogs are allowed on the course due to lambing. This must be complied with.

Course (Map OS Landranger 84): The race starts on three quarters of a mile of tarmac road and track, before commencing the climb up the hill (trans: Fell). Terrain is generally soft underfoot on narrow track following wall/fence for a major part of the lower climb. Upper part of the course is across moorland terrain requiring navigation skills in poor visibility. The course will be partially marked, but runners who lose the flags will be in never-never land (ask J. Goldsworthy, 2000). The upper part of the race undulates across the summit plateau to the summit cairn (crossing ruined wall), and is generally more runnable than the lower

portion of the race. The exact route is retraced back to the road and down to the finish (20 metres short of the start).

2000 times: Male: Anesti Davenhill 52:56, Female: Angela Mudge 56:47 1st Vet (40) Ronnie Gallacher 53:24

Records: Mark Croasdale: 47:34 (1993) Angela Mudge 56:47 (2000)

Enquiries: see FRA calendar or phone Peter on 01721 724474 or e-mail (peterbaxter@msn.com)

Saturday 13th April - Spelga Skyline - AL - British/Irish

Saturday 4th May - Coniston - AM - British/English

(Please note that the organiser of this race is carrying over last year's entries but would appreciate being informed of any changes of age categories or of any withdrawn entries.)

Sunday 19th May - Saddleworth - AS - English

Saturday 1st June - Duddon - AL - British/English

Saturday 22nd June - Eildon - AS - British/Scottish

Saturday 3rd August - Y Garn - AS - British/Welsh

Sunday 18th August - Sedbergh Hills - AL - English

Saturday 28th September - Thieveley Pike - AS - English

Saturday 19th October - 2002 Fell and Hill Running Relays

In a break from tradition the 2002 Relays will be held on a Saturday this year. Ambleside A.C. the promoting club, hope by holding it on the Saturday to create a great social event as well as a successful race. The race venue is the National Trust campsite at the head of Langdale with the courses based on Blisco and the Crinkles, apart from the navigation leg, which will be over Lingmoor. Camping will still be available at the site, some sort of ceilidh or disco should happen on the Saturday night and Wilf's cafe will be there to provide scran from breakfast to post-race chilli. Make a note in your diary - Saturday 19th October - not the Sunday!

Welsh Championships 2002

These races will be used for the official AAW Welsh Championship. They will also be used to calculate an OPEN result for ALL runners taking part, using times rather than positions. Both results are based on a

<u>Short</u>	Cribyn	Sat. July 6th	<u>Long</u>	Llanbedr Blaenafon	Sat. April 6th
	Y Garn	Sat. August 3rd		**NOTE CHANGE OF DATE**	
<u>Medium</u>	Heads of the Valleys	Sat. May 18th		Peris Horseshoe	Sat. September 21st
	Moel Siabod	Sat. July 20th			

maximum of 4 races to count (one at each distance, plus one other).

For further details, and copies of the Welsh Calendar for 2002, contact: John Sweeting, Lower Lodge, Cynghordy, Llandoverly, Carmarthenshire, SA20 0LD. Tel: 01550 721086 E-mail: john@grottoview.demon.co.uk

****PLEASE NOTE – ADDRESS & PHONE DETAILS FOR JOHN SWEETING IN THE FRA FIXTURES CALENDAR (page 80) ARE OUT OF DATE****

European Mountain Running Championships

The selection policy and team staffing for the Great Britain & Northern Ireland team for the above championships have now been finalised. The championships themselves will be held in Madeira on 7th July 2002. The team will be accompanied by Adrian Woods as team manager and Chris Robison as team coach, both very experienced in international competition.

The selection panel for 2002 comprises Adrian Woods, Chris Robison, Alan Barlow, Sarah Rowell and will be chaired by Zara Hyde Peters - endurance technical director for UK Athletics. The selection for the championships will be via a trial race to be held at Skiddaw, on Sunday 23rd June 2002. The provisional timetable will be for the women's race to start at 12.30 and the men's to start at 14.00. The selection meeting will take place immediately following the trial. The first two finishers in each trial race will be automatically selected for the GB/NI team. The two further places will be determined by the selection panel with greatest emphasis on performances in the trial race - given its proximity to the championships themselves.

All eligible athletes are expected to compete in the trial races. Any athlete who is unable to compete in the trial for exceptional reasons but who still wishes to be considered for selection MUST notify any member of the selection panel before the trial races.

Further information on the trial races will be advertised closer to the event via UKA website and other athletic publications.

European Championships Trial Race - *subsequent developments and comments*

I would like to add the following words about the changed date of the Trial Race:

In deciding the trial date the selection panel and the Fell & Hill PST have considered the views of a number of our top GB/NI mountain running athletes as well as those involved in the organisation and administration of fell & hill running.

Unfortunately the late Autumn decision of the EAA to formally recognise the championship has left insufficient time to streamline the trials with the British Championships this year although this will be a priority in future years. In addition, the timing of the trials for the Commonwealth Games - a home fixture in 2002 - has to be considered at the request of a number of the athletes. The date arrived at is not ideal - it was impossible to please all parties whether the trial was held 2 weeks before or on another weekend. However the selectors' decision has been based on the overriding requirement that the best possible inaugural men's and women's GB/NI teams be selected. The trial held on 23rd June will allow for a fair trial that all eligible athletes should be able to compete in.

Thanks for your assistance in publicising this.

Zara Hyde Peters, Technical Director - Endurance,
UK Athletics, 10 Harborne Rd, Edgbaston,
Birmingham

B15 3AA, Tel: 0121 456 8721, Fax: 0121 456 5898

2001 Auld Lang Syne Report

"YEAR END – REAR END" - BUTT OF COURSE !!

The Auld Lang Syne marks the end of a year not a good one for fell running, but let's not dwell on that. This race was inaugurated in 1994, with celebration in mind and fun being the key word, and we hope that the 300 or so athletes each year will vouch for this.

With free coffee and biscuits, free soup and roll in the Old Sun, a video of the race shown on a big screen, an alcoholic's dream of a prize giving, party poppers, hats balloons and horns, it's a year end celebration, not forgetting of course beer to all runners. Oh, and a race route to suit everybody's taste.

Initially small 'stubby' type bottles were the reward to all finishers, but with the assistance of Paul Briscoe's brewery all finishers now receive a specially labelled bottle, designed by runner Boff Whalley in a competition run in The Fell Runner.

This year saw the introduction of a label on the back of the bottle, and a surprise in store for the 396 runners who arrived on Penistone Hill on a clear blue, dry and sunny day. A competition to recognise the revealing bottom on the back of the label, required serious thought, since the organisers (unbeknown to everybody) had subtly changed the club vest from P&B to Bingley colours. The title around the Gluteus Maximus read "Pogue Mahone", which to all you scholars of Gaelic, means "Kiss My Arse", very apt in the circumstances. In fact a prize was on offer to the first runner to catch the Phantom Flasher and do what the label said - "Pogue Mahone". Although, the assembled runners were held on the start line some 3 minutes to allow this P&B athlete a head start (and also to flash their kilted bottom from atop the quarry) this was also a ruse, since the athlete had badly damaged her ankle and therefore only ran the first mile, before leaping a wall and letting the pack run by, thinking that they were hot on her heels. This photo wasn't made up, the culprit made this gesture at the Millennium running of the Auld Lang Syne, whilst posing with the first lady, Lucy Wright who was shocked and horrified by the bare-faced cheek of it all.

Now to the running of the race, Ian Holmes, once again retained the beer pump trophy for the 9th consecutive time, although this does include the 'ghost race' of 1996 when very deep snow caused the race to be cancelled. Some 70 mad clad runners turned up, hence the race is recognised in the term 'ghost', and the perpetual trophies are engraved likewise.

Ian, along with postman Andy Peace and newcomer Andrew Jones of East Cheshire, climbed together, but on the water channel - grassy path, Jones fell into one of the three deep bogs which traversed the path. "I jumped it, Andy just made it, but we heard the ice break, and knew Jones had gone in deep. I put a burst in, but Andy soon caught me, then up the very icy Stairs track, we resembled Torvil and Dean. Once on the skyline we chose the right hand side of the wall, it was here that we assumed we had passed/missed the 'Phantom'. Off the Stoop Andy fell so I put in another burst, but it was hard work to keep him behind me. Next year, watch him make his mark, since giving up duathlons", recalled Holmes before he got down to the serious drinking to celebrate the New Year.

Always of the highest calibre, Andy Peace, now 33, has in the past represented England in the World Cup twice, 12th in the 1990 short course, where he helped England to silver medals in the team event, the other year was 1996 when he finished his best 9th. He also finished 3rd in the 1991 British championships and 2nd in the English, so this year will be interesting to see him challenge again. For the last 5 years Andy has been making a name for himself in duathlons and became the National Champion twice and competed in the World Championships, Europeans and Powerman series at elite level. His change back to fell running is because he felt he wasn't improving, although he did enjoy the discipline.

Showing maturity beyond his 18 years Alex McVey took a fine 3rd, improving on his under 18's record by one and a half minutes from

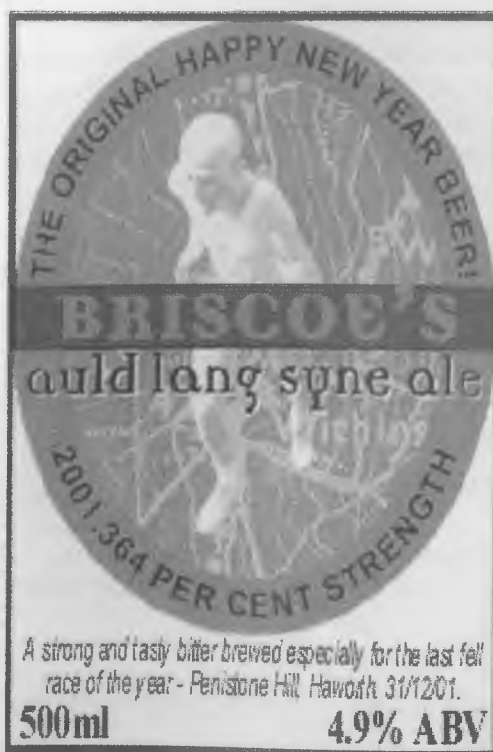
the previous year. Alex also finished 2nd at Whinberry Naze Dash on Boxing Day. It seems many runners are making up for lost time because in 4th overall, George Ehrhardt managed 5 races over the festive period, 3rd at Whinberry, 1st Coley Canter, 6th Hot Toddy road race, 4th here and 1st at Giants Tooth New Year's Day. George, doing a PhD at Manchester University, was a promising junior finishing 2nd in the 1995 English championship to Lee Gibson. But knee problems hindered him, 2 Arthroscopies in 1996 and 1998 have allowed the now 24-year-old back into running competitively, and hopefully to show his full potential.

Enjoying a flurry of wins, Lucy Whittaker, won her first ever Woodentop race and thereby enjoyed the post race frivolities, and the accompanying 'crackerjack' style prize reward. This 32-year-old recently won Gale, and over Christmas won Whinberry Naze Dash in a new record, and the Hot Toddy road race, so a win here made it a Christmas holiday to remember. A metallurgist in Manchester, which she describes as far from glamorous, since a lot of her time is spent mending pumps in sewer works, she has struggled with back problems for the last 5 years. Hopefully now this is behind her, after being diagnosed as having a muscle imbalance, which has meant retraining various muscle groups under the direction of her physio.

Only running 30 - 40 miles a week now, Lucy set off side by side with Holmes and Peace etc, to make sure of a good position. "Why run anymore than I have to, anyway they (the men) can always pass me. It wasn't until the stile at the Stairs that I saw 2nd lady Andrea behind, towards the Stoop she gained. But once on the descent I gave it all, telling myself I wasn't going to lose it now, I luckily fell over only once through the ice. But with my lungs burning I ran up Penistone Hill to a strange feeling, no - one was cheering,



Ian Ferguson (V40) of Bingley clearly trying hard.
(Photo David Brett)



clapping or shouting which is normal for the first lady, so I thought not the bridesmaid again in a Woodentop race. At the finish I even had to ask Linda Crabtree and Carol Waterhouse recording the positions if I'd won, after that the joy set in".

After three and a half years in New Zealand, Andrea Priestley's 2nd was a step in the right direction, especially since she'd forgotten how popular the Woodentop races are. Having raced only three times due to F&M, Rombald's Stride in February, Pentland Skyline in October, both wins, and the Great North Run in 1-21 she will improve immensely with races. A teacher, Andrea did set several race records whilst in New Zealand, and numerous wins, Dun Mountain 28km, Abel Tasman 38km, 3 Peaks 26km, Avalanche Peak 28km, Kepler Track 68km beating here Lisa Fairfax, to name but a few races. Andrea would love again to collect an International vest, to go with her 1996 honours.

Bingley won the team award with Helen Johnson 3rd, Sharon Taylor 4th and Kirsten Bailey 9th from Ilkley Harriers.

Two new records were set in the ladies over 60 category; one was



Bottoms up at Auld Lang Syne - Steve Oldfield, Ian Holmes and Lucy Whittaker displaying their finest features. (Photo David Brett)

that we had 2 ladies competing, Ilkley's Christine Porritt and Rossendale's Brenda Brady. Coming back to running after a summer injury, 62 year old Brenda was talked into competing by club mates Linda and Paul Hannah, and excelled to the extent of setting a record of 69-55. Some three and a half minutes ahead of cheeky young whipper - snapper Christine who has just come into the ranks of the chronologically gifted.

Talking of chronologically gifted, it was a joy

to see Brian Leathley of Clayton setting a milestone for the over 70's with 62-13 and have over 50 runners all younger left in his wake. Brian doubled his winning tally here, having won the over 70's at the Borrowdale fell race in August.

Fun being the nature of the race, inside the Old Sun Inn a game of sardines is played by all the runners wanting to witness the celebrations, watch themselves on video, partake the soup and roll, and sink a pint or two. The prize giving is nearly as long as the race with the first 50 men and 40 ladies all receiving alcoholic beverages, with the winners struggling under the weight. This year Ian Holmes, first over 40 Steve Oldfield and first lady Lucy Whittaker had to wear kilts with plastic bottoms showing before coming forward, in keeping with the theme this year.

Guesses for the rear of the year 'Butt' competition hilariously centred on a small Bingley contingent; Ian Ferguson, Colin Moses, Ian Holmes and Robert Jebb, even Sharon Taylor put Robert down (girlfriend). Others of worthy mention were organiser Dave Woodhead, Ashley Hardwell and Ian's wife Zena Holmes.

Of course the real flasher was Queen of the Throne:

SARAH ROWELL BUTT OF COURSE!

Duncan Disorderly

THE JOSS NAYLOR LAKELAND CHALLENGE

Having had to cancel the 10th Anniversary Dinner planned for March 2001, it eventually took place on November 10th at The Bridge Inn, Santon Bridge.

Don Talbot of Clayton-le-Moors Harriers, the first and only athlete to complete the run in 1991, the year after Joss had set it up, presented tankards to the two men who qualified in 2000. Dave Lockwood, M50 of Dark Peak, and Barry Johnson, M60 of Cumberland Fell Runners, received two of the remaining three tankards sponsored by Chris Brasher. They were well supported by a gathering headed by Joss and Mary Naylor with 20 of the successful challengers to date, together with their friends and relatives. Another four who normally attend were spread across the globe, from traversing Scotland to holidaying in the southern hemisphere. Maybe they will return fitter than most of us having escaped the FMD restrictions.

And so to the future. It is hoped that those who have had details of the route will feel motivated to come back in 2002, together with those who have yet to come of age.

For those thinking of asking for details I would like to impress that I am away Nordic skiing for three weeks Jan./Feb. and will deal with enquiries which arrive during this period on my return. My computer literacy is improving! I can now e-mail the Information Sheet as an attachment.

Who, I wonder, will claim the last of Chris's tankards before the new edition? As Joss is wintering in Spain, it is likely that future dinners will be in October, though whether they will be annual or biennial remains to be seen. I should be pleased to hear from anyone who has views on this topic so that I can pass them on to Joss in his sunny, warm haven. Meanwhile, on with the cold weather training!

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Believe it or not

You may remember the heated and forceful campaign waged a while ago by Dave and Eileen Woodhead on the subject of toilets at races. Recently Dave received a copy of a lengthy set of Guidelines on this subject (apparently sent out to all Race Organisers), the structures and demands of which drove him apoplectic with rage - it was only when he read the accompanying letter, written on official FRA notepaper, that he began to suspect

"Dear Organiser:

Please find enclosed a copy of the new FRA guidelines which we will expect all race organisers to enforce. These have come about due to concerns by the Urban and Rural Defecation Society (TURDS) regarding the amount of pollution left behind by fell-runners.

The FRA have had a number of high level meetings with representatives from TURDS, the result being that TURDS will drop all their concerns if all races implement the enclosed.

We look forward to your strongest co-operation in this matter.

Thank you,

The Fell Runners Association"

The writer had better look out - Dave knows where you live !**!

When is a Governing Body not a Governing Body??

(Autonomy for Fell-running continued)

by Dave Jones

Well now, it would be easier to answer this thorny question if we started by trying to define what the Governing Body of a sport should be.

It should :-

- a) be composed of people with experience in and knowledge of the sport.
- b) be elected by, and therefore, answerable to, the participants in that sport.
- c) have as its only concern the effective running of that sport.

Not that these few and very simple conditions are hard to meet, far from it; in fell-running we actually have such a body in existence - it is called, surprisingly enough, the FRA Committee and, by and large, it works very well.

Every member of the FRA Committee either is, or has been until quite recently, an active fell-runner, sometimes at the highest levels. In fact the FRA must be one of the few organisations that insists in its Constitution on a high level of participation from its officers by demanding that at least seventeen of its twenty-one Committee (that's 81% for those who like statistics!) must have competed in at least three category "A" races in the two years prior to election. This fact alone ensures that everyone on the FRA Committee knows what they are talking about and, in addition, many of the Committee are also race organisers, so it's not an organisation staffed by superannuated "blazers" driven by their own egos and bloated expense accounts!! On this latter point, it's worth noting that no-one on the FRA Committee receives any money for being on it; all positions are purely voluntary and unpaid and all anyone receives from FRA funds are their expenses involved in carrying out whatever duties they have on the Committee.

All positions on the FRA Committee are open for nomination and subsequent voting by members of the FRA, hence anyone not satisfying the wishes of the Membership can be kicked out and a more representative person appointed - it is in every way a democratic organisation.

The FRA Committee is concerned solely and completely with fell-running and the management of fell-running - it isn't concerned with other sports, it isn't subject to political or other pressures, all it does is try to ensure that fell-running is well-organised and that fell-runners get a good deal for their subscriptions.

Not a complicated organisation; quite easy to set up and one which undoubtedly serves its members well but it isn't, unfortunately, the Governing Body of fell-running - that title (as most of you will be well aware by now) goes to UK Athletics and its delegated body, the Performance and Support Team of the Fell and Hill Running Commission of UK Athletics.

For a start UK Athletics has far too many fish to fry to be overly concerned with fell-running and the low level of that concern has been amply demonstrated of late via the statements that fell-running has "low strategic priority" and the recent admission by a UK Athletics' official at the recent "oil on troubled waters" meeting between UKA and the FRA that cross-country was considered more important than fell-running not to fell-runners it's not!!#1

How on earth can a body of such proliferated interests have the gall to reckon it is the best organisation to "govern" fell-running?

Its delegated group, the PST, is not much better, admittedly through no fault of its own. For a start the members of the PST are not elected by the fell-running world, they are appointed after interview by UK Athletics to posts decided by UK Athletics, so where is the democratic accountability there? It so happens that most of the current PST members are people with considerable knowledge of fell-running but that doesn't mean they are necessarily the people that grass roots fell-runners would have chosen to represent them, even if the present system allowed them to vote on the matter, which it doesn't. Apart from its undemocratic and unrepresentative nature, the PST is effectively little more than a "talking-shop". It has no control over fell-running finances and any decisions it takes are subject to UKA ratification anyway - as an example of a supremely redundant body it takes some beating!

Let us take the example of one of its supposed concerns, namely Championships. The actual nitty-gritty organisation of the Championships is done by Jon Broxap, who would have done it anyway because he is FRA Championships Co-ordinator, has been for a good many years and knows exactly what he's doing. The PST/UKA provided nothing in the way of finance or support for the Championships other than £150 given to Ross Powell for the British Relays - given AFTER the Relays had taken place and after Ross had financed the whole thing on a self-supporting basis - and a small clutch of medals, supposedly for the whole of the British Championship, which weren't even enough for the Relay! If last year's Championship had taken place then the provision of medals and other support would have been provided via the sponsorship of Pete Bland Sports/Walsh and Tony Hulme of Running Bear with the English Championship being funded completely, as ever, by the FRA. Where then, does UKA/PST do anything for the Championships that can be done more

effectively and simply without them?

The issue of finance also raises its ugly head in the current structure. All FRA Members pay £9 per annum to the FRA and know that that money will be spent on things directly concerned with the sport, but via their individual/club registration fees they also contribute to various branches of UK Athletics in the shape of the Athletics Associations and how do they know that their contributions, as fell-runners, come back into the sport? Mike Rose worked long and hard to negotiate a good deal with the NofEAA but two things spring to mind - firstly, why on earth should he have to negotiate at all to extract cash fell-runners have already paid in (and what will happen to the money held by other AAs where a deal hasn't been negotiated?) and, secondly, why should any proportion at all, however small, of fell-runners' money go to funding paid officials, buildings and organisations when we've already got an effectively frugal organisation ourselves?

There are only two areas, supposedly, where money comes back into the sport from UK Athletics. One is in the area of International Competition, which most fell-runners regard as being a totally different sport from fell-running and which involves so few runners (and most of them not what we would recognise as "fell-runners") that I suspect hardly anyone is really concerned with it at all. The other area is that of juniors and, in particular, junior coaching. This is an area where most people would wish to see development occur but quite a high proportion of available cash comes in the form of grants which are largely earmarked for junior projects anyway and could still be bid for whether fell-running was within or without the purview of UK Athletics.

Overall, I can see little except disadvantage from the present cumbersome and inappropriate structure, a structure which extends with all its anomalies to all four constituent UK countries, and the sooner fell-running sets about attempting to rationalise and simplify the situation the better for the sport as a whole. This does not necessarily mean the world of fell-running walking away from UK Athletics; if UKA were to restructure its current organisation and get rid of the PST, replacing it with a single fell-running body on the lines of Mike Rose's diagram and devolving the governing of fell-running to that body, then the situation could be solved with peace and co-operation all round. The implementation of Mike's diagram could effectively create a single governing body for fell-running, run on the lines of the current FRA Committee, in which no-one would lose national Championships, national identity or the right to send national teams to appropriate events - we would simply have a single elected body, answerable to the members, in charge of its own finances and producing a single Calendar and Magazine for the whole of the United Kingdom.

It was with this in mind that I put my Motion, which all FRA members could read in the magazine, to the AGM, so that, if it were passed, the FRA Committee would know it had a clear mandate to set about discussing the position with the other Home Countries. The Motion was passed, despite some fairly strong words said, by an overwhelming majority of 81% of the people present, which you would think would be a clear enough statement of purpose by the AGM. However, at a subsequent and rather heated FRA Committee Meeting there were clearly one or two people who would rather the Motion hadn't been passed and utilised the dubious rationale that there were only 35 people at the AGM and therefore the Motion wasn't representative of the general feeling of fell-runners. Not only do I think that this is an utterly untenable argument in that the AGM is open to all Members to attend if they wish and therefore its decisions are binding but I honestly think that most fell-runners are fed up with the cumbersome and divisive UK Athletics structure we have at present and would prefer it if we set about constructing something more straightforward and functional.

This is proved in a small way by the "Letters Page" in this issue of the magazine - I have printed a selection of the letters I received on this topic; I did not receive one letter in support of the present situation.

I also invited any member of the FRA Committee or of PST who was in favour of the present structure to contribute a piece for the magazine putting the other side of the case - the only person who has done so was Robin Morris, whose article is on page 15.

Clearly, people are not exactly queuing up to declare themselves in favour of what we have at the moment!!

I think it is important that the views of the "grass roots" fellrunner are sought on this matter and just about the only way of doing it is by using questionnaires via the magazine, that way every FRA Member has an opportunity to voice his/her opinions, or not, as they feel fit. I haven't put a questionnaire in this particular magazine because I think people need time to sort out the issues involved to their own satisfaction but one will in all probability appear in the June edition - if it does then please complete it and send it in; after all, who governs fell-running ought to be an issue for fell-runners and nobody else!!

WONDERWOMAN OF THE MOUNTAINS

A Profile of Wendy Dodds

by Bill Smith

Wendy Dodds of Clayton-le-Moors Harriers, recently turned 51, has been one of the outstanding lady fell runners of the past 25 years, with a particularly impressive record in mountain marathons and other long-distance challenges in the hills. Indeed, that inveterate mountain man, Paddy Buckley of Lancaster & Morecambe AC, considers her to be "the most experienced lady fell runner in this country."

An All-Round Sportswoman

Born at Tynemouth on 20.12.50, Wendy practises as a Rheumatologist but had earlier been a Research Fellow in Sports Medicine at St. James Hospital in Leeds, 1979-80, preceded by two years at Aberdeen hospitals, 1977-78. Now living at Milnthorpe, she practises at the Westmorland General Hospital in Kendal and also at both Lancaster and Barrow hospitals. Since 1979, she has been Doctor to the British Orienteering Team and was HQ Doctor for the British Olympic Team in 1984, '88 and '92. She served in a similar capacity to the British Wrestling Team at the 1986 Commonwealth Games and also attended as HQ Doctor in 1994. She has also been the Clinical Editor of the *British Journal of Sports Medicine*, 1985-88, and in 1986 published, in conjunction with sports journalist Paul Wade, a book entitled *The Active Woman's Health Guide*.

As a teenager, Wendy excelled as a junior international swimmer and included running as part of her winter training. While studying medicine at Birmingham University in 1970, she was encouraged to try orienteering by Ted and Val Finch, which in turn led her to enter, with Val as her partner, the 1972 Karrimor "A" event from St. Mary's Loch in the Southern Uplands. They were the first ladies' team to ever complete the event and finished 46th out of the 64 teams that started. This experience really got Wendy hooked onto mountain marathons and she has since missed only one Karrimor, the 1981 event, when she was living in New Zealand, and has never competed outside the Elite and "A" classes. She also began to enter some of the LDWA events and progressed from walking to running them.

While based at Aberdeen Hospital, Wendy began walking in the Highlands and in August, 1978 joined Ros Coats (now Mrs Ros Evans) as the only female members of an eight-strong party, supported by Lochaber Mountain Rescue Team, to traverse the route of Tranter's Walk, 35 miles and 21,000 feet over the hills to the east of Fort William, pioneered by the late Philip Tranter in 1964. The party otherwise consisted of Lochaber AC runners, including Roger Boswell and the late Eddie Campbell, and two Edinburgh mountaineers and they completed the walk in 19 hours 25 minutes, with rain and mist for much of the time. Charlie Ramsey, another Lochaber runner who was on that walk, had earlier that year extended this route farther east to add 20 miles and 8,000 feet over six Munros around Loch Treig, thereby establishing a sub-24 hour Ramsey's Round.

The previous year, Wendy had become involved in yet another discipline, cross-country skiing, which led to her learning about ski orienteering at Rod Tuck's lodge in Norway and to eventually representing Great Britain in this sport from 1978 to 1988. In both 1979 and '80, she and three other women were allowed to enter the Vassalopet Spot cross-country ski race in Sweden, an event which had previously been confined to male competitors. Other sports since taken up by Wendy include both road and mountain biking, marathon road running, triathlons and general mountaineering, including rock and snow-and-ice climbing, as a member of the Fell And Rock Club.

Fell Racing

In October, 1978, Wendy entered her first amateur fell race, the Moffat Chase, in an area close to that covered in her first Karrimor, though she had in fact previously competed in the hill race at that year's Aboyne Highland Games.

A month earlier, she had finished 9th in the ladies' class of the Lake District Mountain Trial and then went on to win the ladies' team event and finish 16th overall, partnered by orienteering "great" Carol McNeil, out of the 157 teams that finished in the Karrimor "A" from Peebles, again in the Southern Uplands.

Also in 1978, Wendy had made an unsuccessful attempt to complete the Bob Graham Round, due mainly to insufficient preparation. She had been inspired by the sub-24 hour traverse the previous year by Jean Dawes of Kendal AC, who thereby became the First Lady of the

Bob Graham Club. Jean had completed the Round in 1976 but exceeded the allotted 24 hours by 50 minutes and her example in returning to have another go led Wendy to mount her own second attempt in 1979, when her 23.5 hour circuit resulted in her becoming the Club's fourth lady member.

1979 was also the year in which Wendy and Janet Sutcliffe (CFR), a four times Fellsman Hike winner, became the first ladies to complete the Manx Mountain Marathon and later that year she returned to the Moffat Chase to gain 3rd place behind Ros Coats (Lochaber) and Bridget Hogge (Eryri), a position she also attained later in October in the Three Towers Race over the West Pennine moors. Now living in Leeds, she had joined Airedale & Spen Valley AC, whose strong ladies' team already boasted two outstanding fell runners in Jean Lochhead and Sue Parkin.

Wendy now began to compete in fell races on a regular basis and after placing 3rd to Jenny Pearson (Sheffield AC) and Bridget Hogge in the 1980 Edale Skyline at the end of March, and repeating her success in the Manx Mountain Marathon, she continued her build-up for the Three Peaks Race by entering the Gisborough Moors Race on April 13th. Now most brilliant navigators have at some time or other, in the heat and excitement of the race, allowed themselves to be led astray by someone in front and it became Wendy's turn on this occasion:

*With 17 women setting off, it was one of the largest female fields in a fell race Off we set through the forest, with a marshal at every junction to prevent any wrong routes. I was at the back of the second group as we reached the open moorland. Among the front runners were a couple of locals and two who had done the race the year before, so I had great confidence in their knowledge of the route After frequent glances at my watch, I began to wonder if the map I had studied was so old that the forested area (Lounsdale Plantation) had been cleared. Then I came upon two runners stopped at a junction; the front runners were by now out of sight. Out came the mini black-and-white map, with only contours and place names showing up clearly - we took a right fork and dropped down, eventually hitting a road where another look at the map confirmed that there had been a major error and that we were just west of Commondale - a full three miles off course. We were now joined by the front group returning from Commondale and those catching us up behind. Two and a half miles along the road we could cut up to Kildale Moor and almost six miles later rejoin the course. At Percy Rigg 1 had used up the 75 minutes I had allowed myself for the race (I had a 2 pm assignation in Stockton) and got a lift from the marshals returning from Sleddale to the finish. (Condensed from Wendy's report in *The Fell Runner*: July, 1980)*

In the Three Peaks Race, she finished 4th behind ASV clubmate Sue Parkin, French marathon runner Veronique Marot (York University) and Joan Glass (Eryri). Among other results that year were 2nd at Ben Lomond, 4th Mountain Trial, 3rd Marsden-Edale and a fine victory over such distinguished rivals as Fiona Hinde (Lochaber), Anne-Marie Grindley (Clayton) and Bridget Hogge in the Moffat Chase, held in severely inclement conditions. Success came also in the Karrimor "A"

on Arran, where she was again partnered by Carol McNeil, and Wendy finished 7th in the FRA championship that year.

Throughout the 1980s and '90s, Wendy continued to turn in performances of a consistently high standard in all types of fell races, achieving numerous victories, both open and veteran, over such varied courses as Kirkby Moor and Austwick, both Medium "B" events, to long, rough mountain and moorland routes like the Manx, Marsden-Edale, Wadsworth Trog, Langdale Horseshoe,



Always a smile... Wendy in full flight
(Photo Woodhead)

Duddon and Wasdale. Bad weather has never deterred Wendy as witness her triumphs in such conditions in the 1980 Moffat, already referred to, and both the 1992 and '99 Wasdale, while *The Fell Runner* report (October, 1990) of that year's West Highland Way Race (95m: 8,200') stated: *....not only was she never out of the ten leaders, she looked after an ailing competitor by lending him waterproofs and running with him over Rannoch Moor to Kingshouse and then making sure he was OK before setting off to finish an excellent 5th overall terrible weather throughout.*

The navigational error in the Gisborough Moors Race was not Wendy's only experience of following someone off-course: "The 1994 Langdale Horseshoe took place on a perfect day. During the latter stages of the race, I was overtaking people and feeling really strong. I was chasing Jean Rawlinson off Blisco and she was in a large bunch of around 20 to 30 runners. We all went off on the Three Shires route down to Blea Tarn and finished up well down the field." The 2000 Langdale Horseshoe was run in thick mist throughout and Wendy was battling with her old ASV clubmate, Sue Parkin, now wearing Kendal's colours. On this occasion, however, her concentration did not waver and when her rival dropped into Redacre Gill on the descent from Blisco, Wendy sportingly called her back onto the more direct route down Blake Rigg. A mere second separated them at the finish, Wendy claiming first place.

At Wasdale three years ago, Wendy relates, "a very fit-looking road runner got lost in the mist approaching Pillar. She then latched onto me and followed me every step of the way around to Scafell Pike. 'Shouldn't you be well in front of me?' I asked her. 'Why?' she queried. 'Because I'm an old woman of 48,' I replied and immediately shot off as fast as I could and left her." The rocky path leading to Lingmell Col and the subsequent descent of Lingmell Nose were ideal terrain for Wendy to make her move and she went on to claim another first lady's prize. Since joining Clayton in 1982, Wendy has proved to be an invaluable acquisition to Clayton's ladies' team, turning out regularly in championship events, fell relays and in the Mid-Lancs cross-country league. I recall her running in the Withins Skyline Race, with its 11.30 start, some years ago and then driving over to Lancaster to compete in a Mid-Lancs league race at 3.00. Last October, she ran cross-country at Liverpool on the Saturday afternoon, then turned out in the FRA Relays at Llanberis the following day, the weekend before the Karrimor. One of her outstanding relay performances was at the 1990 Ian Hodgson Memorial event when she and Linda Lord set a new record for Leg 3 and Clayton ladies "A" won all four legs. Wendy's best position in the ladies' open championship was 3rd in 1983, while two years ago she won the English 0/40 title in her 50th year.

"Despite living some distance from Clayton, Wendy is a very loyal club member," says Clayton Ladies' fell captain, Katy Thompson. "She is always keen to represent us in championship events and relays, and I know she has taken part in every Ian Hodgson and Calderdale Way relay and possibly in every FRA and Rossendale Way relay, too. She will even arrange holidays to accommodate them. Wendy is always willing to run any leg with any partner. She always finds time in her busy schedule to recce legs, even if it means going after work and finishing her run with a head torch, and she doesn't complain if she is then moved to a different leg at the last minute."

Peak Performances

Some of Wendy's best runs took place in the year 2000 when she was approaching 50. Her performance in the Sail Beck Horseshoe in May inspired this glowing report by Jack King in the October issue of *The Fellrunner*: "A storming run by Wendy Dodds, Lady Vet 40, was the run of the day. 16th overall and first lady by over 17 minutes." The following week, she finished 1st 0/40 and 7th lady overall in the Fairfield Horseshoe, which performance won her the "Run of the Month" award in the Clayton-le-Moors Newsletter, besides giving her great satisfaction in the knowledge that she had beaten a lot of younger rivals.

Three weeks later, Wendy finished 18th overall and 1st lady again by almost 17 minutes in the Duddon Fell Race. In July, she entered the Wasdale race and, to quote from Richard Eastman's report in the October *Fellrunner*, "ran a marvellous race to come in 14th overall," this position again making her 1st lady.

However, Wendy herself has highest regard for a string of scintillating performances achieved over a seven-month period spanning 1990-91. On October 13th, she had an outstanding run in the Langdale Horseshoe, coming home 1st lady with a time of 2.37.30, almost 10 minutes ahead of 2nd-placed Janet Kenyon (Lostock) and 14 in front of her Clayton clubmate, Katy Thompson in 3rd. Her performance earned her 66th position out of 373 finishers: "I felt good throughout and struck no rough patches at all. I felt stronger than in any other race and seemed to have a boundless amount of energy."

A fortnight later, Wendy teamed up with Sue Walsh to win the prize for first ladies' team in the Karrimor Elite, finishing 44th overall in the event based at Kilvrecht, Loch Rannoch. At the beginning of December,

she was again 1st lady in Tanky Stokes' Marsden-Edale Trog, taking 3 hours 40 minutes to cover the demanding route over the boggy heights of Black Hill, Bleaklow and Kinder Scout, and finishing 21st overall.

On February 17th, a warm, sunny day following snowy conditions during the preceding week, Wendy completed her leg in the Rossendale Way Relay, then drove over to Haworth to meet Olympic marathon runner Sarah Rowell, her new partner for that year's Hobble, to go out on a recce of the course. In the actual event, run in damp weather on March 16th, the pair ran out clear winners of the ladies' class by setting a new record of 4 hours 38 minutes, 18 minutes inside the old mark.

"I was hanging onto Sarah for much of the time," recalls Wendy, "but on the other hand, I was generally leading her on the descents as she was then still fairly new to fell racing. Dave and Eileen Woodhead particularly were surprised to see me leading Sarah down to the Long Causeway." Dave quoted Sarah in his report for *Up And Down* magazine, May/June, 1991, as saying, "I am so glad I partnered Wendy. Her experience proved invaluable and taught me a lot about long-distance fell racing." Wendy remarks that she probably ate less than ever before on this event and recalls feeling faintly embarrassed by all the encouragement she received from Clayton clubmates around the course, while Sarah, being new to fell racing, got very little.

In the Manx Mountain Marathon a fortnight later, Wendy was pipped by local runner Stephen Hull by a margin of less than two minutes in the Standard Class, and indeed her time of 5.31.24 would have placed her 11th overall in the Elite Class. Wendy had even suggested before the race that she be included in the Clayton team, as teams have to be declared beforehand, but her offer was politely refused. As it turned out, she would have been 3rd counter in the prizewinning Clayton team behind Tim Laney (4th) and Martin Stone (5th). Manx runner Richie Stevenson in his report for *The Fell Runner*: June, 1991, described Wendy's run as "probably the best performance of the day."

A month later, on April 28th, Wendy achieved her fastest-ever Three Peaks run by 10 minutes after completing the London Marathon in a PB of 3.00.17 the previous Sunday. Her Peaks' time of 3.37.40 placed her 3rd lady, 78th overall, behind Sarah Rowell (3.16.29) and her Clayton



Wendy approaching Styhead in the Borrowdale race
(Photo John Francis)

clubmate Cheryl Cook (3.27.41), as well as gaining her the award for the first lady veteran by nearly 14 minutes. She was also 2nd counter in the prizewinning Clayton team, augmented by Katy Thompson in 10th position (4.12.04). Wendy had shown Sarah Rowell over the course a few weeks beforehand on a training run, which no doubt helped towards Sarah breaking Vanessa Peacock's record by over a quarter-hour. Wendy felt "very comfortable throughout" and overhauled the former Clayton star, Ruth Pickvance, then running in Kendal's colours, on the steep climb up Whernside and finally beat her by over 8 minutes, though Ruth did manage to hang on to 4th position.

Mountain Marathons

Despite her many superlative performances in fell races, Wendy's actual preference is for mountain marathons with their combination of distance, rough terrain, navigational problems and the need to carry on your back sufficient gear to survive the weekend. Her splendid record of

having missed only one Karrimor since 1972 has already been mentioned and Wendy considers her best performance in this event to have been in 1990, as noted above.

Angela Brand-Barker (Keswick), four times FRA ladies champion (twice under her maiden name of Carson), partnered Wendy on two occasions in the Karrimor: "I was still relatively new to fell racing in 1984 when Wendy asked me to partner her in the Elite Class in the Peak District. My sole mountain marathon experience was then limited to one "C" Class and one "A" Class Karrimor, so I felt a little nervous about partnering someone with such a wealth of experience. I was a student then in Sheffield, so at least I was on home ground. I remember both days being long ones: we were out for over eight and a half hours on each. I became very despondent when faced with an area of shoulder-high grass towards the end of the first day, but Wendy just ploughed her way through it, so I had no option but to follow in her wake. Her strength really shows at the end of a day when the chips are down. We finished 1st ladies' team in 33rd position out of the 74 teams that started."

Twelve years later, the pair teamed up again: "I should have known better than to say 'Yes' to Wendy's invitation to partner her in the Galloway Karrimor. Having already experienced Galloway once, I remembered the area as being very wet, tussocky and intricate to navigate in mist. I reasoned that Wendy was probably one of the most reliable of partners to be with in such an area. It was a typical Galloway Karrimor: rough underfoot and preceded by heavy rainfall, but the first day of seven and a half hours was fairly uneventful. The second day saw us heading off into a cold mist through all manner of craggy terrain. I was rather chilled at this stage and could only follow and be very appreciative of Wendy as she confidently threaded her way through what seemed like impenetrable crags to our checkpoints. Once I had warmed up, we could work together again until we had to cross a waist-deep, fast-flowing river. Wendy took command and holding one of my hands firmly and the hand of a large, solid man from another team, we inched our way across. Wendy said he wouldn't get washed away but I might. Six hours or so later, we finished 1st ladies team again in the "A" Class, 31st overall out of the 119 teams that started."

The Saunders Lakeland Mountain Marathon is another event which Wendy enjoys, especially when competing in the solo KLETS Class with its intimidating reputation for "interesting" checkpoints in exposed places. She has entered this class eight times and been 1st lady on five occasions. The Lowe-Alpine Mountain Marathon (originally the Rock And Run MM) also ranks highly among Wendy's favourites and she has triumphed four times each in both the Elite and "A" Class, with various partners. Her 2001 victory, partnered by Nicky Lavery, was particularly satisfying on two counts: "Firstly because I struggled to keep pace with Nicky, an Olympic cross-country skier, and secondly because we beat Sarah Rowell and Polly Gibb, who had pipped us by two minutes in the previous year's Karrimor, run in bad weather."

Wendy and Sue Walsh, with four Lowe-Alpine wins together, have additionally triumphed three times in the Anderson's Mourne Mountain Marathon, "A" Class, while Wendy also competed in the 1999 Western Isles Challenge as a member of Team Viagra. This event consists of one evening and three full days of running, cycling, swimming and kayaking. Wendy did all the fell running for her team, while someone else did all the kayaking. Jo McLintock was 1st lady in the solo class that year, an achievement surpassed by Helene Diamantides when she won the 2000 event outright in the face of some classy male opposition. Wendy has also competed in both the Three Peaks Yacht Race and the Scottish Islands Peaks Yacht Race. In the Pennines, she was a member of the winning ladies team in the 1983 High Peak Marathon, a 40-mile winter's night event for teams of four over the Derwent Watershed route in the Peak District, and in addition to her outings in the Haworth Hobbie, was runner-up in both the 1976 and '77 Fellsman Hike in the Yorkshire Dales.

However: "If I were to pick just one event from such a long and distinguished career," states Paddy Buckley, "I would choose the brilliant Dragon's Back Race of September, 1992. This was run over the mountainous backbone of Wales from Conwy Castle to the spectacular Carreg Cennen Castle, near Swansea. Wendy, then 41, and Sue, 46, were the only ladies' pair and finished 9th overall in a total time of 54 hours 6 minutes, spread over five days. The Parachute Regiment provided the logistical support and I shall always remember the look of amazement on the faces of these tough young Paratroopers as they watched my team of 'old ladies' trot in each night with smiles of enjoyment on their faces, while the Para teams limped in, tired and grim-faced." The event was won by the mixed team of Helene Diamantides and Martin Stone.

More Mountain Challenges

Wendy's successful attempts at Tranter's Round (1978) and the Bob Graham Round (1979) have already been mentioned, but she has also tackled other long distance challenges in the hills. In August, 1980 she joined Paddy Buckley and Ken Turner (South Ribble OC) on their initial

attempt at Paddy's own Snowdonia Round of 60.7 miles and 27,000 feet of ascent. Paddy and Ken had earlier that year completed the Bob Graham Round and were in confident mood. However, as Paddy noted in his article, "A Long Day In Snowdonia" (*CompassSport*: February/March, 1983): "The weather was perfect, but the two men ran into problems, and the attempt was abandoned halfway."

Paddy made a second attempt in May, 1982, this time with Wendy and local veteran runner Bob Roberts (Eryri), but he again had to retire with cramp, while a stomach problem later caused Bob to retire, too. Wendy carried on to complete the course but exceeded the target of 24 hours by 95 minutes: "On four of the five sections she was inside the schedule," wrote Paddy. "She lost time between midnight and dawn when, after taking a wrong turn in the Quarry (below Elidir Fach), she became very weary."

Wendy acknowledges Paddy Buckley as "a long-time inspiration" for her various outdoor pursuits and particularly for her 25-year-long affair with the Cuillin Ridge on Skye, which she finally conquered last summer, climbing free (no ropes), with Peter Dyson of the Swaledale Mountaineering Club. She had actually come within half-an-hour of success in 1997 when she had fallen and broken her arm on Sgurr nan Eag. This accident, however, led to Wendy realising another ambition a year before she'd expected to: "One thing I was very pleased to achieve was completion of all the Munros in 1997. I was actually scheduled to finish in 1998, but due to breaking my arm and being advised not to do any running, decided instead to continue with my Munro-bagging. I came out of hospital on the Saturday and did four Munros the next day at the Five Sisters of Kintail. I did 43 Munros in the first fortnight." (Sgurr na Moraich, the lowest of the Five Sisters at 2,870 feet, does not qualify as a Munro.)

