



The Fellrunner Magazine

June 2002



*The future of fellrunning:
Juniors Natalie Thompson (92), Sam
Smith (118) and Jill Harrison (76)
at West Nab
(Photo Tom Kersey)*

FRA Questionnaire

Andy Trigg
on Short Races

Stan Bradshaw at 90

The Bullock Smithy

Pete Bland Sports

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The Fellrunner Magazine

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One or two issues to mention in this editorial - clearly the long break from fell-running imposed by Foot & Mouth has caused some memory blocks and I've been asked to remind people of a few of the fundamentals of the sport. The first one is that if you register for a race and for any reason either don't start it or drop out you simply **MUST** let the race organiser know. If you don't then the organiser can spend hours trying to find out where you are, instigating searches, calling out the Mountain Rescue, delaying the Prizegiving, etc., etc. and all the while you're sitting happily at home or in the pub. As a bit of an unfortunate start to the season, the FRA has had to ban one runner for just this transgression at the Half Tour of Pendle and it would hate to have to do it again!!

On another (but also unfortunate) tack, race organisers are asked to have a look at the FRA Safety Requirements and the FRA Rules for Competition, both of which are in the Calendar, and make sure that they comply with them. The Requirements and Rules are there for the benefit of both runners and organisers, to ensure that the sport is run on sensible and safe lines and to give protection to organisers. If, as happened at Coniston, the organiser blatantly ignores one of the Requirements then, if an accident were to occur, he might well find his race insurance null and void and himself personally liable for any claim. If an organiser insists as one of his race stipulations that runners

must carry full body cover and they don't do it then it's their own stupid fault if they get hypothermia but if he doesn't make that stipulation and someone gets into trouble then the buck will stop most firmly with the organiser!!*!

To get away from such gloomy subjects; as part of its attempt to find out what fell-runners actually think of the setup of our sport the FRA Committee has included a questionnaire in this issue. Even if you don't give a damn and are quite happy with the way things are, please take a minute or two to fill it in and then your committee will be in possession of facts instead of just suppositions and opinions when discussing the subject - and you might win a pair of the new Walshes just for sending it off!!

I just thought you ought to know that while I've been stuck at my desk, typing this out and sorting out the mound of paper, emails and computer files that go to the production of a finished magazine the sun has been constantly blazing down outside, so I'm going to switch this machine off and go for a run and I apologise if your editorial's a bit short as a result.

Have a good summer!!

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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.

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 6th September**

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Chairman's Chat

from Alan Barlow

I am sure you will all share my joy at seeing fell racing return to normality with traditionally large fields at the early Championship races. Other events appear to be well supported and the sport seems back to where it was.

Whilst there has been a modest reduction in membership numbers owing to some not renewing their subscriptions the committee is optimistic that they will soon be replaced with new members.

The committee have been in discussion with other athletic and fell running bodies with a view to seeing if there is any desire to form one UK fell running organization but most seem to either keep silent or "sit on the fence". With the survey that Dave Jones has organized for this issue of the magazine you all have a chance to voice your opinions and I look forward to seeing the results in due course. If nothing else is achieved this debate has jolted our Welsh friends into forming their own fell running association. This is long overdue and I wish them well in looking after the interests of fell running in Wales.

I am saddened that after several years of little activity the disciplinary committee have recently had two breaches of the safety rules brought to their attention. One of these is a competitor and the other is a race organizer. This can be a dangerous sport and safety must be uppermost in all our minds. There is no room for compromise in this matter and we should all err on the side of caution. The committee have wide powers of sanction and will not hesitate to use them to ensure these rules are adhered to.

On a lighter note Dave Hodgson continues to work hard in preparing a bid to hold the World Trophy in Sedburgh in 2005. The event is included in UK Athletics World Class Events schedule; has been assessed by UK Sport and passed to Sport England, who are expected to let us have a decision after their next meeting on 20 May.

It's nice to know that we are keeping so many people employed.



The FRA Chairman in casual dress.
(Photo Mark Williams)



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Calendar Update

Once again, all entries are in chronological order, according to when they will now take place.

Saturday 29th June. Cotswold Way Relay. 7.00 a.m. 104 miles in ten legs from Chipping Campden. £50 per team. ER/LK/NS/PM. Over 18. Please note there are no toilet facilities at this race venue.

Details: Howard Bevan, 64 the Pastures, Lower Westwood, Wiltshire, BA15 2BH.

Tel: 01225 865480. Email: howliz@hbevan.freeseerve.co.uk

Sunday 30th June. Windy Gyle Fell Race. The race will now be held on this date and not on 7th July.

Thursday 4th July. Pilsley Fell Race. The race will now be held on this date and not on 30th May. Contact Zoe Wareham for details.

Tel: 01246583432. Email: zoe.wareham@btinternet.com

Wednesday 10th July. Rainow 5. BS. 7.30 p.m. 5m/750' from Rainow Institute. £3 on night only. PM. Over 18. Also junior race and Fun Run, 2m, 6.30 p.m. Records: 31.28 M. Kinch 1992; f. 37.49 C. Banlin 1994. Details: Jenny Lyons, Chapel House, Church Brow, Rainow, Cheshire, SK10 5XF. Tel: 01625 574267.

Email: kevanjenlyons@aol.com

Wednesday 17th July. Stiperstones Fell Race. The race will now be held on this date and not on 24th July.

Wednesday 14th August. Pilgrim's Cross Fell Race. The race will now be held on this date and not 21st August.

Saturday 17th August. Mynydd Y Garn Fawr Fell Race. BL. 12.00 noon. 12m/1500' from the Pottery Public House, Llanover Road, Blaenavon. £3 on day only. Teams free. LK/PM. Over 18. Also junior races - phone organiser for details. Records: 1.23.30 L.

Gwilym 2000; f. 1.42.00 M. Darby 2000. Details: Derrick Gwilym, Woodlands, Cwmavon Road, Blaenavon, Gwent.

Tel: 01495 791664. Email: dergwiwoodland@aol.com

Sunday 18th August. Langdale Country Fair Open Fell Race. As the Fair has lost its site, this race is now cancelled. There will be a replacement race from the new site near Torver on the same date - please ring Alison Brett on 01229 837680 for details.

Wednesday 21st August. 4th Harrock Hill Race. The race will now be held on this date and not on the 28th August.

Wednesday 21st August. Threlkeld Knotts Fell Race. AS. 2.00 p.m. 3.5m/1000' from Threlkeld Sports Pavilion, Threlkeld, near Keswick, Cumbria. £2 on day only. PM. Over 16. Also junior race, 2m/500', 1.30 p.m. Records: 26.57 G. Bland 1999; f. 40.03 D.

Thompson 1999. Part of Threlkeld Sports. Details: Steve Harwood, 15 Eskin Street, Keswick, Cumbria, CA12 4DQ. Tel: 017687 71130.

Saturday 24th August. Burnsall. The Burnsall Feast and Burnsall Race will be held on this date. For details please contact Len Horton on 01756 701183 or email: l.horton@daelnet.co.uk

Sunday 22nd September. Whernside Fell Race. This race has, unfortunately, had to be cancelled.

Saturday 28th September. Scafell Pike Race. The race will now be held on this date and not on the 21st September.

Saturday 28th September. Wound Wither Wood Welay Wace. CL. 10.00 a.m. 12m/1200' in four legs of 3m/300' from near the Travellers Rest (now the Aagrah Indian Cafe) on the A636, Denby Dale. Registration/Prizegiving in the Pie Hall, back towards the village. £8 per team in advance or £10 on the day (Cheques payable to "Denby Dale Conservation Group).

Junior/mixed/ladies/veterans teams all welcome. Limit of 30 teams. Records: 1.23.09 Pudsey & Bramley 1996; f. 1.33.43 Pudsey & Bramley 1997. Details: Neil Denby, 13 Greenside, Denby Dale, HD8 8QY. Tel: 01484 861812.

Sunday 6th October. Ian Hodgson Mountain Relay. Because of continuing access problems the race venue, start and finish are now at Patterdale Playing Fields (GR 391161). Details of the slightly revised course will be circulated with the entry forms after 1st July.

Sunday 3rd November. "Running Bear" Clwydian Hills Race. AM. 11.00 a.m. 10m/3000' from Cilcain Church (GR 177653 on OS Sheet 171). £3 on day only. Teams free. Records: 70.22 M. Kinch 1997; f. 88.26 C. Banlin 1994. Details: Steve Ball (01925 860688) or Sid Cobain (01606 42292).

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of The Fell Runners Association will take place on Saturday 9th November 2002 at 5.00 p.m. at the Castle Green Hotel, Kendal (Grid ref.531921), prior to the Annual Dinner.

1. Motions for the Agenda must be notified to the Secretary by Friday 13th September 2002. Details of the Agenda and Motions will be published in the October issue of "The Fellrunner".

2. Election of Executive Committee.

a) Nominations for Officers must be notified to the Secretary by Friday 13th September 2002.

b) Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Saturday 2nd November 2002.

c) Nominations for Membership Representatives (four seats) may be made at the meeting.

All members of the Executive Committee must be members of Clubs affiliated (for Fell Running) to one of the UK Athletics Regions.

3. Voting.

a) Individual members of the Association who are present at the meeting have one vote each.

b) English Clubs which are affiliated to UK Athletics and are represented at the meeting, are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Saturday 2nd November 2002.

4. An Open Discussion will follow the formal business and is an opportunity to express views on any aspect of our sport.

Mike Rose, General Secretary June 2002

EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS

The Championships will be held in Madeira on 7th July 2002.

Ladies : 8km, 532m ascent, 752m descent

Men : 13.5km, 708m ascent, 563m descent

The selection policy and team management for the Great Britain & Northern Ireland team are :-

Team Manager : Adrian Woods, Team Coach : Chris Robison,
Selection Panel : 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 in Keswick on Sunday 23rd June 2002. The selection meeting will take place immediately following the trial. The first two finishers in each trial 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 race.

European Championships Trial Races :

Keswick, Sunday 23rd June 2002

Ladies Trial : 8km, 440m ascent, 660m descent

Start : 12.30 pm

Start : Latrigg car park (GR 280253) up Skiddaw path to Jenkin Hill (GR 271275), and then return on path to Latrigg car park & continue to Finish in Fitz Park.

Men's Trial : 12.5km, 700m ascent & descent

Start : 2.00pm

Start : from Fitz Park up Skiddaw path to Latrigg car park, across to Lonscale fence (GR 293260), up to Lonscale top (GR 287271), across to Jenkin Hill / Skiddaw path (GR 271275), return on path to car park & continue to Finish in Fitz Park.

Registration : at Fitz Park pavilion, Keswick.

Ladies by 12 noon (allow extra 20 minutes to get to start - 2km); Men by 1.30pm

Event Co-ordinator : Brian Martin Tel : 017684 84156

WORLD MOUNTAIN RUNNING TROPHY CHAMPIONSHIP

The event will be held in Innsbruck, Austria from September 13th-15th 2002

MASTERS WORLD MOUNTAIN RUNNING CHAMPIONSHIP

The event will be held in Innsbruck, Austria from September 21st 2002

The selection policy and team management for the England World Trophy teams are:-

Team Manager:- Barry Johnson

Team coaches:- Peter Shields and Norman Matthews

The selection committee for both events is:-

Sarah Rowell – chairperson

Barry Johnson and Mark Kinch – team managers

Harry Jarrett and Ian Smith

The selection for both events will be via a trial race to be held at Keswick on Sunday, 11th August 2002 – The selection committee meeting will take place immediately following the race.

The timetable of the trial races is as follows:-

WORLD TROPHY – JUNIOR WOMEN

Registration Time:- 11.30 – 12.15

Race Start:- 12.30

Race Distance:- 3.3K – 320 mtr climb

WORLD TROPHY – SENIOR WOMEN AND JUNIOR MEN

Registration Time:- 12.30 – 1.15

Race Start:- 1.30

Race Distance:- 8.5K - 935mtr climb

WORLD MASTERS – VETS

Registration Time:- 1.00 – 1.45pm

Race Start:- 2.00pm

Race Distance:- 8.5K – 935mtr climb

WORLD TROPHY – SENIOR MEN

Registration Time:- 1.30 – 2.15 pm

Race Start:- 2.30pm

Race Distance:- 11.2K – 1046 mtr climb

Trial race courses will be marked or easy navigation – details will be available on race day.

Age groupings for the World Trophy are as detailed in the FRA Fixtures Handbook and the age groupings and distances for the World Masters Championship are in this edition of the Fellrunner or by contacting the World Mountain Running Association web page:- www.tlu.at

Selection for all Vets will be for first 3 in each category. In exceptional circumstances a 4th runner may be selected.

NOTE – selection for World Mountain Running Trophy is as per FRA fixture handbook.

Funding is available for the World Mountain Running Trophy team.

This is the first year vets have been selected and unfortunately there is no funding. Tony Hulme has kindly sponsored an England vest for each of the representatives.

RACE ORGANISERS

Barry Johnson & Harry Jarrett

Anyone wishing to know further details contact:-

Harry Jarrett

Tel:- 01946 811727

E Mail:- HG-BIG-FELL@tinyworld.co.uk

“Believe it or not

All Yorkshirer men are jessies !!! Barnsley (home of Yorkshire Grit and Barnsley Bitter) Harriers did rather well at last year's Guiseley Gallop but were a little miffed to find that the liquid prizes were all common or garden beer and so made their dissatisfaction known to the organiser, who duly provided a choice of either bottles of beer or bottles of wine at this year's event. Barnsley (home of etc.,etc.) Harriers again did rather well and, to a man, all selected a bottle of wine from the prize table. Whatever next - canapes instead of fish & chips; pine-scented bubbles instead of coal in the bath ?!! There'll be no problem recognising Barnsley Harriers in the pub after a race - just look for the people delicately holding long-stemmed glasses and burbling about “nose” and “finish” !*

A slightly different version of the following article first appeared in the May 2002 issue of *High Mountain Sports* magazine. It was written for the monthly *Walking World* column and was aimed primarily at walkers who may not know much, or anything, about fellrunning. Consequently, much of the sentiment will be old hat to Fellrunner readers. I'd be interested to know though, what fellrunners think about how, or indeed whether, we should try to explain ourselves to the outside world. To Andy Harmer and Jim Fulton, mentioned in dispatches, and to my old running mate Tim Mackey, an action picture of whom graced the article in *High*, thanks guys.

FELLRUNNING REFLECTIONS by Kevin Borman

A lot of the time nowadays I'm a walker but today, managing to get home from the day job with enough light left to do something worthwhile, I put my fell shoes on and ran down into the Rivelin Valley. I followed the usual muddy trail, negotiated tree roots, got soaked on the two sets of stepping stones and the weir, with the river high from the weekend's relentless rain, then came back up an old drystone-walled trail, the Coppice Track, to meet Hallam Edge, before negotiating a mile of Sheffield's suburbs to reach home. I was slow and tired but it was refreshing and wonderful.

I remember, once I'd been bitten by the mountain bug, hearing about fellrunners. They seemed to be a mysterious breed, a people apart. I knew there was a local club called Dark Peak Fell Runners, but I imagined them eccentric, hard as iron, super-beings performing extreme and dangerous feats of dubious value in remote places.

Then it happened. A chance conversation with a neighbour, Andy Harmer, revealed that not only was he a member of DPFR but he'd been one of the founder members of the national Fell Runners' Association in the early 70s. Four days later, now a member of 'Dark Peak', I was doing the Club Championships, a triple crossing of Kinder Scout in November. Glutinous peat abounded. I found that testing my speed, fitness and navigational skills in wild terrain gave me a real high.

I soon discovered that I had no real speed but could perform respectably over the longer distances and so, over subsequent years, I did races like the Edale Skyline (22 miles – four hours was a typical time), the Marsden Edale (21 miles, more if you get lost), the Kinder Trog (14), the Derwent Watershed (40) and the Fellsman, a Yorkshire Dales epic of 61 miles with 11,000 feet of ascent. Just over 16 hours was my best time on that.



Mick Poulter and Tim Mackey in reflective mood at the SLMM midcamp.
(Photo Kevin Borman)

There is something intensely satisfying about being fit and confident enough to move quickly on foot in wild places. Pushing yourself on the really long runs, you drift into a zen state, with the mind detached, looking in from the outside at the physical body and able to appreciate the landscape at the same time. And on a more mundane level, if you go at the speed I do, not very fast, you don't miss the strange rock outcrops, the ravens, the mountain hares, the clumps of glowing bilberry. If anything, being in this mode, I feel more at one with the hills than I do when walking, when I'm stopping to change the camera lens or nattering to companions.

And then there's the camaraderie and mutual support of the two-person, two-day events, like the Karrimor International Mountain Marathon, the Saunders Lakeland MM and the Lowe Alpine MM. Compatibility, the ability to secrete one or two luxuries in your minimal pack for the overnight camp, and a sense of humour are the key requirements. And further still, teams of four, as in the Derwent Watershed, 40 nocturnal miles at the beginning of March. That tests resolve and friendships, but to finish it is a wonderful experience, and not simply for the 'banging your head on a brick wall' reasons. (For those who go back a *very* long way with *High* and have kept their back copies, I wrote about this in the October 1989 issue.)

There was a whole range of smaller local events organised within Dark Peak Fell Runners. For Andy Harmer's Cakes of Bread Race, which visited the eponymous stones on Derwent Edge, he baked assorted shapeless buns as prizes, claiming these were cakes of bread. Jim Fulton runs an electrical firm. In the Some You Win, Some You Lose Race which he organises, a masochist's paradise where you seemingly ascend Lose Hill and Win Hill endlessly, the prizes tend to be plugs or light bulbs.

In the high profile fell races the winners walk off with rucksacks, Gore-tex jackets, thermal tops, all manner of fine outdoor kit. I've been a prizewinner only once. I got a kiwi fruit as a spot prize in the Crookstone Crashout, a race which begins with a virtually vertical 900 ft climb onto Kinder Scout and ends with a similar descent. I've just checked my ancient running log. It was 22nd June 1988 and I was 20th out of 27, a typical placing.

Fellrunners are eccentric, for sure. But they know what the outdoors is about and they're fighters for access too, though it has to be said they've been trespassing for years. To a large extent they'll be unaffected by the new CroW legislation, because they've always gone where they wanted on wild land anyway.

And don't assume fellrunners are merely thrashers across the peaty bog with no connection to the places they're running through. Read Andy Harmer's short celebration entitled *Skylark, Plover and Hare (The Spirit of the Hills)* in the book *Ten Years of DPFR* and you'll see what I mean. Andy lyrically reflects on encounters with ring ouzel, dipper, green hairstreak butterfly, cloudberry, coltsfoot, wood anemone and red kite. He puts it like this: "I'm uplifted by nature and come back exhilarated or, on the other hand, run so easily whilst absorbing these lovely sights that I'm fresh for racing."

My absorption with fellrunning didn't stop me hillwalking at the same time. My most intensive years of fell racing coincided with my most intensive focus on hillwalking. In May of 1989, for example, on 13/14 May, I did the Fellsman, 61 miles. The following weekend was the Rock & Run Mountain Marathon in Galloway, 24 miles over two scorching days. The weekend after that, Saturday 27 May, began a week of Munro days (walking) with seven consecutive 'Munro days'. According to my log: 'Every day but one done in fell shoes. Total for week was 76 miles and 31,000 ft.' Nostalgia's not what it used to be, but I was fitter in those days.

Now, still hillwalking, still fellrunning, still scrambling, I think just what I thought then. It's all part of the rich continuum of the hill experience. And if I can choose now where I might be scattered in twenty or thirty years time, take me to Derwent Edge, all those rock shapes, that view north along the valley with the eye drawn to Bleaklow's mystic plateau. Derwent Edge, maybe Lost Lad, where the mountain hares, if global warming hasn't shifted them north, will be watching. Derwent Edge, a wonderful walk and a splendid run. Oh, and could you cremate a pair of my old Walshes, and scatter them with me?

Far, far down in the furthest southern reaches of our island; further south than Wilmslow, further south than Birmingham, further south than the Great Metrolopse itself there lies the little colony of the Isle of Wight and the town of Ryde. Here, where the languid inhabitants lounge in their rocking chairs sipping Southern Comfort under the warm night sky, while alligators slink along the darkened streets and Ry Cooder drifts from battered speakers, there exists the most southerly fell-running club known to man. How they came into being, how they survive in a wasteland where a rise of 10' is termed a hill and how they managed to create a superb little fell-running series providing the best bacon baguettes in the universe has long been a mystery. In the piece below Andy Leal attempts to dispel some of this and to explain the origins and character of -

Ryde Harriers

By Andy Leal

Just off the south coast of England there lies a charming pile of mud and sand commonly known as the Isle of Wight. Strangely, this island has become the southernmost bastion of fell running in this country, despite the constraints of climate and terrain. The last serious snowfall was 25 years ago, the highest point is just under 800' and the single piece of moorland measures just one mile long and almost 800 yards wide. You need to be creative with your fell training too and devising new routes up and down the single hill has become almost an art form. As the island is the sunniest place in the country, all running after April is usually a hot, dry and dusty affair. In fact to break the tedium a lot of 'hill' routes start and finish on the beach. This is of course in order to claim the maximum ascent and has nothing whatsoever to do with the scantily clad beachgoers we are forced to look at as we start our climb.

Of course another problem with the island as a base for a fell running team is that we are 200 miles away from the nearest serious hill. This means that trips have to be carefully planned to ensure maximum running and drinking time, with the minimum of travel time. One notable member of the team once finished work on Friday evening and drove all night to make the start of the Peris Horseshoe the next morning. Apparently he didn't look too good by Saturday evening. Another pair, promising to be home on Sunday but still wishing to sample the delights of Fort William on a Saturday night after the Ben Nevis race, drove the 578 miles non-stop without even taking a break for a p**s.

Often multi-race weekends are planned where the intention is to compete in several events on several different days. However this generally proves easier to plan than it is to complete. Usually having completed a race on a Friday night the team members have the obvious raging thirst and tend to adjourn to the nearest hostelry for refreshment. After many hours thirst quenching the next race always seems an absolute breeze. Sadly, on waking the next morning, the facts are exactly the opposite. One member [who must remain nameless for fear of reprisals] once spent so much time quenching his thirst in the Screes at Wasdale that on returning to his

tent he failed to notice it had blown down. Unperturbed he climbed in anyway, forgetting however to pull his feet into the flattened tent. It rained all night. His boots would have been ruined but for the fact that he had swapped them for the price of a pint with a passing Hells Angel who was also enjoying the hospitality at the Screes. Many a team member has planned to race Friday, Saturday and Sunday but it must be said that very few have ever made it.

Taking all this into consideration you may wonder how this pocket of fell running came to be in such an unlikely place. This, it must be said, is due mainly to the exploits of one man. A long, long time ago, on a trip to search for work in the grim, dark, industrial north, Eddie Leal happened across a group of wizened old men purporting to be athletes. To cut a long story short, in order to link up with these oddballs and misfits once again he set about organising the rabble into the illustrious fighting force we now know as the FRA. As a child I would while away many a miserable day cooped in the back of a freezing car wondering when and if Eddie would return from his forays into the mountains with these men. As I sat in the gathering gloom I would often reflect on an imminent and solitary life as a troglodyte living off of roots and berries somewhere in the upper reaches of Ennerdale or Wasdale. Happily he would always return, usually long after dark, looking extremely dishevelled, with mad, staring eyes and a strange twisted grin declaring that he had actually gleaned some sort of sadistic pleasure from his day. Conversely the sadist in me must have prevailed, as I too took up this perverse form of self harm. Eventually a return to the gentler southern climes of Eddie's youth was inevitable. Here he set about beguiling the natives with strange stories of wild men in the north who would hurtle at breakneck speeds over ridiculously unfeasible mountain courses. In time the poor fools rose to his bait and trips were made on a regular basis, not only to view this bizarre ritual but also to take part. As one after another the bronzed natives of this south sea island completed such epics as The Wasdale, The Ennerdale Horseshoe and the Welsh Thousand Metre Peaks they would return to their guide and mentor to seek his approval and support. Sadly,

approval was rarely forthcoming. Eddie would generally greet all who sought an audience with him with the same disdainful retort - "Course if you're lookin' for a real race you should try....." Whereupon he would come up with some other ridiculously dangerous quest. Inevitably fresh characters began to emerge from this new fell running fraternity. Alf ["I've been mountain rescued"] Hailes, Veteran of the Wasdale and the Thousand Metre Peaks, who proudly wears a badge given to him when airlifted off the "Ben" after trying to bend his knee the wrong way. The helicopter was diverted from an oil rig near Norway - all a frightful waste of money, especially as he still had one perfectly good leg! Steve ["och y'll need to stop pansying aroond on the way doon"] Cooper. The less said about this pathetic episode the better but suffice to say this utterance was to be heard as a wee Scottish Lassie p**ssed past Steve on the way down Ben Nevis. Even I, the ruggedly handsome, never put a foot wrong speedster of the team have been accused of being a little selfish and obsessed. After completing the Ben in a PB of 1.54 and being first off the mountain for our team I apparently refused to let anyone touch the Southern trophy. Of course I am sure the team are mistaken but they continue to insist this is true to this day.

Eddie is now sadly [at nearly 80] too old to compete - now, at last, an end to his bullshit some might say! However it must be said his legacy lives on.

Ryde Harriers are now regulars on the fells, attending dozens of races each year. The club has often won the Southern Counties Trophy at the Ben Nevis race. Ryde has even created its own fell running weekend at home. It must be pointed out however that this was in response to a request from the local tourist board, who thought it would be a nice event with which to draw out the season with dozens of happy hill runners filling the hotels and spending their cash on the holiday facilities. I tried to reason with them, explaining that the miserable miscreants would probably sleep under tents made from deckchairs on the beach and steal milk from old ladies' doorsteps in order to nourish themselves, but all to no avail. The series was born; a gruelling 3 events over 2 days. Day 1: A Short - 3 miles and B Medium - 8 miles. Day 2: C. Long 13 miles. Whilst I have said our highest peak is just under 800', it must be pointed out that it is a sharp little bugger, and once you've run up and down it a few times you know you're in a race. Maybe it's the isolation, maybe it's the interbreeding but for some reason this strange Island race has developed a lasting affinity with the wild men of the North and our fellrunning team continues to flourish.

Win !! Win !! Win !!

A pair of the new Walsh Xtremes from Pete Bland Sports; a zipneck fellshirt and a bum bag from Running Bear - just for filling in and sending off this questionnaire !!

A draw will be held on the 7th July of all the completed questionnaires received and the first three drawn will win the prizes above, so get yours sent off straight away. It's not just a draw - we really would like to know the views of the majority of fell-runners about this, so please take a few moments to complete it, whatever your views on the issue.

QUESTIONNAIRE

"THE MANAGEMENT OF FELL-RUNNING"

By way of an introduction/reminder - at present the sport of fell-running in the UK is administered as a discipline within UK Athletics, organised via the fell-running associations of the four Home Countries (FRA, SHRA, NIFRA, WFRA) and linked to UK Athletics through a UK Athletics Policy & Support Team sub-committee.

This Policy & Support Team consists of six members selected by UKA for particular jobs, three UKA members and two regional representatives. The latter are included so that each region has a seat on the PST.

1. In which UK Region are you resident.
Please underline your answer.

England (North, Midland, South) : N.Ireland : Scotland : Wales.

2. In which UK Region does most of your fell-running take place.
Please underline your answer.

England : N.Ireland : Scotland : Wales.

3. Please underline which of the following categories you belong to.

Male : Female : Junior : Senior : Veteran : Member of an Athletics Club : Unattached.

4. How satisfied are you with the current structure for the administration of fell-running in the UK.

Please underline your answer.

Very satisfied : satisfied : dissatisfied : very dissatisfied.

5. There is a range of possible ways in which fell-running could be organised within the UK.

Please number the list below in order of preference, with 1 being your first choice.

_____ *Present arrangements to continue.*

_____ *Present arrangements but with more autonomy for fell-running.*

_____ *One separate fell-running organisation but with links maintained to UKA (and in England with the regional AAs).*

_____ *A completely separate and independent organisation.*





6. In any future structure, some of the following changes could be proposed. Please indicate your view on each of these by ticking the appropriate box.

Change	Agree	Disagree	Don't know
<i>Have a British Championship and separate Regional Championships (as at present).</i>			
<i>Have only a single overall British Championship.</i>			
<i>Maintain Regional representation on the elected committee by introducing English, Irish, Scottish and Welsh representative positions.</i>			
<i>Maintain Regional sub-committees to pursue such issues as Internationals, Regional Championships and Juniors.</i>			
<i>Have a single Calendar and Magazine for the whole of the UK.</i>			
<i>Have a single unified UK Membership structure and subscription.</i>			

7. At what level have you competed within the last two years. Please tick all that apply.

_____ *Individual races only.*

_____ *Completed Regional Championship (Junior, Senior or Vets)*

_____ *Completed British Championship.*

_____ *Member of one of the Regional fell-running teams or higher.*

8. Some issues could possibly be addressed by better communications. Do you use the Internet for information about activities and for results.

Please underline your answer.

No access : occasionally : frequently.

Please print your name and contact phone number in the boxes below :

Name :	Phone :
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Now please cut this page out and send it to the Editor :

Dave Jones; 12 Victoria Avenue; Cheadle Hulme; Stockport; SK8 5DL.

RAMBLING ROSE

The General Secretary's personal views are not necessarily shared by other members of the FRA Committee.

SAFETY AT FELL RACES - 1

The awful weather at this year's 3-Peaks race was forecast - very cold gusty north wind, frequent heavy showers with hail and sleet on the hills. Together with tiredness, the ideal recipe for hypothermia. Clothing required included shower/windproof whole body cover, and there were spot checks at the start. Additional clothing appropriate for the weather conditions is largely a matter of personal judgement.

Some competitors didn't judge very well. Many were in distress at the finish and there were some 50 mild hypothermia cases. It is common sense to wear or carry an extra body layer in such conditions, and there's nothing sissy about hat and gloves. Many competitors left it far too late to put a cap on, and those who insist on running with exposed cold wet legs will probably have knackered knees like me in a few years. We have all competed in wet and windy conditions, but on this occasion it was also very cold. The winner, Simon Booth, finished looking wet but comfortable, and was wearing full body cover.

The 3-Peaks organisation is particularly safety conscious and was not found wanting. We are all indebted to the personnel who ensured the race took place without serious incident. The presence of a St Johns Ambulance team, who usually have little to do, was invaluable. They were fully occupied during the afternoon resuscitating exposure cases using modern equipment and a heated tent. And in the most appalling conditions the marshalls and Raynet successfully monitored the competitors round the course, supported by Mountain Rescue who picked up a number of casualties. A poignant reminder that organisers and competitors must never underestimate the seriousness of several hours on the fells in severe weather.

SAFETY AT FELL RACES - 2

In contrast, the safety requirements at Coniston a week later were nil. Nevertheless, the majority of runners had the good sense to carry kit, but a significant number were content with only shorts and vest, and the absence of bum bags suggests they were also without whistles, maps, compasses, and something to nibble. OK, competitors were comfortably warm while running, but what if...? It was in fact very nippy hanging around half way up Coniston Old Man. Within 15 minutes of the last finisher, the skies became grey, the hills disappeared, the temperature in Coniston dropped 10 degrees, and the heavens opened. Heavy rain and hail for over 2 hours. If these weather conditions had arrived an hour or two earlier - it doesn't bear thinking about.

The organiser is pushing his luck, and possibly voiding the insurance cover. And many competitors are optimistic chumps.

SAFETY PINS

What a daft idea - 'safety pins not provided at this race'. Why not? Apparently some organisers think it's too much hassle. To coin a phrase, 'I don't believeeeve it'. Are runners without pins to be refused entry? Numbers are essential to the organisation, so the organisation should ensure the necessary means of attachment to the person are available.

CLASSIC FELL RACES

The excellent article by Graham Breeze (June/October 2001) raises two issues which some of us have been dwelling over in recent times. In longer races, entries have been declining for a number of years, and the average age of competitors is increasing. Does it matter? Should we be worried? Is it simply a temporary trend?

Graham has sparked off a debate which together with a letter from the 3-Peaks Race Association prompted discussion at a recent FRA Committee Meeting. Unable to attend, I was not surprised to learn that no conclusions were drawn. Perhaps members and clubs will continue the debate and let us have their thoughts. For whatever reason, younger runners simply don't choose to compete in longer races, and since there are increasing numbers of races in the calendar, there is a tendency to be selective. Some races may fail, but it would be a shame to lose the long classics through lack of support. Championships events invariably attract large fields to the disadvantage of other races, for example, the 2000 and 2001 3-Peaks entries were affected by Coniston the following weekend, and Ennerdale will suffer because the Duddon is the weekend before. Incidentally, there was no shortage of entries at Coniston, but of around 525 men, only 174 (one third) are under 40.

Our junior championships and coaching weekends are well supported. Should we be concerned that only a very few progress to the senior ranks? I guess there are social and economic factors which contribute towards these

losses, and fell running is not unique in this respect. I think it is for our clubs to address this problem and in the meantime the FRA will continue to monitor and support junior development and under 25s in every possible way.

A common observation is that fell running should be promoted more positively. Promotion within the sport such as the suggested Lakeland Classics Trophy or awards specifically for under 30s are possible ways forward. But I do not support high profile marketing in order to attract newcomers because I think it is better to let athletes with an appreciation of the mountains find their own way into our sport. To quote Ruth Pickvance (letter - Feb 2002), I have my 'head in the sand' and there it will stay.

The attached table is interesting - it shows the trend of entries and the spread of age groups at 3-Peaks races over the past five years.

3-PEAKS RACE ENTRIES 1997 -

(by kind permission of Bill Wade)

MEN	1997	1998	1999	2000	2001	2002
under 25	2	1	1	2	0	0
25 - 29	30	28	19	23	6	5
30 - 34	80	69	51	64	31	36
35 - 39	107	114	123	127	78	60
40 - 49	201	210	169	209	124	108
50 - 59	81	77	80	96	74	68
60+	5	9	9	19	12	10
	506	508	452	540	325	287
LADIES						
under 30	4	4	3	7	6	3
30 - 39	25	16	27	29	14	16
40 - 49	13	12	7	20	10	10
50+	1	0	2	4	3	2
	43	32	39	60	33	31
TOTALS	549	540	491	600	358	318

NOTES

- Limits were reached in 1997, 1998 and 2000 so potential number of entries would be greater.
- 2000 - English Championships race.
- 2001 - Race cancelled due to Foot and Mouth precautions. Entries returned.

UK ATHLETICS AND THE FRA

This sub-heading is chosen simply because it heads a letter from Dennis Quinlan in the February magazine. I have to take issue with the notion that 'membership of the WMRA belongs to UKA and the national athletic organisations' and therefore UKA and PST should select English teams. It is arguable whether Dennis is technically correct, but in real life there is no doubt that English membership belongs to the FRA, because the FRA pays England's WMRA annual subscription of £125 and sends a delegate to the annual congress.

No doubt one day the WMRA will follow the EAA and accept only a British entry to their events. Until that day arrives the FRA will continue to select England teams and deal with other related matters. The only athletics body we liaise with is the AAA of England, because for many years now, they have funded our international competition, for which we are extremely grateful.



The FRA Secretary indulging in his only weakness.

(Photo Richard Topliss)

WEST NAB FELL RACE

Hello everyone,

As Junior Co-ordinator I would first like to thank Graham White for once again organising the West Nab Fell Championship race. Norman Matthews and myself had volunteered to help Graham and his team to get things ready on the day. We left Horwich at 7 a.m. and arrived at Graham's house at about 8 a.m., allowing time for border crossing into Yorkshire. After a quick brew we set off for the farm where the start, finish and registration would be held. We were greeted by the farmer, Gordon - what a grand chap.

Norman and I were given some tents to erect, the first of which was a dome tent and not too bad, but then came the frame tents. What a laugh we had - the first one we attempted to erect was enormous and after 15 minutes of trying to work out how all the poles fitted together and what shape it was meant to be, we abandoned it and went on to frame tent number two. We could see that it had been well used but at least the poles were colour marked with tape so we ended up with two tents erected, one for registration and one for selling the food and drink!

What strange weather they have in Yorkshire, one minute the sun was shining, the next it was bucketing with rain. The next problem was a pregnant ewe who was about to give birth on the course. Farmer Gordon and ourselves tried to move her to a different field but she had made her mind up to have the lamb in this particular field. A quick decision had to be made to move the start and finish a little bit further up the field. Not too long after setting up the tapes she gave birth to a bouncing baby lamb (not sure whether this was male or female).

During registration a few little hiccups occurred but overall things went well. Please note, we all have to adhere to rule ten of the FRA which states a minimum age of 10 years on the day of the race. Failure to do so will invalidate the organisers' insurance cover. There is good news for the under tens - see Norman's write-up.



Carly McBride (U16) of Macclesfield in determined mood at West Nab.
(Photo Tom Kersey)

On to the racing and what a start with just over a minute separating the first six places - in the boys under 12's race Jonathan Brownlee of Bingley winning and James Mountain of Skipton AC in second place. In the under 12's girl's race less than a minute separated the first 9 point scorers - Alex Wheatman of Scarborough winning and Lauren Figg of the host club, Holmfirth in second. Forty-four ran altogether.

The under 14s boy's race was a different race altogether with Jonathan Brownlee's brother, Alister, winning by over a minute from Simon Clifford of Cumberland Fell Runners. The girl's race was won by Katherine Woodhead of Holmfirth just less than 30 seconds in front of Danielle Walker of Burnley AC. Forty-three runners.

Chris Doyle of Kendal won the under 16s boy's race from Richard Newton of Preston AC but one of the most notable achievements of the day was from Suzanne Boyes of Scarborough in the under 16s girl's race who finished over 1.5 mins in front of junior international, Karrie Howitt of Warrington.

The under 18 boys race was dominated by Mark Buckingham of Holmfirth who led from start to finish with the ever improving Tim Ellis of Bolton

Harriers in second place. By this performance Tim was chosen as reserve for the junior Knock Dhu International. The under 18s ladies race was won by Laura Kemp of Holmfirth with her team mate Lucy Griffiths in second. Fourteen runners.

The intermediate race was run in conjunction with the seniors with Joe Symonds of Kendal putting on a fantastic display of fell racing to finish second overall to senior Lloyd Taggart of Buxton. Second intermediate was Damian Nicholls of Macclesfield. The winner of the ladies intermediates was Natalie White of Holmfirth with Lyndall Lohman of Macclesfield in second place.

Ian Smith

Knockdhu Home International. Northern Ireland 11th May 2002

Once again the England juniors showed what a force they are as they mixed with and beat some of the top senior athletes from the Home Countries.

George Crayston - as an Intermediate - was selected for the senior team, as were Natalie White and Liz Lilly.

George finished 15th Senior man and would have been 3rd Junior if running for the junior men's team. Liz finished 2nd Senior woman and would have been 1st Junior. Natalie finished 3rd senior woman and would have been 2nd Junior woman. All three had tremendous results running as seniors and were a credit to their team.

Exceptional performances also came from the junior men's team with Lee and Alex in the top ten and James close behind in 18th, finishing in the top three junior places. Unfortunately Joe Symonds - who was flying at the time - went over on his ankle and took no further part in the race.

The course was pretty tough as you can see if you view the photos on the junior web pages and Kerrie, Lucy and Katie found the very steep climbs very different from anything they had run before. Their performances however - in a field of 119 - was super as they battled through right to the end, finishing 76th Kerrie, 81st Lucy and 92nd Katie. Rebecca Robinson however seemed to excel on the tough course finishing a brilliant 5th woman overall and first junior.

Lee Siemazsko	36.19	1st Junior 7th Overall
Alex McVey	36.38	2nd Junior 10th Overall
James Mason	38.08	3rd Junior 18th Overall
Rebecca Robinson	44.25	1st Junior 5th Overall
Karrie Hawitt	48.18	2nd Junior
Lucy O'Gorman	49.09	3rd Junior
Katie Ingram	51.01	4th Junior
George Crayston	37.11	
Liz Lilly	42.01	
Natalie White	42.55	

The only disappointment on the day was the lack of opposition for the junior women, although a decision at a meeting shortly after the race by the race organiser and the team managers may go some way to alleviating the problem as it was decided to move the race back into April by two weeks, which would help considerably for those juniors studying for exams and stop the clash with the County Championships.

Norman Matthews England Junior Coach

UK: Athletics Rules for Competition

After successful negotiations between UKA and the Fell & Hill PST, the following rule change has been agreed. (Rule 410)

RULE 410 AGE LIMITS

Race Organisers must stipulate age limits for their events but the following limits for younger runners must be observed:

- (a) The minimum age for competition is 6 years on the day of the race.
- (b) The maximum distances for younger runners shall be:

- Under 8 on 1st January in the year of competition - 0.8km (880 yard)
- Under 10 on 1st January in the year of competition - 1.6km (1 mile)
- Under 12 on 1st January in the year of competition - 3.2km (2 miles)
- Under 14 on 1st January in the year of competition - 4.8km (3 miles)
- Under 16 on 1st January in the year of competition - 6.4km (4 miles)
- Under 18 on 1st January in the year of competition - 9.6km (6 miles)

This rule change now allows those race organisers who have been organising non-championship races for the younger age groups to be fully covered by UKA insurance.

Norman Matthews

Rule & Officials Co-ordinator Fell & Hill PST.

FELL RUNNING ASSOCIATION - JUNIOR TRAINING WEEKEND

The second of the training weekends funded by the Lottery was held at the Anderton Centre, Rivington on the 6th/7th April. Thirty juniors and six coaches and helpers attended the course organised by the FRA Junior Co-ordinator, Ian Smith.

The two day course tried to show all aspects of training from stretching to hill reps, downhill technique demonstrations, gym tests, team games and a relay race.

After settling in at the centre on Saturday morning a stretch and warm up session preceded a run into Rivington for some hillwork. After a much needed lunch, team gym tests took place followed by a break and finally before the evening meal, the relay race with warm down and stretch. Also on Saturday, we had the pleasure of the company of former 800 metre record holder, Andy Carter, who attended as a coach.

After some free time, Saturday night was film night with a fell video followed by a quiz about the video.



The participants (Photo Norman Matthews)

Sunday started with the FRA coach, Norman Matthews, talking about flexibility techniques and stretch bands, followed by guest speaker – and the person instrumental in securing the lottery grant – Alison Wyeth, AAA North West Regional Development Co-ordinator. Alison gave a very good and informative talk about her athletics career and she stayed to watch a session of circuit training to music. The juniors were then taken for a gentle run on the course to be used for the trials for the Black Forest Teenager Games in Germany. After lunch fell international, Natalie White, gave a very interesting presentation on diet and nutrition. Natalie is currently studying Diet and Nutrition at Huddersfield University.