"When we have been out on the hill together," says Paddy Buckley, "I have never heard Wendy complain, no matter how tough the conditions. In October, 1982, on the Cuillin Ridge, we were hit by a storm on Sgurr Mhic Choinnich. We dropped down to the comfort of a ledge on the Coruisk side to watch the lightning flash in the distance and listen to the thunder rolling around us. Ever the medic, she asked me if I knew what to do if she were to be struck by lightning. I had to give her a thump on the chest, she informed me. I thought about this, then asked, 'Just where, Wendy?' She gave me a demo, but I think she had already seen the twinkle in my eye"

Also last year, in late May, Wendy completed Ramsey's Round but took two hours longer than the statutory 24 due to bad weather over the last eight hours. This was the only one of four challenges that she had set herself for the year 2000 that she had actually undertaken due to the Foot and Mouth outbreak, the others being a "50-at-50" Lakeland circuit based on the Bob Graham Round, a sub-24 hour Paddy Buckley Snowdonia Round and what would have been the first winter traverse of the Jos Naylor Challenge for Over-50s from Pooley Bridge to Wasdale. She had, however, completed this latter course in 1992 when she had accompanied Clayton's Monica Shone, then 66, over the whole route and then repeated the exercise with Sue Walsh four years later. In 1998, she had also gone the full distance with another veteran clubmate, Lawrence Sullivan, when he did a Torridon Round of 40 miles and 20,000 feet in 19 hours 16 minutes.

Training

Finally, a few notes on Wendy's training which, unlike most athletes, she gauges in hours rather than miles. This can vary from 5 to 15 hours per week, depending on races, but probably averages around 7 hours. When based in Yorkshire, she would train on the moors around Haworth and Ogden Water and, when living west of the Pennines, favoured Winter Hill. Now calling Milnthorpe home, she trains on the neighbouring limestone ridges of Scout Scar, Whitbarrow Scar and Farleton Knott, but will make for the high fells at every opportunity.

Once a week, Wendy joins the Thursday Night Running Group at Lancaster, which includes Paddy Buckley, Ken Turner and Yiannis Tridimas, for a run up to such local highspots as Ingleborough, Wherside, Penyghent and Clougha, though they will venture onto the higher peaks during midsummer.

Predictably, she prefers rough, steep courses where navigation plays a major role. A good strong climber, she also excels as a descender. Her long-term ambition is "to just keep running on the fells. And I'd like to pay tribute to the marvellous support from both Clayton-le-Moors Harriers and the Thursday Night Running Group at Lancaster."

We wish Wendy every success with her targets for this year, with hopefully successful completions of the Jos Naylor Challenge, Snowdonia Round, Ramsey's Round and 50-at-50 - or should that be 51-at-51?

Acknowledgements: I would like to thank Wendy, Angela Brand-Barker, Paddy Buckley and Katy Thompson for their help in preparing this article.

I've always wondered what big "Adventure Racing" events involved and the article which follows definitely helps to dispel some of the mystery - although even after reading the section on "Day One" a few times I'm not sure I was clear on who was doing what and when (or even why ???) but the Team involved seemed to have it all more or less under control, which is the main thing. All credit to the lot of them and to the organisers, who obviously have a warped sense of humour as well as an encyclopaedic grasp of logistics and a great deal of dedication. Events like this may not be everyone's cup of tea but they certainly sound a lot of fun !!

Doing the Heb

by Mark Hawker

The Team: One of the hardest jobs with many team events is just getting a team together. This proved to be true for team "Baji Aio" at this year's inaugural Hebridean Challenge adventure race. The "Heb" is a new race run along similar lines to the old Western Isles Challenge but with the stated aim of being a race run by and for the community of the Outer Hebrides. Of the other differences between the two events, the one that was to cause us the most difficulty was that Heb teams contain five members, rather than the four used in the Western Isles.

The Heb is a relay event consisting of hill running, mountain biking, road biking, swimming and sea canoeing. It starts on the most southerly island of Vatersay and works its way over all of the inhabited islands in the Outer Hebrides before finishing on Lewis in the north. During this time it crosses some of the most beautiful and varied landscapes in Britain, from golden beaches to wild mountains and much in between.

With a requirement to have more than one person competing on some of the land based legs the ideal team will have a specialist canoeist as well as a mix of members who can all run and cycle. For a team to be competitive you also need to have at least one woman member as well as somebody who is foolhardy enough to swim in the sea despite the cold. With three weeks to go before the race started our team consisted of just three people; Nigel Holl, our main runner; Phil Green our main cyclist and myself, the team odd-job man. After several weeks of failing to find the two extra people we needed Martin Stone, one of the event organisers, managed to find an "unknown" canoeist called Richard Lang and a female competitor, Thor Egerton, who was willing to give anything a go.

With a team in place the next thing to do was to sort out the logistics. This is a vitally important part of the Heb as the format of a short prologue on the first day followed by four days of full competition does not allow time for anything but racing. All food and accommodation must be sorted out in advance, although this was greatly simplified by the race organisers finishing each day at one of the local community halls where a cooked meal and floor space was always provided. We also had the advantage that Phil had a campervan that we could use as our vehicle for the race itself. With the ferry tickets booked the only thing to then do was to wait until the Friday before the race when the routes were published.

As soon as the routes were out I had a first go at deciding who should do which legs. This was complicated by a rule requiring that in addition to finishing the course each team had to pick up a number of points along the way. Points were awarded by having more than one person on some of the land based legs, with each extra person being worth extra points. As there were also times when more than one activity took place at the same time (for example one team member running over a hill whilst another one cycled around it) the route planning was anything but simple. After a lot of thought and several hours poring over a set of maps I managed to come up with a plan that seemed to work without putting too much pressure on any one person.

With everything now in place all that was left was for the team to actually meet each other for the first time and hope that we all got on! As we lived all over Britain our first meeting was on the ferry crossing to the Isles the day before the race. Whilst not necessarily

recommended as ideal preparation this seemed to work for us, with everyone keen to get going and willing to pitch in wherever required. From our first meeting to the start of the race all of our time was spent in a constant bout of discussing who should do what, which were the best legs to double up on and what were the best route choices. We also had to sort out all of the kit, including fitting everybody up for the two mountain bikes and two road bikes we were to use during the event.

Prologue: The first day of the race consisted of a short prologue around Barra and Vatersay, the most southerly of the inhabited



A rapid changeover (Photo Mark Hawker)

islands. While the rest of the team stayed on South Uist a nominated runner, Nigel in our case, was ferried across to Barra to take part in a road cycle and run up two of the hills. At the same time the team canoeists had to paddle over to Barra where they were involved in a short canoe time trial. This time trial gave the first indication that Richard, our "unknown" canoeist, was actually going to be our star performer, as he came in first. After the prologue was over the competitors who took part were given food and accommodation in the local fire station, ready to start Day 1.

Day 1: After Richard again put in the fastest time on the canoe from Barra back to South Uist we found ourselves in an unexpected early lead. Although "Wrong Box No Score", the eventual race winners, soon overtook us we managed to stay in second place for a couple of hours until we made our only real logistical error of the whole race. This happened when I overestimated how long it would take to cycle up the coast of South Uist and Phil and I, who had been cycling together to get extra points, arrived at the changeover before Thor and Richard had managed to get into position to take over from us. This lost us 10 minutes and dropped us back into fourth, but as we later found out this was a minor error compared to some that were made.

In retrospect Day 1 proved to be the most logistically demanding of all of the days. This can be demonstrated by trying to explain the few legs that happened after our mistake. While Phil and I had been cycling, the others had dropped Nigel at the start of a long hill run ready for a changeover later on. Richard and Thor then had to get into position for the changeover from Phil and myself. At this changeover Thor and Phil continued to cycle up the coast while Richard started on a parallel leg to road bike across the island to where Nigel had been dropped earlier. Just so that I didn't get bored I had to wait for Richard to return, drive the van around to where Nigel would finish, drop off a bike so that he could cycle out and take the van back out to the main road to where Thor and Phil would finish their leg. Once they had finished Phil drove the van

further up the road, launched Richard and his kayak into an inland loch and prepared himself for the first swim of the event. Meanwhile I had to cycle back to where Nigel would finish and wait for him to hand over to me. While I did my next leg Nigel cycled out to the van at his leisure, using the bike dropped earlier. My leg consisted of a short run to the other end of the loch that Richard had been launched into, where Richard was now waiting in his boat to start another parallel leg. This parallel leg consisted of me running back to my bike and then cycling around to the end of the swimming leg, while Richard paddled back along the loch to the start of the swim to set Phil off and act as his safety boat. If it sounds complicated it does at least give an idea of how important it is to have a team who can do a bit of everything.

For us the rest of day one went without mishap and we thought we had finished the day in fourth or fifth position. We were therefore surprised when the official results came out and showed us in second place overall. Chatting to the other teams we found out that this was largely due to the last canoe leg of the day where several teams had got the navigation wrong. The leg had involved canoeing across a bay to where a narrow neck of land allowed the canoes to be carried a few hundred metres back into the sea on the other side of a peninsula. Luckily we had looked at this portage point before the race so Richard found it first time but it did seem to cause some of the teams a lot of problems. Two of the teams even managed to mistake the portage point and end up relaunching their boats into an inland loch rather than the sea. Once they had realised what they had done it took them a long time to correct their error and get back on course.

Day 2: As with all of the days, day 2 started with a canoe. In this case it was the 12Km across the Sound of Harris to Harris itself. With the exception of the prologue, the crossing between Berneray and Harris is the only point during the race where teams have to be ferried between islands, as all of the other islands that we raced over are joined by causeways. Whilst the canoeists battled it out in the Sound, the teams and their vehicles were transported across to Harris on a ferry specially chartered for the race.

The mountains on Harris are not high, rarely rising above 400m, but they do offer some spectacular and very rocky running. With the mist down they also proved to be a challenge navigationally. The biggest challenges of Day 2 however were the two mountain bike legs we allocated to Phil, a short one of 10Km and the longest one of the event of 42Km. This latter leg took Phil all of the way onto the island of Scalpay, our overnight stop. With Richard also making his own way to Scalpay via a canoe leg, Nigel, Thor and myself were left to split the remaining hill running and road biking legs between us. As we were now starting to feel the strain we made a tactical decision not to double up on some of the legs as we had originally planned but instead to save ourselves for later in the race and see if we could pick up some extra points later on.



A few canoes and a lot of Scotland (Photo Mark Hawker)

Once the team was reunited again back in Scalpay it was apparent that we were all starting to tire. We had dropped from our second place overnight to fourth and we were now short of some of the points we had originally planned to get. For me and I think for most of our team, this was the low point of the race. Time for a lot of food and some serious replanning.

Day 3: After a good night's sleep and with a new plan for how we could get the extra points we now needed things looked much brighter, even if the weather did not. A damp and misty start to the day made for some interesting navigation on the early leg over the 528m high summit of Todun. However as we raced our way north by canoe, bike and on foot the weather improved quickly and by mid morning the sun was starting to come out.

One of the joys of the Hebridean Challenge is the sense of always being in a race against other teams, as there were always other competitors waiting at each changeover. By Day 3 we had developed a friendly rivalry for third place between 'Northern Flight', 'Last Minute' and ourselves. During the day we managed to move from fourth place overnight into third, then back down to fifth before getting back to where we started in fourth place again.

Just behind us the local Hebridean team, 'Sugla Sgeir' were now having to battle on with only four members after one of their team had picked up a shoulder injury on an earlier mountain bike leg. T-abled, a mixed team of disabled and able-bodied competitors who eventually finished in seventh position, were also going strongly and showing that the most important quality to have in any adventure racing team is a will to take part. Finding things rather more difficult were a Greek team who were not fully prepared for the complicated logistics and navigation that was required. However to their credit they were quick learners and by the end of the week they were showing their fitness and competing with the best.

I'm not sure if it was the sunshine or just the pleasure at finishing but for me the hills and beaches near the day's end at Uig made this the most beautiful of all of the areas we passed through. However, wherever you go in the Western Isles the coastal, hill and moorland scenery is well worth the trip.

Day 4: The final day took us along the north coast of Lewis to the most northerly point of the Western Isles at the Butt of Lewis lighthouse, then back along the coast into Stornoway. In one last effort to get all of the points we needed we decided to put everybody apart from Nigel onto one of the short running legs, giving us triple points for the leg. Without any parallel routes and with no big hills to do, the miles quickly fell behind us and by mid afternoon we had arrived in Stornoway Castle grounds for the final "mystery" leg. This proved to be a mountain bike orienteering competition through the grounds, with everybody apart from the team canoeist having to have a go. This final event proved to be the undoing of our rivals for fourth place as one of their team had problems with their navigation allowing us to hold onto our position quite comfortably.

As a final challenge each team was given a rubber dingy that had to be paddled from the castle to the finish line in Stornoway Harbour. This offered a perfect way for the team to finish together, with us using Richard and his canoe to help pull the rest of the team in the dingy across the finish line.

Results: For the record the winning team, in a time of 56 hours 29 minutes was "Wrong Box No Score", made up of Jim Davies, Nicola Davies, Marc Laithwaite, John Bardgett and Keith Brown. They were followed by Team Karrimorbike (60:35), Northern Flight (62:23) and ourselves (62:53). The winning solo, and the only person to finish the solo event was Liz Cowell. Separate prizes for the fastest mountain bike and hill running time trial went to Dominic McAdam and Nick Sharp respectively. The swimmer with the fastest overall time was Lucy Hall and the canoeist with the fastest overall time was our own Richard Lang. According to my estimates, the route covered 539Km 'straight line' distance, but was closer to 700Km of actual distance.

Following the "fair do's for all" principle for which this magazine is famed throughout the globe, the article below continues the series giving the three main alternatives to Walsh the opportunity to tell us about their wares. This time it's a piece about -

Adidas "Swoop"

by James Hook

Four years ago adidas, with its rich history of track, field and road running shoes, set out to be the premier off-road racing brand in the world. To achieve this they had to produce not only great off road shoes but also a shoe for the elite end of this sport; a specialist fell running shoe. In every sporting discipline adidas aim to have a specialist, high-performance product which tops the range. They wanted a respected fell shoe and set about getting it.

In 1997 a specialist team led by the Trail Category Product Manager Matt Wesselhoff and including Senior Running Designer Stephan Dietrich attended fell races in the English Lake District. They not only watched but took part in the shorter races to investigate and understand the terrain and the event. They spent a lot of time chatting to the runners to find out what they felt would be critical to a new shoe in the fell running market.

The team then created a "think tank" to highlight the needs of the fell runner. The panel contained valued experience from the sport, consisting of former British Fell running champions Keith Anderson, Mark Kinch and Mick Hawkins and also leading retailer and runner Terry Lonnergan.

The final piece of the team jigsaw was enlisting the new recruit in their advanced footwear product design team in Germany; former Double World Mountain Running Champion Martin Jones of Horyich. He would provide vital input throughout the design and construction process.

The design brief from all quarters was simple: light weight, snug fit, and grip, grip, grip.

As a leading trail running footwear manufacturer, adidas had already tested and developed the TraXion outsole as the centrepiece technology for their trail running shoes. They also incorporated water-resistant mesh, specific functional zones in the midsole and outsole and midsole heights that were lower than road shoes for improved performance.

The adidas design team continued to participate in off road events, one of which was the 'The Davos' mountain marathon. An event that left them totally inspired by the sport of mountain running. Not only did they finish with more knowledge and feedback for the design process but they had also hit upon the name for the first adidas fell shoe;



The Original Davos

"The Davos" - a shoe designed for extreme events and terrain.

The priority for the initial version of the Davos was durability. The shoe had to be a timeless design that would remain in the adidas range as long as retailers and fell runners still wanted to buy and wear the product. The integrated TraXion outsole and the slightly rounded midsole were ideal for running on uneven surfaces. This excellent outsole was also extremely durable. The upper materials were Cordura nylon and non-stretch synthetic leather, which was abrasion and moisture resistant. Runners immediately loved the fit, feel, and performance of the shoe.

However there were areas that the testers and fell running community felt could be improved. In particular the outsole was too hard which affected its grip on smooth rock, this also caused a lack of flexibility and was a little heavy for some competitors.

Employing the concept of founder Adi Dassler - "LISTEN, TEST, MODIFY" - the team developed and tested various changes from runners' feedback. The revised design reduced the hardness of the outsole rubber and the midsole material by about ten percent. This improved the grip of the outsole while the durability was still at a high level. The softer midsole was still good for protection and efficiency on soft ground but was now more comfortable to wear. These changes also made the shoe lighter and more flexible. Slight changes were also made to the upper pattern, eliminating seams on the inside of the shoe. No change could be perceived cosmetically but the fit and feel of the Davos were now equal to the high-performance of the rest of the shoe.

Over the seasons the mantra of "LISTEN, TEST, MODIFY" was constantly applied. The different versions of the shoe can be tracked by its colour: the initial shoes were red/grey, the second season was



The state-of-the-art Swoop

blue/grey, and the final season had a distinctive sporty yellow body colour.

By the spring of 2000 the Davos had developed a loyal following and was being widely used by fell runners of all abilities and backgrounds. However adidas continued to work on a new upper and further developed sole unit. The outsole and midsole were again slightly softened and lightened, increasing the comfort and grip of the shoe as much as possible while maintaining its reputation for excellent durability.

The development team and testers were delighted with the new design's performance, truly believing they had produced one of the best fell shoes on the market. They called it 'The Swoop'. James Hook, adidas UK Category Manager for Trail and Adventure says "the Swoop is superb. It still has the great Davos fit, but with even better flexibility responsiveness and grip. We didn't think we could better the Davos but we have."

The adidas research team continues to strive for innovation in their trail and fell running products. They have recently taken R & D concepts on track spike configurations produced for the 2000 Sydney Olympics and applied it to this area. This has led to the use of Z TraXion lug on all new adidas trail shoes. Its sharper lines are more effective at digging into soft ground in all directions, it is inherently stronger and it can be shaped to fit on any part of the outsole and retain its gripping qualities. A new shoe, the 'Lightfoot', was created and three different versions of the 'Lightfoot' outsole tested before opting for the current design.

The 'Lightfoot' is set to become adidas' no-compromise Z TraXion out and out fell racing shoe.

Adidas are committed to continued research and development of their off-road trail shoes including their specialist fell shoes. They have gained valuable feedback from their team of designers, testers, fell runners and specialist retailers and will use this experience to continue to produce some of the very best shoes available to today's fell running enthusiasts.

PAUL MARTIN 1st March 1957 – 13th November 2001

On 13th November 2001 fell-running lost one of its finest.

Paul was diagnosed with cancer on 12th September; he fought the illness with his usual determination but, sadly, to no avail.

Paul came into fell-running from a road-running background in the early eighties, his only club being Bolton United Harriers. He will always be remembered for his outgoing personality, sense of humour and positive attitude.

Paul performed well over the fells at any distance and over any type of terrain, with his greatest strength being a natural ability to descend - at speed!

Over the years he tackled everything from short, local races to the KIMM Elite Class. He completed the Bob Graham Round in 1989 in a time that still stands as a club best for Bolton UH. Paul subsequently turned out to assist in several other Bob Graham attempts and once joined the pacers on a Joss Naylor run as he was driving over Dunmail. Seeing someone he knew at the roadside, he stopped to ask what was going on - next stop, Wasdale!

Perhaps his greatest achievement on the fells was victory in the 1995 Old County Tops Race with partner Rupert Leggett.

Paul held an ambition to complete twenty-one Ben Nevis races; on September 1st he did his seventeenth Ben - this was to be his last race.

Paul leaves a wonderful wife, Angela, who has been a regular driver and supporter on Bob Graham attempts, and also a lovely daughter, Rachel.

Our training and racing will never be the same without him.

Ted Crook



Paul Martin (on left) after winning the 1995 Old County Tops Race (Photo Ted Crook)

UK Athletics by Robin Morris

The UK Athletics Fell and Hill Running Policy and Support Team (UKA F&HR PST) gives our sport its official structural and organisational position within British athletics, along with track and field, road, cross country and race walking.

The five competition PSTs, set up about two and half years ago when UKA came into being, are all organised on similar lines. These arrangements received the approval of athletic clubs all over Great Britain. The PSTs are responsible for all matters relating to UK national and international competition for all age groups. This includes the rules, safety and all the British championships.

Fell & Hill is considered an endurance discipline and as such is grouped with the other endurance disciplines, road, cross country and race walking events, within the UKA administrative structure.

The six persons serving on the UKA F&HR PST were appointed by UKA after advertising and interview. Each is appointed to carry out specific tasks to do with administration, coaching, fixtures, results, marketing and finance. In the future appointments will be on a rolling three year basis. All those holding posts on international committees are ex-officio members of their respective PST. As from January 1st this year, each regional committee not already represented will be able to appoint a member to the PST, thus overcoming a criticism that the PSTs were not sufficiently representative of the views of the regions. It is noteworthy that our PST members, all FRA members and from three of the four Home Countries, are fully involved in the sport as members of regional committees, and or as coaches, race organisers and in most cases as competitors.

The ethos of PSTs is to manage the competition area of their sport by communication with and the consent of its membership, rather than acting as a body with executive authority. This has never been formalised in terms of a constitution for the PSTs which has sometimes resulted in areas of confusion. To aid this communication the FRA committee now has a permanent PST agenda item to ensure two way discussion on current issues.

In practical terms UKA provides administration costs of approx.

£1,500 for the PST. Championship medals (though not as many as we would like, since we are obliged to conform with the other PSTs), a rule book, essential race insurance for all the Home Country governing bodies worth many thousands of pounds, especially to the FRA, a coaching structure which includes coaching courses and training, individual international competition, and now the European Championship team organisation and finance.

Under UKA the Home Countries have the right to compete internationally in team and individual competition in the World Trophy and Black Forest Junior Games for example.

UKA has a Club membership structure via the Home Countries membership and does not have its own individual membership scheme which has been devolved at present to the three English regions and the three other Home Countries to implement and organise as they see fit or not.

On a limited budget UKA has been unable to finance the PST to the same level and directly in as many areas as BAF did for the previous F&HR Commission.

The breakdown of communications between the FRA and UKA over the withdrawn bid to stage the World Trophy in 2003, which the PST was not directly involved in but supported, has been fully reviewed between FRA and UKA officials. It has ensured any procedural faults are not repeated if applications which we welcome by any of the Home Countries for international events are submitted in the future.

The PST, meeting three or four times a year, has worked hard to help and serve successfully all levels and areas of fell and hill running in the UK. All members are approachable, willing to discuss matters, with experience and under the new arrangements for PST membership, we hope it will continue to do so in the future for the good of the sport.

*Robin Morris,
For and Head of the UKA F&HR PST*

Peter Shields - Seniors Coach - an introduction

From my earliest years I was always interested in competitive sports. Sporting heroes and the childhood dreams they initiated led me to go on and compete on many levels in both local and national arenas. In those formative years I was often given guidance, encouragement and advice from various agencies and individuals; some became firmly set in my make-up; some I completely rejected and some I just plainly forgot, but for good or bad the support and interest I received helped mould me into a better athlete and the person I am today.

It is from this stance that I started to encourage and give support to the various sports and athletes who compete in them. It has not just been a matter of putting something back into a pastime that has brought a great deal of pleasure to my life but also the opportunity to share the knowledge I have gained over the many years I have been doing it.

Throughout my career I have coached or advised many athletes from many different disciplines and at many levels. This role has given me some exhilarating moments but also a lot of heartache! Having said that, working with people of all ages and abilities who want to reach their potential, is a rewarding experience.

A coach will never complete his apprenticeship? It is not a matter of taking the exams and passing out. Coaching is having the ability to take in many complex disciplines and

be able to draw on them in very creative ways. It is also about standing trackside on cold, wet, winter nights or transporting highly strung and charged athletes to fixtures across the country.



Pete Shields (Photo Pete Cooke)

There are times when you begin to question your sanity. However, it goes back to that sense of achievement, of reaching that potential when you have been part of that experience for someone it makes the coach's role more than worthwhile.

When the post of Mountain Running Coach was offered to me I had no hesitation in taking up the challenge. The remit is quite broad but one that I have no problems in addressing. Developing our international standing will not be achieved overnight. If my background in coaching thus far has taught me anything it is that to achieve your goal stamina, confidence and consistency are pre-requisites in getting there. My contribution will be focussed on developing that goal. Having a good management structure in place will make the job of reaching our potential that much easier. Working alongside such an experienced management team as is now in place has certainly given us a working start. If the expertise and enthusiasm they show can be channelled to our athletes, success will come our way. We have the vision. We now have to work towards consistently putting our national teams in a winning position. This will not happen overnight but I will ensure that we do not lose sight of where we are going and what we are going to achieve.

Please do not hesitate to contact me about any issues regarding my new post. Tel : 01943 864755. e-mail : shields.coach@btinternet.com

Mark Kinch - New England Team Manager

by Sarah Rowell

Unfortunately, due to work commitments, Robin Bergstrand resigned as England Team Manager at the end of last season. He has been replaced by Mark Kinch. Mark will work with Barry Johnson (the other Team Manager), plus coaches Pete Shields and Norman Matthews to provide support to the various England teams this year.

For those younger (!) runners who do not know Mark or older ones who have forgotten, he was asked to provide a potted history of his running career for the Fellrunner.

Mark has been running for 16 years, most of the earlier years were with Warrington Athletics club, where he gained team Bronze Medals in the Northern 12 Stage, Gold in the Northern Cross Country Champs and numerous county titles, team and individual. He also competed in track races with his best event being the 3000m steeplechase (PB - 9.10). The latter years were spent with Bingley Harriers.

He has represented the North of England at cross-country and on the road, with his best cross-country results being 52nd in the nationals and 16th in the Northern. For those who like figures his road pbs are:

5km - 14.40. 10km - 30.10. 5M - 24.25. 10M - 49.20.
1/2 Marathon - 65.58. 20M - 1hr 47.

Since 1992 Mark has been coached by Tony Hulme, with a particular emphasis on the fells. In 1993 he was 5th in the British Champs and 8th in the English and represented England for the first time at Knockdhu. After that progress was rapid:

1994 - Won British and English Championships

1995 - Retained British and English Championships and won Snowdon in the 2nd fastest ever time - 62.58

1996 - 2nd in Brit and English Championships.

1997 - B.O.F.E.A. Champion and 2nd Britain ever to win the Trofeo Vanoni race in Italy.

1998 - B.O.F.E.A. Champion and British Trail Running Champion (Marathon distance)

1999 - Retained British Trail Running Champs

His international honours for England include:

- two World Trophies, including Edinburgh where he was 13th and England won bronze
- two European Trophies, including 6th at Snowdon
- Won Knockdhu in 1994 in a then course record.

Due to a recurring calf injury at the moment, Mark's running has been curtailed over the last year and with the addition of the F & M outbreaks admits to not having done a lot (other than put on weight!). Along with a promotion at work, this has meant he has spent more time with his family (Heather and 2 sons Josh and Luke). Mark and co. moved house over a year ago and now live in Alsager in South Cheshire, where spare time is taken up improving the house. Mark still intends to carry on running although not at the same level and hopefully will be able to just enjoy getting out on the fells.

He sees the team manager role as an exciting opportunity to keep a link with the sport and hopefully give something back.

Believe it or not

It's always nice to know what's happened to the Greats of the past; for those of you wondering what 1991 British Champion Keith Anderson is up to nowadays this advert from Private Eye may help :-
"Speechwriting - Humour is my speciality. Speak to Keith Anderson. Freephone 0800 389 8568.
www.crispandcheerful.co.uk"

A DRINK IN TIME - SAVES TIME

by Norman Matthews

Are you a good drinker when you're racing, or do you try to hold out until it's finished? The difference between the two can sometimes make 'the difference'. One would imagine that drinking enough during exercise would be a simple task; well it's not as easy as you think!

Voluntary dehydration is not a term that most athletes have come across; to explain it, it simply means that although you know that during and after racing - or hard training - you should drink plenty, your body cannot be bothered, which usually means that apart from a few good mouthfuls you don't make an effort to drink copiously.

Even for those athletes who have been weighed before and after intense exercise and have been shown that they have lost a particular amount of fluid, they still find it difficult to completely replenish their loss.

All the sports nutritionists agree that race performance can be seriously affected by the loss of body fluid; in fact they can even tabulate the percentage loss of performance against a certain percentage loss of body fluid. For example, during events such as the 10K, 1% bodyweight loss through dehydration would result in a 2% decrease in pace. For those with a PB of 30-35 minute, it would reduce their performance by around 30-40 seconds. More extreme levels of dehydration - say a Wasdale in July without drink - could create around 7% loss of bodyweight, this could create even more dire consequences, drastically affecting co-ordination and reducing performance by over 30%. A big bonk can add a couple of hours to your normal race time.

So why do we need to keep the fluid level as near to status quo as possible? Mainly because of the reduction in blood volume that accompanies dehydration. During exercise, a good blood flow to the working muscles is needed to provide oxygen and glycogen for fuel and, in addition, especially if it is warm or humid, a good blood flow to the skin is required for cooling. However, as blood volume drops due to loss of water from sweating, heart rate rises to maintain blood flow to the muscles. This means the athlete has reduced economy and generally less tolerance to exercise. At the same time, blood flow to the skin is reduced, because it's more important to maintain circulatory blood volume. Thus cooling is impaired and body temperature rises. This increased body temperature may also contribute to the weary feeling during endurance exercise in the heat and can even be dangerous if dehydration is severe.

Some athletes can lose more than two quarts of sweat every hour, which equates to about 4lbs an hour weight loss (About a stone at Wasdale - if you don't drink!!)

So with all this evidence why do we not drink enough to compensate for the loss? Again the boffins come up with more jargon, this time 'physiological inhibition'. It seems that this occurs after moistening the mouth with a drink; as soon as the first sips of a drink moisten our mouths nerves in the mouth send signals to the brain to reduce our sense of thirst. Then there is the reaction to that uncomfortable feeling that one has of fluid swilling around in the stomach. Not having a drink to hand is another reason, plus at that particular time - when you are feeling a little jaded - you just can't be bothered to get one. Think back to the end of a tough race when you are propped up against a wall feeling a little sorry for yourself, hoping someone will offer you a nice cool drink! Plus, is the drink you get the drink you want to consume in quantity? I certainly remember very clearly after a particularly tough Borrowdale leaning back against the big tent with a pint of lager that had no trouble in going down.

Many runners who on a warm day doing an 'A' long, fade unnecessarily at the back end of the race, do so not because they were not fit enough, but because their body mechanisms had started to close down due to a loss of fluid.

It would appear that this inhibition is peculiar to humans; when cats and dogs become dehydrated during activity in hot weather and are given the opportunity to drink, they will usually rapidly drink back all the water they have lost and then stop drinking. The drinking behaviour of human beings, however, seems much more complicated. In fact, during exercise many athletes seem to avoid drinking, even though they know that rehydration is likely to improve their performance.

Experience shows that if cold palatable drinks are within arm's length of well trained, experienced, exercising athletes most do drink enough to offset sweat losses. However, if they have to move even a short distance to get a drinks' bottle, voluntary dehydration usually occurs - which indicates to the sports scientists that a complex behavioural component is involved in determining fluid consumption by exercising athletes.

So, what can you do to beat this complex behavioural component? The first thing is to recognise that it exists and that topping up with a drink to replace lost body fluids is not an easy exercise, so you know now that you have a challenge, your body needs the fluid but it gives you little encouragement to consume all that you require.

Availability is a key factor; the Ennerdale race taught me many hard lessons, one being that there can be a serious lack of water over the last third of the race. (It was the first race where I learned to beg from passing walkers!) What a difference it made if you were up a few days before the race and put a bottle out just after Haycock - or had some support - it made all the difference.

Having support during and after a race can be crucial in overcoming voluntary dehydration.

The type of drink, its flavour and temperature are other important factors. Giving someone 15 litres of orange juice on their Bob Graham is not helpful - unless they really really like it! However, the very thought of a cold pint at the end of a race has kept many runners going for much longer than may have been possible.

Another factor is that drinking on the run is awkward and needs to be practised; for my part I perfected the 'Squish' technique. On long races I would carry the optimum number of small plastic bags with a couple of heaped spoonfuls of carbo powder in. These would be opened just seconds before the nominated stream and dipped into the water as I passed by, picking up about 8 - 10 fl ozs. I would run for about 50 metres or so - allowing the powder to mix well - before doing the 'Squish'. This involved squeezing together the neck of the bag in one hand and poking the index finger of the other hand in the top of the bag to make a neat opening. The bag was then put to the mouth making a seal and the contents squeezed quickly - downing the lot in one go - with a Squish! Making sure to put the empty bag back in the bum bag (before anyone asks). Taking drinks regularly when racing the fells is the key; even if you don't feel like a drink, never pass by a 'good looking' stream. If there are no streams available, it's support time, or carrying time.

So can runners learn to drink more? - A top nutritionist states:

Athletes can be trained to drink more fluids, but whether or not most of them can be trained to drink enough during exercise to replace all fluids lost in sweat is questionable. Still, I think we make a mistake if we think of voluntary dehydration as an insurmountable physiological barrier, because it isn't. Individuals who understand the value of drinking, who have practiced drinking and are comfortable doing so, and, most importantly, who have easy access to palatable fluids can replenish all or almost all of their sweat losses during exercise.

In fact, sports scientists believe that minimising dehydration by drinking during exercise has the largest beneficial effect on performance of any single nutritional intervention.

So there you have it, the simple drink may never be thought about in the same light again, there's a lot more to fluid loss and energy depletion than most of us think. Perhaps this summer when you have been out on the fells for a few hours without a drink and start to feel the energy drain, just think what a planned drink would have done for your performance.

England Vests for Vets

by Norman Matthews

The FRA International Selection Committee has agreed to send a contingent of England Veterans to the 2nd WMRA Masters Mountain Running Championships which will be held in Kitzbuhel, Austria on 21st Sept 2002.

Although International Teams as such are not yet recognised, individuals can represent their country at the event.

The trial race for selection will be held on Sun 11th Aug at Keswick and will be run in conjunction with the trial race for the World Mountain Trophy - which coincidentally is also held in Austria on 14/15th Sep - the week prior to the Masters Championship.

It is proposed that four athletes will be selected in each of the following categories.

Men	40-45	45-50	50-55	55-60	60-65
Women	35-39	40-44	45-49	50-54	

The first two in each category will gain automatic selection. The selection committee will choose the remainder of the team.

No funding will be available for the trip; athletes selected will be responsible for their own travel and accommodation costs.

More detailed information will be available in the June Fellrunner.

RAMBLING ROSE

MANAGEMENT OF FELL/HILL RUNNING IN THE UK

Having read about various problems in Scotland and Wales, my comments in the October magazine were intended to provoke debate. I certainly hadn't anticipated the AGM motion - *that the FRA committee should liaise as soon as possible with the appropriate fell/hill running bodies in Northern Ireland, Scotland and Wales, with a view to forming a single UK body responsible for fell running.* I voted against the motion which I think is premature.

My concern is that it reads like a 'take over bid' by the FRA, and tends to generate the idea that we have some sort of magic wand which can be waved to resolve all the problems described in recent Celtic Corner columns. The FRA is managing very nicely thank you, and can do without the hassle of becoming involved in the problems of others. However, we are always ready to listen to constructive ideas and suggestions, and don't need an AGM motion to talk.

The FRA membership is in excess of 5000 which includes around 200 in Scotland, 150 in Wales, and 20 in Northern Ireland. I guess there are many more active runners who are members of the Scottish Hill Runners, the Northern Ireland Fell Running Association and those who would be members of the Welsh Mountain Running Association if it hadn't disappeared. I would want to see significant grass roots support before embarking on a major re-structuring exercise - significantly more than the 30 at the FRA AGM, 12 at the Dolgellau meeting and similar pathetic turn-outs at Scottish meetings.

Anyway, the motion was carried. Hopefully a breakaway from UK Athletics is not envisaged because many of our members also compete in other disciplines and I believe the vast majority recognise and benefit from the advantages of club membership and the links with their regional associations. If a single UK body becomes a real possibility, I think logic points to the FRA replacing the PST, supported by a small regional committee in each home country. Didn't we have this sort of format back in the 1970s and 80s?

Members can be assured that nothing will happen in haste because changes to the FRA Constitution require the approval of either an Annual or an

Extraordinary General Meeting. Would anybody turn up?

FRA RULES FOR COMPETITION, RULE 6

"No runner may take part in any fell race without having entered the race in accordance with the rules drawn up by the race organisers for each fell race."

At the Silver Howe race in November, a well known lady athlete lined up at the start without a number, raced against 167 bona fide competitors, ran through the finish, and was placed and timed by the marshall. I was not amused. Many of those present were puzzled as to why the 'second lady' didn't receive a prize.

There are only a few rules in fell running; they have been drawn up to ensure fair competition and for safety reasons. Those breaching Rule 6, apart from dodging payment of the entry fee (which funds the organisation and prizes), compromise safety by confusing the number count at check points and at the finish. The FRA takes a serious view where safety is concerned.

SPRING BANK HOLIDAY

Older members will remember that Whitsunday is the seventh Sunday after Easter, when the Yorkshire and Lancashire mill towns used to hold their Whit walks, crowds turned out in their Sunday best and extra trains ran to Blackpool. Times change and some thirty years ago the government of the day, unable to cope with two moveable feasts per year, decreed that Whitsuntide be ignored and a new spring bank holiday be tied to the last Monday in May. As the footnote to Civil Service memos used to say: 'Scotland is not included in these arrangements'.

This year, without consulting the FRA, our Whitehall whizz-kids have delayed the spring bank holiday for reasons I find difficult to understand. Anyway, the consequence of this tinkering is that all those races which traditionally fall on Bank Holiday weekend now take place on the same weekend as those which are earmarked for the weekend after the usual bank holiday. Thus the 2002 Calendar shows 6 races registered for Saturday 1 June, including the unfortunate clash of such classics as the Welsh 1000 Metres, the Isle of Jura and the Duddon Valley (a British and English Championships event).



*The FRA Secretary in avuncular mode
(Photo Richard Topliss)*

I shall of course be making my annual pilgrimage to Jura and will miss the excellent Duddon weekend. Runners will have to decide their priorities, and sadly the numbers and quality of competition at each of these races will be diluted.

Grand Avoirdupois Assessment Competition Result

Well, if I'd been Mike I would have been a bit hurt at the Competition entries - most people, despite the hints given in the Competition information were insultingly way over the top with their estimates of his weight !

The worst entry confidently offered a weight of 15 stones 4 pounds and there were innumerable others in the 14 stones category.

The correct weight (fully clothed, mark you !!) was a sylph-like 12 stones 12 pounds and the person nearest to that was Dick Courchee, who by now should be the proud possessor of his Running Bear Fellshirt.

Letters, opinions et.al.

"Give us our pins!!" from Allan Greenwood

I feel the need to comment on the recently implemented "no pins provided" stance by some organisers in this year's fell calendar. This may on the surface seem to many like a petty and trifling issue, but hear me out.

I have been to many races - road, cross-country and fell - where pins have been in short supply or have run out altogether. By and large, I believe runners do not keep a stock of their own pins and I have often seen people asking around or scrounging one or two to hold their numbers on.

I know the idea is to get runners to bring their own - but we won't, otherwise we would bring a plastic bag for the number and the correct change instead of a queue of £20 notes!

Race numbers are for the benefit of the race ORGANISER! Runners couldn't care a toss whether they wear one or not. Give me a number without pins and I will probably leave it in my car. Then try identifying runners without numbers as we shoot through the finish three at a time!!

On the other side of the coin, what do your average runners get for their entry fees. A number, plastic bag to keep it dry, four pins and a drink of squash at the end if they are lucky. The actual run costs NOTHING. Any surplus cash from the race goes to prizes, Mountain Rescue/First Aid cover or charity.

Pins cost about £15 (six race entries at £2.50 each) for a box of ten gross (1440 pins), that is enough for 350 runners at four pins each. They are a consumable item, like the numbers, poly bags and drinks cups.

Come on race organisers, give us pins; we have paid for them - then if you want to gather them back in at the finish, do so.

Allan Greenwood



UK Athletics and Fellrunning from Andy Walmsley

I'd just like to add my voice to the current debate on the future of fell-running and the FRA. Although I don't pretend to fully understand all the ramifications of the various political manoeuvres which go on from time to time in the various governing bodies of athletics I have always held the view that fell/hill/mountain running is a totally different and separate activity to any other branch of athletics. To the "men in blazers" we have always been at best a poor relation and at worst totally inconsequential. The recent slap in the face over our World Cup bid just serves to confirm what I'm sure most fell-runners have thought for a long time.

So, UK Athletics has very little interest in fell-running, eh? So what? I have very little interest in them, so the feeling of apathy is mutual. I realise that I don't speak for all fell-runners here (as witnessed by Joe Ritson's letter in the previous "Fellrunner") but I personally do not usually compete in "other branches of athletics" so it would not bother me if the FRA were to completely divorce itself from UKA - my other activities are more likely to

come under the auspices of the British Mountaineering Council or the Cycle Touring Club or maybe the Ramblers' Association (!!!) but certainly not UK Athletics. I'm sure there are many others in the FRA who feel the same. However, I realise that this is a radical view, perhaps not shared by the majority of FRA members, therefore I think that Mike Rose's proposed structure for the governing of fell-running in the UK is a good idea and I want to add my support to it.

On a slightly related subject, I also agree with Ian Taylor's comments in Celtic Corner re. internet/website/email. The FRA could certainly do a lot more with its website and electronic communication generally - especially if it wants to be a truly "in touch" UK governing body. It would help to bring the whole of the fell-running community closer together - something which has been needed for a long time. The divisions between the "home countries" don't make a lot of sense nowadays; as Selwyn Wright said all those years ago, running up a hill is the simplest thing and the nature of the sport is very similar throughout the UK. As people who love to run on fells we are a small but very select minority, whether English, Northern Irish, Scots or Welsh - we shouldn't be divided.

Let's all band together under a single UK governing body and the UK Athletics brigade can go take a running (long, high or triple) jump!!

Regards, Andy Walmsley

UK Athletics and the FRA from Dennis Quinlan

I write in support of a UK FRA as the governing body for fell-running.

1. Independence would almost certainly mean Fell & Hill Running would be dropped from the Club Affiliation list. Apart from saving £1 per head for fell-only clubs, thanks to Mike Rose's efforts, this would result in an estimated loss of £3700 from the North of England AA. The saving for hill-only runners in Scotland would be significantly more. The FRA has more than survived in the past without this income, so why should it be a problem?

2. I guess an independent FRA would have at least as much success/failure in bidding for lottery funding but what a lot of people don't realise is that support for sport is not just lottery funded but also government/exchequer funded. It would be important to have the "home countries" committees as on Mike's diagram as, historically, support for fell and hill running has come on a home country basis.

3. Event insurance would be lost and in these days of "Who can we sue next?" this would need to be covered by the FRA. I doubt if an extra £1 or so on the very reasonable subscription would be a cause for objection.

4. Similarly, coach insurance, currently via UKA, would need to be considered. Fell and Hill Running qualifications would need to be organised by the FRA - this would not be a problem as a syllabus exists already and we have coach education enthusiasts like Norman Matthews. A more extreme position could be "Why bother with formal coaches?" Apart from the fact that the vast majority of fell runners don't want to be "coached", what qualifications are needed to advise them? Mainly an experience of fell running and a desire to help others - you may be surprised to learn that despite being a UKA Senior Coach and a former GB and England Coach I have never taken a coaching exam in my life. I was appointed on the basis of long-term proven experience, far more important than a few bits of paper.

5. Would an independent FRA prevent home countries from sending teams to the World Mountain Trophy? No, because membership of the WMRA belongs to UKA and the National Athletic organisations, not to the Fell & Hill Running organisations. This may surprise many in view of the historical convenience for the Athletic Associations of passing the organisation on to the Fell & Hill Running bodies. There's no reason why this shouldn't continue via the home country committees and using the people currently involved. However, I favour a more radical move. I think it about time that we recognised that international mountain running, as represented by such events as the World Trophy and the Grand Prix has little to do with Fell & Hill Running as we know it. Have you ever seen Billy Burns, Martin Cox, John Brown or Mike Boulstridge at either an English or British Fell Championship event? I don't criticise them or their selection (although controversial) for that because Mountain Running is a separate sport. I have already suggested to the F&H PST and to UKA that it is time the Athletic Associations took their positions more seriously and appointed international selection committees for Mountain Running which reflect the nature of the sport - i.e. Fell & Hill, Cross-Country, Road and even Track representatives.

Things are already moving this way as next year the European Trophy becomes a Championship event and only a UKA Great Britain Team will be allowed to compete. I don't see that a true Fell & Hill Running organisation should care less - it may reasonably say that British, English Scottish, Northern Irish and Welsh Fell & Hill Championships are enough.

Should Fell & Hill Running wish to support elite athletes it should do so, in my opinion, for proper Fell & Hill Running events only, such as Knockdhu and the Junior Home International. The Black Forest Games may be a nice trip for the kids but we may as well send them to Blackpool for a 5K road race! Germany is the European country most opposed to racing downhill.

Growing FRA membership illustrates that there is no need to promote the sport - should we worry that the proportion of vets is increasing and that not many youngsters take up the sport? Whatever, this is our sport, take it or leave it and I think that the independence of Fell & Hill Running would probably be as welcome to UK Athletics as it would to the majority of Fell & Hill runners themselves.