Finally, Sunday also included discussions on breathing patterns (an important part of fell running) and injury prevention – again an important aspect, especially when training juniors.

I hope all the juniors had a very enjoyable weekend with the dry sunny conditions being a bonus.

The next course will be held on the 31st August/1st September, 2002. If there are any interested clubs please inform Ian Smith on 01204 691951 as soon as possible because there are limited places available.

The FRA English Junior Championships are six races with the best four races to count

Juniors	Intermediates
U12/U14/U16/U18	U20
1. 27 April, West Nab	27 April, West Nab
2. 11 May, Belmont Winter Hill	11 May, Belmont Winter Hill
3. 25 May, Hutton Roof	19 May, Saddleworth
4. 15 June, Langcliffe	15 June, Langcliffe
5. 4 August, Lattrigg	4 August, Lattrigg
6. 21 September, Three Shires	28 September, Thieveley Pike

Please note date and race venue changes to the one published in the fell calendar:-

1. Sheephouse Lane cancelled(29th June) - Belmont Winter Hill (11th May) takes its place.
2. Home countries Junior International Trial at Sedbergh (22nd September) cancelled - Three Shires (21st September) takes its place.

Anyone needing more info on the championships please ring Ian Smith on 01204 691951

by Ian Smith

Junior fell-running course

Hi – I'm Elliot Dawson, 11, and I would like to tell you about a great running and social weekend I had on 6-7 April. Whoever didn't go missed a brilliant course. I went not knowing anybody but I came away knowing everybody. I was the youngest there by at least 2 years but that didn't matter.

Luckily I arrived early so I got the choice of a top or a bottom bunk. Of course I chose the top one.

When everybody had arrived we all met up in the common room where we got to socialise and make friends before the running started.

We all got changed into our running gear and Walshes, then set off in the minibus to Rivington Pike. It was only about 5 minutes away but of course the minibus didn't take us to the top - we had to run up!!

Then when we had made it to the top, it was really, really windy. It was so powerful that it was blowing me over, so, much to everyone's relief we moved down the hillside to where it wasn't as windy to do our hill reps.

At last someone mentioned food. We ran back further down the hill along the Black Forest trial course.

After a lovely lunch we did some relays and had the 'indoor games' but unfortunately the team I was in always came last – nothing to do with me you understand!!

We ended the day with a fell video and quiz and by now I had acquired myself the nickname of 'the Wee Man' because I was so much smaller and younger than the others, but I still gave them a run for their money!

After our evening meal we relaxed by watching American Pie 2, which I thought was brilliant.

Then we had a good night's sleep, followed by a big breakfast and we were really lucky to have Norman Matthews join us on Sunday. He showed us loads of new flexibility techniques and how to stretch properly. We actually used a band of blue elastic and I was amazed at how many different ways I could use it to help build my muscles. It's like a mini-gym all on it's own.

After this the guest speaker Alison Wyeth, talked to us about her life. She told us that as a child her sister was actually the runner in the family, but she didn't train. Alison however decided she would have a go at 17 and through regular, committed training she actually represented England at 1500m in an Olympic Games.

Then we did a session on strength and conditioning and went on to actually run the Black Forest trial route. But this time up hill, the way it will actually be run in the trial. It was really hard because there were loads of steps, but it was still great fun and brilliant when we got to the top!

Following an hour off for lunch we had another guest speaker called Natalie White. She talked to us about the importance of nutrition along with Norman Matthews who helped us with our breathing patterns, then went on to talk to us about injury prevention and heart rate monitors.

By now everyone was totally whacked and we all said our good-byes but they wanted to keep me as their mascot. They'll just have to invite me to the next get together, won't they?

Thanks to everyone involved in putting a brilliant weekend together especially thanks to Ian Smith who organised everything and to Norman Matthews, Peter Ramsdale and our guest speakers.

I came away with aching muscles, tired limbs but having learnt loads and I did actually feel so much more flexible.

PS - It was so much fun and I made lots of new friends. I will definitely be there next time.

Elliot Dawson - "THE WEE MAN"

Juniors - a date for your diaries - not to be missed !!

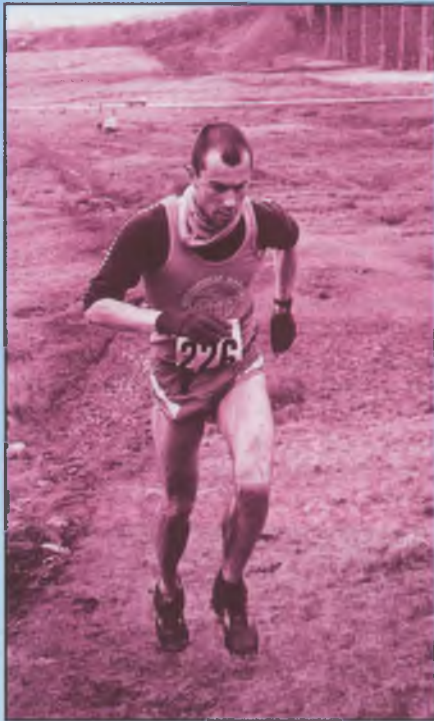
The Junior "Do"

This will be on Sunday 10th November at the Rolls-Royce Club in Barnoldswick, after the Charlotte Slater Race - times and ticket prices are yet to be settled, ring Ian Smith for details.

SHORT RACES I HAVE LOVED by Andy Trigg

For most of the fell-running community Andy Trigg's not inconsiderable reputation is based on his prowess as a long event monster - KIMM Elite, Bullock Smithy, Edale Skyline, Bens of Jura, etc., etc. - so it may come as a surprise to know that in the present Calendar no fewer than seven Short races have "A. Trigg" as the record-holder. With this in mind I approached Andy to see if he'd be willing to put down a few thoughts on these races and also on any others that he felt worthy of mention.

It turned out that a) I'd chosen a most appropriate time to ask him for this - see below for the reason - and b) I'd approached one of the most modest people in fell-running to ask if he'd try to do something he kept seeing as self-promotion. Eventually, however, perseverance was rewarded and we have, as a result, insights into both Andy's attitude to his sport and to a number of often unsung little gems of races. Thanks Andy and I hope the foot's healed by the time this is published !!



Andy Trigg in his usual long-distance mode at The Three Peaks. (Photo Woodhead)

It was on a Saturday afternoon when the phone rang. It was Dave Jones (the editor). "Can you write an article for the FRA mag about some of your favourite short races?" "Of course I will," I replied. I've got plenty of spare time as I've just broken my right foot on Shelf Moor." I had literally just got back in the house from Tameside Hospital with my right leg in plaster from toes to knee. So here goes :- Over the last 20 years I've completed many good AS races, several of which have been Championship races for that year. I reached the conclusion that you are guaranteed a good, steep and rough course without fail if the powers that be give the race Championship

status. You also get to travel to some beautiful and remote parts of Britain. There are lots of races to choose from but here are several that hold particular memories for me; I'd like to point out that most of the Short races I hold records for are local Peak District, low key races, often attracting relatively small numbers of runners. None has ever been subjected to the onslaught of a Championship field and so, without doubt, there is plenty of room for improvement.

Charlesworth and Chisworth Challenge

A good family day out at the carnival. I'm not sure if this is really a true fell race. It's fast and furious with just one gentle climb and then a very long gentle descent. Again it can attract road runners and there are plenty of them out there who I'm sure could take a minute or two off this one. Certainly not a classic but better than going shopping on a Saturday afternoon! (just)

Edale Country Day

This takes in Ringing Roger, the top of Grindsbrook and Grindslow Knoll. It is now quite a fast route as much of it has been paved in the interests of erosion control. I remember falling at the top of Grindsbrook in front of loads of Sunday hikers. The gritstone up there cuts you to ribbons if you trip and my knees and hands were grazed (similar to the road rash you get when falling off a bike). The descent is the same as the old Edale Skyline route before following the road through the village to the finish. This was only just under the old record held by Mark Hayman and I'm sure there is plenty of room for one of the Bingley boys to fettle it up a bit.

Glamaig (Isle Of Skye)

A bit of a trek this one, but well worth it.

About 4 miles and 2000'. After a fast run out over some undulating rough ground it's BANG, you hit the foot of the climb. It's straight up over rock and scree for all the climb in one go from sea level. The

scale of the hill is unbelievable. I remember sitting in the doorway of my tent opposite the Sligachan Hotel the day before the race looking at Mark Rigby reconnoitering the course through my binoculars. He looked tiny as he picked his way up the side of the wall of scree. He went on to win the race the next day in a new record (Mark is also one of the best descenders around). Amazingly the top of Glamaig is just like a cricket strip. It's flat, narrow and grassy and you get an absolutely stunning view !! The descent is fantastic. I found some amazing scree runs over to the left near some old fence posts. This allowed for some exhilarating fun and, more noticeably, no sore legs after. Well worth the journey. The Scottish Hill Champs use this course quite a lot. It's a must!!

Goat Fell (Isle of Arran)

8 miles, 2866' from sea level.

Probably a bit long to be a real Short classic but if you take out the mile and a half of road at the start and finish around Brodick Bay then you're in business. I think the route has changed since I last ran it. It used to go straight up a deep scar up the face of the hill after leaving the main path, but now I believe it arcs around the main path all the way to the summit. I have fond memories of Arran, as in May the weather always seems to be excellent and sitting on the sea front after the race is over is brilliant. It's good to make a full weekend of this one and do a nice training run around Glen Rosa on the Sunday morning. Overall a great, challenging course consisting of fast road, stony track and steep rough climbing. I really rate this race. On a boiling hot day I set off from Brodick and led all the way. The record at the time went back to 1977 and belonged to Andy Styan. It wasn't until I hit the road on the way back through the castle gardens that I realised the record might be on. I can still recall following the police Landrover along what seemed a never ending road around Brodick Bay. I could hear the bagpipes playing at the finish and I was gasping to get to the tape. Incredibly I was 2 seconds inside the record. This is one of the most memorable races I have ever taken part in.

Herod Farm

This is a midweek race in Glossop. It makes use of two local climbs which are short but very steep. Mark Hayman (Dark Peak) led out very fast and it wasn't until the first climb that I managed to prise open a small gap. From here it's a very fast drop to the start of the second climb. I've trained with Mark many times and therefore knew of his breathtaking descending skills. This was another one of those races where you run scared, constantly expecting to be caught from behind. Anyway I managed to keep a small lead up and over the next climb and into the finish. Mark came flying down the lane just a few seconds later. This is a great little course but is yet to be tested by any of the real big boys - Ian Holmes or the legendary Simon Entwisle of Glossop!!

Lad's Leap

A great course devised by Des Gibbons. This is a new race and I don't really think the record is a very good one. The year before the foot and mouth outbreak a very fit Gary Devine won the race after wandering all over Arnfield valley for a good few minutes. Otherwise I'm sure he would have taken a good minute or two off !! Who knows. Anyway the time I set the record I had things all my own way. A very small field of only thirty or so runners. The start is uphill on Lads Leap where, when motivated, I often do hill reps. This helped as I knew the climb well and was confident of my ability to run up it hard and hopefully get away. Things went to plan and a nice gap opened up. I remember it being an absolutely boiling hot

day (2 p.m. start I think) and running without a vest. The run across the top of Tintwistle Knarr was dry and dusty as you follow the wire fence (are you listening Gary?) and I recall clearly the swarms of flies buzzing around my head on the second climb up through the quarry. On the final descent to the youth hostel I was looking at my watch and the time seemed to be racing away towards the record of Aidie Jones, British Champion and the person I've trained with more than any other over about twenty years now. In the end I think I took about 20 seconds off of it and I couldn't have gone any faster. Well done Aidie, you really made me work hard that day.

NB: A new record has just been set by Lloyd Taggart of Buxton AC (1 and a half minutes better—well done !!)

Lamb's Leg

Another epic battle with Shaun Willis. A very cold and icy morning - it was full blast from the gun. I knew Shaun was noted for his climbing and realised I had to keep in touch with him to have any chance of hopefully out-descending him into the finish. As I expected he drew away on the first climb but only by about twenty yards so I pulled him back on the descent into the bottom of Dimpus Clough (this will bring back memories for those who have done Mount Famine). It's a cracking climb out of here onto the nipple of South Head and I was virtually in his bum bag all the way up, digging in for Glossop. We hit the summit together and I managed to stretch out a slim lead on the run in. I think the route has now changed as the National Trust don't want runners going over South Head but still a good early season blast.

Pen y Fan (Brecon Beacons)

From memory this is about 3 miles and 1900' of climb. I did this one many years ago when it was a British Championship counter. It climbs up in a long anti-clockwise arc quite gradually to the summit of Corn Du (I think), before going on to Pen y Fan itself. From here it's the most breathtaking descent I've ever come across. It must lose all 1900' in about half a mile straight into the finish. This particular year the race was won by Keith Anderson who was a superb descender (this was about the only time Colin Donnelly was beaten that year). Glossop runner Mike Prady also used his descending ability to the full as he plummeted from around 40th at the top to 4th. My most vivid memory of this one is having jelly legs at the end. It's a fantastic course which would always be worth a trip down to this neck of the woods. I think this is the hill the SAS use for selection purposes but in reverse. It would be like walking up a 1900' railway embankment ! An absolute classic.



Andy Trigg coming over the final stile at Shelf Moor.

Shelf Moor : 6 miles : approx. 1500'
This is my local favourite (apart from last Saturday !!). It's been a Championship race twice and to me it has a bit of everything. The start is very fast along the Mossey Lea path from Old Glossop for a good mile of rough track before a sharp left turn starts the climb to James' Thorn, which is a killer, mainly because it's one of those rough but runnable ones which goes up in steep steps. There follows about half a mile of muddy, boggy moor before you reach the trig point. From here it's a very rough mile over deep peat groughs before beginning a long steady descent to the finish which gets faster and faster,

eventually bringing you back on the Mossey Lea track. I've run the race eleven times and trained over it hundreds !! It's a real Peak District classic and Colin Donnelly's record of 39.45 is going to last a long time (Incidentally he set the record the day after winning the Blackstone Edge race to secure the British Championship title for that

year). He also rated it as one of the best courses he had ever run. So if you fancy a real tough Peak District race - this could be the one!!!

Shelf Moor Uphill

I would rank this as one of my best runs ever. I battled with Shaun Willis for about threequarters of the climb before finally breaking him on one of the very steep tussocky steps. The other thing is that we had a fairly strong following wind all the way to the top, making a big difference. It was also warm and relatively dry across the peat bogs near the summit. This really is a good course with a combination of fast road at the start, stony track, steep "turks' heads" and of course good old Peak District BOG (and all uphill). Records will always be broken - Colin Donnelly took 3 minutes off my old Shelf Moor record which I thought at the time was not a bad one - but I hope this one stands a bit longer even if Rob Jebb et. al. decide to give it a go.

Torside Scamper

The first 2 miles of this follow the old railway line of the Longendale Trail (hardly classic AS stuff), before running up Torside Clough on the Pennine Way as in the Marsden: Edale. A swift run across the moor to Cock Hill leads you back to the finish. The race is part of Padfield Plum Fair, where the growing of plums many years ago is celebrated.

I remember a fast start along the railway with Mark Hayman and Graham Hill. I gradually got away on Torside and held on to the finish. I found this hard due to the fast nature of the going and thank goodness for good old Torside Clough.

Up The Nab

This starts at Glossop Rugby club where I spent most of my youth getting battered and bruised. Now I think Mike Prady held the original record of 25.00 and so this was a good record to pinch - sorry Mike. This is a really fast and runnable course which usually attracts some local road runners from East Cheshire Harriers. They do well up the climb but often don't enjoy the descent which is a bit rough and rocky but not exactly of Jura proportions!!! Anyway, on this particular day the start was very fast and led out by Graham Hill (son of Ron Hill) up the road into Charlesworth. After the initial surge I latched onto the back of him all the way to the top. I remember the pace feeling too fast and wondering how long I could hold on for!! We started the descent together and as I'd hoped a small gap opened up. The finish is really painful as you run around the perimeter of two rugby pitches and I remember looking at my watch and trying to get to the line in under the 25.00 mark. About 10 seconds under and I was chuffed. I've never told Mike this but when the pitches were re-laid the position was altered and they were made a bit smaller. Hence the perimeter is now shorter.

I've kept this a secret ever since, until now !

Wharmton Dash

I remember a beautiful sunny day at the carnival. A really short steep course up to a mast. Quite a decent finish with a river crossing. Shaun Willis (Todmorden) and Matthew Moorhouse (Salford) set a very fast early pace on the climb and I actually think they burnt themselves out because they descended rather slowly. I was surprised to overtake them so easily and kept looking back over my shoulder for the inevitable response which, thankfully, for some reason never came.

Y-Garn (North Wales)

About 3 miles, 1900'

The usual scenario. A fast run out followed by all of the climb in one chunk. Very steep and very rough. A treacherous descent followed by a few hundred metres of fast track to the finish. This is well worth a trip but better watch those ankles (says he !!).

Other great little short races I've enjoyed have been Dollar (Scotland), Langdale Gala, Buttermere Craggs and Pendle but generally I prefer the more leisurely pace of a good long course as opposed to the lung bursting thrash of the shorter stuff!!

PS if any reader out there knows anything about the treatment or rehabilitation for a Jones fracture of the 5th metatarsal (right foot) I would be grateful to receive any advice. Hopefully by the time this magazine is out I might be on the way to recovery but please still let me know.

e-mail: Trigga@audenshaw.tameside.sch.uk

Stan Bradshaw Turns 90

By Bill Smith

Stan Bradshaw, the FRA's oldest member in terms of age and almost of Association membership, too - his FRA number is 0084 - attained his 90th birthday on May 26th, still in fine fettle. He is therefore the longest-serving fell runner in Britain - and, therefore, in the World - having run his first fell race at Rivington Pike in 1930 and also competed at both Pendleton and Burnsall during the years leading up to the Second World War. He then served with the 8th Army in North Africa, Sicily and Italy and, upon being demobbed, helped to reform Clayton-le-Moors Harriers. He was club president from 1959 to 1980 and was an FRA committee member from 1972 to 1978.

A Sporting Family

Stan came from a real sporting family, his father Ernest having played League soccer with Accrington Stanley, after whom Stan was named, and also turned out for Bumley Reserves. Ernest had six brothers who were all professional footballers and sprinters, one of whom, William Bradshaw of Blackburn Rovers, gained four England caps between 1910 and 1913. Stan's brother Harold played for Bumley's first team as well as being a successful competitor in grass track races at village sports like Pendleton and Burnsall.

Stan himself had started out as a footballer with Padiham FC in the old Lancashire League but his career was curtailed by injury and he therefore took up athletics around 1928, originally as a sprinter. When out training in those days, he would always keep to the back streets of Padiham to avoid the verbal abuse from local residents as runners were not then the familiar figures which they now are and were often regarded as eccentrics.

Due to working a seven-day week in the family tripe business, Stan did not get to climb his first mountain, Ingleborough, till 1952 when he was 40, having previously been confined to his local highspot, Pendle Hill. During that same year, he and some of his Clayton clubmates, including Alan and Ken Heaton and the late George Brass, began going for long walks in the Lake District which eventually led them to entering the Mountain Trial, an event which Stan has completed 16 times.

Mountain Challenges

His many achievements in long-distance fell racing and mountaineering have already been chronicled in two previous "Fellrunner" articles (July, 1980 and June, 1990), as well as in other magazine and newspaper articles and also in various books. However, a brief recap here may be of interest to newer FRA members.

Stan finished 2nd to organiser Fred Bagley of Preston Harriers in the inaugural Three Peaks Race in 1954, at which time he had never before set foot on either Whenside or Penygent. He has made a total of 114 circuits of the route, including 24 as a race competitor. He has achieved 40 ascents of Ben Nevis, 15 of them in the race, in which he won the veteran's prize six times between 1956 and 1967 and finished runner-up to A.E. "Bertie" Robertson (Reading), the 1947 English cross-country champion, on three occasions. In 1965, he was the first man home in the inaugural Lakes 3,000s Marathon organised by the Ramblers Association and also began his 14-year association with its Yorkshire equivalent, the Fellsman Hike, around this time.

Stan has completed 541 Munros and Tops, most of the Corbetts and all the English, Irish and Welsh 3,000s, as well as many other mountain challenges both home and abroad, some of them as a member of the Rucksack Club. He was the second man to break Bob Graham's Lakeland 24 Hour Record in 1960, following clubmate Alan Heaton, and 17 years later made two further complete circuits at the age of 65, having narrowly failed to get inside 24 hours on the first occasion due to illness. His record as the oldest man to complete the Round stood for 21 years till it was broken in 1998 by another Clayton runner, Brian Leathley, who made a successful circuit at the age of 66 following an attempt thwarted by bad weather a fortnight earlier and two others the previous year, including one in which he'd exceeded the 24 hours by a mere seven minutes.

One of The Greatest Sportsmen Ever

In his article, "Fifty Years Of Epic Endeavour: 1932-1982" in "The Fellrunner": July, 1982, Fred Rogerson paid tribute to Joss Naylor's splendid 72 Peaks record. Then continued: "But the epic of all epics for the Bob Graham Round is, in my view, undoubtedly that of Stanley Bradshaw who, to celebrate his 65th birthday, completed the Round on 31 July, 1977, having completed the Round five weeks previously in a time just outside 24 hours. A man's fitness, in my view, is his recovery rate. In a younger man, possible - at the age of 65 - an unsurpassed achievement."

Fred Rogerson of Lindeth, near Windermere, has been Chairman of the Bob Graham 24 Hour Club from its inauguration in 1971. He has known Stan

since his first Round in 1960 and referred to him earlier this year as "one of my all-time greats. By example and inspiration, he has encouraged and assisted many people to attempt long-distance mountain challenges. His tremendous contribution both as competitor and administrator to the wider sphere of fell running goes back over a lifetime. His presence alone lifts the occasion to a higher level."

The first issue of the FRA magazine (not yet called "The Fellrunner") in September, 1971 included completed questionnaires by four leading fell runners, including the Lakeland long-distance champion, Joss Naylor. The final question was: 'Any other remarks?', to which Joss had replied: "Give Stanley Bradshaw a knighthood. He keeps us all going and must be one of the greatest sportsmen ever."

Naylor credits three men with inspiring him to take up fell running: Eric Beard, George Brass (both now deceased) and Stan Bradshaw. "Few people know what pressure Stan was under when he was working," says Joss. "Many nights he would see little of his bed all for the pleasure he got out of competing on the hills. When I did my 63 Peaks in 1972, the weather was bad at the top of Dunmail, so I sat in the back of Stan's car. The rain was bouncing about six inches off the road. As I left, Stan said, 'See you on Scafell Pike.' The weather was so bad at the summit, he didn't hang about too long but left me a Club biscuit by the plaque. It was most welcome.

Stan is the most genuine person I've ever met. He has been a gentleman in our sport and I think we should all feel very privileged to have known him. His wife Ida was made from the same mould."

Adventures In Scotland

Many of Stan's exploits in the hills have been undertaken in the company of his good friend and former Karrimor partner, Frank Milner, a Yorkshireman who is a member of both a Lancashire athletic club, Clayton-le-Moors Harriers, and of the celebrated Yorkshire Ramblers Club, one of the oldest walking, climbing and caving clubs in Britain.

"We first met in either 1962 or '63," recalls Frank, "as I arrived at the roadside from Ben Lui, near Tyndrum. He was driving his car with his pal Ken Turner as passenger and Ken spotted me with my climbing companions. That was the start of a long friendship. I once asked Stan if he had ever climbed on Skye and he said his ambition had always been to do the Cuillin Ridge in one go but that he would probably never do it as he had never done any rock climbing. I told him I would take him on an easy climb to see how he managed and we did the Gordon and Craig route on Dow Crag, Coniston, a 450 foot V Diff climb as the classification went in those days.

Stan was then 62 and we afterwards went on to do the Cuillin Ridge, meeting Tom Weir en route and becoming firm friends with him. We spent two nights bivvying out on the Ridge and still didn't succeed due to route-finding problems. We went back the following year and were successful this time. After my bad car smash in 1981, Stan took me back to Skye in 1983 and we did the full length of the Ridge in one go. He was then 71 and I would think he is still the oldest man to have done the full length of the Ridge.

We spent almost every winter for 15 years or more walking and climbing in Scotland, not to mention also running and orienteering. We were partners in the Karrimor Elite Class for many years, then as Stan got older we dropped to the 'A' and then to the 'B' Class. On one of our winter expeditions, we were caught out in bad weather on Ben More Assynt. The bad step on the southeast ridge was iced over and we roped up, belaying each other along the ridge. We were delayed by the storm and finished up descending to safety by moonlight as our torches were inadequate. The car was a welcome sight at 4.30am!

One of the memorable aspects of our winter expeditions was Stan's insistence on keeping fit while we were there. The short days were not enough for him and so we had to do a run of at least eight miles each evening. The training for my own Bob Graham attempt included doing the Pennine Way in six days accompanied by Stan and Robin Price, who later became the first man to do a Double Pennine Way. Stan would be first out of the tent every morning to give us a cup of tea before he set off, saying he would see us when we caught him up as he had to go slowly to loosen up his stiff joints. He would still be ahead at the end of the day, going at the same speed! In all the long walks we did together, I never heard Stan complain of being tired. I think he had done on his own, without fuss, all the big walks before they became popular."

Cabin On Pendle

Harking back to the immediate post-War years when he was helping to reform Clayton Harriers, Stan recalls: "In 1946, at the age of 34, I was advised to give up running as my arteries would be beginning to harden and



Stan Bradshaw at his cabin on Pendle
(Photo Stan Bradshaw)

thicken and would probably lead to a heart attack. I disregarded this advice and enjoyed my running till I was 80."

In addition to his fondness for fell running, Stan has also been a staunch supporter of cross-country racing and in 1946 he finished 11th in the Lancashire championship, 28th in the Northern and 64th in the National. During the '30s, he had run first claim for Bury AC and second claim for Clayton and had been Bury's cross-country champion for both 1938 and 1940. He has an outstanding record in veteran championships, having won the Lancashire title seventeen times between 1974 and 1993, the Northern ten times from 1973 to 1993 and the National 0/80s title in 1993, not to mention numerous 2nds and 3rds over those years.

Personal recordings of his annual mileages since 1959, covering both running and walking, make interesting reading. They range from 2,000 plus then to 3,000/4,000 during the '70s, peaking at 4,500 in 1977 when he made his two circuits of the Bob Graham Round. He still managed to achieve the mid-2,000s and sometimes higher during the 1980s and '90s, only dropping below 2,000 in the late '90s - and this despite having a hip replacement in 1990! Last year, at the age of 89 and also taking into account the Foot and Mouth outbreak, he was still able to notch up 1,101 miles.

In January this year, Stan was having problems with his hip replacement for a while but was still getting out for daily walks, doing two and a half miles in the morning and 1½ in the afternoon. The F&M ban on his beloved Pendle had only recently been lifted but Stan was delighted to be able to get out to his cabin in Stainscomb Clough on Pendle's southern flank for the first time in almost a year. This entails a six-mile round trip over the fields from his home on the outskirts of Padiham, near Huntroyde. The cabin is a favourite visiting place for Clayton Harriers out on a training run or walk over Pendle.

Stan's Birthday Walks

One handy accessory for married fell runners is a strongly supportive wife (or husband) and Stan is very lucky in this respect. Mrs Ida Bradshaw is now a sprightly 87 and her smiling face has been a familiar sight at fell races and long-distance mountain challenges for many, many years. Stan loves Scotland and their sitting room is adorned with a large aerial photograph of a snow clad Ben Nevis range, and also houses an impressive library of mountain and other outdoor books, some of which he has yet to read: "I'm saving them for my old age," he quips.

From 1930 to 1992, Stan celebrated his birthday each year (apart from the War years) by walking from his home to Morecambe over the Nick O' Pendle and Waddington Fell, then through the Trough of Bowland, generally starting out at around 4 a.m. This was a 36 mile walk which he would sometimes stretch to 40 by starting from Bumley on the occasions he was sponsored for charity. Ida would always meet him on the promenade and they would go for a meal together, Stan having worked up a fair appetite on that little stroll. The first time he did the walk, however, Stan recovered overnight with bed and breakfast in Morecambe, then walked back home the following day.

Earlier this year, Stan attended the Pendle Half Tour, run in wind, rain, hail and snow, and walked along the reservoir track towards the Ogden Clough checkpoint while on the day of the Pendle Fell Race, held in sunny but cool conditions. He walked up to his old marshalling point at High Buttock Farm, near the fell gate; then on the last Sunday of April, a bleak, rainy day, he walked from Horton in Ribblesdale up to Sell Gill where he has marshalled for many years for the Three Peaks Race. He afterwards said he hoped he'd survive to see the 50th event in 2004 when he would be a month short of his 92nd birthday. See you there then, Stan.

Acknowledgements: My thanks go to Frank Milner, Joss Naylor, Fred Rogerson and, of course, to Stan Bradshaw himself for their help in compiling this tribute.

UK Athletics - PST Perspective

by Norman Matthews

Being on the inside of the athletics scene - administration wise - the members of the Fell & Hill PST are made far more aware of the benefits of being under the umbrella of UK Athletics than the grass roots membership, and possibly take for granted the information that is available to them. To correct this imbalance the FRA committee now receive a report at each of their meetings on the activities and achievements of the PST for dissemination to the FRA members. Our successful negotiations with the UKA executive on medals and age group insurance cover is reported elsewhere in the mag, but I would like to take this opportunity to mention another aspect of the work done by UK Athletics which is bringing money into the clubs for the use of grass roots membership. This scheme called 'Club Futures' is run by UK Athletics and has financial rewards for those clubs who first register with them, and then apply for grant aid for club development.

This lottery based scheme has now helped 24 clubs in the North West alone, the full list and the amounts awarded are shown in the table. We have 306 affiliated clubs on the FRA books and although I am sure there are many more outside the North West that have been granted awards, I am sure that there could be many more awards if club secretaries took on the task of applying for grants. Alison Wyeth the Northwest Regional Co-ordinator (Tel 01772 728872) is always available to help with grant applications, not only in her region but in general, as Alison is the Fell & Hill appointed link with the FRA Committee.

Barrow and Furness Striders	£800
Bolton United Harriers	£1400
Bury AC	£1275
Chorley AC	£1100
Crewes and Nantwich AC	£1500
Cumberland AC	£1000
Halton and Frodsham Harriers	£1500
Hyndburn AC	£1490
Lancaster and Morecambe	£970
Leigh Harriers and AC	£1390
Liverpool Harrier and AC	£1450
Liverpool Pembroke Sefton II & AC	£1355
Macclesfield Harriers and AC *	£1500
Oldham and Royton Harriers & AC	£800
Pendle AC	£870
Preston Harriers	£1485
Sale Harriers Manchester	£1500
Salford Mets AC	£1500
Southport Waterloo AC	£1250
Tattenhall Runners	£725
Vale Royal AC	£1500
West Cheshire AC	£1500
Wigan and District Harriers	£1500
Wirral AC	£1111
Total	£29671

* Excellence Award.

It is nice to see that the majority of the clubs awarded grants are affiliated to the FRA

There are of course many different types of grants that can be awarded to clubs, Liverpool Harriers have recently been awarded £139,046 from the Sport England Lottery Fund towards the extension of their clubhouse. There is also the 'Awards For All' scheme that is aimed at helping small clubs with funding up to £5000 for development projects. The following three clubs have benefited from this with Preston Harriers receiving £5000, Liverpool Pembroke Sefton Harriers £4,800 and Wirral AC who have received £4000 for coach development and a schools Competition and coaching programme.

As you can see money is returning to the clubs and grass roots members and long may it continue, I have no doubt that as club secretaries become more aware of the application procedures this assistance - through the governing bodies for lottery funding - will increase.

14th British Fell & Hill Running Relay Championships

Saturday 19th October 2002 Great-Langdale, Lake District.

Details

This year's event will be based in the heart of the Lake District on National Trust land at the head of the Langdale valley. The event HQ and car park will be by Wall End Farm (GR-283055). The start will be at 11:00am, with registration from 8:30 a.m. to 10:30 a.m. A dance will be held on the Saturday night in the Stickle Barn Tavern.

Eligibility

The Relay is open to Clubs affiliated to UK Athletics or one of its constituent area associations. All runners must be first claim members and over 18 years old on the day. Each team must consist of six runners, who may run only one leg.

Experience

Clubs should remember that all the routes on this Relay traverse difficult and potentially hazardous mountain terrain and therefore all team members should be suitably experienced. All runners must have recent experience of fell racing and have competed in at least two AM category races. All Clubs that enter will be vetted for experience of this type of event. The Organisers reserve the right to refuse entries from Clubs not meeting this requirement, as per FRA rules.

Safety Requirements

In accordance with FRA safety requirements, all runners must carry the following equipment:

- Windproof full body cover
- Whistle
- Map and compass (suitable for navigating the course)
- Emergency food
- Hat and gloves

The transfer of equipment from one runner to another is not allowed.

Route Descriptions

ALL routes are on steep, mountainous, rocky terrain where navigational skills and considerable experience are required, especially in bad weather conditions and especially on the "navigation leg" route C.

The routes are covered on Ordnance Survey Outdoor Leisure Map 6 (SW Sheet) and on Harvey's Walkers Map.

Black and white photocopies for routes A, B and D will be supplied, and a colour photocopy for route C will also be supplied.

Leg A, a solo route ascending and descending Pike-o-Blisco. This is a short and very steep leg with rocky outcrops to climb on the ascent and steep hillsides to descend. 4m/2,000' ascent.

Leg B, a pairs' route ascending steeply via Side Pike and then the rocky path to the summit of Lingmoor. 5.5m/2,500' ascent.

Leg C, a pairs' navigational route where maps are issued shortly after the start. The checkpoints on this route may be visited in any order except for the route issue checkpoint, which is to be visited as both the first and the last checkpoint. Approximately 5m/1,900' ascent.

Leg D, a solo leg, flagged flat start then via Oxendale, Red Tarn and Pike-o-Blisco. 4.5m/2,000' ascent.

Categories

Clubs may enter teams in three categories.

1. Open (this may include members of both sexes).
2. Veteran Men (40 or over).
3. Ladies.

Entries

There is a limit of 100 teams for this event. Each Club is guaranteed one team in each category. Clubs may enter additional teams, but acceptance cannot be guaranteed.

The entry fee is £42 per team, cheques payable to "Ambleside AC". All entries must be submitted on official entry forms (which may be photocopied from the magazine) to:-

Geoff Clayton, 2 The Helm, Annisgarth, Windermere, Cumbria. LA23 2HF

Accommodation

There is a campsite at the start of the Relays, namely the National Trust Langdale site. There are Youth Hostels at Elterwater, Grasmere and Ambleside. There are several hotels in the immediate area, namely the Old Dungeon Ghyll, New Dungeon Ghyll and the Three Shires at Little Langdale along with numerous B&B's at local farms etc.

Please book groups early on the campsite, any extra camping on an adjacent field is at the farmer's discretion.

Parking

Parking is limited, so please share vehicles wherever possible.

Food

Hot food will be available over Saturday and Sunday; free food will be given to competitors after they have run.

Further Information

Detailed information will be sent to competing Clubs after the closing date.

Further information and entry forms are available on www.amblesideac.org.uk

14th British Fell & Hill Running Relay Championships

Saturday 19th October 2002 Organised by Ambleside AC

Official Entry Form

Club	
Name of Club Official Responsible for Entries	
Address and Postcode of Club Official	
Telephone Number	
Email Address	

Team Entries: Each Club is guaranteed one entry in each of the categories. You may enter as many teams as you wish. However, if there is more than one entry in any category, the organisers reserve the right to refuse the extra entries if the race limit of 100 teams is reached. Extra teams will be distributed as fairly as possible across the Clubs who require them.

Category	Number of Entries
Open	
Ladies	
Male Veterans	
Total Number of Teams Entered	
Total Amount @ £42 per Team	

Cheques payable to Ambleside AC

Entries to: Geoff Clayton, 2 The Helm, Annisgarth, Windermere, Cumbria. LA23 2HF.

Entries to be received by no later than Monday 2nd September 2002.

Receipt of entries will be acknowledged either by Email or post.

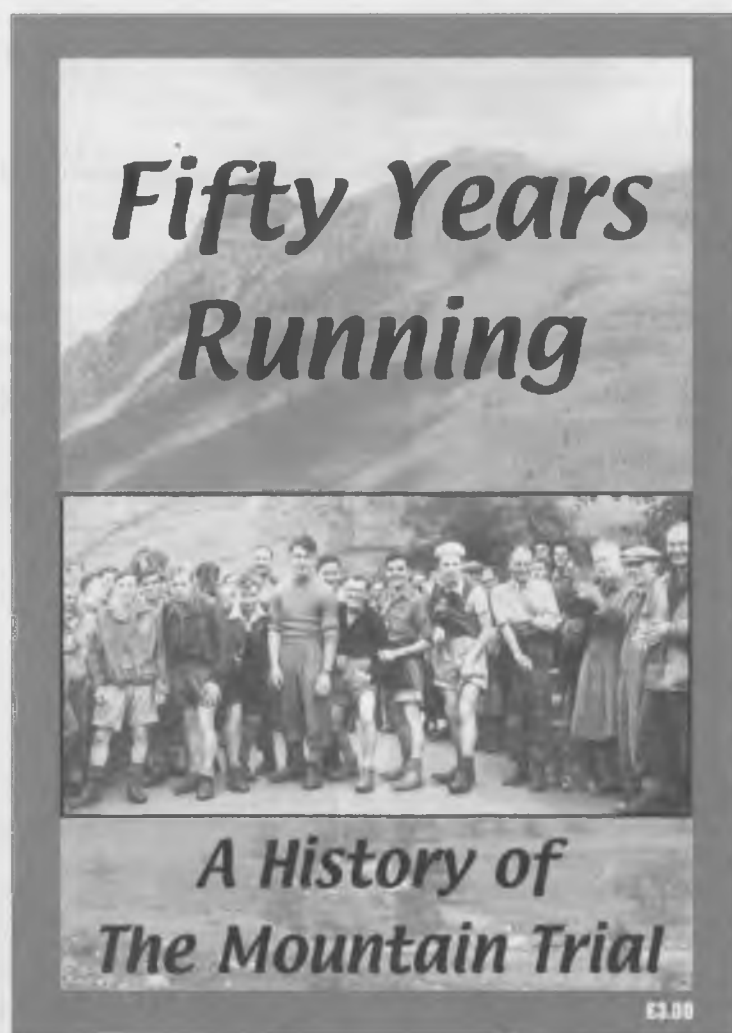
Late entries will not be accepted.

Fifty Years Running

1952-2002

**A celebration in print giving the history of the
Lake District Mountain Trial.**

**Year by year accounts are complemented by
anecdotes, photographs, cartoons and results.**



On sale (£3) at this year's Trial.

**Also from mid-August from
The Climber's Shop, Ambleside,
other selected retailers and by post from
Pete Bland Sports (p&p £1)**

"The end of an era" David Bryan Smith

David Smith, the late Burnsall Sports Secretary, who has recently passed away, was born in Burnsall in 1922. He attended Ermysteds Grammar School and showed above average sporting ability. He excelled both on the track and in cross-country running and one of his school records stood until very recent times.

The Second World War had started by the time David left Ermysteds and he volunteered for service in the Royal Air Force and was passed for Aircrew, accepted by Fighter Command and sent to Canada to train as a fighter pilot. On qualifying, he returned to the UK and joined 600 Squadron, with whom he served in the Desert Air Force in the Mediterranean, flying Beaufighters and Mosquitoes. He had something of a rough time during his tour of operations, especially during the Anzio battle, and on completion of his tour he was duly commissioned and returned to England.

On leaving the Service he went to live in Grassington and became involved in the Burnsall Feast Sports, where his father was Secretary, serving from 1910 until his retirement in 1951. David then took over and served in the same capacity for over fifty years until his eventual retirement, thereby continuing a remarkable family record.

He leaves his wife, Pat, and his son, Derek.

Those of us who have known and worked with him are saddened by his passing but are all the better for having known him.

Leonard Horton - President Burnsall Feast Sports



David Smith
(Photo Len Horton)



Wadsworth Half Trog fell race trophies,
commissioned by Calder Valley Fell Runners

Celtic Crafts

Unique hand carved sculptures by

Shane Green

(Pudsey and Bramley and Ireland)

The perfect alternative as race trophies, prizes or a unique gift idea.

Contact Shane on 01132 785023

Wharfedale TTT

Hosted by
Bingley Harriers & A. C.

Three Race Weekend Grand Prix
Kettlewell, Yorkshire Dales

Friday 5th July, 8.00pm
4K uphill Road Race

Saturday 6th July, 11.00am
20K AM Navigational Fell Race

Sunday 7th July 11.00am
3k Fell Race

FRA safety requirements apply and
navigational skills are necessary.

Entries £3 each race or £8 all three.
Individual and Grand Prix prizes.
Camping and BBQ. Family weekend

Entries on day or full details from:
David Weatherhead, 16 Birchlands Grove,
Wilsden, Bradford, West Yorkshire, BD15 0HD
Email: dtwace@aol.com Tel. 01535 273508



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Dr. Martyn's Problem Page

I confess I am still reeling from the deluge of congratulatory letters sent in response to my last problem page, and before moving on I think it is entirely appropriate to quickly thank my mother for both of them. We Agony Aunts judge our success not by the number of postmen we cripple but by the number of souls we bring relief from suffering. Back by popular demand, well, by demand at least, I shall continue to strive to bring joy to anyone who isn't a teacher.

NHS Waiting Lists

Dear Dr Martyn,

Having suffered from a minor leg ailment for some five weeks I decided it was time to visit my local Doc. After a rigorous 20 second examination it was decided that I needed to give up running or have an operation. Not wanting to retire from the fell running scene just yet I pursued the operation option. "Take this tablet and check back with me in three months as the minimum waiting time is 3 months", I was advised. Three months passed and you can imagine my surprise when on checking the latest Government waiting list for my ailment I didn't see my name. After a frantic phone call to my Doc demanding an explanation it transpires that the tablet I had taken was in fact a pre-med and I was now officially classed as "Work in Progress" and as such I would be on a different list. A useful euphemism "Work in Progress", as it usually means no work has been done and no progress has been made either. I am alone in thinking this is just "spin doctoring" of lists?

Name and address supplied

Dear Name and address supplied,

To have a surname of "supplied" is strange but then to have your parents call you "name and address" must be a real bummer. I personally think Tony has done a super job in improving the Health Service and we should all just be a little bit more grateful.

Running on the edge

Dear Dr Martyn,

Seeing a recent lecture on running advertised as "Running on the Edge" I thought it might be linked to Fell Running and as such worth a visit. After five minutes I knew I had slightly misjudged the content as running on the edge turned out to be a session once a week in non-matching vest and shorts. However, having already paid for my ticket I decided to stick it out. The essence of the lecture was the need to have a full and balanced training plan. He demonstrated by using a bucket and filling it with large stones. "These large stones," he said, "represent the fundamentals of your training week - your steady runs - your miles - and as you can see my bucket is already full." Everyone agreed and nodded

knowingly." But is it really full?" he asked and then proceeded to pour in some small pebbles that filled the spaces in his bucket around the large stones. "These," he said, "are your quality sessions - your hill reps - your speedwork sessions - you thought your week was full but these sessions complete your week and really fill your programme." Again everyone nodded wisely and scribbled notes. But once more he asked, "Is your programme really full?" and he then proceeded to pour sand into the bucket, thereby completely filling the last gaps between the rocks and pebbles in the bucket. "This sand," he said, is the full preparation - it is your race strategy - your sleep plan - your mental training - these things truly fill your plan," he concluded. "This full bucket represents the complete training programme." After the applause had died down a little lad I had seen running for P & B strolled down to the front and asked if he could borrow the lecturer's bucket. The crowd hushed as he proceeded to pour his pint into the full bucket. "The moral of my action is," he said, "no matter how full your training schedule is - there's always room for beer".

Ian Awe

Dear Ian,

Never a truer word has been said.

No pins needed

Dear Dr Martyn,

I write on a current topical issue - namely safety pins. Having only just recovered from a recent safety pin injury sustained pre-race I wonder if you could advise how best to avoid pin injuries.

Rick Pin

Dear Rick,

As luck would have it I am currently testing an entirely new system based on triangular shaped numbers and body piercing. The idea is to have the nipples and belly button pierced with those small pin devices that you get on the back of those little charity badges you buy in the exit to B&Q. You then simply fix the new triangular number utilising the pin device - secure and re-useable. My survey work to date has revealed that 99% of male runners can be covered by a three size range of isosceles triangle numbers (innies and outies alike). However, my survey work on female runners has proved less conclusive - resulting in several slaps and a requirement for a virtually infinite number of geometric shaped numbers depending on the angle of descent etc. The solution may lie in the use of stretchable material triangular numbers, although currently this makes the costs prohibitive.

Normal parents

Dear Dr Martyn,

I write to seek your advice on what is becoming an increasing problem for me. My sister and I both suffer from the relatively rare problem of "fell running parents syndrome". To date I have been able to control the problem and have kept it hidden from friends at school but it is becoming increasingly difficult. For years I have blamed my constant virtual pneumonia brought on by standing at the bottom of some god-forsaken hill in the middle nowhere on poor central heating at home, but friends are beginning to notice. I just couldn't bear it to be the object of ridicule at school - like poor old Peter Smith who suffers from "trendy dad syndrome." I thought the kids were on to me but I have been bought some time by Buffy Jones's parents' relapse from their treatment for "tasteless parents syndrome". Her new little brother - poor little Will Gareth Darius Jones - his life is going to be hell when he grows up. I appeal to you and your readers for help.

Kenny Keith Mark Ian Gavin Smith

Dear Kenny Keith Mark Ian Gavin,

On this occasion I am sorry that I am unable to offer a great deal of help but at the moment a full cure is beyond the scope of current medical knowledge. Some parents have become cured via injury but this is rare. I can give you a web-site address for CAFRPs (Children Against Fell Running Parents), this is a pressure group formed to highlight the cause of children such as you. I know it is too late for you but they are lobbying MPs to get a private member's bill raised to ban fell runners from having children, or at least have a "middle way" - where they are allowed children but only under license and with strict regulation.

Race Prize Categories

Dear Dr Martyn,

I have often wondered why prize categories at races are based purely on sex and age. I would like to advocate an entirely new system based on weight and inside leg measurement. The excess of one and dearth of the other is clearly a hindrance to prime athletic performance. As a 12 stone 29 inch how can I possibly compete with a 10 stone 33 inch? Am I alone in seeing the unfairness of the current system?

Berny Falls

Dear Berny,

I am all for anything that offers me a remote chance of getting a prize.

Running whilst injured

Dear Dr Martyn,

I write to express my concern about a growing trend in the magazine - namely that of lily-livered, softy, lefty advice on running whilst injured. The minute anyone has a slight niggles of any description it's down to the Doctor's and off running for a fortnight. How I long for the days of doing a race whilst the pot on my leg was still wet. No wonder we don't win medals at the Olympics any more. Runners of today are just a big bunch of Jessies.

Jed Steel - Rock Hard Northern Fell Runner

Dear Jed,

Alas dear Jed I fear you are only too right. Probably about as far right as you can get.

Over Training

Dear Dr Martyn,

After an exceptionally successful winter's training I was looking forward to a good season. Alas it was not to be. Having trained like mad on a clockwise circuit round the hills out the back of the farm I discovered I had developed legus dissimiliarus - an overdevelopment of the outside leg brought on by sustained clockwise running on contours. Due to this abnormal development I am now virtually incapable of running in a straight line unless on a severe clockwise contour. I tried to remedy it by running anti-clockwise round my route but I just kept falling over as soon as the gradient steepened. What can I do?

Bradley List

Dear Bradley,

Help is at hand. I know that a major treadmill manufacturer is very close to releasing a purpose built fell running treadmill. It will have a double tilt mechanism, that will both incline and list. A suitable programme of gradual training on this should enable you to make a full recovery in due course. Additionally you may be interested to know that it comes complete with a turfed running bed and optional drench function.

As a hatter

Dear Dr Martyn,

I have recently taken to wearing cling film shorts for training in. Do you think there is anything wrong with me?

Worried of Barnsley

Dear Worried,

I can clearly see you're nuts.

RASS VALLEY KEEIN EOIN
Isle of Man
AS/3m/900ft 01.01.02

The Rass Valley Keein Eoin, or St John's Race, was the first race to be held on the Isle of Man for ten months due to the restrictions on the Manx countryside that were imposed to prevent any chance of Foot and Mouth spreading to the island.

A near record field set off from the local football club to do battle over the three mile course that goes to the summit of Slieauwhallian and back, including a testing 900ft of ascent.

Former Stockport Harrier, Tony Okell, had been in top form all winter winning the Hill Series that is held between October and November on short courses based mainly in Forestry Board Plantations. The veteran runner, who plans to compete in the English and British championships this year, did score an unexpected win but he was pushed all the way by Richard Jamieson, who also includes the British championships amongst his targets for 2002.

The race has become a classic in the Manx sporting year. New Year's Day had proven to be very popular with competitors and spectators alike with many roadies happy to race on this course as it is not too demanding. The atmosphere gets better every year with spectators lining the course in places, especially the water splash at Mullen y Cloie.

Richie Stevenson

1. T. Okell	ManxH	24.10
2. R. Jamieson	ManxFR	24.37
3. P. Clarke	ManxH	24.55
4. M. Preston	ManxH	26.05
5. D. Young	ManxFR	26.45
6. S. Skillicorn	Unatt	26.49
7. K. Callister	ManxH	28.00
8. D. Corrin	ManxH	28.09
9. R. Stevenson	ManxFR	28.20
10. J. Crellin	ManxH	28.27

VETERANS O/40

1. (1) T. Okell	ManxH	24.10
2. (7) K. Callister	ManxH	28.00
3. (9) R. Stevenson	ManxFR	28.20

VETERANS O/50

1. (5) D. Young	ManxFR	26.45
2. (8) D. Corrin	ManxH	28.09
3. (11) R. Moughtin	Western	28.41

VETERANS O/60

1. I. Chrystal	ManxFR	37.17
2. B. Baxter	ManxH	52.30

LADIES

1. R. Hooton	ManxFR	30.48
2. B. Kaneen	ManxH	33.49
3. D. Watson	Unatt	35.05

JUNIORS

1. R. Fairclough	Northern	30.27
2. L. Catlow	Unatt	31.09
3. P. Kennaugh	ManxH	31.14

LLANGYNHAFAL LOOP
Denbighshire
AS/4.5m/1500ft 12.01.02

No snow, no ice, no rain, some wind, blue sky and lots of sun for the Llangynhafal race - near perfect conditions.

It was good to see a strong ladies' entry led home by Tracy Ambler, who finished in 8th overall and took seven minutes off the ladies' record.

James McQueen made it two out of three Llangynhafal wins - just ten seconds outside his course record, two minutes clear of Mark Fleming, who took the Veteran O/40 prize, with the ever improving Dylan Jones in third place.

Deja vu for Don Williams, Veteran O/50, and Peter Norman, Veteran O/60, with three out of three category wins respectively.

I am indebted to the Golden Lion Inn and all the marshals and officials, without whom the race could not have taken place. Thanks to Running Bear; G E Tools, Rhyd; Prestatyn Running Club and all who once again donated prizes. Last but not least, thanks to all the runners for supporting the race, which raised £200 for St Kentigern's Hospital, Llanellwy.

Brian Evans

1. J. McQueen	Eryri	36.50
2. M. Fleming	Amble	38.57
3. D. Jones	Eryri	39.56
4. I. Houston	Wrex	40.04
5. A. Duncan	Bowland	42.02
6. D. Williams	Eryri	42.05
7. S. Hammond	Tatten	42.24
8. T. Ambler	Ilk	42.32
9. J. Hope	AchR	42.40
10. R. Map	Ludlow	42.54

VETERANS O/40

1. (2) M. Fleming	Amble	38.57
2. (7) S. Hammond	Tatten	42.24
3. (10) R. Map	Ludlow	42.54

VETERANS O/50

1. (6) D. Williams	Eryri	42.05
2. (9) J. Hope	AchR	42.40
3. (21) V. Stridimas	Bowland	46.29

VETERANS O/60

1. (40) P. Norman	Wrexham	50.26
2. (62) J. Dearden	Helsby	54.07
3. (6) D. Parsons	Wrex	55.49

LADIES

1. (8) T. Ambler	Ilk	42.32
2. (19) C. Greasley O/40	Macc	45.47
3. (29) S. Hammond	Tatt	48.36
4. (37) V. Musgrove O/40	Eryri	49.41
5. J. Phelan	Unatt	50.32

BOX HILL FELL RACE
Surrey

BM/7.5m/1800ft 10.01.02

The front end saw a real set to between ten times' winner, Chris Beecham, and his conqueror in last year's Surrey Hills 10, Andy Weir. At the top of the first hill, they already had a big lead. Chris then showed his skill and determination to win on "his patch" by drawing clear on each descent and although Andy got something back on each climb, it was never enough and Chris won with something to spare.

Regular prize-winners, Kenny Leitch and Kevin Harding, moved up three places from last year. Kevin also took the first Veteran's prize for the third time from his team-mate, Rick Ansell, and the Army's Nick Bateson. The first super veteran was the most travelled entrant, John Blair-Fish from Edinburgh.

The ladies' race was really close as regular entrant, Yvonne Hill, pipped new-comer Marguerite Lazell. However, they should both have been upstaged by Phyllis Flynn, who had a big lead until the notorious right turn a mile from the end (I do put a big sign there now - it should be obvious!) when she, and several men, went straight on via the viewpoint, the stepping stones and the A24, and was still the third lady to arrive at the finish. Gillian Langley was pleasantly surprised to discover she was the first lady veteran.

Thank you to all the usual supporters including the National Trust for permission to run on the hills, all those at Friends Provident for use of the car park and building and, of course, the loyal band of regular helpers.

Andy Robinson

1. C. Beecham	Highgate	51.12
2. A. Weir	ThamesHH	51.30
3. K. Leitch	Worthing	53.08
4. K. Harding	Tring	53.14

5. D. Symons	ThamesHH	53.34
6. T. Byrne	Indep	54.14
7. N. Bunn	TVOC	54.50
8. H. Dodwell	Highgate	55.13
9. M. Lynas	ThamesHH	55.33
10. H. Grubb	NottsUni	55.48

VETERANS O/40

1. (4) K. Harding	Tring	53.14
2. (12) R. Ansell	Tring	56.48
3. (13) N. Bateson	BAAOC	56.55

VETERANS O/50

1. (24) J. Blair-Fish	Carn	59.47
2. (35) G. Newton	Tadw	62.04
3. (44) P. Oates	Croydon	63.11

VETERANS O/60

1. (147) A. Waring	Dorking	78.24
2. (152) B. Graves	MiltK	82.19
3. (163) D. Devey	Covej	84.17

VETERANS O/70

1. (172) P. White	ReadingJ	89.34
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LADIES

1. (85) Y. Hill	SLH	69.05
2. (88) M. Lazell	TriLndn	69.12
3. (119) P. Flynn	Indep	73.32
4. (134) K. McDonald	YH&I	76.06
5. (144) H. Imeson	Tadw	77.59

188 finishers

ASHURST BEACON RACE
Lancashire
CS/5.9m/950ft 19.01.02

Thanks to all who helped with the organization, especially Brian Kennedy and Mick Roughneen and all those from Newburgh Nomads. Thanks also to the landlord, Alan Williams and Burtonwood Brewery for their support. Sorry I couldn't be there in person for the second year running - this time due to back injury that may require surgery (again).

Congratulations to Rob Hope on his convincing victory over fellow newcomer, Jason Hodgson, and a much improved and thinner, Brendan Bolland. Rob was three seconds up on last year's time from Neil Wilkinson and just one second outside Mark Croasdale's record, which has now stood since the inaugural race in 1995.

Thank you to all who turned up in spite of the mud and wind.

Andy Quickfall

1. R. Hope	P&B	35.10
2. J. Hodgson	Horw	36.18
3. B. Bolland	Horw	37.30
4. J. Hunt	CFR	37.45
5. L. Passco	Clay	37.59
6. C. Rigby	Horw	38.01
7. M. Laithwaite	WiganP	38.02
8. A. Smith	Spectrum	38.06
9. S. Barlow	Horw	38.42
10. M. Hammer	B'burn	38.42

VETERANS O/40

1. (8) S. Barlow	Horw	38.42
2. (15) S. Jackson	Horw	39.29
3. (17) R. Haworth	Middle	39.50

VETERANS O/50

1. (13) K. Moss	NthnV	39.01
2. (24) P. Weatherhead	Wirral	41.13
3. (38) T. Hesketh	Horw	42.47

VETERANS O/60

1. (125) M. McDonald	FRA	54.02
2. (127) H. Johnson	Newburgh	54.49
3. (137) H. Butchard	Unatt	56.50

LADIES

1. (39) L. Heyes	Salf	42.48
2. (64) G. Bacon	WiganP	46.00
3. (90) S. Budgett	M/cYMCA	48.58
4. (94) J. Robertson	Spectrum	49.30
5. (112) J. Haworth	Middle	51.56

171 finishers

**KEITH MUNTON MEMORIAL
BOULSWORTH HILL FELL RACE
Lancashire**

BM/6.5m/1200ft 19.01.02

A heavy hail shower one hour before the start did not bode well for the 188 entrants at this year's Boulsworth Race. Fortunately, this soon blew over and the race took place in cold, clear and windy conditions.



George Erhardt trying not to walk on water at Boulsworth
(Photo Steve Bateson)

Sustained rain during the week prior to the race ensured very heavy conditions on the top of the fell. The records were never under threat, Ian Holmes' winning time being over three minutes outside his own course record.

Next year's race may be brought forward a week – check the 2003 calendar for details.

Duncan Thompson

1. I. Holmes	Bing	48.52
2. G. Ehrhart	Tod	49.56
3. S. Livesey	Clay	50.44
4. S. Oldfield	BfdA	51.11
5. G. Devine	P&B	51.42
6. S. Bottomley	P&B	52.32
7. G. Oldfield	P&B	52.41
8. J. Hemsley	P&B	52.49
9. A. Orr	Clay	53.55
10. A. Black	Clay	53.58

VETERANS O/40

1. (4) S. Oldfield	BfdA	51.11
2. (11) G. Schofield	Horw	54.03
3. (13) I. Greenwood	Clay	54.32

VETERANS O/50

1. (26) K. Taylor	Ross	57.06
2. (30) M. Walsh	Kend	57.43
3. (31) D. Tait	DkPk	58.06

VETERANS O/60

1. (109) T. Cook	Holm	68.28
2. (121) R. Jaques	Clay	69.48
3. (148) R. Orr	Clay	73.22

LADIES

1. (45) H. Johnson	Bing	60.01
2. (53) P. Munro	Bing	61.38
3. (56) T. Slone	Salf	61.57
4. (90) L. Lacon	Holm	66.20
5. (97) A. Kelly	Clay	67.10

187 finishers

**STIPERSTONES 2 FELL RACE
Shropshire**

BS/5.6m/1200ft 20.01.02

The Stiperstones 2 Fell Race saw Shropshire Fell Running 2002 off to a flying start, runners in all categories including M70 set off into the teeth of a gale up to the Stiperstones to face the driving rain, knee high mud and Marshall's bravely clinging to gates!! An excellent race considering the conditions, but not surprisingly records remained intact.

Final placings showed a double coup for Mercia Fell Runners. Tim Davies came home in first place with Gill Harris taking 1st Lady producing a fine PB.

Colin Lancaster was first male over 40, with Mike Blake and Kathleen Preston taking the Male and Female over 50's positions, whilst Barrie Nicholas was 1st Male over 60.

The M70 Class produced a real treat, after 70+ years there was just 15 seconds between them and no lack of competitive edge, what an inspiration!

Especial thanks to the landowners and to all our soggy marshals.

Keith & Pauline Richards

1. T. Davies	Mercia	42.45
2. B. Bolland	Horw	44.02
3. C. Lancaster	Ludlow	45.40
4. R.Lamb	Mercia	45.57
5. M. Clewes	Mercia	46.21
6. T. Higginbottom	Wrex	46.54
7. A. Davies	Mercia	47.07
8. A. Smith	Telf	48.38
9. W. Percival	Amble	48.47
10. P. Cadman	Mercia	49.26

VETERANS O/40

1. (3) C. Lancaster	Ludlow	45.40
2. (5) M. Clewes	Mercia	46.21
3. (8) A. Smith	Telf	48.38

VETERANS O/50

1. M. Blake	Eryri	54.18
2. L. Freeman	Unatt	56.14
3. D. Ormerod	MDC	57.42

VETERANS O/60

1. (1) B. Nicholas	Mercia	57.29
2. K. Matthews	Oswestry	68.30

VETERANS O/70

1. K. Westley	MidVet	95.15
2. L. Myers	DeadR	95.32

LADIES

1. G. Harris O/40	Mercia	53.28
2. V. Musgrove O/40	Eryri	54.59
3. A. Capp O/40	Telf	56.33
4. C. Mills	Kenil	60.00
5. J. Ewels	Wrex	62.16

**WHITE NANCY FELL RACE
Cheshire**

BM/6m/1200ft 26.01.02

Kerridge Hill has been the venue for several popular races over the years. However, their future is currently uncertain. This impromptu race, organised to celebrate the organiser's 50th birthday, used the steep slopes of the hill to the full. Buxton AC treated the event with due respect sending their best runners to claim first position in both the men's and ladies' races. Lloyd Taggart, in ever improving form, won with plenty to spare, while Liz Batt got quicker as the race progressed.

A substantial contingent of Macclesfield Harriers cursed profusely as they clambered up the final vicious climb to the finish at White Nancy vowing never to do it again! However, after ample refreshment at the Bull's Head, sufficient support was mustered for a re-run next year.

Martin Corturiend

1. L. Tagart	Bux	39.42
2. D. Nicholls	Macc	43.18
3. D. Gartley	Gloss	43.33
4. C. Fray	Penn	43.51
5. P. Aird	Dess	44.25
6. C. Rhodes	Macc	44.28

7. B. Blyth	Macc	44.34
8. T. Longman	Macc	44.46
9. J. Brown	Macc	45.08
10. M. Beecher	Bux	45.21

VETERANS O/40

1. (3) D. Gartley	Gloss	43.33
2. (4) C. Fray	Penn	43.51
3. (5) P. Aird	Dees	44.25

VETERANS O/50

1. (7) B. Blyth	Macc	44.34
2. (8) T. Longman	Macc	44.46
3. (16) L. Freeman	Kend	48.09

LADIES

1. (14) L. Batt	Bux	47.13
2. (22) M. Calvert	Macc	49.35
3. (32) S. Caile	Macc	57.35
4. (34) K. Turner O/40	Unatt	59.37
5. (36) C. Fordham	StaffsM	62.25

**19th SOREEN STANBURY SPLASH
FELL RACE
West Yorkshire**

BM/7m/1200ft 27.01.02

Ian Holmes won the 19th Soreen Stanbury Splash for an incredible 8th consecutive time last Sunday, leaving the other 237 athletes well behind on a warm but cloudy day. 36 year old Holmes is the British and English fell running champion, and is showing excellent form after finishing 16th in the Northern Cross Country championships on the previous day. This enabled Bingley Harriers to take team gold medals, yet again their 9th victory in 12 years with Ian collecting 5 medals.

"I was slightly stiff, and I had intended to sit in until the Stanbury moor trig point, but got bored and decided to make it a race, and see who was up to racing. After Shaun Livesey upped the tempo on the track, it was Phil Sheard and Robert Hope who came to the fore in and out of Sladen Beck. But onto the fell proper, Sheard quickly dropped. Over Ponden Beck and the steep Kirk climb I wasn't worried that Rob caught me, as I was confident once near the trig summit I could move away" said Ian.

Rob Hope, 8 years younger and the last athlete to beat Ian over the Bronte moors in recent times, last years Stoop event, was very disappointed. Having won Whinberry Naze Dash (new record), Wansfell, Ashurst Beacon and of course the remarkable Stoop victory Robert commented "I worked really hard to catch him, but 50 yards from the summit trig, he just put his foot down and that was it, game over, so to speak. Although I did still chase him hard, I



Brett Weeden climbing hard at Stanbury
(Photo David Brett)



"Meet the Sponsor" - first three home at Stanbury
(Photo Woodhead)

do hate long slight downhills, not my forte, steeper the better".

5 times English and twice British over 40's fell champion Dave Neill finished 3rd for the second year, but found rival O/40 Steve Oldfield harder to handle this year. "At times he was getting away, and a few times I wasn't sure I could stay with him.

Steve is such a great competitor, and always runs so hard". It was over the fast return that Neill used his better speed to good effect, that has also seen him win British Cross Country titles at O/40 in 1999, and is in fact the current O/45 champion.

Leeds solicitor, Pauline Munro, 33, retained the Soreen ladies oil painting perpetual trophy for the 2nd year. Trish Sloan took 2nd, having set off 37 seconds behind the whole field, after arriving late, and duly passed 162 runners. Trish has not competitively run for two years until last weekend's Boulsworth Hill and the Soreen race. The reason is that after the 1999 World Trophy in Malaysia she fractured a metatarsal bone in her right foot, which was sickening after placing 25th in the Worlds, her best result to date. Foot injuries have plagued her success having had other stress fractures in the past.

The ladies were the only ones to set new records with Jean Rawlinson, an over 50's in 65-01, and 62 year old Brenda Brady an over 60's.

This race is affectionately known as the maltloaf run, and on the start line the runners voiced their appreciation to Stephanie Sammut, the representative from Warburton Soreen who sent them on their way. The Splash in the race title is apt because 4 streams are negotiated as the 7 mile race tackles 1200ft of climbing over the scenic Haworth moors.

The first under 14 girl was Jade Hartley, who was nine seconds ahead of under 12 girl Alex Chew, before Rachel Cooper and Kara Shuttleworth both under 12s. While in the under 9s James Cooper headed the sprint between David Wallis and Scott Bairstow. Florence Haines won the under 9 girls, with regular Faith Biddle, second and Lucy Ferguson third, who swapped ballet shoes for fell shoes for the day. Thanks to Warburton Soreen for making the event an excellent Maltloaf race!

Dave Woodhead

1. I. Holmes	Bing	44.58
2. R. Hope	P&B	45.54
3. D. Neill	StaffsM	47.56
4. P. Sheard	P&B	48.32
5. S. Oldfield	BfdA	48.43
6. G. Devine	P&B	49.18
7. S. Sweeney	Bowland	49.35
8. S. Livesey	Clay	49.47
9. G. Oldfield	P&B	50.01
10. S. Bottomley	P&B	50.17

VETERANS O/40

1. (3) D. Neill	StaffsM	47.56
2. (5) S. Oldfield	BfdA	48.43
3. (12) B. Roberts	Mand	50.36

VETERANS O/50

1. (25) M. Walsh	Kend	51.50
2. (30) T. Hesketh	Horw	52.17
3. (33) K. Taylor	Ross	53.09

VETERANS O/60

1. (104) T. Cock	Holm	62.41
2. (118) R. Jaques	Clay	64.08
3. (122) T. McDonald	Bing	64.27

LADIES

1. (59) P. Munro	Bing	57.30
2. (74) T. Sloan O/35	Salf	58.48
3. (96) A. Rees O/40	Tod	61.00
4. (105) K. White	Quak	62.46
5. (115) J. Wilson	Hallam	63.41

JUNIORS - QUARRY RUNS

1. P. Haworth U/14	Middle	5.46
2. D. Gallagher U/14	Unatt	6.10
3. E. Dawson U/12	Bing	6.11
4. R. Shuttleworth U/12	Prest	6.30
5. J. Hartley Girl U/14	Pend	6.34
6. A. Bray U/14	Bing	6.40
7. A. Chew Girl U/12	Pend	6.43
8. B. Page U/12	Unatt	6.45
9. H. Haines U/14	Wharfe	6.48
10. J. Dugdale U/12	Pend	6.51

RAAS GHREEBA

Isle of Man

AM/9m/2500ft 02.02.02

Conditions were reasonably good for this year's Raas Ghreeba, or Ghreeba, fell race.

Red hot favourite, Tony Okell, duly scored a resounding win as he continues to build for his assault on Easter's Mountain Marathon and the British Championships.

The battle for second was a lot closer as Richard Jamieson, Ian Gale and Paul Clarke fought it out over the resting course that includes two very steep climbs, the first right at the start which ascends to Greeba summit and then after four miles the tortuous climb to the Creg. It was on this second climb that Jamieson opened a small gap and he had to work very hard to hold for the remainder of the race. Postman Gale eventually took third by just ten seconds from workmate, Clarke.

Richie Stevenson

1. T. Okell	ManxH	1.14.45
2. R. Jamieson	ManxFR	1.20.34
3. I. Gale	ManxFR	1.21.42
4. P. Clarke	ManxH	1.21.52
5. D. Young	ManxFR	1.25.30
6. I. Ronan	ManxFR	1.26.22
7. R. Stevenson	ManxFR	1.29.34
8. R. Webb	ManxH	1.29.56
9. D. Corrin	ManxH	1.30.16
10. W. Smith	Unatt	1.32.41

VETERANS O/40

1. (1) T. Okell	ManxH	1.14.45
2. (6) I. Ronan	ManxFR	1.26.22
3. (7) R. Stevenson	ManxFR	1.29.34

VETERANS O/50

1. (5) D. Young	ManxFR	1.25.30
2. (8) R. Webb	ManxH	1.29.56
3. (9) D. Corrin	ManxH	1.30.16

LADIES

1. R. Hooton	ManxFR	1.43.15
2. D. Watson	Unatt	1.49.23

OGDEN MOORS FELL RACE

West Yorkshire

CM/6m/700ft 02.02.02

This year's Ogden Moors race was held in some of the worst weather conditions in the race's eleven year history. A field of one hundred and forty nine took to the windswept moors and fought their way through the quagmire, the latter half of the finishers getting a thorough soaking. The gales were so strong

that the wind turbines of Ovenden windfarm had to be turned off. However the winner of the women's race, Helen Johnson, was equal to the challenge, storming round in a new record time, breaking Ruth Pickvance's two year old mark of 42-21 by fifteen seconds.

I consider this to be a magnificent performance in those testing conditions, especially when I realise that Helen ran the course quicker than past winners, former World fell champion, Carol Greenwood, and Olympic marathon runner, Sarah Rowell.

Steve Oldfield won the men's race for the second time after his victory in the year 2000. This time he beat 1998 winner, Tim Werrett, who runs under the colour of Mercia fellrunners and keeps on making the long journey North to run this race. Third place went to Nick Leigh, as Brendan Bolland out gunned his clubmate, Graham Schofield, for fourth. As Steve had won the race, Graham was awarded the veterans prize.

Pudsey and Bramley won the men's team prize led by Jason Hemsley who ran out of his skin for sixth after taking coaching advice over the winter from Dennis Quinlan. Jason had support from eighth placed Shane Green and Gary Oldfield in 10th.

Many thanks to all the marshals and helpers, Linda and Jean on registration and Craig on stopwatch, and the magnificent HALIFAX HARRIERS Sweep team who got all the flags in and saved me hours on Sunday. Special thanks to Bill Smith who came all the way from Liverpool by public transport and got a soaking for his trouble. Cheers Bill, I know you had a great day out.

Lastly to all the runners who make all the organisation worthwhile.

Allan Greenwood

1. S. Oldfield	BfdA	36.35
2. T. Werrett	Mercia	36.57
3. N. Leigh	Altr	37.09
4. B. Bolland	Horw	37.23
5. G. Schofield	Horw	37.27
6. J. Hemsley	P&B	37.56
7. N. Eccles	Altr	38.04
8. S. Green	P&B	38.05
9. S. Clawson	Ross	38.10
10. G. Oldfield	P&B	38.16

VETERANS O/40

1. (1) S. Oldfield	BfdA	36.35
2. (5) G. Schofield	Horw	37.27
3. (19) P. Butterworth	Clay	40.22

VETERANS O/50

1. (23) T. Hesketh	Horw	40.37
2. (43) F. Reilly	Stock	43.24
3. (50) A. Judd	FellanD	44.29

VETERANS O/60

1. (87) I. Noot	EPenn	48.54
2. (89) R. Jaques	Clay	49.14
3. (121) M. McDonald	NthnV	54.18

LADIES

1. (36) H. Johnson O/35	Bing	42.06
2. (41) S. Taylor	Bing	43.07
3. (65) K. Bailey	Bing	46.52
4. (73) L. Lacon	Holm	47.47
5. (77) J. Seymour	Hallam	47.58

140 finishers

TIGGER TOR FELL RACE

Derbyshire

BM/9.5m/1700ft 10.02.02

Yet another superb turnout for this year's race, run from Sheffield Tigers' Rugby Union Football Club. Its popularity never seems to cease. This was the 17th Tigger Tor race and the first in the Totley Tigers' series.

The old bath and wooden hut seem a long distant thought now with runners enjoying the new changing facilities and comfort of the new bar/lounge. Friends and families are sure to get a warm welcome when they visit.

After last year's driving rain, sleet and freezing temperatures, it was a delight to have a bright, dry

morning, especially as we had just had a very wet week!

The biggest obstacle was a lap of a very wet muddy field to start the race but it had to be to make everyone feel at home!!! This proved to be ideal as it spread the runners out before the sprint up the road, over the water jump and onto the field crossing to the Fell Gate.

It was great to see such a lot of young runners, the first fifteen were all senior with forever young, Dave Tait, finishing in 16th position. He took away the first veteran's prize in an excellent time of 1.16.03.

At the prize giving Pennine FR were awarded the team prize but, in fact, the Stockport team were missed for some reason and did finish first with 34 points. My apologies go to this team for not giving them their glory on the day!!

Finally, my grateful thanks go out to all the helpers, supporters and runners who turned up to make this event so successful. It was a very enjoyable day.

Don Longley

1. S. Penney	Chest'fld	1.10.22
2. G. Cudahay	Stockport	1.10.24
3. L. Banton	Clowne	1.10.29
4. D. Dunn	Pennine	1.10.43
5. P. Winskill	Pennine	1.10.51
6. M. Crosby	Altr	1.11.29
7. P. Deaville	P&B	1.11.48
8. S. Green	P&B	1.12.36
9. N. Bassett	StaffsM	1.12.44
10. C. Leigh	Traff	1.12.50

VETERANS O/40

1. (19) G. Morson	Bux	1.16.17
2. (21) J. Bell	DenbyD	1.16.24
3. (23) K. Parker	Unatt	1.17.08

VETERANS O/50

1. (16) D. Tait	DkPk	1.16.03
2. (25) L. Best	Stock	1.17.18
3. (26) R. Taylor	Pennine	1.17.23

VETERANS O/60

1. (209) R. Mason	Totley	1.38.49
2. (249) B. Thackery	DkPk	1.46.56
3. (259) T. Platts	Clowne	1.49.02

LADIES

1. (61) C. Howard	DkPk	1.22.44
2. (83) C. Patton	Hallam	1.25.20
3. (94) W. Barnes	Barns	1.27.15
4. (100) T. Woodford	HolmePP	1.27.52
5. (101) J. Mellor O/35	Pennine	1.28.00

284 finishers

NINE STANDARDS FELL RACE

Cumbria

BM/8m/1800ft 10.02.02

Postponed from New Year's Day, the race started in dry and clear conditions and most runners were on the way down before the weather deteriorated. By Nine Standards, Dave Troman had gained a 100 metre advantage over local runner, Peter Brittleton, and descended well to win the race in a good time.

Nine Standards is a mixture of road, fell, track and open fell and is an excellent way to start the New Year. Next year's race will return to 1 January 2003. Hope to see you there.

Many thanks to all marshals and local helpers, K S Sports and Social Club, K S Mountain Rescue and race sponsor, Tony's Sports of Appleby.

John Tunstall

1. D. Troman	Kesw	57.27
2. P. Brittleton	Howgill	59.05
3. M. Walsh	Kend	60.47
4. R. Unwin	Kesw	61.50
5. S. Moffat	Howgill	61.54
6. S. Freeman	Amble	62.17
7. L. Mannion	Unatt	62.42
8. C. Davis	Bowland	63.08
9. G. Thomas	Kend	63.40
10. A. Miller	Kend	65.00

VETERANS O/40

1. (4) R. Unwin	Kesw	61.50
2. (5) S. Moffat	Howgill	61.54
3. (10) A. Miller	Kend	65.00

VETERANS O/50

1. (3) M. Walsh	Kend	60.47
2. (14) P. Rogan	Wharfe	66.49
3. (17) M. Moss	Howgill	68.12

VETERANS O/60

1. H. Catlow	CFR	88.14
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LADIES

1. (19) H. Krynen	Kesw	68.29
2. J. Meeks	Kesw	74.29
3. L. Cowell	Kesw	76.38

BLAKE'S HEAVEN

Cumbria

AS/4m/1700ft 16.02.02

This new course is a shortened version of the old 'Blake'. It was the first race in Cumberland Fell Runners 12 race series and saw a field of 87 battle it out over the far, western Cumbrian fells. The previous year the series had been decimated by the Foot and Mouth outbreak so this race was to be packed with local runners. Even so, Simon Booth came over to try his luck. As it was Alan Bowness won by over a minute and Simon had his work cut out to beat locals Martin Amor and George Crayston.

The ladies' race was easily won by Jackie Hargreaves who is, hopefully, making a return to the fells.

Veterans were well up in the field but the 'young' Gary Byers at 40, had to follow the ageing Harry Jarrett, 49, and Jackie Winn, 50, to the finish line. The very old veterans' category was won by local farmer, Joe Richardson, and the very, very old veterans by Harry Catlow, who will be 70 by the time you read this.

A great big 'thank you' to local land owners for allowing us use of their land. This race will now find a permanent place in the calendar.

Rob James

1. A. Bowness	CFR	31.57
2. S. Booth	Borr	33.09
3. M. Amor	CFR	33.26
4. G. Crayston	CFR	33.28
5. D. Hope	P&B	35.45
6. B. Taylor	CFR	36.24
7. P. Pollitt	CFR	36.34
8. K. Denwood	CFR	36.51
9. J. Archbold	CFR	37.15
10. H. Jarrett	CFR	37.35

VETERANS O/40

1. (10) H. Jarrett	CFR	37.35
2. (12) G. Byers	CFR	37.43
3. (13) R. Harrison	CFR	38.16

VETERANS O/50

1. (11) J. Winn	CFR	37.38
2. (20) D. Spedding	Kesw	38.47
3. (24) J. Hope	AchR	39.37

VETERANS O/60

1. (47) J. Richardson	CFR	45.12
2. (52) B. Booth	Keswick	46.12
3. (53) R. Baird	Unatt	47.12

LADIES

1. (25) J. Hargreaves O/35	CFR	39.53
2. (50) D. Thompson O/45	Kesw	46.01
3. (57) D. Kitchen O/40	Ilk	48.36

87 finishers

TITTERSTONE CLEE RACE

Shropshire

AS/2.5m/750ft 16.02.02

At 10.00 a.m. on Saturday, the whole of Titterstone Clee was clear but by 10.45 a.m. a blanket of fog covered the lower slopes with the summit remaining clear and in bright sunshine. The unusual weather made for a more interesting race with a variety of routes being taken up and down and the final positions were very different from those at the summit.

Tim Werrett made up eight seconds on the descent to overhaul Joe Blackett, who slipped to third position, not having done the race before, being

also passed by Andrew Yapp, who made up over thirty seconds on the descent.

Victoria Musgrove won the ladies' event and then dashed over to Oswestry for a cross-country race in the afternoon before returning the next day to do the Long Mynd race!!

Thanks to Don Thompson who helped with the first Titterstone Clee race in 1983 and once again obtained permission for the race and took the numbers at the summit with his wife.

Mike Day

1. T. Werrett	Mercia	20.46
2. A. Yapp	Mercia	20.47
3. J. Blackett	Mand	20.48
4. W. Kenny	Mercia	21.06
5. R. Mapp	Ludlow	22.13
6. A. Carruthers	Hales	22.13
7. P. Cadman	Mercia	22.59
8. R. Kearns	Cambr	23.01
9. W. Percival	Amble	23.04
10. C. Taylor	Mercia	23.05

VETERANS O/40

1. (5) R. Mapp	Ludlow	22.13
2. (6) A. Carruthers	Hales	22.46
3. (8) R. Kearns	Cambr	23.01

VETERANS O/50

1. (16) G. Whitmarsh	CroftA	23.34
2. (18) B. Dredge	Mercia	23.42
3. (24) M. Blake	Eryri	24.22

VETERANS O/60

1. (79) B. Markham	CroftA	40.54
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VETERANS O/70

1. (84) K. Westley	WBrom	51.50
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LADIES

1. (38) V. Musgrove O/40	Eryri	26.03
2. (42) T. Apps	SpringStr	26.22
3. (46) A. Cook O/40	Heref	27.01
4. (57) D. Harris	SpringStr	28.06
5. (63) A. Lewis	Telf	29.26

85 finishers

WADSWORTH HALF TROG

West Yorkshire

BM/9m/1500ft 16.02.02

The first Wadsworth Half Trog was a popular and extremely successful event. Run alongside the 12th annual 20 miles Full Wadsworth Trog, the nine miler visits the first three and last three checkpoints on the Southern loop, returning to Old Town from the observatory at Cock Hill via High Brown Knoll and Sheepstones Edge and Nutclough Bridge. It is hoped that this race will provide a good introduction to Trog country for runners who may then want to progress to the longer route in later years.

The well recced course was shrouded in thick mist on race day, resulting in some very interesting choices of route in both events. Race winner James Wadsworth (well he had to with a name like that!?) led a group towards the penultimate check at Sheepstones, but as the marshal, Dave Hyde, observed they approached by climbing up the flagged final descent route in reverse direction, before turning and bolting off the way they'd come into the gloom again. Each man must have known that it was now simply a case of the fastest man wins as the rest of the way was well marked, and talented James was the one who set an inaugural record time of 1.23.41.

Meanwhile, Thirza Hyde held a healthy two and a half minute lead in the women's section as second placed Linda Crabtree reached the fence/stile at Cock Hill. By Sheepstones, however, Luinda had Thirza in her sight through the fog and the fiery little Scot had to succumb to the lightning descent from leggy Linda over the farmland before Nutclough Bridge.

Despite a brave fightback on the final sting-in-the-tail climb to Old Town, Linda took the verdict, Thirza therefore winning the over 40s.



Andy Orr at Wadsworth
(Photo Steve Bateson)

Thanks to everyone who helped made the race a success, Jon Underwood the Full Trog Meister, Calder Valley fell runners, friends, helpers, the Wadsworth tea ladies, RAYNET and Search and Rescue teams.

The big talking point of the day, before the race and afterwards in and around the cricket hut, were the beautifully hand crafted sculptures made by Shane Green as the Half Trog trophies. Shane has asked me to mention that he would be only too pleased to produce similar items as race prizes, trophies or as private commissions. He can be contacted on Leeds 0113 2785023

Allan Greenwood

1. J. Wadsworth	Wharfe	1.23.41
2. S. Macina	P&B	1.24.00
3. P. Targett	Clay	1.24.12
4. S. Webb	ValleyStr	1.24.14
5. D. Beels	CaldV	1.24.25
6. P. Whelan	Bing	1.24.58
7. W. Alves	Totley	1.26.01
8. M. Keegan	Unatt	1.26.28
9. J. Winder	CaldV	1.32.02
10. D. Overend	Holm	1.32.14

VETERANS O/40

1. (7) W. Alves	Totley	1.26.01
2. (10) D. Overend	Holm	1.32.14
3. (11) A. Barclay	Tod	1.39.46

VETERANS O/50

1. (5) D. Beels	CaldV	1.24.25
2. (9) J. Winder	CaldV	1.32.02
3. (21) C. Predergast	FellAle	1.47.30

VETERANS O/60

1. (51) T. Maden	PennyL	2.54.52
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LADIES

1. (25) L. Crabtree O/40	Hfx	1.47.52
2. (27) T. Hyde	CaldV	1.48.17
3. (35) S. Dyer	VallStr	2.20.25

32nd TISO CARNETHY 5 HILL RACE Midlothian AM/6m/2500ft 16.02.02

The origins of hill-running are obscure. What urges us to run up hills?! Before organised hill-races, it was often passion and fear, in the heat of the battle!! The first recorded mountain ascent in Scotland is often thought to date from 1590, when 'Mad' Colin Campbell of Glenlyon climbed Stuc 'an Lochain. But long before that, running across the hills was the only way to spread an urgent message. Michael Brander (1) has traced the history:

"In the wild and mountainous highlands, where no roads existed, and peat bogs, boulders and scree were likely to slow down or cripple even the most sure-footed

horse, by far the quickest means of communication was a man running across country.