Dennis Quinlan

An alternative viewpoint on junior training from Helene Diamantides

I was very interested to read Norman Matthews' article on "Quality not Quantity" and agreed with most of what was said. I was very surprised to read therefore that, despite the bold title, he is indeed advocating increasing quantity, particularly in the young. I am concerned at his view that juniors should not only be allowed but positively encouraged to exceed the recommended guidelines for training and racing distances which are in place to protect youngsters from youthful enthusiasm and adult aspirations.

I would like to pose an alternative picture to the one Norman offers. Far from being "unfortunate" I would argue that the protective practices serve as an important "handbrake".

Firstly the Kenyan "cannon fodder approach" (as I choose to call it) ensures that those individuals who respond well to mileage will indeed turn out as superb athletes. The system is working for them. I wonder how many athletes fail due to the system. How many more stars would we see if there were a variety of approaches suited to all of the young potentials in Kenya? How much longer would the average life expectancy be if there was a "regular bus service or and economic system similar to the western world"?

Norman seems to link the last two factors in a semi-humorous way to our lack of performers on the track. I would argue that the infant mortality of the countries that produce the runners should also be looked at when the system that turns out these athletes is admired. How does the bizarre concept of some third world 'advantage' sit in terms of importance of ranking at the end of a race? I would rather our children were ten steps behind.

Should it be, therefore, an aim to try "to compete on equal terms"? Where are these superb athletes in other minimal equipment sports? (and, let's face it, running has to be the cheapest sport on earth, favouring those with the lowest body fat - read poor diet). Why is it that other countries similarly situated to Kenya fail to turn out superstars despite mimicking their training regime? Why haven't the western attempts to follow the "Kenyan approach" produced successful results? Why were our best endurance runners (arguably in the 70's with Cram, Coe; Ovett being the exception and interestingly having the least success) notorious low milers? Perhaps the gene pool has the answer. Perhaps we should be happy that the children from the Rift Valley have a way out of their crushing poverty without our 'assistance'.

I would particularly like to draw attention to Tim Noakes' "Lore of Running": "Most of the world's outstanding endurance athletes of the past decade did not train heavily, nor were they outstandingly successful as children. For the overwhelming evidence is that the majority of adult athletes of world standing, including such achievers as Sebastian Coe, were not particularly outstanding, nor did they train excessively hard in their youth."

And a little later on the same page, "Intensive endurance-type training during early childhood does not seem to have any particular benefits that could not be achieved by the same training after the age of 18 years".

That would seem to preclude child prodigies, not a particularly worthy aim of any coach or parent.

Interestingly, Noakes found that "Unlike adults, children who are left to their own devices will not drive themselves to the point of injury". One of the most common reasons for injury is overtraining. Unfortunately the nature of longer distance running involves some degree of repetition and potential exists for overuse. Hence the established guidelines. Also worth noting is Noakes' suggestion (based on research) that between 11-15 years

a child can train for no more than 10-20 minutes before needing a rest. It would be difficult to achieve the 7-10 miles a day with adequate rest time AND leaving the child enough time to develop socially and educationally. My last point is one that has no research to back it up. Most successful runners do well not only because they are motivated, but also they happen to have found enjoyment of some kind. People who like what they do nearly always do well at whatever it may be. It may be a sense of achievement at being able to meet goals, feeling better in one's body, self esteem, to name but a few reasons. To teach youngsters that the position on the finish line is all that matters is to lose sight of the essence of the sport that keeps us all involved. "For God's sake do what you enjoy doing and don't get too serious about it - you can have that attitude and approach to athletics until you are about 18 years of age and still go on to be a world-class performer" Herb Elliott (in Linton 1981)

Now, I know I will be shot down in flames as to the archaic nature of my views, the outdated research and so on. However I feel I was fortunate to have parents who greeted my reports of success in sport with, "Yes dear, but did you ENJOY it?" twenty-two years ago.

Helene Diamantides.

B.Ed (Hons) Human movement studies

B.Sc (Hons) Physiotherapy

Track and Field Coach

Previously able child athlete and survivor despite the system.

UK Athletics from Neville Boler

In response to your request for input into the subject of UK Athletics and the World Mountain Running Trophy Races - stuff them all!! As a runner in the 1988 World Trophy Open Race at Keswick and a spectator of the other races which took place over the weekend, I would gladly pay £25 to take part in another such enjoyable event. If all other members feel the same way, could we not stage the event ourselves?

I have been a member of the FRA for a number of years and felt we were managing OK - please register me against any further involvement with UK Athletics.

Regards,

Neville Boler

Two points from Rob Hope British Fell Relays

Can anyone explain why the fell relays are continually held on Sundays? Discussion with various runners brings me to the conclusion that the vast majority would rather have the relays on a Saturday.

Surely it would make for all round more entertaining and enjoyable weekends if the relays were on Saturdays. Assuming, relay legs are contained within a reasonable time frame, is there any reason why the event couldn't commence around midday, to allow ample travelling time and still comfortably finish by late afternoon?

PS Well done to those involved in the organisation of the 2001 British Fell Relays at Llanberis.

(Note - this year's relay will be held on the Saturday NOT the Sunday - Ed.)

T-Shirts

Firstly, I'd like to stress that I am extremely grateful (as most other runners are) for the sterling effort organisers put into races throughout the year. There's just one small issue that continues to puzzle me. Why are large size race t-shirts so frequently handed out when the vast majority of runners are medium if not small?

(As an organiser, I know the answer to this one, dead easy - as you don't know what size your winners will be you just get one large size as little people can get into a big T-shirt but big people can't get into a little T-shirt. Just think of Scoffer or Bob Berzins squeezing themselves into a medium T-shirt!! - Ed.)

Problems with the AAW from Rob Jones

David Whiteside wrote to the AAW asking for sponsorship with the running of the British Relay Championships in Llanberis but they never bothered to reply. It is my opinion that there are not enough athletes in Wales to keep the AAW going - I think all our subs go to paying their wages!

It would be more beneficial to fell running if we kicked these people into touch and stayed with a body like the FRA, who are solely interested in mountain running.

Regards,

Rob Jones.

Long races - a European approach from Ruth Pickvance

I read with interest Graham Breeze's article as to whether 'Long A' races will survive due to falling entries. These races, for me, are the heart of where UK Fell Running lies and represent what the sport is about.

I was very surprised to read some of the statistics. I cannot help feeling that we do not know enough about making these races into 'events'. If you talk to people on the Continent they have all heard of the Davos Swiss Alpine Marathon (72k), La Plagne (55k) or Thyon-Dixence for example. These races are gruelling, often in part at altitude, and yet they get hundreds of entries each year by runners from many different countries. For the top runners it is true that the prize money can make these races quite lucrative, yet while this can create an interesting 'elite' race it is not this incentive that attracts the majority of the field. Hundreds of runners come simply to enjoy the races and the areas in which they take place.

There is great potential for promoting an area and for increased tourism through the development of such races. With the recent battering that many areas and businesses have had through the Foot and Mouth crisis, bringing people into these areas via such an event would only be a positive thing. We need to learn how to promote our fell races in this country and abroad and how to support them both financially and on the day. There has been a 'head in the sand' attitude to promoting Fell Running in the UK and the attentions of the media have been discouraged. While I am not for a minute suggesting a full scale publicity drive, I believe that if we had had more positive promotion for Fell and Mountain Running here we perhaps would not be viewed as the eccentric clique that many people think that we are. Perhaps, noting recent responses from UK Athletics, this is what they have us down as too. I found it interesting that this years World Trophy Race in Arta Terme, Italy went out on National TV on both days and highlights were even shown on the Rai 3 National News. I cannot imagine that being the case in the UK.

Regarding increasing the number of competitors in races, many Continental races will incorporate a walk as an option for entrants. In my experience this works well - the walkers support the runners and it also enables people who are not runners and yet enjoy the outdoors to have an active day out and to feel part of the event. I have heard it stated that the 'Long A' races in the UK demand a certain degree of 'mountain capability' that the Continental races do not. However, many UK 'AL' races are not beyond the capabilities of most runners who are prepared to take seriously the demands of the event. I myself am not the world's greatest navigator and yet I have completed most of the classic 'A Long' races several times. This is in no way a criticism of all the wonderful, long standing and long suffering race organisers of the 'Classic AL' races. There needs to be more collaboration between local companies/tourist offices and sporting bodies to achieve the above. But, at the rate we are going, there will soon have to be a zimmer frame category for the bulk of competitors; thinking positively, a zimmer frame could be handy for hanging your compass off!

Ruth Pickvance

Race prizes from Tony Richardson

In his "Ramblings" of last June, Mike Rose invited feedback from race organisers on the distribution of prizes.

For the past five or six years, in the Lake District Mountain Trial, no-one has been able to win more than one individual prize. In the Men's Trial, ten prizes are Open, three go to the 40-49 age group, three to the 50-59 age group and one to a Supervet over 60. In the Women's Trial, four prizes are Open, two go to the 40-49 age group and two to those over 50. Some care is taken in the allocation of prizes on the day to ensure that each recipient receives the highest value prize for which he/she is eligible, notably when the overall winner is a veteran.

The award of trophies is of course not affected by this arrangement and recipients of individual prizes continue to be eligible also for team prizes.

A number of special prizes, e.g. for novices, YHA and LDMTA members, are awarded only to those who have not won any other individual or team prize.

As far as I am aware, all competitors are happy with this arrangement.

Tony Richardson

I believe this story, I really do - things like this happen in Scotland more often than you might think !!!

TWENTY FOUR HOURS IN THE LIFE OF A BEN RUNNER

by Jimmy Jardine

"Cough," said the doctor.

I was at the Well Man Clinic and in between the various tests the doc was asking me how my running was going.

"I was disappointed," I told her, "with my Ben Nevis time this year."

"What do you take during the race?" she enquired as she drew off some blood for the Cholesterol check.

"Nothing really," I explained, "but I do carry a Mars bar in case I run out of steam."

"A Mars bar! That is thinking from the 1960s!" She pushed her glasses further up her nose and looked me straight in the eye, continuing, "I can take ten minutes off your time on the Ben."

"Ten minutes!" My eyes lit up with the old fervour. "Did you just say ten whole minutes?"

"All you have to do is swallow a couple of these Trinitroglucurine capsules as the race progresses - it is all perfectly legal."

I only half heard her go on to say that the one drawback was that it makes you celibate.

I seized the packet and gobbled one down.

"That's no problem!" I laughed, "The office party is coming up on Saturday."

I was a bit puzzled by the look of surprise she gave me.

Later that night I realised I'd misheard the doctor and was somewhat humbled as I sat toying with my soldiers of toast at breakfast the next morning. I suddenly sat bolt upright when my eyes lit on an advert in the P&J. Next moment I was on my way to Conanvet - it was the perfect solution - Diagra - a second-generation digital product that was being experimented on stallions.

"Yes, yes," I said wearily as the vet went on and on about the stuff, warning me that my horse might experience a secondary spasm. My only thought was to get out and into the car. When at last there, I took two of the tablets.

Remember that warning about the secondary spasm? Well, I couldn't get home quick enough and kind of stretched an amber traffic light on the road works to Dingwall. It would have been no bother but for a police car sitting watching. That too was no bother although they gave me that very pained and penetrating look that police do as I went past. At that self-same moment the famous secondary spasm kicked in - between two of my fingers. They shot apart in a "V" formation.

The police pulled me in even before I'd reached the end of the road works and were walking towards me with that "Right, Chummy!" expression. Luckily they laughed when they saw my predicament but gave me a stern warning to watch where I was going. Everybody and everything seems to have to have an extra oar to put in these days! Much relieved, I was into gear and away - straight into the biggest hole you've ever seen.

The fire brigade didn't take too long to come and soon the clippers and burners were getting me out. I was transferred to a helicopter and we droned our way to Raigmore Hospital.

Pushing her glasses further up her nose, the doctor looked at me and said, "The good news is that we can save your leg. The bad news is that it will..." and here we chorused together, "put another ten minutes on your Ben time!"

THE ISLE OF MAN'S PREMIER FELL RACE

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Held under F.R.A. Rules

Running
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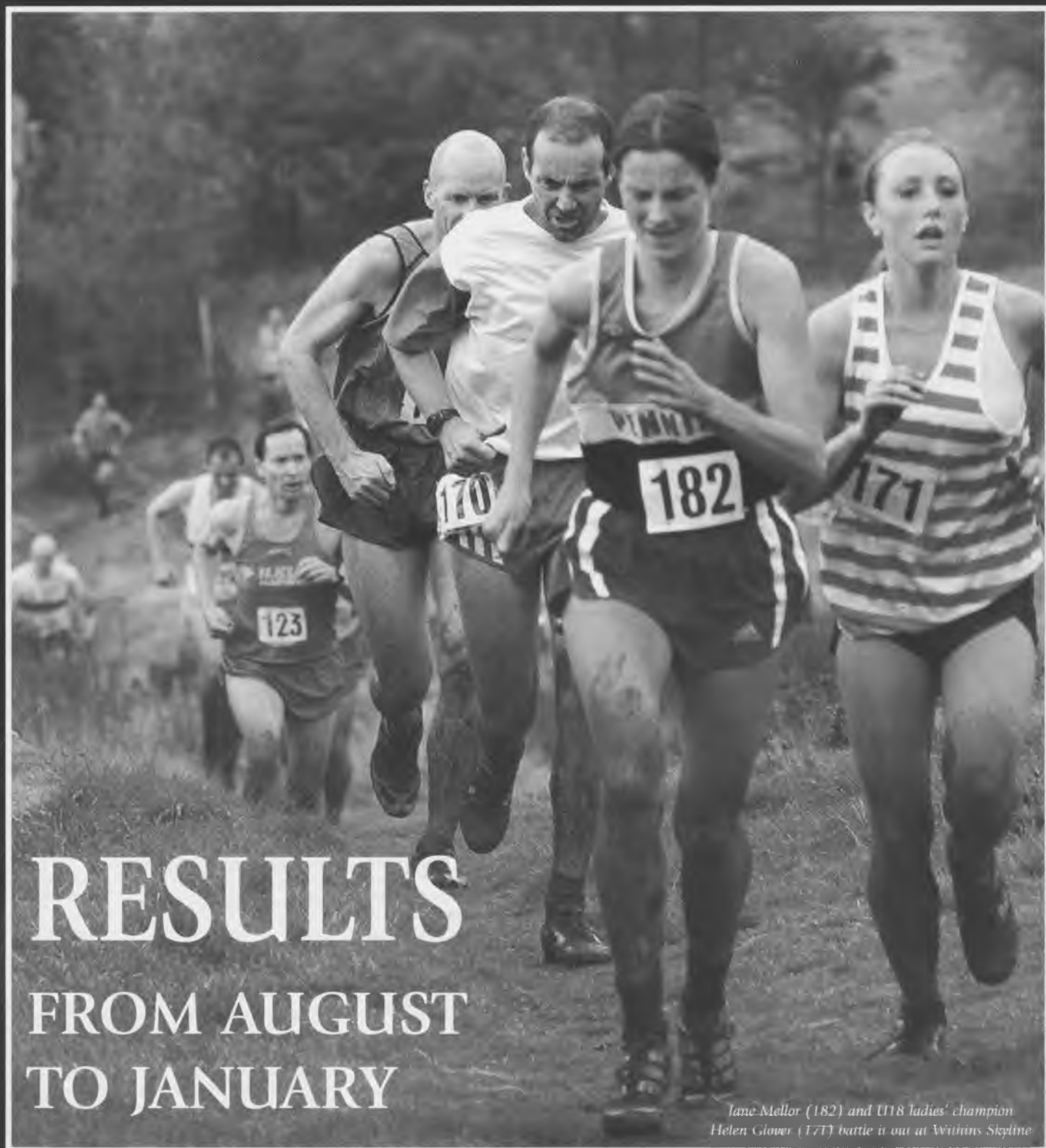
for further information, contact

Tony Rowley, 4 Poplar Close, Birchill, Onchan, Isle of Man IM3 3HS

Tel: (01624) 674968 e-mail: tony_rowley@hotmail.com

Supported by the Isle of Man Department of Tourism & Leisure

NOTE TO RACE ORGANISERS - AS THE JUNE
AND OCTOBER EDITIONS WILL CONTAIN A
GREAT MANY RESULTS WOULD ORGANISERS
PLEASE RESTRICT THEIR RACE
REPORTS TO A MAXIMUM OF 500 WORDS



RESULTS
FROM AUGUST
TO JANUARY

*Jane Mellor (182) and U18 Ladies' champion
Helen Glover (171) battle it out at Withins Skyline*

**2001 ENGLISH WORLD MOUNTAIN
RUNNING TROPHY TRIAL RACE**

Cumbria

AM/8m/3000ft 12.08.01

1. N. Wilkinson	Salford	46.20
2. M. Boulstridge	Birchfld	46.29
3. J. Taylor	Bing	46.43
4. R. Quinn	Kilbarch	47.21
5. R. Hope	P&B	47.28

LADIES

1. C. Tomkinson	Charnwood	36.18
2. T. Brindley	Carnethy	36.23
3. E. Dugdale	Salford	36.51
4. J. Kenyon	Unatt	37.18
5. P. Munro	Bing	37.56

JUNIOR MEN

1. J. Parker	OWLS	32.39
2. M. Buckingham	Holmfirth	32.55
3. R. Little	CannStaffs	33.02

JUNIOR LADIES

1. N. White	Holmfirth	29.49
2. K. Ingram	Chorley	31.10
3. K. Hawitt	Warring	31.28

SHELF MOOR FELL RACE

Derbyshire

AS/5.9m/1500ft 02.09.01

1. M. Boulstridge	Birchfld	41.33
2. J. Taylor	Bing	41.34
3. G. Oldfield	P&B	45.08
4. N. Bassett	StaffsM	45.59
5. P. Winskill	Penn	46.05
6. G. Schofield	Horw	46.15
7. D. Gartley	Gloss	47.08
8. G. Morson	Bux	48.29
9. A. Smith	Spectrum	48.46
10. W. Brown	CaldV	49.11

VETERANS O/40

1. (6) G. Schofield	Horw	46.15
2. (7) D. Gartley	Gloss	47.08
3. (10) W. Brown	CaldV	49.11

VETERANS O/50

1. (8) G. Morson	Bux	48.29
2. (11) T. Hulme	Penn	49.21
3. (13) K. Payne	StubbGr	49.38

VETERANS O/60

1. (95) B. Thackery	DkPk	66.48
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LADIES

1. (22) V. Wilkinson	Unatt	41.14
2. (38) S. Gilliver O/40	Penn	53.44
3. (48) K. Bailey	Bing	55.26
4. (55) L. Whittaker	Saddle	56.42
5. (61) J. Mellor	Penn	57.57

PADFIELD PLUM FAIR TORSIDE

SCAMPER

Derbyshire

BM/6.5m/1050ft 09.09.01

Another fine September day for the 2001 Plum Fair, the Scamper attracted 41 entries, our biggest field ever. Nicholas Bassett was clear winner being over one minute in front of Des Gibbons who had a fine run considering he got married the day before. Nuala Bardsley won the ladies race for the second year running taking nearly two minutes off her own course record in the process. Wayne Brown deserves a special mention for coming fifth in the fell race and sixth in the coal race, only the truly insane do both!

The Junior Scamper attracted an entry of ten, which is very encouraging.

The Famous Redgate Coal Race, as usual, had a small but select field and a large and enthusiastic crowd of spectators.



Roy Priestley, Mayor of Glossop, being appreciated by Ros Dunnington and winner Nuala Bardsley (229)
(Photo Woodhead)

Thank you to the United Utilities for their very generous sponsorship, Up & Running of Hyde for numbers and spot prizes and to the Padfield Powzers, Dave Naylor and all other friends who help out on the day - without their help we wouldn't have a race. Once gain, thank you.

Ted Woodhouse

1. N. Bassett	StaffsM	48.10
2. D. Gibbons	Altr	49.18
3. B. Whalley	P&B	49.48
4. K. Payne	StubbGr	49.55
5. W. Brown	CaldV	50.06
6. P. Targett	Clay	50.52
7. L. Best	Stock	51.18
8. I. Warhurst	Penn	51.52
9. D. Oldham	Gloss	52.15
10. M. Doyle	Stock	52.44

VETERANS O/40

1. (3) B. Whalley	P&B	49.48
2. (5) W. Brown	CaldV	50.06
3. (8) I. Warhurst	Penn	51.52

VETERANS O/50

1. (4) K. Payne	StubbGr	49.55
2. (7) L. Best	Stock	51.18
3. (14) J. Pollard	Gloss	54.23

LADIES

1. (13) N. Bardsley	Gloss	53.48
2. (22) R. Dunnington O/40	EChesh	58.09
3. (28) A. Brentnall O/50	Penn	62.52

BRISCOE'S BREWERY FESTIVAL

FELL RACE

West Yorkshire

3m/900ft 15.09.01

The third Briscoe's Brewery unique fell race took place on 15 September and for the first time was incorporated within the beer festival at the Bowling Green in Otley town centre, West Yorkshire. The race involves running up and down the imposing slopes of Otley Chevin, the hill that dominates the skyline with the route being similar to the June evening Chevin race.

The difference here is that all competitors have to drink a pint of Briscoe's 'Chevin Chaser' famous beer, not an easy task but a challenge to any self respecting fell runner. In fact, next year this unusual/novelty event will feature in the FRA calendar, probably in the month of September to coincide with the beer festival again.

With live band entertainment, lots of food and some thirty different beers on offer, it was a resounding success.

With 1999 and 2000 winner, Rob Hope, competing for England in the World Trophy in

Italy, Phil Sheard deservedly took the honours in running a fast time of 16.59 and beer drinking 37 seconds for a total of 17.36. The fastest pint drinker was P & B's Steve Bottomley with a relatively "slow" 17 seconds, but he did pip team mate Jason Hemsley to third place.

Under 16s are catered for, but a pint of orange looks harder than drinking actual beer, so Daniel Cutts taking 2.5 minutes looks impressive. Meanwhile, dad, Andrew, the Over 40 winner managed 53 seconds, picking up a place in the drinking section for 5th overall, his prize being ten litres of Briscoe's beer.

Pange Srivistava won the ladies, and the 20 litre prize of beer demoting past winner, Sarah Rowell, to the runner-up spot. Although Sarah did drink the fastest pint in 25 seconds, a stumble en route didn't help her running ability, although that night's beer tasting might have seen a few more stumbling!

Hopefully, we look forward to seeing you all next year for Dr Paul Briscoe's brain child of a race, which celebrates his brewery established in 1998 from the cellar of his semi-detached house; but now expanded to be behind the Bowling Green Public House.

Duncan Disorderly



U16 Daniel Cutts realises what fellrunning can do to you!!
(Photo Woodhead)

1. P. Sheard	P&B	17.36
2. G. Devine	P&B	18.14
3. S. Bottomley	P&B	18.23
4. J. Hemsley	P&B	18.13
5. A. Cutts O/40	Longwood	22.43
6. D. Fuller	Unatt	22.45
7. S. Mann	Otley	22.50
8. P. Srivistava Lady	P&B	23.00
9. A. Sumner	P&B	24.04
10. S. Rowell Lady	P&B	24.12

SCAFELL

Cumbria

AS/4.5m/3000ft 22.09.01

After all of the doubt over the effect of the FMD crisis, it was good news indeed to see the restrictions removed sufficiently far to be able to organise 2001's modified Scafell Pike. Yet again the weather gave us its blessing and although looking a bit clagged-in as I drove up the valley, conditions improved progressively with a few

hundred feet of mist clinging to the summit, dramatising Lord's Rake as it rose, pouring over the top of the crags. There was virtually no wind on the ground so we erected our new gazebo registration tent with confidence and I relented on the gear requirement to just a cagoule etc.

Just as last year, the runners had to sweat it out on the ascent. Ian Holmes came in first but it looked to be an interesting duel on the descent of Lingmell Nose and the diagonal path with runner-up Simon Booth and Mark Roberts. It was actually Rob Jebb who gained the summit first by almost a minute but unfortunately turned his ankle on the descent, coming in 51st (hope the injury was not too serious). The third place was claimed by Mark Roberts and only 12 seconds covered the first three runners.

A marvellous run by George Crayston Jnr. at the age of 18 brought him in 6th place so a special under 20 prize was awarded for this outstanding achievement.

The ladies' race was won with a tremendous result of 16th overall in a field of 76 by Louise Sharp, the runner up being club mate Hilde Krynen. Third place went to Sharon Taylor. The LV40 category was won by Jane Smith, second place going to club mate Mandy Goth and third to Jane Hornsby. There was no ladies team prize (3 required to count) so please ladies, let's have a few more runners next year!

The Jack and Jill prize was won by Louise and Nick Sharp - total 20 points. There were no retirements. The Gents team prize was won by Borrowdale who achieved a total of only 20 points!

Thanks go to all of my hard working helpers. On the summit Richard Green and Ian Finlay from the Grains Gill route and Len Watson from the Wasdale side. Helping with the registration, finish, prizes and all else Maggie Reid and early on Pete Ferris. On the radios, Chris Ellen. The start and finish team Jim and June Hall. Also to Bob Davis for turning up early and helping with the flags, tent etc. and to Joss Naylor for doing the prize giving and helping with the flags. Thanks to the Wasdale Head campsite and the National Trust for their information and advice on the situation, which allowed the race to go ahead. Let's hope the race can return to its original course in 2002.

I hope you all found the flapjacks to your taste - all disappeared this time but Maggie said the crumbs were nice! I also hope my attempts at brewing were passable and that you eventually will savour the prizes. For those of you that are patient, the longer you leave the beer the better. I had only bottled it about a week ago, sorry I forgot to mention it. Several months are best to wait....

As always I thoroughly enjoyed organising the event and I hope you all enjoyed the run. Hope to see you again next year. Don't forget, the Ennerdale and Wasdale should be on as well!

Yours in sport

Richard J Eastman

1. I. Holmes	Bing	57.59
2. S.Booth	Borr	58.06
3. M. Roberts	Borr	58.12
4. N. Sharp	Amble	58.41
5. J. Bland	Borr	62.03
6. G. Crayston	CFR	62.05
7. E. Nash	N'castleUni	64.32
8. J. Deegan	Amble	65.03
9. G. Schofield	Horw	65.58
10. S. Hicks	Borr	66.17

VETERANS O/40

1. (9) G. Schofield	Horw	65.58
2. (10) S. Hicks	Borr	66.17
3. (15) R. James	CFR	69.24
4. (20) D. Armstrong	NFR	72.53

VETERANS O/50

1. (18) K. Taylor	Ross	72.14
2. (22) J. Holt	Clay	73.54
3. (29) M. Targett	Clay	77.10

VETERANS O/60

1. (53) B. Johnson	CFR	88.50
2. (55) J. Richardson	CFR	91.02

LADIES

1. (16) L. Sharp	Kesw	69.38
2. (35) H. Krynen	Kesw	80.48
3. (42) S. Taylor	Bing	83.52
4. (50) J. Smith O/40	Tod	86.58

PERIS HORSESHOE MOUNTAIN RACE

Gwynedd

AL/17.5m/8500ft 22.09.01

Given the Foot & Mouth epidemic and our poor publicity, we were surprised to have an entry of over 80 runners.

The race leader at half way, Dylan Jones, faded badly by Lliwedd but finished a creditable 9th overall. The race was won by John Hunt after a closely fought battle with Trefon Jones.

The race conditions were warm and runners overall returned slow times due to their reduced training and racing experience because of the Foot & Mouth.

The first lady home, Gill Harris, ran a steady race to finish well ahead of Wendy Dodds and Alison Donnelly.

Mike Hale

1. J. Hunt	CFR	3.35.40
2. T. Jones	Eryri	3.35.54
3. P. Evans	Eryri	3.44.51
4. Q. Harding	Bowland	3.47.15

VETERANS O/40

1. (2) T. Jones	Eryri	3.35.54
2. (5) K. Harding	Tring	3.47.16
3. (6) L. Warburton	Bowland	3.47.28

VETERANS O/50

1. (14) D. Tait	DkPk	3.39.59
2. (19) Y. Tridimas	Bowland	4.08.45
3. (33) R. Hopkinson	DkPk	4.30.00

LADIES

1. (32) G. Harris O/40	Mercia	4.26.35
2. (53) W. Dodds O/50	Clay	5.02.58
3. (60) A. Donnelly	Eryri	5.21.17

LANTERN PIKE FELL RACE

Derbyshire

BS/5m/1050FT 22.09.01

Like lots of events this year, the decision was taken to cancel the Hayfield Sheepdog Trials and Country Show because of the Foot & Mouth outbreak. The decision was also taken that we should run the race, although starting and finishing in the village itself, we were able to incorporate most of the normal route! It means that the long drag up the tarmac hill at the start would now be in the middle of the race route, which should make things very interesting after having already climbed virtually to the top earlier. Although lacking our usual attractions and fantastic venue, we had an entry of 140 with the largest contingent travelling from Barnsley.

With only four entries, the junior race set off from the field for their lonely but nevertheless fast race, with Thomas Wild enjoying a well earned victory, local boy Leo Harvey was second and Charlotte Wild was first girl in third place.

The senior race was very different with a tightly packed bunch led by Malcolm Fowler, all the fancied runners were together as they descended into Brookhouses to start the tarmac climb where Steve Penny (last year's winner) made his move - powering his way to the top and into the

lead which he held comfortably to the finish. There was much "digging in" as the rest of the runners went over the top of the Pike and down the fields to Hayfield.

A close race for the ladies title going to Elizabeth Batt, followed home by Sally Gilliver 40 seconds behind and local, Mary Edgerton, 24 second behind her.

Thanks to the landowners, marshals and helpers and also the understanding competitors. The race made over £200 towards the Hayfield Show funds for local charities.

Mel Cranmer

1. S. Penny	Chest'fld	31.12
2. M. Fowler	Penn	31.59
3. G. Cudahy	Stock	32.10
4. D. Dunn	Penn	32.45
5. L. Taggart	Bux	32.57
6. E. Gamble	Stock	33.08
7. C. Leigh	Traff	33.14
8. N. Bassett	StaffsM	33.23
9. J. Chambers	Stock	33.29
10. D. Gartley	Gloss	33.39

VETERANS O/40

1. (10) D. Gartley	Gloss	33.39
2. (11) T. McGaff	Penn	33.45
3. (14) R. Crossland	BfdA	35.14
4. (16) M. Beecher	Unatt	35.45
5. (20) I. Warhurst	Penn	36.05

VETERANS O/50

1. (19) B Blyth	Macc	35.57
2. (25) P. Lyons	Ross	36.32
3. (29) R. Britton	StaffsM	37.09
4. (31) T. Longman	Macc	37.14
5. (39) J. Dore	Roch	38.07

VETERANS O/60

1. (74) M Coles	Skyrac	41.42
2. (93) B. Howitt	Matlock	45.29
3. (97) M. McDonald	FRA	46.24

LADIES

1. (56) E. Batt	Bux	39.38
2. (61) S. Gilliver O/40	Penn	40.01
3. (66) M. Edgerton O/40.	Penn	40.25
4. (67) J. Mellor	Penn	40.30
5. (76) J. Phizacklea	Bux	42.25
6. (82) Y. Williams	Penn	42.59
7. (84) A. Brentnall O/50	Penn	43.47
8. (108) C. Fordham	StaffsM	48.33

JUNIOR

1. T. Wild	Macc	24.53
2. L. Harvey	Altr	32.41
3. C. Wild	Macc	35.59

ISLE OF WIGHT FELL RUNNING CHAMPIONSHIP SERIES 2001

22/23.09.01

The Isle of Wight Fell Running Championship Series, including the S.E.A.A. (South of England Athletics Association) Fell Running Championships, took place at Ventnor (Isle of Wight) over the weekend of 22nd and 23rd September, and were well supported by athletes from all over the South. The events, promoted by the Ventnor Fell Running Association, are held under Fell Running Association (F.R.A.) Rules in association with Ryde Harriers.

With two races being held on Saturday, and one on Sunday, the fine and sunny day on Saturday, gave conditions that, if anything, were too warm, but the overcast conditions of Sunday were nearly perfect, if a little windy.

The first event in the series, was the St. Boniface Fell Race from sea level to the top of St. Boniface and back, and was won by Keith Masson.

The Island finishers were Paul Charlton-Smith, Les Keeling, Bill French, Stephen Lee, and Keith Eldridge.

After an all too brief rest the second event in the series was The Ventnor Horseshoe. Again routing over St. Boniface, the course passed through Wroxall Manor Farm, St. Martins Down, Cook's Castle, the old railway line towards Shanklin, and then up over Luccombe Down to descend over St. Boniface to the finish at the Winter Gardens.

In a close finish Dick Kearn finishing first and second placed Tony Cummings were too strong for third placed Keith Masson, with these three again taking the awards for the first three veteran 40 runners.

First veteran 60 was Mike Larby, 17th overall, with Brian Daniells, second vet 60.

In the ladies' event Mary Mills was again first with Christine Jackson second. Third place went to Sharon Tibbals, with Christine Daniells fourth and first veteran 60.

An overcast Sunday morning saw the runners line up for The Wroxall Round. The course starts along the Esplanade and cliffs but due to the landslips at St. Lawrence the runners turn landward at Orchard Bay, through Pelham Woods to Watcombe Bottom. After the climb to Week and Stenbury Downs the course drops to Stenbury Manor Farm before turning to Little Stenbury and Gat Cliff and on to the Donkey Sanctuary. The course then picks up the old railway line towards Shanklin, and then up over Luccombe Down to descend over St. Boniface to the finish at the Winter Gardens as for the seven miler.

Keith Eldridges performance is noteworthy as this is the seventh time he has completed all three events.

The overall men's series winner and Victor Ludorum was Dick Kearn of Compton Harriers with seven points. The overall women's series winner and Victrix Ludorum was Mary Mills of Holme Pierrepont Running Club on three points. In the men's overall team event Worthing and District Harriers (Masson, Powell and Priest) were strong winners on 11 points.

The series was again the S.E.A.A. Fell Running Championships. S.E.A.A. men's champion was Keith Masson of Worthing and District Harriers with Stephen Powell, Worthing and District Harriers second and Steve Cooper, Ryde Harriers third.

In the veteran 40 category James Priest, Worthing and District Harriers was first with John Lowden, Worthing and District Harriers second.

In the veteran 50 category Geoff Newton, Tadworth A.C. was first and in the veteran 60 category Mike Larby, Ryde Harriers was first.

S.E.A.A. women's champion was Christine Daniells, Milton Keynes A.C.

In S.E.A.A. team event Worthing and District Harriers (Lowden, Mason and Powell) took the S.E.A.A. championship on 13 points with Ryde Harriers (Cooper, Rumsey and Larby) second on 32 points.

Thanks very much to the Ventnor Fell Race Association Committee and all the marshals for making the events possible. Entry forms will be available early for next year's event to be held on the weekend of the 21st/22nd September 2002, which will again be the S.E.A.A. Fell Running Championships.

Officiating were Bob Niblett, Referee, Ray Stickland, Timekeeper, June Stickland, Christine Powell and Susanne Niblett Recorders. Results collation was performed by Ceri Lewis and Graham Maitland.

In 2002 Ryde Harriers are again promoting a full series of Road Races as well as the Fell Running Series. Information on race dates and entry

forms are available by sending an s.a.e. to Ryde Harriers, 31 High Street, Oakfield, Ryde, Isle of Wight, PO33 1EJ or by e-mail to graham.maitland@virgin.net.

Chris Lewis

Race 1 - St Boniface Fell Race

AS/3m/775ft

1. K. Masson O/40	Worthing	18.44
2. D. Kearn O/40	Compton	18.52
3. T. Cummings O/40	Thurrock	19.06
4. D. Tibbals	Crawley	19.17
5. J. Lowden O/40	Worthing	19.20

VETERANS O/50

1. (10) A. Hall	PortsJ	20.35
2. (12) G. Newton	Tadworth	20.59
3. (15) S. Hall	Loughton	21.42

VETERANS O/60

1. (19) J. Larby	Ryde	22.31
2. (26) F. Cash	Loughton	22.55

LADIES

1. (18) M. Mills	HolmePierr	22.20
2. (28) N. French	Unatt	25.20
3. (34) C. Daniells O/60	MiltonK	26.40

Race 2 - Ventnor Horseshoe

BM/7m/1500ft

1. D. Kearn O/40	Compton	56.29
2. T. Cummings O/40	Thurrock	57.17
3. K. Masson O/40	Worthing	57.56
4. R. Larbalestier	Unatt	59.00
5. S. Powell O/40	Worthing	59.15

VETERANS O/50

1. (10) G. Newton	Tadworth	63.18
2. (13) A. Hall	PortsJ	64.01
3. (16) S. Hall	Loughton	66.50

VETERANS O/60

1. (17) J. Larby	Ryde	66.54
2. (26) B. Daniells	MiltonK	73.24

LADIES

1. (22) M. Mills	HolmePierr	70.27
2. (25) C. Jackson	Ryde	73.24
3. (42) S. Tibbals	Horsham	81.42

Race 3 - Wroxall Round

CL/13m/1500ft

1. J. Priest O/40	Worthing	1.36.08
2. D. Tibbals	Crawley	1.37.04
3. A. Stratton O/40	EgdonH	1.37.51
4. D. Kearn O/40	Compton	1.39.18
5. R. Holden	Unatt	1.39.26

VETERANS O/50

1. (12) G. Newton	Tadworth	1.43.32
2. (14) A. Hall	PortsJ	1.46.45
3. (17) A. Napier	Unatt	1.47.37

VETERANS O/60

1. (16) J. Larby	Ryde	1.47.27
2. (32) B. Daniells	MiltonK	2.10.47

LADIES

1. (19) M. Mills	HolmePierr	1.48.23
2. (20) L. Kronen	Unatt	1.50.15
3. (28) S. Tibbals	Horsham	2.07.11

Overall Results

1. D. Kearn O/40	Compton	7 pts
2. K. Masson O/40	Worthing	10 pts
3. D. Tibbals	Crawley	14 pts
4. S. Powell O/40	Worthing	18 pts
5. J. Priest O/40	Worthing	21 pts

VETERANS O/50

1. G. Newton	Tadworth	34 pts
2. A. Hall	PortsJ	37 pts
3. A. Napier	Unatt	56 pts

VETERANS O/60

1. J. Larby	Ryde	51 pts
2. B. Daniells	MiltonK	81 pts
3. F. Cash	Loughton	65 pts

LADIES

1. M. Mills	Holme Pierr	3 pts
2. C. Daniells	MiltonK	11 pts
3. C. Hall	PortsJ	16 pts

STANAGE STRUGGLE Derbyshire BM/6.75m/950ft 23.09.01

There always has to be a 1st!!

First male, first female, first mistake (oops) etc. but this year we added to our list! It was the first time it wasn't raining - not a problem either way to the runners, but much appreciated by the 30 marshals out on the hills. It was the first time the overall winner was not around to receive his prize - we later found out he'd gone round again (probably still not coming last!!) It was the first time we gave T-shirts to the first 60 back (thanks to Smith Bros). Although it was not the first time route signs had been removed, High Neb has never gone before in the dark - it could have been a lot longer fell race had we had to divert everyone back from Ladybower reservoir! It was the first time the results were out as the final runner came back (phew), the first time the field was a majority of more than 40 males (come on ladies), and of course the first time we had to re-route around the farms (consequently new records) and tread through disinfected troughs before and during the race.

However, with all these firsts, we must mention the things that stay the same - the beautiful setting of Hathersage, sitting below Stanage Edge in the Peak District, know to climbers nationwide. The varied terrain, the gradual (?) climb to the one mile peaty run along the Edge - the highlight of the Peak District, the generous gift vouchers as prizes, again donated by "Outside" and, of course, the team of 45 who marshal and manage registration and results so efficiently.

It was again a heart-warming sight to see the 68 primary school children from Hathersage Primary School completing their 2-mile run. This is not an advertised run but put on to show the children that running and fitness can be as "cool" as playstations and football! Completing before the adults avoids any tripping up and bad feeling with the competitors but enables the children to see what it is all about and to hopefully feel some of the atmosphere present on the field.

Of course, as usual, the morning was finished off with senior runners, children and parents enjoying a well-earned cup of tea (and that is the helpers!). By the way, I'm the one sitting in a corner with exhaustion, relieved it is all safely over for another year!

Alison Hartley

1. D. Neil	StaffsM	39.27
2. M. Fowler	Penn	40.00
3. S. Penney	Chest'fld	40.32
4. T. Austin	DkPk	41.10
5. P. Winskill	Penn	41.20
6. G. Cudahy	Stock	41.32
7. R. Baker	Billaricay	41.48
8. J. Maddocks	Wreak	42.52
9. A. Rees	Holm	43.08
10. A. Carruthers	Crawley	43.17

VETERANS O/40

1. (1) D. Neil	StaffsM	39.27
2. (10) A. Carruthers	Crawley	43.17
3. (12) C. Fray	Penn	43.35
4. (14) R. Griffiths	Holm	44.13
5. (17) B. Goodison	Unatt	44.34

VETERANS O/50

1.(28) T. Longman	Macc	47.40
2. (41) D. Lockwood	DkPk	49.22
3. (44) N. Bowler	DkPk	49.39
4. (50) P. Nolan	Macc	50.44
5. (60) N. Baldwin	DenbyD	52.56

VETERANS O/60

1. (95) F. Makin	HolmeP	59.20
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LADIES

1. (40) S. Orridge	Notts	49.20
2. (48) E. Batt	Bux	50.26
3. (49) S. Gilliver O/40	Penn	50.36
4. (62) M. Edgerton O/40	Penn	53.15
5. (69) H. Hargreaves	Penn	54.05

INGLEBOROUGH FELL RACE
North Yorkshire
AM/7m/2000ft 23.09.01

Thank you to the 173 runners who overcame their lack of fitness and motivation we have experienced this season in order to make this race possible.

The ladies' race was particularly competitive this year with four ladies returning inside the hour. The battle with lack of race fitness was more apparent in the middle ranks with much undignified sweating and blowing in evidence. Most peoples' times were about three minutes down on their usual performance.

I am indebted to Ingelsport and Bernie's Cafe and Caving Shop for sponsoring prizes despite being the two businesses that suffered most from the F & M restrictions in the Ingleton area. They also did a lot of work negotiating access to the Three Peaks area which allowed this race to take place.

Thanks also to the Wheatsheaf Inn for providing a spot prize of a three course meal for two and a beer garden for the prize presentation.

Well done to all those who realized I "wasn't up to the job" and bailed me out on the day with their help and support. Any ineptitude in organization was, however, all my own work.

Next year's race returns to Ingleton Gala Day on third weekend in July 2002.

Andrew Hinde

1. I. Holmes	Bing	46.49
2. J. Taylor	Bing	47.06
3. P. Sheard	P&B	47.29
4. A. Robertshaw	Otley	48.44
5. N. Sharp	Amble	49.54
6. C. Roberts	Kend	50.28
7. G. Devine	P&B	50.41
8. J. Blackett	Mand	50.47
9. J. Deegan	Amble	51.14
10. S. Livesey	Clay	51.29

VETERANS O/40

1. B. Whalley	P&B	53.42
2. M. Addison	Kend	54.29
3. P. Brannon	Clay	55.16

VETERANS O/50

1. M. Walsh	Kend	54.47
2. S. Kirkbride	Kend	57.29
3. G. Howard	Ilk	58.23

VETERANS O/60

1. M. Coles	Skyrace	64.45
2. R. Jaques	Clay	67.23
3. K. Gresty	Wesham	73.13

LADIES

1. L. Sharp	Kesw	56.10
2. M. Wilkinson	Skip	56.39
3. P. Munro	Bing	58.17
4. H. Johnson	Bing	58.51
5. H. Krynen	Kesw	61.27
6. K. Pickles	Spen	66.07

JUNIORS - U/18 BOYS

1. S. Hunn	Skip	27.26
2. M. Hurst U/14	Unatt	29.56
3. J. Mountain U/14	Skip	30.14

JUNIORS - U/14 GIRLS

1. T. Oates	HelmH	34.32
2. J. Addison	HelmH	38.54

GREAT HAMELDON HILL FELL RACE
Lancashire
BM/6m/1100ft 30.09.01

There was confusion at the finish as Danny Hope came in 22 seconds ahead of Craig Roberts. When organiser, Lee Passco, finished he was told by a number of people that Danny had cut out about 200 yards of the course coming off Hameldon. Lee consulted with the marshal and between Lee, Danny and Craif, they agreed on a joint winner. At the time of going wrong, Craig was closing fast on Danny.

A good run from Gary Wilkinson saw him home in third, only six seconds off the winners. Helen Johnson had a storming run to finish nearly ten minutes ahead of second lady, Jean Rawlinson. Helen finished 27th overall.



Lady winner of Great Hameldon, Helen Johnson, clearly enjoying herself (Photo Woodhead)

Clayton took the team prize yet again from Bowland in second and Accrington in third. Clayton also won the ladies' team event.

Lee was satisfied with the turnout of 115 competitors, especially since the problem with Foot & Mouth. Fingers crossed, the event will return to its rightful place in May 2002.

Thanks everyone.