The "Crann-tara" or fiery cross was the age-old method of raising the clansmen in time of need. It was made of two pieces of wood fastened together in the shape of a cross, traditionally with one end alight and the other end soaked in blood.

Runners were despatched to all points of the compass and as they ran they shouted the war cry of the clan and the place and time to assemble".

The clan chieftains began to arrange races amongst the clansmen to find the fastest man to carry the Crann-tara. The story of the first Braemar gathering, is also the story of the first recorded hill-race in Scotland.

Malcolm Canmore (1057-1093) held the first gathering at Braemar. The race was from Braemar to the top of Craig Choinich and back. Honour was at stake, but also a prize of a purse of gold and a fine sword.

"All the challengers set off led by the favourites, the two elder Macgregor brothers, but at the last moment the third and youngest Macgregor brother joined the back of the field. The youngest brother caught his elder brothers at the top of the hill and asked "Will ye share the prize?" "Each man for himself!" came back the reply. As they raced back down the hill he edged into second place and then dashed past his eldest brother. But as he passed, his eldest brother despairingly grabbed him by his kilt. But slipping out of his kilt, the younger brother still managed to win, if lacking his kilt!"

Perhaps that is why kilts are no longer worn in today's hill races!!

Except of course at the Carnethy 5!

But this year the English triumphed!

Rob Jebb won in fine style, with a clear lead over Robert Hope.

While Dan Whitehead flew the flag for Scotland and Aberdeen club Cosmics with a strong run to finish third. It was great to see the Davies brothers battling it out for 4th and 5th place - with Phil just getting the better of Jim - maybe the Davies family are the modern day Macgregors!!

Although this was only the 32nd race, next year will be a bit special - it will be the 700th anniversary - the race after all celebrates the Battle of Roslin in February 1303 when 10,000 Scots beat 30,000 English soldiers in the war of independence! Roslin was an important battle which took place in the shadow of the Pentland hills, and prepared the ground for the Battle of Bannockburn eleven short years later when Robert the Bruce finally wrestled the Scots crown back from the English!!

So next year watch out for a few special events.

This year, there was the skirl of the pipes at the start (my uncle Ronald - who was so cold at the end he could hardly blow into his chanter!) Next year there will be a throwback to the times of William Wallace and Robert the Bruce, and there will be the special prize of a Claymore for the first runner to complete the race in a kilt. So for all you budding "Braveheart's" now's your chance!!

See you all again in February 2003, with your kilts!!

Jamie Thin

1. R. Jebb	Bing	48.00
2. R. Hope	P&B	49.13
3. D. Whitehead	Cosmic	50.00
4. P. Davies	Borr	50.05
5. J. Davies	Borr	51.18
6. G. Devine	P&B	51.25
7. A. Schofield	Borr	51.27
8. S. Stainer	Amble	51.31
9. C. Roberts	Kend	51.39
10. G. Bartlett	Forres	51.40

VETERANS O/40

1. (12) A. Ward	Carn	52.34
2. (20) R. Gallacher	W'lands	54.11
3. (25) A. Spenceley	Carn	55.59

VETERANS O/50

1. (38) J. Holt	Clay	59.26
2. (54) J. Blair-Fish	Carn	54.60

VETERANS O/60

1. (178) J. Littlewood	Carn	70.49
2. (208) B. Gauld	Carn	73.14

LADIES

1. (22) A. Mudge	Carn	54.20
2. (37) L. Sharp	Kesw	59.06
3. (71) N. Davies O/40	Borr	61.35
4. (83) J. Tait	Carn	63.23
5. (99) L. Wilson	Carn	64.30

LONG MYND VALLEYS RACE Shropshire AM/10.5m/4500ft 17.02.02

The Long Mynd is an area of outstanding beauty, part of a range of volcanic hills in Shropshire. The race is deceptively brutal but you hear people asking at the start "How can an area of flat moorland have so much climb?" These questions multiply as the first half of the race traverses fast tracks on this "flat moorland". Then comes the sting in the tail as the race crosses a series of deep valleys that bisect the Long Mynd and gives the race its name.

Putting out the controls on the previous day was a wonderful experience with a dense sea of fog clinging to the valleys and the tops bathed in sunshine. Race day started bright but clouded over but at the least, the forecast rain held off until after the race was over.

Tim Davies had a storming run and by the 6th checkpoint on the summit of Callow, was well clear of James McQueen, last year's winner. Had he not made some navigational errors, he would have been a lot closer to the course record. After a nine year absence, Andrea Priestley made a welcome return to the race and knocked just under ten minutes off her PB for the course to record the third fastest ladies' time over the current course. She finished 18th overall. Tracey Ambler was second lady home finishing 24th overall and also breaking the magic two hours.

The times of this race is combined with three times the Titterstone Clee race to produce an overall winner for the Shropshire weekend. Tim Merrett won the overall trophy for the first time and Victoria Musgrove was the overall ladies' winner.

Once again my thanks to my Mercia clubmates who helped set up the race, manned checkpoints, helped on registration, organised the finish and to both sides of my family whose assistance enabled the weekend to go smoothly.

Mike Day

1. T. Davies	Mercia	1.38.01
2. J. McQueen	Eryri	1.39.55
3. D. Neill	StaffsM	1.41.26
4. T. Werrett	Mercia	1.42.37
5. G. Ayers	CFR	1.42.57
6. J. Hey	Warring	1.43.03
7. A. Ward	DkPk	1.45.46
8. C. Lancaster	Ludlow	1.47.50
9. J. Blackett	Mand	1.48.14
10. A. Davies	Mercia	1.50.41

VETERANS O/40

1. (3) D. Neill	StaffsM	1.41.26
2. (5) G. Ayers	CFR	1.42.57
3. (8) C. Lancaster	Ludlow	1.47.50

VETERANS O/50

1. (16) D. Tait	DkPk	1.53.53
2. (40) T. Longman	Macc	2.06.25
3. (56) M. Blake	Eryri	2.15.13

VETERANS O/60

1. (51) J. Amies	Unatt	2.13.48
2. ((87) P. Norman	Wrex	2.32.44
3. (91) R. Mason	Totley	2.34.05

LADIES

1. (18) A. Priestley	Ilk	1.54.07
2. (24) T. Ambler	Ilk	1.59.18
3. (50) G. Harris O/40	Mercia	2.13.48
4. (59) A. Bedwell O/40	MDC	2.18.25
5. (62) V. Musgrove O/40	Eryri	2.19.55

136 finishers

THE WINTER HILL FELL RACE

Lancashire

AM/11m/2750ft 17.02.02

The weather on the day of the race was very near perfect with good visibility and mild conditions.

Steve Jackson by taking a route on his own was the early race leader, but he was eventually caught at checkpoint 2 by Brendan Bolland, George Ehrhardt and Graham Schofield who then broke clear. By checkpoint 5 Brendan and George had dropped Graham with Steve Barlow now in third place. On the way to checkpoint 8 Brendan dropped George who appeared to be unsure of the route from 8 to 9 and lost out to Steve Barlow in a race for second place.



Altrincham (Bourne) in hot pursuit of Bolland (Davies) at Winter Hill (Photo Steve Bateson)

The ladies' race was won convincingly by Christine Howard who had 17 minutes to spare over the second lady, Sue Jones. It was disappointing that only 5 ladies entered the race and for the second year running a ladies team did not compete.

The men's team race was won yet again by Horwich even though I have reduced the number to count from 5 to 3 in an attempt to give other teams a better chance. Horwich also won the vet's team race.

Tony Varley

1. B. Bolland	Horw	1.37.27
2. S. Barlow	Horw	1.39.56
3. G. Ehrhardt	Tod	1.40.57
4. G. Schofield	Horw	1.41.37
5. C. Shuttleworth	Prest	1.42.39
6. S. Jackson	Horw	1.42.56
7. K. Webster	Matlock	1.43.22
8. A. Gore	Chorley	1.46.00
9. P. Dewhurst	Horw	1.46.05
10. T. Taylor	Ross	1.46.08

VETERANS O/40

1. (2) S. Barlow	Horw	1.39.56
2. (4) G. Schofield	Horw	1.41.37
3. (5) C. Shuttleworth	Prest	1.42.39

VETERANS O/50

1. (12) T. Hesketh	Horw	1.46.53
2. (31) G. Newsam	Unatt	1.59.53
3. (43) S. Furness	B'burn	2.04.44

VETERANS O/60

1. (41) P. Murray	Horw	2.03.42
2. (73) A. Wright	WarrRR	2.21.10
3. (76) R. Orr	Clay	2.21.51

LADIES

1. C. Howard	DkPk	1.58.42
2. S. Jones	Horw	2.15.57
3. K. Hamilton	Unatt	2.28.33
4. J. Taylor	LancsM	2.30.10

DOCTOR'S GATE HILL RACE

West Yorkshire

BS/5.5m/1102ft 24.02.02

The sudden change in weather with the snowfall and freezing conditions caused all sorts of problems. As organiser of the event, I arrived at Hamsterley Forest on the Sunday morning to find that Saturday's melting snow and the below zero temperatures overnight had left the access road along the valley floor covered with ice and for safety reasons, the Forestry Commission had closed it down. This left me with the problem of how do I get to the race start two miles away. Two cars were despatched to try the alternative route of getting to the Grove but subsequently returned reporting that the other road was just sheet ice and that there was no way the Grove could be reached.

So what now? Well after a quick discussion, it was decided that we would have to start the race from where we were and that an alternative race route needed to be found and quick. Two of us went out to devise a route while the other four set up race registration and sorted out runners who had started to arrive.

A quick two and a half mile route was marked out in the forest and the decision taken that we would make this a two lap race which would fetch it up to its original race distance.

The runners were assembled, apologies given for the confusion, explanations given about the race route and then the runners were set off only a couple of minutes later than the race time. Panic over or so we thought!

The race had been underway for about ten minutes then the next thing happened! Groups of runners started to appear from the trails in the woods.

Between ten and fifteen runners had somehow actually managed to make it down the steep road into the Grove itself and had been wondering what had happened to the race before they had set off to find it. Once again the explanations and apologies were given and fell runners being what they are, graciously accepted them but not without a bit of good-natured leg pulling. However, it was decided that because of the confusion, this race would be treated as a one-off and would not count as part of the Deadly Durham Fell Race series. The original Doctor's Gate race would be re-staged in April and hopefully pass without a hitch.

Anyway back to the race itself. At the end of the first lap it was a close thing. Barry Stephenson, back home on a weekend trip from Loughborough University, was leading but only by a couple of yards from Morgan Donnelly. This pair was then closely followed by Alasdair Tatham.

Barry kept the lead for most of the way up the long drag of the hill before Morgan's fell strength started to pay off and he started to pull away from Barry. Morgan eventually finished fifty seconds in front of Barry with Alasdair another two and a half minutes behind.

Kev Shevels

1. M. Donnelly	NFR	30.14
2. B. Stephenson	Quak	31.05
3. A. Tatham	Quak	33.55
4. K. Maynard	Quak	33.59
5. P. Milburn	Aycliffe	34.52
6. K. Wilson	Mand	35.25
7. S. Deakin	Unatt	35.51
8. N. Whalen-Griffiths	SShields	36.08
9. M. Jeffrey	NFR	36.13
10. S. Ferguson	Quak	36.44

VETERANS O/40

1. (4) K. Maynard	Quak	33.59
2. (5) P. Milburn	Aycliffe	34.52
3. (8) N. Whalen-Griffiths	SShields	36.08

VETERANS O/50

1. (6) K. Wilson	Mand	35.25
2. (11) P. Graham	Tyne	36.54
3. (16) J. Dallinson	NFR	40.52

VETERANS O/60

1. ((25) J. Prudham	Jarrow	45.38
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LADIES

1. (21) S. Milburn O/40	Aycliffe	42.39
2. (31) S. Davis O/40	NFR	59.03

35 finishers

ILKLEY MOOR FELL RACE

West Yorkshire

AS/4.5m/1150ft 24.02.02

1. R. Hope	P&B	37.39
2. S. Bailey	StaffsM	38.18
3. G. Devine	P&B	39.41
4. G. Patten	Amble	39.49
5. S. Oldfield	BfdA	39.53
6. R. Lawrence	Bing	40.25
7. A. Black	Clay	41.28
8. G. Oldfield	P&B	41.33
9. S. Bottomley	P&B	42.28
10. P. Brittleton	Howgill	42.36

VETERANS O/40

1. S. Oldfield	BfdA	39.53
2. (16) B. Whalley	P&B	43.40
3. (18) R. Griffiths	Holm	44.13

VETERANS O/50

1. (24) J. Holt	Clay	45.11
2. (27) K. Taylor	Ross	45.35
3. (70) M. Corbishley	Ross	51.20

VETERANS O/60

1. (94) T. Cock	Holm	54.00
2. (170) M. McDonald	NthnV	64.48
3. (174) G. Barrow	Tod	66.44

LADIES

1. (52) P. Munro	Bing	49.49
2. (56) E. Barclay	Ilk	50.07
3. (75) A. Weston	Ilk	51.35
4. (79) S. Corbin	P&B	51.46
5. (90) J. Wilson	Hallam	53.47

202 finishers



Pauline Munro (Bingley) on her way to 1st lady at Ilkley (Photo Woodhead)

HIGH PEAK MARATHON

Derbyshire (mostly)

BL/42m/5400ft 01/02.03.02

The IIPM's first appearance in the FRA Calendar ensured our 28th event was the most popular yet, with the 40 team places being filled well before New Year, it also reduced our insurance costs by 90%!

The IIPM is run/walked by teams of 4 following the venerable Derwent Watershed over the first Friday night in March. The hair-brained idea to do

this was that of then student Hadyn Morris, who together with fellow members the Sheffield University Youth Hostel Society organised the first event in 1971. It is still organised by past and present members of the club (now called The High Peak Club).

This year we welcomed many new to the event, amongst them the winning team 'The Rolling Stones'. They certainly gathered no moss as they stormed ahead to finish in 8hrs 37mins, nearly two hours ahead of their nearest rivals and the 2nd best ever time. The record was set on hard frozen ground so I reckon the 'Stones' would have been quicker still on a perfect night. (This year started clear and cold, everything but the ground froze so going was still heavy, the dawn was accompanied by snow showers).

The second team back and winning mixed team, 'Satan and Three Jessies' were also new to the event and despite being hastily thrown together from addresses as far apart Luxembourg and Scotland they proved to have more than enough mountain marathon experience to handle our little jaunt.

Amongst the most experienced HPM teams were 'The Rucksack Club Vets'. Back in this regular team was Mike Cudahy celebrating the 30th Anniversary of his first winning HPM run. This time they proved to have the superior combination of age and agility as our special handicap system translated their overall time of 12hrs 32 into 8hrs 46 to win their own Veterans trophy.

R W Bradbury

FASTEST TEAM

1. The Rolling Stones 8.39.00

FASTEST MIXED TEAM

1. Satan and the Three Jessies 10.30.00

FASTEST TEAM AFTER HANDICAP

1. The Rucksack Club Vets 12.32.00
(Handicapped time: 8.46.00)

CARDING MILL CANTER Shropshire AS/4m/1800ft 02.03.02

A fine cool day and good racing conditions. A well marked course meant no one should get lost.

It was a good race to start and Mike Boulstridge was never too far behind Tim Davies, who eventually pulled away on this good, fast and steep course. An excellent 4th place for first veteran, Colin Lancaster, and a good run by Gill Harris.

Phil Harris

1. T. Davies	Mercia	39.27
2. M. Boulstridge	Mercia	39.54
3. T. Werrett	Mercia	41.02
4. C. Lancaster	Ludlow	43.54
5. R. Lamb	Mercia	44.19
6. P. Lavell	Unatt	45.29
7. A. Davies	Mercia	45.48
8. M. Clewes	Mercia	46.04
9. M. Robbins	Sheff	46.43
10. P. Cadman	Mercia	47.36

VETERANS O/40

1. (4) C. Lancaster	Ludlow	43.54
2. (6) P. Lavell	Unatt	45.29
3. (8) M. Clewes	Mercia	46.04

VETERANS O/50

1. (25) M. Blake	Eryri	52.40
2. (29) G. Machin	Telf	53.24

VETERANS O/60

1. (44) R. Bunn	Hales	58.14
2. (49) B. Nicholas	Mercia	61.20

VETERANS O/70

1. (69) K. Westley	MidVets	98.45
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LADIES

1. (28) G. Harris O/40	Mercia	53.04
2. (34) V. Musgrove O/40	Eryri	54.14
3. (37) A. Capp O/40	Telf	55.05
4. (40) C. Mills	Kenil	56.51
5. (55) A. Lewis	Telf	63.56

69 finishers

BLEASDALE CIRCLE Lancashire AS/5m/1250ft 02.03.02

It was a close thing this year between Simon Thompson and Danny Hope with Simon winning by 21 seconds. Sally Newman easily won the ladies' race.

The going was wet across the fields near the start but the rain stayed off. The ridge run was shrouded in mist but everyone found their way OK due to the well marked course.

Phil Harris

1. S. Thompson	Clay	38.17
2. D. Hope	P&B	38.38
3. G. Schofield	Horw	39.22
4. W. Sullivan	Clay	41.50
5. C. Reade	Bowland	41.57
6. P. Targett	Clay	42.00
7. Q. Harding	Bowland	42.04
8. C. Davis	Bowland	42.47
9. M. Nutter	Clay	43.21
10. M. Chippendale	Bowland	43.26

VETERANS O/40

1. (3) G. Schofield	Horw	39.22
2. (9) M. Nutter	Clay	43.21
3. (14) D. Makin	AchR	47.53

VETERANS O/50

1. (33) A. Stafford	Kend	52.20
2. (43) T. Targett	Clay	55.55
3. (45) I. Robinson	Garst	57.23

VETERANS O/60

1. (51) H. Catlow	CFR	61.58
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LADIES

1. (11) S. Newman O/40	Gloss	43.51
2. (29) J. Robinson O/45	Garst	51.53
3. (32) D. Thompson	Kesw	52.15

55 finishers

NOON STONE FELL RACE Lancashire AM/9m/2300ft 02.03.02

Heavy rain and snow in the weeks leading up to the race day made the going very heavy indeed and was sure to make what is already a tough race, even harder.

On race day, the weather was cold and there was always a threat of rain as the clag drifted in and out. Brendan Bolland and Steve Oldfield shared the lead for most of the race, ahead of the 130 strong field. The visibility, however, remained good throughout



Alison Reece (Todmorden) about to win her first fell race at Noon Stone (Photo Woodhead)

the race although the conditions underfoot were about as bad as they get with a layer of snow covering some very boggy moorland. Steve Oldfield, a regular competitor of this race showed the way for the rest of the runners, navigation never became a problem.

The lead was hotly contested right to the finish with Brendan being the eventual winner by seven seconds.

The ladies' race was less close and was won by Alison Rees from Alison Richards, both of Todmorden Harriers, and along with Joanne Willis also took the ladies' team prize.

The men's team was won by Pudsey & Bramley: Gary Oldfield, Stefan Macina and Jason Hemsley.

1. B. Bolland	Horw	71.20
2. S. Oldfield	BfdA	71.27
3. M. Horrocks	Clay	74.33
4. G. Oldfield	P&B	74.38
5. S. Macina	P&B	78.00
6. G. Sumner	Ross	78.29
7. J. Hemsley	P&B	78.48
8. C. Seddon	Horw	79.24
9. S. Clawson	Ross	79.27
10. S. Gregory	HolmeP	79.50

VETERANS O/40

1. (2) S. Oldfield	BfdA	71.27
2. (11) J. Emberton	EPOC	79.55
3. (18) C. Fray	Penn	80.40

VETERANS O/50

1. (13) J. Holt	Clat	80.00
2. (15) D. Tait	DkPk	80.04
3. (35) J. Winder	CaldV	80.23

VETERANS O/60

1. (61) T. Cock	Holm	93.06
2. (71) M. Coles	Skyrac	94.43
3. (120) M. McDonald	NthnV	116.20

LADIES

1. (72) A. Rees O/35	Tod	94.47
2. (82) A. Richards	Tod	97.14
3. (91) J. Rawlinson O/45	Ross	99.21
4. (101) L. Crabtree O/35	Hfx	102.06
5. (104) I. Liuba O/35	llk	102.45

RAAS VRING VRAADA Isle of Man AL/15m/4100ft 03.03.02

The Raas Vring Vraada, or Bradda Fell Race, has in recent years become the annual warm-up for the Manx Mountain Marathon. The 15-mile course goes along the Easter race route in reverse to South Barrule and then returns to Port Erin, the only difference being an extra climb to Lhiattee ny Bheeiney before the descent into Fleshwick.

Tony Okell scored his third consecutive win in this year's Manx league as he dominated the race from start to finish, setting the fastest time ever by a local runner although some six minutes off Del Davies' course record set back in 1986.

Douglas postman, Ian Gale, posted the best result of his short running career by finishing second ahead of regular visitor to the Island, Albert Sunter from Horwich.

In future, the race will be called the Arthur Jones Bradda Fell Race in memory of the father figure of Manx fell running who so sadly passed away last year.

Richie Stevenson

1. T. Okell O/40	ManxH	2.12.29
2. I. Gale	ManxFR	2.26.40
3. A. Sunter O/40	Horw	2.38.25
4. I. Ronan O/40	ManxFR	2.30.51
5. D. Young O/50	ManxFR	2.37.44
6. R. Jamieson	ManxFR	2.38.30
7. R. Stevenson	ManxFR	2.42.30
8. D. Corrin O/50	ManxH	2.48.37
9. R. Moughtin O/50	Western	2.52.03
10. J. Crellin	ManxH	2.52.29

LADIES

1. R. Hooton	ManxH	3.04.27
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**SCARBOROUGH RAINCLIFFE WOODS –
NORTHERN RUNNER WINTER SERIES
03.03.02**

1. C. Stead	NFR	47.25
2. G. Lucas O/40	Mand	49.43
3. M. Wynne	Mand	49.44
4. J. Blackett	Mand	49.46
5. P. Wilkin O/40	Mand	50.42
6. R. Burn O/40	ThirskS	51.46
7. R. Smith	Scarb	51.48
8. S. Backhouse O/40	Scarb	53.12
9. J. Goodwin	Mand	53.21
10. P. Figg	Quak	53.28

VETERANS O/50

1. (12) G. Bell	Scarb	59.45
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VETERANS O/60

1. (29) R. Stevenson	Mand	70.12
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LADIES

1. (7) R. Smith	Scarb	51.48
2. (33) V. Bell O/40	Scarb	76.45

35 finishers

**NEW CHEW
Lancashire
O 03.03.02**

We had the usual high quality of entrants for all three courses. However the weather was far from usual – there was no snow, wind or rain and only occasional mist to contend with.

The excellent meal after the event seems to be the highlight of the day judging by comments, and certainly puts the MM quantities to shame!

The largest course by far was the 3-hour score with Phil Pittson winning again. Austin Farr was second just ahead of John Wootton who pipped me into fourth (you would forgive the self indulgence if you knew how fast I run!). John ran within 100 yards of a control that he forgot to mark on his map and would have won if he'd clipped it! Sue Kiveal was the first woman home with half an hour to spare.

Over half the finishers incurred penalties arriving back late – a combination of good control sites and heavy going underfoot.

In the long event, Dan Parker beat Mark Seddon by 20 minutes, who was 20 minutes ahead of third placed Bob Berzins. In the short event, Boff Whalley finished an impressive 46 minutes ahead of second placed Julian Rank with Ray Green third and Sally Gilliver the first woman home.

We shall be changing the format of the courses next year. The score event has become so popular that we shall be adding a second score class to the existing one. We have also had many enquiries about participating in pairs and have therefore decided to create a pair's class. Look out for the advert in next year's FRA Calendar.

Martyn Hodgson

LONG EVENT

1. D. Parker	Macc	3.58.42
2. M. Seddon O/40	Horw	4.19.00
3. B. Berzins O/40	DkPk	4.39.08
4. Y. Tridimas O/50	Bowland	4.53.20
5. R. Ansell O/40	Tring	5.09.45
6. A. Addis O/45	Macc	6.33.33

SHORT EVENT

1. B. Whalley O/40	P&B	2.18.14
2. J. Rank	Holm	3.04.15
3. R. Green	Saddle	3.06.02
4. A. Sherliker O/45	Penn	3.18.44
5. M. Musson O/50	DkPk	3.21.58
6. A. Yeomans O/40	PendF	3.26.16

SCORE EVENT

1. P. Pittson O/50	Unatt	190 pts
2. A. Farr O/55	Congle	170 pts
3. J. Wootton O/40	Unatt	168 pts
4. M. Hodgson	Saddle	167 pts
5. N. Lander O/40	Erewash	164 pts
6. C. Miles O/40	Saddle	154 pts

**HALF TOUR OF PENDLE
Lancashire
AM/9m/2250ft 09.03.02**

After years of good weather for the Half Tour, we were due a bad one. The runners gathering on the start line at Barley must have feared the worst as faxes between the Police and Rossendale Search and Rescue Team warned of severe weather for the area. As it turned out, although some of the more exposed sections of the route saw snow driven by strong winds, it could have been much worse.



Mark Addison climbing hard at The Half Tour
(Photo Woodhead)

At Checkpoint 1, Pendle summit, a group of six runners had opened up a gap on the rest of the field. By Checkpoint 2, Nick O' Pendle, that had been cut to four and the climb from Checkpoint 3 onto Spence Moor had whittled down to three (Ian, Rob and Robert). By Checkpoint 4, Ogden Clough, and the fell gate, the race order was well established prior to the run-in through the fields.

K. Thompson

1. I. Holmes	Bing	63.55
2. R. Jebb	Bing	64.08
3. R. Hope	P&B	64.17
4. S. Booth	Borr	65.43
5. M. Roberts	Borr	66.01
6. G. Devine	P&B	66.08
7. J. Taylor	Bing	66.37
8. P. Davies	Borr	66.46
9. L. Siamaszko	L'pool	66.48
10. T. Werrett	Mercia	67.05

VETERANS O/40

1. (11) D. Neill	StaffsM	67.17
2. (23) G. Ayers	CFR	68.55
3. (27) A. Shaw	Holm	69.01

VETERANS O/50

1. (85) M. Walsh	Kend	76.32
2. (89) J. Winder	CaldV	76.43
3. (99) D. Tait	DkPk	77.25

VETERANS O/60

1. (219) P. Murray	Horw	87.00
2. (245) F. Gibbs	Bing	89.08
3. (278) N. Bush	Ilk	92.25

LADIES

1. (88) A. Priestley	Ilk	76.40
2. (95) L. Sharp	Kesw	77.08
3. (113) S. Newman O/40	Gloss	78.20
4. (138) L. Whittaker	Sadd	80.01
5. (140) S. Rowell	P&B	80.16
6. (142) N. White	Holm	80.27
7. (143) H. Johnson	Bing	80.30
8. (160) T. Sloan	Salf	80.30

437 finishers

**HOLYHEAD MOUNTAIN RACE
Gwynedd
AS/3.6m/1050ft 09.03.02**

High winds and showers made things difficult for the 39 runners setting off for the highest point on Anglesey. Some of my route markers went astray and, consequently, some runners did!!

Dylan Jones, in fine form, was pursued hard by 17-year old Gwyn Williams, who seems to relish the rocky terrain which much of the route consists of. The leaders found a different descent route through the mountain village but arrived at the finish moments before Mark Salkild.

Gill Rostron broke the ladies' record by over three minutes.

Thanks to the marshals who endured some very rough weather, and to all who contributed to the race organisation.

Steve Pilbeam

1. D. Roberts	Eryri	31.50
2. G. Williams	Eryri	31.51
3. R. Halliday	Eryri	31.53
4. M. Salkild	DkPk	31.55
5. J. Williams	Eryri	33.60
6. C. Jones	NWPoL	34.12
7. M. Reeves	C'Bay	34.25
8. A. Owen	Eryri	34.38
9. S. Froggatt	FRA	35.41
10. S. Scott	RAF	35.55

VETERANS O/40

1. (4) M. Salkild	DkPk	31.55
2. (5) J. Williams	Eryri	33.60
3. A. Owen	Eryri	34.38

VETERANS O/50

1. (12) M. Blake	Eryri	36.38
2. (27) M. Edwards	Wrex	43.05
3. (30) M. Oliver Lady	Eryri	44.26

VETERANS O/60

1. (32) B. Evans	Eryri	44.30
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LADIES

1. (17) G. Rostron	C'Bay	38.07
2. (19) E. Dunnington O/40	Eryri	39.15
3. (21) P. Phillips	Eryri	39.22

39 finishers

**TRANS-PENNINE "RALLY" RELAY
16.03.02**

A good day all round, especially for the host club, who took both the men's and the ladies' honours for the first time ever.

It was most pleasant to see three new clubs in the line-up - well, to be accurate, two new ones in Buxton and Hulmeians and a welcome return for Saddleworth after a lapse of some four years; I hope we'll continue to see them at future relays.

The weather all looked a bit threatening as we drove over to Sheffield in the morning but, as the day progressed, it became steadily better and better and while not exactly sunbathing weather, was excellent for running - cool, clear and with a fresh breeze.

Fourteen teams set off from the Sheffield Town Hall steps and at the end of the first leg Macclesfield Minicoopers were a minute or two ahead of Pennine Porsches, which is how it stayed over the second leg until Pennine unleashed their secret weapon in the shape of Malcolm Fowler on the third leg and he established a substantial lead which was maintained over the next two legs, even allowing Paddy to do a little navigational experimentation on his way home on the last leg !! All credit to Macclesfield for claiming second place with a mixed team - good running !

In the ladies' race a rapidly rejuvenating Yvonne Williams put Pennine Pandas in the lead on the first leg, which, courtesy of some very consistent running, is how it stayed for the rest of the relay - it was good to see four ladies' teams in contention and would be even better if there were six or seven of them.

Elsewhere, teams swapped places throughout, as can be seen from some of the very close finishing times; various effective and less effective route selections were tried.

Dave Jones

Once again, the only columns that can be guaranteed to tell the truth in the table below are the Positions, Teams and Total Time - the rest are utterly dependent on the accuracy/veracity of the individuals concerned !!

1. Pennine Porsches	4.08
2. Macclesfield Minicoopers (Mixed)	4.26
3. Macclesfield Maestros	4.36
4. Totley Triumphs	4.44
5. Buxton Bugattis (Mixed)	4.45
6. Pennine Pandas (Ladies)	4.52
7. Totley Talbots	4.53
8. Pennine Puntos (Mixed)	5.00
9. Pennine Probes	5.02
10. Dark Peak Dodgems (Ladies)	5.03

WUTHERING HIKE

West Yorkshire

BL/31m/4400ft.....16.03.02

The Wuthering Hike started many years ago as the Howarth Hobble and, in its heyday, attracted fields of over 800. This year's field was the smallest in the event history, but the enthusiasm of the competitors made this one of the nicest to organise. It's a pleasure to watch runners finish, thrilled at the achievement of being able to run the distance. The walkers, aged between 28 and 80, push themselves just as hard but many manage to stop for a pint or two on the way round!

The event centre, Westfield Lodge, provides accommodation at less than a tenner a night; we would hope more people will take advantage of this opportunity next year.

The morning of the race started cold and misty, with the threat of rain, but true to form the clouds lifted and the sun shone even the marshals had nothing to complain about!

Ian Matheson who lives in Forfar but runs for Thames Valley!?!), travelled down Friday afternoon and spent most of the evening in a local hostelry, wandered back to Westfield Lodge in the early hours of Saturday morning, tired and emotional, then went on to finish first solo finisher in 5-00-30. He was heard to comment later that next year he would have another couple of pints, which would probably take another 30 minutes off his time.



Victors Dave Naughton and Andy Orr at Wuthering Hike (Photo Woodhead)

The prize list is short and not of great value, as the proceeds of the race are always split between the groups who man the checkpoints. Donations are made to local scout groups, athletic clubs and a special school in Keighley. The race entry of £16 per team of two covered a meal and hot shower at the finish and delights such as hot dogs, jam donuts, scones, hot cross buns, tea, coffee, orange and the ubiquitous broken biscuits at the checkpoints.

Only one incident marred what was an excellent day and that concerned some competitors, walkers or runners, who knows? who missed a footpath turn and, realizing their mistake, cut across a field containing bullocks. The animals bolted, causing damage to a gate, a wall and the event itself.

The Hike has traditionally been a pairs' event, but in recent years the rules have been relaxed somewhat and next year solo runners will be encouraged.

Many thanks to all marshals, Keighley and Craven A C and Keighley Raynet, including the sweeper, Bill, who make the event a pleasure to coordinate. Want to try a similar event but slightly shorter - The Yorkshireman Off Road Marathon in September.

Average age 45 Youngest 28 Oldest 80 Finishers 223 oldest combined age 155 Last team 10 hours 42 minutes.

Brett Weeden

1. A. Orr/D. Naughton	Clay/DarwenD	4.08.27
2. G. Cunliffe/R. Brewster	Clay/Clay	4.20.51
3. N. Worswick/J. Harbour	Clay/Clay	4.26.04
4. R. Gallagher/C. Donnelly	W'lands/Eryri	4.27.50
5. M. Brady/C. Whittaker	Clay/Clay	4.32.12
6. G. Armitage/S. Colbert	NFR/NFR	4.39.53
7. B. Horrocks/D. Horrocks	Clay/Clay	4.42.20
8. J. Donnelly/K. Jenkins	W'lands/Carn	4.43.44
9. J. Wootton/M. Davis	Wharfe/Holm	4.51.10
10. M. White/M. White	Huncote/Nuneaton	4.58.59
33. M. W. Walsh/K. Thompson (Ladies)	Clay/Clay	5.49.52

MOEL WNION RACE

Gwynedd

AS/4m/1600ft 16.03.02

The race took place in fine clear conditions again. The race was won by Mark Fleming, who took control after the first descent from Moel Wnion, Russel Owen, being first to the top. John Hunt and Gwyn Williams had a close battle for second and third spot.

Thanks again to the marshals and timekeeper and for sponsors, O S Williams Bakery and the Royal Oak.

J. McQueen

1. M. Fleming O/40	Amble	36.36
2. J. Hunt	CFR	37.00
3. G. Williams U/20	Eryri	37.04
4. R. Owen O/40	Eryri	37.28
5. D. Jones	Eryri	38.09
6. R. Halliday	Eryri	38.14
7. D. Williams O/50	Eryri	39.08
8. P. Evans	Eryri	39.35
9. T. Jones O/40	Eryri	40.16
10. M. Pickering O/50	Eryri	40.53

VETERANS O/60

1. B. Evans	Eryri	54.40
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LADIES

1. G. Rostron	ColB	47.53
2. E. Dunnington O/40	Eryri	48.19
3. J. Lee	Unatt	48.44
4. B. Ripley O.40	Eryri	54.41
5. M. Oliver O.50	Eryri	57.20

68 finishers

IAN ROBERTS MEMORIAL RELAY

West Yorkshire

2 x 2 Fell + 2 x 2 Road legs 16.03.02



Kate Bailey hotly pursued by a sinister man in shades at the Ian Roberts Relay (Photo Steve Bateson)

1. Bingley	92.20
2. Holmfirth	96.47
3. Horwich	98.42
4. Horwich 'B'	98.46
5. Horwich Veterans	99.05
6. Rossendale	104.03

LADIES

1. Bingley	117.06
2. East Cheshire	127.11
3. Pudsey & Bramley	128.06
4. Horwich	134.06
5. Penistone	137.58

BLACK COMBE FELL RACE

Cumbria

AM/9m/3800ft 17.03.02

A good turnout of runners and spectators for a tough race so early in the season.

Usual weather conditions with Black Combe summit shrouded in mist for both ascents, whilst valley bottoms had mild conditions.

Most runners brought their own pins with no complaints to speak of. Thanks to the spectators for keeping their dogs on leads.

My appreciation as race organiser goes to the marshals, timekeepers, results and registration officials, behind the scene helpers and to Jill Peel for supplying the soup, rolls and refreshments.

Hope to see you all next year.

Val Gill

1. S. Booth	Borr	72.00
2. G. Crayston	CFR	72.20
3. P. Davies	Borr	72.27
4. A. Schofield	Borr	73.36
5. D. Trowman	Kesw	76.54
6. M. Amor	CFR	77.21
7. C. Schofield	Horw	77.35
8. S. Macina	P&B	79.20
9. J. Hemsley	P&B	79.46
10. C. Leigh	Traff	80.28

VETERANS O/40

1. (7) G. Schofield	Horw	77.35
2. (13) P. Whiting	Kend	81.21
3. (17) W. Bell	CFR	84.15

VETERANS O/50

1. (12) D. Spedding	Kesw	81.14
2. (22) J. Holt	Clay	85.03
3. (31) G. Howard	Ilk	88.54

VETERANS O/60

1. M. McDonald	NthnV	111.33
2. J. Taylor	Amble	113.11
3. H. Catlow	CFR	114.58

VETERANS O/70

1. B. Leathley	Clay	118.45
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LADIES

1. S. Taylor	Bing	91.18
2. J. Mellor	Penn	92.05
3. N. Lavery O/40	Unatt	96.44
4. J. Rawlinson O/50	Ross	98.54
5. D. Thompson O/40	Kesw	100.40
6. J. McLintock	Unatt	102.54

120 finishers

FIENSDALE FELL RACE

Lancashire

AM/9m/2600ft 23.03.02

Entries for this year's race were down on previous years, probably due to the British Championships race at Criffel the following day. This, however, did not detract from an excellent race run in perfect weather conditions. Fiensdale continues to be one of the most popular races in the area attracting a good contingency of runners from clubs in Lancashire.

Brendan Bolland took the honours in the senior male category with an excellent run ahead of Steve Sweeney, who helped Bowland to take the team prize.



Ladies' runner-up Helen Diamantides on the final descent at Fiensdale (Photo Bill Smith)

The ladies' race was won by Sula Young (hope I have the name right) running her first fell race. Helen Diamantides, recovering from injury finished just two minutes behind.

Thanks as always to members of Bowland, who helped to put the event together and to the rescue team who helped man the checkpoints. A sum of £80 was raised this year, which goes to the Bowland Pennine Rescue Team.

Andrew Farmer

1. B. Bolland	Horw	1.21.01
2. S. Sweeney	Bowland	1.21.54
3. G. Schofield	Horw	1.24.29
4. J. Hemsley	P&B	1.24.53
5. C. Reade	Bowland	1.25.11
6. A. Symonds	Kend	1.25.43
7. S. Macina	P&B	1.26.14
8. J. Symonds	Kend	1.28.10
9. G. Sumner	Ross	1.28.27
10. L. Dowthwaite	Bowland	1.29.42

VETERANS O/40

1. (3) G. Schofield	Horw	1.24.29
2. (10) L. Dowthwaite	Bowland	1.29.42
3. (13) T. Taylor	Ross	1.32.21

VETERANS O/50

1. (24) J. Hope	AchR	1.37.39
2. (26) G. Newsam	Clay	1.38.14
3. (13) Y. Tridimas	Bowland	1.40.48

VETERANS O/60

1. (58) R. Jaques	Clay	1.53.55
2. (64) M. Coles	Skyrac	1.55.44
3. (70) R. Orr	Clay	2.01.18

LADIES

1. (29) S. Young	BristUnf	1.41.42
2. (34) H. Diamantides	Carn	1.43.54
3. (44) J. Mellor	Penn	1.49.54

92 finishers

BROUGH LAW FELL RACE

Northumberland

AS/5m/1250ft 24.03.02

Other than the first 200 metres, the race is over some of the most scenic Cheviot Hills.

Local hill shepherd, Daniel, was out on his own by the downhill finish, which steepens somewhat in the last 50 metres.

R. Hayes

1. D. Wood	Unatt	33.34
2. J. Ross	NFR	35.10
3. G. Owens O/40	NFR	35.12
4. N. Morris	Low Fell	35.41
5. M. Jeffrey O/40	NFR	35.47
6. M. Byron	Tyne	36.25
7. A. Curtis O/40	NFR	37.17
8. G. Davis O/40	NFR	37.29
9. J. Humble O/50	NFR	38.33
10. R. Dawson O/50	NFR	39.21

LADIES

1. (23) J. Saul	NFR	45.27
2. (27) S. Jeffrey	Unatt	46.55
3. (30) P. Cooper O/40	NFR	48.10
4. (31) A. Potts O/40	NFR	48.17
5. (32) J. Walker O/40	NFR	48.25

40 finishers

WHITE HORSE WANDERER - NORTHERN RUNNER WINTER SERIES

24.03.02

1. C. Stead	NFR	42.39
2. M. Burn	ThirskS	44.33
3. A. Bissell	Knives	44.44
4. B. Grant	Hgte	44.55
5. W. Busutil	ThirskS	45.05
6. R. Burn	ThirskS	45.28
7. R. Hall	ThirskS	45.32
8. M. Smith	Ind	45.35
9. A. Normandale	Acorn	45.59
10. M. Wynne	Mand	46.23

VETERANS O/40

1. (6) R. Burn	ThirskS	45.28
2. (9) A. Normandale	Acorn	45.59
3. (11) B. Atkinson	Knives	46.30

VETERANS O/50

1. (4) B. Grant	Hgte	44.55
2. (22) M. Hetherton	Nestle	51.50
3. (26) G. Bell	Scarb	52.11

VETERANS O/60

1. (33) N. Bush	Ilk	55.17
2. (40) K. Wilson	Mand	56.40
3. (53) P. Duffy	NthnV	67.12

LADIES

1. (29) A. Raw	Darling	53.53
2. (38) A. Hayward (Vet)	ThirskS	56.03
3. (45) M. Gibbs (Vet)	ThirskS	62.17
4. (51) P. Kirby (Vet)	ThirskS	66.51
5. (54) V. Bell (Vet)	Scarb	67.15

71 finishers

RIVINGTON PIKE FELL RACE

Lancashire

BS/3.25m/700ft 30.03.02

Easter Saturday saw the welcome return to Rivington Moor of this classic race, one of the oldest fell races in the country. Mike Bouldstridge returned to defend his title won in 2000 with a determined run just over one minute outside the race record which has stood since 1981. He was also first runner to the Pike summit winning the inaugural Cyril Hodgson Memorial Trophy donated by the family. This year's race was dedicated as a tribute to the late joint life president of Horwich RMI Harriers & AC, who always marshalled on the Pike summit.



Second placed Rob Hope making it look easy on the climb at Rivington Pike (Photo Bill Smith)

Fine sunny weather saw 260 runners take on the challenge of the Pike including many unattached athletes prepared to pit their skills against the Pike. Top England Junior man, Alex McVey, was easily first Horwich RMI Harrier home winning the RMI Challenge cup and finishing in 5th place overall ahead of many top senior runners despite carrying a cold.