Lee Passco

1. D. Hope	AchR	38.32
1. C. Roberts	Kend	38.32
3. G. Wilkinson	Clay	38.38
4. S. Monk	B'burn	38.44
5. M. Horrocks	Clay	38.54
6. A. Payne	Ross	39.11
7. S. Sweeney	Bowland	39.22
8. M. Brown	Clay	40.25
9. Q. Harding	Bowland	40.29
10. G. Schofield	Horw	40.40

VETERANS O/40

1. (10) G. Schofield	Horw	40.40
2. (14) C. Shuttleworth	Preston	41.43
3. (23) G. Biscombe	Accr	43.27

VETERANS O/50

1. (24) P. Booth	Clay	44.12
2. (26) P. Lyons	Ross	44.31
3. (37) P. Jepson	Ross	46.29

VETERANS O/60

1. (64) R. Jaques	Clay	50.43
2. (83) D. Brown	Clay	54.14
3. (104) G. Arness	Unatt	58.35

LADIES

1. (27) H. Johnson	Bing	44.36
2. (82) J. Rawlinson O/50	Ross	54.12
3. (86) J. Pearson	Clay	54.32
4. (88) A. Smith	Clay	54.53
5. (93) K. Thompson O/40	Clay	55.55
6. (94) N. Sharratt	Unatt	56.00

BEN LOMOND HILL RACE
Central Scotland
AM 30.09.01

Ben Lomond has always been one of the blue riband races on the Scottish hill race calendar. The race was cancelled in May due to F & M, but when the NTS re-opened access to the hill in June it seemed a shame that the race would not go ahead in 2001. The organiser of the race in recent years, Brian Bonnyman, had moved away to Kirriemuir and was looking for someone else to take over the running of the event, so this seemed like an ideal time to re-instate the race into the 2001 calendar. A few phone calls later and the race was slotted into a spare Sunday at the end of September. By the closing date for entries, I had 110 confirmed runners, which was pretty amazing when compared to the poor attendances at other Scottish races this year.

The morning of the race provided the kind of weather that as race organiser I was dreading, i.e. heavy rain and howling winds. However, the marshals and members of the Killin Mountain Rescue team put a brave face on it and headed on up the hill to report on the conditions at the summit. With 30 minutes to go, blue skies appeared and it was decided to let the runners go all the way to the summit.

Dave Rodgers, winner of this year's Ben Nevis race, and pre-race favourite, had failed to turn up, so it was Nick Sharp, a regular visitor at Scottish races this year, to set the pace. By the time the runners had turned at the summit, Nick had built up a lead of about one minute over the chasing group of Stewart Whittle, Dan Whitehead and new kid on the block, Jethro Lennox who had recently moved up to Glasgow from the south of England. Nick extended his lead on the descent to win by over 2 minutes from Stewart Whittle who, in turn, managed to break away from the pursuing group. Jethro managed to extend a small advantage over Dan Whitehead on the descent, only to be pulled in and past on the short section of road at the finish.

In the ladies' race, Nick Sharp's wife Louise, was a clear winner, finishing 10 minutes ahead of Keswick teammate Hilde Krynen. First male vet was Scottish vet champion Ronnie Gallagher, and first female Vet was the evergreen Christine Menhennet.

This was my first attempt at organising a major race and although there were a few glitches, most people seemed to enjoy the race and the feedback was positive. I would like to thank everybody who helped on the day, in particular the people who marshalled on the upper part of the hill.

The record for the Ben Lomond race, which stands at 1.02.16, was set by John Wilde in 1983 during his epic descent battle with Kenny Stuart, and is one of the longest standing in the Scottish calendar. However, there have been several changes to the route since then and perhaps it is time that new records were posted for the event.

Don Reid

1. N. Sharp	Amble	70.17
2. S. Whitlie	Carn	72.21
3. D. Whitehead	Cosmic	73.27
4. J. Lennox	EalingS&M	73.42
5. D. Cummins	Shettle	74.29
6. J. Deegan	Amble	75.15
7. S. Stainer	Amble	75.26
8. R. Gallagher	W'lands	75.45
9. J. Hepburn	Lochaber	76.01
10. M. Laing	Fife	80.23

VETERANS O/40

1. (8) R. Gallagher	W'lands	75.45
2. (10) M. Laing	Fife	79.50
3. (11) D. McLaughlin	GreenGlenP	80.23

VETERANS O/50

1. (25) K. White	Helensb	85.25
2. (29) J. Shields	Clydes	86.54
3. (32) C. Love	DundHawk	87.54

LADIES

1. (15) L. Sharp	Kesw	81.12
2. (42) H. Krynen	Kesw	91.00
3. (47) C. Menhennet O.40	W'lands	93.47
4. (53) J. Anderson	Lochaber	96.39

BROWN CLEE CHALLENGE

Midlands

BS/5m/1000ft 06.10.01

1. T. Werritt	Mercia	33.44
2. R. Lamb	Mercia	35.13
3. C. Lancaster O/40	Ludow	35.21
4. M. Clews O/40	Mercia	35.24
5. A. Carruthers O/40	Hales	35.42

VETERANS O/50

1. (8) J. Fry	Telf	39.01
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VETERANS O/60

1. (21) B. Graves	MiltK	58.22
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SANDSTONE TRAIL RACES

07.10.01

This year we had many first time runners and judging by the stories I have heard, many people exploring some of the hidden corners of Cheshire which the Sandstone Trail does not take in! My concerns that these errors were the result of fewer marshals seem to have been allayed - some people followed footpath signs similar to but not the same as the "S in foot" of the trail, others admitted they had blindly followed those in front.

I hope that these excursions did not ruin enjoyment of the races for anyone as we were blessed with remarkably good weather for running despite the dire warnings of the forecasts. In fact, we had the ideal weather window - the night before as I was filling all the drinks containers, it was chucking down and by 2.00 p.m. on the afternoon of the race, the rain had returned. Clearly, conditions underfoot were a challenge and all the times reflect this - if you ran within 5% of your best time, you were probably doing well.

Slow conditions did not stop the day from providing excitement and a few surprises. In the A race, both the first man and lady were surprised and delighted to be told they had won. James McQueen and Ruth Isaacs led their respective races for most of the way but made errors in the final stages, which cost them victory. In James's case this seems to have involved a detour all the way to Linmere - at least a mile extra!! In the B race, only the winner, Nick Leigh, managed to break the hour. Thankfully, there were no serious injuries - Lawrence Woodley was presented to St John with a hugely swollen ankle and was transported to the casualty department at Countess but I am pleased to hear he was in attendance at birthday celebrations later in the day.

I am greatly indebted to the many helpers who gave up their time before, on and after the day - with the many road crossings, we need around 50 people in total. In addition, there are lots of organizations who provide help and assistance to the race, these include the Police Forces of Chester, Nantwich and particularly Northwich, manning the A54 and A51 crossings, who are essential to the safe running of the race; Dave Morris who always removes the gates to avoid hold-ups on Bickerton Hill; Cheshire Country Council who maintain the Trail and provide us with the finish area; Forest Enterprise who operate Delamere and are enthusiastic about its use for all sorts of recreation; St John who attend to cuts and scrapes; Andrew Williams who provides the results software and maintains the website; the National Trust at Beeston for toilet facilities.

Finally, I would like to say a special thank you to Mr Ryder at Beeston. Whilst we had agreement from the Council that the race could go ahead, I was nervous about the possible reaction from the farmers in what has been a terrible year for them. Mr Ryder was both enthusiastic and helpful, even stepping in late in the day to provide the alternative parking facilities at Beeston.

Next year, we plan to continue the same race format provided we can secure police cover. We hope that many of you first timers will learn the route and come back again next year and we hope to see records broken! I plan to run next year - the training starts tomorrow!! Be there!

Mark Hartell

Race A - CL/16.5m/1750ft

1. J. Hunt	CFR	1.53.37
2. G. MacNeil	Helsby	1.55.03
3. A. Clague	WChesh	1.58.09
4. J. McQueen	Eryri	1.59.41
5. B. Heaton	Wilmslow	1.59.54
6. S. Burthem	Warr	2.00.10
7. M. Robbins	Wrex	2.00.34
8. P. Vesey	Altr	2.01.32
9. P. Pickwell	Altr	2.02.47
10. A. Duncan	Bowland	2.02.58

VETERANS O/40

1. (6) S. Burthem	Warr	2.00.10
2. (9) P. Pickwell	Altr	2.02.47
3. (10) A. Duncan	Bowland	2.02.58

VETERANS O/50

1. (19) G. Mendham	Wilmslow	2.11.36
2. (21) J. Marsh	TarrenH	2.12.07
3. (27) I. Ankers	SChesh	2.17.51

LADIES

1. (32) V. Musgrove O/40	Wrex	2.19.53
2. (45) R. Isaacs O/40	Pensby	2.24.53
3. (60) S. Hammond	Tatten	2.28.34
4. (71) J. Roberts	Spectrum	2.32.48

Race B - 9.5m/950ft

1. N. Leigh	Altr	0.59.14
2. P. Benyon	Unatt	1.02.18
3. G. Cairns	LivPemb	1.04.46
4. R. Burney	LivH	1.06.05
5. A. Garnett	Spectrum	1.07.26
6. C. Taylor	Tatten	1.07.34
7. P. Lambert	Deeside	1.08.10
8. N. Chester	LivH	1.08.45
9. M. Walker	Helsby	1.10.17
10. R. Wood	LivPemb	1.10.21

VETERANS O/40

1. (3) G. Cairns	LivPemb	1.04.46
2. (5) A. Garnett	Spectrum	1.07.26
3. (9) M. Walker	Helsby	1.10.17

VETERANS O/50

1. (14) J. Daniels	Helsby	1.11.57
2. (16) T. Carson	EChesh	1.12.22
3. (18) D. Hill	NWales	1.12.37

LADIES

1. (12) S. Owen	Stoke	1.11.06
2. (22) K. Roberts	Helsby	1.17.33
3. (26) G. Darby O/40	LivPemb	1.18.45
4. (34) S. Norris O/40	Horw	1.21.49

MAN v HORSE BL/22m/4000ft 13.10.01

Runner Results

1. M. Cox	Salf	2.17.17
2. J. McQueen	Eryri	2.18.24
3. C. Donnelly	Eryri	2.20.59
4. S. Tobin	Swans	2.29.45
5. M. Pollitt	Burnden	2.34.00
6. P. Wooddise	TVH	2.37.20
7. J. Horton	Heading	2.38.53
8. R. Pickvance	Swans	2.40.20
9. A. Carruthers	Hales	2.43.12
10. J. Thorn	Heading	2.44.00

VETERANS O/40

1. (3) C. Donnelly	Eryri	2.20.59
2. (9) A. Carruthers	Hales	2.43.12
3. (12) A. Staveley	Burnden	2.47.09

VETERANS O/50

1. (19) R. Booth	SheltStr	2.59.21
2. (25) J. March	TarrenH	3.04.12
3. (26) A. Bellerby	Unatt	3.04.41

LADIES

1. (8) R. Pickvance O/40	Swans	2.40.20
2. (21) V. Musgrove O/45	Eryri	3.00.18
3. (27) D. Kenwright O/45	SarnH	3.05.11
4. (35) M. Horton	Unatt	3.15.42
5. (40) V. Kilgour	Bedford	3.18.35

WITHINS SKYLINE RACE

West Yorkshire

7m/1000ft 13.10.01

With all the despondency regarding foot and mouth, and the desolation of the fell running calendar, it is great to report a shining light on the ladies' scene. Although only 20, Mary Wilkinson has successfully tackled most sports, and was probably christened with a tracksuit on.

In fact Mary, had to bribe her mum, Jean, into letting her do her first ever competitive run at the then BOFRA Langcliffe Gala fell race at the ripe old age of nine. She thoroughly enjoyed it, especially beating all her peers to win the under 12s girls race. Through the local shows and BOFRA races, Mary progressed to being second in the 1990 BOFRA championship, and in 1991 won the girls' title. As an under 14 and under 17, she didn't complete the full allocation of races for the title, although she did most of the classics, with the infamous Kilnsey Crag race being her favourite.

Moving into other sports such as hockey, netball, soccer, cross-country, indoor and outdoor sports hall athletics, she has represented the county. And probably would get honours even at tiddly winks, such is the talent, drive and commitment of this young lady. As a soccer player on Bradford City's books, she played mid field, a typical position for someone who likes nothing more than chasing down her opponents, "a Roy Keane" as she says.

Her running career was rekindled at Loughborough University where Mary is in her last year of a 3 year course in Sports Science and PE, followed by a Masters Degree, 2nd lady at Ingleborough fell race wetted her appetite. Being a Yorkshire lass, she couldn't resist the Withins Skyline event, which this year incorporated the Yorkshire Fell Championship. "That's the hardest race I've ever done, that sticky bog on the top was like glue," she said as she got celebratory hugs from her parents shortly after finishing. Add to this she is the first ever senior

Skipton athlete to win a County title, beating Keswick's Louise Sharp which reversed the roles at Ingleborough and in true Woodentop fashion was 'Crackerjack' style piled high with prizes it made a fantastic day.



John Preston (121) and Bruce Duncan on the climb at Withins (Photo David Brett)

Louise Sharp made Mary's triumph no easy task, because by Top Withins ruin, Lou had over a minutes lead, but by the tourist path to Bronte Bridge they were virtually together. "I made a very conscious effort to get away up the short climb of Bronte Waterfall, but it was far too short", said 29 year old Lou. Over the varied terrain back to Penistone Hill, Mary reeled Lou in on the descents, while Lou made the most of the uphill, but to no avail, as by the uphill finish Mary had the smell of victory and was never going to be denied.

In this baron fell racing year, Lou and husband Nick are two runners who have managed to sustain a racing and running regime, while others have taken a different approach to F & M by doing D I Y. Both teachers, one of the highlights of their summer was running the best high level trail route, Haute to Zermatt, 177 km/1200m of climbing involving 11 passes and all the cols. It was here that they both lost around a stone in weight, mainly due to carrying all their camping gear and the exertions of the trail, but also due to a lack of funds, so to speak, "skint". They have also spent most weekends in Scotland, F & M free, and have started bagging Munro's with their collies, Molly and Jess.

Lomonds of Fife, Ben Lomond, Caerketton and Two Buachailles races were husband and wife victories, but Lou won Ingleborough, Scafell, Winlatter Womble, 16 mile Exmoor Stagger and the Honister Pass race to Great Gable and Brandreth to name but a few events. Being a self confessed chocoholic, Lou enjoyed the Curly Wurly bar, which all 187 senior runners received, although she did manage to resist the temptation of a tin of sweets off the prize table!

Birthday girls, Tracy Ambler, 38, and Pauline Munro, 33, finished 3rd and 4th, but picked up the silver and bronze medals in the ladies Yorkshire Championship. Tracy also finished

first V35, and led Ilkley ladies to first team with Alison Weston, 9th and Rachel Gooch, 14th.

Next year will see the introduction of Yorkshire Fell Championship gold medals to the first ladies' team only.

After last year's disaster resulting in Ian Holmes taking a visit to Hospital, after falling at Top Withins ruin, this year the 34 year old British champion virtually tiptoed past the offending spot. He led all the way to record his 4th Withins victory, previously taking the tape in 1992, 1996 and 1999. This also gave him the Yorkshire title for the third time, and also helped Bingley take gold medals in the team championship with Robert Jebb, 4th and Robin Lawrence, 8th.

The only runner to throw any sort of challenge at Ian was Phil Sheard, yes, we did say Phil, who is currently enjoying putting brother Paul into the shadows. Phil chased hard climbing up to the Stoop standing stone, and surprised Ian, although on the boggy top decided he'd better slow down. "My breathing was very heavy, and I suppose I chose not to chase Ian, since I'd overdone it on the climb. At Bronte Bridge I glanced back, and this confirmed Rob Hope a little behind, but I knew I could hold him off to the finish". Phil is in his best running form ever, and recently had been 1st to the top at Ingleborough, finishing 3rd behind Ian and John Taylor, he was also 5th to Ben Nevis summit, to finish 8th. In the past sciatica has been his undoing but now regular stretching and strengthening exercises will hopefully keep it at bay. This ailment was one reason why he gave up cycling in 1990, also "running is a lot less hassle". As a semi-pro cyclist he managed GB team selection for numerous races, and in the 1988 National Hill Climb over the Nick o' Pendle course finished 2nd to the famous Olympian, Chris Boardman. Phil an environmental health officer went to the Commonwealth Games in 1986, representing Guernsey in the 110mile road race, (17th) and the 100km team time trial.

In the individual Men's Yorkshire Championship, Ian took gold, Phil an impressive silver and Robert Hope the bronze.



Looking to the future - U14 Ralph Connolly of Bingley at Withins (Photo Woodhead)

The week previous England International, Helen Glover, had won the under 18's race at the British Junior Fell Running Championships at Cavehill, Belfast, and here finished in 58-06 to take the under 18s' honours with Lucy Griffiths of Holmfirth 2nd.

With little if any junior races due to 'you know what', it was uplifting to see 51 eager boys and girls toeing the line for the varied terrain of the Quarry run circuit. Two new race records were set by under 14 winner, Callum Fitzpatrick in 5-15, which took 3 seconds off the 8-year-old record of John Hart. Meanwhile, Jenny Addison in the under 9 girls took 31 seconds off Justine Anderton's 1997 time for a new record of 6-26. This is the future of fell running, maybe if more encouragement like this was shown towards the kids we'd retain them into the senior ranks, and wouldn't be what some FRA members call an ageing sport.

This race will be 10 years old next year, no party planned, but just the normal Woodentop festivities and guaranteed mud and fun all the way with a chocolate Curly Wurly bar to chomp at the finish. See ya!

"Seymour Hills"

1. I. Holmes	Bing	41.20
2. Phil Sheard	P&B	42.20
3. R. Hope	P&B	42.46
4. R. Jebb	Bing	43.16
5. S. Oldfield	BfdA	43.32
6. J. Deegan	Amble	44.04
7. S. Sweeney	Bowland	44.07
8. R. Lawrence	Bing	44.14
9. D. Watson	Holm	44.23
10. M. Horrocks	Clay	44.28

VETERANS O/40

1. (5) S. Oldfield	BfdA	43.32
2. (13) A. Shaw	Holm	45.14
3. (18) I. Greenwood	Clay	46.18

VETERANS O/50

1. (40) M. Walsh	Kend	50.33
2. (44) J. Holt	Clay	50.47
3. (50) B. Mitchell	Clay	51.55

VETERANS O/60

1. (114) R. Jaques	Clay	58.56
2. (150) B. Hood	Mand	64.56
3. (157) B. Thackery	DkPk	67.33

LADIES

1. (37) M. Wilkinson	Skip	50.11
2. (39) L. Sharpe	Kesw	50.31
3. (56) T. Ambler O/35	Ilk	52.18
4. (60) P. Munro	Bing	53.15
5. H. Johnson	Bing	53.44
6. (80) H. Kaynen	Kesw	55.21

JUNIORS U/18 - BOYS

1. (52) J. Carter	Spenn	52.08
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JUNIORS U/18 - GIRLS

1. (103) H. Glover	Keighley	58.06
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JUNIORS U/16 - Quarry Runs

1. S. Hunn	Skip	10.30
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JUNIORS U/14 - Quarry Runs

1. C. Fitzpatrick	Hyndburn	5.15
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JUNIORS U/12 - Quarry Runs

1. J. Darling	Keighley	5.34
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JUNIORS U/9 - Quarry Runs

1. E. Hassell	Unatt	6.21
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THE STANHILL FELL RACE

Lancashire

CS/5m/800ft 14.10.01

A good day as race organizer, Lee Passco, told most people the race was cancelled at the Hameldon Race. Thanks to farmer, Mr Dewhurst, we were able to get the race on. Derek Hurton and Andy Payne made an early break and kept that lead. Derek took over the lead on the climb

up Oswaldtwistle Moor and kept the lead to win from Andy by ten seconds. Helen Johnson made it two wins in a row, as she won the Hameldon Race two weeks previously. A great second place for Under 16, Laura Livesey.

The Stanhill and Hameldon times were combined – Andy Payne was the men's combined winner and Helen the ladies' combined winner. Well done to both of them.

The race, fingers crossed, will return to its rightful place in May 2002. A big thank you to the farmers who made the race possible.

Lee Passco

1. D. Hurton	Unatt	32.59
2. A. Payne	Clay	33.09
3. A. Nicholls	Acc	34.35
4. J. Wiczorek	Acc	34.55
5. M. Theaker	Clay	35.07
6. S. Clawson	Ross	35.14
7. L. Passco	Clay	35.28
8. N. Lawton	Chor	36.02
9. G. Biscomb	Acc	36.05
10. A. Krige	Unatt	36.20

VETERANS O/40

1. (9) G. Biscomb	Acc	36.05
2. (11) B. Horrocks	Clay	36.24
3. (17) N. Gotts	Ross	38.10

VETERANS O/50

1. (13) P. Booth	Clay	37.19
2. (25) M. Sadulia	Roch	40.41
3. (36) D. Munroe	Clay	45.04

VETERANS O/60

1. (50) H. Manning	Clay	51.53
2. (51) J. Amos	Clay	52.07
3. (52) G. Rawlinson	Clay	53.52

LADIES

1. (19) H. Johnson	Bing	38.47
2. (31) L. Livesey U/16	Chor	42.03
3. (33) D. Fleming O/45	Ross	42.40
4. (47) V. Hamlett O/40	Ross	51.02
5. (53) S. Middleton O/40	Clay	53.55

INTERMEDIATES

1. (8) N. Lawton	Chor	36.02
2. (14) L. Leishman	Pendle	37.42
3. (48) A. Lloyd	Chor	51.09

JUNIORS

1. (18) B. Stubbs	Chor	38.38
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**PENTLAND SKYLINE
Midlothian**

AL/16m/6200ft 14.10.01

104 started, 100 finished, 4 returned safely!!

Cloud base was well below the hilltops, visibility was poor over much of the course to the embarrassment of the less able navigators. Several runners missed at least one control (with penalty – this time!!). Rain was heavy at times but the temperature was comfortable for running. Wide range of finishing times – from about 2.1/2 to 5 hours. In future, if conditions are bad, we will ask runners to abort at the halfway mark after, say, 2.1/4 hours and drive them to the finish.

We are very grateful for everybody's co-operation over the F&M situation; it grieved us very much to have to ask people from infected areas to stay away. Thank you.

I got a row from the manager of Midlothian Ski Centre (at the finish) because runners left a lot of mud in the showers and the wash basins. BAAAAAAAAD runners!!!

Richard Robertson

1. A. Kitchin	Lothian	2.41.59
2. R. Gallagher	W'lands	2.43.18
3. J. Lennox	EalingS&M	2.47.20
4. M. Higginbottom	Carn	2.55.41

5. A. Miller	Kend	2.59.09
6. D. Rodwell	W'lands	2.59.31
7. L. Warburton	Bowland	3.02.02
8. H. Holl	Unatt	3.02.06
9. C. Pryce	Cosmic	3.02.08
10. A. Priestley	Ilk	3.02.22

VETERANS O/40

1. (2) R. Gallagher	W'lands	2.43.18
2. (5) A. Miller	Kend	2.59.09
3. (7) L. Warburton	Bowland	3.02.02

VETERANS O/50

1. (14) M. Hulme	Corst	3.05.16
2. (27) K. Adams	W'lands	3.13.21
3. (29) K. Burns	Carn	3.15.56

VETERANS O/60

1. (61) J. Littlewood	Carn	3.39.56
2. (66) B. Gauld	Carn	3.47.25
3. (73) A. Menarry	Carn	3.57.32

LADIES

1. (10) A. Priestley	Ilk	3.02.22
2. (22) K. Jenkins	Carn	3.10.18
3. (31) K. Powell	Carn	3.16.09
4. (38) M. Stewart O/40	Carn	3.21.07
5. (60) J. Robertson	W'lands	3.36.00

**PINCHINTHORPE PLOD
(Cleveland Winter Series)
14.10.01**

1. M. Wynne	Mand	39.17
2. J. Blackett	Mand	39.36
3. D. Chippett	Knives	41.26
4. I. Ellmore	Scarb	41.58
5. P. Buckby	Mand	42.14
6. P. Kelly	Darling	42.35
7. J. Winder	Scarb	42.29
8. R. Hall	ThirskS	43.00
9. D. Collett	Mand	43.12
10. K. Maynard	SundStr	43.40

VETERANS O/40

1. (4) I. Ellmore	Scarb	41.48
2. (5) P. Buckby	Mand	42.14
3. (6) P. Kelly	Drling	42.35

VETERANS O/50

1. (7) J. Winder	Scarb	42.49
2. (17) R. Firth	Mand	45.36
3. (20) J. Bunn	NMarske	47.22

VETERANS O/60

1. (39) K. Wilson	Mand	51.37
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LADIES

1. (19) A. Raw	Darling	47.15
2. (26) R. Smith	Scarb	49.20
3. (43) A. Hayward O/40	ThirskS	52.12

**HIGH BROWN KNOLL FELL RACE
West Yorkshire**

BM/6.5m.1050ft 14.10.01

1. R. Crossland O/40	BfdA	48.19
2. B. Whalley O/40	P&B	48.20
3. D. Cole	Unatt	48.37
4. D. Hyde O/40	CaldV	49.34
5. D. Beels O/40	CaldV	52.40
6. S. Horton O/40	CaldV	52.56
7. C. Greenwood	CaldV	57.14
8. A. Bocking O/40	Penn	57.27
9. C. Robinson O/40	CaldV	59.44
10. T. Bradley O/40	CaldV	59.45

VETERANS O/50

1. (12) J. Crummit	Tod	61.11
2. 13) G. Breeze	Skyrac	61.17

VETERANS O/60

1. (27) A. Piers	Spectrum	77.35
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LADIES

1. (14) S. Becconsall O/40	Tod	61.47
2. (26) M. Dixon	WestPenn	77.33
3. (29) A. Liuba	Ilk	77.43

**BRITISH FELL & HILL RUNNING
CHAMPIONSHIPS
Llanberis, North Wales
21.10.01**

1. Bingley	3.23.15
2. Cumberland F R 'A'	3.27.36
3. Pudsey & Bramley 'A'	3.28.07
4. Altrincham 'A'	3.29.20
5. Dark Peak 'A'	3.29.57
6. Clayton le Moors 'A'	3.31.17
7. Ambleside	3.33.03
8. Staffs Moorland	3.39.41
9. Eryri	3.40.15
10. Bowland	3.40.29

VETERANS

1. Eryri	3.40.03
2. Horwich 'A'	3.46.11
3. Kendal 'A'	3.46.37
4. Clayton le Moors 'A'	3.48.34
5. Cumberland F R	3.57.21

LADIES

1. Keswick	4.21.22
2. Ilkley	4.21.37
3. Dark Peak	4.29.02

**GALE FELL FELLDANCER RACE
Lancashire
BM/4.5m/800ft 28.10.01**

Those of you that have been following the Gale fell race saga through these pages will know that the 2001 event was the 35th annual, and the last over this famous course. The Gale Inn has gone, meaning that we registered at a nearby school and held the prize-giving at another pub, the Summit Inn. The final straw that swayed our decision is that the road section has become so busy with traffic as to pose a real threat to runners near the finish.

The last Sunday in October 2002 will see the start of a new era, with a not too dissimilar course, still travelling to The White House and back, but all off-road, from The Summit Inn, just a mile along the road.



*Jamie Dore (Rochdale) approaching the end of
The Gale Fell (Photo Bill Smith)*

Foot and Mouth restrictions were extended to the Lydgate bridleway, meaning that the race could well have been another casualty of the epidemic, but thankfully these were lifted in time for me to get advertising flyers out and notify the FRA website man, Bill Waine, that the race would go ahead. I believe that the Internet has proved a totally invaluable asset in this respect.

I rang the Summit Inn, who were delighted at the prospect of the race being on, the new owners, Debbie and Anthony promising to make sure there was plenty of hot food available for everyone afterwards.

Jim Smith of Todmorden Harriers rang me with an offer to marshal the top, and on the day he recorded summit positions along with Calder Valley's Tony Bradley, which make interesting reading on the final result sheets.

Eric at "Felldancer UK" kept his promise of sponsorship, with his excellent fell shoes as prizes for the first man and woman, and my best mate, Linda, offered to take control of registration, helped by her Halifax team mate, Carole, while I flagged the course.

Local race organising supreme, Andy O'Sullivan, donated some lovely prizes and ex-Gale organizer, Kevan Shand, took care of filling all the water barrels and organising the refreshments.

A superb turnout of exactly one hundred runners lined up outside The China Palace restaurant, which stands on the site of the former Gale Inn. Local athletics coach, Joe Salt, fired his pistol and with a burst we set off for the final time over this course.

I say *we*, because I was lucky enough to be able to get a run myself, thanks to the generous offers of help from Colin and Brenda Robinson who as usual recorded times at the finish, (more about those two later on), and Carole Waterhouse and Michael Fryer who recorded positions along with Linda Crabtree at the finish. Every finisher should have received a commemorative certificate for their efforts. If you missed out, please send me a stamped, self addressed envelope and I will see that you get one.

As for the races, we had a junior two miler that was won by a young man with a very apt name for a fell runner, James Mountain. 11 year old James finished in 13 minutes 33 seconds, exactly 20 seconds ahead of ten year old Ashley Rudderford. James' elder brother Thomas Mountain clocked 14-08 for third, while the first girl was twelve year old Grace Biddle. All received goodies for their efforts.

The senior race was always going to be hotly contested, all the top lads having designs on getting their name on the bottom of the Gale Hall of Fame list.

Tim Davies, who had travelled up from mid-Wales soon began to make his intentions clear, with young Alex McVey, back after a lay off due to injury, and Nick Leigh for company up at the front.

Tim touched the wall of The White House first just ahead of Alex and Nick, there being little to choose between this leading trio as they hurtled down the track past me and all the rest of the field, still puffing our way to the top.

I had tipped Rob Jackson to do well this year, the Horwich man who has three Gale victories to his credit had won a road race the previous weekend and looked to be in great shape.

Sure enough, Rob was right up there with them from the start, though he later admitted to have "really felt it" once those young 'uns started winding up the pace. Even so, fourth at the top

meant he was well placed to maintain his record, never out of the top ten in the past twelve Gale races.

Tim Davies flew down to victory in 25-28, having pulled 24 seconds clear of Nick Leigh, Alex McVey leading Horwich to the team prize a further seven seconds behind, with support from Rob Jackson who held on to fourth and Kevin Gaskell in 10th place.

Richard Griffiths was first veteran over 40 in 28-04 for sixth place, with Thornton Taylor in ninth, a further sixteen seconds back. Thornton's elder brother, Ken Taylor, took the over 50's prize in 29-03, just 22 seconds clear of his clubmate, Peter Lyons, while Tony Hesketh placed third.

In the ladies' race, Lucy Whittaker took her third consecutive win, placing 26th overall in a very creditable 30-04, after a hard run at the Red Rose cross country fixture in Bury the previous day. Veteran Jo Anne Prowse, was second in 33-15 ahead of Jane Smith and former winner, local Glynda Cook, who has had a rough time of it lately with illness, but wouldn't have missed the last Gale race for the World.

At the prizegiving, Lucy made a short but very touching speech about the history of the Gale race and the achievements of Colin and Brenda Robinson who between them won the race on fifteen occasions. She then presented the ladies' trophy, an original oil painting by local artist Geoff Read (who incidentally ran the race and beat me!) to Brenda, whose name is inscribed eight times along the bottom in calligraphy. "I can think of no more fitting place for this trophy to hang than on Brenda's living room wall" she added.

Brenda then announced that she would commission a new trophy to be painted for the Summit race which, we hope, will run for another 30 odd years!

Thanks to Felldancer UK for their continued sponsorship, the staff at The Summit and to everyone who helped in any way with the race.

The new course in 2002 will be much more in line with a fell race - plenty of mud and hills - and proceeds will be donated to Animals in Distress, a sanctuary through who's farmland the race will travel. See you there.

Allan Greenwood

1. T. Davies	Mercia	25.28
2. N. Leigh	Altr	25.52
3. A. McVey U/20	Horw	25.59
4. R. Jackson	Horw	27.08
5. A. Reece	Holm	27.16
6. R. Griffiths	Holm	28.04
7. D. Scholes	Wharfe	28.08
8. S. Clawson	Ross	28.12
9. T. Taylor	Ross	28.20
10. K. Gaskell	Horw	28.22

VETERANS O/40

1. (6) R. Griffiths	Holm	28.04
2. (9) T. Taylor	Ross	28.20
3. (10) K. Gaskell	Horw	28.22

VETERANS O/50

1. ((13) K. Taylor	Ross	29.03
2. (16) P. Lyons	Ross	29.25
3. (23) T. Hesketh	Horw	29.56

VETERANS O/60

1. (44) M. Coles	Skyrac	33.00
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LADIES

1. (26) L. Whittaker	Saddle	30.04
2. (46) J. Prowse O/45	Keighley	33.15
3. (61) J. Smith O/40	Tod	34.57
4. (62) G. Cooke O/40	RochTri	35.14
5. (71) J. Graham O/40	Holm	35.55

HARRY CLAYTON MEMORIAL SHEPHERD'S SKYLINE FELL RACE Lancashire BM/1150ft 03.11.01

This year's Shepherds Skyline race was renamed in memory of Todmorden Harriers' co-founder, Harry Clayton, who died in October whilst competing for the club. A large field of 249 runners started the race after observing a moving one minute silence in honour of Harry. This was the first time that Harry wasn't present at the front of the funnel to record the times - it wasn't quite the same with him not there, but life goes on.

Conditions were overcast, wet and misty, with the tops in and out of the "clag" so the leaders had to have their wits about them to avoid going wrong.

The race developed into a keenly fought battle between the first three, who were out in a class of their own. Ian Holmes' descending skills came into play and he managed to hang on in the long final descent to win the race. This meant that last year's winner Robert Hope had to be content with finishing as the Pudsey & Bramley filling in a Bingley sandwich of Holmes and Peace.

The ladies' race was dominated by veterans - Sue Ratcliffe and Karen Mather completed a 1-2 with Sue Becconsall coming in third.

Talking of veterans - Steve Oldfield (V45) was an excellent 5th overall, finishing a full 4 minutes ahead of the next V40 (Boff Whalley).

For the fourth year running the team winners were Pudsey & Bramley's men and Todmorden Harriers' women.



Sue Becconsall in fine form at Shepherd's Skyline
(Photo Steve Bateson)

All the leading category times set this year will stand as new records due to the course being lengthened by 1/4 mile to take in a re-routed, steeper descent off Stoodley Pike, which proved popular with runners and will thus be retained.

Many thanks to Felldancer Ltd. for their support and to all the stalwarts in the St. John Ambulance and the dozens of marshals and

officials. Despite all these people helping out instead of running, Todmorden Harriers still managed to put out 38 runners for the race. The club is coming along nicely with a steady stream of new, younger members and this alone is an appropriate legacy for Harry who, along with a few mates, started everything in the late 1970s.

On the Sunday after the race, a large group of Tod Harriers were again out on the tops for Harry Clayton's 'last run'. His ashes were scattered over the freshly imprinted runners' studmarks from the previous day's race on the summit of his beloved Stoodley Pike. Later on, the Shepherds Rest Inn (race venue) was once more full of noisy, thirsty runners who supped a good deal of ale for the second day in succession. A truly memorable weekend.

Keith Parkinson

1. I. Holmes	Bing	40.42
2. R. Hope	P&B	40.53
3. A. Peace	Bing	41.01
4. M. Fowler	Penn	43.05
5. S. Oldfield	BfdA	43.25
6. M. Horrocks	Clay	43.39
7. S. Sweeney	Bowland	43.50
8. G. Oldfield	P&B	44.30
9. G. Ehrhardt	Tod	44.55
10. D. Hope	AchR	45.13

VETERANS O/40

1. (5) S. Oldfield	BfdA	43.25
2. (16) B. Whalley	P&B	47.34
3. (18) R. Crossland	BfdA	47.49

VETERANS O/50

1. (32) K. Taylor	Ross	49.30
2. (33) J. Holt	Clay	49.33
3. (39) D. Tait	DkPk	50.40

VETERANS O/60

1. (107) M. Coles	Skyrac	57.01
2. (110) T. McDonald	Bing	57.11

LADIES

1. (97) S. Ratcliffe O/45	Saddle	56.05
2. (105) K. Mather	Saddle	56.44
3. (109) S. Becconsall O/40	Tod	57.10
4. (112) C. McCarthy O/40	Helsby	57.16
5. (139) A. Richards	Tod	60.07

UP & DOWN THE OLD MAN

Cumbria

AM/6m/2000ft 10.11.01

This "one off" post Foot & Mouth event provided the first local opportunity to stretch a leg competitively since February. Rob Jebb and Morgan Donnelly reached the top together but Rob picked a better descent line to win comfortably.

Rob's partner, Sharon Taylor, was untroubled in the ladies' event which saw fine performances from veterans, Marion Smith and Val Gill.

Thanks are due to Coniston Brewery, who donated several crates of their Champion brew, "Old Man" (probably the best beer in the world!). Thanks also to Dick Palmer and Graham on the summit and to Mike Rose, Mick Matthews, the Ruskin Museum and Coniston Institute for their support.

Selwyn Wright

1. R. Jebb	Bing	45.00
2. M. Donnelly	NFR	46.55
3. N. Spence	Borr	47.32
4. P. Brittleton	Howgill	47.52
5. I. Postlethwaite	CFR	48.26

VETERANS O/40

1. (5) I. Postlethwaite	CFR	48.26
2. (6) P. Whiting	Kend	50.09
3. (11) D. Armstrong	NFR	52.10

VETERANS O/50

1. (12) D. Spedding	Kesw	52.22
2. (21) Y. Tridimas	Bowland	57.10
3. (30) J. Hope	AchR	61.13

VETERANS O/60

1. (41) R. Smith	Amble	67.17
2. (50) H. Catlow	CFR	74.12

LADIES

1. (35) S. Taylor	Bing	63.11
2. (46) M. Smith O/40	Kend	71.02
3. (48) J. Taylor	LancsM	73.14
4. (49) D. Pelly	DkPk	73.15

PENMAENMAWR FELL RACE

BM/11m/1400ft 17.11.01

1. T. Davies	Mercia	1.10.46
2. J. McQueen	Eryri	1.10.47
3. C. Donnelly	Eryri	1.11.01
4. M. Forrest	LndnFr	1.15.11
5. D. Jones	Eryri	1.15.20
6. J. Hunt	CFR	1.15.21
7. A. Robertshaw	Otley	1.16.21
8. P. Evans	Eryri	1.16.32
9. P. Brittleton	Howgill	1.17.07
10. T. Higginbtoom	Wrex	1.17.09

VETERANS O/40

1. (3) C. Donnelly	Eryri	1.11.01
2. (13) G. Owen	Eryri	1.18.24
3. (14) P. Whiting	Kend	1.19.47

VETERANS O/50

1. (34) D. Williams	Eryri	1.24.08
2. (46) N. Bolar	DkPk	1.26.20
3. (65) J. Bennell	Eryri	1.29.16

VETERANS O/60

1. (101) M. Ward	Oswest	1.36.18
2. (105) J. Thomas	Wrex	1.37.02
3. (115) R. Mason	Totley	1.37.55

LADIES

1. (29) T. Ambler	Ilk	1.23.45
2. (53) L. Whittaker	Saddle	1.27.06
3. (70) S. Gilliver O/40	Penn	1.30.53
4. (77) K. Mather	Saddle	1.32.04
5. (90) S. Ratcliffe O/40	Saddle	1.33.28

UPSHUT FELL RACE

Cheshire

BM/6m/1550ft 18.11.01

Lloyd Taggart climbed into an early lead on the steep trail out of Macclesfield Forest and stretched out his lead over the rough moorland part of the route before surging over the peak of Shutlingsloe from the steep south side to finish over five and a half minutes ahead of the opposition.

Husband and wife, Jon and Liz Batt, on familiar territory, both featured in the top ten and the performance of junior, Sam Baker, in 8th place augurs well for the, hopefully, restored English junior fell championships in 2002.

Fell racers, mainly from the local Macclesfield and Pennine clubs, were glad of the opportunity to run this race which was organized at short notice to replace the cancelled Roaches Fell Race. Complaints about the difficulties of running over tussocks were totally ignored by the organizer who figured that some competitors had spent too much time running on roads in the last few months!!

Martin Cortvriend

1. L. Taggart	Bux	48.07
2. M. Fowler	Penn	53.43
3. C. Fray	Penn	53.46
4. J. Batt	Bux	56.02
5. J. Stockdale	Unatt	56.43
6. T. Hulme	Penn	56.59
7. I. Smallwood	Wilmslow	58.44
8. S. Baker	Macc	59.09

9. L. Batt	Bux	59.12
10. A. Bocking	Penn	59.23

VETERANS O/40

1. (3) C. Fray	Penn	53.46
2. (10) A. Bocking	Penn	59.23
3. M. Cortvriend	Macc	60.51

VETERANS O/50

1. (6) T. Hulme	Penn	56.59
2. P. Jepson	Ross	60.04
3. D. Tucker	Macc	64.37

LADIES

1. (9) L. Batt	Bux	59.12
2. J. Phizacklea	Bux	67.35
3. C. Fordham	StaffsM	74.19

JUNIOR MEN

1. S. Baker	Macc	59.09
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JUNIOR LADIES

1. L. Lohman	Macc	87.26
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GUISBOROUGH THREE TOPS (Northern Runner Winter Series)

Cleveland

18.11.01

1. M. Donnelly	NFR	57.37
2. C. Stead	NFR	58.11
3. M. Wynne	Mand	58.42
4. J. Blackett	Mand	59.46
5. A. Bissell	Knives	60.55
6. R. Burn	ThirskS	61.27
7. P. Kelly	Darling	61.37
8. I. Ellmore	Scarb	61.54
9. J. Dickinson	Tyne	61.54
10. M. Burn	Thirsk	62.03

VETERANS O/40

1. (6) R. Burn	ThirskS	61.27
2. (7) P. Kelly	Darling	61.37
3. (8) I. Ellmore	Scarb	61.54

VETERANS O/50

1. (15) J. Winder	Scarb	62.57
2. (27) K. Wilson	Mand	67.08
3. (38) M. Shaw	Mand	76.17

VETERANS O/60

1. (33) K. Wilson	Mand	75.30
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LADIES

1. (43) A. Hayward O/40	ThirskS	77.32
2. (51) A. Tucker	Quakers	79.10
3. (58) D. Richardson	Quakers	79.56

LOUGHRIGG - SILVER HOWE CHASE

Cumbria

AM/9m/2700ft 24.11.01

Congratulations to Lou and Ian - new record holders. I had decided to use the Golf Club route this year even before the rugby club was unavailable as I was becoming increasingly paranoid about traffic on the Clappersgate road. Risk assessments, what risk assessments - I just worry!! The general response was positive so it's here to stay. If you did not enjoy the race, there's something wrong with you - there were hardy types from Northumberland running around bare-chested in the sunshine! Back to normal though - rain every day just about since. It was good to see so many people out fell racing again after this awful summer!

Thanks must go firstly to Dave Wilkinson, the National Trust Warden for Langdale and Grasmere for liaising with farmers and gaining access for us. Dave was also the man responsible for persuading the Borrowdale farmers to let that race go ahead. Thanks also to Jack and Pat Prince for timekeeping, Pete Bland and Mike Rose for registration, George James, Norman Walker, Martin Stone (eventually) and Ian Rooke for marshalling, Pete Bland Sports for help with prizes and Ambleside Football Club for use of the clubhouse.



Louise Sharpe (Keswick) on her way to victory with Mike Walsh (Kendal), first V50, in hot pursuit (Photo Bill Smith)

1. I. Holmes	Bing	1.02.54
2. M. Roberts	Borr	1.03.10
3. R. Jebb	Bing	1.05.16
4. N. Sharp	Amble	1.06.08
5. N. Fish	Amble	1.07.29
6. A. Bowness	CFR	1.08.11
7. S. Stainer	Amble	1.08.12
8. G. Crayson	CFR	1.09.24
9. J. Deegan	Amble	1.10.03
10. N. Spence	Borr	1.10.26

VETERANS O/40		
1. (15) M. Fleming	Amble	1.12.45
2. (16) B. Whalley	P&B	1.13.11
3. (20) P. Whiting	Kend	1.15.12

VETERANS O/50		
1. (24) M. Walsh	Kend	1.17.11
2. (62) Y. Tridimas	Bowland	1.26.13
3. (70) M. Moss	Howgill	1.28.21

VETERANS O/60		
1. (104) L. Sullivan	Clay	1.33.11
2. (123) R. Hayes	NFR	1.37.09
3. (135) I. Sheddon	Howgill	1.43.25

LADIES		
1. (26) L. Sharp	Kesw	1.17.25
2. (59) S. Taylor	Bing	1.25.41
3. (60) H. Bransby	CFR	1.26.07

GUISBOROUGH MOORS RACE
Cleveland
BL/12.5m/2600ft 2.12.01

1. M. Wynne	Mand	1.26.54
2. J. Blackett	Mand	1:27.16
3. A. Bissell	Knaves	1.28.33
4. R. Burn	ThirskS	1.29.45
5. R. Hall	ThirskS	1.29.53
6. M. Burn	ThirskS	1.30.26
7. N. Strange	Knaves	1.30.36
8. P. Kelly	Darling	1.30.41
9. A. Henderson	Quak	1.31.14
10. I. Ellmore	Scarb	1.31.56

VETERANS O/40		
1. (4) R. Burn	ThirskS	1.29.45
2. (7) N. Strange	Knaves	1.30.36
3. (8) P. Kelly	Darling	1.30.41

VETERANS O/50		
1. (31) R. Firth	Mand	1.44.44
2. (37) G. Houghton	CaldV	1.46.16
3. (40) E. Huck	ThirskS	1.49.45

VETERANS O/60		
1. (39) K. Wilson	Mand	1.48.15

LADIES		
1. (55) A. Hayward O/40	ThirskS	1.54.12
2. (56) K. Neesam	NMarske	1.55.31
3. (60) J. Milsom	CleveTri	1.58.00
4. (61) R. Oldham	Knaves	1.58.10
5. (65) C. Worth O/45	Mand	2.00.20

18th CALDERDALE WAY RELAY
West Yorkshire
50m/6000ft 09.12.01

Near perfect conditions, except for the fog, meant faster times for most teams, reflected in a reduction of teams hitting the cut-off times. On saying this, a record number of teams took over nine hours. Thanks to the cut-offs, most teams finish in daylight.

Winners, Bingley, had a disastrous start with 12th place on Leg 1 but with the fastest times on Legs 2, 4 and 6, they passed Pudsey & Bramley with a couple of miles to go and won by over a minute. Bingley now hold the record number of wins for the first time.

Many teams appear to have had their own disaster – Horwich 70th fastest on Leg 4, Keighley 87th on Leg 5 and Clayton le Moors Veterans pulling out due to injury on Leg 5 whilst in 6th position overall. Even Halifax Harriers 'A' lost a couple of minutes on Leg 3 by not being ready for the changeover! I'm sure many teams will have tales of woe.

With Clayton Veterans pulling out, it was left to Kendal to take the Veterans' honours, being 6.34 ahead of Dark Peak.

Bingley ladies, like their men's team, had a bad start on Leg 1 but by the end of Leg 2, they had a one minute lead over Todmorden, a lead they increased to 20 minutes in front of second place Ilkley, at the finish, Todmorden being relegated to third.



Todmorden 'A' team in the murk on leg 4 of the Calderdale Way (Photo Steve Bateson)

The number of true mixed team entries overtook the ladies for the first time since their introduction in 1997. Unfortunately, a mistake was made with the results on the day. Pudsey & Bramley were awarded first place with Valley Striders in second. Saddleworth were in actual fact the winners 1.30 ahead of Pudsey, having gained 14 minutes on the last leg. Apologies go to all three teams.

After 21 years as "the main man" at the Calderdale Way Relay, Peter White has decided to withdraw gracefully. I'm sure the thousands of runners who have enjoyed the event over these years will wish Peter all the best for the future.

Eric North who, like Peter, has played a leading role in this event since its inception in 1980, is also taking a back seat. Our thanks must go to Eric, whose work of getting officials and marshals etc. has been invaluable over the years.

Next year's (and this) "main man!!" will be Linda Crabtree (Tel 01274 816517) so entries to Linda next year for the event on 8 December 2002.

1. Bingley 'A'	5.46.35
2. Pudsey & Bramley 'A'	5.47.39
3. Clayton 'A'	5.57.07
4. Rossendale 'A'	6.18.14
5. Salford 'A'	6.21.51
6. Dark Peak 'A'	6.24.10
7. Holmfirth 'A'	6.27.54
8. Todmorden 'A'	6.29.17
9. Clayton 'B'	6.31.02
10. Preston 'A'	6.34.00

VETERANS	
1. Kendal	6.40.59
2. Dark Peak	6.47.33
3. Bingley Vets 'A'	6.48.00

LADIES	
1. Bingley	7.32.41
2. Ilkley	7.52.40
3. Todmorden	8.01.03
4. Clayton	8.07.58
5. Dark Peak	8.15.31

MIXED	
1. Saddleworth	7.27.11
2. Pudsey & Bramley	7.28.41
3. Valley Striders	7.37.28
4. Ilkley	7.58.37
5. Halifax	8.08.02

DAVID STAFF MEMORIAL FELL RACE
Lancashire
BS/5m/900ft 09.12.01

The seventh year this event has taken place saw the largest number of runners with 192 entrants.

Nick Leigh managed to get the better of last year's winner, Steve Oldfield.

The ladies' race was won by veteran, Kath Drake.

All runners received T-shirts thanks to the sponsorship of "Akzol Nobel" and profits from the race went to "CRY" in memory of David.

Gary Taylor

1. N. Leigh	Altr	33.34
2. S. Oldfield	BfdA	33.46
3. B. Fish Jnr	B'burn	33.57
4. N. Tattersall	Pendle	34.29
5. M. Laithwaite	WiganP	35.06

VETERANS O/40		
1. S. Oldfield	BfdA	33.46
2. D. Gartley	Gloss	36.27
3. J. Houghton	NFylde	36.54

VETERANS O/50		
1. K. Payne	Stubb	38.14
2. P. Gillam	Chor	42.36

VETERANS O/60		
1. R. Jaques	Clay	46.00

LADIES

1. K. Drake O/40	Spennithorne	41.39
2. V. Lawrence	B'pool	42.12
3. G. Bacon	Wigan	42.57
4. D. Gowans	Accrington	43.45
5. Z. Braithwaite	Darwen	44.57

SIMONSDALE CAIRNS FELL RACE Northumberland BM/11m/1400ft 16.12.01

Lots of runners were frolicking in the river at the finish. Perhaps it was the mild weather but more likely they had no wish to take any mud and peat home!

Out best ever entry (85) with three new records.

Morgan took 1.39 off Joe McCready's 1996 record and Kat Jenkin reduced Karen Robertson's record by 2.33.

R. Hayes

1. M. Donnelly	NFR	1.15.02
2. P. Pollitt	CFR	1.21.32
3. J. Dickinson	Tyne	1.21.55
4. G. Beal	Edinb	1.22.05
5. S. Clark	NSP	1.22.31
6. S. Birkinshaw	NFR	1.23.08
7. J. Ross	NFR	1.23.44
8. D. Armstrong	NFR	1.25.19
9. B. Jacobson	Blaydon	1.25.43
10. G. Tompsett	W'lands	1.25.24

VETERANS O/40

1. (3) J. Dickinson	Tyne	1.21.55
2. (5) S. Clark	NSP	1.22.31
3. (8) D. Armstrong	NFR	1.25.19

VETERANS O/50

1. (17) R. Mitchell	Mandale	1.29.46
2. (26) R. Hall	NFR	1.36.01
3. (28) P. Graham	Tyne	1.32.47

VETERANS O/60

1. (36) P. Lancaster	NSP	1.40.35
2. (49) R. Hayes	NFR	1.46.15
3. (57) P. Winter	Morpeth	1.52.54

LADIES

1. (21) K. Jenkin	Carncliffe	1.32.03
2. (33) K. Robertson	NFR	1.39.20
3. (41) K. Kealey	Carncliffe	1.41.55
4. (42) M. Vander Linden	Edinb	1.41.56
5. (59) J. Duggan O/40	Morpeth	1.53.07

12th STOOP FELL RACE West Yorkshire BS/5m/800ft 16.12.01

Robert Hope gave the fell running fraternity 'hope' by finally ending Ian Holmes' reign at the Stoop fell race, after his 10 consecutive victories. 27-year old Hope finished only 6 seconds behind Ian last year, with in 1999 a distant 3rd, so his progression to the winners spot shouldn't be so shocking. In fact, Robert had won the re-arranged Ilkley Moor race a month earlier, and in April had a Bunny Run 4 victory to his credit, before F&M finished most fell running. He has also represented England in the 2000 World Mountain Running Trophy, collecting a Bronze team medal there, but don't ask him about the race. An environmental protection officer in the Bradford area, Robert had planned Ian's defeat with teammate Phil Sheard. "I followed Ian step for step, just watching his heels. Last year he gained the gap on the descent, this year no way was I going to let that happen, he seems to know every tussock, and bog and the best lines. My confidence grew the nearer we got to Penistone Hill, and when I struck, I kicked hard, and never looked back".

Ian Holmes a winner at Withins Skyline, Shepherd's Skyline and the Loughrigg Silver How race found the descent a problem due to



Karen Wolfenden of Ilkley heading a large group at The Stoop (Photo Steve Bateson)

the record field of 296. "I found it hard going, cutting the corner at the standing stone on the return didn't help, I didn't get the best of lines, and found my little legs in tussocks. With so many runners, it wasn't easy to make any efforts, normally I give it my all on the descent, but couldn't here, there was even runners still climbing out of the bracken. All the way I tried to push the pace, and not let Robert ahead. Typically the only place I took a breather, Robert pounced, I can't believe I relaxed there, but just didn't expect him to get past there, I thought it was too narrow. He ran brilliantly and full credit to him, but it has spurred me on to train even harder now!"

For the record, Hope also won the Boxing Day Whinberry Naze Dash race dressed in flares, psychedelic shirt and afro hair do in a new record, and the Wansfell event.

Third was an isolated Andy Peace, with Phil Sheard and Gary Devine making up the P&B winning team. Horwich RMI Harrier Alex McVey,

showed good speed to re-write the under 18's record by a massive margin of 1 minute 22 seconds, breaking Chris Caldwell's record of 31-14 from 1994. Once again, Steve Oldfield proved invincible in the over 40s with his 4th win, while Ken Taylor claimed the V50 after a battle with Ken Payne.

The senior race also incorporated the Under 18 and Inter Yorkshire Fell Championships with Chris Miller collecting Inter Gold, to go with his 1998 Under 16, and 1999 Under 18 gold medals, whilst silver went to Lee Athersmith. James Carter won his first title in the Under 18's with 38th overall, but surprisingly there were no more eligible Under 18 runners to collect silver and bronze.

Mary Wilkinson, the Senior Yorkshire Fell Champion from the October Withins Skyline race, has had problems with a strained tendon recently, but decided to test it here. "It was very wet, and I went flying 3 times into the bogs, footballer Klinsman style. But despite being very cold, and now a little stiff I'm confident my legs are OK. I seriously haven't run for two weeks, I have only been in the gym training, so I wasn't expecting too much hence the slow time". Wendy Barnes, a regular with the Barnsley coach pilgrimage to the event, again finished second like last year, before Kath Drake and birthday girl, Jo Prowse '48' finished. The Inter ladies gold medal and Sarah Rowell trophy went to a surprised Emma Hopkinson, who last won a Yorkshire title back in 1996 at under 16 level.

Disappointingly, no under 18 ladies bothered to turn up, so no awards were given, which is a real pity after internationals like Charlotte Sanderson, Sarah Dugdale and twice Natalie White are engaged on the new perpetual trophies.

It is always a pleasure to see new records set, and Christine Porritt, now over 60, gave us a time of 55-15, having only just done the Luton Marathon in 4-07-08 only weeks earlier.

All junior races were run over a slightly extended course, adding just over a minute to the Quarry routes at the start. This was to enable the fantastic turn out of 80 boys and girls in the joint under 9 and under 12's races a better run at the initial climb out of the quarry, who says fell running is a old mans and ladies sport? After 6 minutes and 4 seconds, Caleb Weatherall 3rd last year, took the final quarry climb to finish 7 seconds up on Damien Rawcliffe, with James Mountain 3rd, in this non-Yorkshire championship event. The diminutive figure of



"Who says fellrunning's an old man's game??" - Juniors at the start of The Stoop (Photo Woodhead)

Danielle Walker finished 5th overall, and first under 12 girl, a second up on the boys under 9 winner Ryan Gould. Jenny Addison, who set a new under 9's girls record at the Withins race in October, won that category again for the 7th time, since the Stoop, Withins and Soreen Stanbury races use the same race route.

Over the two lap under 14's race, one lap longer for championship reasons, Alistair Brownlee won the title from Lancashire's Callum Fitzpatrick, with Mark Addison and Sean Bindley taking silver and bronze medals respectively. For the girls, Abbie Johnson, only 11, ran out of her age group allowable under FRA rules to win Yorkshire gold from Rachel Ingham, silver and Lindsey Agg 3rd overall girl, with Yorkshire bronze to Kayley Ciesla, with 25 runners.

Stuart Hunn just won the 3 lap under 16's race from Suzanne Boyes with only 3 seconds separating these two Yorkshire gold medallists at the end. A pupil at Graham School, Scarborough, Suzanne is also a free style championship level dancer at rock and roll, disco and slow dance, and hopefully will give fell running a go at championship level.

Chris Moose

1. R. Hope	P&B	27.56
2. I. Holmes	Bing	28.07
3. A. Peace	Bing	28.53
4. Phil Sheard	P&B	29.25
5. G. Devine	P&B	29.50
6. A. McVey	Horw	29.52
7. S. Oldfield	BfdA	30.00
8. J. Hodgson	Horw	30.26
9. G. Oldfield	P&B	30.41
10. S. Sweeney	Bowland	30.49

VETERANS O/40

1. (7) S. Oldfield	BfdA	30.00
2. (14) S. Hinchcliffe	Longw	31.28
3. (15) B. Whalley	P&B	31.30
4. (18) C. Shuttleworth	Preston	31.50
5. (22) J. Wootton	Wharfe	32.44

VETERANS O/50

1. (37) K. Taylor	Ross	34.27
2. (48) K. Payne	Stubb	34.56
3. (70) J. Hayes	Barns	36.24
4. (74) B. Rawlinson	Ross	36.43
5. (82) B. Scholes	HelmH	37.16

VETERANS O/60

1. (149) T. Cock	Holm	40.53
2. (160) R. Jaques	Clay	41.55
3. (203) R. Mason	Totley	43.51

LADIES

1. (105) W. Barnes	Barns	38.19
2. (122) K. Drake O/40	Spen	39.15
3. (129) J. Prowse O/40	Keigh	39.22
4. (134) C. Wolfenden	Ilk	39.56
5. (161) J. Smith O/40	Tod	41.59
6. (165) A. Marks O/35	Bing	42.12
7. (169) C. Preston O/35	Keigh	42.16
8. (173) J. Rawlinson	Ross	42.27

INTERMEDIATES

1. (17) C. Miller	Hgte	31.35
2. (21) L. Athersmith	Skip	32.31
3. (212) E. Hopkinson Lady	Unatt	44.23

JUNIORS U/18

1. (38) J. Carter	Spen	34.38
2. (39) N. Lawton	Chor	34.42
3. (79) S. Clegg	Bing	37.11
4. (80) L. Johnson	Bing	37.14

MORTIMER'S FOREST HILL RACE
Shropshire

BM/10m/1700ft 16.12.01

1. T. Taylor O/40	Mercia	1.08.26
2. C. Lancaster O/40	Ludlow	1.09.15
3. M. Fleming O/40	Amble	1.09.50
4. A. Yapp	Mercia	1.10.15
5. M. Fawcett	WyeV	1.10.24

6. A. Carruthers O/40	Hales	1.10.39
7. K. Begley	LastInn	1.12.21
8. M. Clewes O/40	Mercia	1.12.08
9. P. Frodsham O/40	LastInn	1.12.21
10. N. Hazelwood	Hales	1.12.30

VETERANS O/50

1. (28) P. King	Prest	1.17.47
2. (41) G. Farmer	Mercia	1.18.43
3. (50) D. Rose	TarrenH	1.21.03

VETERANS O/60

1. (25) B. Thornet	Strat	1.16.57
2. (93) L. Bailey	WorcTri	1.27.20
3. (124) P. Norman	Wrex	1.30.29

LADIES

1. (60) P. Knowles O/40	SuttCol	1.22.59
2. (75) G. Harris O/40	Mercia	1.24.45
3. (77) C. McCarthy	Helsby	1.24.50
4. (81) V. Musgrove	Eryri	1.25.40
5. (99) L. Sherren	Strat	1.27.46

WHINBERRY NAZE DASH
Lancashire
BS/4m/750ft 26.12.01

Robe Hope ran in a pair of flares and a wig in this festive fell race and still managed to knock just over a minute off his own record in winning for the third successive year.

He was closely followed by first junior, Alex McVey, who was attired in more traditional gear. His clubmate, Steve Jackson, a regular at this event, finished in the top ten to claim the first veteran's prize.

The cold and sunny weather, firm underfoot, seemed to suit everyone including Lucy Whittaker, who sliced a chunk off the ladies' record.

Steve Duxbury

1. R. Hope	P&B	22.36
2. A. McVey	Horw	22.54
3. G. Erhardt	Tod	23.19
4. S. Livesey	Clay	23.26
5. G. Ology	P&B	23.37
6. M. Lee	Ross	23.53
7. M. Hammer	B'burn	24.10
8. J. Wright	Tod	24.18
9. S. Bottomley	P&B	24.21
10. S. Jackson	Horw	24.42

VETERANS O/40

1. S. Jackson	Horw	24.42
2. G. Schofield	Horw	24.52
3. T. Taylor	Ross	25.23

VETERANS O/50

1. D. Overton	Kend	25.27
2. K. Payne	Stubb	26.23
3. K. Taylor	Ross	26.27

LADIES

1. L. Whittaker	Saddle	28.59
2. D. Gowans	Acc	29.54
3. V. Snape Junior	Chor	31.04
4. L. Toast O/40	Hfx	33.36

BARF TURKEY TROT
Mourne Mountains
AS/5.5m/1500ft 26.12.01

Christmas card scenes this year with a covering of snow on the course for the 57 runners who turned up for the Turkey Trot. Unfortunately that other seasonal treat (or should I say "threat"), the 'flu had struck down quite a few hopefuls including last year's winner, Neil Carty. All credit to him for getting up from his sick bed to arrange the return of the Martin Mc Mahon trophy via other means, for presentation to this year's winner.

The runners streamed away up the Trassey track into the hills with Brian Ervine quickly developing a lead ahead of Dion McNeilly. Visitor, Jamie Thin, new star Simon Taylor and vet 40 Francis O'Hagan battled away for the next positions, while the top ladies, Barbara Brown and Claire Gilbreth, ran side by side for virtually the whole race.

Further down the field other runners were going well including Brian Linton and Richard Dougan. Vet 50, Dessie Mc Henry, in a top ten position was as usual showing studs to quite a few respected runners.

Brian Ervine cruised back to the finish line to record a comfortable win, over two minutes ahead of Dion and Simon Taylor beat Jamie Thin by about half a minute for third place. Claire Gilbreth broke away from Barbara Brown to win the race by a few seconds and she, like the other runners, received their prizes at the Tollymore Mountain Centre, selecting from a range of goodies provided by local outdoor shops Jackson Sports, Surf Mountain and Tisos. Many thanks to all the marshals for enduring the cold to ensure a safe race and to those who brewed up the mulled wine and warmed mince pies to warm the racers.

Jim Brown



Jon Taylor receives his Smarties at Whinberry Naze (Photo Steve Bateson)

1. B. Ervine	Ballyd	44.28
2. D. McNeilly	N'castle	46.56
3. S. Taylor	BARF	49.21
4. J. Thin	Carn	49.48
5. F. O'Hagan	NewrySham	50.54
6. J. Summerville	BARF	52.12
7. J. McCann	N'castle	52.18
8. B. McBurney	N'castle	52.47
9. D. McHenry	Willow	53.27
10. P. Mawhirt	N'castle	54.14

VETERANS O/40

1. F. O'Hagan	NewrySham	50.54
2. B. McBurney	N'castle	52.47
3. M. Barton	ACKC	59.13

VETERANS O/50

1. D. McHenry	Willow	53.27
2. R. Cowen	Willow	59.28
3. K. Balmer	BARF	61.22

LADIES

1. C. Gilbreth O/35	ACKC	66.53
2. B. Brown O/40	BARF	66.57
3. J. Thin	Carn	71.19
4. A. Wilson	BARF	79.38

TOTLEY TERMINATOR

Derbyshire

BL/17m/3000ft 28.12.01

This year was the tenth anniversary of the Terminator and being able to hold the race at all this year was especially pleasing in view of foot and mouth and the way it has decimated the fell running calendar. What was equally pleasing, was that this was the final race of this year's five fell race series organised by Toley AC, and we have been able to run them all (legally) due to the hard work and determination of our club. Thanks again to all who organised and helped. Although we had to change all but one route, the changes were well received.

The new route for the Terminator was still 17 miles over public footpaths and along several scenic Derbyshire edges. The weather was good but a strong headwind over the closing few miles made the race challenging, even though the revised route had slightly less climb. The course was all runnable and a strong pace enabled the leaders to finish in a good time of under two and a quarter hours.

Steve Penney has dominated both the men's races and the series this year and he did not disappoint in the Terminator, winning in a time of 2:12:02. First woman was Lesley Atchison in a time of 2:47:40.

Well done to all the runners. Let's hope that next year's calendar can be run in full.

Chris Bradshaw

1. S. Penney	Chest'fld	2.12.02
2. L. Banton	Clowne	2.14.34
3. T. Austin	DkPk	2.16.38

VETERANS O/40

1. A. Moore	DkPk	2.20.40
2. D. Allen	DkPk	2.26.31

VETERANS O/50

1. D. Tait	DkPk	2.21.12
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VETERANS O/60

1. M. Coles	Skyrac	2.42.01
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LADIES

1. L. Atchison	DkPk	2.47.40
2. J. Smith O/40	DkPk	2.48.00
3. H. Musson	DkPk	2.54.02
4. S. Ward	Unatt	2.55.31

HOBSON MOOR FELL RACE

Derbyshire

AM/7m/1000ft 30.12.01

The runners were welcomed with overnight snow to make this new event even tougher. This, however, didn't stop prolific race winner, Andrew Jones, leading from start and first to summit. Second to summit was race organiser, Des Gibbons, followed by Paul Targett and Ady Jones. Returning back the same route via a steep descent on Lees Hill and twisting over Anrfield, Andrew Jones secured a time of 47.59 which, for this course, will take some beating.

Jacky Bradwell battled with Angela Leonard to take the ladies' race.

Glossopdale, as usual, took the team honours.

Des Gibbons

1. A. Jones	EChesh	47.59
2. N. Leigh	Altr	52.30
3. G. Watson	Newham&E	52.44
4. A. Jones	Gloss	53.02
5. P. Targett	Clay	53.15
6. D. Gibbons	Altr	53.46
7. C. Fray	Penn	53.57
8. K. Payne	Stubb	55.56
9. A. Kirk	Gloss	56.22
10. I. Richard-Cooke	Ackw	56.52

VETERANS O/40

1. (4) A. Jones	Gloss	58.02
2. (7) C. Fray	Penn	53.57
3. (9) A. Kirk	Gloss	56.22

VETERANS O/50

1. (8) K. Payne	Stubb	55.56
2. (15) F. Fielding	Gloss	60.44
3. (20) J. Leary	M/cYMCA	67.05

VETERANS O/60

1. (27) M. Coles	Skyrac	70.58
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LADIES

1. (26) J. Bradwell O/40	EChesh	70.36
2. (31) A. Leonard O/35	M/cYMCA	75.54

BRISCOE'S BREWERY AULD LANG SYNE

FELL RACE

West Yorkshire

BM/6m/900ft 31.12.01

1. I. Holmes	Bing	34.48
2. A. Peace	Bing	35.37
3. A. McVey	Horw	37.12
4. G. Ehrhardt	Tod	37.29
5. A. Jones	EChesh	37.34
6. S. Livesey	Clay	37.38
7. D. Utton	Altr	38.22
8. Paul Sheard	P&B	39.01
9. S. Oldfield	BfdA	39.11
10. A. Schofield	Borr	39.19

VETERANS O/40

1. (9) S. Oldfield	BfdA	39.11
2. (11) A. Shaw	Holm	39.23
3. (20) I. Greenwood	Clay	40.16
4. (21) C. Shuttleworth	Preston	40.17
5. (24) B. Whalley	P&B	40.43

VETERANS O/50

1. (45) J. Holt	Clay	42.20
2. (54) K. Payne	Stubb	42.50
3. (56) K. Taylor	Ross	42.59
4. (68) T. Hesketh	Horw	43.54
5. (78) D. Beels	CaldV	44.57

VETERANS O/60

1. (211) B. Wilson	DkPk	51.53
2. (300) R. Mason	Totley	57.29

LADIES

1. (60) L. Whittaker	Saddle	43.16
2. (72) A. Priestley O/35	Ilk	44.17
3. (116) H. Johnson O/35	Ilk	47.10
4. (138) S. Taylor	Bing	47.55
5. (150) K. Jenkins	Carn	48.28

6. (168) S. Becconsall O/40	Tod	49.11
7. (173) A. Weston O/35	Ilk	49.28
8. (196) V. McParland	Abbey	50.57

JUNIORS U/18

1. (3) A. McVey	Horw	37.12
2. (62) T. Cornthwaite	Hynb	43.26
3. (127) S. Clegg	Bing	47.35

THE GIANT'S TOOTH FELL RACE

CS/3m/400ft 01.01.02

West Yorkshire

Another beautiful sunny New Year's Day at Ogden Water saw a record field of 71 runners set off to battle over the snow covered moor above the reservoir. I reckon the word has got around that this is a cracking little course, fairly tough but not too much for the 'morning after' for those who like to celebrate on Old Year's Night.

I spent New Year's Eve with my daughter at my parents' home after my dad's thankful return from the heart unit at Bradford Infirmary. A sudden angina attack at 68, just after Christmas, after a lifetime of good health, had us panicking, so I asked Eileen and Dave Woodhead for a hand with the race, expecting that I might possibly be absent myself on the day.

As it was, dad said he felt fine and I was able to flag the course early on the morning of January 1st, with help from Carole Waterhouse and Mick Fryer.

Dave and Eileen kindly turned up early and met us at the summit, Dave making sure that the zigzag climb was well taped, before joining Linda who by now had registration in full swing on the reservoir side.

As I reached the initial bridleway run-out section (I always flag the course in reverse direction), I found that there were large sections of sheet ice right across the path. So after canvassing the opinions of one or two runners, I marked a slight detour with flags and tape onto the moor after about 300 yards adding an interesting short climb to an old stone gateway. This seemed to go down quite well - as well as breaking the field up a bit - though I don't think the return section, the outward route reversed which provided an extra 'sting-in-the-tail', was as well received!

Student George Ehrhardt was in good form, winning a local 'multi-terrain' seven miler the day after Boxing day and placing well at a big road race on the 30th. The Giant's Tooth was to be his next win, as he romped home in eighteen minutes and thirty nine seconds, new record figures for the revised route. Andy Shaw placed second - and first over 40 veteran - ahead of my club mate Andy Clarke, Ken Taylor was first in the veteran over fifty category, in ninth place overall, and the first vet over 60 was Mike McDonald who enters races under FRA, whoever they are!

Former Yorkshire Three Peaks race winner, Sally Newman, won the ladies' section in 21-02 for eleventh place, ahead of Jane Clarke and Anne Johnson, who many of you will know by her maiden name of Anne Stentiford, the amazing long distance specialist, now making a comeback after a break to start a family.

Sally was also first female veteran over 40, in front of Thirza Hyde, Gay Leary of taking the over 45s, while Chris Porritt adds years to us all with her amazing fell running exploits at sixty. Well done again, Christine, I hope you enjoyed it.

The juniors ran the same course, Halifax Harriers providing the boys' winner in Duncan Nicholson, notching a creditable top twenty place to set the junior record of 22-04, while the

junior girls record fell to Amy Crabtree, also of Halifax in nine seconds over the half hour.

Everyone seemed to enjoy the free sandwiches on offer at the finish and all runners received a certificate for their efforts.

Thanks as ever to everyone who came to help, especially Dave and Eileen Woodhead, Mick and Carole, all the marshals, registration officials, finish helpers and Andy, Linda and Ben Green for sweeping round and saving me an hours work collecting the flags.

Allan Greenwood

1. G. Ehrhardt	Tod	18.39
2. A. Shaw	Holm	18.44
3. A. Clarke	CaldV	19.06
4. B. Bolland	Horw	19.35
5. P. Grimes	Hfx	20.02
6. T. Taylor	Ross	20.13
7. N. Holding	WPenn	20.17
8. R. Glover	Tod	20.25
9. K. Taylor	Ross	20.41
10. W. Percival	Helsby	21.00

VETERANS O/40

1. (2) A. Shaw	Holm	18.44
2. (5) P. Grimes	Hfx	20.02
3. (6) T. Taylor	Ross	20.13

VETERANS O/50

1. (9) K. Taylor	Ross	20.41
2. (16) D. Tate	DkPk	21.56
3. (22) G. Breeze	Skyrac	22.36

VETERANS O/60

1. (54) M. McDonald	FRA	27.41
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LADIES

1. (11) S. Newman O/40	Gloss	21.02
2. (26) J. Clarke	P&B	22.55
3. (41) A. Johnson O/35	Macc	25.06
4. (42) S. Robson	S'ampton	25.27

JUNIORS UNDER 17

1. (18) D. Nicholson	Hfx	22.04
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JUNIORS U/15

1. (37) O. Carter	Spen	24.19
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THE ROUND LLYDAW RACE Gwynedd CS/5m/594ft 01.01.02

This annual cure for a hangover was run in perfect weather conditions – windless with blue skies and snow-capped mountains. The Miner's track was rather icy but this didn't hinder the faster athletes wearing spikes or tungsten-tipped studs.

With the absence of Gary Williams - winner many times in recent years – the field was wide open. Recording his first win in 43m 55s was Andy Jackson from the organising club Gorphwysfa. However, Eryri was not left out of the honours, with Ellie Dunnington first lady home in 57.13. Of particular note, was the performance of 66 year old John Dearden, former British supervets champion finishing comfortably under the hour in 58.34.

It was a pleasure to welcome a number of runners from further afield as a result of the FRA registration. However this came at a price requiring an organising team of up to a dozen people to meet the safety requirements for race information, road marshals, race marshals, radio cover and start/finish team. The helpers did a great job for which I would like to sincerely thank them. However, it seems rather a pity that such a large organisation is required for what is essentially an informal fun event with only 47 runners. All to provide insurance cover against the possibility of claims arising from accident or injury. If disclaimers which runners are asked to sign continue to hold no sway in a court of law, fewer people will come forward as event

organisers and fell and cross country running will be poorer as a result.

Andrew Middleton

1. A. Jackson	43.55
2. R. Halliday	45.29
3. S. Barnard	47.34
4. T. Holt	47.40
5. G. Williams	48.31
6. J. Bennell	49.18
7. M. Blake	50.30
8. I. Eperon	50.40
8. J. O'Reilly	50.40
10. O. Burrows	50.57

LADIES

1. E. Dunnington	57.13
2. H. Burrows	68.02
2. M. Oliver	68.02
4. T. Richardson	70.16
4. J. Holt	70.16

HILL FORTS & HEADACHES FELL RACE Northumberland AS/3m/1020ft 01.01.02

There was sunshine and a little snow, plus the usual friendly atmosphere at the start venue.

There wasn't a large entry but some good quality as always. First to the hill top finish was student, David Sprott. First lady and a new category record was set by Beverley Whitfield.

R. Hayes

1. D. Sprott	Morpeth	24.30
2. N. Bulloss	Arran	24.31
3. J. Boyle	DkPk	25.59
4. G. Davis O/40	NFR	26.35
5. T. McCall O/40	Norham	26.49
6. M. Jeffrey O/40	Unatt	27.11
7. G. Owens O/40	NFR	27.36
8. R. Phizacklea	Morpeth	27.47
9. W. Lawrence O/40	NFR	28.22
10. M. Davison	Stamford	28.34

VETERANS O/50

1. (12) J. Cockburn	Alnwick	29.01
2. (17) R. Gray	NFR	31.09
3. (18) W. Tait	NFR	31.49
4. (21) A. Barnes	Morpeth	32.56

LADIES

1. (15) B. Whitfield	Clay	30.36
2. (22) J. Duggan O/40	Unatt	33.02
3. (25) J. Walker O/40	Unatt	34.37
4. (27) P. Cooper O/40	NFR	35.17

TRIG POINTS RACE Staffordshire CL/15m/1500ft 05.01.02

The 18th running of the Trig Points Race saw some of the worst weather conditions in 15 years, with sheet ice, mist and cold rain. What followed was an excellent race between Tim Werrett and previous two times winner, Marcus Scotney. Although Tim led at the first road crossing, Marcus was on his shoulder and by the time they arrived back at the road crossing, Tim had a 15-second lead over Marcus. The question was whether or not Tim could sustain this in the conditions or had he gone off too fast? Tim proved his form and was able to pull away from Marcus and win a very credible race by almost a minute.

In the ladies' race, there was only going to be one winner but the question was by how much? Andrea Priestley ran a fantastic race to finish in the top ten, something never achieved before by a lady in the history of the Trig Points Race. She was only five minutes outside the record, which could have been under threat in more favourable weather conditions.

As always, a big thank you to all the marshals and helpers who, this year, had to contend with torrential rain as well as the cold.

Richard Day

1. T. Werrett	Mercia	1.34.53
2. M. Scotney	DkPk	1.36.05
3. P. Lester	CannStaff	1.40.47
4. B. Carr	Congle	1.41.13
5. M. Hartell	Macc	1.44.03
6. M. Clewes	Mercia	1.44.24
7. M. Robinson	DkPk	1.46.54
8. S. Ruane	Staff	1.47.01
9. A. Davies	Mercia	1.47.13
10. A. Priestley	Ilk	1.47.29

VETERANS O/40

1. (6) M. Clewes	Mercia	1.44.24
2. (11) A. Cooper	Chase	1.49.17
3. (13) R. Woodall	Mercia	1.51.08

VETERANS O/50

1. (17) D. Tait	DkPk	1.53.22
2. (20) M. Wittering	Huncote	1.56.23
3. (21) J. Marsh	TarrenH	1.56.39

LADIES

1. (10) A. Priestley	Ilk	1.47.29
2. (39) J. McBride O/40	Macc	2.03.27
3. (47) J. Rowlands	Mercia	2.07.07
4. (48) V. Musgrove O/40	Eryri	2.07.32
5. (49) J. O'Dowd O/40	Staff	2.06.45

OVENDEN FELL RACE West Yorkshire BM/8m/1200ft 05.01.02

George Ehrhardt notched his second win at the picturesque setting of Ogden Water in the space of a week, at the TCA sponsored Ovenden fell race.

The 24 year old student, followed his fine win at The Giant's Tooth race on New Year's Day with a superb effort over nine miles to beat local favourite and record holder, Steve Oldfield, over a mist shrouded and ice covered course, clocking 56 minutes and 10 seconds; a very creditable time in those treacherous conditions.

On a beautiful sunny Friday afternoon, I met Tony Bradley, my Calder Valley club mate, who has helped me with these races for the past eleven years up at the former Withens Inn, which was destroyed by fire a couple of years ago and is now under conversion into a private dwelling. We set off with bundles of flags and tape and spent over 2 hours marking the course, well clad as we battled until after dark into the teeth of an icy south westerly wind. The view of the sunset glinting off the rotor blades of Ovenden Windfarm and casting a warm orange glow across the snow, lifted our spirits as we jogged along Hambleton Lane to the farthest out point, where we split up to mark the big loop along Sawood Lane to Cold Edge.

On the morning of the race, the usual Ogden style weather landed however, and with light drizzle and fog on the moors, I knew it would be an interesting race. Snow that had melted the previous day left the ground covered with standing water on much of the course, the freezing temperatures during Friday night turned it to a skating rink, leaving the reservoir embankment, and the reservoir, completely frozen solid. At least, I mused, the runners would be well aware of what was in store, as they crossed that cobbled dam wall to reach the start.

My club mate, Thirza, soon had registration buzzing in her usual efficient style, handing out numbers, and those indispensable little metal race number fastening devices, as I frantically copied completed race entry slips onto sticky labels.

At eleven o'clock I blew the whistle and 109 runners trundled away up the rough bridleway. Just under an hour later George Ehrhardt emerged from the gloom, and Bill Smith, who had journeyed over from Liverpool just to help me at the finish, and myself had to shout warnings of sheet ice on the lane where he would finish.

Veteran, Steve Oldfield, was the next man to come into view some 37 seconds later, running down the grassed embankment to avoid the hazardous lane. Less than a minute elapsed and top orienteer, Brendan Bolland, was next man in, clocking 57-22.

Jack Holt ran a fine race to take the Supervet's prize in thirteenth, while his club mate Ross Jaques was first over sixty.

Veteran Elizabeth Tomes, won the ladies' section, finishing exactly half-way down the field in 72-53 followed home by Jane Smith Christine Preston and Thirza Hyde.

Along with George, Liz won the very fine prize of a voucher to have a custom made 'Demon' technical cagoule 'made to measure' by our very generous sponsors, Technical Clothing Associates of Heckmondwike, West Yorkshire.

Super-"supervet" Christine Porritt did the 'double' after taking the Giant's Tooth over sixty prize, again showing us that age is no barrier as she conquered yet another Ogden challenge.

Many thanks as always to the landowners, Yorkshire Water, and the tenant farmers who allow this race on their land, to all the marshals and helpers, especially the sweepers, Andy and Ben, who gathered all my flags in, saving me hours. Also, the finish officials and recorders and Gordon of Technical Clothing Associates, who can produce 'made to measure' technical outdoor clothing, cagoules, fell suits etc. at very competitive prices. Ring me for details on the number in the FRA calendar under my race entries.

Allan Greenwood

1. G. Ehrhardt	Tod	56.10
2. S. Oldfield	BfdA	56.47
3. B. Bolland	Horw	57.22
4. G. Oldfield	P&B	58.05
5. C. Seddon	Horw	58.47
6. J. Feeny	Bing	59.48
7. S. Gregory	Tod	59.59
8. T. Taylor	Ross	60.09
9. J. Mason	Woodkirk	60.26
10. N. Conway	Unatt	60.43

VETERANS O/40

1. (2) S. Oldfield	BfdA	56.47
2. (8) T. Taylor	Ross	60.09
3. (11) R. Crossland	BfdA	60.51

VETERANS O/50

1. (13) J. Holt	Clay	61.07
2. (16) K. Taylor	Ross	65.08
3. (24) R. McArthur	Meltham	66.44

VETERANS O/60

1. (70) R. Jaques	Clay	75.52
2. (93) S. Anderson	Wake	91.12
3. (94) B. Wilson	Unatt	91.50

LADIES

1. E. Tomes O/40	Kghly	72.53
2. J. Smith O/40	Tod	73.46
3. C. Preston O/35	Kghly	74.03
4. T. Hyde O/40	CaldV	78.00
5. J. Foster O/35	Kghly	79.41

**THE 13th EL-BRIM-ICK DASH
Grampian
AS/3m/800ft 13.01.02**

With only a couple to patches left of the ice which had coated the whole course the previous weekend, it was possible for me to give the course a risk assessment and past it as fit to run even if the gradual thaw did mean that it was rather muddy.

Andrew White showed that the hill training available from his new house at Durris has been put to good use as he strode away from the field. Behind him former Scottish Champion, Hayden Lorimer, just got the dip on first veteran, Alan Smith, in a desperate dash to the line while David Armitage belied his age to finish sixth overall!

With eight supervets, nine baby vets, three lady vets and no senior ladies amongst the 33 starters the worrying trend of missing seniors continues.

The Junior Race was abbreviated from its usual distance to accommodate the age of the two runners but where were all the juniors in the 12 to 15 age group?

Ewen Rennie

1. A. White	Cosmics	21.40
2. H. Lorimer	HBT	22.18
3. A. Smith	Deeside	22.18
4. S. Rivers	Cosmics	22.47
5. J. Buchan	Cosmics	23.02

VETERANS O/40

1. (3) A. Smith	Deeside	22.18
2. (5) J. Buchan	Cosmics	23.02
3. (8) C. Pryce	Cosmics	23.50

VETERANS O/50

1. (6) D. Armitage	Cosmics	23.17
2. (15) M. Pearson	Unatt	26.47
3. (17) I. Jolliffe	Cosmics	28.17

LADIES

1. (26) M. Stafford O/40	Cosmics	29.48
2. (31) S. Buchan O/40	Cosmics	35.50
3. (32) E. Stewart O/40	Cosmics	36.25

**LARA SHINING CLIFFS FELL RACE
Derbyshire
13.01.02**

Short race - 3.25 miles

1. V. Butler	FormOne	31.45
2. P. Manning	Belper	34.40
3. A. Tighe O/40	Fritch	36.07
4. J. Amor	Matlock	40.59
5. S. Humphris O/40	Fritch	42.23

Long race - 6.5 miles

1. S. Penney	Chestf'd	50.25
2. R. Little	Mercia	50.54
3. K. Webster	Matlock	51.18
4. T. Austin	DkPk	52.53
5. N. Bassett	StaffsM	53.32
6. C. Rowe	Matlock	54.21
7. J. Boyle	DkPk	56.24
8. A. Middleditch	DkPk	56.58
9. D. Allaway	HolmeP	57.52
10. M. Moorhouse O/50	Matlock	57.57
11. D. Charles O/40	DkPk	59.09
12. A. Renfree O/40	Monyash	59.16

VETERANS O/60

1. (36) B. Nicholas	Mercia	70.09
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LADIES

1. (23) C. Howard	Matlock	64.52
2. (42) A. Leonard	M/cYMCA	76.27
3. (45) E. Roberts	DarleyAb	77.44

FELLRUNNING FRED by Anne Colstrane



Keen and eager readers with memories unsullied by eating from aluminium pans in their youth may recall that in the last edition of the magazine Pete Bland placed a brief and informative piece about a challenge in New Zealand and offered various inducements to people to have a go. Well, at least one person took him up on it and here is the result:-

2001 Kepler Challenge Mountain Run - New Zealand

by Lesley Atchison

I like mountain challenges but what with Foot & Mouth in 2001 such events were rather thin on the ground in the UK. It was time to look further afield - New Zealand to pluck a country at random. Land of adventure racing and multi-sport events, Southern Traverse, Coast to Coast, a country bulging with athletes and awash with challenges. The autumn edition of "The Fellrunner" magazine ran an article on the New Zealand Kepler Challenge Mountain Run so I did a bit of research and thought I'd give it a go.

Background

The Kepler Challenge is described as the premier mountain running event in New Zealand. It's 67km long and takes place amid spectacular Fiordland scenery - lake edge, beech forest, alpine mountain tops and a U-shaped glacial valley. The route makes a sweeping circuit around the Jackson Peaks, starting near the small town of Te Anau at 200m and reaching an altitude of approximately 1400m.

The event takes place in early December each year. Competitors are drawn from all corners of New Zealand as well as from overseas. This year's event included runners from Australia, Hawaii, Sweden, Spain, Germany, Denmark, Ireland, the States, the Netherlands and the UK. The race record of 4:41:42 is held by Russell Hurring (1993). While a number of runners complete the course in less than five hours each year, others take up to eleven hours or more.

To me, the competition looked tough with some impressive racing profiles. Amongst the men were those who had 'captained the New Zealand Mountain Running team', 'competed in six World Mountain Running events' and 'been winner of the prestigious Mount Baldy race in San Antonio, California'. Amongst the women were those who had 'competed in the '97 and '98 World 100km Championships', 'been in the winning team of the Southern Traverse' and 'competed in the World Championships Triathlon'. Hmmm, how was all this going to compare with my Sunday morning runs in the Peak District?

Fiordland is renowned for its high rainfall and changeable weather patterns throughout the year. We were told to come prepared for all conditions from hot burning sun to cold temperatures with strong winds, heavy rain and snow. The weather forecast for the Challenge was - rain all day. I have to say that I'm not the hardiest of runners and my heart sank at the thought of getting out of a car in waterproofs to set off in depressing, cold, damp conditions. After all I'd flown halfway round the world in pursuit of a second summer. But luckily mountain forecasts are notoriously unreliable. When I woke to a 5 a.m. alarm call not only was it *not* raining but I could see the tops of the mountains we were to run over, which seemed a good start.

The Challenge

At 5.45 a.m., down by Lake Te Anau, 294 competitors (70 of them women) were milling about, checking-in, pinning on race numbers, limbering up, queuing for the portaloos and kissing loved ones goodbye. Still the rain held off. Conditions were calm and we were told it was 7 degrees C on the tops. The start line was the control gates at one end of the lake. Before these gates were a couple of tents, one of which promised post-race massages on the fly sheet and one occupied by cheery St John's ambulance ladies. Nearby, and right by the control gates, was a rostrum from which Noel, renowned race organiser, was wielding a microphone and getting ready to provide a running commentary on events and runners throughout the day. Just before 6 a.m. he called us all to the gates for the start. Each runner had to take up position next to an hour marker estimating how long he or she thought they would take to finish the race. I started by the 9-hour marker, though in fact I hadn't the slightest idea how long it would take me. More than five hours, less than ten I hoped. There was a slight hold up as the organisers chased up a couple of runners who'd gone straight to the start line without checking in. Once sorted, just after 6 a.m., Noel set us off.

We shuffled forward across the control gates until the front of the pack broke free and we surged forward. The supporters waved us on our way and we plunged into the forest by the side of the lake. There was a very jovial atmosphere back in the 9-hour club as those around me caught up on news and gossip. The first 6km consisted of narrow, flat, forest path along by the lake edge. Seemed fairly manageable at this stage, I thought. Next, the track climbed steadily towards the bush line and we reached some limestone bluffs, great rocks towering out of the hillside, dripping wet. There we came upon the first race official giving out jellybeans under the overhang.

The climb continued up to the bush line where we had panoramic views of

the Te Anau Basin, Takitimu Mountains and the Snowdon and Earl Mountains. Next thing I knew it was almost 7.50 a.m., I'd climbed to 1100m and reached the Luxmoore Hut, the first checkpoint, 14km from the start. There was a huge trestle table covered with cups of water, energy drinks, bowls of jellybeans and boxes of chopped bananas and orange slices. The pace slowed as competitors took on food and water and we had our packs checked to make sure we were (still) carrying waterproofs, hat, gloves, thermal top and space blanket.