Two race records were broken on the day by Paul Murray Vet 60 (22:59) and Idris Evans Vet 75 (35:36)

The ladies' race was won by Lisa Heyes, just in front of popular local runner, Anne Powell, with Lyn Higgs taking 3rd place and 1st Vet lady overall. This is a tough race for the ladies with a long steady climb followed by a fast and furious descent off the Pike summit.

Horwich RMI Harriers & AC swept the board of team prizes winning both the mens' and vets' awards and ladies' and vets' team awards also.

Sweatshop and Readeys Trophies provided new shields to the race organisers for this year's race as team awards. Free pie and peas were enthusiastically devoured in race HQ at the Crown Hotel and the return of this classic fell race was heralded as yet another successful day out in Horwich.

Keith Makin



"Nuff Respect!" Peter Gilham of Chorley guides Mike Ogle, who is completely blind, at Rivington Pike - and look how many runners are behind them (Photo Steve Bateson)

1. M. Boulstridge	Birchf	16.54
2. R. Hope	P&B	17.16
3. C. Roberts	Kend	17.50
4. C. Leigh	Traff	17.54
5. A. McVeigh	Horw	18.07
6. M. Fowler	Penn	18.20
7. J. Hodgson	Horw	18.23
8. R. Thomas	DkPk	18.29
9. L. Passco	Clay	18.37
10. S. Livesey	Clay	18.48

VETERANS O/40		
1. (12) T. Chew	Clay	18.53
2. (15) S. Barlow	Horw	19.04
3. (20) S. Williams	Salf	19.20

VETERANS O/50		
1. (31) T. Hesketh	Horw	20.10
2. (38) R. Taylor	Stock	20.41
3. (46) J. Norman	Altr	21.11

VETERANS O/60		
1. (92) P. Murray	Horw	22.59
2. (110) C. Orrell	Cclay	23.36
3. (156) E. Pugh	Chorley	25.48

LADIES		
1. (40) L. Heyes	Salf	20.52
2. (52) A. Powell	Leigh	21.21
3. (82) L. Higgs O/40	Colch	22.44
4. (108) J. Mellor O/35	Penn	23.30
5. (115) V. Snape Jun	Chorley	23.42
6. (120) S. Budgett O/35	Horw	23.57

MIDGLEY MOOR FELL RACE
West Yorkshire
AS/5m/1250ft 30.03.02

It was a brilliant day for this race, run for the second time after missing last year. Helen Jackson broke the women's record and Steve Oldfield equalled his own men's record of two years ago. Saddleworth produced a good turnout in one on of their club championship races and took both the men's and women's team prizes. Again the last leg on the moor proved decisive.

Runners must leave the moor at the final checkpoint, but various routes to it can be taken. The more direct routes through the heather are proving to be faster for some people than the loops round the paths, but require strong legs.

Rod Sutcliffe

1. S. Oldfield	BfdA	37.06
2. G. Erhdart	Tod	38.45
3. G. Oldfield	P&B	38.54
4. R. Crossland	BfdA	41.22
5. B. Goodwin	Holm	42.39
6. R. Glover	Tod	42.53
7. C. Davies	Saddle	42.56
8. J. Wadsworth	Wharfe	43.03

9. A. Mayer	CaldV	43.47
10. K. Payne	StubbG	43.57

VETERANS O/40		
1. (1) S. Oldfield	BfdA	37.06
2. (4) R. Crossland	BfdA	41.22
3. (5) B. Goodwin	Holm	42.39

VETERANS O/50		
1. (10) K. Payne	StubbG	43.57
2. (12) D. Beels	CaldV	44.15
3. (27) G. Newsam	Clay	46.48

VETERANS O/60		
1. (35) T. Cock	Holm	48.18
2. (54) R. Jaques	Clay	53.43
3. (74) B. Thackery	DkPk	65.50

LADIES		
1. (17) H. Jackson	Bing	44.52
2. (20) L. Whittaker	Saddle	45.39
3. (38) J. Smith	DkPk	49.06
4. (41) K. Mather	Saddle	49.17
5. (44) M. Laney O/40	Clay	50.21

CAUSEY PIKE
Cumbria
AS/4.5m/1750ft 30.03.02

A record number of 122 runners entered the race on a beautiful Easter Saturday. No records were set although the ladies' race was won by Rowan Smith in her first ever fell race.

Irvine Block took a tumble off the summit. He was attended to by a fellow club runner, Steve Brailey of Cockermouth Rescue, whilst Darren Bridge left his marshal's place to two walkers who were passing by so he could find a vantage point from where to telephone for help. Keswick Mountain Rescue were on the scene very quickly and Irvine was stretchered off, although the helicopter that was on the way was diverted to rescue a dog (much to Irvine's relief!). Luckily, Irvine will recover and we should expect to see him back on the fells fairly shortly.

As always, many thanks to the marshals, timekeepers and local farmers for their support.

Lyn Thompson

1. S. Booth	Borr	32.50
2. J. Bland	Borr	33.32
3. N. Sharpe	Amble	33.40
4. A. Schofield	Borr	34.13
5. G. Crayston	CFR	34.41
6. S. Stainer	Amble	34.48
7. M. Denham-Smith	Kesw	37.05
8. J. Deegan	Amble	37.09
9. M. Fleming	Amble	37.11
10. D. Cummins	Shettle	37.23

VETERANS O/40		
1. (9) M. Fleming	Amble	37.11
2. (11) G. Byers	CFR	37.42
3. (14) A. Miller	Kend	38.13

VETERANS O/50		
1. (15) D. Spedding	Kesw	38.19
2. (16) J. Winn	CFR	38.25
3. (17) K. Taylor	Ross	38.40

VETERANS O/60		
1. (91) D. Brown	Clay	52.59
2. (96) H. Catlow	CFR	54.45
3. (103) J. Garbarino	ARC	58.10

LADIES		
1. (26) R. Smith	Scarb	40.23
2. (28) L. Sharpe	Kesw	40.37
3. (54) S. Taylor	Bing	44.35
4. (57) E. O'Shea	Amble	45.25
5. (66) L. Cowell	Kesw	47.16
6. (72) D. Thompson O/40	Kesw	48.07

120 finishers

MANX MOUNTAIN MARATHON
Isle of Man
AL/31.5m/8000ft 30.03.02

Scotsman, Colin Donnelly, scored his third win in the Manx, the last time being back in 1981, after a race long battle with Brendan Bolland. It looked like Bolland might pull off a win as he pulled away in the Slieauwhallian section after about 18 miles and built up a lead of over two minutes at South Barrule. Donnelly didn't panic though and gradually reduced his deficit before taking the lead on the Carnanes, which he increased to nearly two minutes by the Port Erin finish.

Paul Thompson and top local, Tony Okell, had kept pace with the leaders until St John's, but then dropped back allowing newcomers, Joe Blackett and David McNaughton to move through the field and take third and fourth respectively with just 39 seconds separating them after 31 miles of racing.



Colin Donnelly taking things very seriously en route to winning The Manx Mountain Marathon (Photo Richie Stevenson)

Jill Tait won the ladies' award in impressive fashion on her debut and finished in the top twenty. Second was Jane Robertson with Melinda Wilkinson-Walsh completing the top three, both again making their debuts. Katy Thompson was top lady veteran.

Numbers were down on the last time the race was run in 2000 but with all the problems of the previous year, the organisers were glad to just get the race on. Many thanks to Okells Brewery for providing the finishers with T-shirts and to the Department of Tourism for their support.

Richie Stevenson

1. C. Donnelly O/40	Eryri	4.39.27
2. B. Bolland	Horw	4.41.33
3. J. Blackett	Mand	5.12.50
4. D. McNaughton O/40	Darwen	5.23.29
5. T. Okell O/40	ManxH	5.17.55
6. A. Hauser	P&B	5.20.40
7. P. Thompson	Clay	5.34.39
8. A. Davies	Mercia	5.37.06
9. R. Ansell	Tring	5.37.42
10. I. Gale	ManxFR	5.38.40

VETERANS O/50

1. D. Ashton	Salf	5.57.03
2. D. Findal-Hawkins	MiltK	6.24.49
3. F. Thomas	Chelten	6.29.53

VETERANS O/60

1. R. Smith	Amble	8.01.12
2. D. Turnbull	W'lands	8.26.28

LADIES

1. J. Tait	Carn	6.05.58
2. J. Robertson	W'lands	6.32.32
3. K. Thompson O/40	Clay	7.18.48
4. M. Wilkinson-Walsh	Clay	7.19.49

LARA SHINING CLIFFS Derbyshire

BS/5m/900ft 31.03.02

1. G. Cudahy	Stock	27.52
2. G. Ayers	CFR	28.25
3. T. Plant	Derby	29.30
4. S. Gregory	HolmeP	29.54
5. C. Rowe	Matlock	30.34
6. A. Allaway	HolmeP	31.02
7. A. Mouncey	1485 Tri	31.07
8. G. Moffatt	HolmeP	31.27
9. C. Howard	DkPk	31.34
10. S. Knopik	HattonD	32.23

VETERANS O/40

1. (2) G. Ayers	CFR	28.25
2. (5) C. Rowe	Matlock	30.34
3. (11) M. Firth	Queens	32.24

VETERANS O/50

1. (13) M. Moorhouse	Matlock	33.04
2. (37) K. Allen	Notts	36.53
(42) G. Revell	Bradwell	37.29

VETERANS O/60

1. (60) E. Makin	HolmeP	42.18
2. (62) T. Platts	Clowne	42.41
3. (72) C. Scattergood	HattD	48.16

LADIES

1. (9) C. Howard	DkPk	31.34
2. (12) L. Lilley	Mansf	33.03
3. (34) T. Woodford	HolmeP	36.44
4. (51) A. Heading	MiltM	39.33
5. (55) L. Ashworth	Belper	40.43

79 finishers

BUNNY RUN ONE West Yorkshire

CS/3m/300ft 02.04.02

1. I. Holmes	Bing	17.40
2. M. Buckingham	Holm	18.20
3. A. Shaw O/40	Holm	18.27
4. R. Lawrence	Bing	18.36
5. G. Bland	Borr	19.01
6. J. Wright	Tod	19.09
7. W. Smith	K&C	19.20
8. S. Bottomley	P&B	19.26
9. R. Haworth O/40	Middle	19.28
10. M. Pierson	Holm	19.41

VETERANS O/50

1. (58) P. Rogan	Wharfe	23.08
2. (61) S. Thompson	Bing	23.10
3. (78) M. Ford	Bing	24.07

VETERANS O/60

1. (66) M. Coles	Skyrac	23.24
2. (69) T. Cock	Holm	23.37
3. (120) S. James	Clay	26.32

LADIES

1. (36) H. Johnson	Bing	21.38
2. (40) P. Munro	Bing	21.59
3. (46) H. Jackson	Bing	22.22

4. (51) K. Bailey	Bing	22.40
5. (70) V. Snape U/16	Chorley	23.44
6. (75) L. Livesey U/16	Chorley	24.00

197 finishers

THE GREAT LAKELAND THREE DAY MOUNTAIN TRIAL

Cumbria

MM/65m/22,000ft 5/6/7.04.02

GL3Day is a truly unique event with three days of quality route finding – and with the luxury of your overnight baggage being in a minibus / truck rather than on your back. Each day is an average of 20+ fell miles and several thousand feet of ascent.

GL3Day is also unique in the contribution that the participants make; there's not many events where the competitors add their own times and work out the cumulative of Day One and Two, whilst the Official Time Keeper has her tea. But there again the prize is the same whether you're the quickest or the wisest – a T-shirt and a great sense of satisfaction to all.

Whilst the weather always seems impeccable and consistently fair, the distances each day will always be variable, as the focus is put squarely on giving you the best route possible rather than adding a few km just to make it an exact pre-determined amount.

The routes seemed well received. Day One proved a little too fast, although of the right distance, and Day Three was compact but served its purpose in getting you neatly from A to B. Day Two was a bit of a monster – a bit *too* rocky and high fells-ish but that's par for the course. Incidentally, *we* think the optimum line, from Kirkfell to Slightside, if there is such a thing, is probably via Wasdale Head any way.

Many thanks to the team, especially new members Pam and Pauline, who quickly coped with our quirkiness, and to the new participants whose worried looks soon faded with support from the old guard. Thanks guys. It's the your input that's makes this event very unique and a pleasure to organise, although I momentarily forgot that one driving the passes fully laden on Day One. Someone said I kept you waiting at Buttermere just to test out the day kit you were carrying.

The new date worked very well – much better than a bank holiday weekend, so the date next year will remain as one week after Easter – hence Friday 25th – Sunday 27th April. Perhaps it will rain then?

Details will be confirmed in FRA calendar and sent to previous entrants in the New Year. Meanwhile, if you wish to learn more about the event, or put your name on the mailing list for the limited places, please email or send your name to me at the address below. Please refrain from phoning during shop hours, thanks.

Joe Faulkner, Bampton Post Office Stores & Cafe,
Haweswater, Penrith, CA10 2RQ

1. M Higginbottom	14.38
2. T. Laney	15.02
3. M. Seddon	15.32
4. P. Fernandez	16.46
5. K. Adams	17.02
6. N. Hardiman	17.11
7. G. Perrat	17.24
8. = P. Rigby	17.27
8. = R. Ruddle	17.27
10. R. Small	17.46

47 participants

PENDLE FELL RACE Lancashire

AS/4.5m/1500ft 06.04.02

A clear blue sky and sun greeted the 233 senior and 22 junior runners on their arrival at Barley village. However, this belied a fierce bitter cold wind blowing between 40-50 mph on the top of the hill, with the marshals on the summit keeping low to maintain their warmth.

The first three, Simon Bailey, Gary Devine and Ged Cudahy broke away early but it was Simon Bailey

who eased to an impressive victory one and a half minutes in front of his nearest rival. Simon, 22 years old, moved up from the intermediate ranks and has been English Champion twice. He looks like he could become one of the country's brightest prospects. Gary Devine just kept himself ahead of Ged Cudahy by three seconds. Sean Livesey finished fourth beating rival, Lee Pascoe, who beat him the previous week at Rivington Pike.

Tracy Brindle finished first lady in 26th position overall with Liz Lilley second and Natalie White third.



Shaun Livesey in vestment disarray at Pendle
(Photo Steve Bateson)

Jean Rawlinson, having recently returned to the Clayton ranks, was first lady O/50, only one position and four seconds behind first lady O/40, Jane Smith.

In the junior races, Mars Hartley won the U/16s race with Cathy McBride beating her sister, Kimberley by one second in the girls' race. James Kelly and Danielle Walker won the Under 14s' classes and in the U/12s James Mountain and Roseanna Leathley won their race.



Sisters Carly and Kim McBride (1st & 2nd respectively)
reach the turning point of The Pendle U16 race
(Photo Bill Smith)

This is only the second year of the junior races and all finishers received a goody bag – an idea borrowed from the Woodentops and we hope to encourage more junior runners with a good prize list.

Thanks to all the marshals and helpers, especially those on the summit. Thanks to Mrs Weatherall and her husband at Barley Village Hall and to Rossendale Mountain Rescue for their continued support and help. Hope to see you on 5 April 2003.

David Bailey

1. S. Bailey	StaffsM	30.37
2. G. Devine	P&B	32.07
3. G. Cudahy	Unatt	32.10
4. S. Livesey	Clay	33.01
5. D. Hope	P&B	33.21
6. J. Symonds	Kend	33.33
7. P. Singleton	Amble	33.36
8. L. Pascoe	Clay	33.39
9. D. Walker	Clay	33.46
10. W. Sullivan	Clay	33.56

VETERANS O/40

1. (11) S. Barlow	Horw	34.21
2. (15) M. Aspinall	Clay	34.53
3. (16) I. Ferguson	Bing	35.03

VETERANS O/50

1. (31) P. McWade	Clay	36.44
2. (36) K. Payne	StubbG	37.17
3. (45) D. Tait	DkPk	38.03

VETERANS O/60

1. (85) N. Bush	Ilk	41.09
2. (136) R. Jaques	Clay	43.59
3. (193) D. Brown	Clay	48.14

LADIES

1. (26) T. Brindley	Carn	36.02
2. (42) L. Lilley	Mans	37.29
3. (44) N. White	Holm	37.52
4. (49) H. Johnson	Bing	38.19
5. (58) L. Whittaker	Saddle	38.57
6. (78) M. Wilkinson	Skip	40.00
7. (89) L. Heyes	Salf	40.51
8. (100) L. Riddall	Unatt	41.16

233 finishers

JUNIORS U/16

1. M. Hartley	Burnley	12.47
2. J. Kevan	Wigan	12.55
3. M. Eruickshanks	Burnley	14.17
1. C. McBride (Girl)	Macc	15.04
2. K. McBride (Girl)	Macc	15.05
3. S. Slater (Girl)	Skip	15.53

8 finishers

JUNIORS U/14

1.= J. Mountain	Skip	11.04
1.= J. Kelley	Skip	11.04
3. D. Gallagher	Unatt	12.02
1. D. Walker (Girl)	Burnley	11.37
2. A. Walker (Girl)	Burnley	12.29
3. R. Leathley	Clay	14.32

14 finishers

LLANTYSILIO MOUNTAIN RACE

Denbighshire

AM/7.5m/2600ft 06.04.02

Bright sunshine and a cool breeze tempted ten ladies and 61 men to start this circuit of the Llantysilio Mountains. The near perfect conditions produced a new men's course record by James McQueen. The first lady was Sarah Hammond.

The start of the race takes in a very steep climb and it was here where the first four runners established their advantage. McQueen used the fast running section to take away the leg strength of his rival before the climbs of Moel Merlydd (549 metres) and the final slog of Moel Gamelin (577 metres), before returning back down this hill over a technical descent to the tarmac finish.

Everybody, through the sweat and pain, expressed enjoyment of the safe course (see you in August!).

The man of the race was Don Williams who at 59 years old finished 8th overall!!

Geoff Gartrell

1. J. McQueen	Eryri	47.30
2. M. Fleming	Amble	50.49
3. G. McNeil	Helsby	51.25
4. A. Smith	Amble	51.32

5. R. Halliday	Eryri	51.36
6. J. Hunt	CFR	52.15
7. P. Whiting	Kend	52.41
8. D. Williams	Eryri	53.07
9. D. Jones	Eryri	53.51
10. S. Ellis	Tatten	54.33

VETERANS O/40

1. (2) M. Fleming	Amble	50.49
2. (7) P. Whiting	Kend	52.41
3. (13) R. Mapp	Ludlow	55.04

VETERANS O/50

1. (8) D. Williams	Eryri	53.07
2. (24) A. McDonald	Telf	60.40
3. (28) J. Bennell	Eryri	61.42

VETERANS O/60

1. (23) J. Amies	Congle	60.16
2. (51) M. Ward	Oswest	67.49
3. (62) M. McDonald	NthnV	73.57

LADIES

1. S. Hammond O/35	Tatten	61.11
2. R. Metcalfe	Eryri	65.46
3. S. Ellis O/40	Tatten	68.13
4. H. Thorburn	DkPk	72.32
5. A. Goodall O/45	Mercia	74.39
6. M. Oliver O/50	Eryri	74.45

71 finishers

WIRKSWORTH INCLINE RACE

Derbyshire

BS/4m/650ft 07.04.02

The race takes the route of an old railway line, rising from 500ft to 1100ft. it is completely "off road" and safe for the youngest competitors. This year 97 runners started the race in near perfect conditions, the ages ranging from 7 to 67 years old.

In the absence of Dave Neill, who holds the course record of 22.12, local runner, Tom Plant, won the senior event.

Joshua Teece, a 15-year old, competed in the senior event and came fourth in an excellent time.

67-year old Brian Howitt, the oldest competitor, finished in 35th position in a time of 30.37.

A R W Woolley

1. T. Plant	Belper	23.24
2. D. Yates	Matlock	23.49
3. C. Rowe	Ripley	24.15
4. J. Teece	Matlock	24.28
5. K. Brailsford	Unatt	24.31
6. G. Morsom	Bux	24.52
7. S. Selby-Sly	Matlock	25.04
8. S. Smith	Unatt	25.38
9. M. Moorhouse	Matlock	25.54
10. N. Morsom	Bux	26.01

VETERANS O/50

1. (5) K. Brailsford	Unatt	24.31
2. (6) G. Morsom	Bux	24.52
3. (9) M. Moorhouse	Matlock	25.54

VETERANS O/60

1. (35) B. Howitt		30.37
2. (58) G. Richardson		35.25
3. K. Wright		37.33

LADIES

1. (20) C. Williams		27.59
2. (45) L. Evans		32.09
3. (47) C. Fordham		32.16
4. (52) V. Jones		34.06
5. (54) H. Ridgeway		34.47
6. (59) K. Gilbert		37.23

97 finishers

BUNNY RUN TWO

West Yorkshire

CS/3m/300ft 09.04.032

1. R. Hope	P&B	17.10
2. S. Hawkins	Unatt	17.21
3. M. Buckingham	Holm	17.55
4. G. Erhardt	Tod	18.16
5. A. Shaw O/40	Holm	18.18
6. R. Thomas	Darwen	18.21
7. R. Lawrence	Bing	18.41
8. R. Hudson	Bing	18.50
9. M. Pierson	Holm	18.59
10. S. Bottomley	P&B	19.09

VETERANS O/40

1. (5) A. Shaw	Holm	18.18
2. (11) R. Haworth	Middle	19.11
3. (12) J. Cordingley	Bing	19.17

VETERANS O/50

1. (80) P. Rogan	Wharfe	22.45
2. (86) S. Sanderson	Bfda	23.00
3. (96) A. Sweatman	Horw	23.26

VETERANS O/60

1. (94) T. Cock	Holm	23.19
2. (111) T. McDonald	Bing	24.25
3. (145) S. James	Clay	26.05

LADIES

1. (48) P. Munro	Bing	21.14
2. (57) H. Johnson O/35	Bing	21.48
3. (58) K. Bailey	Bing	21.51
4. (72) H. Jackson	Bing	22.13
5. (77) D. Walker U/16	Burn	22.26
6. (81) V. Snape U/16	Chorley	22.53

234 finishers

'UP & RUNNING' HEROD FARM

HILL RACE

Derbyshire

AS/3m/1100ft 10.04.02

A fine evening with calm and clear conditions for once and a good turnout marked a good way to finish my stewardship of Herod Farm Hill Race. I hope it will continue to be on the calendar and I look forward to turning out next year as a competitor!

Many thanks to all the runners, marshals, Gillian at The Drovers and to Up & Running for making the race a good start to the summer season.

Barry Hobbs

1. G. Cudahy	Stock	23.00
2. C. Leigh	Traff	23.38
3. J. Ingham	Saddle	24.53
4. P. Winskill	Penn	24.58
5. N. Bassett	StaffsM	25.06

VETERANS O/40

1. (7) T. McGaff	Penn	25.30
2. (8) S. Haycock	Stock	25.48
3. (12) C. Fray	Penn	26.51

VETERANS O/50

1. (13) K. Payne	Bamf	27.02
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VETERANS O/60

1. (74) B. Thackery	DkPk	36.01
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LADIES

1. (36) H. Hargreaves	Penn	29.41
2. (37) J. Mellor	Penn	29.48
3. (46) N. Greaves	Penn	31.24
4. (59) J. Phizacklea	Bux	33.01
5. (65) A. Brentnall O/50	Penn	33.36

JUNIORS

1. (10) J. Carter	Spenn	25.53
2. (11) J. Teece	Matlock	25.53
3. (20) M. Hudson	Bux	27.59

83 finishers

KNOCKFARREL HILL RACE

Rosshire

BS/5m/1200ft 13.04.02

The course was bone dry this year and with the arrival of John Brooks, the scene was set for a course record. John was miles ahead of the rest of the field but just failed to beat Graeme Bartlett's 1999 time of 37.24 by 14 seconds.

The field was again composed largely of veteran runners. If there had been a team prize, according to category, the veterans would have won!! Where have all the young runners gone?

Many thanks to all who helped from Highland Hill Runners who laid out a fine spread in the plush new surroundings of Strathpeffer Community Centre.

Raymond Wilby

1. J. Brooks	Loch	37.38
2. M. Flynn O/40	Carn	41.45
3. A. MacLeod O/40	Unatt	42.05
4. M. Cumming	Unatt	42.22
5. A. Smith O/40	Deeside	43.12
6. S. Pepper	Forres	44.18

7. M. Ellis	Forres	44.38
8. B. Mackenzie	Invern	44.42
9. G. Vinleikerk	Unatt	45.56
10. G. Mitchell O/50	IH	46.24

VETERANS O/50		
1. (10) G. Mitchell	IH	46.24
2. (12) A. Brett	IIHR	48.28
3. (14) D. Ford	Loch	48.49

LADIES		
1. (23) M. Johnson	Unatt	53.26
2. (28) L. McDermid O/50	IIHR	64.54

28 finishers

SPELGA SKYLINE
Mourne Mountains
AL/13m/6175ft 13.04.02

It was appropriate that the 21st edition of the Spelga Skyline was the biggest and most prodigious in its 22-year history. Obviously last year was originally to be the anniversary but, along with many other events, had to be cancelled due to the foot and mouth outbreak.

The fact that the British Championship status had been granted meant that the existing course record of under two hours was going to be "too short" so a 30 minute extension was called for, making it a true Spelga Skyline.

With an average entry of around 30-40 runners over the year, it was something of a shock to have to cope with upward of 120 visitors to the Western Mournes. But, at least, in the event of bad weather there would be safety in numbers. As it turned out, the weather could not have been better with clear visibility all round.

The benefit of three road crossings means that spectators can keep up with the race's progress and, more importantly, competitors have the opportunity to drop out or be timed out before the final steep climb. Of the 138 starters, 13 failed to finish for one reason or another.

As for the race itself, Northern Ireland champion, Brian Ervine, was intent on putting local knowledge to good use and forced the pace from early on and was always in the leading group which included Ian Holmes, Rob Jebb, Simon Booth, Nick Sharpe and leading veteran, Mark Roberts, while the ladies were led by Andrea Priestley, Louise Sharp and Tracy Brindley.

By the last road crossings, the main positions were settled with Simon Booth leading from Rob Jebb and a fired up Brian Ervine. In the veterans' category, Colin Donnelly had come through strongly to just overtake Mark Roberts, while Ian Holmes had dropped back to ninth place. The first three ladies were now Louise Sharpe, Andrea Priestley and Tracy Brindley.

A good day was had by all and to finish the day, a very enjoyable dinner and presentation of prizes was held in O'Hares Restaurant in Newcastle.

Jim Hayes

1. S. Booth	Borr	2.21.23
2. R. Jebb	Bing	2.21.58
3. B. Ervine	Ballyd	2.22.59
4. N. Sharpe	Amble	2.23.22
5. C. Donnelly	Eryri	2.24.15
6. M. Roberts	Borr	2.27.15
7. J. McQueen	Eryri	2.28.43
8. B. Bolland	Horw	2.29.19
9. I. Holmes	Bing	2.31.42
10. M. Donnelly	NFR	2.32.38
11. J. Blackett	Mand	2.37.40
12. G. Ayers	CFR	2.38.28
13. S. Whitley	Carn	2.39.53
14. M. Amor	CFR	2.42.51
15. N. Carty	NBelfast	2.44.27
16. G. Devine	P&B	2.46.28
17. G. Thorpe	Amble	2.46.49
18. C. Moses	Bing	2.47.31
19. S. Barlow	Horw	2.48.19
20. G. Wilkinson	Clay	2.48.24

VETERANS O/40

1. (5) C. Donnelly	Eryri	2.24.15
2. (6) M. Roberts	Borr	2.27.15
3. (12) G. Ayers	CFR	2.38.28
4. (19) S. Barlow	Horw	2.48.19
5. (23) S. Jackson	Horw	2.48.34

VETERANS O/50

1. (24) J. Patterson	Albert	2.48.36
2. (25) D. Spedding	Kesw	2.49.43
3. (32) J. Winder	CaldV	2.53.19
4. (34) J. Winn	CFR	2.53.28
5. (35) J. Holt	Clay	2.53.29

VETERANS O/60

1. (72) B. Waldie	Carn	3.20.08
2. (77) P. Murray	Horw	3.25.30
3. (103) P. Norman	Wresshare	3.47.42

LADIES

1. (36) L. Sharpe	Kesw	2.53.32
2. (42) A. Priestley	Ilk	2.58.32
3. (50) T. Brindley	Carn	3.05.27
4. (56) S. O'Kane	BARF	3.12.15
5. (57) L. Whittaker	Saddle	3.13.28
6. (60) S. Carson	CFR	3.14.37
7. (61) H. Krynen	Kesw	3.14.40
8. (68) S. Taylor	Bing	3.18.15

125 finishers

ERRINGDEN MOOR FELL RACE
West Yorkshire
BM/8m/1900ft 13.04.02

Unseasonably good weather saw a turnout of 109 runners take part in this year's race, which helped to raise £220 for Overgate Hospice.

The race was won by George Ehrhardt, who was continuing his good early season form. George took the lead by the first climb onto Erringden Moor and held on despite close competition from Simon Thompson and former winner and team mate, Andy Wrench. With Jon Wright in fourth place, Todmorden cleaned up the team award with their ladies' team doing the same.



Andy Wrench (Todmorden) descending to 3rd place at Erringden Moor (Photo Steve Bateson)

First lady was Karen Pickles on her first visit to the race. In contrast to most races, there wasn't a veteran in the first 12 finishers, which is a nice change!

First veteran back was Richard Crossland, who continued his record of taking this prize.

The course once again came in for plenty of praise from the runners, although the final climb up to Stoodley Pike, followed by the long fast run in to the finish, had many looking slightly worse for wear as they crossed the line!

Once again, there was free food at the presentation. Thanks to the staff at the Shoulder of Mutton and plenty of prizes for all. I would also like to thank all the marshals and helpers on the day and to Allan Greenwood for his help in flagging the route. Hope to see you all again next year.

Tony Bradley

1. G. Ehrhardt	Tod	61.35
2. S. Thompson	Clay	61.46
3. A. Wrench	Tod	62.02
4. J. Wright	Tod	62.23
5. J. Hemsley	P&B	63.14
6. S. Machena	P&B	65.28
7. R. Glover	Tod	66.39
8. S. Hoyle	Ross	66.43
9. A. Horsfall	Tod	66.47
10. S. Webb	VallStr	67.31

VETERANS O/40

1. R. Crossland	BfdA	67.47
2. B. Goodison	Holm	68.16
3. N. Pearce	Ilk	68.23

VETERANS O/50

1. D. Beels	CaldV	69.37
2. T. Longman	Macc	69.54
3. B. Schofield	Tod	70.14

VETERANS O/60

1. M. Coles	Skyrac	76.52
2. T. Cock	Holm	79.52
3. R. Jaques	Clay	80.13

LADIES

1. K. Pickles	Spn	78.51
2. C. Waterhouse O/35	Hfx	79.29
3. A. Richards	Tod	79.58
4. A. Johnson O/35	CaldV	80.19
5. J. Smith O/40	Tod	80.55

WARDLE SKYLINE
Lancashire
CM/7m/1000ft 13.04.02

It was good to get back into the swing of things after last year's enforced break through foot and mouth.

The course was probably in its best condition ever with even the perennially boggy Rough Hill section drying out.

It was slightly disappointing to get only 153 runners considering the conditions but we were affected by the move of Erringden Moor which is normally scheduled for July.

It was great to see John Taylor back at the race again twelve years after setting his (as yet unbeaten) record of 40.47 and to welcome Rowan Smith for the first time. Her new course record of 47.17 continues the great tradition of top women runners competing in the Skyline, and long may it continue!

It was equally nice to see three juniors in the race this year - let's hope this is a promising sign of more youngsters entering the sport.

Congratulations also to Harvey Coop, a local runner, who picked up the Veteran's O/60 prize.

Next year sees us marking 21 years of the Wardle Skyline, so how about a new men's course record as a birthday present!

N M Allan

1. J. Taylor	Bing	42.01
2. M. Fowler	Penn	43.52
3. S. Livesey	Clay	44.19
4. M. Brain	Clay	44.34
5. M. Aspinall O/40	Clay	44.36
6. G. Schofield O/40	Horw	45.44
7. T. Chew O/40	Clay	46.48
8. R. Smith	Scarb	47.17
9. D. Kerling	Traff	47.28
10. T. Taylor	Ross	47.30

VETERANS O/50

1. (35) J. Dore	Roch	51.22
2. (40) F. Reddington	Spn	52.08
3. (44) R. Futrell	Holm	52.38

VETERANS O/60

1. (113) H. Coop	Unatt	63.22
2. (125) D. Clutterbuck	Roch	64.36
3. (129) G. Arnold	Prest	65.32



Sarah Rowell heads a string of runners on her way to 2nd lady at Wadde (Photo Woodhead)

LADIES

1. (8) R. Smith	Scarb	47.17
2. (20) S. Rowell	P&B	49.47
3. (56) K. Mather	Saddle	54.41
4. (74) J. Rawlinson O/50	Clay	56.37
5. (76) A. Kelly O/40	Clay	57.26
6. (81) S. Slater Junior	Settle	57.56

JUNIORS

1. (26) W. Ali	Felld	50.28
2. (27) P. Frechette	Roch	50.30

BUNNY RUN THREE West Yorkshire CS/3m/300ft 16.04.02

1. R. Hope	P&B	17.06
2. S. Hawkins	Unatt	17.11
3. I. Holmes	Bing	17.18
4. J. Taylor	Bing	17.43
5. M. Buckingham	Holm	18.02
6. A. Shaw O/40	Holm	18.12
7. R. Hudson	Bing	18.28
8. J. Wright	Tod	18.56
9. M. Pierson	Holm	19.04
10. R. Haworth O/40	Middle	19.09

VETERANS O/50

1. (68) S. Thompson	Bing	22.17
2. (71) P. Rogan	Wharfe	22.22
3. (81) A. Sweatman	Horw	22.59

VETERANS O/60

1. (92) T. Cock	Holm	23.39
2. (138) M. Coles	Skyrac	25.34
3. (148) S. James	Clay	25.48

LADIES

1. (36) N. White	Holm	20.17
2. (48) P. Munro	Bing	21.21
3. (63) H. Glover	K&C	22.01
4. (75) K. Bailey	Bing	22.28
5. (77) D. Walker U/16	Burn	22.30
6. (79) V. Snape	Chorley	22.35

266 finishers

RAAS SNIJAU Isle of Man AS/5m/1900ft 20.04.02

The Raas Sniail or Snaefell Race was held in very poor conditions. Although it was dry and visibility was not too bad at the Bungalow start, thick mist could be seen lying over most of the five mile course. As the race progressed, the mist became thicker, the wind got stronger and from the half way point, heavy rain began to soak everyone.

Tony Okell got back to his winning ways after his disappointing performance in Easter's Mountain Marathon, although he was made to work hard for his win by Richard Jamieson. They had both pulled ahead of early leader, Mark Preston, on the tough climb from the Snaefell mines to Clagh Ouyr and were still only separated by a matter of yards at the final checkpoint on Snaefell summit where conditions could only be described as dreadful. The final rapid descent back to the Bungalow finish was Jamieson's undoing as he veered off course in the thick mist and not only lost any chance of victory but allowed Preston to sneak past to take the runner-up spot.

Probably the best performance of the day was by Over 50 winner, David Young. The Laxey doctor seems to improve with age and finished in an excellent fourth overall.

The ladies' race was taken by the ever consistent Rose Hooton from nearby Lonan ahead of Penny Thorpe, who was having her first ever race on the fells.

The heroes of the day were all marshals and helpers who did a magnificent job in such poor conditions.

Richie Stevenson

1. T. Okell O/40	ManxH	43.53
2. M. Preston	ManxH	45.47
3. R. Jamieson	ManxH	46.30
4. D. Young O/50	ManxFR	48.08
5. D. Clarke	ManxFR	49.05
6. I. Ronan O/40	ManxFR	49.06
7. S. Shillicorn	Unatt	50.08
8. W. Smith	Unatt	50.15
9. R. Webb O/50	ManxH	50.44
10. D. Ashton O/50	Salf	51.11

LADIES

1. R. Hooton	ManxFR	57.29
2. P. Thorpe	Unatt	82.30

VETERANS O/60

1. I. Chrystal	ManxFR	68.18
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CLACHNABEN HILL RACE Deeside AM/10.5m/3500ft 20.04.02

After a lost year due to Foot and Mouth the Clachnaben Hill Race returned with 80 hardy souls putting their bodies on the line to gain points in the Scottish Super League. Up front the race quickly developed into two separate battles between Scottish International colleagues Mark Rigby and Dan Whitehead and the rest. Clachnaben bridesmaid Whitehead (3rd in 1998, 2nd in 1999, 3rd in 2001 unofficial race) forced the pace up the hills while Rigby (the 1998 winner) kept coming back on the descents. Behind them former winner Dave Weir now enjoying veteran status had his hands full with Ronnie Gallagher despite Ronnie having done the Speyside 50K the week before. In the ladies race Jenny Rae was a clear leader before going over her ankle on the first descent of Mount Shade leaving the way clear for Jill Tait to take her first victory on the hills.

Despite taking all the team awards promoting club, Cosmics, were restricted to one category win with Margaret Stafford taking the over-40s prize. A surfeit of spot prizes and home baking sent everyone home happy.

With the lost year and change of organizers tracking down the trophies proved difficult and some have still to be returned! Next year's date is again likely to be the third Saturday in April but check the Cosmic website (www.cosmics.org.uk/hillbashers/) for information nearer the time (or visit now - it's worth a look!).

Ewen Rennie

1. M. Rigby	Amble	1.18.58
2. D. Whitehead	Cosmics	1.20.10
3. D. Weir	Fife	1.26.46
4. R. Gallagher	West	1.27.19
5. S. Smith	Aberd	1.28.45
6. S. Rivers	Cosmics	1.30.10
7. S. Templeman	Ochil	1.30.23

8. C. Pryce	Cosmics	1.30.30
9. M. Flynn	Carrn	1.30.38
10. S. Simpson	Ochil	1.31.39

VETERANS O/40

1. (3) D. Weir	Fife	1.26.46
2. (4) R. Gallagher	West	1.27.19
3. (8) C. Pryce	Cosmics	1.30.30

VETERANS O/50

1. (12) A. McGuire	Fife	1.34.47
2. (18) G. Robinson	West	1.39.02
3. (24) M. McLeod	West	1.40.56

LADIES

1. (29) J. Tait	Carn	1.43.30
2. (47) A. Ramsey	Cosmics	1.53.40
3. (52) L. Noble	Cosmics	1.55.27
4. (53) L. Horton	Cosmics	1.55.56
5. (56) M. Stafford O/40	Cosmics	1.58.12

78 finishers

MIDDLEFELL FELL RACE Cumbria AM/6.6m/1700ft 21.04.02

With a successful winter campaign behind him, a fit Alan Bowness was favourite to pick up the £100 winner's prize on his home ground. Alan's record of 59.10 was certain to be replaced with a new record because of a change of the run-out route onto the fell. After being locked together with Rob Jebb on the climb to the summit of Middlefell Alan, not renowned for his descending speed, lost out to Rob, who also has a reputation for being a bit tentative on the descents. It was still expected that Alan would make up the deficit once off the fell and on the last 3km run in, but Rob had other ideas and came home a comfortable winner to establish a record time that will be hard to beat.

Louise Sharpe continued her fine fellrunning form and excellent championship results by placing 15th overall, six minutes in front of young Sharon Taylor, and well deserving the £100 winner's prize.

The first prizes were given by Coors Brewery. Minor positions were awarded accommodation prizes at the Screens Inn, and wines from Oddbins. Men's and ladies' prizes were identical throughout the categories, an innovation to encourage more lady competitors.

Danny Hughes

1. R. Jebb	Bing	47.39
2. A. Bowness	CFR	50.02
3. N. Sharp	Amble	50.11
4. T. Werrett	mercia	50.36
5. G. Craystonb	CFR	51.35
6. J. Hunt	CFR	51.54
7. P. Singleton	Amble	52.40
8. M. Boulstridge	Mercia	52.42
9. J. Archbold	CFR	55.42
10. G. Byers	CFR	56.14

VETERANS O/40

1. (10) G. Byers	CFR	56.14
2. (11) H. Jarrett	CFR	56.52
3. (12) P. Levell	Mercia	57.09

VETERANS O/50

1. (32) J. Richardson	CFR	66.29
2. (36) J. Ely	CFR	67.43
3. (41) D. Lees	CFR	68.35

LADIES

1. (15) L. Sharp	Kesw	58.33
2. S. Taylor	Bing	64.21
3. (35) H. Bransby	CFR	67.21

61 finishers

BUNNY RUN FOUR West Yorkshire CS/3m/300ft 23.04.02

1. R. Hope	P&B	17.08
2. S. Hawkins	Unatt	17.23
3. I. Holmes	Bing	17.42
4. J. Taylor	Bing	17.55
5. M. Buckingham	Holm	18.22
6. A. Shaw O/40	Holm	18.31
7. R. Hudson	Bing	18.39

8. A. Wrench	Tod	18.43
9. W. Smith	K&C	18.56
10. J. Henry	Spem	18.59
VETERANS O/40		
1. (6) A. Shaw	Holm	18.31
2. (16) R. Haworth	Middle	19.32
3. (23) J. Wootton	Wharfe	20.11
VETERANS O/50		
1. (61) S. Thompson	Bing	21.51
2. (74) P. Rogan	Wharfe	22.30
3. (81) S. Sanderson	BfdA	23.02
VETERANS O/60		
1. (125) T. Cock	Holm	24.45
2. (152) S. James	Clay	26.00
3. (157) J. Devlin	Tod	26.07
LADIES		
1. (52) P. Munro	Bing	21.28
2. (59) H. Johnson O/35	Bing	21.42
3. (78) H. Glover	K&C	22.40
4. (88) D. Walker U/16	Burn	23.20
5. (89) V. Snape U/16	Chorley	23.21
6. (91) L. Livesey U/16	Chorley	23.23

228 finishers

WREKIN STREAK Shropshire AS/2.75m/810ft 24.04.02

After a year's break due to the Foot & Mouth, the Wrekin Streak returned maintaining its place as one of the most popular of the local evening fell races. 93 runners took part in ideal conditions.

Tim Davies continued his domination of the men's event, although he couldn't quite overhaul Paul Cadman's 1991 record. Tim ended up just eight seconds slower in what was the second fastest winning time.