Then onwards and upwards, the path climbing steeply towards the summit far above the bush line. The temperature was dropping. At 8.30 a.m., there was an earthquake measuring 6.2 on the Richter scale. Incredible! My first fell race in an earthquake! My legs felt good and I started to pick up some speed as I ran along the ridge. A helicopter appeared overhead filming us. A few more ups and downs along the alpine section at 1400m - past the Forest Burn Saddle and Hanging Valley Shelter - and at last the climbing was over, the route levelled out and the first part of the descent began. Still the rain held off. At 32km the path dropped down past the Iris Burn Hut and became a mass of zigzags, plunging down towards the valley floor at 400m. It was at this stage that I thought the hardest part of the race was over but it hadn't even started yet. Once the zigzags finished I was onto the most gruelling section - the flat part. In fact the path descended slightly but it was hardly noticeable, dropping only 200m over 35km. On and on and on wound that path, through endless beech forest, following the Iris Burn, only once broken by a barren landslip section. I rarely saw another competitor on this section of the Challenge. My morale began to sink and it was a relief to reach each checkpoint and be cheered on by the Army Communications Teams manning them. My lowest point occurred when, thinking I was almost done for, I asked how much further at one of these checkpoints. I'll never forget the feeling that my heart had sunk into my trainers when I was told it was another 25km to go. There was nothing for it but to stuff jellybeans in my mouth and pretend I hadn't asked. About 10km later the monotony of the forest was broken when I started losing peripheral vision and fell off a bridge. At least the view changed for a few seconds. I picked myself up out of the mud and, shortly afterwards, felt the blood seeping down into my socks. Strangely there was no pain.

But the darkest hour is just before dawn. A mere 4km later, I came upon Rainbow Reach Swingbridge, a section of the forest very close to the road where spectators had gathered. The sight of people cheering me on did wonders for my morale and things began to look brighter. I knew the finish line couldn't be more than 11km away. I ran on very slowly, still on my own in the forest and, finally, a most welcome sign - 5.3km to go. After what felt like an eternity I came upon another sign - 2.4km - and could hardly hold back the tears of relief. It was going to end. I strained my ears for the sound of Noel's PA system at the control gates, willing it to come through the trees and signify the end.

And suddenly, finally, it did. I was less than 100m from the end when I rounded a corner, out of the forest, and there ahead of me were the blurred faces of the spectators and the sound of clapping and the gravel path across the control gates to the finish line. As I ran towards the end I heard my name announced over the PA system and shortly afterwards fell into the arms of the lady handing out medals. I collapsed onto the grass. When I came to, a kindly St John's Ambulance lady was bearing down on me with a bucket and sponge to bathe my bridge wounds. I'd clawed my way round the race in 7:19:35 to come in as 11th lady.

Results of note

	Name	Nationality	Time
1st male	Colin Rolfe	NZ	5:10:29
1st female (14th)	Andrea Murray	NZ	6:02:59
1st Bingley Harrier (31st)	Paul Helm	ex-UK	6:23:27
1st Dark Peak FR (90th)	Lesley Atchison	UK	7:19:35
last (288th)	Clive Dreyer	NZ	11:24:11

I'd like to thank Pete Bland and the organisers of the Kepler Challenge for my free UK entry. Also, race organiser Cathy Lewsley, for putting me up and carbo-loading me the night before.

It's a great event (honestly!) and anyone interested in entering the 2002 Fairydown Adventure Kepler Challenge Mountain Run should e-mail: keplerchallenge@yahoo.com or write to: Kepler Challenge Organising Committee, PO Box 11, Te Anau, New Zealand

P.S. Do I get a mention on Martin Stone's long distance page for travelling the furthest to a fell race - return journey of 38,000km?

ENGLAND GIRLS SHOW THE WAY IN BELFAST

BRITISH & IRISH JUNIOR FELL RUNNING CHAMPIONSHIP : BELFAST : 7th OCT 2001

by Norman Matthews

On a true fell running course the England Junior girls took both individual and team gold titles. Karrie Hawitt - fresh from her 8th place in the World Trophy race in Italy - had a tremendous run, winning by 18 seconds from team-mate Lucy O'Gorman in the U/16 race. The quality of her run was evident by her time of 20.05 that would have placed her 12th in the Boys' International race out of 26 runners - which was run over the same course. Sarah Tunstall, 4th, and Victoria Snape, 8th - both running for England for the first time - gave excellent back up to secure the first team place.

Although the U/18 girls did not have as tough opposition - with several countries not able to field a team - they nevertheless ran brilliantly to again take both individual and team gold awards. Helen Glover - currently in excellent form - won the race by 16 seconds from her fast finishing team mate Katie Ingram, who was a further 26 seconds in front of Eleanor Smith from Wales. Once again the team support was great, with Rebecca Cronshaw in 4th and Helen Booth in 7th making it a grand double for the England girls.

The boys obviously had a hard act to follow but with a tremendous run from Chris Doyle in second, Mark Buckingham in 3rd, Matthew Pierson, 11th and Ricky Lightfoot in 15th, they just missed out on top spot, but deservedly took the silver team place in the U/16 race to an excellent



The successful team (Photo Norman Matthews)

Scottish team led home by Iain Donnan. Chris's run in particular was his best to date in terms of form finishing just 8 seconds down on the winning time.

The U/18 boys' course included an extra loop of a very steep climb that took its toll on those who had set off a little too fast. Only Tim Edgerton had run for his country before, so it was a new experience at International level for Nathan Lawton, 15th, Tim in 17th, closely followed in by an exhausted Martin Swainson - who like Mark Smith in 23rd place had suffered badly from stitch. The boys had given 100% and I am sure learned tremendously from their trip to Belfast.

Thanks to all the juniors for a great performance and for their company in Belfast, I am sure the experience will be long remembered. Both Bary Johnson and I enjoyed the trip and would like to thank those parents who made the journey to support their youngsters.

Boys - Under 18

Position	Name	Club	Category	Time
1	Peter Dalton	Ireland	U18	25:17
2	Niall Connaughton	Ireland	U18	25:26
3	Graham Bee	Scotland	U18	25:39
15	Nathan Lawton	England	U18	29:05
17	Tim Edgerton	England	U18	29:58
18	Martin Swainson	England	U18	30:30
23	Mark Smith	England	U18	35:40
Team		Pts		
1	Ireland			9
2	Scotland			18
3	Wales			19
4	Northern Ireland			39
5	England			45

Girls - Under 18

Position	Name	Club	Category	Time
1	Helen Glover	England	U18G	20:50
2	Katie Ingram	England	U18G	21:34
3	Eleanor Sugrard Smith	Wales	U18G	22:00
7	Helen Booth	England	U18G	23:16
Team		Pts		
1	England			7
2	Ireland			22
3	Wales			

Girls - Under 16

Position	Name	Club	Category	Time
1	Karrie Hawitt	England	U16G	20:05
2	Lucy O'Gorman	England	U16G	20:23
3	Marbeth Shiell	Scotland	U16G	21:08
4	Sarah Tunstall	England	U16G	21:38
8	Victoria Snape	England	U16G	22:41
13	Anna Bishop	England	O-16G	24:56
17	Nicola Thomas	England	O-16G	27:18
Team		Pts		
1	England			7
2	Scotland			14
3	Northern Ireland			35
4	Ireland			35

Boys - Under 16

Position	Name	Club	Category	Time
1	Iain Donnan	Scotland	U16	17:26
2	Chris Doyle	England	U16	17:34
3	Mark Buckingham	England	U16	17:48
11	Mathew Pearson	England	U16	19:55
15	Ricky Lightfoot	England	U16	20:15
Team		Pts		
1	Scotland			10
2	England			16
3	Wales			30
4	Ireland			32
5	Northern Ireland			50

JUNIOR TRAINING COURSE

The first of the lottery funded Junior training courses was held at the Anderton Outdoor Education & Activities Centre at Horwich on Dec 1st and 2nd. Thirty juniors attended from six clubs - accompanied over the weekend by eight coaches. A full programme of events kept the juniors active from hill reps to relay races and from quiz shows to watching fell videos. Various strength and endurance tests were completed with team and individual prizes given. British International athlete Allison Wyeth was the guest speaker and talked about her role as the Northwest Regional Development Co-ordinator and also answered questions on junior training and her own training programme when she was a junior - Allison was instrumental in helping to achieve the lottery funding. Natalie White the current British & English U/18 junior champion gave the juniors an insight into nutrition and England Junior Coach Norman Matthews put the juniors through their paces with a selection of strength and conditioning activities, including a circuit to music. Norman was helped over the weekend by the new junior co-ordinator Ian Smith and the various coaches attending.

A great weekend was had by all with universal approval of the accommodation and food - supplied by the Anderton Centre.

Two further courses will be held in the new year. The first one on the 6th/7th April and the second on the 31st Aug/1st Sept.

Further details can be obtained from Ian Smith. Tel: 01204 691951.

Black Forest Teenager Games

The Trial Race for the above event will be held on Sunday June 9th at Rivington, Horwich.

Start time : 9.30am.

Location : Bottom Barn, Rivington Lane.

One race : Mixed : Ages 11 - 17 juniors born in 1985-1990 inclusive.

Further information: ring Ian Smith: 01204 691957.

Ian Smith - Junior Co-ordinator - an Introduction

Hello there, my name is Ian Smith; I have taken over the role of junior co-ordinator from Dave Richardson. I would like to thank Dave for all his efforts over the years, helping to build a successful junior section. Having lost all of the junior championship races last year due to the foot and mouth epidemic, I hope you will all come and support this year's races.

For those of you who don't know me, I live in Horwich and run for Horwich R.M.I. Harriers.

I have two sons, Mark, seventeen, and Matthew, fifteen, who both run on the fells and I am married to Christine. I started running in the 1980s for Lostock AC, mainly doing road races and the odd fell race; my earliest claim to fame was finishing second to former international runner Steve Kenyon in an inter-schools cross country in the 1960s. Both of my sons ran for Lostock AC but after a while we decided it would be better for them if they joined Horwich as it had a much larger junior section. I was taking the boys to training on a Tuesday night and, not being the sort of person to sit around watching, I offered to help out. After doing this for a period I was asked by coach Gary Harold if I would like to train to be a coach myself. This is when I decided to leave Lostock and join Horwich.

I have now progressed through the UK athletics coach training scheme and now am a level three UKA performance coach with "strength and conditioning". I am hoping to carry on with my coach education and move up to level four, specialising in fell and hill running.

As most of you know Horwich has a track it can now call its own, located at the Bolton Arena as part of the Middlebrook development. With the introduction of a track there now comes a need for officials so I volunteered to train as marksman/starter. At the moment I am at level four and hoping to get through to level three this year, as a starter I am one of four in the whole of Lancashire. You can see that I am one of those volunteering kind of people (or nutcase) but I like to see things through and as a coach my dream is to see a team that has come through the junior ranks win the senior world trophy.

I also help to organise the Sheeplouse Lane race, Rivington Pike junior fell races and the Bobs Brew junior cross-country races with Pete Ramsdale.

As most of you will have read in the last "Fellrunner" the FRA has acquired a lottery grant to hold training camps for juniors and their coaches. The first one was held at the beginning of December and by reading the emails we have received everyone thought it was a great success. Norman put on a varied and well-constructed course from hill reps to orienteering, stretching to circuit training and a very good quiz on the Saturday night. I would like to thank all the people who attended the course and hope that they all have learnt something that will help them in future races. The dates for the next two courses are Saturday and Sunday the 6th and 7th of April and Saturday the 31st of August and Sunday the 1st of September. The weekends will be run on a similar basis to the one in December with regard to the number of athletes and coaches, and will again be held at the Anderton Centre, Rivington. The age group for juniors attending will be 11-16 years old. Coaches do not need to be fell and hill coaches as long as they are interested and have coaching qualifications. The cost per person will be £10 for the weekend and the courses will start at 10am on the Saturday and finish at 4pm on the Sunday of both weekends. Due to the limited number of places available would you please apply ASAP if you are interested?

The courses will cover all aspects of fell running and will include sessions in strength & conditioning and orienteering with some amusing team competitions and a quiz with prizes on offer.

Having lost all the championship races, I was pleased to see the international races take place with some interesting trial races. I organised the trial for the home international after three other venues were knocked on the head - well done to all of you who gained England vests.

For further details about the courses or any other matter to do with juniors please contact:

Ian Smith. Tel - 01204 691951 E-mail - Ian Smith @wall3.fsnet.co.uk

JUNIOR CHAMPIONSHIPS 2002

JUNIORS		INTERMEDIATES	
27th April	West Nab	27th April	West Nab
25th May	Hutton Roof	19th May	Saddleworth
15th June	Langcliffe	15th June	Langcliffe
29th June	Sheeplouse Lane	29th June	Sheeplouse Lane
4th August	Latrigg	4th August	Latrigg
14th Sept	Three Shires	14th Sept	Three Shires

INTERNATIONAL TRIALS

- 9th June Rivington, Teenager Games
- 11th August, Keswick World Trophy
- 22nd September, Sedburgh Home International

BRITS IN BELFAST

by Katie Ingram

The annual British and Irish Fell Running Championships had arrived once again. It was Friday 6th October 2001 and the England junior fell team were packed into the minibus; our destination - Belfast!

We reached the ferry in plenty of time but, unfortunately, the fast-growing tradition of rain on our international trips delayed us. A few hours later and we were back on track, yet the very choppy crossing slightly dampened some of the high-spirited mood. The long journey meant we were all looking forward to our accommodation, at least the hostel was only ten minutes away from the dock: for the people who can read maps that is!! After about twenty tours of the town centre of Belfast (in the dark) and some useless directions from Carrie, we finally pulled up outside the hostel two hours later!! With no disrespect to Norman and Barry's navigational skills, I think it's safe to say we got a little lost! By this time we were all very tired and looking forward to a good night's sleep - but how wrong could we be!

The hostel was situated down a dark side alley, named 'Paddy's Backpackers Hostel!' You might laugh at the name as we all did but if you saw inside the place you certainly wouldn't be laughing! Looking on the bright side we thought the bedrooms must be slightly better - wrong again! All eight girls had to share a room about the size of a shed, with a boarded-up window, one sink, one mirror and, to top it off, nice lumpy mattresses! The final decision for the England team to switch accommodation came when we heard 'gun shots' in the early hours of Saturday morning, causing all us girls to scream! Thankfully good old



Tim and Martin in non-competitive mode (Photo Norman Matthews)

Norman and Barry had found a smart "3*" hotel for us all to move to the next day. We were all extremely grateful and what an improvement it was!

After we had settled in, we retreated back to the minibus in search of the course - miraculously finding it first time! I wished that we hadn't found it all though, as I had never seen anything as steep and daunting in all my life. We were only walking the course but I found myself on all fours in some places, I think it suited the name 'Death-hill' better than 'Cavehill!' Well, all negatives set aside, the team went back for a relaxing night in to prepare us for the race the following day.

After a true good night's sleep we found ourselves back at Cavehill ready for the race. The race itself didn't go too badly, in fact it was quite enjoyable and not as terrifying as I'd expected! I finished in 2nd place in the U18's age group, with the girls reclaiming gold medals in all team categories. Everyone ran to their best and put in some exceptional performances.

The prize giving was to be held back at 'Paddy's Hostel!' Needless to say we managed to get lost yet again, or as we prefer, 'fashionably late!' Nevertheless the whole trip was an experience I will never forget, it was good fun and very worthwhile. I would like to take this chance to thank Barry and Norman on behalf of the team, for all the hard work and effort that they put into making our weekend successful. It is very much appreciated, so thank you once again!

I hope that I will be able to qualify for next year's event, to be held in Wales, which would make it my fourth consecutive championship!

Bye for now,
Katie Ingram

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

Spelga Skyline 2002

This is the second event in the 2002 British Senior Championship, being held on 13th April in the Mourne Mountains. As a Long counter, it is shorter than many of the long events in previous years, but not to be underestimated. It is approximately 13 miles with 6175 feet of climb and an expected winning time of 2 hours 15 minutes. Many of you will have competed in previous British Championship events over Slieve Donard. The 2002 event uses the central Mournes, covering a large circuit around the Spelga reservoir, with the going rather rougher in many places compared to Slieve Donard. A full description was published in the February 2001 *Fellrunner*. Entry forms will be available on our web site www.nifra.org.uk. You will be most welcome – there should be plenty of craic on the Saturday evening and possibly a fun Relay event on the Sunday.

Results 2001

Our Championship was completed in October, with the short Slieve Gullion Race. However by that stage the NIFRA Championship had been decided, with Brian Irvine first, followed by Deon McNeilly and Neil Carty. The elite decided to stay away from Gullion, leaving the race open to newcomer Andy Gregg followed by junior Simon Taylor. The upstarts were put in their place over Christmas, with Brian and Deon coming ahead of Simon and visitor Jamie Thin at the Boxing Day Turkey Trot and Brian finishing ahead of Andy and Simon on the Glenariff Trail Race, run over hard-packed snow.

Despite "foot and mouth" almost as many athletes completed the 2001 Championship as in the previous year, with Shileen O'Kane first lady again and top veterans being the evergreen Jim Paterson, Jim Brown and the flying doctor Peter Howie. With over half our membership being veterans, the competition in each age group is very strong. Indeed most of the senior World trophy team are in their 30s. There are relatively few active 20 to 30 year olds making any impression at this level – we need to think seriously about ways of encouraging juniors to continue or newcomers to progress. What events do we provide that enable new seniors to experience longer races, develop navigation skills, build confidence to take on more experienced runners and taste success occasionally? Should we have an under 23 Home International or a Universities' Championship – as in Ireland?

British Juniors, Cavehill

This year it was our turn to host the British Junior Championship over Cavehill, last held here in 1995. With over 110 juniors participating, the races were keenly fought with a few surprises. It was interesting as an observer to compare the team attitudes. England seemed to take the competition very seriously and certainly gained most medals, with 3 team ones and 6 individuals. However I suspect it is a long time since they finished last in the Under 18 Boys, with their under 16 Girls effectively beating their under 18 Girls team. In contrast Wales came with a more light hearted attitude but probably felt they had a fuller and more enjoyable weekend. Scotland and Ireland brought larger squads, using the opportunity to give wider experience to potential future team members. Even we had a couple of surprises with a silver medal at under 14 for Eoghan Gill and a gold one for Aven O'Reilly.

Organisationally, with "foot and mouth" and hence the late decision to run the event, it was difficult to get sponsorship and required long inconclusive negotiations with Cavehill Country Park authorities over access. Accommodation was not of as high a quality as I would have liked, but raising its standard would increase costs and reduce numbers. There is not a wide choice at this price level for 100+ people in October.

Fell Running Structure

We are now beginning a debate about the kind of structure we need for fell running in the UK. I suspect the vast majority of runners only require two levels of support – first, local clubs to belong to, train with and to organise races. If such races are well run, with a variety of lengths and terrain, good value for money, a range of prizes with friendly marshals and officials, most runners will be content. Above the club level we need regional fell running organisations such as NIFRA to provide co-ordination between race organisers, a fixture list, a Championship programme, a contact point for newcomers and good communications of news, events and results to individuals and clubs. For a few the regional organisation will support teams, special events, improve the profile of fell running and encourage new developments.

With most fell runners' needs catered for, regional athletic associations, such as NIAE, AAW or SAL, have to work very hard to produce anything of added value to clubs or individual fell runners. Each can provide insurance, but in competition with the FRA, each offers registration but with what benefit? More tangible is the financial support for senior and junior teams, the input of endurance coaches and the administrative assistance of full time staff.

At a UK level, and probably outside the interest of many fell runners, we need a further structure. This is required to provide a forum for the regional fell running associations to meet, decide Championship events and other major dates, agree common rules and decide selection mechanisms for UK teams. Beyond this, we need to maintain international links, discuss strategy for the development of fell running and provide financial support for teams, Championships and Home Internationals. Such a structure does not exist at present with part of the role being carried out by the FRA, part by the Policy and Support Team for fell running and some directly by UKA. All parties in the debate agree it could be organised better. The question of whether a single body can be created with this role and whether it should be within UK athletic structures or outside it, I leave until another debate!

Scottish News from Keith Burns

Why the Scots are revolting

Following Dave Jones' successful proposal (see elsewhere in the mag.) at the FRA AGM, Scottish Hill Runners (independent and not to be confused with the Hill Running Commission of the Scottish Athletics Ltd) has begun to canvass opinion north of the border. What kind of reorganization would hill runners up here like to see? The intention is to liaise with the FRA Committee and contribute to the development of a new model which will be common to, and acceptable to, the majority of hill runners irrespective of national home borders. The initiative in Scotland will be taken by Scottish Hill Runners so that we are not constrained by Scottish Athletics Ltd. although they will be

consulted and briefed when appropriate.

Getting feedback on these issues is like pulling teeth; but we must, because we need to be confident that we are developing something that will have the approval of most hill runners. The main issues which need careful handling here are as follows:

1. Do we stay within Scottish Athletics Ltd or not? Pragmatism suggests that we should. Going it alone on a U.K. basis would mean a vast amount of extra work, and we struggle with too few volunteers to do all the work at present. However, Scottish Athletics Ltd have shown little inclination to listen to the frustrations of hill runners over the past three years. As a result, SAL have suffered substantial loss of revenue from "permitted" races (few Scottish hill races now have SAL "permits". There has been steady erosion of athletic club membership due to the level of membership fees and lack of perceived value - this is not just a frustration of hill runners, but road and cross country as well, and most tragically with junior membership of clubs). Carmethy Hill Runners have disaffiliated from SAL and other clubs are considering their position. Can we persuade SAL that there's a better way?

2. What about the Scottish question (the hill runners' inverse of Tam Dalyell's West Lothian question)? Scottish hill runners are always nervous about domination by the English (so what's new?). Jumping into bed with them over hill racing organisation would be a traumatic act. The prospective partner will need all the sensitivity of a new lover. Are you lot south of border up to the challenge? The best approach is for the Scots to continue to have a measure of separate power within the UK set-up.

3. If we go for Mike Rose's model (which I think is very attractive), Scottish Athletics' professionals might see this as a threat to their existence, because it could be seen to be replacing SAL and SportsScotland by the FRA. Should we care about this after their contempt for hill runners over the years? It might also disturb the relationship between Sports Scotland and Sport England over control of public grant aid, even involving the Scottish Parliament's budget powers.

As hill runners we are entitled to our share of the public grant aid allocated to sport in Scotland. At present we can only get this through the arcane structures of SportsScotland and Scottish Athletics Ltd. (even more arcane south of the border). Up here, those of us still paying our affiliation fees are coughing up £20 a year to Scottish Athletics Ltd., and yet we are expected to run our domestic race programme without subsidy! So where does the grant aid and the many £20-per-skull affiliation fees from all the hill runners go? It goes to professional staff costs, administration and international competition. There's no harm in that as long as we get some added value from the SAL professional staff. If you speak to most of the unpaid amateurs who put a lot of work into making hill races happen, they will scratch their heads and struggle to give you examples of services which are consistent with the extraordinary fees that we have to pay. This is leading to decline in club membership not just from frustrated hill runners.

If we are all going to find a way to organise hill running free from administrative costs which add little or no value, we have a lot of work to do to root out waste in the existing system, or give up with the quangos and go it alone. I would prefer the former, but my experience of the past three years in Scotland leaves me with little confidence that those we have to convert are capable of listening. One fundamental problem up here is that the track and field enthusiasts are quite happy with the status quo, and hill runners are largely indifferent anyway – what a challenge!

Dave Jones' initiative is much welcomed by those of us who are pissed off with the sort of contemptuous response the FRA received to the WMRA bid.

Keith Burns

Competition Report from Scotland - 2001

International Scene

Congratulations to all those gaining Scottish vests, particularly those representing Scotland for the first time, including first time juniors Donald Macaulay, Alistair Hay, Graham Bee, Jennifer Emsley, Samuel McGuinness and Christopher McCall. New senior and veteran internationals are too numerous to mention. Our teams, junior, senior and veteran, all performed very creditably at world class.

In the 7th WMRA European Trophy in Cerklje, Slovenia, Angela Mudge was 2nd with an outstanding race. The other Scottish competitors ran well with Clare Millar 25th, Jenny Rae 30th and Sonia Armitage 46th. The women's team placed 6th. The men could not repeat their silver medal success of last year but battled hard for an overall creditable performance with Bobby Quinn 15th, Neil Wilkinson 32nd, Phil Mowbray 45th and Alan Milligan 58th. The men's team were placed 10th.

In the Berglauf Grand Prix Angela Mudge was 2nd in the Alpine Sierre Zinal Race, Angela, with a remarkable run, smashed Veronique Marot's record by an extraordinary five minutes. She also won the first grand prix event in Innsbruck.

In the WMRA World Trophy at Arta Tema, Italy, Andrew Lemoncello had an outstanding 8th place in the junior event. In the senior events Angela Mudge placed 5th - her best ever in and up-and-down race (she was inappropriately rewarded by the tabloid headline, "Mudge slumps" by a reporter well known to hill runners for his version of objective journalism). The women's team placed a very creditable 4th thanks to Angela, Tracey Brindley, Sonia Armitage and Clare Millar.

The Snowdon Race was a counter in the WMRA Grand Prix series. Scottish women retained the team trophy with Claire Millar 3rd, Sonia Armitage 5th and Sarah Byrne 10th. The Scottish men's team ran well, placing 4th team. Colin Donnelly placed an impressive 4th individual. The humid and hot conditions favoured the Italians.

In the WMRA Grand Prix Series final rankings, Angela Mudge placed 3rd, Clare Millar 7th, Bobby Quinn 9th and Sonia Armitage 12th again showing Scotland's prominence on the international scene.

In the World Veterans Championships in Ustron Poland, Scotland could hardly have bettered the impact they made at this inaugural event in the foothills of the Polish Tatras Mountains. The 27 strong Scottish team secured more medals than any other nation, with 3 gold, 3 silver and 3 bronze. The competition was in 5 year age bands from 35 years old for the women and 40 for the men. Colin Donnelly, fresh from the senior world championship in Italy, secured gold in the 40 - 45 class with a comfortable lead over Germany and Polish chasers. Colin has a long career of international competition in the hills and has put down a clear marker for this new event.

International orienteer Bill Gault took gold in the 65 - 69 class with an equally comfortable margin over Italy and the Czech Republic. Sonia Armitage took gold in the women's 40 - 45 class, heading Slovakia in silver position and Christine Menhennet with a Scottish bronze medal. Sue Ridley and Louise Burt secured silver and bronze after Slovakia in gold position in the 35 - 39 class. Jimmy Shields took silver in the 55 - 59 class behind the Czech Republic in gold position. Jocelyn Scott took bronze in the 45 - 49 class behind Jo Prowse of England in silver place and Italy with gold. Keith Varney took silver in the 45 - 49 class. The Scots team made a great impression, both competitively and socially.

Domestic Scene

The year's hill race season started with the publication by Scottish Hill Runners of the most comprehensive and reliable calendar ever. The Carnethy Race took place in February; then we were hit by foot and mouth disease and the

calendar fell apart for months. Recovery began in early summer with races in the highlands and islands, if not in the sheep-devastated Southern Uplands. There were even new races, the most outstanding of which was Dick Wall's Two Buchailles Race in Glencoe. This is an event which we hope will become a calendar fixture.

Considering the number of lost races early in the season we were fortunate to be able to salvage a Scottish Athletics Ltd. Championship series. This was not without controversy since we had to choose from a limited number of suitable races. We held two championship races on consecutive days at Fort William; the same strain for all and therefore we felt this was justifiable.

Senior Men

1. Stewart Whittle Carnethy Hill Racers
2. Ronnie Gallagher Westerlands CCC
3. Adam Ward Carnethy Hill Racers

Senior Women

1. Kate Jenkins Carnethy Hill Racers
2. Dawn Scott Lochaber AC
3. Moira Stewart Carnethy Hill Racers

Senior Men; Team Carnethy Hill Racing Club

Senior Women; Team Carnethy Hill Racing Club

Most outstanding junior performance;

Andrew Lemoncello
(8th in World Trophy)

Veteran Men

1. Ronnie Gallagher Westerlands CCC
2. A. Ward Carnethy Hill Racers
3. D. Crowe Shettleston

Veteran Women

1. Moira Stewart Carnethy Hill Racers
2. E. Stewart Cosmic
3. Aileen Kitson Lochaber AC

Superveteran Men

1. Dave Armitage Cosmic
2. R. Wilby Highland HR
3. = J. Blair-Fish Carnethy Hill Racers
3. = M. McLeod Westerlands

An enormously successful Festival of Hill Running was held at Glentress, about the only suitable venue available to us under the foot and mouth regime. This event also covered the senior, junior and veteran trial races for the world events. The Commission hope to organise a similar event for future years with marked courses suitable for those wishing to give hill running a try.

Juniors

A Junior Development Group is now up and running under the auspices of the Scottish Athletics Hill Running Commission. This is an important initiative led by Martin Ilyman and a programme of 2002 development events for juniors will be published.

The Black Forest Teenager Games was an excellent event bringing together talented athletes from many countries. It provides a weekend of competition, including an 800m trail race, hill race on road and forest tracks and a relay event.

The event is enhanced by the wonderful hospitality of the hosts in the pretty German village of Sasbachwalden. The atmosphere is relaxed and the organisers go out of their way to provide a great event for the youngsters to enjoy. The Scottish junior results were very creditable; 800m girls 84/85; 2nd Briony Curtis, 3rd Samantha Marshall. 800m boys 84/85; 1st Donald Macauley.

800m boys 86/87; 3rd Scott Fraser. Hill race Boys 86/87; 3rd Scott Fraser. Team Result - boys; 3rd = Scotland. Team result - girls; 4th Scotland. Relay, Girls, 1st Scotland. Relay, Boys; 1st Scotland.

Northern Ireland hosted the Junior Home Countries International event in Belfast using interesting courses on Cave Hill. In addition to the international teams at U16 and U18 a large junior development group attended. The course was a good test with steep climbs and good fast descents. There was tremendous support on the hill from the Scottish contingent including parents, coaches and officials. Marbeth Shiell; 3rd U16G; Jason Gauson 3rd U14B Br. Champ. event; Jemma Toner, 2nd U14G Br. Champ event; Ashley

Toner, 3rd U14G Br. Champ event; Graham Bee 3rd U18B; Ian Donnan, 1st U16B. Team results - U16 girls - 2nd U18 boys - 2nd U16 boys - 1st

The Scottish Junior Hill Running Championship was held in Glentress as part of the inaugural Festival of Hill Running an event incorporating trials for World trophy, World Vets and Junior Championships. Great day with good competitive races over interesting courses through the Glentress Forest. It was good to see many new faces giving the hills a try, particularly juniors vying for the championship medals and places in the team for the junior International.

The Scottish Hill Runners Calendar will be out for distribution at the Carnethy 5 Race. Early information is available at the Scottish Hill Runners independent website www.hillrunning.com.

Notes from Wales from John Sweeting

Dolgellau meeting

Many thanks to the 14 people who came to last November's meeting, and the 28 others who responded by e-mail, letter and phone. You should have had minutes of the meeting by now. Anyone else who would like a copy, please get in touch.

The main result of the meeting was that the 14 people who attended, and most of the other 28 who contacted me, were in favour of the motion* that was to be put to the FRA AGM. The meeting adopted the name WIRA (Welsh Fell Running Association), with the intention of participating in any discussion that might take place on the future structure of fell-running if the motion was carried.

At the aforementioned FRA AGM, the Motion was carried by a substantial majority, and we are now awaiting an initiative from the FRA Committee to start the ball rolling.

In the meantime

My suggestion for the current situation is that until this process is complete (which is likely to take months rather than weeks), the WFRA should work within the AAW structure as a sub-committee of the Endurance Committee, and should organise grassroots fell-running in Wales. This role was started in Dolgellau, where such issues as the Calendar, Welsh Championship, etc were discussed. But currently we have no elected officers or structure/constitution, and we haven't discussed anything in detail with the AAW.

Meanwhile, those in charge of the representative side of the sport seem to be developing a "management team" approach, with extra people being co-opted in different roles. I don't have any very strong feelings about this, and think it's a separate issue anyway, but I would like to see a bit better communication, and a clearer division of responsibility, between the WFRA and this Management Team.

No apologies for a short contribution this time - the point is not for me to sound off every few months, but rather to help promote the widest possible debate, so that it is not just the opinions of a small minority that end up deciding the future of OUR sport. So please keep writing - and if you don't want your views circulated, you'd better say so!

Note

Please note the revised RACES and DATES for the Welsh Championship (elsewhere in this magazine). This was done after the Dolgellau meeting, due to unavailability of race(s), and a request to go back to the normal pattern of one race at each distance in the North(ish), and one of each in the South(ish). Apologies to anyone inconvenienced by this. My preferred solution to avoid this happening in future is a WFRA annual event/meeting in October, to hand out Prizes, and discuss next year's Fixtures, Championship, etc.

* - "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 Dave Jones, seconded Alan Brentnall, supported by the FRA Committee)

Time for Change: The Three Peaks Race and "Long A" Classics

by Graham Breeze

Background

The Three Peaks Race may be the most famous fell race in England (occupying ten pages of Bill Smith's "Studmarks on the Summits") and it will celebrate its 50th Anniversary in 2004 but its status does not prevent its organisers recognising the need to change.

The race has not been immune to the trend of falling entries to Long A races and the particular problem of fewer young entrants (*Classic Fell Races: Will Long A Races Survive? - The Fellrunner: October 2001*) and so the Three Peaks Race Association, which governs the event, debated the implications of this trend for the sport of fellrunning in general and its specific effect on the Three Peaks Race at its most recent AGM.

The Association subsequently:

i) wrote to the FRA to offer its support for a broader examination of how to encourage younger runners to enter the sport and prevent fellrunning becoming a sport of old men and women.

ii) made a number of changes to its own race to start to address the issues, as shown below.

48th Three Peaks Race: Sunday 28th April 2002

Prizes

The number of prizes available for competitors, particularly at the younger end of the field in both individual and team categories, has been increased whilst maintaining the overall high monetary value of the prizes awarded. Around twentyfive individuals and ten teams could now receive prizes from a total value of around £1000.

As befits such a prestigious race, special prizes will continue to be awarded for the first newcomer and the first runner under 25 years to encourage runners to enter the race for the first time.

Entry Requirements

The Three Peaks is also well known as a classic walk and the previous application form was designed to exclude non-runners who could not complete the race in safety within the cut off times. However the route underfoot has changed progressively with the laying of hard core and duckboards to prevent erosion. This together with enhanced safety provisions means the race is far safer for competitors than in 1978

when the event experienced a fatality. Entry requirements have therefore been eased and redefined with reference to the FRA Calendar.

Closing Date/ Substitutions

The Association has taken pride in being able to award the many individual and team prizes whilst the majority of competitors are still present in the finishing field but the combination of an entry of up to 600 runners and a comprehensive prize list has previously meant an early closing date for entries of the end of February. Next year the organisers intend to move the closing date much nearer to the race day (always the last Sunday in April) and as a first step for the 2002 race the formal closing date has been moved back to 12th March (or thereabouts). The rule on substitutions is also being reviewed to reduce the number of "no-shows" on the day of the race.

Sponsorship

Proper stewardship of the Three Peaks Race remains the priority for the Association. The event attracts the highest entry of any Long A event, awards a rich prize list and the entry fee includes a superlative results analysis, a completion certificate and refreshments. Although the event is currently without major financial support it is committed to maintaining its prestigious standards whilst seeking an appropriate sponsor.

Entry Forms

From www.threepkaysrace.org.uk, club contacts or direct from the Entries Secretary, Bill Wade (details in the FRA Calendar).

Conclusion

It is a truth universally acknowledged that fellrunners as a population are getting older and race organisers who mount Long A events know that it is their events which are primarily under threat. It is for the FRA to address the broader issues facing the sport and for individual race organisers to address the problem for their events in their own way.

The purpose of this article was to summarise how the organisers of the Three Peaks Race have started to act to encourage younger and more runners to enter what for many people remains the classic fell race. Hopefully it may also encourage broader debate and action on some of the issues facing fellrunning.



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BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS 2001

Event Co-ordinator's Report by Ross Powell

I hope that everyone who attended the event enjoyed the day. In my opinion, Llanberis is the ideal location for an event of this kind. There is ample parking in Llanberis and the Community Centre, with the adjacent playing field, is perfect for the race headquarters and start/changeovers/finish. The Moel Eilio side of the valley provides excellent terrain to plan four challenging legs with good ascents/descents and underfoot conditions.

The only drawback is the need to cross the main road. As there was no way around this, all we could do was ensure that the crossing was well marshalled and signed.

When planning the courses, I decided to make the Navigation leg a little easier than the last time Eryri hosted the event in 1995. Then, I felt it was a bit too technical for fellrunners.

By the closing date we had received 98 entries (limit of 100!) from 49 Clubs from all corners of the UK (including Northern Ireland and Scotland).

On the day of the event the weather was mild, dry, overcast with light winds. Conditions were ideal for fellracing. The summits of Moel Eilio and Foel Goch were just in the cloud.



Lee Hurst of Altrincham leading on leg 1
(Photo Alan Barlow)

Eighty-three teams registered on the day. One disappointment was that no teams from Scotland or Northern Ireland appeared.

The open race was won by Bingley Harriers in 3.23.15.

The most exciting race appeared to be in the Ladies' category, where there was a tremendous tussle between Keswick and Ilkley. In the end, Keswick just managed to win by 15 seconds.

Eryri Harriers took the Male Veteran category (well done lads!) in a time of 3.40.03.

UK Athletics provided medals for the Open and Ladies' categories, but would not provide them for the Male Veteran category. Thanks to Running Bear for stepping in and providing tankards for this category's winners.

There was a cake stall at the event to raise funds for a local girl suffering from cancer. This raised £193. Thanks to everyone who supported the stall.

Several comments were made that it was a pity the race was not held on the Saturday, so that competitors could stay and socialise after the event instead of racing off home for work on Monday. This is something the FRA may consider for the next relay.

I would like to give a sincere thank you to all the Relay Organising Committee and all the helpers on the day (in excess of 80!). Without their help the event could not have taken place.

ACKNOWLEDGEMENTS

I would like to thank the following for their support in holding the event:- Edison Mission Energy; Athletics Association of Wales; North Wales Regional Athletics Board; UK Athletics - Medals for Open and Ladies Category Winners; Running Bear - Engraved Tankards for Veteran Men Category Winners; Fell Runners Association (Dave Jones); Snowdonia National Park Authority; Countryside Council for Wales; Gwynedd Council; Padarn Country Park; Llanberis Community Council; North Wales Police; Royal Victoria Hotel; Peniprint X-Ray Mineral Services; Safeway Stores Ltd; Valkris Communications Ordnance Survey; Red Cross; Llanberis Mountain Rescue Team; Search and Rescue Dogs Association; Team Dolly; Llanberis Football Club; Inigo Jones & Co. Ltd; Hafod Lydan Farm; Eryri Orienteers; Snowdon Mountain Railway; Pete's Eats; Bryn Gwyn Bakery; Electric Mountain Café; Sylvia Norval - Sports Therapist

Lost Property

- 1 Lowe Alpine drinks bottle
- 1 Pair Ron Hill tracksters - black with fluorescent green flash
- 1 Long-sleeved T-shirt "Barnsley 1/3 Marathon Trail Run" - navy blue
- 1 Glove "Extremities" - right-hand, black
- 1 Glove "Duofold" - left-hand, blue
- 1 Map of Llanberis Area, 1:25,000 - cut-down

Please telephone Ross Powell 01286 881491 to claim.

For details of other Eryri organised races please visit the club's website - www.eryri.org.uk.

Believe it or not

It's a real man's sport is this fell-running! The World Mountain Running Association has declined to include the Snowdon Race (once famously described as "A road race with a tilt") in its list for this year. Organiser Ken Jones was a bit aggrieved and even more aggrieved when he found out the reason - the quote below is from the WMRA's letter to him :-

"WMRA likes guarantee good and safety track for own events to all the participants and reports from athletes indicates that the Snowdon's track is dangerous in some places."

*Doing the Bob Graham this year?
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www.bobgrahamround.co.uk

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Amino Load never ceases to amaze me, I have used, or am familiar with virtually every other sports drink ever produced and in my experience none of the sports drinks on the market today come anywhere near Amino Load.

Amino Load really does work. It is almost impossible to overtrain when taking it after a hard session or competition.

"Works For Any Sport"

As I said earlier I know you developed it for bodybuilding but I see no reason why it shouldn't work for any sport.

One of the cyclists I train is taking a degree and he even uses it before studying as he says, it definitely helps him feel much brighter and think clearer for longer periods of time.

"Incredible Results"

Any way I think I have made my point, so finally, thanks for developing what I consider to be the finest product on the market at any price, it really does bring incredible results.

kindest Regards",
Pete Read.

"This letter came to me out of the blue completely unsolicited, it would have been a fine endorsement from anyone, but from somebody of Pete Read's stature it was incredible. The reason why this letter is so valuable to me is because I know the respect Pete is held in by his peers for his honesty, he cannot be bought. He is not and never has been paid by Allsports."

Robin Story, Managing Director.

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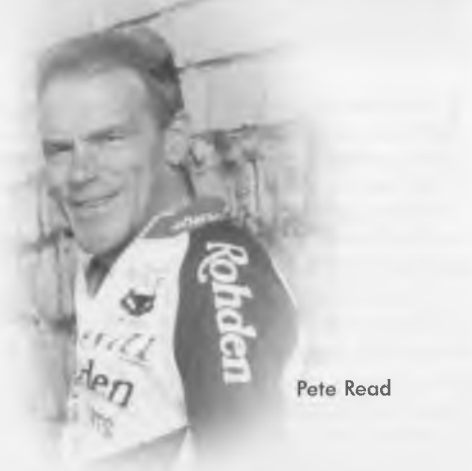
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Robin Story, Managing Director.



Pete Read

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Dr Auriel Forrester. - Head Of Sports Science Department University of Luton.

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Kevin Dawson. - Six times BBAR Champion.

"I was very pleased with your product, I am a veteran bike rider and found that it did all you said it would."

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David Torn. ANB Mr Britain.

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LAKELAND CLASSICS TROPHY

By Graham Breeze

A New Trophy to Celebrate 2002

Silverware may fill the display cabinets of the stars of fellrunning who have no need of any further trophy but an award based on the Long "A" Lakeland Classics is being established for 2002 with true mountain runners in mind and to celebrate a return to the fells after the F & M catastrophe of 2001.

In *The Fellrunner* of October 2001 Selwyn Wright floated the idea of a "Lakeland Long A Championship" in his article *Race Profile-The Three Shires Race* suggesting that this might help increase numbers at the more westerly events. Coincidentally in the same issue the article on *Classic Fell Races* reported that some organisers of Long Lakeland Classics had proposed a similar idea.

These suggestions prompted Brian Martin to research the idea and consider which races might count towards a Lakeland Classics Trophy. He suggested seven races and with support from the race organisers the Lakeland Classics Trophy competition will go ahead this year.

Seven Races

Super Long "A" (over 20 miles) West Coast/ Helvellyn Series

Duddon Valley	(Saturday 1st June)
Ennerdale Horseshoe	(Saturday 8th June)
Dockray Helvellyn	(Saturday 29th June)
Wasdale	(Saturday 13th July)

Long "A" (under 20 miles) Borrowdale/ Langdales Series

Borrowdale	(Saturday 23rd August)
Three Shires	(Saturday 21st September)
Langdale Horseshoe	(Saturday 12th October)

Ranking for the Trophy

This will be calculated on results in up to three races, which may be scored from two Super Long "A" races, plus one Long "A", or three races from the Super Long "A" Series.

The basis for ranking is that the Trophy is intended to recognise performance in the four longer Lakeland events. Factors such as race length, time of year and attendance have also been taken into account and whilst, for example, record times may suggest other groupings, for simplicity the groupings are as listed above.

A Fresh Approach

Ranking points will be awarded based on finish times rather than positions. This overcomes the arbitrariness of race-position based systems and the distorting effect of varying field sizes. It should encourage faster finishing times and may even result in new records for five of the seven selected races which have records dating back at least 17 years and, in the case of Andy Styan's record for the Langdale Horseshoe, back to 1977. The article *A New Look at the Championship* by Mark Rigby in the October 1998 *The Fellrunner* put forward a cogent argument for a system based on finish times. For the Trophy a simple approach has been adopted of allocating 100 time points to the winner down to 0 points for a runner taking twice as long as the winner.

Feasibility

To test the basis for the Trophy Brian analysed the results of the four SuperLong "A" races held in 2000.

Forty four runners completed two races and so only needed to complete one of the three Long "A" races to score points, whilst 6 runners completed three SuperLong races; demonstrating that the competition is realistic. Indeed, although there was only one week between the Duddon Valley and Ennerdale Horseshoe races 17 runners completed both events!

(For reference the number of runners completing the four SuperLong "A" races in 2000 was: Duddon Valley (52), Ennerdale Horseshoe (207-Championship Event), Dockray Helvellyn (44) and Wasdale (25)).

Using the proposed ranking system and using the data from the four SuperLong events, the overall male winner would have been **Joe Blackett** (Mandale) based on his best three results including 1st place at both Duddon Valley and Dockray Helvellyn and 16th at the Ennerdale Horseshoe. In the 2000 English Championship he came 20th but this of course includes short and medium races, which are not part of the new Trophy. The runners-up would have been **Leigh Warburton** (Bowland) and **Allan Miller** (Kendal).