The ladies' event had a new winner with Karrie Howatt more than a minute clear of her nearest rival, Cheryl Evans.

Then event was the first in the summer series and raised £200 for the Stroke Association.

Simon Daus

1. T. Davies	Mercia	17.12
2. J. Loxam	Stock	18.16
3. R. Little	Mercia	18.25
4. C. Lancaster	Ludlow	18.51
5. A. Yapp	Mercia	19.15
6. O. Jones	LesCroup	19.26
7. A. Davies	Mercia	19.32
8. R. Lamb	mercia	19.34
9. P. Vale	Mercia	20.01
10. H. Jones	Newtown	20.02

VETERANS O/40		
1. (4) C. Lancaster	Ludlow	18.51
2. (10) H. Jones	Newtown	20.02
3. (11) A. Smith	Telf	20.04

VETERANS O/50		
1. (15) B. Dredge	Mercia	21.02
2. (24) I. Kevan	Telf	21.39
3. (43) M. Blake	Eryri	23.07

VETERANS O/60		
1. (59) B. Nicholas	Mercia	24.39

LADIES		
1. (32) K. Howatt Jun	Warring	22.13
2. (54) C. Evans O/40	Telf	23.41
3. (55) V. Musgrove O/40	Eryri	23.42
4. (57) G. Harris O/40	Mercia	23.57
5. (60) A. Talyakevych	WCH	24.43

FIVE TORS MOORLAND RUN Cornwall CM/11m/1170ft 25.04.02

In spite of forecasts of gale force winds, torrential rain with the possibility of hail, the race was run with only a few raindrops! The strong winds contributed to a slower time but all seemed to enjoy the run and were pleased at its return after a year's absence due to the Foot & Mouth in 2001.

C. Weston

1. N. Hormes	EVH	1.10.18
2. H. Marsden O/40	Exmouth	1.11.13
3. N. MustY	SDev	1.14.53
4. S. Babbs	Newquay	1.14.59
5. I. Andrews	SWRR	1.15.10

6. S. Gwynne O/40	Truro	1.15.57
7. C. Thorpe	Colling	1.18.15
8. M. Davidson	Plym	1.19.12
9. C. Barretto O/60	SWVAC	1.19.36
10. I. Dundas	SWVAC	1.20.44

VETERANS O/50		
1. (19) R. Doulton	ECH	1.25.08
2. (20) L. Carr	ECH	1.23.50
3. (22) B. Wiles	COCD	1.25.03

VETERANS O/60		
1. (9) C. Barretto	swvac	1.19.36
2. (52) A. Smith	ECHM	1.31.53
3. (75) F. Wheeler	Newquay	1.43.39

VETERANS O/70		
1. (81) B. Gwynne	Truro	1.45.52

LADIES		
1. (27) C. Davidson	Plym	1.26.22
2. (33) S. Daw O/40	ECH	1.27.09
3. (48) K. Trehane	Cornw	1.30.37
4. (61) J. Tyler O/40	Newquay	1.34.22
5. (62) J. Hoskin	ECH	1.35.10

GLARAMARA FELL RACE Cumbria AS/5m/2100ft 27.04.02

1. G. Bland	Borr	47.12
2. J. Bland	Borr	47.15
3. D. Troman	Kesw	51.13
4. P. Singleton	Amble	52.14
5. J. Archbold	CFR	52.18
6. S. Livesey	Clay	53.24
7. W. Bell O/40	CFR	53.45
8. J. Deegan	Amble	54.33
9. D. Gartley O/40	Gloss	54.48
10. P. Whiting O/40	Kend	55.02

VETERANS O/50		
1. (16) J. Hope	AchR	58.39
2. (19) J. Nuttall	Clay	60.18
3. (21) K. Dacre	Kend	61.05

VETERANS O/60		
1. (31) B. Booth	Kesw	65.49
2. (37) P. Dowker	Kend	67.56
3. (43) B. Johnson	CFR	77.14

LADIES		
1. E. O'Shea	Amble	62.25
2. (47) S. Owen O/40	Amble	84.56

50 finishers

WEST NAB FELL RACE West Yorkshire AM/6.25m/2042ft 27.04.02

1. L. Taggart	Bux	40.41
2. J. Symonds U/20	Kend	41.01
3. M. Amir	CFR	42.42
4. S. Penney	Chest'fld	43.30
5. D. Nicholls U/20	Macc	44.47
6. P. Stevenson	P&B	45.35
7. A. Athersmith U/20	Skip	45.42
8. A. Rees	Holm	45.47
9. S. Fitzpatrick	Hyndburn	45.53
10. C. Miller U/20	Hgte	46.11

VETERANS O/40		
1. (6) P. Stevenson	P&B	45.35
2. (11) B. Goodison	Holm	46.20
3. (13) M. Howard	Radc	46.29

VETERANS O/50		
1. (19) D. Tait	DkPk	48.03
2. (26) A. Styan	Holm	49.25
3. (28) R. Kersey	Holm	49.56

VETERANS O/60		
1. (44) K. Balmforth	HolmeV	54.20
2. (76) M. McDonald	NthnV	64.16
3. (78) B. Thackery	DkPk	66.24

LADIES		
1. (14) R. Smith	Scarb	46.37
2. (18) N. White U/20	Holm	47.55
3. (24) S. Newman O/40	Gloss	48.40
4. (47) J. Prowse O/45	Keighley	55.13
5. (51) A. Johnson	CaldV	56.03

90 finishers



Ian Warhurst of Pennine trying very hard to keep ahead of Holmfirth's Natalie White at West Nab (Photo Woodhead)

JUNIORS & INTERMEDIATES (English Championships)

U/18		
1. M. Buckingham	Holm	27.19
2. T. Ellis	Bolt	29.26
3. T. Edgerton	Traff	29.51
1. K. Ingram (Girl)	Chor	35.32
2. H. Booth (Girl)	LancM	37.34
3. L. Kemp (Girl)	Holm	38.05

U/16		
1. C. Doyle	Kend	17.47
2. R. Newton	Prest	18.04
3. S. Hunn	Skip	18.37
1. S. Boyes (Girl)	Scarb	19.58
2. K. Hawitt (Girl)	Warring	21.49
3. T. Jones (Girl)	Holm	22.11

U/14		
1. A. Brownlee	Bing	14.22
2. S. Clifford	CFR	15.28
3. M. Hurst	Skip	15.50
1. K. Woodhead (Girl)	Holm	17.34
2. D. Walker (Girl)	Burn	18.00
3. V. Wheatman (Girl)	Scarb	19.00

U/12		
1. J. Brownlee	Bing	10.32
2. J. Mountain	Skip	10.40
3. J. Bowness	CFR	11.05
1. L. Figg (Girl)	Holm	12.19
2. A. Ogden (Girl)	Hallam	12.31
3. R. Cooper (Girl)	Skyrac	12.43

JUNIORS & INTERMEDIATES (Yorkshire Championships)

U/12		
1. L. Athersmith	Skip	45.42
2. C. Miller	Hgte	46.11
3. R. Wilson	Scarb	47.06
1. N. White (Girl)	Holm	47.55

U/18		
1. M. Buckingham	Holm	27.19
2. M. Pierson	Holm	30.05
3. J. Carter	Spem	31.13
1. L. Kemp (Girl)	Holm	38.05
2. L. Griffiths (Girl)	Holm	41.16

U/16		
1. S. Hunn	Skip	18.04
2. K. Cooke	Hallam	21.11
3. D. Walmsley	Skip	21.35
1. S. Boyes (Girl)	Scarb	19.58
2. T. Jones (Girl)	Holm	22.11
3. Z. Storr (Girl)	Holm	22.57

U/14		
1. A. Brownlee	Bing	14.22
2. M. Hurst	Skip	15.50
3. C. Wetherall	Keighley	16.02
1. K. Woodhead (Girl)	Holm	17.34
2. V. Wheatman (Girl)	Scarb	19.00
3. L. Storr (Girl)	Holm	19.10

THREE PEAKS RACE
North Yorkshire
AL/24m/4500ft 28.04.02

This year the event pre entry was significantly reduced and only 218 pre entries started on the day, this was boosted by substitutions to 254, of whom 207 finished.

After weeks of good weather the course should have been very dry but overnight rain and an accurate poor forecast for race day made conditions extremely difficult not only for competitors but also for many officials.



A windswept Simon Booth (Borrowdale) coming off Pen y Ghent to first place at The Three Peaks (Photo Tony Fiches)

After pre start random kit checks the field started the climb to Pen Y Ghent, gradually stringing out over the summit and across the long section to Whernside. Simon Booth, Andrew Schofield and Gary Wilkinson gradually pulled away together on this low level section to jointly lead on reaching the second summit, with another small group a few minutes behind. Tracy Brindley, had by this stage, a clear lead in the ladies category. Simon pulled away on the climb to Ingleborough and further extended his lead to finish a comfortable overall winner, but nearly twenty minutes outside the record set by Andy Peace. Tracy also continued strongly to easily win her category and finished a creditable 30th overall.

Paul Briscoe led the veterans' category from the start to the summit of Ingleborough, and with a few minutes lead looked set to take the category prize. Unfortunately he fell heavily in Sulber Nick and suffered a serious arm injury, allowing Lee Douthwaite to finish one place ahead. Paul courageously continued and retained second in the category and 7th overall. Peter McWade and Jean Shotter both experienced in this event finished Super Veteran and lady veteran respectively.

Casualties were higher than usual due to the conditions, with at least one severe and many more mild cases of hypothermia and at least two other serious injuries. The policy of The Three Peaks Race Association to endeavour to maintain the highest standards of safety and organization were tested to the full and coped well, thanks to all concerned.

David Weatherhead

1 S. Booth	Borrowdale	3.10.43
2. A. Schofield	Borrowdale	3.16.30
3. G. Wilkinson	Clay	3.22.04
4. P. Thompson	Clay	3.23.45
5. D. Cummins	Shettleston	3.30.55
6. L. Douthwaite V/40	Bowland	3.31.58
7. P. Briscoe V/40	P&B	3.33.55
8. A. Hauser V/40	P&B	3.34.52
9. G. Schofield V/40	Horwich	3.35.37
10. J. Parsons	P&B	3.36.02

VETERANS O/40

1. L. Douthwaite	Bowland	3.31.58
2. P. Briscoe	P&B	3.33.55
3. A. Hauser	P&B	3.34.52
4. G. Schofield	Horwich	3.35.37

VETERANS O/50

1. P. McWade	Clay	3.44.12
2. K. Carr	Clay	4.02.37
3. J. Marsh	TarrenH	4.02.51

VETERANS O/60

1. M. Coles	Skyrac	4.19.29
2. T. Cock	Holm	5.00.09
3. M. Breslin	LancsM	5.16.20

LADIES S/R

1. T. Brindley	Carn	3.46.12
2. J. Shotter O/40	P&B	4.20.16
3. S. Miles	Unatt	4.21.24
4. E. Batt	Buxton	4.30.56
5. W. Dodds O/40	Clay	4.31.03

BUNNY RUN RELAY
West Yorkshire

3 x 2.5m/250ft 30.04.02

1. Top Fell Runners	39.25
2. 3 Dogs et al	41.49
3. Ladies & Gents (Mixed)	43.15
4. CSL Flyers	43.29
5. Hit, Miss & Maye (Family)	44.17
6. Bingley 'A'	44.21
7. Legs Akimbo	44.50
8. Team Pudsey	45.25
9. Griffs Crutchers	45.34
10. Sadd and Lonely (Mixed)	47.07
19. Tod Tossers (Veterans)	49.57
20. Little Bitches (Female 11/16)	50.03
22. James plus 2 (Family)	50.42

PENTYRCH HILL RACE
South Glamorgan

BM/7.5m/1700ft 30.04.02

The return of the Pentyrch Hill Race saw 78 runners line up for the start on a windy and cold evening. Following the collapse of one of the road sections, the route was revised reducing the length by approximately a half mile and the climb by 100 feet. The difference is that the race is now seven miles long with 1,600 feet of climbing, the latter now being more intense.

From the start, Chris Purt set the pace hotly pursued by Julian Baker. By the half way stage at the end of the first 800 foot climb, Purt had established a lead of 200 metres over Baker with Dafydd Lambeth and Adrian Woods battling it out for third place, some two minutes behind the leader. Within the veterans' race, Rob Jones was desperately trying to keep Woods within attacking distance. Over the fast downhill section over the mountain into Taff Valley, Purt maintained his lead over Baker. The test came on the final steep climb on which Baker clawed back some of the lead Purt had established but Purt maintained his lead over the fast downhill section to win the event.

The opinion after the race was that the nature of the event with its friendliness and support of over 30 marshals had been maintained and the route was better than that of previous years. The revised course will be the route taken in future races.

John Gough

Runners at
Coniston
experience
the anguish
of Mouldry
Bank

(Photo
Steve
Bateson)



1. C. Purt	Pontyp	44.26
2. J. Baker (SWRC)	LesCroup	44.40
3. D. Lambeth	Islwyn	47.18
4. A. Woods O/40	Eryri	47.25
5. R. Jones O/40	LesCroup	48.11
6. P. Horvath	SanDom	49.09
7. A. Gleeves	LesCroup	49.14
8. A. Jones	MDC	49.30
9. N. Webb O/40 (SWRC)	LesCroup	50.15
10. I. Powell	Westb	50.38

VETERANS O/50

1. (14) J. Pointon	Pontyp	51.59
2. (16) R. Morris (SWAC)	SanDom	52.27
3. (27) J. Fry	Telf	55.48

VETERANS O/60

1. (56) S. Wheeler	Chepstow	63.17
2. (61) C. Jones	MDC	65.49
3. (69) M. Parker	Islwyn	73.08

LADIES

1. (36) A. Bedwell	MDC	57.03
2. (52) C. Miller O/35	LesCroup	61.47
3. (60) S. Ashton O/45	Chepstow	65.32
4. (64) M. Jones O/40	Islwyn	65.58
5. (67) B. Cantwell O/35	Chepstow	68.36

SWRC = South Wales Region Champion

76 finishers

CONISTON FELL RACE
Cumbria

AM/9m/3500ft 04.05.02

On a good clear day with firm going, 428 started the event. The race was dominated by Bingley and Borrowdale, Ian Holmes being three seconds outside his own record.

Andrea Priestley is one to watch with a great run.

A marvellous entry field from all the veterans.

Nick Matthews

1. I. Holmes	Bing	66.02
2. S. Booth	Borr	66.36
3. M. Roberts O/40	Borr	67.55
4. R. Jebb	Bing	68.05
5. J. Taylor	Bing	68.08
6. A. Peace	Bing	68.38
7. B. Bardsley	Borr	68.59
8. C. Donnelly O/40	Eryri	69.11
9. R. Hope	P&B	69.31
10. N. Sharp	Amble	69.52
11. D. Neill O/40	StaffsM	70.19
12. J. Bland	Borr	70.29
13. S. Stainer	Amble	70.34
14. L. Taggart	Bux	71.51
15. G. Patten	Amble	71.57
16. T. Davies	Mercia	71.58
17. B. Irvine	Ballyd	72.50
18. J. McQueen	Eryri	73.30
19. J. Blackett	Mand	73.39
20. N. Spence	Borr	73.53
21. D. Hope	P&B	73.56
22. G. Devine	P&B	73.58
23. G. Cudahy	Unatt	73.59
24. T. Werrett	Mercia	74.00
25. A. Kitchin	Lothian	74.12
26. W. Procter O/40	HelmH	74.17
27. G. Erhardt	Tod	74.33
28. D. Troman	Kesw	75.05
29. J. Wright	Tod	75.15
30. Paul Sheard	P&B	75.23

VETERANS O/50

1. (56) J. Winder	CaldV	80.17
2. (60) R. Whitfield	Bing	80.31
3. (63) M. Walsh	Kend	80.45
4. (66) T. Hesketh	Horw	81.28
5. (69) J. Holt	Clay	82.20

VETERANS O/60

1. (150) P. Murray	Horw	90.35
2. (160) P. Jepson	Ross	91.38
3. (162) B. Waldie	Carn	92.32
4. (225) P. Dowker	Kend	98.22
5. (234) F. Gibbs	Bing	99.12

LADIES

1. (64) A. Priestley	Ilk	81.01
2. (70) S. Newman O/40	Gloss	82.21
3. (77) L. Sharp	Kesw	82.47
4. (111) S. Carson	CFR	86.34
5. (133) E. O'Shea	Amble	88.49
6. (156) H. Johnson	Bing	91.13
7. (157) K. Bailey	Bing	91.22
8. (165) H. Krynen	Kesw	92.59
9. (170) M. Laney O/40	Clay	93.31
10. (173) P. Munroe	Bing	93.40

418 finishers**PENISTONE HILL RACE
Derbyshire****BM/7m/1055ft 06.05.02**

1. S. Penney	Chest'fld	42.57
2. P. Grimes O/40	Hfx	45.53
3. S. Green	P&B	45.40
4. P. Young O/40	Hallam	45.43
5. S. Rippon	Barnsley	47.37
6. R. Hutton O/40	DkPk	47.48
7. P. Gebbitt	Notts	48.17
8. R. Kersey O/50	Holm	48.35
9. K. Holmes O/40	DkPk	49.29
10. A. Moor O/40	DkPk	50.19

VETERANS O/50

1. (8) R. Kersey	Holm	48.35
2. (11) A. McDonald	Telf	50.41
3. (22) D. Tait	Dk.Pk	52.13

VETERANS O/60

1. (32) K. Bamforth	HolmeV	54.38
2. (52) R. Mason	Totley	59.25

LADIES

1. (19) S. Ward	Unatt	51.38
2. (41) L. Bland	DkPk	57.09
3. (45) H. Mort	Chest'fld	57.48
4. (51) E. Brown	P&B	59.21

81 finishers**WRAY CATON MOOR FELL RACE
Lancashire****BM/7m/1100ft 06.05.02**

Well what a day! It was the day Blackpool came to Wray. The traffic stretched almost back to the M6 as tens of thousands packed into our normally quiet little village. The event - Wray Fair. After our first two races in 1985 and 1986 the Fell Race and Wray Fair combined. It got the village to come out and support the race instead of a 'What is this going on?' The dual event became a delightful rural gathering.

It got bigger and more successful after the coming of the scarecrows. The festive atmosphere now spans two weekends and the week in between. In the 1990s the Fell Race was still a major attraction with the finish in the main arena on the show field. However the anxiety of the marshals near the finish having to keep increasing crowds at bay from the incoming runners caused the Committee to create a new finish to the route at the quieter bottom end of the village. It's a good job that they did that then because this year any hope of a runner reaching the old finish would have been fantasy.

The proposal that I think I will push the Committee to go for next year is to have the race the previous weekend. We already have a 10km road race on the Saturday and the fell race say on the Sunday, as a shorter alternative to the Three Peaks, would create

an interesting weekend of it. It is at the start of the Scarecrow Festival. The happy village atmosphere has just got going and there will be plenty to see for both runners and non-runners alike. Just watch this space.

Well what of this year's actual race! The weather was ideal. With the 360° panorama of Morecambe Bay, the Lakes, Pennines and Bowland Hills at its best and with the new descent on the fell established last time, and a new direct finish through a wood at the end, we now have a better route than ever before. Mark Croasdale (42m 42s) won as usual retaining the Harry Robinson Trophy and Helen Johnson also from Bingley AC won the Ladies.

140 seniors took part and 70 juniors. Our Junior Fell Race is the most well supported junior event I know of. The scarecrows certainly seem to attract one section of the running community to Wray.

Peter Edge

1. M Croasdale	Bing	42.14
2. P. Singleton	Amble	43.02
3. S. Stretch	Unatt	45.45
4. P. McWade	Clay	45.53
5. P. Brittleton	Howgill	45.59
6. P. Butterworth	Clay	46.03
7. A. Pilkington		46.09
8. G. Bird	Bing	46.24
9. D. Scholes	Keighley	46.55
10. F. McTominall	LancsM	47.14

VETERANS O/40

1. ((6) P. Butterworth	Clay	46.03
2. (14) N. Holding	WPenn	47.43
3. (15) M. Wynne	Settle	47.50

VETERANS O/50

1. (4) P. McWade	Clay	45.53
2. (26) G. Newsam	Clay	49.53
3. (29) A. Green	BfdA	50.15

VETERANS O/60

1. (80) B. Murphy	Ford (Hale)	57.13
2. (85) S. Bland	Unatt	57.56
3. (108) M. McDonald	NthnV	61.29

LADIES

1. (20) H. Johnson	Bing	48.48
2. (52) L. Lacon	Holm	53.40
3. (66) J. Robinson O/40	Garst	55.48
4. (94) N. Fellowes	Eryri	58.31
5. (103) W. Dodds O/40	Clay	60.16

*140 finishers***JUNIORS U/12 BOYS**

1. P. Bacon	Pendle	14.02
2. L. Lewis	Unatt	14.13
3. B. Mophet	Unatt	14.32

U/12 GIRLS

1. G. Crowther	HelmH	14.21
2. C. Cassidy	LancsM	15.28
3. M. Nottinghamam	Unatt	15.38

U/14 BOYS

1. K. Alderson	HelmH	17.41
2. J. Marsh	Skip	18.28

U/14 GIRLS

1. K. Woodhead	Holm	20.25
2. R. Parkinson	HelmH	20.40

**2002 BUNNY RUN SERIES
(Best of three races)**

1. R. Hope	P&B	3 pts
2. S. Hawkins	Unatt	6 pts
3. I. Holmes	Bing	7 pts
4. M. Buckingham	Holm	10 pts
5. A. Shaw O/40	Holm	14 pts
6. R. Hudson	Bing	22 pts
7. J. Wright	Tod	25 pts
8. M. Pierson	Holm	28 pts
9. = R. Haworth O/40	Middle	30 pts
9. = S. Bottomley	P&B	30 pts

VETERANS O/50

1. P. Rogan	Wharfe	4 pts
2. S. Thompson	Bing	4 pts
3. A. Sweatman	Horw	13 pts

VETERANS O/60

1. T. Cock	Holm	3 pts
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LADIES

1. P. Munro	Bing	4 pts
2. H. Johnson O/35	Bing	5 pts
3. K. Bailey	Bing	11 pts
4. D. Walker U/16	Burn	14 pts
5. V. Snape U/16	Chorley	16 pts
6. = L. Livesey U/16	Chorley	19 pts
6. = K. Mather O/35	Saddle	19 pts
8. S. Slater U/16	Skip	23 pts
9. J. Smith O/40	Tod	32 pts

SHROPSHIRE WEEKEND**Combined results of Titterstone Clee
and Long Mynd Valleys
16/17.02.02**

1. T. Werrett	Mercia	2.44.55
2. J. Blackett	Mand	2.50.38
3. A. Yapp	Mercia	2.55.42

VETERANS O/40

1. (5) A. Carruthers	Hales	3.04.50
2. (6) R. Mapp	Ludlow	3.07.33
3. (7) R. Kearns	Camb	3.12.18

VETERANS O/50

1. (15) M. Blake	Eryri	3.28.19
2. (20) B. Kenny	AchR	3.39.43
3. (24) J. Williams	SpringStr	3.46.35

LADIES

1. (19) V. Musgrove O/40	Eryri	3.38.04
2. (25) T. Apps	SpringStr	3.48.11
3. (37) D. Harris	SpringStr	4.12.36

**SHROPSHIRE HILL WINTER FELL
RACE SERIES**

The Shropshire Hills Winter Fell Race Series for 2001 - 2002 consisted of 5 races. The races have all been reported separately in the Fellrunner. The series is decided using a points system based on each runner's best three performances from the series, and is calculated using a system based on percentage of the leader's times.

The races were Cardington Cracker, Stiperstones2, Longmynd Valleys, Cardingmill Canter and Wrekin Fell Race.

The trophies were presented following the Wrekin Streak with no surprises in the men's overall where Tim Davies had lead the field home in all five races. Gill Harris won through to take both Senior Women's and Veterans O/40 Ladies' titles with Pauline Richards taking the LV50.

Colin Lancaster and Mike Blake took MV40 & MV50 respectively preventing Mercia having a clean sweep in all the Categories.

Next Year's Series Starts on the 13 Oct 2002 with The Breidden Hills. Contact Keith & Pauline Richards 01743 352387; E-Mail keithrichards01@btinternet.com

1. T. Davies	Mercia	338.67 pts
2. T. Werrett	Mercia	308.07 pts
3. R. Lamb	Mercia	303.79 pts

VETERANS O/40

1. (4) C. Lancaster	Ludlow	303.63 pts
2. (5) M. Clewes	Mercia	294.32 pts
3. (7) A. Smith	Telf	279.44 pts

VETERANS O/50

1. M. Blake	Eryri	252.15 pts
2. G. Trevor	Shrews	203.44 pts
3. M. Edwards	DkPk	203.32 pts

VETERANS O/60

1. B. Nicholas	Mercia	227.93 pts
2. K. Matthews	Oswestry	132.96 pts

VETERANS O/70

1. K. Westley	MidV	93.20 pts
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LADIES

1. G. Harris O/40	Mercia	252.03 pts
2. V. Musgrove O/40	Eryri	245.73 pts
3. A. Capp O/40	Telf	241.58 pts

LADIES - VETERANS O/50

1. P. Richards	Mercia	170.04 pts
2. P. Matthews	Oswestry	120.97 pts

The following article completes the series on the alternatives to Walshes

New Balance RX Terrain

By Nick Pope

The New Balance factory in Cumbria sits overlooking the Solway Firth just outside Maryport. As a company, New Balance is dedicated to domestic manufacturing. From its beginnings as a Boston Orthotic maker in 1906, hence the name "New Balance", and through its growth under the ownership of Jim Davis since 1972 into a world leader in the production of performance running and sports shoes the company has had two philosophies that it has adhered to above all - it makes shoes in different widths and it continues to manufacture a large proportion of its shoes domestically. Factories are situated, both in the UK to service Europe, and in the USA. The Cumbrian factory supplies a high percentage of the technical running shoes the brand sells in Europe and in shoemaking terms is amongst the most highly developed shoe manufacturing facilities in the world. You couldn't get a much better location to develop an off road, or fell running shoe, given the close proximity to the Lake District National Park and some of the most challenging off road race events in the British Isles.

The story of the New Balance RX Terrain shoe began here in the middle of the eighties. New Balance had been involved with off road shoes for some time already and had an off road shoe called the Trailbuster which had been popular. The involvement in off road or fell running had originated in the UK and was driven by customers who asked us to develop this area. It is still a UK only business. Trailbuster was similar to the RX Terrain in that it had an EVA wedge and a studded sole. However the midsole was of a more conventional running shoe height at about 10mm thickness in the forepart. This made it a little bit unstable on soft ground. Additionally it was made on a New Balance's regular fit SL1 running last. This last was developed for road running and did not provide the snug fit preferred by fell and cross-country runners.

The brief came in to the factory development team for a new shoe to address some of these points. The target audience for the shoe was not just for Fell runners but to be more of a generalist off road product that would also suit cross-country runners as well.



*Technology and loving care in the manufacturing process
(Photo Nick Pope)*

Luckily for New Balance they had just the right person on the development team to address this brief. Tony Daly who was, and still is, development manager for the New Balance factory in the UK has worked in

Footwear development all his life. He started at Millers of Cockermouth as a pattern cutter before moving on to Premier Footwear in Lancashire where he was Technical Manager before arriving at New Balance in 1995. There was no doubting Tony's shoemaking skills but more importantly Tony also had the athletic credentials and insider's knowledge of the type of product that was required.

Born locally, Tony had started fell running in his youth at events like the Grassmere Guides races. From there he progressed and was often seen finishing in the top half of the field in races like the Ennerdale Horseshoe and the Skiddaw Race. He won the inaugural Coledale Horseshoe race as well as achieving personal bests of 52.30 for 10 miles in the Brampton to Carlisle race, 71 minutes for the half marathon in the Great North Run, and 2 hrs 33 minutes in the Wolverhampton Marathon.

Tony had used New Balance's Trailbuster and its competitors during his own racing and training and understood the strengths and weaknesses of most of the products on the market.

The brief called for a shoe that would appeal to off road runners generally, rather than just fell runners but even so the numbers of this type of shoe that are bought meant that somehow we would have to utilise some existing equipment otherwise the shoe would turn out too expensive. The first point to address was the one of fit. Tony Daly decided that the RL1 last which New Balance uses on some of the racing comps would give the snug fit that a lot of off roaders prefer. This last also had the advantage of not being too excessively curved, as some racing lasts are, which would mean that it would fit a greater number of runners. For the upper Tony took an existing New Balance running spike upper and modified it by adding overlays to the mesh in the midfoot area to provide more support. This would increase the weight slightly but this was considered to be less of an issue than getting the right amount of support. The materials were chosen on a visit to Taiwan at the company's research and development centre. Here Tony was able to look at all the latest and greatest materials available together with test results on their strength and durability. The objective was to keep the shoe as light as possible whilst making the upper as durable as possible. The distinctive blue colour was actually not intended at the beginning but was the result of a material wear trial. The only colour the manufacturer could supply at the time was blue and everyone seemed to like it.

As far as the sole was concerned Tony had tested a number of soles both from New Balance and competitors and knew what he wanted to do. Taking the basic configuration of the Trailbuster he made the toe wrap wider and more protective. The space between the studs was increased which would help to prevent the sole getting clogged up with grass and mud which makes it heavy. For the same reason the base of the sole and the sides of the studs were kept completely smooth and the studs were tapered towards the tip to help

mud slide off. The shape of the studs was engineered with a flat surface towards both the toe and heel to give good traction both when ascending and descending and the studs were extended forward as far as possible in the toe to help traction when climbing. Finally after testing a number of different midsole thicknesses and compounds it was felt that the right compromise between cushioning and stability had been reached. Tony knew from experience that many races have road sections in them and coming off soft ground onto hard road without decent cushioning can be a painful experience. But at the same time he wanted to improve on the Trailbuster whose midsole, while being superbly cushioned, was really too high and unstable for some runners.



*Final inspection at the factory
(Photo Nick Pope)*

The first samples were then subjected to extensive wear trials. These were done both in the laboratory to test for durability of flexion and abrasion and Tony and some of his running friends ran many miles in field trials to get the product right. These trials resulted in further small adjustments being made to the density of the midsole material to make it slightly less soft and to the rubber compound of the sole to make it softer to grip better on surfaces like rock. There were adjustments made to the pattern to get the fit right and the lining material was changed from brushed nylon to smooth polyurethane as it proved to be more durable.

The RX Terrain was launched in 1998. Since then we have had a lot of letters from runners who have enjoyed using it and, it is fair to say, a few from those who have not. That is running for you and no shoe is going to suit everyone. However the steady sales year on year indicate that it is doing the job for many runners out there. We are looking at making some future improvements such as softening the sole compound again to give even better grip on rocky ground and upgrading the mesh. If anyone has other suggestions I would be very glad to hear them.

HOPE SPRINGS ETERNAL

From Harden Moore

After this year's Bunny Runs it has been brought to the attention of the Woodentop organisers that the 50 plus bottles of 'Holmsies Bobtail Brew' Briscoe beer given out to the various overall standings should be renamed,

'Hope Springs Eternal'

Why? Well, Robert Hope in the three BR's he has run in this year has dominated the event, much to his surprise, but all the masses of chocolate couldn't have gone to a more appreciative chocoholic. Robert even took time out to bake a carrot cake with part of his prize and present the Woodentops with a few slices. At the Crackerjack style prize giving Robert certainly likes to share, because he generously tosses aside numerous prizes into the crowded pub to great roars from the gathering. He has loosened the tight grip Ian Holmes has on the BR's, because until this year only Greg Hull had the audacity to run Ian into second place. Remember Robert Hope ended Ian's reign at the Stoop fell race last year, Robert is certainly starting to get a reputation and become a stone in Ian's shoe!

A certain amount of credit must go to Steven Hawkins who made most of the running in three of the races, finishing second on all occasions.

But if people feel the label should be changed for his outstanding performances, then here's a few other ideas for the bottle.

'Shaw Winner'

Andy Shaw has put in some startling runs to clinch the over 40 title, winning all four races, and has never been outside the first six overall. He has been very close to Steve Oldfield's record of 18 minutes dead, which shows the old adage 'life begins at forty' is true. One of his ambitions has been fulfilled, that is an England vest for the Knockdhu International, and of course being piled high at a BR.

'Cocks' Stiff One'

In honour of the over 60 winner Tim Cock, who won three races outright, with rival Malcolm Coles blotting his copy book at the first BR. Tim actually didn't even start running until he was 40, when his son Stephen challenged him to a race round the block - "If you think you're fit dad". He was startled to find that squash and badminton



David Harman (Holmfirth) and Gary Bailey (Bingley) sprint for the line at Bunny Run One. (Photo David Brett)

hadn't prepared him, and he had to walk up the hill and vowed then to get into shape. This year has been his most successful with the Stoop, Boulsworth, Soreen Stanbury Splash, Noon Stones, Ilkley Moor and Midgley Moor, just a few over 60 prize wins. Tim is also heavily involved in administration in the sport, and is currently chairman of Holmfirth Harriers, and secretary of the Yorkshire Veterans Association. Retired now, he always with a group of friends takes part in a different marathon each year, it's become a ritual. In February it was 3-43 at the Las Vegas Marathon, next year could be Barbados.

'Pauline's Perky Pop'

Pauline Munro showed consistency with two wins and two seconds and showed that last year's four wins plus series win wasn't a fluke. Juggling a very busy solicitor's work schedule with homelife and training sometimes proves difficult to get the right balance for racing. Winning numerous races and an England vest last year, this year hasn't been as fortuitous with only Soreen Stanbury Splash being a first to date. But determination and hard work, neither of which Pauline is shy of, will pay dividends.

'Brownlee's Blaster'

Alistair Brownlee, apart from at the first run, has mixed it with the big guns to win the Under 16 boys series win, and during the series incredibly celebrated his 14th birthday. This was at BR 4, where the packed Guide Inn did a raucous rendition of "Happy Birthday, dear Alistair" to the much embarrassed young lad. A Bradford Grammar School student, he has twice been National Triathlon Champion, 1999 and 2000, and is currently leading the championships this year. An excellent swimmer, cycling is his weakness, but running is his forte. He is the current Yorkshire X-Country Champion, repeating this feat from 2001, and if fell running takes his fancy he will be unstoppable, already he has retained the Yorkshire fells Championship title. Interestingly his first ever race was at Pen Hill, at West



U16 champion Alistair Brownlee of Bingley doing well against the big boys at Bunny Run Three. (Photo David Brett)

category. Every Tuesday would see her alongside Holmes, Hope, John Taylor and the like on the very front grid, where you have to have your wits about you with over 200 to nearly 300 runners jockeying for position. She teamed up with U16's Victoria Snape and Laura Livesey, like last year, for the Relay under the dubious name of 'The Little Bitches'.

'Rogan's Run' and 'Thompson's Torpedo' could honour joint over 50 winners Paul Rogan and Stuart Thompson, while 'Gay's Grog', 'Johnson's Jollop' and 'Smith's Slurper' covers over 50 Gay Leary, Helen Johnson over 35 and Jane Smith over 40 series winners. At the prestigious BR One Helen Johnson won the perpetual bunny rabbit trophy for first lady home, and also besides the masses of chocolate is now the proud owner of Lucy rabbit, a Bear Factory cuddly toy named after record holder Lucy Wright, and born that very night or so the birth certificate stated. Other recipients were Ian Holmes and Andy Shaw, who collected rabbits named Ian and Steve respectively after the other course record holders, Holmes and Oldfield.

'Saz's Sozzler', to celebrate the achievement of Sarah Rowell not only being the first ever solo lady runner, thereby setting a new record of 49-45 in the relay event, but that she also actually beat all the other ladies' teams into the bargain, and recorded 2nd, 4th and 9th fastest leg times that night, only Lucy Whitaker ran faster with 15-58.

According to Ian Holmes the revelation of the Bunny Runs was Mark Buckingham who won three Egg Stages, and set a new Egg Stage record of 3-20, deleting Holmes' six year old record. At BR One Ian thought he had the Egg Stage sewn up, and couldn't believe that the young upstart Mark sped past to deny him. "It will be interesting next week to see if Mark is willing to put himself into the same pain threshold again or if he'll shy away, having tasted what it's like to really hurt". Mark showed he has the staying power, talent and with experience and maturity will flourish.

So why do so many love the Bunny Runs? It is after all only a race, with chocolate prizes, and Crème Eggs to all finishers. The truth is even the Woodentops don't know, you're best asking the 200 odd runners that turn up every Tuesday without fail for a three mile thrash around the moors above Keighley. In fact this year saw Gavin Bland travel from the Lake District to sample the delights!

So will 'Hope Springs Eternal' be on the bottle?

We think not, after all Ian Holmes has won twenty Bunny Runs, and won the series title four times.....so Robert there's a bit of catching up to do, you're only at four Bunny wins and one series; what should we use to gee you up, the stick or the carrot?

Witton in the Dales, where he talked his dad Keith into letting him run, but ended up having to be rescued after he found himself hung on a barbed wire fence unable to move. Younger brother Jonathon also BR ran, and is as talented as his brother, being Yorkshire swimming champion for the last three years and National Tri Champion twice. Both live for sport, and give Keith a hectic schedule in travelling here, there and everywhere. These three all combined in the BR Relay under Brownlee Bombers to finish fourth family team.

'Walker's Mighty Atom'

Danielle Walker not only won the Under 16 girls category, but set a new record of 22-26 into the bargain, at BR Two. For a girl of such little stature, Danielle certainly packs a punch and would have finished 4th lady overall had she been in that

Believe it or not

Yappedom comes to fell-running!! Approaching the last part of the climb at this year's Wray Caton Moor Race Wendy Dodds and various other competitors were astonished to overtake a gentleman running up the slope immersed in a very serious conversation about car insurance on his mobile phone!! This was the same gentleman who, at registration, asked the organisers where the changing lockers were and if his number was self-adhesive - what with this and Barnsley Harriers I can't help wondering if fell-running is changing its image for the worse!

FRA Disciplinary Committee

Runner banned and organiser under investigation.

It is a measure of the responsible and common-sense nature of our sport that the FRA Disciplinary Committee hardly ever has cause to meet. However, there have been two recent incidents which have given rise to much concern and, after lengthy consideration, the FRA would like the following to be known :-

Mike Hutchinson of Trafford Athletic Club has been banned from participation in all FRA registered races for a period of six months from Sunday 12th May 2002 to Tuesday 12th November 2002.

He registered to run the Half Tour of Pendle but decided not to run and went home without reporting this to any of the race officials. This was in direct contravention of FRA Safety Requirement 11 and FRA Rule for Competition 7. On the day of the race the weather was severe on the tops and considerable worry and inconvenience was caused after the race to the race organiser, who had to keep the Mountain Rescue on standby and delay the Prizegiving until he had ascertained the circumstances.

In addition, the Committee is currently investigating another, potentially more serious matter, in that the organiser of the Coniston Race is alleged to have contravened FRA Safety Requirement 9, which concerns the equipment runners are required to carry. This concerns us greatly, as the safety of competitors should be uppermost in all our minds but especially so for race organisers who, if they are found to have ignored the Rules or Requirements, may well find themselves outside the terms of the insurance cover and hence personally liable in the event of a claim.

All FRA members and race organisers have a copy of the FRA Calendar, in which they will find both the FRA Safety Requirements and the FRA Rules for Competition - please take a few minutes' reading to familiarise yourselves with these as they have been very carefully compiled for the good of runners, organisers and the sport.

Letters, opinions et.al.

Three Peaks from Upton Till

Dear Sir,

I have read with interest articles within the *Fellrunner* referring to the apparent demise of the longer distance races and in particular the lack of younger runner, in fact at the last 3 Peaks Race we were told that there were more over 60's than under 30's ! As I competed in the 3 Peaks for the first time this year, I thought that I could add a few hopefully constructive comments for the organisers with a view to bringing the race into the 21st century and more in line with the modern younger generation thinking.

My first comment concerns the location and start. It has to be said that Horton is not the easiest of places to get to, it certainly isn't on my Metro map. Secondly there wasn't any other form of entertainment, roundabouts for younger members of the family, no slot machines or driving simulators and my mobile phone wouldn't work. How are the younger generation to keep themselves occupied?

So - first recommendation - move the start to the Meadowhall Centre, that way the whole family can be entertained including Mum.

My second comment concerns the climb up to Pen y Ghent and the poor condition of the descent. Despite what looked like a good surface initially soon turned to mud and became quite slippery. This is not a good thing as a slight fall or tumble could result in a sprain to a youngster's mobile phone activating finger and the organisers would soon have the parents complaining of lack of supervision while they were in the beer tent!

Second recommendation - improve all running surfaces to the bouncy, non-slip finish found in playgrounds and ensure surfaces are even to within 12mm (1/2" to the organisers)

The run over to Ribbleshead wasn't too eventful, though there were a few wild farm animals about that caused some concern. The road section was fun though, just like being on an estate road - never spotted any shops though?

The climb to Whernside next, now how are we to take this seriously in a modern world, please! Not only were we expected to walk unaided through a torrent of a small river (haven't the organisers read about the dangers of river walking?) but that climb! Most of the population of the UK are now used to flying off on exotic holidays and partaking of winter sports in Europe. They are not used to climbing like this, airports have escalators and moving walkways - even skiers don't climb the mountain first.

Third suggestion - a nice bridge paid for by the Millennium Commission and built in stainless steel and a rare tropical hardwood over the river followed by a ski-lift up to the top. And why not? (you're not taking me seriously are you?)

A little windy at the top but as someone had taken the trouble to build a nice solid stone wall we shouldn't complain too much. The run over to the Hill Inn was acceptable though those grids across the road should really be covered over, someone could trip. Now the Hill Inn. Let's be honest; why would anybody run (or walk) past a suitably fine hostelry such as this? Surely it serves fine ales, has a good roaring fire and a convivial host? It serves crisps doesn't it?

Fourth suggestion - make the Hill Inn a compulsory stop, say for 20 to 30 minutes.

This leads us nicely on to Ingleborough and the way to the finish. Full marks for that dandy walkway up Ingleborough, bit steep and rocky towards the end though I guess even youngsters like a bit of a challenge. At the top the Victorians had built a stone wind shelter. Now if they could achieve this over 100 years ago without helicopter assistance, why can't we better this in the 21st Century?

Fifth suggestion - McDonald's restaurants aim to have a burger outlet every 25 miles within the UK. Ran for 24 miles and didn't see a single one. So let's have a Big Mac on Ingleborough.

The run down to Sulber Nick had the wind behind (good organisation that) but sign posts were a bit lacking. That one that said Horton 1.5 miles needs checking, it felt like 10 miles!