The overall female winner would have been **Wendy Dodds** (Clayton le Moors) who was 14th at Wasdale, 18th at Duddon Valley and 115th at the Ennerdale Horseshoe. In fact Wendy would have come 6th overall behind just five men.

The team prize would have been won by **Clayton le Moors**.

Starting Point: Duddon Valley 1st June 2002

The first race of the 2002 competition is Duddon Valley. This happens to be a counter for both the English and British Championships for 2002 and although the Lakeland Classics Trophy may evolve in the light of experience it is envisaged that the seven events listed will form the basis for the Trophy in future years.

Prizes

Details are to be finalised but it is planned to award trophies to the overall male and female winners, recognise age group winners and, to further the spirit of fellrunning, award team prizes.

Conclusion

Year 2001 was grim for fellrunners but hopefully the announcement of the new Trophy can help make 2002 a great one. Further details about the Lakeland Classics Trophy can be obtained from Brian Martin or Graham Breeze (contact details at front of magazine).

"The Pilgrims' Way"

by Peter Travis

"It was in 1982 that I completed the Pilgrims' Way, a hundred-mile long-distance walk organised by the LDWA from Guildford to Canterbury. For two days the sun glared down and temperatures reached the high 80s Fahrenheit. The drop-out rate was very high but for those who finished, of which I was one, the feeling of self-conquest was very high." - Peter Travis.

Our penance we would pay along
the ancient route where pilgrims once
their obligatory journey made.

Chaucerian folk of disparate rank
told their tales with bawdiness and fervency,
their expectation some kind of holy merit.

And aeons gone we too pursued our goal,
not for hereafter benefits, but the here and now.

No sacred virtue for a prize,
but overcoming self along what
would for some be tortuous.

A tormenting sun with unrelenting glare
bore down without relief
and hearts and minds fought hard
to triumph over such an overwhelming load.

At last we reached our journey's end,
deep weariness, hereto uncharted, swept my mind,
fatigue beyond my contemplation,
but I was here, and unaware
of those who said, "Well done."
No prize to win, no acclamation,
but I had conquered self - that was enough.

"I came back ... to Ben Alder and the Cam, the Bealach Dubh. Each name rang clear. Myself, I moved with the old fluency, the broadland over and found Culra, after all these years, unchanged. Mountains made me there.".....Des Hannigan

Through The Lowe King's Class

by Nick McDonald

There's a scene in Alice's Adventures in Wonderland which I'd somehow never associated with mountain marathons before where the Cheshire Cat "vanished quite slowly, beginning with the end of the tail and ending with the grin, which remained sometime after the rest had gone." Doesn't sound like the prelude to a LAMM much but standing on the platform of Tulloch Station it all happened much the same albeit in reverse ... there was a sharp piercing whistle, a swirl of smoke and then the grin appeared quite slowly through the swirls of white.

The grin of course belonged to Martin Stone, organiser of the Lowe Alpine Mountain Marathon, as he stood on the footplate of the steam locomotive "Jacobite" chuffing (the train and Martin) into the station and obviously fulfilling at least one of his dreams. On board the train and heading for the start of the LAMM 2001, I had a vague unease about that cat-like smile and thought about Alice's dialogue with the cat ... "Would you tell me please,



Shades of Harry Potter!!! 21st Century transport to the start of the LAMM.
(Photo Rob Howard)

which way I ought to go from here?" "That depends a good deal on where you want to get to", said the Cat. Aye, the usual LAMM then.

We'd worked some of it out of course, the Carnethy faithful, for the Friday night camp was too close to the station and we knew it had to be Corroul (where else?) for the start and the long haul back to Ardverickie with the wilderness between us and the finish. I'd not taken a step and already the memories were overwhelming. The hills are like that.

In a swirl of photographers and journalists we pulled into Corroul to see as Max Beerbohm put it...

"... the fading signals and grey eternal walls of the antique station, which, familiar to them and insignificant, does yet whisper to the tourist the last enchantment of the Middle Age..."

Tourist or purist, we tumbled off the train to be given our maps and the first real indication of what was in store. Just beyond Corroul Halt, by little Loch Siolaig, the line attains its summit level of some 1354 feet but the course unveiled showed that we'd need to climb some more before the day was through. Rannoch Moor is the last great wilderness or a blanket bog depending upon your preference or prejudice, a place of trouble for Stevenson's Balfour and Breck but a starting point for us. Whilst those around us swarmed down to the start, my partner Serena Micalizzi and I had other ideas and repaired to the excellent station restaurant where we scoffed slabs of banana and date cake washed down with piping hot tea. It's gruelling stuff this mountain marathon business! But then it was outside with a jog down to the start to jostle through a sea of bodies just in time to start as our time was called. I've often observed that in the LAMM a re-entrant is usually the impression left by a marshal's knee when he plants the control marker, so Sere' and I were relieved that there was only one on our list of controls! The rest were 'real' features. Recognisable things like summits and streams.

We were off, not floating across the bog like the railway line behind us but plowturing through with the other runners fanning out around us as each pair chose their optimum line. We opted for higher, drier ground skirting the shoulder of Meall na Lice and dropping down to the first control on the Allt a' Choire Odhar Bhing. There clubmates Howard and Duncan stood

perplexed, realising they'd arrived at the wrong control then, after a quick conflag, headed off to search for the right place, in vain as it turned out, whilst Sere' and I headed up the rocky flank of Guallain Chlachach, its mix of grey-white and red boulders presumably leading to the odd description of rocky cinders alluded to in its name. Our next control was the summit of Sgor Choinnich and whilst others opted for the long contour through what I knew to be the long heather and tumbled rock of Coire Creagach we headed up in search of the gloriously runnable ridge over Carn Dearg and Sgor Gaibhre.

Some 500 metres below, the jewel of Loch Ossian sparkled in the sunshine and my eyes and thought followed the track around it remembering other times. Tom Rigg, the one-time and long-time Warden at the old hostel at its western end came up with the idea of running a circuit of the Loch (about 7 or 8 miles) in under an hour and a record of everyone who has completed it is kept at the hostel. A number of years back the late Peter Brooks and I sat round the hostel stove watching the snow blatter across the moor with thoughts straying only to the prospect of another cup of tea when Alan, the then warden, mentioned that it would be humanly impossible to do the circuit that day. In a trice we checked the chart. 698 completions and a race was on, with the loser to be the 700th! Peter lost, or won, the honour and a plaque commemorating the event still hangs in the hostel beside the plaque celebrating Carnethy Hill Running Club's mass 600th completion some years before.

But on, and having made good time to the Sgor we found a near perfect line to the control by the crag beneath Beinn a' Chumhainn, the narrow hill, on the summit of which Willie Gibson-my previous LAMM partner-and I stood the previous winter waving to our Brocken Spectres on the clouds below. A quick traverse over to the track from the Bealach Cumhann and Sere' suddenly had the bit between her teeth. Worried about her fitness since we started, all doubts seemed gone as she sped along the track as it rose towards the Bealach Dubh with me in hot pursuit. But here too were other memories for on a rock below by the Uisge Labhair sits another plaque remembering Peter Brooks, a memorial to the friend and clubmate who tragically fell to his death descending the Ben after successfully completing a solo run of the Scottish 4000s and who passed this way on his journey. Here too in December 1951 four men died attempting to walk from Ossian to Ben Alder Cottage on Loch Ericht in darkness, snow and icy winds. Of the party only one, a woman, Anne Tewnion, survived to walk out to Corroul Lodge. Women have layers of subcutaneous fat of course and greater endurance which help them survive "a physical economy", according to Dr D G Duff, "adapted rather to preserve the life force as contrasted with the male capacity to muster and dissipate energy in action". That must be why I'd been eating all day whilst Sere' had eaten little. Aye, time to dissipate some more energy and I passed Sere' on the descent and we waded through the man-eating heather around the flank of Sgor Iultharn and ran across to the penultimate control at Loch an Sgoir, my gaze and thoughts straying up to coires above us where I once searched fruitlessly in late snow for the entrance to Britain's highest cave.

Now, a fruitless search for our last control, a dreaded re-entrant, or success? The latter as it turned out, as a simple contour led us to it beneath the scree line leaving us with a brisk descent to the finish at Culra and a night of quiet Carnethy camaraderie, the ubiquitous dram or two and some fine Italian cooking (I chose my partner well).

There are four thoughts in your mind when you awake in the morning of the LAMM, Day 2. First thought ... "Who the **** is playing those bagpipes?" Second thought ... "Day 1", groan. Third thought ... "Day 2", bigger groan and finally the desperately hopeful thought that your partner has died in the night so sadly you'll not be able to compete. But something was wrong I thought as I sat humming along to the bagpipes and looking forward to the day. It was just that I wasn't tired and sore. So there was an advantage to doing a shorter course! As Alec Keith put it so badly the day before ... "You guys have got the right idea, find an attractive lady partner and just degrade yourselves"! Aye.

Having just missed the chasing start, sigh, Sere', my degrading partner, was keen to push it right from the start and we soon crossed the shoulder of Carn Dearg and picked off the control beneath the Coire Odhar. Forging the Allt Cam we soon picked up the path by Loch a' Bhealach Leamhainn. But if we were heading for the pass of the elm, as the name implied, there wasn't a tree in sight. Plenty of other runners though and we set about weaving by them as and when the path allowed. "Going well", I thought, ignoring the dangers of having such thoughts. On the bealach between Creag Pitridh and Geal Charn we left the path, taking a high traverse through the yellow grass

on the side of Meall Buidhe; others stuck with the path where the running was better but with a loss of some 200 metres in height. Trying to maintain speed in the tussocky grass, Sere' was tiring and I kept a weather eye on the other teams to confirm we'd made the right route choice.

My "training" (I don't train I just run) for the LAMM had included sailing in the western isles with a run at most landfalls, including runs along the Ardnamuchan crater rim as well as in the Rum and Skye Cuillin but Sere's training had been different. It was only when I sailed into Tobermory where she lives that I found out how much so. Alarmed at my probable fitness she confessed that most of her training consisted of ... belly dancing! Sensing my disbelief, nothing would do but that she demonstrated her art. Clad in some filmy gauze skirt with jingling medallions sewn into it she went through her paces. It was only when she started to do some snappy movement with her hips that I had to get her to stop, reminding her that I had been at sea for 10 days!

She was now doubting whether her training had been enough but a drink and some chocolate perked us both up and we crossed over the shoulder of the unnamed top looking for the control in the dreaded re-entrant below. A control was visible but seemed too low. Several pairs thought the same and looked around, reluctant to drop down to the wrong one. Whilst Sere' stayed high, I ran down, hopeful but not convinced. However it was the control and as I waved for Sere' to come down the other pairs around seemed to have been waiting for my signal too, for as one they raced down the hill towards me.



*The Davies Brothers at the moment of victory.
(Photo Rob Howard)*

But the uncertainty about the control was a sign and following a beguiling stream bed we descended too far west, my uneasiness and my error confirmed as we arrived at the shore of Loch Coir Chuir. With time lost we ran along the shore and climbed through the trees to the control on the side of Craig a' Chuir. Sere's determination becoming obvious as when I turned from punching the control she was already bounding down the hill ahead of me towards the track which hugged the shores of the twin lochs of Lochan na H-Earba. Keeping her in sight through the trees, I soon caught her up and by the track we stripped off some layers in the rising heat of the afternoon sun. As often mentioned, I can't run on the flat (too much belly, not enough dancing) and it was my turn to tire as we slogged along the track towards the final ascent.

It was a re-entrant of course and I was tired (I'm just getting my excuses in early) so it was inevitable that I'd cock it up and I did, leading us perfectly to the wrong control. Forty minutes of fruitless ranging around confirmed the whereabouts of three further controls and the realisation that we weren't going to find ours. Sere' blamed the map, the organisers, Martin and everyone else except the real guilty party, me, and I was happy to let her do so. (Never contradict an Italian woman when her blood is up). So there was nothing left to do but enjoy our last descent, taking in the glorious views over Loch Laggan and along to Ardverickie which was once the prospective home of Queen Victoria but is now where the TV series "Monarch of the Glen" is filmed.

Behind us the hill and heath stretched away to Ben Alder and beyond as wild and desolate as it was when Bonnie Prince Charlie slogged from Ardverickie to Cluny's Cage on the side of Ben Alder. Aye, he didn't find the control he was looking for either ...

Still a beer, some food and watching our Carnethy clubmates walk away with half the prizes soon put things to rights and as always there are the memories and next year to get it right. We headed off with all those thoughts and more to savour as well as our thanks to Martin who was obviously enjoying himself, even at the prize-giving, which of course ended "with the grin, which remained sometime after the rest had gone".

The International Bit

by Sarah Rowell

Don't ask why, when I gave up trying to run fast, I ended up as a selector for the England teams, but I did and for the last couple of years I've been Chairman of the selectors. If nothing else that guarantees that runners will talk to you, if only to moan about things, especially after a couple of post-race pints.

This year I have had more ear ache than ever - you name it, it has been complained about - we did not have a trial for the Europeans; the course for the World trial was not a good one; the races were held at the wrong time of day; we did not tell everyone about the change; we picked the wrong team; we did not know that certain runners were injured; people were told things wrongly; the accommodation at some international events was not as expected.

Starting with the trials first. There was no trial for the Europeans, as foot and mouth put paid to the original plan for using Skiddaw. Alternatives which were considered and investigated included using Snowdon, combining with the Scottish trial, using a road course from Ambleside and using a road course in the Dales. Ultimately all proved not possible due to F&M. Instead funds were used to help some runners attend races in Europe so that they could show form.

The trial for the Worlds was wrong - this time not only F&M, but heavily-used viewpoints of nesting ospreys meant the original permission to hold the trial in Dodd Wood was rescinded. Again consideration was given to a number of alternate venues, finally getting permission for limited access to Whinlatter, and only if we held the trial later on in the day. The changes were advertised via the FRA website, as well as calls to clubs, coaches and runners.

This of course meant complaints about runners and coaches not being told about the changes, or, horror of horror, having had to find them out themselves. Sorry, but while we will do all we can to make sure people know, the final onus rests with you, the athlete and it should be your responsibility to find these things out. Along the same lines, while we will do all we can to make sure we keep up to date with results and athlete form, etc. we are not mind-readers nor can we spend all our time finding things out. In most sports (including well funded lottery ones) the onus on keeping managers and coaches etc informed of fitness, race plans, results, wish to be considered for selection and injury rests with the athlete - so if in doubt either ask or tell us. There is no point two weeks after the trial moaning that you did not run well because you had flu and should have been picked anyway - why did you not say so beforehand?

Which brings me nicely on to who to tell or listen to - that's the managers (Barry and Mark), coaches (Pete and Norman), myself or the other two selectors (Pete Bland and Jacky Smith). Any-one else is only giving you their opinion and is not involved in the management or selection of international teams.

If you are interested in aiming for England representation then please tell one of the managers. We keep a database of names and all potential senior and junior representatives are written to at the beginning of each season. This year there will also be training camps for aspiring internationals. What, unfortunately, there will not be this year are funds to send English runners to races in Europe. Despite our successes winning three medals at the Europeans and Worlds our grant from the AAA of England has been reduced (and the FRA do not fund any of the senior international programme). As before some funds are likely to be available via UK Athletics for athletes competing in the Grand Prix series.

I would never want to stop those who have a valid point to make doing so. It is much better if people do something constructive about it and bring it up (to me or another member of the international committee) rather than just moan about it to all and sundry. If I hear second or third hand rumours about problems, etc. there is not a lot I can do. Being told about it first hand, in confidence if preferred, means that if possible something can be done. In which case I'll as usual be at various races/pubs.

And finally, sometimes, yes, even selectors make mistakes, and just as runners do not always get their race preparation correct, so occasionally we, with hindsight, maybe do not always select the best team.

FRA NEWS

ANNUAL GENERAL MEETING, KENDAL, 24 NOVEMBER 2001

CHAIRMAN'S REPORT (note format)

The disruption caused by Foot & Mouth has imposed a great deal of extra workload onto certain Committee members. The value of the FRA Website in ensuring that Members have been kept informed of current events has been most significant. The only Championship event in 2001 was the highly successful British Relay event in Llanberis. On the International scene there were medals for the Ladies in the European Championships and for the Men in the World Trophy, plus an individual Bronze for Billy Burns - many thanks to the Management Team for their hard work behind the scenes. The Juniors competed successfully abroad in both the Teenager Games and the World Trophy and there are plans afoot to hold training weekends for juniors and coaches with Lottery assistance.

We hope for a better year in 2002.

SECRETARY'S REPORT

English Fell Running has been virtually non-existent this year due to the precautions aimed at preventing the spread of foot and mouth disease. In March, the whole calendar was cancelled, and organisers were asked to seek re-registration if they could show that all relevant permissions for their race are in place. Since August, some events have been possible, but many landowners are still reluctant to permit fell races. Up to date information can be found on the FRA website.

British and English Championships were cancelled, except the very successful British Relay in October which the host club Eryri were able to put on in North Wales.

Two Safety and Navigation courses were programmed for this year. The April course at Kettlewell had to be cancelled (f & m), but the September course at Elterwater was attended by 28 athletes who gave it 10 out of 10 at the debrief. The courses will be held again in 2002 and we really do recommend an enjoyable weekend to all those runners who regularly get lost when the mist comes down.

The Countryside and Rights of Way Act is now in place and one of its requirements is for Local Authorities to set up Local Access Forums, principally to advise on open access land and improving the right of way plan. Fell running could benefit if some of our members become involved in their local areas, and further information and advice can be obtained from our Environmental Officer, Chris Knox.

During the year, England Teams have competed at the Snowdon Grand Prix in Wales, the European Trophy in Slovenia, the World Trophy in Italy and the Junior Home International in Northern Ireland.

Knockdu (NI) was a victim of foot and mouth. It should be noted that from 2002, the European Trophy becomes the European Championships organised by the European Athletic Association, and the UK will be allowed to send a British Team only. Team management and selection is in the hands of UK Athletics and the Policy and Support Team.

We have reached agreement with the North of England AA on the basis for calculating their annual grant to the FRA. Details can be found in the October magazine and we recommend acceptance by this AGM.

The October magazine gives reasons for the withdrawal of our bid to host the World Trophy in 2003 and there has been subsequent coverage in the press. A useful meeting was held this month with UK Athletics with a view to establishing better relations and seeking more positive support in the future.

Sincere thanks are due to the members of the committee not seeking re-election. Dave Richardson has looked after the juniors since 1991 and has left a sound basis on which his successor can build. We have had two years service from Linda Hannah and Neil Taylor who are standing down for personal reasons. We hope they will feel able to become involved again at some time in the future.

Next year's fixtures calendar is at the printers, so if the dreaded disease doesn't return to the English countryside, we can look forward to a more active 2002.

TREASURER'S REPORT

Available to members on request.

MOTIONS.

- a) That the Meeting endorses the funding arrangement with the North of England AA as reported in the October 2001 magazine. Motion carried.
- b) That Rule 8 be amended to read - Runners may only count in team competition for the first claim fell running club of which they are a member on 1 January of the competition year. Motion lost.

c) That the 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. Motion carried.

d) That an Annual Award for Services to Fell Running be established. Motion carried.

OFFICERS, COMMITTEE, AND OTHER APPOINTMENTS

Officers and Committee as listed on page 2. Other appointments: WMRA - Brian Martin. AAA of E - Bill Waine. NEAA - Mike Rose. MCAA - Bill Waine. SEAA - Sam Kirkpatrick. Auditor - Neil Windle.

COMMITTEE MEETING, KENDAL, 8 DECEMBER 2001

Main items of interest to members.

SUBCOMMITTEE APPOINTMENTS

- a) Championships - Jon Broxap (chair), Brian Martin, Tony Hulme.
- b) International and England Selection - Sarah Rowell (chair), Mark Kinch and Barry Johnson (team managers), Jacky Smith (asst team manager), Pete Bland, Peter Shields and Norman Matthews (non-voting coaches).
- c) Disciplinary - Alan Barlow (chair), Peter Dyke, Bill Waine.
- d) Finance - Alan Barlow (chair), Tony Varley, Neil Hindle.

CHAMPIONSHIPS

Championships races have been agreed and published in the 2002 Fixtures Calendar.

The British Relay Championships will be hosted by Ambleside AC and be based at Great Langdale, Cumbria.

ANNUAL DINNER AND PRESENTATION OF AWARDS

With no awards for presentation in 2001, numbers attending were low. Nevertheless, those who did attend enjoyed a successful evening, and it is agreed that the 2002 event will be held on Saturday 9 November at the same venue, the Castle Green Hotel, Kendal.

UK ATHLETICS AND THE FRA

MEETING AT BIRMINGHAM ON WEDNESDAY 14 NOVEMBER 2001.

A Mike Rose summary to convey the gist and general tone of the discussion. Official UKA minutes are available on request.

1. INTRODUCTION

Following the failed attempt to obtain funding to host the 2004 World Championships at Sedbergh and our feeling that we had been badly let down by the bodies involved, we sought a meeting with UK Athletics to clear the air.

The meeting was attended by Jon Broxap, Dave Hodgson and Mike Rose. We were made very welcome and, while enjoying coffee and sandwiches in an ante-room, noted that a display of medals and trophies included the FRA World Trophy 1988 commemorative medal presented to the AAA of England (the national body at that time).

The meeting was chaired by Alan Warner, UKA, Chairman of the International Group. Others from UKA were Dave Moorcroft (Chief Exec), Cherry Alexander, Bryan Smith (Endurance), Zara Hyde-Peters (Endurance). Also present, invited by UKA, was Danny Hughes, President of the World Mountain Running Association.

2. WORLD TROPHY BID 2003

FRA - We presented the background and made it clear that, while critical of UKA for lack of support, failure to answer letters and e-mails and failure to return telephone calls, our main cause of disillusionment is directed at UK Sport and Sport England for their dismal display of unprofessional inefficiency.

They constantly failed to respond to phone calls and letters. Replies were received only after long delays and regular prompting. There were numerous errors relating to the subject matter and one letter sent to the wrong name and address. And the reason for rejecting our application, "not an Olympic or Commonwealth Sport", was pretty unconvincing. It has been noted that funding is available for the European Cross Country Championships, also not an Olympic or Commonwealth Sport. The FRA is managed entirely by volunteers and we think this sort of treatment from a quasi-government body is offhand and shabby.

UKA - Dave Moorcroft agreed that UKA failure to communicate is unacceptable. Alan Warner told us that the Cross Country Championships have a higher priority than fell running - so that's all right then! They wondered why we by-passed the AAA of England and suggested it wasn't really a UKA matter.

FRA - Our response was that the FRA went down the same route as that for the previous submission of our 2001 bid which was supported by both UKA and Sport England. It is unclear to us exactly where the AAAs fit into the scheme of things. If our approach was wrong, why didn't UKA advise

accordingly. In any case, the WMRA requires the support of our national association and it is invaluable when seeking commercial sponsorship. We believe that UKA support of future bids is essential.

UKA - Having read our October magazine and seen e-mails flying around, UKA is concerned at the prospect of fell runners breaking away.

FRA - We agreed that there is a movement in that direction. However, we believe the majority of our members recognise the advantages of links with athletics clubs and regional associations, but as a democratic organisation we have to listen. The fact that this meeting is taking place indicates a desire to continue our relationship with UKA.

UKA - Dave Moorcroft gave us the impression that he thinks we are seeking money from UKA on a regular basis and spoke briefly about its funding and limited resources.

FRA - We explained that the FRA is basically in good health and the occasional financial foray relates to special projects such as hosting international events. The FRA is funded by membership subscriptions and grants from the regional associations. We made the point that the plethora of different regional membership (registration) schemes is crazy and has proved to be divisive and cumbersome.

UKA - Dave Moorcroft agrees that differing membership schemes throughout the UK cause problems. Apparently UK Sport wants a nationwide scheme, with fees collected by UKA and distributed equitably to the regions. But don't hold your breath.

Dave Moorcroft left the meeting and the FRA thanked him for finding time to listen and recognise our concerns. Zara Hyde-Peters joined the meeting.

3. BID FOR EUROPEAN CHAMPIONSHIP 2004

FRA - Our intention to bid for the European Championship 2004 is being frustrated because we have been advised by Danny Hughes that the date of the event is rigidly fixed. Our venue is not available on that date and the alternative is to bid for the World Trophy 2005, but we have not yet reached a decision. We need to know whether the European date really is immovable (by one week) and to consider which event is more likely to attract lottery funding.

UKA - Danny Hughes explained that the WMRA has handed all responsibility for the European Champs to the EAA, and is adamant that the date is fixed. * Others present found this lack of flexibility difficult to understand. Cherry Alexander offered to contact the EAA to ascertain whether a 'window' in the established events programme is realistic and available.

FRA - It proved difficult to find out just how UK Sport and Sport England decide on the 'assessment criteria' and 'priorities'. Surely UKA must have an input? We didn't learn much except that Zara Hyde-Peters sits on the World Class Events Panel. Cherry Alexander said that Sport England is accountable (to whom?) and their assessment criteria should be readily available. She will obtain and send us a copy.

UKA - Agreed to pursue FRA request that the European Championships 2004 or the World Trophy 2005 be considered for inclusion in the UKA Major Events Strategy. Dave Moorcroft and Cherry Alexander will discuss with John Scott of UK Sport. At the time of writing a meeting has taken place and we await the outcome.

4. POLICY AND SUPPORT TEAM, FELL/HILL RUNNING

FRA - There are lots of misgivings about the structure and operation of the PST which is perceived by many as a talking shop. The model, which may suit other disciplines, is not very effective for fell/hill running and is not representative of the home countries. In particular, there are no appointees from Wales, and the Scottish chairman is often at loggerheads with his countryfolk.

UKA - Bryan Smith confirmed that as from 1 January 2002, there is provision for each home country to appoint a non-voting member of the PST.

5. FUTURE LIAISON

FRA - Alan Warner and Cherry Alexander are now on our mailing list to receive the calendar and magazines to keep them informed about the fell running scene. We requested specific UKA contacts for fell running matters, so as to minimise future communication failures.

UKA - Agreed and asked us to direct general matters to Cherry Alexander and matters relating to performance and competition, both team and individual, to Zara Hyde-Peters.

6. IN CONCLUSION

This was not a wasted journey. We particularly thank Cherry Alexander for setting up the meeting. The chairman gave plenty of opportunity for everybody to contribute to the discussion and the fact that Dave Moorcroft attended, indicates we are being taken seriously. We demonstrated that the FRA is an efficient and professional organisation which deserves proper acknowledgement by UKA and Sport England. We didn't expect immediate answers to some of the problems discussed, but simply wanted to establish a better understanding of our respective roles and seek a better working relationship in the future. We think this was achieved.

Achille Ratti???

by Leo Pollard

Over the past years, at fell races, in pubs and bars, wearing my Achille Ratti vest, I have often been asked, "What does Achille Ratti mean?". The question should be, "Who was Achille Ratti and why was a British climbing and running club named after him?"

Achille Ratti was born in 1857 in the small Italian town of Desio, between Milan and Lake Como. He was a gifted young man, who distinguished himself by obtaining a triple Doctorate at the Lombard College of Rome and who was ordained priest at the age of twenty-two. He lived a triple life, that of a scholar of historical and palaeographical sciences, an indefatigable librarian (he eventually became Head of the Vatican Library) and an intrepid and scientific alpinist. In 1918 he was sent to the newly established state of Poland and endured the Soviet attack on Warsaw. He returned to Rome in 1921, was made Archbishop, then Cardinal and, at the age of sixty-five after the death of Pope Benedict XV, was elected Pope, taking the name Pius XI.

Why did Blackpool Catholic Boys' Club, when re-naming as a climbing club in 1940, obtain permission from the Vatican to use the name of Achille Ratti? These enthusiastic young men were led by an even more enthusiastic young priest, Father Bernard Pearson, who later became the Bishop of Sinda. He was a mountaineer and a member of the British Alpine Club and used to whizz his altar boys off to the Lake District to climb after Sunday Mass and undoubtedly fired their imaginations with tales of his alpine exploits and the alpine huts. It is possible that he told them of Mgr. Ratti's achievements - he had been an esteemed member of the Italian Alpine Club and a bold climber. Amongst his many forays, in 1889 he was the first Italian to ascend the route from Macugnaga to the Dufour Peak of Monte Rosa, traverse the ridge to Zumsteinjoch and descend to Zermatt. One week later he climbed the Matterhorn in a day from Zermatt in unfavourable conditions and the following year he climbed Mont Blanc by the Rocher Route from Courmayeur, the descent being in part new, via the western branch of the Glacier du Dome and the Miage Glacier. His special love was the area which is now the Stelvio National Park near Bormio in northern Italy. There, above Santa Catarina Val Furva, at the Branca Hut of the Italian Alpine Club, there hangs on the wall a large photograph of Achille Ratti with posies of wild flowers underneath.

It was only natural that these young Catholic men would look to and draw their inspiration from this great leader of men's faith who was also an accomplished mountaineer of considerable technical skill and judgement. But it was Bishop Pearson who founded the Club, held it together and gave it its direction. Today we have more than six hundred members engaged in every field of outdoor activities; about thirty of these have formed themselves into a running section and many ARCC members also run for other clubs. The Club promotes two fell races, the Old County Tops and the Grisedale CAFOD Race, with all profits going to that charity. Over the years the Club has acquired properties in Great Langdale (Bishopscale with its chapel "Our Lady of the Snows"), Dunmail below Seat Sandal, Beckstones in the Duddon and T'yn Twr near Bethesda in north Wales.

So, to conclude, back to the question, "What does Achille Ratti mean?" - it means a climbing club with a great tradition in mountaineering but never losing sight of faith. "Who was Achille Ratti?" - he was priest, Pope and a foremost alpinist.

*POSTSCRIPT

We sometimes wonder what the hell is going on. Three days after the meeting we received a document setting out the requirements for staging the European Championships. Clause 01 states that *'the championships should in principle be held in the first half of July'*. And where did this document come from? Step forward the above mentioned Danny Hughes!

Joan Powell

It is with sadness that the FRA heard that Joan Powell, Secretary of the Isle of Man AA, died on 12th January after a short illness. Many clubs and athletes will have dealt with Joan in her capacity as secretary of the NEAA First Claims Committee. Until a successor is appointed, please forward any First Claim enquiries to the NEAA office.

"Go get lost!"

A fell race report and poem by Allan Greenwood

The Longcroft Engineering High Brown Knoll Fell Race Sunday 14th October 2001

I was delighted to be able to hold the fourth Annual Longcroft High Brown Knoll race after the whole of our Spring and Summer fell racing programme had been virtually wiped off the board due to the Foot and Mouth epidemic.

After consultations with local farmers and landowners and with encouragement from my clubmates, I got the green light to get the race back on the tracks and so kick started the fell race organising machine again.

I contacted Angela at The Dusty Miller who agreed to provide food at the prize presentation and local firm Longcroft Engineering again very generously agreed to sponsor the race, ensuring a large array of prizes would be up for grabs.

During the enforced break from the hills I began training on the road with my former club, Calder Valley Fellrunners, based at Mytholmroyd, just twenty minutes down the road from my home.

I renewed many good friendships at the club and decided to pay my membership in the early Autumn and, in order to help push the club forward, joined the committee and soon began to plan a new idea - look out for a three-day event for midsummer 2002.

The race was run in ideal conditions for an event with a navigational section. Thick pea soup fog on the tops meant that local runners would no doubt gain an advantage (well, some of us eh, Bill?) providing they were confident of finding the right sheep track blindfold. There are dozens of those identical looking tracks up there, criss crossing Midgeley Moor.

The race route is flagged to checkpoint one on Sheepstones Edge, then competitors are free to make their own way to checkpoint two, at High Brown Knoll summit, and back any way they like to the canal bridge in Mytholmroyd. I marked the route on Saturday afternoon after having marshalled and swept/flag gathered at Dave and Eileen Woodheads' Withins Skyline race so I was well warmed up. The Woodheads had offered to return the compliment by taking charge of finish recording at my race, enabling me to have a run myself, which thrilled me to bits. However, I had to compete in an old, knackered pair of fell studs as my 'best' ones were away for resoling in readiness for the FRA relay in Wales the following weekend. I was really excited at having been picked for the Calder Valley vets' team, and this race would be a good sharpener and form guide. I went off quite well up to the first checkpoint where John and Julie stood by Sheepstones trig point, then across to High Brown Knoll I found myself quite alone in the thick fog, on a good line, my trusty 'Wadsworth Trog' path. As I climbed to the plateau however, the thick peaty mud sucked at one of my shoes and as I struggled to pull it out of the bog the sole came clean off!

I sat down, took out the shoe lace and wrapped it right round under the sole and over my foot, setting off again with one fell shoe and one flip flop.

Steve and Alec gave me a cheery welcome at the top, took my picture and told me that runners had been approaching them from all four directions. I declined Alec's kind offer of swapping shoes as mine were just totally bugged and I didn't want to have him struggling down with soggy feet. What a dope I am! I set off again, on my 'quick' route back and about half way down, guess what, the other sole gave way. Some day, when you have a mind to, try running through a cow field in slippers. Needless to say, my race was over as I tied the other shoe on and limped home, though surprisingly on the result sheet, I lost only two places from the top to the finish, despite badly spraining an ankle only yards before the line and completely ruining my chance of running in Wales.

Meanwhile, the story of how the race was won was beginning to unfold on the canal bridge at Mytholmroyd. Boff Whalley of Pudsey and Bramley and Bradford Airedale's Richard Crossland, who trains regularly in this area came back first, Richard taking the verdict by the narrowest of margins, Halifax-based Darren Cole who runs unattached, (someone sign him, quick!) in third. Runners from the local Calder Valley club packed well to take the team prize, led by my great friend David Hyde who had found himself right up there in the lead by High Brown Knoll summit. Though Dave was first to leave the trig point, he admitted to having just hung back a little as to avoid a game of "follow my leader" over his well reced return route. The first three aforementioned shot past as Dave had hoped, but then, to his dismay, jumped onto the very sheeptrack Dave was eyeing up, the quickest way back.

Having dispatched her husband, Longcroft Managing Director Alec, to his marshalling duties at the top with Steven Cavell, Mytholmroyd local Sue Becconsall of Todmorden Harriers promptly set about winning the women's section in a very respectable time given the conditions. Second place went to West Pennine's Marion Dixon, a regular at my races after completing the past two year's South Pennines Grand Prix series and third placed was Anna Liuba of Ilkley Harriers, just ahead of her mate, Helen Thorburn of Dark Peak.

So everyone got back safely. Not everyone found the optimum route however, including Calder Valley fellrunner Bill Johnson who actually lives on Heights Road, high up on the edge of the moor.

I was inspired by the standard of the entries in the recent poetry competition in *The Fellrunner*, so I thought I would have a go and tell you Bill's tale through prose.



The author/organiser immediately after spraining his ankle!! (Photo Linda Crabtree)

Longcroft Engineering, High Brown Knoll Fell Race 2001

*One day for a hoot, I devised a novel route,
That I knew I could run a quite a pace,
Starting down at t'valley floor,
It would climb to Midgeley Moor,
To High Brown Knoll - that's the title of this race.*

*Before Saturday was done, I'd flagged up to checkpoint one,
And then finally checked my route to checkpoint two,
A crafty line avoiding t'mud,
Though it didn't do no good,
When on the day the sole came off me shoe.*

*Sunday morning daumed, I got 'out of bed and yawned,
Scatched me arse, cleaned me teeth and went to t'bog,
Flung the curtains open wide, bleary-eyed I looked outside,
What's the weather doing, "Bloody 'ell, it's FOG!"*

*It was a local runner's heaven, as two score good men and seven,
Set out to solve the Midgeley mystery,
This could be a Calder swansong,
...But what happened to Bill Johnson,
Will make navigating cockup history.*

*At the top, said Bill with glee, "I'm a local, follow me!",
So they tagged along, to keep up wasn't hard,
But when they came to Ferny Lee,
Our decoy said, "Dearie me,
I've cocked it up right in me own back yard".*

*Meanwhile on t'other side, pole position David Hyde said,
"They're following me vest, what can I do?",
So a crafty clever trick our man Dave did think of quick,
Crouched in t'grass and did pretend to tie his shoe.*

*But Crossland, crafty sod, went and spied the quickest trod,
With Boff and Darren in tow he headed North,
That no-one else came past Dave pleaded,
As with pain, (his nipples bled),
He finished on t'canal bridge lying fourth.*

*So if you should run this race, whether hare or snail's your pace,
You should take a prior 'recc'e on the hill,
If you can't just do your best, and rely on t'locals' vest,
But whatever else you do - DON'T FOLLOW BILL!!*

YORKSHIRES SURVIVE

YORKSHIRE FELLS CHAMPIONSHIP 2001

Foot and Mouth played its part with the junior Yorkshire championships scheduled for the West Nab event in the Holmfirth area at the end of April being cancelled - compensation is that West Nab will host the 2002 event. Hence it was decided to push back the championship as far as possible into the year, in the hope that F&M would be eradicated or contained. So the popular December Stoop races on Penistone Hill, Haworth gained championship status.

Although not strictly a proper fell race the Quarry runs are very testing, with a varied terrain of short steep climbs, tracks, grass, heather in fact something for everyone. Testimony to this is that 80 boys and girls in the combined under 9 and under 12, non-championship race, lined up to attack the one mile route. Who says fell running is an old man's sport? The enthusiasm, passion and enjoyment shown by these youngsters proves that they do want to compete, if races are available.

Scarborough Harriers were the surprise package this year with two gold medallists, with Suzanne Boyes nearly winning the under 16's event outright, being only 3 seconds behind Stuart Hunn, Suzanne is also a championship level dancer. 11 year old Abbie Johnson easily won the under 14's race, although she ran out of her age category, but under FRA rules this was allowed. Both these girls in their first season of running with Alex Wheatman, and other Scarborough athletes under Mike Wallis' guidance could feature highly in 2002.

Showing their running potential both Suzanne Boyes and Alistair Brownlee, the under 14's winner have both progressed to winning the Yorkshire X-country championships for the under 15 category, (X-country have different age categories).

Skipton AC were winners of the most medals, 5, but only Stuart 'smiler' Hunn collected the gold colour. In the seesaw men's under 20's race, Chris Miller and Lee Athersmith swapped the lead numerous times over the senior 5 m/800ft race. But Miller took gold with 17th overall, with Athersmith 21st and the silver. Emma Hopkinson returned to competition to surprise

herself and win the under 20's ladies, and collect the new perpetual trophy donated by Sarah Rowell.

All age categories now have perpetual trophies kindly donated by some of fell running's greatest - Jack Maitland, Ian Holmes, Paul Sheard, Anne Buckley and 3 trophies from Sarah Rowell, were all engraved with previous winners. These trophies were all won by these athletes at various prestigious races, in fact 2 of Sarah Rowell's are the winners 3 Peaks silver salvers; an incredible gesture from Sarah.

Boys under 14

Gold	Alistair Brownlee	Bingley
Silver	Mark Addison	Helm Hill
Bronze	Sean Bindley	Retford

Girls under 14

Gold	Abbie Johnson	Scarborough
Silver	Rachel Ingham	Park High
Bronze	Kayley Ciesla	Skipton

Boys under 16

Gold	Stuart Hunn	Skipton
Silver	Danny Walmsley	Skipton
Bronze	Daniel Cutts	Leeds City

Girls under 16

Gold	Suzanne Boyes	Scarborough
Silver	Sheryl Slater	Skipton
Bronze	Aimee Collett	Rowntrees

Men under 18

Gold	James Carter	Spenboro'
No other competitors		

Ladies under 18 - Regrettably no competitors

Inter men

Gold	Chris Miller	Harrogate
Silver	Lee Athersmith	Skipton

Inter Ladies

Gold	Emma Hopkinson	U/A
No other competitors		

The October Withins Skyline race, Haworth hosted the 23rd Senior Yorkshire championships over the 7 m/1000ft circuit of Oxenhope Stoop, Top Withins and Bronte Bridge. 36 year old Ian Holmes won the event for the fourth time, over one of his favourite race routes, his previous wins being 1996, 1999 and 2000.



Alistair Brownlee (U14) heading the field.
(Photo David Brett)

A new name, 20 year old Mary Wilkinson of Skipton AC won the ladies perpetual trophy, with last year's winner Tracy Ambler, now with Ilkley Harriers, taking the silver, and Pauline Munro the bronze.

Next year will see the introduction of a ladies' team event, with gold medals to the first team only, three ladies to count.

Many thanks to Norman and Hilary Berry of Burton Safe Company for their valued support and financial contributions, which make the Yorkshire championships the only county to have a county junior championship.

See you all at West Nab juniors, and White Wells seniors.

Senior Men

Gold	Ian Holmes	Bingley
Silver	Phil Sheard	P&B
Bronze	Robert Hope	P&B

Senior Mens team

Gold	Bingley	Ian Holmes, Rob Jebb & Robin Lawrence
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Only first team medals awarded

Senior Ladies

Gold	Mary Wilkinson	Skipton
Silver	Tracy Ambler	Ilkley
Bronze	Pauline Munro	Bingley

GET BALANCED by Dennis Quinlan

None of us are perfectly symmetrical in our running style but the body will accommodate a reasonable degree of 'error' without problem. Although friends can see a big problem the runners themselves will be unaware how serious a problem they have. Consequently, a great many runners ignore their excessive degree of asymmetry until it results in injury. Then many realise they need orthotics to help 'square them up'. They also need advice on strength and flexibility balancing work. Unfortunately, the experience of a good many athletes is that the orthotics they are prescribed not only fail to help but cause further injury! This is despite seeing a 'qualified' podiatrist!

Most podiatrists examine athletes standing, lying down and walking barefoot as well as looking at the wear and tear on trainers. This is inadequate examination for a runner who should be professionally observed whilst running. The good news is that such a thorough examination is available in Settle, N.Yorks, from Andrew Stanley. Andrew uses a good treadmill to video you walking and running barefoot and walking and running in trainers, discussing the result with you there and then. After that he will make a 'temporary' orthotic for you try out at home, giving him feedback, before he finalises your orthotic need.

This is fine for road and trail training but putting orthotics inside fell shoes is not a good idea unless you want to increase your falling over rate!

But the next bit of good news is that there is a fell devoted company which will build your orthotic need into the base of their fell shoes: Lancashire Sports Repairs, who make the Felldancer. It is important that you are confident about your orthotics when going. They will give a private consultation (ask for Dave or Eric), also examining feet width and length needs (no extra charge should you need half a size shoe size difference).

The consultation & in-built orthotic comes remarkably to less than £30 extra above the cost of their reasonably priced fell shoes.

Like the vast majority, over the years I've tried lots of 'Walsh alternatives' only to return to the old favourites. About a year ago I looked at the Felldancer and was not particularly impressed but they listened to fell runners and now make an excellent shoe. What adds to their quality is that you can request either a slim fit (best for over 90% of women) or average width. You can also ask for either a narrow, 'racing' midsole or a slightly thicker, more cushioned one. Walsh continue to make an excellent fell shoe but at last there is a good alternative.

Details of both companies can be found page 20 in the Oct 2001 magazine.

The Grey Corries by

This is an amazing account of the first successful Tranter's Round to be achieved in Winter, done on Saturday and Sunday 13th and 14th January 2001. It is even more astonishing in that it was done solo and unsupported with full winter gear - it certainly provides a contrast to the pieces on alternative sunny running venues which we have had lately - obviously the hard men of our sport have not yet all died off!!

Cold fuels the bright silence that cloaks my bivouac. Frost defines the limits of my small world, nipping at its edges. It's twelve hours since I began my second night's bivvy in sub-zero temperatures and I've been up three times to jog some warmth back into myself after waking frozen. Moonlight slants over Mullach nan Coirean, percolating through the sparse trees into the rudimentary den I made yesterday on arrival in Glen Nevis. Despite the cold I feel well enough rested, but with each passing year I get less able to cope with the deprivations of 'lying rough' through a long winter night. The following morning it's a slow job getting myself into second gear, when cold suppresses motivation!

Up the way marked path beside the Allt a Choire Dheirg I go. Then through steep birch woods to the deer fence corner on the ridge and into a white world. On my left, beyond the Devil's Ridge, the sky glows with rose and gold. As I turn up the steeper ground southwestwards the moon is directly in front of me, shining from a clear sky. High-pressure weather is well established and Colin has assured me that it will last at least until Monday. Across the glen the first pink kiss of the sun is in Ben Nevis, then a sliver of Aonach Mor and flank of Aonach Beag flush as the sun's lips caress them. Tomorrow's last hills - if I stay the distance! With such a lot in my favour it shouldn't surprise you that the first two Mamores pass swiftly beneath my customised Adidas trainers, the snow being just right for fast travel.

Then I met the soft snow. The over-yielding snow up to 18" deep, with a crust not thick enough to support a heavyweight hill runner and his 12lb pack. It's an arduous struggle in the shadow of Sgurr an Lubair, up the steep slope to the start of Devil's Ridge, with the stalkers path mostly buried too deeply to be recognisable. Old footprints are no help for stability and only serve to demonstrate how easy I would have found the snow a week ago - with a full moon as a bonus. For a moment I'm full of vexation in the knowledge that I'd missed the best chance this winter but that soon gives way to the fun of the journey even though to gain one step uphill often takes three steps of effort. Soon I'm able to dump the pack (with a message in the snow) and stride out along the ridge to shapely Sgurr a Mhaim. There are a couple of steps on this ridge that I'd been worried about re winter conditions (and one of the reasons why I'm going anti-clockwise) but they pass as exhilarating scrambles.

The daylight hours pass quickly in the intense glittering light As the short day hastens towards sunset, everybody but me is heading downhill, back to the comforts of shelter and hot food. I'm ascending Binnein Mor and casting my eyes constantly to the show in the south and west where the sky is ablaze with sunset. I reach the top of the highest Mamore just after 4 p.m. with the red sun perched for a moment above the lines of hills. It's been a wonderful day, so clear, so bright, with superlatives quite inadequate to describe the hills or my joy at being among them. I run down the north ridge of Binnein Mor then drop over the edge into its vast shadow, heading directly to where Binnein Beag rears up into the last of the daylight. It's difficult to make out any shapes in the uniform greyness below, but it is steep, and my descent is somewhat sprawling until I gain control in time to avoid sliding over outcrops (which show just enough rock through the snow to warn of their presence). Two pints of water at a lochan, then dump the pack for the third and last out-and-back: to climb Binnein Beag. This steep climb is frustratingly slow because of the yielding snow. Another annoyance is that darkness is coming an hour sooner in the schedule than I would wish and it is a long time to moonrise.

The light is now almost gone. Binnein Mor towers against a sky rich as honeysuckle blossom, with a star pricking brightly above the summit where light grades to blackness. I have an idea where the path should be but don't find it until it drops over the shoulder turning south towards the Coire a Bhinnein. As a path it is useless - in several places it is treacherous with ice where seeping water has frozen during many days and I might have been safer on the open hillside. After crossing

the burn I lose the zigzag path and am on the open hillside anyway, on a bearing for Sgurr Eilde Mor.

Up to now it has been hard but not insuperable. Now I'm beginning to wonder.....I have been climbing the loose snow for ages, bits of crust breaking off to cascade down at every step; sometimes several steps get me nowhere. I must be three quarters of the way up because it has got very steep, yet the total darkness won't allow me to judge how far, and I struggle onwards, tacking from side to side. Eventually I can make no further upward progress by any method, and have to contour across to the ridge on my right where I find footprints from last weekend, and snow firm enough to make some headway. Can't be far now.....many minutes go by before the slope at last eases. I feel exhausted, having expended enough energy on this hill tonight to climb it three times this summer.

How easy it is to make excuses for not doing what you have to do! I wrestle inwardly on the direct line from Sgurr Eilde Mor to Luibeilt. It takes me over two hours! Admittedly this includes a stop of forty-five minutes to eat and debate the sense and worth of continuing this trip but there is also much floundering through deep drifts in the complex geography of this area. I'm going to the bothy to put a message in the book as a safety measure because if conditions had been good I would have had a crack at Charlie Ramsay's Round. The weather is perfect but in such snow as this that would take me more than thirty-six hours. And then there is the ice that has made all tracks unusable except with extreme caution.

Great plates of ice cover half of the river, making me doubt the sanity of using the usual fording place beside the ruined lodge, so I walk upstream for half a mile in hope..... there is no easy place to cross, so it's back to Luibeilt and the six foot iron fence post to use as a fording aid. Off with socks and roll up two pairs of tracksters and into the dark swirling water. Then on to the ice with water flowing beneath, testing and stabilizing with the post. A bit further and I jab it in too hard resulting in an ominous cracking. As a lump of ice the size of a dining table floats gracefully towards Loch Treig, I leap.....and land mercifully without damage, although wetter than I'd hoped to get away with. Breaking off the rest of the ice in my path, I complete the crossing by wading, legs almost numb, but panic held at bay. Then run to the bothy where I cause consternation to the inmates who haven't ever seen anybody without any socks on at minus six degrees. Even more surprise when I leave as soon as my message is written - well my attempt is supposed to be 'unsupported' isn't it.

I'm extremely cold and need to get moving up Stob Ban. I plod up in the deep snow, gradually regaining heat. From this side it is a barren white flank, but when I reach the top it is a view of unparalleled beauty. The Grey Corries gleam in shades of silver and grey; in the direction I must go the slope drops steeply into formless shadow, whilst burns gash the opposite hillside with harsh black lines. It is a surreal world and very empty.

The descent of Stob Ban into those shadows is a hair-raising, running, stumbling, slide that quite exhausts me. When I look back its steep north face appears Alpine. I can find no water around the Lochan an Coire Rath and succumb to fatigue for twenty minutes behind a knoll on the complicated col..... Then it's the long slow ascent of Stob Choire Claurigh, made more wearisome by following my slithering glove down a hundred hard won feet of hillside. But at the top a frisson sparks rejuvenation through my body as I gaze at the ultimate moonlit journey: the Grey Corries ridge. I feel like the defiant child who sneaks from his bed to the fairground at dead of night to ride the helter skelter without a mat. This isn't the adrenalin rush of a hill race, or even the prolonged excitement of adventure racing. This is just pure adventure and I'm going to push my luck to the limit tonight.

The words 'solo and unsupported' point like a signpost along the Grey Corries to where Ben Nevis and its Acolytes stand in sombre array, at the gateway back to another world - and the Grey Corries by moonlight is an aesthetic experience without equal. As I fly down from Stob Choire Claurigh along the ridge a plume of spindrift whirls over the corrie. Just the angels and me at 3 a.m. and the experience is absolutely brilliant! This is one of those moments of Being when outside distractions shrivel away to absolute silence. The world is seen

MOONLIGHT by Glyn Jones

through the eyes of the soul and a sense of oneness with my physical surroundings transcends all other. For a few miles on this perfect winter's night my spirit escapes the physical realm of bad knees and fatigue, and the journey becomes mystical – the experience of a cell in the vast organism.....

The footsteps that I'd been following along the switchback ridge with such faith stop at a chasm, then retrace upwards. In my euphoric state I'd forgotten about this rocky part descending from Stob Coire Easain. I know there is a line of crags below on my left, having seen them from Stob Coire an Laoigh, and now wish I'd gone more directly down the steep ground from the col after that hill to the Bealach Coire Easain, instead of following the ridge. To make a big ascent or cut down a gully to the left? The latter choice wins easily. A slide takes me over a short drop, and then turn north traversing a wall of steep loose snow to get clear of the crag danger below. Then sliding and braking with the axe, I zig zag through the lower lines of crags (which have helpful gaps), and so onto more stable snow which allows a contour run into the bealach. Here the angels place me back onto the Earth; my feet their full tired weight again, and their job well done. It appears that nobody has been here from any direction during the past two weeks, so I have the satisfaction of being a pioneer. However not that bold: I pass a dark hole in the snow which must be deep, and where I definitely don't want to 'boldly go where no man has gone before'. Eventually I reach the easier ground and find footprints that have come up from Glen Nevis. The audience of huddled Mamore peaks watch as I skim along their skyline, and then an easy slanting run across the skirts of Sgurr Choinnich Beag to collect water at the bealach.

If Stob Ban was Alpine at 1.30a.m, then Aonach Beag is positively Himalayan at 6 a.m., as I crawl up the gully beside 'The Prow' The audience is appreciative no longer; instead of being in harmony with the environment I am now a flea with no charisma, fumbling with the curtains in the wings. All around me the silence seems to be hissing in disapproval. Three steps up often put me one step back. Just like my life over the past ten years, I reflect cynically; but the rocks below me are more serious than the 'running-to-stand-still' that typifies our recent years on the croft of Bing. I must be more positive!

I try a new line across the slope but cannot get past the rocky outcrops, so have to retreat and try again. Patience, Care, Perseverance, I keep repeating to myself as a mantra. Twice more I retreat (once is involuntary, it stops just before I go over the crags which I've so painstakingly worked around), and now I'm back in the gully. To my left the overhanging 'Prow', to my right crags laced with ice. I'm forced to stay in the steepening gully that ends in an impossibly steep headwall of soft snow. I'm only a few yards from the skyline, and ten steps would take me to the gentler slope and salvation, but the eighteen I make all slide back to the original place. Either I admit defeat and descend more than a hundred feet to climb at the south side of the 'Prow' (which I should have done if sense had been anywhere near my brain) or...I tack up to the right very cautiously, managing to get a purchase on the crag with my axe. I'm making headway at last but in the sort of perilous place which hill runners have nightmares about. Now I tack to the left, bent double and plunging the axe in horizontally in front of me, both hands too, I take two small steps. Plunge in and two more small steps...and repeat. Gradually the slope eases, and at last I'm up out of the shadows and into bright moonlight again. That was not hill running, but winter mountaineering, and is reflected in my time of more than an hour to climb from the bealach. The heat generated perhaps indicates that the business was a bit too exciting for an old man on his own in the dead hours of a winter's day.

A bitter southwest wind is blowing spindrift spitefully across the shoulder of Aonach Beag – a ninety-degree change from yesterday. In the southeast the dawn colours are gathering to suffuse the sky with tints of nectarine, but the prospect of day isn't galvanising me, as it should. Something is wrong: the climb up Aonach Beag isn't steep but I can hardly keep the dragging feet going upwards. I stop to admire the dawn that expands along the eastern horizon, and put in more biscuits and a swig of slush.....then drag on upwards. The summit is a smooth dome of snow, completely burying the cairn. Daylight intensifies as I struggle on towards Aonach Mor. Lots of footprints here and skiing too. A beautiful pearly sheen is on the snow lit by the new

day's light, contrasting with the grey slopes lit only by moonlight. Soft snow still drags my feet back down, but it's not steep and I remember running up here eighteen months ago when Jo tried the Ramsey Round. Why then do I feel so ill? Near the top it suddenly comes to me: dehydration! I calculate that I've only drunk three pints since 10 p.m. It's now 8 a.m. and we have the inevitable consequences! My metabolism is shutting down, so the dehydration must be getting serious, but I will soon find water.

The descent to the col between Aonach Mor and Carn Mor Dearg is dire. Chunks of frozen surface cascade down in front of me, slithering onwards for hundreds of feet, making a fair din in the early morning stillness. In front of me the summit of Ben Nevis blushes with the first touch of the sun. I proceed slowly, concentrating on Care and Patience, not wanting to become an avalanche. The colour descends more rapidly than I do and is soon on Carn Mor Dearg and the Arete. The three quarters moon is poised at dead centre above The Ben, with sky above and around it the lighter shade of daytime; below is a haze of palest rose, and below that again is the deeper blue (slightly green) of the departing night sky.

The burn running down to the col is frozen and I search unsuccessfully for water. The sensible plan would be to descend until I do find some, but fatigue clouds my judgement. I believe that I can cope with only the minimum ascent available if I'm to finish, this challenge. Besides, I reassure myself, there are only two peaks to go, and plenty of water on the way down The Ben – until then snow will suffice. (What I don't know is that this water is still three hours away from my mouth).

Carn mor Dearg is a nightmare worse than Sgurr Eilde Mor, and even (so it seems in my weak state) worse than the Aonach Beag gully. The initial slope is the steepest, and I tack this way and that to gain only slight upward motion. Downwards I manufacture wee avalanches as the crust breaks away: some plates are three inches thick and the size of sheep. I worry. People have been here too, maybe last weekend when the snow was wetter and firmer. Their frozen imprints are useful sometimes to get a grip, but in many places have turned to powder and blown away. Some footprints are actually 'inside out' – the soft snow around the iced print has blown away leaving the print protruding. It takes me aeons to climb that first two hundred feet. I struggle into the sunshine. Not as steep now, but I proceed ponderously in the soft eiderdown, not bothering to at, not bothering to put on sunglasses to prevent the dazzling glare burning into my brain...Carn Mor Dearg summit at 9. 50 a.m. It's too hot. Must rest. Must not get stupefied. Must eat. Must stop.

A quick plunge takes me to the Carn Mor Dearg Arete which has been visited this weekend, so the snow has been trodden firm. Stride along it in reasonably good form considering my collapse on Carn Mor Dear but when faced with the final pull up to the top of Britain I disintegrate again. Only seven hundred feet, but the longest ascent in the world today. I convince myself that it's not impossible and plod and plod; sometimes five steps to go up 1 foot of intensely sparkling wall.

When I finally reach the trig point on Ben Nevis I have more than one and a half hours to reach the Youth Hostel in Glen Nevis. The descent is rollicking, swift, plunging, and fun – at first. There are different grades of snow: squeaky and firm at one extreme; powder as insubstantial as thistledown at the other, which causes a sudden floundering. Tracks are spread over a wide area but I keep close to the Red Burn line and see only three people in the distance. Then snow ends and torment of stinging feet begins on the engineered path. It's also very dangerous down here for those off their guard due to the proximity of assistance: many patches of ice are waiting to throw the seasoned mountaineer on his back in a split second. I cracked a rib in this way two weeks ago, so proceed timorously today. The last mile is particularly slow, picking my way down the steps and round the ice with wincing feet, but plenty to drink, and so warm that walkers sit beside the path sunning themselves. Yet in the deep shadow by the River Nevis frost has lurked for many days now. This is a place I know well. Too familiar to be exciting, especially on this occasion when the challenges were greater than I've had before. The predictable anticlimax only gives a lukewarm glow of triumph; 12.43 p.m. gives a time of 29hrs 49mins. Is it a first? Trudge up road to the sunless bivouac, put on all clothes and crash immediately into a two-hour slumber!!

Sierre-Zinal

by Mike Fry

Foot and Mouth. No races for months. I'd got to that stage of thinking – well, maybe I'm too old for all this. You've had a good innings. Just get back to getting your marking done in more detail. Then Keith and Judith Mountainbagger suggested I join them in the Alps for some high level training and a shot at the Sierre-Zinal Mountain Race.

I'd read about the Sierre-Zinal. It's in Will McLaughlin's mind-opening book "In Monte Viso's Horizon". I should have been warned by his description in the same book of taking his brother up the Matterhorn. Where there is a Will, there is a way. But that may not be the way of slightly past their best fell runners (whose best wasn't that awesome in the first place.) Will talks of the race starting off with a quick chase up the road, a steepish thrash uphill through the trees, then glorious Alpine scenery before a fell runner friendly descent. It all sounded very relaxed and fun. Ideal summer running. The best bits of the mass running – camaraderie, refreshments, organization – and the best bits of fell running – terrain, views, a proper challenge and a sense of real achievement.

I could have just flown out, tied on the Walshes and gone for it. But I doubted that would be a good idea as I found it hard to balance training and teaching and was desperate to get off road. I knew Keith was a tough task master, I knew training at the altitude of the Chamonix Valley would benefit me and I hoped that it would enable me to live the life of the committed athlete. Lots of training and commitment. I'd been with Keith on one of his Mountainbagger Tour of Mont Blanc Runs – and knew that I would be pushed really hard but that it would build character. As long as the shoes could handle all the stones and tree roots and as long as I could keep going.

Once having got myself to Chamonix, which was a major effort, including getting everything packed, swallowing lots of sherbet lemons at take offs and trying to work out what the announcer at Amsterdam Schiphol kept saying ("Atenzi ausgebrieff" - I can't rethink that into any language I've got an O level in), I settled into the room in the chalet, complete with lots of showers and a good working video collection, plus a kitchen stocked to rival Nigella Lawson.

I also got to meet the other guy on the training course – Craig Johnson. Craig is very fit; a lifetime of parachuting out of things and abseiling down rockfaces and running after nasty people (all in immaculately shiny boots) had left him a lot faster (as well as a lot younger) than I, even though he didn't wear Walshes – but was curious about them.

Though in the short term it is frustrating to be surrounded by people who are a lot fitter than you, in the wider scheme of things it can't but do you good to have your complacency challenged and to realize how much better you could be, if you'd just invest the effort. Anyway over the next week we managed to put in a heavy programme of running up near vertical slopes, in the valley and on the heights. We got to have a lengthy eight hour trek through distant gorges, as well as cross training on the local climbs, mountain bikes, whitewater rafting (which taught you not to next time, without a lot more thought), falling off the Les Houches

climbing wall and getting up the boulders on the Col de Montets. The one consistent thing about all this was the running order – Keith, Craig, A great gap of time, Mike. But actually, it is just great to be able to concentrate on getting your fitness up, knowing you haven't got to fit this in to normal things after.

But soon it was Friday and time to put all this to the test. Sierre is in Switzerland – a two-hour drive from Chamonix. The weather, which had not been too good at the end of the week – indeed the view from our window could have been of a wet day in Ennerdale as the mist rose from the wet fir trees – suddenly brightened and we could enjoy the views as we came over the 6 000' Col de Forclaz into Martigny (not unlike taxiing down at an airport as plans become views become streets.) And so to Sierre. And then on to Zinal – we were planning to stay on the finish line as it were, so that we knew our goal. The road up to Zinal from Sierre is pretty special, windy and tunnelled and Indiana Jones-like. The locals just treat it as their local drive and, as though they have been doing this every day of their lives, ignore the four or so crosses and memorial stones attached to the concrete and stone parapets.

But Zinal is lovely. The ideal small place in which to hide away and get that novel written. Small wooden chalets, like antiquarian beach chalets, richly ornamented in wood, line the streets of the town with the end of the valley dominated by the Ubegabelhorn and its great hanging snow cornice. We managed to find a good restaurant selling pizzas (La Pointe de Zinal) and got back to our friendly clean hotel. Other British runners were also in town, some on the camp site. It was all building up pleasantly to a party atmosphere – like in Borrowdale over the race weekend.

We had a rest day on Saturday – all except Craig who spent his day buying a local cheese. We explored Sierre, modern Swiss model town, with a vast race display in town, not due to open for 3 hours. We went back and looked at the formidable beginning. Up a hill by road, then tree lined steep mountain paths ascending substantially. We thought we'd seen the full horror of the race, judging by the race profile that was as bad as it gets. We went back, studied the end of the race, off a woody track, round by the swimming pool and the festive tent and across the finishing line. At 6 o'clock we were able to pick up our all important *dossards* (numbers) from the Zinal post office and with it a red note saying the cut off times had been changed by 15 mins. Gulp.

We tried to relax in our hotel (Les Boquetins). We had a meal at a characterful tavern down the road (Alpina). Here were people who were

doing the course as walkers. They start at 5 am in the dark and have to do the same course as we inside ten hours. They are called jokingly Les Touristes. There was also a Swiss chap who many years ago had won the race bit twice in two years. Plus some Brit runners from Pudsey and Bramley having their dinner. It all felt very much building up for the big event.

The big event morning had its momentum. We got up at 5.45 for a 6 o'clock croissant and coffee and then off to the bus which took all the Zinalites to Sierre (at the end of the race there were a fleet of buses taking all the Sierre-ites back from Zinal.) This got us to the start at 7.30 with only ninety minutes to amuse ourselves. The bus had been full of Yorkshire humour and they showed their race fitness by having handmaidens waiting amongst the trees at a picnic site with food and female admonishment. We were able to do those things you can do on a sunny morning before a big race. Potter round for half an hour. Warm up and change clothes for half an hour. Go and line up for half an hour. The baggage bus may have looked like an



A bit different from England in February! Mike Fry on The Sierre-Zinal

aggregates wagon by day, but now it was on baggage duty. The usual things happened before a big race. Helicopters churned round. The announcements got more and more relaxed (she even slipped into English in the final fifteen minutes. And everywhere there was a real sense of sharing in an adventure. It may be illogical but it needs to be done. Even those not in the race felt this. Bells were rung as cars went by. The polyglot assembly chatted to each other or shared T-shirt messages. Ok it wasn't like being with Ian Holmes on Mount Kinabalu – but it was still *Abroad Fell Running* – sort of different from anything at home. There was this Chris Brasher/ Homer Simpson moment of all mankind united by a desire to do something noble and stupid.

Anyway we got to the international sound of a whistle – and *Allons, wir gehen, andiamo*, get on with it. Up the road. Up. Everybody cheering means that you can't shuffle to the side. Anyway we went up the road, which seemed to have been extended since our foray on it yesterday. Then left into the uphill woods section. But still they kept going – and so did I – with a Carnethy Lady next to me. I was counting off the landmarks – saplings, view of the road and Sierre and the Rhone, the old hut, the water pipe and wrought iron bridge. So we came to the houses up the road – but still there was no stopping us. And up we went through the gap in the trees and on. The path became a series of long zigzags. Occasionally you'd look up and see people breaking from a shuffle into a run. You'd think – oh goodie the path is going to become

runnable, as Stuart Beatty would say. Then you realized that this could be very hard work – then you realized that it wasn't going to be runnable at all – just awful. These long zigzags were hard because there was a time limit on them. We had forty-five minutes to make it to Bellevue at the top – or be counted out. I didn't mind being counted out on the Wasdale – it was good to be put out of my misery and it made sure I got home before the Late Night Movie. But to fly to another country, then train for a week and then be out for the race in less than an hour was a bit much. Anyway, where would I go – there was only one way of getting to my Tracksters in Zinal and that was on foot – I might as well run. Well, thirty-five minutes ticked by and still it was green uphill. Then we saw the yellow board which said we were nearly there. I made it to the banana and lemon tea table with only five minutes to spare – and I was pretty puffed. And away in the trees at a bench for happy Swiss walkers sat the people preparing to cast out anyone plodding over the hill in five minutes !!

Yippee we made it, I said to myself as I pulled away – to meet more uphill. The race profile shows the path gaining 1,100 metres in five miles – that is 4 000', the height of Ben Nevis. So it was steep. I mentally thought of all the fell race horrors – bashing up Gable in the Borrowdale, getting to Pillar in the Wasdale, everything heathery in the Kielder Borderer – and here I was going up at Sierre. I was amazed that I was still pushing away uphill. Yet I was scared as I didn't know how I was doing it – and wasn't too sure what I'd do when it came to the actual running. Occasionally the path through the woods allowed for a flatter bit and you'd try to remember where the muscles were for running – and found that they were hiding away and didn't want to come out to play today. The path cut across a zig zag track in the forest – then went straight up the hillside through tree roots. At one point there was a large photo of what the view would look like if you were able to stop and look at it. I kept going, observing the poor sucker guy who was all for appreciating beauty at the expense of getting to Ponchette in time. But suddenly the old yellow sign was there and we were running through grass toward bananas and lemon tea and happy friendly voices. Ten minutes up. All I had to do was keep running – you felt great at being able to keep going and impressing all these Euro fans who have climbed up here to cheer (we still were nowhere near a road) – but keeping going was hard. The path was levelish but it was still uphill – like that insidious hill that wears me down in the Witham 5 on Boxing Day.

Then the views open out – And I don't just mean the glamorous ladies who run past, chatting me up in French "C'est beau, n'est ce pas?" "Oui, c'est merveilleux." Bien fait, madame – oiselle." But the view is magnificent – we are 4, 000 feet above the Rhone valley, with mountains behind and snow on a glorious Swiss Alpine summer's day. It is a glorious view – but it is still of Sierre – we are not that far away and still have some way to go! I'm still not sure about time limits – we've got under the wire at Bellevue and Ponchette – but what about the next stage. In truth, I'm finding it difficult to set to a rhythm of running on flattish, straightish tracks after the horrors of vertical forests. In time, we get a sense of relaxing to the race – of finding an energy level that allows the miles to be covered without me losing whatever effort I have left in me. Soon signs of civilization appear – a UBS pennant at the side of the road is a sure sign that sponsors are ahead. But the descent to Chandolin is a pretty marvellous experience. For one thing it is a descent – it goes

down, which is a refreshing change. I get quite overcome and start thinking of how my dad would love this, and how chuffed he'll be that his early attempts to get me interested in open country have ended up with me running a race in the Alps and becoming a Mountain Runner. Then you actually get to Chandolin. It's comparative access from the valley means that there are lots of people here. It's like your own personal Tour de France. One teenage girl rings a bell at me and yells "Bravo. Superbe!" and that doesn't happen a lot to me. Down to register – more banana ends and lemon tea – then on with the green field path that leads on down a green muddy dip and around the hillside. The sign at this Checkpoint says that we have completed 45% of the effort. Which is an encouragement as you wait to clip off that little 5% effort and get half way.

The effort equation is arrived at by working out the distance covered and the height gained – so it helps the tired runner. But I would have done better at the end to pay closer attention to these percentages, rather than – well, see in a bit. The early checkpoints produce fans who turn up and picnic and cheer. You are doubly moved – by their commitment to the race and to the racers, and by the immense effort they have put in so that they can actually get there. Oldish chaps and their wives are camped up on rocks in grassy mountain pastures. They see me and cheer. It's another picture of European Union at grass roots level.

We've got to the 50% yellow card. Everyone puts a spurt on – just one big more push. I am passed by a glamorous girl and her entourage, but I let them pass and just push on through the woods and then down. The trees have thinned out so that you can see the skyline ahead. We fellrunners get to run against some stunning backcloths – a day out on the Lake District Mountain Trial in Langdale a few years back gave us wonderful vista on wonderful vista – training out in the Hexham shire one Tuesday gave us a wonderful rainbow at sunset. I even have fond memories of training for the Southend Athletic Club as the sun set over the pier. But to see this vista of what must be Alpine peaks in clear noon time blue was amazing – the Zinalrothorn, the Ubergabelhorn, Dent d'Herens and a rocky peak in the middle. Which I then realize is the Matterhorn – so I fulfill two of my life's ambitions – I get to run the Sierre-Zinal AND I get to see the Matterhorn, all on the same day. You sort of yearn for a photographer to pop up and snap – Mike Fry running past the Matterhorn. I just feel so honoured to be there at all.

Down to Tignousa, which is the top station for a cable car. Usual Alpine fare and on. More cheering spectators will us on – including one group of young people, one of whom has a bleached blonde haircut. Not easy to forget. I'd seen them at the start – and now here they were again. They look fit enough to run it –but the sort of progress they are making as they rush around the course makes you think they have a tougher task than we. Time limits are now going well – I've made forty-five minutes up by Tignousa. And I can see the squat shape of the Hotel Weisshorn on the eminence ahead. A tower block in a Gothic castle situation – perched high up on the edge of a cliff. Another Alpine legend I never thought I'd see – let alone be running towards it.

The Hotel Weisshorn is at 2387 metres, which means a climb of 200 metres from Tignousa, and a limestone meadow, with picnickers, that would be acceptable below Malham Cove. Up a steep path, chatting to a Swiss chap with a Scots accent, then turn the corner and there is the

Hotel Weisshorn – an ordinary inn, just 7 000' up with a truly amazing view. There are also lots of masseurs, banana ends, lemon tea and Dire Straits on the clockwork radio. From here on it is downhill, apart from the initial up onto a rocky path, guarded by the Swiss Army. Then, from a rock, up pops a photographer, to take a picture of me and my number and the mountains. I grin for the camera, then get back to grimace and he takes the picture. Down a pleasant path by a rocky cliff. Things are going well and my race strategy – keep going up, keep going along, blast down past all the foreigners who won't be used to running downhill – seems to be working.

And this, O dear reader, is where it all went wrong. Yellow notices appear saying that Zinal is only seven kilometres away. It seems too good to be true – I can see Zinal and it looks a lot further away than five or so miles. There is an old white bearded man slumped by a stream. He looks like Eddie of Ben Nevis and he has a number on to identify him as one of the tourists who had set off at 5 o'clock. He's tired – and so am I. The running demands concentration and you have to watch where you're putting your feet and keep your mind awake. But still no sign of an ending. Instead I'm overtaken by the Swiss Guy I'd overtaken at Weisshorn. And we get to the low point of the whole trip – a jog over some avalanched boulder fields. My poor feet. Eventually we get to go down, past a soldier guarding a hole to stop us leaping into it and lying there till the last trump, probably. Then down and some more alongs – by a plastic fence this time, past a sign indicating there are two or so kilometres to Zinal. I think they just stick down any number they feel like. The path suddenly opens onto a summer meadow swarming with Swiss kids and their Grandads all sporting themselves as cracked up old corks try to get down the path with some semblance of athletic spirit. This gives onto a series of downward tracks – with a gorgeous Joanna Lumley look alike (in Swiss!) wishing us all the best. The track goes into a hill – like a train – and then down to the final tarmac into flats and garages. Keith is there and Craig cheering us on (though he has been there for more than an hour!). There are 500 metres to go – I'm thinking in yards so it seems to go on for ever. Past the swimming pool. Past the Nestle's tea stand. Round the corner and onto the final strait. No last minute sprint – just hammer on and finish. There, it's over now. I sit down for a long time holding my medal. Then I remember my friends and grope uphill to my luggage which Keith has.

We have the free shower and the free swim – just great to just float. Then adjourn to the refreshment marquee. Our tickets allow us a free meal – Chicken steak and pasta, apple and drink. Keith and Craig are chatting to a family from Sierre. They were in Newcastle once on a yacht and offer us free wine. "We want you to taste this wine from our region." We drink and I eat slowly and the conversation flows around with the Black Bottom band of Bordeaux and I feel uniquely happy. This must be a very special event where people across Europe forget national boundaries and join together in a powerful human achievement. This valley is proud of its race and what it brings here. A spirit of international endeavour that transcends borders, that draws people together.

Craig and I talk after. He too had a bad time in the last part of the race. Both of us want to do it again – surely we can get our times down...

The next day we flew back and Keith got on with the next Mountainbagger clients.

WMRA GRAND PRIX 2001 RESULTS sponsored by SALOMON

MEN	FINAL RANKINGS				Race						Races No.	TOTAL POINTS	
	RANK	Surname	Forename	Year	Nat.	1 S-G	2 S-D	3 C-S	4 K-B	5 A-T			6 SMG
1	De Gasperi	Marco	77	ITA						100	90	3	290
2	Wyatt	Jonathan	72	NZL				100			85	3	285
3	Manzi	Emanuele	77	ITA			90			90	100	3	280
4	Cox	Martin	69	GB	90		90	85			1	5	265
5	Molinari	Antonio	67	ITA	100		85	70		20	60	5	255
6	Burns	Billy	67	GB				90		85	55	3	230
6	Fregona	Lucio	64	ITA			75			75	80	3	230
8	Crake	Paul	76	AUS			70	65		15	70	4	205
9	Quinn	Robert	65	GB	85			50			65	3	200
10	Gaiardo	Marco	70	ITA			80	75				2	155
11	Reitberger	Rudolf	71	AUT	70			40			35	4	145
12	Breuil	Thierry	72	FRA						65	75	2	140
12	Icart	Thierry	68	FRA	50		45				45	3	140
14	Taylor	John	69	GB		85	50				0	4	135
15	Novak	Bostjan	70	SLO	40	60					25	4	125
16	Torresani	Franco	62	ITA		70		35			15	3	120
17	Shelley	Richard	61	USA			65	45				2	110
18	Richard	Silvain	66	FRA			55			35		2	90
19	Kroll	Markus	72	AUT	55			1				2	56
20	Mandl	Alfred	74	AUT	45			5				3	50
21	Habison	Gerald	65	AUT	30			10				2	40

Race	1	2	3	4	5	6
1	S-G	Seegrube	17 June	Innsbruck	Austria	
2	S-D	Snowdon	28 July	Llanberis	Wales	
3	C-S	Challenge Stellina	26 August	Susa	Italy	
4	K-B	Kitzbuheler Horn	2 Sept.	Kitzbuhel	Austria	
5	A-T	World Trophy	16 Sept.	Arta Terme	Italy	
6	SMG	Smarna Gora	6 October	Ljubljana	Slovenia	

Note: Prizes awarded to Top 10 Men
Best 3 results (out of 6) count towards final rankings.
Each athlete must score in at least 2 races to be included in the final published results.

WOMEN	FINAL RANKINGS				Race						Races No.	TOTAL POINTS	
	RANK	Surname	Forename	Year	Nat.	1 S-G	2 S-D	3 C-S	4 K-B	5 A-T			6 SMG
1	Zatorska	Izabela	62	POL	90	100	100	90		85	100	6	300
2	Moon	Melissa	69	NZL			90	100		100		3	290
3	Mudge	Angela	70	GB	100			85		75	90	4	275
4	Melicherova	Ludmila	64	SVK	85		85	75		65	85	5	255
5	Pickvance	Ruth	61	GB	80		80	70		10		4	230
6	Jackson	Helen	78	GB	75	90	60	60				4	225
7	Miller	Clare	76	GB	60	85					70	4	215
8	Pichrtova	Anna	73	CZE				80		90		2	170
9	Czuta-Pakosz	Irena	66	POL				65		1	65	3	131
10	Singer	Elizabeth	62	AUT	70			50				3	120
10	Thompson	Nicola	68	ENG	40	60	10	20				4	120
12	Armitage	Sonia	60	SCO	30	75						3	105
12	Sustarsic	Mateja	73	SLO	5	50					50	4	105
14	Emberger	Maria	54	AUT	10			5				2	15
15	Lechner	Verena	64	AUT	1			10				2	11

Race	1	2	3	4	5	6
1	S-G	Seegrube	17 June	Innsbruck	Austria	
2	S-D	Snowdon	28 July	Llanberis	Wales	
3	C-S	Challenge Stellina	26 August	Susa	Italy	
4	K-B	Kitzbuheler Horn	2 Sept.	Kitzbuhel	Austria	
5	A-T	World Trophy	16 Sept.	Arta Terme	Italy	
6	SMG	Smarna Gora	6 October	Ljubljana	Slovenia	

Note: Prizes awarded to Top 6 Women
Best 3 results (out of 6) count towards final rankings. Each athlete must score in at least 2 races to be included in the final published results.

Believe it or not

Dyslexia rules in West Cumbria, or maybe he misunderstood the Calendar notice, or, then again, maybe they just do things differently out there - Minutes of a recent Black Combe Runners' Committee Meeting include the item :-

"It was decided that at the next race pis would not be provided as runners usually had enough pis of their own."

▶▶▶ RACE ORGANISERS ◀◀◀

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FRA LONG DISTANCE AWARD 2001

This year was a reasonably quiet one on the long distance front and with Foot & Mouth rampaging through England and Wales it wasn't surprising that most of the worthy challenges were completed in Scotland. The panel of long distance 'experts' voted almost unanimously for Glyn Jones who completed an epic first solo-unsupported winter traverse of Tranter's Round in January 2001. Glyn's tells the story of his winter journey elsewhere in this magazine. The award was presented at new year as a surprise to Glyn by a small group of his friends at his remote croft in Galloway. Those who know Glyn will understand the commitment he has to make when attempting these challenges as he usually hitches to and from the area.

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 S '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*

LOCH MONAR WATERSHED – GLYN JONES

Glyn completed a 45 mile/20,000ft round from the Monar Dam trig point on 2nd/3rd July 2001. The route involved 20,000ft ascent/descent and Glyn visited the Munros Sgurr na Fearstaig, Maoile Lunndaigh, Sgurr a Chaonehain, Bidean a Choire Sheasgaich, An Riabhachan. The round took Glyn approximately 23 1/2 hours.

THE 2 THREE'S CHALLENGE – COLIN BROOKE & TONY WIMBUSH

Tony writes the following – This long distance challenge was completed in 22hrs 25mins on 16th July 2001. The object was to traverse both the National 3 Peaks and the Yorkshire 3 Peaks within 24 hours starting and finishing at sea level at Fort William and Caernarfon respectively. It involved 12 hours running time which included a Yorkshire 3 Peaks time of 5hrs 5mins. Transport and roadside support was provided by Andrew Brooke (who suggested the challenge) and Matt Brown. There was no assistance on the fells.

The challenge is aimed at 50 year olds and over, so while it provides a challenging day out it is not excessively demanding. In the interests of safety there is a minimum driving time of 10 hours 15 minutes to ensure there is no benefit to be gained in exceeding the speed limits. No kind of transport is allowed on the Yorkshire Three Peaks route which may commence at any point.

In the spirit of the Joss Naylor Challenge anyone completing the challenge is asked to donate or raise a minimum of £50 for a charity of their choice. Contact twimbush@fish.co.uk for more details.

CAIRNGORM FOUR 4000'S RECORD – DAN WHITEHEAD

This round from Glenmore Lodge which climbs the 4 original Cairngorm 4000ft peaks – Braeriach, Cairn Toul, Ben Macdui and Cairngorm carries with it much history and Mel Edwards' previous record was set in 1979. Dan tells the story of his record breaking run which has also been reported in the Cosmic Bullsheets.

"The Cairngorm four 4000'ers was something I have been planning to do ever since reading Mel Edwards' account of when he set the mark of 4hrs 34mins in 1979. The record was previously held by Eric Beard which he set in the late 60's, details of which I had seen on a wall poster in Glenmore Lodge. In recent decades I have heard of several fellow runners completing the circuit in around the 5 hour mark but nobody has come really close to Mel's record set some 23 years ago. This led me to believe it would be a tough record to crack.

Towards the latter part of last winter, I began to plan an assault on the record. I spent many cold days recyng sections of the route as part of my winter training, and it soon became apparent how hard the task in hand was going to be. For a low mileage runner like myself, I was quite surprised how easy it is to lose oneself in 4 or 5 hours running in the Cairngorms.

The lack of races due to Foot and Mouth, plus a warm early May weather spell allowed for the first real attempt on the entire route. My support throughout my attempts consisted of Clare Miller (dropping off and picking up, driving home after attempts) and Hayden Lorimer (running companion and navigational expertise, or lack of) and "Big Al" on the final attempt. We decided on a clockwise circuit to make use of a spring snow descent off Macdui down to the Lairig Ghru, the opposite direction to Mel's route. Despite the hot sun and warm temperatures, over 3 metres of snow still lay on the top of Ben Macdui, the type of snow you sink into not run on top of! We completed the route in over 5 1/2 hours, although the descent off Macdui did only take about 6 minutes. This was not even the whole route as we started at the ski car park and finished at the Sugar Bowl! Although Mel also said he took over 6 hours on a previous attempt.

At the beginning of June, Hayden and I tried again, this time in the same direction as Mel. We set off from Glenmore Lodge to get an idea of his pacing. This time rather than the plus 20 degree temperature we previously enjoyed on the summits it was arctic conditions. The winter snow had all melted but several inches of fresh snow had fallen. This in addition to sub zero temperatures, gale force winds and minimal visibility resulted in us barely getting off Braeriach, turning back several hundred feet shy of the summit. (Although we reached the shoulder in 1hr 17mins).

By now the racing season had finally kicked off so October looked like the next opportunity. Alan Smith from Reindeer House at Glenmore said the summits had not been visible for most of August and September anyway. The week after Bennachie hill race the forecast was finally for a good weekend. Saturday dawned with clear skies, little wind and high cloud. Great.

This time I started just over the river from Glenmore in the small car park off the ski road so I would not start the run with wet feet. I would therefore have to complete the route back to Glenmore and then go back across the river to

my starting point. An extra 2 minutes should allow for this. I set off up the ski road turning off at the Sugar Bowl reaching the Chalamain Gap in 30 minutes and continuing down to the Lairig up Sron nan Lairig and onto Braeriach. Although I reached Braeriach in 1hr 31mins, 4 minutes down on Mel I was not too worried as I knew he set off fast, and I was running into a stiff headwind. This headwind blew me up Cairn Toul which allowed me to claw back 1 minute from Mel. Braeriach to Cairn Toul was reached in 35 minutes and I was feeling pretty good.

Mel had taken 72 minutes from Cairn Toul to the summit of Ben Macdui. Only 2.5km in distance, the 1st km drops a sheer 2500ft straight down to the Lairig Ghru followed by a rather tough 1.5km heather climb back up Tailor's Burn to the top of Ben Macdui. Running solo I descended fairly tentatively over the large slabs of granite knowing that a slip could spell disaster as walkers rarely venture on this part of the slope. I did manage to shave off 6 minutes from Mel's descent time followed by a further 4 minutes quicker up the climb resulting in me covering this difficult section in 62 minutes.

At the top of Ben Macdui I was feeling pretty confident, until my juice ran out. I still had a few of the dried bananas I had stuffed down my shorts left, but had drunk all the fluid I was carrying. Alan Smith was meeting me this side of Cairngorm with food and liquid so all I had to do was get to him in a reasonable state. With several stops to drink the little trickles of streams on the plateau and nausea setting in, things started to get tough.

Was I pleased to see Alan. I forced down Coke, water, Jelly Babies and even some Macaroni pie, which to my amazement did kick in, after I had passed the summit of Cairngorm. Cairngorm was reached in 3hrs 59mins and we headed off down Windy Ridge. With still 5 unknown miles to cover things were looking pretty tight. Without Alan reaching me with food and his in-depth knowledge of these hills I doubt I would have succeeded. The Sugar Bowl was reached in 4 hrs 17mins and I knew I could reach Glenmore in 9 minutes from here. Add on 2 minutes to get back to the car and sub 4 hours 30 minutes looked possible. Despite picking up the pace, a slight navigational problem through the recently felled woods around Glenmore Lodge resulted in a final time back at the car of 4 hours 31 minutes 26 seconds.

I finished the run feeling better than I had in all previous attempts but that I suppose is the same feeling you get when you win a big race. This now leaves me being only the third person to hold the record in four decades. Who is going to be the fourth? It would be great to organise an annual self-sufficient race around this course maybe with marshals on each summit. Numbers would be limited and it would of course be weather dependent."

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR TO CEASE

Fred Rogerson contacted me recently to tell me that due to a lack of nominations this annual award will cease to be awarded with effect from the 1st May 2001. It would appear that after about 20 years the award has run its course and Fred tells me that since 1996 nominations have dropped to one or two each year. It seems a great shame.

RANDS AREN'T US!!

Well, people say the best things come to those who wait!!..... Well, wait no more!! It has been over 6 years since Walsh Sports developed their advanced fell running shoe for our committed and loyal runners. Now with the launch of Walsh's new and exclusive X'treme range, there is a shoe to fit everyone, for both traverse and rocky terrain. Prior to the exciting release of our new shoes, we have had leading fell members such as Ian Holmes (four times British champion) and Robert Jebb testing them with winning results!!

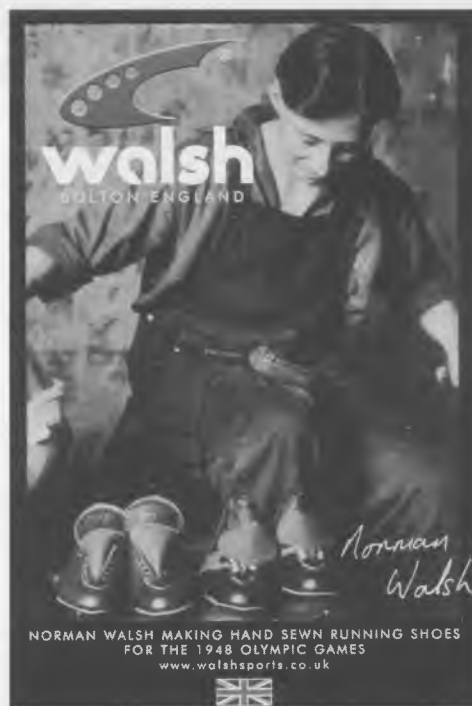
The improvements we have seen are all thanks to our innovative design and the brand new material technology, which we have exclusively bought to enhance our elite shoes. This product contains Extreme by Xymid - a novel abrasion resistant composite. Extreme by Xymid is dedicated to providing extreme performance in challenges where durability and overall resistance in the severest of stress conditions are paramount. This then gives extreme foot coverage protection and stability for when **you** need it most!! By adding our exclusive material into our new range, we have been able to push our shoe development even further. With this material we have been able to cover more surface area on our shoes, giving you more protection, plus making the shoe lighter by removing the now unnecessary rand. With creating a new P.B X'treme our P.B MK II has become extinct!

With this first class collection, we have introduced some exciting new colours. Such as the P.B X'treme in electrifying yellow and black which will be running concurrently with the traditional P.B trainer. As well as keeping our established green and red in the forefront with the P.B Racer X'treme, which will replace the P.B Racer. The Raid X'treme, which will replace the Raid and the Raid II, all at a lower price of £59.99. And finally the P.B Boot X'treme, which will replace the P.B Boot and P.B Boot II priced at £69.99. This new range can be seen on the fells from March 2002.

Along with all the excitement with our new range, Walsh Sports have been celebrating 40 years of shoe making in Bolton!! It all began with Norman Walsh working as an apprentice shoemaker for Foster Brothers Shoes in 1945, where he would make sports footwear by hand for devoted athletes as well as for track sprinters in the Olympic Games in 1948. During the 1950's, Walsh worked closely with Jeff and Joe Foster, grandsons of the company's founder. While Jeff and Joe branched away from the family business and formed Reebok, Walsh too, went his own way and formed Norman Walsh Footwear in 1961. He set up in the corner of his father's

shop, where he would regularly work 80 hours a week, making sports footwear by hand. By 1992 the business had outgrown his father's shop and moved to the company's present site now. In 1996, having built up a successful company Norman retired, and sold the business to the present owners, Dennis and Jonathan Crompton, who were already enthusiastic Walsh supporters! Since their arrival, the constant evolution of shoe technology at Walsh has gathered pace, and, as a consequence, we have left no stone unturned in our search for the perfect multifaceted running shoe. Utilising experience gathered from 40 years of high performance shoe manufacturing, and combining this with cutting edge development work, we have created a shoe which is ahead of its time, whilst still keeping you ahead of the rest!! With the company's turnover building year on year, with a 700% increase in production for 2001, we have added new production lines, extra staff and more storage facilities to meet our customers' demands. That's why the sight of Walsh shoes is almost as common as the sheep on the fells!

For your local retail outlets contact Pete Bland Sports (UK distributor) 01539 731012. You can also keep up with the pack by going onto our website at www.walshsports.co.uk/com



The man himself - Norman Walsh at work in the early days



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