Sixth and last suggestion then - Let's have decent signage. Toilets, gift shops, information centres, museums, food outlets, etc., etc. If you are to encourage modern folk you have to market things properly.

Well that's it - finished. I hope you find my observations, insight and constructive ideas helpful as through experience I now know that you need all the help you can get.

Yours sincerely,
Upton Perigrin Till Esq.

Atrial Fibrillation from John Easterbrook

I would welcome advice from any readers with any knowledge or experience of Atrial Fibrillation and Beta Blockers. During the past year, while recovering from a foot injury and doing no running, I developed a heart problem. This has been diagnosed as Paroxysmal (or occasional) Atrial Fibrillation in which the upper part of the heart loses its normal rhythm of beats completely and the lower chambers beat faster than normal and with an irregular rhythm. Basically it's caused by dodgy electrical impulses in the heart. It is being controlled with Beta Blockers, which seem to be working well at maintaining a regular heart beat, though rather slower than normal. A load of further tests have confirmed that apart from the Atrial Fibrillation my heart is basically healthy and normal, and the cardiologist has said that I can consider getting back to some running. My GP has suggested that Beta Blockers may reduce my tolerance to exercise and that any return to running should be careful and gradual. As general background I am 60 years old and have done a fair amount of running over the past 20 years or more, including road, cross-country and fell. Are there any readers of *The Fellrunner* that have any experience or knowledge of this problem and could give me any advice about the likely effects of Beta Blockers on running? Are any of you taking Beta Blockers, and if so what effect have they had on you in relation to exercise? Any advice or comments would be very welcome. Drop me a line or give me a phone call.

(If there turn out to be lots of you it may be worth pulling together as an article for *Fellrunning*).

John Easterbrook.

Hall Farm, Rise Road, Siggleshorne, East Yorkshire. Tel: 01964-533848.

Thanks

From Linda Crabtree

Dear Sir,

I would like to record a big thankyou to the many people who helped me after my unfortunate accident during the final few miles of this year's Yorkshire Three Peaks race.

The Leeds RAYNET radio communications team, Clapham-based Cave and Rescue team, Settle St Johns and West Yorkshire Ambulance Service, alerted by passing runners and co-ordinated by the excellent Three Peaks race organisation, were super efficient.

In particular I thank Christine Preston of Keighley and Craven runners, who refused to leave my side to finish her own race until I was safely in the hands of the rescue teams, and the countless runners who handed me their spare kit (I ended up wearing three hats!!) which is now in the hands of the organisers.

Christine, I believe, ended up having to be treated for exposure at the finish.

Many, many thanks to you all, you are a credit to our wonderful sport.

All proceeds from The Tom Tittiman fell race near Hebden Bridge on midsummer Saturday will be donated to those rescue services.

Yours in sport,
Linda Crabtree, Bradford.

The Association for the Re-organisation of Running with the Support of the Establishment

From Ray Swatcher

To the Chairman and Secretary, Fell Runners Association.

We at the Association for the Re-organisation of Running with the Support of the Establishment have found that we have a plentiful stock of blazers and old school ties so feel that we ought to form a committee to look after your sport. We are a bona fide organisation of old school chums, set up by an unelected quango, and so should have no problems fulfilling the necessary requirements. In addition, you will be pleased to hear that most of our members have been sporting types in the past. Although few have actually done any running (although I, myself, was once chosen to be the hare in the Old Sodomites Hare and Hounds Dash in 1952), our experience of administration and committees in other sporting fields is obviously a transferable skill.

We note your distinct lack of committees and are disappointed that your membership does not see fit to form sub-committees, working parties and focus groups in the same way as any other sport that we have been in contact with does. The fact that more of your membership turns up to the race before the AGM than actually turns up to the meeting, is a terrible indictment of your sport. Have your members no respect for administrators?

With our support, however, we feel you will soon be operating with the administrative efficiency that is vital to the enjoyment of any sport.

To this end we are willing to set ourselves up as your governing body. However, even though we know you will be extremely grateful for our input, we are unable to provide this vital service for free. All we ask in return is that each of your members pays us £1 per year, which you will have to collect for us. In return for this minor amount, we will undertake to carry out the following services, which are vital to any sport.

1. If you let us have a list of all your members, we will put them on to a big list. Of course, we can't let anyone have access to this list, as this would be in contravention of some law or other. We can, however, show you the cover. The purpose of this list will be so that we know exactly how many people are running and what their names are. This means we will be able to tell you exactly how many Mikes and Daves there are competing in the over 40s vets class, and how many Florences run in Lancashire. I am sure that you must agree that such information is vital to the future of your sport. (Should you want a big list of names for yourself, these can be obtained from British Telecom or your local Electoral Registration Officer.)

2. Every one of your members will receive a specially laminated plastic card, with their own name on it, usually spelled correctly, and a special, unique number. Your members will find this really useful, as about one race organiser in fifty will ask for it. Even then, if you say you've left it at home, they will not charge you an extra 50p. (Race organisers can receive a copy of our free booklet 'How to Collect the Levy and Stay Alive [And What to do With the Money you've Collected]' by sending £5.50 - to cover essential administrative costs - to our registered address in the South of England.) We may even have the technology to be able to print the card in more than one colour. For those with credit problems, this card will be a useful means of identifying yourself. (May not be used as proof of identity for purposes of encashing cheques or anything else vaguely legal.)

3. We will appoint some people to be in charge of your sport. We will give these important sounding names (like 'Development Officer for the Entire North - the Region above the Thames') and pay them a salary out of your money. These people will develop the sport in your area (or do whatever else their title says that they will do). We are not exactly sure what this means yet, but are convinced that if we appoint the right people to the posts, they will know what to do. We will also supply at least one medal to give to your Top Champion Runner of The Year. (If you want any more, we can sell them to you at a reasonable price).

4. We will support, with the help of your money, as many international competitors and events as we think fit. This responsibility will be devolved to a focus group of a sub-committee of an administrative off-shoot - the Organisation for Looking after Events. Its full title will be The Association for the Re-organisation of Running with the Support of the Establishment - Organisation for Looking after Events (ARRSE-OLE). Members of ARRSE-OLE will be appointed by us (in fact, might even be us) and will have to travel abroad a lot in order to look at possible venues for races or, in some cases, to pick up results (when we forgot to leave an SAE after the Cayman Islands Dash). This will stop your members from having to waste their time doing such things. (Unfortunately, all this effort means that we will be very busy, so when it comes to you wanting to actually stage international competitions, we will have to ignore you, and give money to more important sports like pig-sticking, shove ha'penny, Jengha, wife-beating and seeing-who-can-piss-highest-up-the-wall-in-the-boys-toilets)

5. Finally, we will tell all your members that they are insured for millions of pounds under a scheme that only we can possibly afford because it is so beneficial to them. Our third party insurance will cover them for any damage they do to mountains, smaller hills, dry stone walls, stiles or sheep, and any damage that they do to vehicles whilst being hit by them. If it was their fault, our insurance doesn't apply; if it wasn't their fault then they can claim off the vehicle owners insurance anyway. So they're covered.

All in all, a wonderful offer I'm sure you'll agree.

Well, actually, it's not an offer, because we don't actually have to consult you or your members. We are your new governing body; please send cash (no cheques, postal orders or anything traceable) to:

The Right Honourable Ray Swatcher (AC/DC and Bar)

The Honourable Secretary, ARRSE, Surrey, South England

Junior Training.

from Norman Matthews

In reply to Helen Diamanties comments on the article I wrote on 'Quality not Quantity, while it is rewarding to know that the article has been read, it is also a little disappointing that Helen's interpretation of the content leads her to believe that I 'positively encourage juniors to exceed the recommended guidelines for training and racing'. As England Junior Coach and staunch defender of juniors not exceeding the guidelines in Rule 10, she could not be further from the truth. When I was first appointed as Junior Coach I clearly outlined my views on junior training in the 1998 *Fellrunner* editions, and have continued to advocate that policy ever since.

As Helen quotes Tim Noakes it is perhaps pertinent to mention that he discovered that there are really no major studies to give any firm guidelines on the subject on training intensities for juniors. So it boils down in most cases to experience and common sense. I took my first junior class in 1962 and I have been learning ever since.

The article by Bruce Tulloh in the same October edition of *Fellrunner*, weighs up my feelings entirely, so much so that when I saw the original article in *Peak Performance* I contacted Bruce and Sylvester Stein to gain permission for us to reprint the article in our magazine in the junior pages.

Horwill's comments were just a statement of fact - as he saw it. My view is that although I don't advocate the mileage the Kenyan juniors do, I do believe that in certain circumstances the experience and physiological age of a junior should be more frequently used as the indicator of training loads than the chronological age. All good coaches realise that training and racing for juniors has to be fun, but is there anything wrong with a junior - who for their own reasons - also wants to win?

As for being semi-humorous Helen, that's the problem with spending a lot of time with the juniors, we do tend to look on the lighter side of life a little more and have a laugh occasionally - the kids call it fun!

Norman Matthews

England Junior Coach.

FRA, UKA, AAA & Bar (Only joking!)

UKA Policy and Support Team for Fell & Hill Running from Robin Morris, Alan Barlow, Norman Matthews, Adrian Woods, Brian Martin, Jon Broxap, Ian Taylor, UKA PST for Fell & Hill Running

The basic question being discussed within fell running circles over the last year is "Do we, as fell runners, gain or lose by being a discipline within UK Athletics?"

At first sight most of us, as grass roots runners, will be satisfied if we have a club to belong to and train with, well-organised races, some kind of Championship series and regular information. Any organisation offering added-value beyond this, be they FRA or UKA, have to work quite hard to justify what they do for the average fell runner.

However, we would hope that most of us, given a little more vision, wish our sport to be attractive and welcoming to juniors, provide coaching and other developments through our clubs and to offer a full range of competition - local, regional, national and international to all who can worthily participate. In this letter we, as the Fell & Hill Running PST, argue that this wider vision is best met within UK Athletics.

The original debate was probably triggered by two issues - no support by UKA for the FRA bid to stage the 2003 World Trophy and the UKA failure to recognise our longstanding range of British Championships and hence of the corresponding medals. Initially the FRA and subsequently the PST met members of the UKA Executive to discuss these and wider issues. Arising from our concerns UK Athletics has agreed to provide approximately 180 medals for our Championships. A request has been submitted by UKA to UK Sport, who provide the finance, that a bid to host the 2005 World Mountain Running Trophy be part of UK Athletics' major events programme. In addition a more flexible budget has been agreed for the PST and other points identified to assist fell running within UK Athletics.

Of course the benefits of being part of UKA are much wider than simply the supply of medals or support for an International event. Elsewhere Norman Matthews outlines that up to £1500 is available from UKA to individual clubs for development programmes. Many fell running clubs are now receiving such grants - is yours amongst them? We have also negotiated insurance cover for athletes six years old and above. Race organisers can now put on low key races for children, as part of a whole programme covering all ages. We can now begin to compete with sports such as mini-rugby or orienteering, which has been offering events for all the family for many years. After a slow start, the coaching qualifications have been put on a new basis, with the lowest levels emphasising coaching skills common to a range of disciplines. Have you an ability in this area you could offer to fell running to develop new junior talent?

Some aspects of coaching are common to all sports. The endurance emphasis within ours is shared with cross-country and road running. Indeed many of the issues that affect our sport are common to these as well. Surely, as well as coaching, it is better to tackle safety, risk assessment, child protection, insurance, access, etc. together within a UKA context, rather than separately. Of course we still have to see that what results is applicable to the conditions of our sport.

Internationally, our links to IAAF are through UK Athletics. We - and other mountain runners throughout the world, operate under IAAF rules. We now benefit from UKA support of a UK team in the European Championship. Some of us may regret the loss of Home Country teams in this event, but it was likely to move to Championship status within a year or two, regardless

of UK politics. Hopefully the increased prestige of the event will encourage more endurance athletes into fell running in the UK.

Some of you will say that European mountain running has very little in common with traditional British fell running. But then, much of what we do is not 'fell running'. How many of you train on roads or on trails and sharpen your speed through winter cross-country? We love the challenge of a long mountain or ultra race, while many others take part in multi-activity or orienteering-style events. Let us maintain our flexibility of approach to what we do. And long may the "Fellrunner" publish articles about our exploits!

Of course we recognise that being part of UKA does not solve all our problems. Indeed UKA itself recognises the need to develop. For example, in its draft agenda for the future, the need to get more young people enjoying athletics is highlighted, followed by the need to incorporate them within the club structure. We need young people to see that running on hills is just as natural as on roads or track. That will be accomplished more readily if fell running is a discipline alongside others within athletics, rather than being seen as quite distinct from them. Within the PST, we believe that our future as fell runners is best served within UK Athletics.

Lakeland Classics Trophy

from Yiannis Tridimas

Dear Editor,

I would like to express my agreement with the idea of a Lakeland Classics trophy (Graham Breeze's article in the February Fellrunner). I would also like to offer some comments and suggestions, which may help increase the numbers of participants in long races:

1. Most long races in Cumbria are held between June and early July. I would point out that this is the time of the year when many long distance runners attempt 24 hour rounds or are supporting in such events.
2. The Wasdale race, possibly the most challenging of fell-races, is held on the same weekend as the Saunders Lakeland Mountain Marathon. I know of people, including myself, who would like to be able to do both events.
3. The Duddon Valley is on the same day as both the Welsh 1000 metres and Jura, two popular longs.

I would suggest that organisers of long Lakeland races pick dates that miss other regular long events and consider starting from as early as April. The Ennerdale, for example, would benefit from cooler April or early May weather and perhaps more water on the usually dry route.

The Wasdale should be moved to the weekend before the Saunders, not after, as it will then clash with the Capricorn.

For a number of years that excellent long, the Peris Horseshoe, was held on the same weekend as the Lakeland Trial and probably lost out. Now it is held a week later and I know of a few (including myself) who will probably do both. Having said that, the Three Shires, held on the same day, poses a problem.

In conclusion, I wonder why The Old County Tops (another favourite of mine) and Nuts in May have to be on the same day!

Sincerely,

Yiannis Tridimas

"Believe it or not"

Those rule-loving people, the Scots, have done it again.

In the latest UKA Rule Book there is a vast section,

Appendix G, relating to Scottish events. Behold the following extracts:- ...competitors must also wear the kilt and competitors will not be allowed any option.

Athletes must not wear track-suit bottoms or similar covering when the kilt is being worn and the wearing of highland hose should be encouraged. I trust we will

now see an influx of kilt-wearing Scotsmen (complete with Highland hose) at fell races but it's a good job we don't have a similar dress code in England; can you just see Barnsley Harriers' suggestions:- Competitors must

wear a gold Crimplene jock-strap and matching spurs and numbers will be superimposed on pale mauve copies of Claridge's Wine List.

JACK RILEY 1922-2002

Every sport, unfortunately, eventually has to suffer the loss of its major contributors and characters and with the death of Jack Riley on 3rd March at his home in Cliviger fell-running is very much the poorer.

Jack was an active competitor until the age of 78 and a man for whom physical exercise and competition were essentials of a full lifestyle. Despite his constant appearances at nearly all the classic fell races and his enthusiastic participation in events such as the KIMM it may come as a surprise to know that Jack didn't start fell-running until 1978 at the age of 56 - a time when many fell-runners are thinking of hanging up their Walshes.

Prior to then, Jack was a very notable cyclist indeed, starting his competitive career with Nelson Wheelers in 1946 and becoming a most competent performer, winning, among other events, the Manchester Wheelers 100-mile classic. In his fashion, he eschewed specialisation and competed in distance events, time trials, hill climbs, in fact anything that was going.

When his cycling career became curtailed with the arrival of his

two children he joined the Burnley Mountaineering Club and set about some serious walking, which in turn led him to enter the KIMM with his friend Charlie Hidchen in 1978 and then to concentrate his energies on his running.

Although he flung himself wholeheartedly into whichever sport he undertook, Jack was far from being an exercise obsessive and was a man of wide interests - natural history, botany, archaeology, geology, gardening, home brewing and joinery (his original trade) were all within his range, as well as his interests as a family man.

One of his most attractive characteristics was his support and concern for other people and there are many fell-runners whose careers have been improved by Jack's inspiration, encouragement and enthusiasm.



Jack Riley on Pendle Hill
(Photo Woodhead)

Numerous people have paid tribute to Jack's qualities since his death and the following are from officers of his running club, Clayton-le-Moors :-

Clayton president Don Barton said of the man who joined the club in 1978 at the age of 56, still holds a number of race records for various age groups, and didn't stop running until two years ago. "It is sad. He was an example to everybody. He was one of our senior members and everyone held him in high regard. He used to do the Burnley and Pendle Grand Prix regularly and always used to be apologetic that he was going to come last. But nobody minded and we were glad he kept turning up."

Peter Browning, the Clayton Harriers secretary, said: "I used to organise the Thieveley Pike Fell Race. Jack always used to turn out and I guess he would have been in his early/mid 70s when I last organised the race. He knew he was slow and always used to apologise to the finish marshals when he came in for keeping them standing in the field. However, everyone had so much respect and admiration for him that they never minded. We all felt that it would be a miracle if we were still doing fell races when we reached 70."

Our commiserations go to his wife, Betty, and to his family.

Manx 1000ers - Bob Baxter Traverse by Rob Woodall

The route now known as the Bob Baxter was first proposed by Manxman Ian Callister in 1974, based on a newspaper listing published that year, of all the island's 1000' tops. A detailed route was worked out and reccied in conjunction with Bob Baxter, then new to the sport, who as it turned out, was the first to complete it, in 1977, in a little over 15 hours. This time was reduced the following year to 13 hours, and has subsequently been completed just a handful of times. Colin Donnelly has the record (April 1982, 11:35, with a sprained ankle!), Ian Callister himself completed in July that year with Tony Varley (11:44).

I'd been to the island just once - for the 1996 Manx Mountain Marathon. This was before I started on Alan Dawson's list of 'Marilyns' and two of the Manx hills excluded by the MMM, nevertheless achieve the necessary 150m all-round drop to qualify for the list. When John Kewley's second (11:37) 'Baxter' hit the pages of Martin Stone's Long Distance News Summary (*Felrunner* January 2001), the route seemed to provide the ideal excuse to go back and 'tidy up'.

The route starts at Laxey beach and finishes at the summit of Cronk ny Arrey Laa. Estimates of the distance vary between 50 and 52 miles, with 11,400' of ascent. The route definition is slightly obscure, as nine of its summits have no metric contour ring while current mapping shows two additional 1000' tops with contour rings, which are nevertheless excluded from the Round. The route certainly makes for a good day out, with plenty of pathless, heathery wilderness, some fine views, a minimum of rocky terrain - and the added bonus that it is do-able in daylight hours from March onwards. The purist may wish to continue south along the spine of the island to dramatic Bradda Head, to Mull Hill (the lowest of the island's five Marilyns) or perhaps, in summer when the passenger ferry runs, to the Calf of Man, to stretch the schedule out to around 18 hours.

My attempt was planned for 10th March 2001, then shelved due to Foot and Mouth. It was rescheduled for 1st March 2002. Making a weekend attempt from Peterborough, the logistical challenge is almost as tough as the route itself. I duly booked a flight from Birmingham, taxi to Laxey, and a bed for the Friday night (evening meal but no breakfast). Despite a shaky lead-in (FMD scare at Thirkst the preceding week; heavy snowfall leading to the Manx mountain roads being closed; a delayed flight), by 9 p.m. I was installed at Laxey and soon fed and tucked up in bed with the alarm set for 4:30 a.m.

Saturday: warm-up jog through the streets of Old Laxey, locate the Promenade (reccied by taxi the previous evening), down the steps, find the sea, start the chrono at 5:06 a.m. Follow a steep road under the tramway, cross the Ramsey road, brief detour into a building site (retreat!), then a steep track uphill, full moon just visible through a thickening cloud layer, spits of rain in a strong westerly wind. Thick heather leads to the cairned summit of Slieau Ruy, with snow rattling in from the west and the lights of the Cumbrian coast twinkling in the east. Short heather and a track of sorts, enough frost to stabilise some of the sogginess, Slieau Ouyr and Slieau Lhean dark formless lumps, descend towards the bulky mass of Clagh Ouyr, suddenly face down in deep heather (lucky not to swallow the Petzl).

The fine summit of Clagh Ouyr at 6:25 and just enough light to run the good path to the sharply

defined tops to North Barrule (reversing the route of the Manx Mountain Marathon), turn back into the face of the gale, reverse two tops then angle down to the main road. 07:13, at East Mountain Gate, Bob Baxter and son Karl are waiting by the bus shelter with honey butties and morning coffee. Bob, now in his hyperactive 72nd year, is bidding for the first M70 completion of the 30 mile MMM this spring. Next, two poorly defined heathery lumps, then the cairned summit of Slieau Managh, with a view across the flat north of the island. Compass bearing to Ballaimish, enjoyable unMannly steep descent to the convenient river bridge; a woman tending a horse advises me the road is Private but makes no attempt to turn me back; head rapidly up the (equally Private) steep slopes of Mount Karrin, nice top, nice view; cross a pasture to gate and unmapped wide track to road; Bob and Karl and waiting with more coffee and (the first of many) scrambled egg sandwiches.

A good Manx "Green Way" level track, hamstrings still smarting from last weekend's 'O' event, then short steep heather to Slieau Dhoo, out of cloud again to locate col then highly scenic traverse above Howgillesque steep deep-cut valley head and another rutted Green Way to heathery summit of Slieau Curn - fine, windswept vantage point. Return to main ridge, meet Bob briefly who points the way to Slieau Freoaghane - the 'wanted' Marilyn, sadly in cloud. Careful descent due south, as the obvious path tries to bypass Sartfell col; cross wide heathery expanse to find the start of Sartfell, follow bearing to its bare stone-strewn summit, descend on a bearing to where Bob and Karl are waiting at road junction. Bob jogs a short way with me to point the way up a green gully ideally placed for a precision strike on the heathery Slieau Maggle, a bearing to cross the next road, up Injebreck, more heather wading then take to the road. Bob jumps out the car to gesture me to a wide track which is just out of sight and not on the OS map, in cloud carefully locate the Carraghan saddle & simple windswept summit; Beinn-y-Phott is 544m, drizzly and has snow lying, my feet begin to freeze, 'halfway blues' setting in; thankfully descend to tarmac, more egg butties, brisk run along misty main road to Bungalow Station. In unpleasant conditions I nearly detour to the motor museum but Bob orders me over the stile to the Snaefell path, claggy windswept summit with its trig point, NAITs station and Mountain Railway terminus, a reliable halfway marker (6:30 gone, 6:32 to go) but no place to linger today.

Back at Bungalow, Karl tells me Bob has gone ahead to direct the way to Cronk y Vaare, obscure yet it has a big cairn, and is low enough to be below the cloud and provide a view of sorts, even today. Next I pick up a Black Mark, as my return route up the ridge goes against instructions, leaves Bob standing in the cold, (and isn't as straight as I thought). Back in the clag, in blissful ignorance I execute my 'shortcut', climb Mullagh Ouyr, navigate across to Ossyn Ennym and down to the road (no car) at Windy Corner, then fine summit of Carn Gerjoil. Pause, in cloud, plotting a strategy for locating the obscure Slieau Meayll. Then drop out of the cloud, on a bearing, and it's straight ahead, across a mile of deep heather. Even by a Marilyn-bagger's standards, this is a pointless summit! Happily the route onward to the road at Keppel Gate, has a good path along a wall for much of the way. A brief BB ticking-off and more egg

butties, then to the (obscure) Slieau Ree (not Ruy - that was earlier, and again later), then more Private land - a pleasant stream, a track, Ballachrink farm; the wide track mapped NW from the farm appears to be a classic OS decoy - no trace of it on the ground, maybe drafted to expose mapmakers 'borrowing' OS data. I cross the intervening pasture without incident (apparently the farmer is friendly). Over the ridge, then a simple descent to footbridge, West Baldwin dam, and more egg butties.

Ahead is a longish section through to St John's, which starts with an uncontroversial path through Ard Whallin Outdoor Pursuits Centre, then a good steep climb to The Creg (after 34 miles, much preferable to yet more running); heather wade to Colden, two pleasant cairned false tops then the dull summits of Lhargee Ruy and Slieau Ruy, then watch the compass west and southwest to end of ridge at Greeba; plot a course north through heather and infant spruce to uninspiring Beary Mountain, and a very unpleasant dwarf gorse traverse to the (once reached) well appointed summit of Beary Park. Another Black Mark here - fail to link up with Bob who is waiting to guide me down to Ballig. In the event, I find the 'obvious' track, lose it again, use a private track through a farmyard. This costs me five minutes and Bob a long cold wait. (I don't see him again until almost the end of the run by which time I'm out of food and running on chocolate fumes!). Jog through populous Glenmoor and St John's, climb through pasture to the fine viewpoint of Slieau Whallian, following the Mountain Marathon route now all the way to the finish. I lose a few more minutes on the descent, as the 'obvious' mapped path southwest of Carnagrie seems to stop well short of the road. As a compensation, the field before the transmitter holds a fine flock of multi-pronged Manx Loghtan sheep.

Once on the road, things start to look up - there's a white car waiting at the foot of South Barrule. And I find an unopened Twix at the side of the road (full marks to the guardian angel - I've not eaten since St Johns!). Sadly the car has left by the time I reach the main road. My route up South Barrule follows a promising path through the deep heather; this then diverges a good way left; I may have been better off keeping to the heather. I crouch in the lee of the earthworks just before the summit setting the descent bearing, then romp down out of the cloud on a good path. Bob's waiting at Round Table, having dropped off Karl at Peel. I down a quick coffee, then hare off up the road on an implausible mission to finish in 20 minutes; i.e. inside 13 hours. Along the road, over the stile to Cronk Fedjag (trivial on the map, well defined on the ground), peaty path to the road junction, over the stile, at last slowing to a walk on the final steepening to the rocky summit, to finish in 13:02.

Cronk ny Arrey Laa is a fine finish, perched over the sea, with a view south past the buttresses of Bradda Hill to the Calf's cliffs. It's still cold and windy; I don't doubt that yesterday's view would have been better, with views maybe to the Lake District, North Wales, southern Scotland and Ireland. But however you look at it, it's a great place to end a classic hill traverse.

I'm not sure whether this event is a race, a walk, a competition, a "challenge" or what, but it's certainly very good fun and superbly organised. Many years ago (so many in fact that I can't remember when it was !!) a mate of mine persuaded me and my wife to have a go; he'd done it three times, twice as a runner and once as a walker, hence his advice was valuable: "Don't run it, trot it and walk the up bits, otherwise you'll miss all the food and the chat." We took him at his word and had a magnificent time, eating our way through the Peak District at the checkpoints and arriving back very early in the morning to Hazel Grove to a monstrous full English breakfast and a marvellous atmosphere. That was the year Mark McDermott and Alison Wright both broke the men's and ladies' records and by the time we got back they'd finished ages ago, gone home, had a shower and a sleep, got changed and duly appeared for the prizegiving looking somewhat out of place in their Sunday best. Mark confessed that, although delighted by his run, he felt he'd missed out on the atmosphere as none of the checkpoints was properly awake by the time he whizzed through and the final one at the Moorside, where Mark was champing at the bit to fly off on the final section, was most apologetic about the fact that the tea wasn't on and seriously suggested that if Mark could only wait ten minutes or so he'd see him right with a nice cuppa - bless !!

BULLOCK SMITHY - It's a challenge!

by John Corfield

Why Bullock Smithy? *Bullock Smithy* is the original name for what is now Hazel Grove, a largely genteel suburb of Stockport. A Richard Bullock leased, in 1560, some land from a John Torkington to establish a smithy. Thus *Bullock Smithy* came into existence and eventually became the name of the village, used in deeds, maps and books of those times. Villagers came to dislike the name and officially changed it to Hazel Grove in 1835.

Around 1750 *Bullock Smithy* became an important posting halt and John Wesley described it as "one of most famous villages in the country for all manner of wickedness". It is thought he was referring to gambling, cock fighting and bull and dog fighting. The village still has wicked people who amongst other wicked deeds, devise such tortures as a 56 mile hike and call it **BULLOCK SMITHY**.

In the beginning. It may not be the oldest, or indeed the longest pedestrian challenge, but it does share its origins with some other events, having its base with a Scouting group or organisation, as do the



Start of the 1979 Bullock Smithy - don't you just love the gear!!
(Photo John Corfield)

Fellsman (59 miles) and *Longmynd* (50 miles). In the early 1970's, I was a dedicated long distance walker living in Hazel Grove, Stockport. Most of my walking and jogging was in the Peak District, an area which I felt was ideal for another long distance cross country challenge which had to be 50 miles plus. So the *Bullock Smithy* was born.

With the help of friends John Feist (at that time membership secretary of the Long Distance Walkers' Association) and fell runner Roy Marlow, a 56 mile, cross country, circular route from Hazel Grove was devised with check-points strategically placed to encourage, wherever possible, participants off the roads and to provide climbing of over 7,000 feet.

An approach to be involved was made to the 3rd Hazel Grove Scout Group, who greeted the idea with enthusiasm, particularly as the proposed event encouraged scouts to participate, with the award of specific scout trophies to the successful. The Scout Group not only had an ideal headquarters but some keen scout leaders, a strong parent support (of which I was one at the time) and keen scouts who successfully undertook a number of county scouting challenges and night hikes.

Route. So the anvil (the event's logo) was struck at 3.00 p.m. (the start is now at 12 noon) on 4th September 1976 to release 124 walkers and runners on to the gruelling 56 miles from Devonshire Park, Hazel Grove. The event is always the first (full) weekend in September. This date in the calendar was specifically chosen as the only event of its kind, nationally, on that weekend.

The challenge, as to-day, is to complete the 56 mile circular route. No route descriptions were issued, participants navigating between checkpoints one to fourteen on public rights of way, rough footpaths & tracks and minor lanes within a time limit of 24 hours. Trespassing is not permitted and, although a suggested route is given at the start, it is interesting to witness some of the variations of route taken, particularly by runners, as they pass through safety/drinks checkpoints.

The check points are at Bow Stones, Chinley, Edale Cross, Edale, Castleton, Peak Forest, Millers Dale, (changed the following year to the farm above Millers Dale), Sough Top (to prevent participants falling into a huge quarry, this was soon moved to a green lane near Chelmorton), Glutton Bridge, (later changed to the chapel in Earl Sterndale to give greater

comfort to staff and to any retirees), Axe Edge, Shining Tor (to avoid marshals roughing it in an exposed tent, this was very quickly changed to the comfort of a barn at the rear of the Cat & Fiddle!!), Pym's Chair, Cocks Knoll (moved to Moorside). All the moves were a very short distance from those in the initial event and the general course remained the same for 24 years!

Volunteers. One of the keen Scout Leaders at 3rd. was the then Venture Scout Leader and later Group Scout Leader Peter Wood, who has been an enthusiastic B.S. fan from the outset. He took a leading role from the start and when I left Hazel Grove to go south, Pete took over the main organiser's role, yearly planning and seeking volunteers. John Feist continues to this day, carrying out numerous duties in the organisation including producing the much sought after results booklet. I merely write to various land owners, local authorities and three police forces seeking co-operation, which is given without reservation, such is our record of a well run event!!

The event would not take place without the support of an army of volunteers, mainly from the Scout Group and friends, and some of the stalwarts turn up year on year to check entrants, serve drinks and light snacks and fruit on the check points, provide transport, including retirees back to Hazel Grove. Other volunteers operate the 24 hour control desk, and cook a full English breakfast! To them all we are extremely grateful, for without them there would be no BSII.

Someone once said, "You can eat your way through the Peak District on the B.S." He wasn't kidding. Even though participants are expected to carry their own food, many rely on the organisation for nourishment. In 1977, we calculated that 70 helpers dished out over 400 jam butties, 250 gallons of tea, squash and soup, 300 links of sausage, bacon and 18 dozen eggs. To-day, there is even more variety with hundreds of chocolate *penguins*, apples, oranges, and rice pudding, with tinned fruit by the bucket.

New Bullock Smithy. We have always had some safety concern for the road section between Axe Edge and the Cat & Fiddle, indeed in the early days we appeared to share some of the narrow Derbyshire roads up on the moors in the middle of the night

with a Sheffield Automobile Club. Liaison with the RAC eventually sorted this life threatening problem. Another moan from some was the long and uninteresting drag down through High Lane on the A6 to Hazel Grove from Moorside.

So, to celebrate our silver anniversary in 2000, the latter section from Earl Sterndale to the finish was changed. These changes, maintaining the total distance to 56 miles, now go (negotiating footpaths across fields) via Brand Top, then more fields and rough track to Cumberland Cottage. This is followed by a short road section then rough track around the edge of Macclesfield Forest to Walker Barn. Fields and footpaths and canal side walking to the caravan site in Whiteley Green. It's then mainly a disused railway track to Higher Poynton before taking a residential road down to Hazel Grove and the finish. This new route appears to meet with approval from most walkers and runners. Over the years, from time to time we have lost an entrant, their navigation being a little suspect, so another change was to issue participants with a basic route description on the new B.S.

In the first year, control communications was done using telephone boxes and citizen band radio. This was quickly changed using local Air Cadets, with about 50 taking part in providing radio communications. Another change in 2000 was to dispense with their services and today all communications are done through mobile phones which has proved very efficient.

Regular supporters. Many participants turn up regularly, one to mention is Jertzzy (George) Matuszewski who has completed all 26 B.S.'s. The number of entrants has fluctuated throughout the event's history. In 1976 there were 124 starters, 79 completed the challenge, whilst ten years later the event hit a peak of 307 starters with 199 finishing the course. It then dropped to an average of 225 until 1996 when 253 started and 195 finished. From then the number entering has dropped slightly but the percentage of those completing has risen. It seems those entering are fitter and have done some training to achieve a success. There are trophies for individuals and teams in various categories and all successful participants are presented with a certificate of their achievement. All entrants receive a comprehensive results booklet setting out the times they passed through the checkpoints including the finish.

Runners. Whilst primarily the BSH is a walkers' event, runners have always been encouraged to participate. In my view everyone, whether walker or runner, who succeeds in completing the 56 miles is a hero. The news media, however, always concentrates its reporting on the winning times, and on the runners' times which obviously catch the general public's imagination. It's mind blowing that a person can do 56 miles and 7,000 ft of climbing, across rough country side, in under 8 hours! So runners, these super human beings, bring a lot to the event in

terms of publicity and display of their undoubted fitness.

Runners generally run the whole way, briefly stopping at check points for a drink only, some adding their own supplements. Others will take a small amount of food, rice pudding being a favourite, whilst others will spend possibly five minutes taking on-board nourishment. Many, including walkers, travel long distances from many parts of the UK with some even travelling from abroad to face the challenge.

For the statistically minded. In 1976 Andrew Lewsley finished in 12.22; a year later he completed it in 10.09; whilst in '79 Doug Calder took 9.26; in '81 Steve Parr reduced it to 8.48; in '83 Don Cunningham 8.38; and the next year Frank Yates 8.17; in '91 Mark McDermott did it in 8.12; and in '96 Tony O'Kell broke the 8 hour barrier by one minute. On the new route in 2000, Tony finished in 9.02 this was broken in '01 by Andy Trigg in 8.55 hrs.

The ladies too have been smashing the records from, in 1977, Miss G. Burgess in 20.49; whilst in '83 and '84 Pauline Calder took 13.40 then 12.09 hrs; in '85 Pauline Shore 11.21; in '89 Marilyn Wade 10.39; in '90 Eleanor Adams 9.52; and in '99 Helen Diamantides 9.21 hrs. On the new route in 2000, Edwina Hill achieved 15.03 hrs. We will watch with interest, in the coming years, as the records are continually broken.

It is difficult to estimate the number of runners who take part, as many entrants run parts, particularly early stages, on the level and down hill sections but also walk some of the miles. The over-all impression though is that the number of runners taking part has increased over the years.

Consult the web! Further information, entry form etc, go to: www.bullocksmithy.com

The following contribution is provided by a man who probably knows the event better than anyone else, having competed nearly every year since it first started.

THE BULLOCK SMITHY by Jerzy Matuszewski

1 The early years

Were tests of ingenuity. Finding the best route took all our energy. Bailey's Farm was the recommended route, but the faster entrants used others. The traditionalists still prefer the farm. Two notable memories spring to mind. One year somebody ahead of us was irresponsible enough to leave a gate open and some cows got out. Peter Mallowan (a solicitor) spent valuable walking time in placating the farmer's wife with contrite and legalistic words. Another year I was leading some first-timers through Whaley Bridge, telling them that round the corner was a factory that we needed to skirt. We turned the corner and there it was. A new housing estate. My credibility, for what it's worth, went down.

There were other choices. Cave Dale or Peveril Castle. How do you get from Miller's

Dale to Sough Top (how did Peter get his caravan up there let alone back down)? The residents of Chelmorton change the footpath signs on a yearly basis causing confusion. Kettlethulme was a nightmare for anyone unfamiliar with the village.

All checkpoints were manned by the friendliest of people who had nothing but encouragement for all competitors. The jam sandwiches at Castleton are famous; the Caravan at Glutton Bridge was a haven for the weary and also a godsend for the football fanatics. Mike Jackson always had the Saturday football results pinned up on the inside of his caravan. How and why did we have a checkpoint on the top of Shining Tor the first year? Who was the Hercules that took two Jerry cans of water up there?

2 The Middle Years

As the years disappeared, so did the hillside behind the quarry on the A515. Eventually it was too dangerous to find a way round to Glutton Bridge. Sough Top moved to the middle of nowhere. We exchanged the caravan at Glutton Bridge for the chapel at Earl Sterndale and moved to a parallel road to get to Axe Edge. The new route was easier than before and the times of the fastest got shorter. More runners entered the event (the eighties was the decade of the running boom). The standard of check pointing was maintained. I became a runner and this allowed me scope to do all the mad things that I had dreamed of.

In 1988 I had had a seven-hour operation on August 4th. When I came out of the anaesthetic I began planning a training schedule to get me on the start line for the Event at the beginning of September. After a week I was climbing the hospital stairs and at home I was out walking at every opportunity (I was not fit to go to work!). How foolish mortals are? God intervened and put me into Stepping Hill Hospital on the day of the event! John Feist surprised me by presenting me with an old style certificate stating that I had completed zero miles out of fifty-six! Peter Cook was pressing me for the most Bullock Smithies completed, so in 1992 I decided to go round twice. First time with the help of Stockport Harriers to be followed two hours later by the official event.

In 1990 I was invited to friends' double Silver Wedding anniversary. Unfortunately they chose the weekend of the Bullock. I called them a few names and said I could not make it. Then I hatched the plan of running to Earl Sterndale by seven thirty, drive home for a shower and surprise them by turning up at the do. I was back at Earl Sterndale at midnight in fresh clothes and proceeded to complete the last twenty-miles. The best year was 1993 when I persuaded three of the Harriers best long distance runners to make up a team. They got me round in a personal best of nine hours forty-two minutes. We won the team trophy, I got to the Fiveways pub in time for a drink and we won the football card!

And the one that I like talking about is the year before Tony Okell smashed the record

by going round in seven hours fifty-nine minutes. He owes it all to me. That year it was Tony's first attempt. We were together going into Lyme Park at which point he decided to start running properly. Later on I was leaving the checkpoint at Peak Forest when Tony came running up behind me. He had got lost somewhere at the back of Chinley Churn. From there to the Moorside he stayed with me and I showed him the best route. The following year he put my tuition to good by breaking the existing record. I had been saying for several years that it would take a top class half marathon/marathon runner with the bottle to do fifty six miles to get inside eight hours and Tony was that runner. No one has come close to it YET.

3 The Modern Era

Peter Wood thought it a good idea to change the last twenty miles for the twenty-fifth event. The route is harder and it is going to take somebody special to get round in the sort of times that were recorded previously. The route is better for the walker because it has taken out much of the road that was there, but the route finding in the dark is very demanding. I attempted to do a completely new route from start to finish and still visiting the checkpoints in the correct order. This proved too demanding on time early on and I took pity on the checkpointers who would have to wait for me. In total I still did over sixty miles!

4 Conclusion

Over the years I have seen many changes. Shining Tor became no longer a problem of disappearing up to your shins. Checkpoint facilities improved for the good of the checkpointers. A hillside became a cliff. A caravan became a chapel. A hilltop became a barn.

But what remained constant was the attention paid to the competitors by the checkpointers. The Penguins at Peep-o-Day, the jam butties at Castleton, and the hot drinks at all the checkpoints where you needed them the most. It is the people that make the Bullock Smithy what it is, a most enjoyable and rewarding event

The Bullock Smithy - A Competitor's View from Tony Okell

One thing Tony modestly omits from this account of cheery initial ineptitude is that he improved a bit at the event over the years, to be precise to reach the stage of being a double-barrelled record holder in it.

In 1996 he succeeded magnificently in breaking the eight hour barrier on the old route to finish in 7 hrs.59 mins. and he was also the first finisher on the new route in 2000, setting an inaugural record of 9 hrs.2 mins.

It's a Thursday evening in early August at Sale Harriers Crossford Bridge track and I'm basking in the glory of having just won the "toughest event in British Athletics" - the Tour Of Tameside. The middle distance squad have just completed their interval session when the challenge hails out, "Okell, if you think you're so tough, we're short of a team member for the Bullock Smithy. Join us and become a Real Man!". Seeing red and never being one to shirk a challenge I pick up the gauntlet and so begins a love affair with one of the most anticipated events of my running year.

It's only in the pub after that session that I find out the full horror of the challenge. Fifty-six miles of toil across the varied terrain of the Black and White Peak District, taking in lush green meadows, hard tarmac roads, peat laden fells and limestone tracks and all with only 8000' of ascent!! What adds insult to the injury I'm trying to dream up to get out of the event without any damage to my reputation, is the requirement to navigate the full distance with map and compass, carrying spare clothing, first aid kit, emergency rations and mug to boot. No flags, tape or lead car to assist, only four weeks to prepare and only a PB bum bag to cram all of the support gear into. One minor point we hadn't discussed was whether anybody on the team had even rudimentary map reading skills. Everyone naturally assumed all of the other team members had this skill in abundance but it was to haunt us a number of times throughout our first attempt at the distance.

The big day arrived much too soon, however, and with our bellies fired up with boundless enthusiasm the team set off from Hazel Grove, along with 250 other lunatics, to the sound of

the blacksmith's anvil and at a pace reminiscent of the start of the national cross country. It was only after three miles and the first steady climb of the day through Lyme Park that we realised the pace might be a little excessive. As there were officially fifty-three miles left to go we eased up to let the chasing pack, which by now was around a mile further back, close in. As the descent from Bowstones unfolded it began to dawn that none of us actually had a clue of the route and, bereft of any ability to read a map, we were in big trouble. However with the red mist down our enthusiasm took control and any logic was thrown to the wind. We fumbled the map out of our Mary Poppins-like bum bags and over the next six hours contrived to visit some of the lesser known landmarks on the Bullock Smithy. Simple errors like mistaking north for south had us running the wrong way along canal banks, descending into valleys instead of climbing to summit check points and on more than one occasion running towards other hikers going in the correct direction. Pride and this limitless enthusiasm precluded us from tagging along with any of the locals until finally by sheer fluke and the process of elimination we arrived at the check point at Millers Dale at half way and settled down in a barn for a cup of tea. It was around this time that we began to wake up to the stark realization that if we were going to survive the challenge and see Hazel Grove again within the time limit we would need to find someone with greater map reading skills than our own. Suddenly in the doorway a bright light dawned and in a crash of thunder and lightning in walked our saviour, Jerzy "George" Matuszewski, - our paths crossing for around the fourth time that day in a hare and tortoise kind of fashion.

For those of you who have never met him, George is an Ian Anderson, of the progressive rock band Jethro Tull, type of character. He wouldn't look out of place standing on one leg playing a flute or salmon farming in Scotland. An intelligent guy who can entertain for hours on all matters rural from how to build and drive a plough to the optimal type of screws for securing hinges to kissing gates, he also has a boundless knowledge of the public footpaths throughout the Peak District and is an ideal companion in an emergency.

Thanks to George and the intervening seven hours we arrived back in Hazel Grove in one piece, a whole lot more knowledgeable and with a few tricks of the trade ready for the next year.

Some of the tricks include trimming the corners of the clip card round to prevent the stomach resembling a pin cushion after eight hours of it flapping in the wind. Substitution of the emergency rations with Leppin Squeezy, and a professional compass of a miniature type like those we had in the heels of our action man school shoes as boys. A trimmed down first aid kit is also permissible, comprising a single safety pin and plaster, but don't forget a sachet of dioralyte for when the cramp sets in as you clamber across yet another wall or stile.

If you ever find yourself unoccupied on the first weekend of September and feel the need for a new challenge, try this one. At the sharp end fifty-six miles is not really that much of a problem once you become accustomed to the steady drip of lactic acid into the muscles. If something more sociable is your cup of tea then look up George and enjoy ten or twelve hours of fun and frolics but don't forget the ear defenders because once he starts it is impossible to shut him up !!*



Relaxing at Axe Edge-only 16 miles to go!!
(Photo Bob Wade)

P&O Irish Sea Knockdhu International Race 2002

by Mark Kinch

On a Sunny but windy day on the hill above Larne on 11th May 2002 Rob Jebb turned in a fine win on this very tough fell course in this well established International event.

On the newer, improved course Rob was always to the fore along with Rob Hope, Simon Bailey, Colin Donnelly and Mark Roberts all jostling for position. Rob Jebb made his move in the last quarter of the race and extended his lead on the last climb to win in 34.33 mins with a seventeen second victory over Rob Hope, closely followed by Simon Bailey a further 13 secs behind and with George Crayston coming home in 15th and gaining valuable experience, this completed the team to ensure victory.

In the ladies' event Andrea Priestley (35th overall) came out on top, but it was a hard fought race-long battle with the newcomer to fell running Liz Lilley (38th). Andrea won by 13 seconds' gradually pulling away on the last descent to the finish - an English 1,2,3 and 4 with good backing from Natalie White (45th) and Rowan Smith (47th).

Lee Siemaszko had a superb run in the Junior ranks to finish 7th overall with Alex Mcvey chasing hard all the way for 10th. They also had 1,2,3 with James Mason (18th). Unfortunately Joe Symonds twisted his ankle half way round and had to retire.

The Junior ladies all gained valuable experience in this race with Rebecca Robinson having a fine run to claim victory and 58th position overall, beating many senior ladies in doing so. She was backed up with good runs from Karrie Hawitt, Lucy O'Gorman and Katie Ingram.

The veterans was also won by England with Mark Roberts coming home in 5th, Dave Neill 11th, Steve Barlow 23rd and Andy Shaw in 29th.

On the whole a good team and individual effort.

Results:- Senior Men

1. Rob Jebb	34.33	Eng
2. Rob Hope	34.50	Eng
3. Simon Bailey	35.03	Eng
4. Colin Donnelly	35.24	SCO
5. Mark Roberts	36.03	Eng
6. Robin Bryson	36.15	Rep of Ire
7. Lee Siemaszko	36.19	Eng
8. Brian Ervine	36.31	N.I.
9. Neil Carty	36.36	N.I.
10. Alex Mcvey	36.38	Eng

Team - England 6 pts , Scotland 21 pts , Northern Ireland 27pts, Wales 43, IOM 49.

Senior Ladies

1. Andrea Priestley	41.41	Eng
2. Liz Lilley	42.04	Eng
3. Natalie White	42.55	Eng
4. Rowan Smith	43.30	Eng
5. Rebecca Robinson	44.25	Eng (Junior)
6. Angela Brand-Barker	44.59	Wales
7. Sam Bretherick	45.26	Wales
8. Dawn Scott	45.33	Scotland
9. Tricia Sloan	46.12	N.I.
10. Jill Tait	46.44	Scotland

Team:- England 6pts, Wales 21pts, Scotland 27 pts, Northern Ireland 34pts.



The team at Knockdhu
(Photo Norman Matthews)

Junior Men

1. Lee Siemaszko	36.19	Eng
2. Alex McVey.	36.38	Eng
3. James Mason	38.08	Eng
4. Iain Donnan	38.25	Scot
5. Chris McCall	40.17	Scot
6. Gwyn Williams	40.33	Wales
7. Owain Jones	41.43	Wales
8. William Arrowsmith	43.44	Wales
9. Daniel Gurmin	43.46	Wales
10. Richard Goldsworthy	44.15	Scot

Team:- England 6pts, Scotland 19 pts, Wales 21 pts.

Junior Ladies

1. Rebecca Robinson	44.25	Eng
2. Karrie Hawitt	48.18	Eng
3. Lucy O'Gorman	49.09	Eng
4. Katie Ingram	51.01	Eng

Team:- England 6pts.

Veteran Men

1. Mark Roberts	36.03	Eng
2. Dave Neill	36.44	Eng
3. Adam Ward	38.38	Scotland
4. Tony Okell	38.52	IOM
5. Ronnie Gallagher	38.56	Scot
6. Steve Barlow	39.03	Eng
7. Andy Fox	39.43	IOM
8. Keith Varney	39.52	Scot
9. Andy Shaw	40.22	Eng
10. Jim Brown	41.49	N.I.

Team:- England 10pts , Scotland 19pts, IOM 30 pts , Wales 30 pts , N.I. 40pts.

THE JOSS NAYLOR LAKELAND CHALLENGE

The first 'post FMD' season has opened early and it is with great pleasure and relief that I can report three successful runs. I await the paper work from these runners, so will not announce their names just yet. I think they are all youngsters in the V50 group, so it behoves some 60s and 65s to get going now. The comment has again been made that for the young ones, the run is a tougher task than the Bob Graham. If you fancy confirming or denying this from hands on experience, why not have a go? Tankards are ongoing.

I am also pleased to tell you that a nut-brown version of Joss is back home in Wasdale. He has confirmed that the Presentation Dinner remains on the second Saturday in November at The Bridge Inn, Santon Bridge. This makes it November 9th.

I hope many of you will come to celebrate our return to the fells. It would be good to see all those who enquired just pre-FMD getting back to mountain fitness now and claiming tankards.

Information : Please state whether or not you require sample schedules and, if applying by post, enclose a SAE.

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CELTIC CORNER

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

Irish News from Ian Taylor

I guess there is enough politics elsewhere in this issue so I will steer clear of it – apart that is, from congratulating Welsh fellrunners on setting up a new association representing their interests in Wales. And also sympathy to hill runners in Scotland, on their problems of relating to Scottish Athletics Limited. A quite heated discussion, following the Hill Running Commission resignations, took place on the SAL website.

Spelga

In April we hosted the second round of the British Fell Running Championship, with almost 140 athletes participating over an extended Spelga Skyline course. The old course had a sting in the tail – the revised one had two. Fortunately for visitors the weather was excellent, with leading contenders running with and using the local knowledge of Brian Ervine for much of the race. I am pleased to report that only two visitors, Simon Booth and Rob Jebb, managed to pass Brian, giving him his best British Championship position for some time. Further photographs have been added recently to the results on the NIFRA web site.

Knockdhu

In May Larne Club organised the P & O Knockdhu Home International, with teams now from five home countries, including the Isle of Man, and a few representatives from southern Ireland. The team results were dominated by England, with a clean sweep of the first three places in senior men's, ladies, junior men's and junior ladies. England also won the veteran team prize but not by such a clear cut margin and complicated by vets such as Colin Donnelly and Robin Bryson, fourth and sixth overall, running in senior rather than veteran teams. It was noted that four of the English team have been selected for the European Grand Prix at Grabs, with the aim of building up experience for possible inclusion in the UK European Championship team.

Congratulations – but with such strength in depth, should the England selectors not use a Home International like Knockdhu to give experience to newer potential internationals?

Junior Development

Teams entered for Knockdhu could include both junior male and female, but only England had one in the latter category. I guess we compete for a limited pool of junior athletes and at least some of them, for two or more countries, were at track events elsewhere. Next year we are exploring holding Knockdhu slightly earlier to avoid this clash. Most home countries feel they do not have enough junior athletes, so certainly cannot afford to have ones that do only fell running. We will work better to see fell running as one aspect of endurance, with juniors trying a variety of disciplines, cross-country, track, road and fell, at different times of the year. In Northern Ireland over the last few months we have developed a strategic plan "Producing Winners", one main plank of which is the recruitment and retention of juniors. We identified school – clubs links and the incorporation of juniors into clubs as key elements. Now we have to deliver it! It is interesting that the recent ambitious UKA discussion paper "On Track", a five year agenda for athletics, also identifies the need to develop athletics in schools. While the agenda is designed to develop athletics as a whole, as fell runners we need to see how it can be used within the context of our discipline. You will be pleased to know that one of the desired outcomes for competition is to stage the 2005 World Mountain Running Cup.

Championships

At the beginning of the season five NIFRA members enjoyed the superb Carmethy weekend, with Simon Taylor retaining the trophy for first overseas competitor, despite the protests of a Scottish island runner who claimed he was also from overseas!

From April onwards the midweek 11 race Hill & Dale series attracts 100-120 athletes each Thursday evening, with close competition in each category. With a race each week it is easy to see how you are doing compared to those of the same standard, but the variety of routes – fell and forest, allows different people to excel. The leading contenders are Deon McNeilly, Neil Carty and Davy McKibbin in the men's category and Shileen O'Kane in the ladies.

Unfortunately, relatively few midweek runners can afford the time or commitment of a whole day at the weekend for a NIFRA Championship race. To develop our programme we need to find ways of attracting athletes to some of the longer races and also attract runners from a wider catchment area.

At the end of June the Flagstaff to Carlingford race is our longest medium event. It starts in Northern Ireland, crossing into the Republic on the climb into the Cooley Hills, has a tricky route choice to the highest point and a fast descent into Carlingford. The smooth organisation and hospitality of Armagh Club coupled with the usual warm sunshine and holiday atmosphere of Carlingford, make this an event to savour. A week later we look forward to a weekend away at the All Ireland Championship event, in which NIFRA members have a good success record. This rotates around the four provinces of Ireland, this year being in the west, on the pilgrim mountain of Croagh Patrick.

Scottish News from Keith Burns

After three years attempting to reform Scottish Athletics Ltd. from the inside, the SAL Hill Running Commission, their selection committee and the international co-ordinator resigned on 12th April. This drastic step left the management of the £10,000 budget from public grant aid in the hands of the Chief Executive and a new acting commission. This might seem an act of folly that plays into the hands of an administration that has shown an astonishing inability to listen to the concerns of hill runners. However, the resigning commission and its colleagues were not prepared any longer to be associated with an administration which continued to enforce unacceptable policy on hill runners (levels of membership fees, selection policy, attempts to usurp commission decisions, lack of services etc.)

Where does this leave us? It leaves grass roots hill runners and the domestic hill racing scene totally unaffected because they receive nothing of value from SAL, and SAL have declared that these areas will not be supported from grant aid. Top runners must hang in with SAL because it is the only way they can gain access to the public grant aid which is their right. Scottish hill runners of international standard are in the hands of the SAL Board of Management and the new, unelected, acting commission. At the time of writing, the acting commission still has to make its policy declaration (hopefully, elsewhere in this magazine). I wish the new commission well with their difficult task. They are all well known and most have long reputations which go before them in hill running circles. They will pursue the international race scene with energy. But what will they do about services for the rest of us? Time will tell. The new commission will have to decide whether they are prepared to continue the struggle to secure much needed reforms, or whether they are going to act as obedient agents of a Board of Management which has shown no inclination to reform. Scottish hill runners are very unlikely to secure the voting strength necessary to force the policy changes they need at a SAL AGM. The dominant track and field votes and apathy of hill runners will prevent progress here.

The action of the resigning commission was a pragmatic step because it had run out of options. We have made small gains though. We have secured an open market on the domestic scene by defeating SAL's stupid attempt to enforce a requirement for SAL membership before runners could compete in races which SAL had "permitted". This is now a thing of the past because so few race organisers pay for the absurd privilege of being "permitted" to organise their own race with no help from SAL. Scottish hill runners now choose whether to pay £20 a year to SAL, or £6 to the independent "Scottish Hill Runners", or to pay no-one except race

organisers for their entries. Hill racing in Scotland is truly open despite SAL's breathtaking attempts to close it.

Those of us who care now face the challenge of finding a better way to manage the public grant aid to which we are all entitled. Will the new commission carry on the fight? We don't know yet. Maybe they will tell us. Dave Jones' initiative to find a better way at the UK level is needed all the more in Scotland than it is in England. Mike Rose's model for a new structure would be the best starting point. I would like to see all us Celts, Anglos and Saxons do it together. It will need very careful handling to avoid concerns about English dominance, but there's a lot to gain from getting together. A good start would be for the FRA to remove the "English" tag from its bulletin board. I thought we were an all-UK group, in spirit at least.

Notes from Wales By John Sweeting

Welsh Fell Runners Association

I saw where in this issue of the *Fellrunner* (*actually it's immediately after this piece - Ed.*) there should be an announcement of the launch of the WFRA at a(nother) meeting in Dolgellau in April. Nice place! We will be producing a Newsletter in the near future to build on this progress by ensuring that everyone with an interest in Fellrunning in Wales has a chance to air their views on where we go from here.

Meanwhile.....

This column

Firstly a warning – this column does not represent the views of the WFRA, but my own "ramblings".

And in case the following suggests otherwise, I am strongly in favour of the step we have taken in launching the WFRA under the umbrella of the AAW. But I see it as a first step, which recognises where we start from, and then starts to think about where we are going, and how best to get there.

Communication, communication, communication

Beyond that I was wondering what I could usefully say in this column this time – so I re-read Mike Rose's "ramblings" in the last issue, and found just a tiny bit of motivation! So just a few of my more polite reactions:

- 5000 FRA members, of which 150 are Welsh. Just 3%. It might be helpful to do a fuller breakdown, e.g. numbers in England from the South West, Midlands, South East, etc. But then, what is the significance of such statistics? Do we get ignored, because there are so few of us?
- "The FRA is managing very nicely thank you, and can do without the hassle of becoming involved in the problems of others." **!!!!!!** Oops, watch your blood pressure, John.
- "...12 at the Dolgellau meeting, and similar pathetic turnouts at Scottish meetings." A slightly pejorative word "pathetic", but more importantly, was it appropriate? I'm in complete support of the necessity for "significant grass roots support before embarking on a major restructuring exercise". Which is why I had canvassed opinion from as many Clubs, Race organisers and individuals as possible before the Dolgellau meeting. I had over 20 responses, plus the 12 who turned up. For an amateur sport run by volunteers, I thought this was pretty good – not a mandate for or against "major restructuring", but strong support for starting a discussion.
- After the slightly scary experience of attending last year's FRA AGM, I think I came away with a better understanding of what the world looks like from the heartland of Fellrunning (apologies to Scotland and North Wales). I hope the FRA Committee is making a similar effort to understand the (varied) worlds of the "3 percenters"!
- Mike's "management structure" (October 2001) and the AGM Motion. What's the problem? Sitting around a table doesn't commit anyone to anything, it just acknowledges that things aren't perfect outside the North of England, so let's sit down and see if there is a better way.
- OK?

Welsh Fell Runners Association from Adrian Orringe Launch of the Welsh Fell Runners Association

On 20th April 2002 a meeting was held at Dolgellau to discuss the way forward for fell running in Wales. Several meetings had been held throughout Wales prior to this and clubs within the principality canvassed to send representatives. As a result the Welsh Fell Runners Association (WFRA) was formed as a sub-committee of the Endurance Committee of the Athletic Association of Wales (AAW) and within their constitution. The following committee was elected into post:

Chair:	Ross Powell	Eryri
Secretary:	Adrian Orringe	Mynyddwyr De Cymru
Membership Secretary:	John Sweeting	Mynyddwyr De Cymru
Welsh Junior Co-ordinator:	Rod Jones	Les Croupiers
Club Representatives:	Hazel Retallick	Presteigne Racers
	Sheila Lloyd	Eryri
	Graeme Stringer	Bro Dysynni
	John Sweeting	Mynyddwyr De Cymru

Athletic Association of Wales Representatives:

Fell Running Secretary: Adrian Woods

Fell Running Representative: Adrian Orringe

The WFRA is being launched primarily to promote the development, organisation and administration of grassroots fell-running in Wales. The Association will have a complementary role of working with Welsh Team Management (for International Mountain Running) to further Welsh performance at representational level, in the same way Welsh Team Management will have a complementary role of working with the WFRA to build a strong grassroots sport.

The WFRA recognises that people have different opinions about the best direction fell-running should take in relation to UK Athletics, FRA, AAW, etc. People also have different perspectives, depending whether their main interest is in personal enjoyment, competition, serious competition, international selection, junior development, etc. However, Welsh fell running currently operates as an athletic discipline under the umbrella of the AAW, and whatever the eventual outcome, the WFRA is being launched as a body within the current AAW structure, and will work within the AAW Constitution. Any issues where this Constitution is felt to be inappropriate for fell running will be dealt with through negotiation with AAW Officers or Management Board, and if necessary Motion(s) to the AAW AGM. The WFRA will seek to develop, through wide consultation, a structure and a constitution that addresses all the different interests, rather than favouring one at the expense of another. These will be presented for adoption at the WFRA AGM (date to be confirmed).

On the question of the future organisation of UK fell running, the WFRA starts from the premise that any move to a more independent position is only realistically possible as a joint arrangement with fell-running bodies in England, Scotland and Northern Ireland. As a legitimate organisation representing fell running in Wales, the WFRA will work to develop a constructive discussion with the English FRA, PST, and fell running bodies in Scotland and Northern Ireland, on the future structure of UK fell running, whether within or outside UK Athletics. Opinions will be actively encouraged from all those with an interest in the sport, so that any decision finally taken will have the support of the maximum number of all sections.

FRA NEWS

COMMITTEE MEETINGS

A very brief summary of the meetings held since the last magazine. Further information can be obtained from the Secretary.

KENDAL LEISURE CENTRE, Sunday 3rd February 2002.

Discussed Countryside and Right of Way Act and representation on Local Access Forums. Agreed to purchase a further stock of 1000 FRA medals. The organiser of last year's Silver Howe race (AGM) has passed the proceeds to the Junior Development Fund. Pete Bland and Jacky Smith have resigned from the International Committee; Ian Smith and Harry Jarret have been appointed to succeed them. Discussed various international matters. Agreed to proceed with a bid to host the 2005 World Trophy; lottery funding is being sought. Noted proposals to re-form the Welsh Fell Runners Association. Discussion about falling entries at long races and increasing ages of competitors. Restated our belief that formal Risk Assessment is inappropriate for fell races, but organisers must adhere to FRA Safety Requirements.

BARLEY VILLAGE HALL, Saturday 6th April 2002.

More discussion about fell running becoming an old persons' sport. Still resisting pressure to introduce Risk Assessment procedures, we are seeking the insurer's view. Championships discussed generally, information is available on the internet. Noted PST has had a meeting with UKA to establish better relations. Discussed proposed increase to annual subscriptions. Agreed that the June magazine will include a questionnaire seeking members' views on the management of fell running. Correspondence from the Sports Minister and DCMS is referred to below.

PARLIAMENTARY SPORTS REPRESENTATIVES

We have received a letter from Richard Caborn MP, Minister for Sport, advising the FRA that he has appointed Doug Henderson MP to liaise with athletics bodies. To quote - 'It is not envisaged that he will be, in any formal sense, a spokesperson for athletics. He will however act as a conduit of communication, thereby extending our relationship with athletics, and building and integrating contacts and increasing mutual understanding. Doug's appointment will, I hope, enhance further our lines of communication.'

So there you have it! This rubbish is the first letter we've ever received on House of Commons notepaper, and we should be grateful for the recognition by people in high places that fell running and the FRA actually exist.

CHARITABLE STATUS AND COMMUNITY AMATEUR SPORTS CLUBS

Another letter, this time from the Department for Culture, Media and Sport, informs us of a new opportunity for amateur sports clubs to obtain a number of significant financial benefits by applying for registered charity status. The letter is accompanied by explanatory notes which I don't really understand. And there are no explanatory notes to explain the explanatory notes.

"A Picnic Lunch with Gerry"

Keith Turner and Peter Knott would like it brought to people's attention that 14th December 2002 is the 20th Anniversary of the unfortunate death of Gerry Charnley.

To commemorate this there will be a gathering of his friends for a picnic lunch at the memorial Cairn at mid-day on that date - all will be welcome.

More details will be given in the October edition of "The Fellrunner", or interested parties may contact Peter Knott on 01772 683072.

The financial benefits include:

- * 80% mandatory rate relief (rate relief for clubs is presently granted at the discretion of local authorities).
- * tax exemption for fundraising income.
- * payroll giving, Giftaid and other tax reliefs for individual and corporate donations.

To be eligible a club must be open to allcomers and the relevant sport must constitute healthy recreation. The following sports do not appear to meet the criteria for healthy recreation: Angling, Ballooning, Billiards, Pool, Snooker, Crossbow, Rifle and Pistol Shooting, Flying, Gliding, Motor Sports, and Parachuting. But drinking is OK because clubs are allowed to have a bar. For further information please contact your Regional Athletics Association.

MEMBERSHIP SUBSCRIPTIONS

The annual subscription was raised from £6 to £9 at the AGM in October 1992, with the hope that a further rise would not be necessary for a few years. With careful financial management we have been able to hold the subs at £9 for ten years. The Executive Committee have decided in principle to seek approval at the next AGM for a modest increase. It also seems to be a convenient time to introduce family membership - two adults living at the same address and any children.

We have a decent reserve fund, but nowadays our annual balance sheet barely breaks even. An increase to say £12, (not yet decided) means we can move into the next ten years with additional income, which initially will help finance such things as junior development and the proposed 2005 World Festival of Fell Running at Sedbergh.

UK ATHLETICS, RULES FOR COMPETITION

During the past 12 months, the rulebook has been reviewed in some depth and the new revised edition became effective on 1 April 2002. The more important changes of interest to fell runners are:

1. A second claim club is recognised and athletes may compete for that club in certain competition. But don't get excited because it doesn't apply to fell running. The FRA Rules for Competition specifically state that runners may count for their first claim fell running club only.
2. When an athlete resigns from a first claim club, that club must notify the Eligibility Committee of the relevant Regional Association. The athlete cannot represent the new first claim club until the 1st of the month following six months on ice (previously 9 months) which commences on the date of receipt of the resignation notice.
3. Applications for relaxation or exemption from the 6 months rule should be submitted to the Eligibility Committee, with a £10 fee which may be refunded at the discretion of the Committee.
4. The minimum age for competition in fell and hill running is reduced from 11 years to 6 years on the day of the race. The FRA has mixed feelings about this which has been PST led.

Incidentally, one wonders why the outdated agreement between the Scottish Games Association and SAF (now SAL) was not addressed in the recent rulebook review. The agreement (a mind-boggling read) is said to ensure that the amateur status of the participating athlete will continue to be recognised by the governing bodies of amateur athletics. In 1993 the rulebook was amended to the effect that an athlete doesn't lose amateur status by competing in non-permitted fell and hill races. No problem for BOFRA events, so why should this relic apparently still apply to entering the Highland Games?

Clubs should by now have received a copy of the new rulebook. Further copies at £5.50 + postage are available from the UKA Bookshop, Tel 01372 452804.

AGM MOTIONS

Details of all motions for the AGM will appear in the October magazine.

Mike Rose, General Secretary. June 2002.

FELL TRAINING

by Norman Matthews

The following is an extract from one of the chapters in the event specific course for a 'Fell Running' Coach. I hope it gives you an insight into the varying aspects that a coach considers when coaching within this particular area.

FELL RUNNING. © NMM 1997.

INJURY & ILLNESS PREVENTION

The reversibility factor can be a thorny problem in the side of any athlete who ignores early signs and symptoms of illness or injury, indeed with planning and forethought a great deal can be done by the coach to ensure a minimum loss of training days throughout the year.

So what can a coach do? The following list gives you an idea of some of the areas that a coach should examine so he can be wise before the event:

- In the first instance an athlete's past injuries need to be known.
- Close scrutiny to his running action is necessary.
- Incorrect technique - same leg lengths?
- Running shoes require checking for uneven wear - right type worn.
- Running routes need examination for camber and suitability.
- Flexibility factor is a key area.
- Warm up procedures.
- Optimisation of muscle and tendon strength.
- Calorific intake, balanced diet.
- Dietary supplements.
- Adequate fluid intake?
- Over training. Overuse injuries.
- Insufficient rest periods.
- Recklessness - descending.

Coaches must have an enlightened view on prevention, and read extensively. Detailed information must be recorded at the time of injury and illness, so that future steps can be taken to avoid making the same mistake.

Although there are those injuries that happen by chance, many injuries can be prevented.

A typical injury that occurs each year to many athletes is the Achilles tendon's inability to cope with the stress of a quick change over from a well-cushioned road running shoe to a pair of track spikes, or a low profile fell shoe.

Then there are those athletes who ignore early signs of a cold and continue with a quality session only to find themselves losing weeks instead of days.

FELL RUNNING INJURIES

The majority of injuries in fell running are of the lower limbs - fast descents require not only a quick eye and fast feet co-ordination, but well conditioned legs, with strong quadriceps and strong but flexible ankle joints. The compromise between the requirement of a good range of movement, and the strength to hold a joint firm, is a balance that needs to be understood. Many fell runners find when descending that their reflexes are sometimes lacking when trying to avoid those hazardous situations that can account for ankle and knee injuries. Account must be taken of this lack of support that tired muscles give. The knee joint in particular is susceptible over a period of time to excessive wear, and good control of the joint is imperative if the athlete wants a long career on the fells. The ankle joint is ever prone to injury and should be singled out for selective conditioning.

Awareness of the extremes that fell running can inflict upon the lower limbs requires a coach to mount a preventive exercise regime that hopefully can help counter such wear and tear.

So what is prevention?

In the first instance it is building the strength

and necessary flexibility into the legs to withstand the punishing regime that fell running can impose.

The 'Strength Conditioning' course (UKA) is a good place to start; knowing about strength development is essential before establishing a programme for your athlete.

LEG STRENGTH. For those coaches familiar with strength conditioning, there are many avenues to pursue in developing leg strength. The body weight approach is usually sufficient at first; with single leg squats supported by the coach a good starting point. After this initial conditioning the athlete can undertake more formal weight training, with multi gyms and free weights. When the athlete is fully conditioned the more intense sessions of plyometrics with bounding and drop jumps can follow. The principle to follow for fell running in particular is the acquisition of leg strength without the necessity to gain large muscle mass. This elastic type strength is more valuable for the endurance runner.

Supplementary strength work can enhance the natural strength gains associated with regular hill running.

HEAVY LIFTING. The principle of developing power without an increase in muscle mass has for some time been practiced by Jonathan Edwards. The idea is to activate the greatest number of muscle fibres at any one time. This can be achieved by working above 90% of max, and keeping the reps low between one and three. The action of the lift has to be explosive, with plenty of rest in-between reps, this type of lifting will give an athlete the necessary power, but the provision has to be made to channel this power into specific movements applicable to the running action. This can be done with resistance training, i.e. weighted jackets, reins, or hill work. But good conditioning of movement patterns are required to increase the efficiency of the power. Caution must be exercised if attempting to lift weight in excess of 90% max, a good technique is essential. Preparatory work is required for a considerable period of time before this type of lifting can take place.

VASTUS MEDIALIS. The straight leg extension on a multi gym or with single legs, (preferably with ankle weights) held so that the vastus medialis is put under strain, is possibly the easiest exercise to do, and yet is probably the most effective in protecting the knee. Keep the knee locked out with the foot in the dorsi flexion position. Do not neglect the hamstring group with suitable curls, and certainly plenty of calf extensions, starting on two legs and moving when ready to single leg lifts.

ANKLE JOINT. Although the knee joint needs to be protected with good muscle and tendon strength, it is usually the ankle joint that suffers the most injuries. 'Going over' on the ankle, is a common enough term within fell running. Little is usually done to strengthen this area even though it responds well to stretch band conditioning. The cheapest of all exercise equipment, stretch banding can be obtained in appropriate lengths for just a few pounds. This simple piece of equipment if used correctly can give ankles a thorough workout in about fifteen minutes. Three sets of twenty for each of the Plantar Flexion, Dorsa Flexion, Eversion and

Inversion positions using the banding as resistance can create an excellent work out.

STRAPPING can be a useful means of aiding an ankle that is still not fully recovered, but is no substitute for good strength conditioning.

FLEXIBILITY. The flexibility factor plays a major role in resisting injury, or encouraging it if there is little effort made by the athlete with this aspect of conditioning. There are conflicting opinions on just how much stretching should be done and to what limits. My personal experience is borne from the value I have seen gained from good suppleness, and cannot recall any adverse reactions from any athlete who had gained good mobility.

MASSAGE has a major role to play both in the prevention and treatment of injuries. There is nothing particularly difficult about giving a good massage to the calves or quads after a heavy session or hard race, there are many books available that can give the enthusiastic coach simple advice on how to proceed. Obviously it is better to have some level of qualification, especially when dealing with injured muscles or runners of the opposite sex. Massage for some people still appears to carry a stigma and their opinions need to be taken into account. As a general rule always have other runners around, keep away from young athletes unless their parents are there and their permission sought. Better still to get an enthusiastic parent to do the honours. If you feel at all doubtful then get the athlete to do self-massage!

ILLNESS. On the general aspect of illness, care must be taken to ensure that the athlete's enthusiasm is not a negative factor that generates periods of over training with few rest days. The conditions of Chronic Fatigue Syndrome, Glandular Fever and ME with their debilitating affects, are unfortunately not uncommon. Although a considerable amount of work has been done on the Post Viral Fatigue Syndrome there is little evidence yet that its cause or cure is available. What is known is that the likelihood of catching it is more likely when the immune system is depleted after a particularly hard session.

It is important to remember that the Glandular Fever virus is highly infectious and can be passed on through kissing.

Maintaining a balanced diet, with close attention to pulse readings and sufficient rest, goes a long way in keeping the immune system in top up form. Eating a snack of carbohydrate within twenty minutes of finishing a session is another important factor of guarding against depletion. There is now a trend towards supplements, such as 'L. Glutamine', Echinacea and antioxidant nutrients like A,C,E vitamins with Selenium, to boost the immune systems tolerance to fatigue, but a sensible running schedule with its levels of intensity interspersed with recovery runs is a sound foundation.

The whole area of preventative work is not an 'add on' aspect of conditioning but an important integral part of a coach's training programme - which he learns with experience can be a very important one.

NAVIGATION COURSES 2002/2003



Learn the basics of navigation on the fells or come along and improve your navigational skills.



We can help you at any level of experience and it will only cost £60 for instruction and full board.

Courses comprise instruction and lots of practical sessions on the fells, including low-key competitive events, as each participant chooses.

There will be minimal theory sessions, mainly on aspects of navigation but covering other fell-running topics by request.

Ideal for anyone new to the sport of fell-running.

Autumn Course 2002 Friday to Sunday - 20th/21st/22nd September 2002.
To be based at Elterwater Youth Hostel, near Ambleside, Cumbria.

Spring Course 2003 Friday to Sunday - 11th/12th/13th April 2003.
To be based at Kettlewell Youth Hostel, near Skipton in the Yorkshire Dales.

For details of both Courses write to:-

Mrs. Margaret Batley, 3 Hillside Close, Addingham, Ilkley, West Yorkshire, LS29 0TB.

Please enclose an SAE.

Please book early as these courses are very popular with a limit on numbers.

FRA Navigation weekend at Kettlewell, April 2002

by Andrew Bibby

It was a dark winter's day some time around the turn of the year when the "Fellrunner" came through the letterbox, and I noticed an advert for the navigation weekend courses run by the FRA. A weekend in the Yorkshire Dales sounded like a good idea and I wanted to improve my compass work, so I sent off my £50 and booked the date months forward in my diary. At that time April seemed an age away.

And then April came along, and it was Friday afternoon and my diary said "Go to Kettlewell": time to gather up my kit, try to pretend I wasn't knackered from a week's work, get in the car and drive up into the Dales.

Compared with some of the others on the course, I had a relatively short drive up from West Yorkshire. The group included two women runners from Essex, whose journey north had been made even longer by the need to call out the breakdown service, as well as others from Kent, Peterborough, Northumberland and North Wales. We were 27 in total, the largest group yet (probably because foot and mouth caused last year's courses to be cancelled), all ready and waiting in the youth hostel canteen on Friday night with our compasses and Outdoor Leisure maps at the ready.

The course got off to a gentle start with a series of indoor exercises in map and compass usage. Saturday was the opportunity to try to put the theory into practice - five hours or so on the hills around Kettlewell, checking maps, taking bearings, reading off grid references, and looking for elusive re-entrants. (Don't think you could spot a re-entrant at fifty paces? - you obviously need to sign up for the next navigation weekend...)

Back inside, we spent a useful hour or so undertaking a more complex route-plotting exercise, using one of those maps from the Scottish highlands which consist of large numbers of brown contour lines, the occasional blue wiggly for a river and almost no other features whatsoever.

Then came another chance to get the fellshoes on, a short night navigation exercise on Saturday night, with groups of three wandering around a (very) small part of the Yorkshire Dales looking for the checkpoints. And then, finally, a Sunday morning individual orienteering exercise of around 10K in distance which had us scampering around the countryside between Kettlewell and Starbotton.

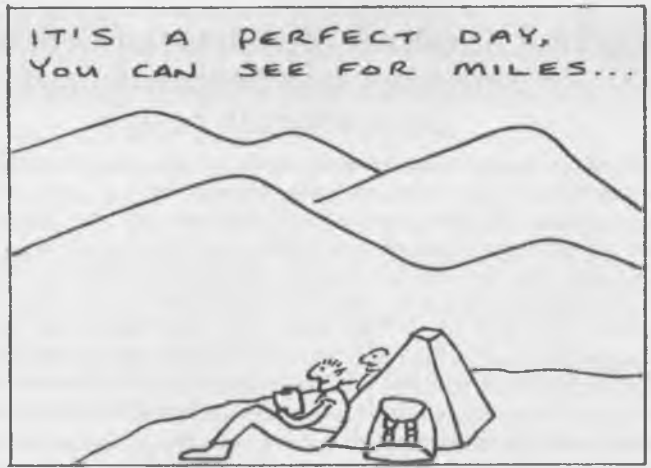
Courses like this - there's another scheduled for the Lakes in the autumn - are perhaps ideal for anyone who is beginning to take to the hills and wants a grounding in basic map work, but I also think they're useful if you're not a complete novice and simply want to refresh your knowledge. One of the lessons, of course, is that navigation is never something you completely master, and the more opportunities to practice that come along the better.

Problems with the weekend? Only the weather, which was bright and sunny (if very cold). For a navigation course it can actually be a problem that you can see all the landmarks ahead, and everything that's across the valley opposite, not to mention the Howgills and the mountains in the Lakes away in the far distance. But apparently good weather tends to be a feature of FRA courses - where's a good bit of clag when you need it?

Big thanks to Steve Batley, Howard Sawyer, Dave Hill, Andy Brear, Neil Clayton, Peter Knott and John Gibbison for tutoring the course so well. Big thanks too to Margaret Batley and Jenny Hill who handled all the administration and practical arrangements brilliantly.

February 2002 "Fellrunner" - erratum

In the Wendy Dodds profile in the last edition of "The Fellrunner" misuse of punctuation led to an incorrect impression of Wendy's Skye Ridge attempts. In 1997, with Peter Dyson, she almost achieved success but it was in 2001, with Ronnie Jackson, that she finally succeeded. So that's that sorted !!



AG-01

WMRA Masters World Mountain Running Championships 2001. (Ustron - Poland)

The first official Masters championship, held in Ustron, Poland was a resounding success in all respects when more than 500 athletes ranging in age from 35 for women, and 40 for men, to over 70 participated in the event.

For those attending, the weekend held two outstanding memories. First, the wonderful concert of singing put on by ROWNICA, a local young people's choir, during an opening ceremony that was just part of the superb overall organisation. Second, the unbounded enthusiasm, enjoyment, and undiminished competitive spirit of the Masters themselves. The Mayor of Ustron, Jan Szwarc led the town of Ustron in their warm welcome to the hardy mountain running fraternity.

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Colin Donnelly, V40-45 Champion, at the World Masters

The annual staging of this event is now assured, and Ustron is a town that will surely be revisited with international mountain races in the future.

Scottish Athletics Hill Running Commission, Selectors and International Co-ordinator resign

After major policy disagreements early in the year with the Board of Management of Scottish Athletics, all members of the Hill Running Commission, Hill Race International Selectors and the International Hill Race Co-ordinator resigned from office on 12th April. They came to the conclusion that they would no longer tolerate the policies of the SAL Board of Management because it was not responding to the concerns that hill runners have had for a long time. The final straw was the Board of Management's use of their new Articles of Association to over-rule decisions on selection policy made by the commission. The commission drew the line at this and every single official SAL representative of hill runners in Scotland walked out. We understand that there was also an issue over the Board's independent investigation into a complaint (supported by the commission) that SAL professionals and outsiders had attempted to undermine the authority of the selection committee. The resigning commission rejected the findings of the investigation as a whitewash job to protect the Board's officers. The Scots clearly have a continuing enthusiasm for stirring things up more than somewhat.

"Believe it or not"

The things people are reduced to !!! The 11-2 favourite (for those who understand these things) in this year's Martell Sefton Novice Hurdle Race (Class A) was none other than **Jos Naylor**, ridden by Jonjo O'Neill. There were all sorts of other strange numbers attached to this information, such as 505, 135112, (23), 7 11.4 and 87, which mean nothing at all to me, but it certainly gives a new twist to the phrase "old warhorse" and I suppose jumping over a few little hedges is a lot easier than flogging your way up Yewbarrow, Scafell and Haycock day in, day out!

Stanage Edge

By Peter Travis

Today was time for thought.
A February rain and bitter cold
gave way, for just this day, to warming sun.

I raked among the memories
to see when last I climbed this edge
and found the computation far too hard.

It must be fifty years or more,
with friends we walked above the town,
our focus on the gritstone crags.

It was virgin climbing ground,
today so many routes with names as then unborn,
and as we walked my heart cried out
for accustomed scenes, familiar tracks,
a link into the past.

Had I dreamed the past, was it just not so?
And then, with almost absurd suddenness
the scene was as if it was just yesterday.

The road, its bend predictable
and yet invisible to my eye,
the mind reflected what was held beyond the
metalled arc.

I stopped and to my friends,
with earnestness of youth, described
what scenes of detail lay beyond.
I had returned, and mind had not betrayed the past.



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THE YORKSHIRE DALES GREEN LANES ALLIANCE

from Michael Bartholomew

The Alliance has been set up to provide a focus for all those who are concerned about the way in which recreational off-roaders, on motorbikes and in four wheel drive vehicles, are destroying the ancient green lanes in the Yorkshire Dales National Park and in the Nidderdale Area of Outstanding Natural Beauty. The Alliance brings together farmers, walkers, cyclists, landowners – and soon, we hope, fellrunners.

For years, we have taken the green lanes for granted, believing that these ancient trackways that thread through some of the most beautiful landscapes in upland Britain are an enduring part of the ancient heritage of the area. But in the last ten years or so they have been discovered by off-roaders, and many of the routes that were once green, grassy tracks are now quagmires and the sense of tranquillity and solitude that used to be part of the essential character of the Dales is now routinely disturbed, even in remote places, by convoys of motorbikes and 4X4 vehicles.

Off-roading has to be stopped. There are two ways forward. First, local highway authorities can impose 'Traffic Regulation Orders'

on specified routes. These orders are hotly-contested by off-roaders, are expensive, and take a lot of time, but they are a powerful resource. North Yorkshire County Council, in collaboration with the Dales National Park Authority are currently proposing the imposition of four experimental orders, on the grounds that off-roading threatens the peace and tranquillity that the Park is supposed to preserve. Secondly, the law needs to be stiffened, so that off-roading becomes an offence. The recent Countryside and Rights of Way Act goes some way toward this, but more needs to be done.

Fell-runners, it is to be hoped, will join the Alliance. Anybody who runs in the Dales will have found, increasingly, that his or her route has been damaged by off-roaders and that the peace and quiet that he or she has come to enjoy is disturbed by vehicles. Off-roading is anti-social, destructive, noisy and smelly. It has to be outlawed from the Dales.

Michael Bartholomew, Chairman YDGLA

YORKSHIRE DALES GREEN LANES ALLIANCE

Chairman: Michael Bartholomew, 9 Fern Bank, Otley LS21 1HG
Telephone: 01943-468459; e-mail bart.otley@virgin.net

Membership of the Alliance is invited from anyone who supports the following objectives:

1. To campaign for the exclusion of motorised vehicles, driven or ridden for pleasure ('off-roaders'), from the green lanes of the Yorkshire Dales National Park and the Nidderdale Area of Outstanding Natural Beauty. ('Green lanes' is used here to include bridleways, restricted byways, roads used as public paths, byways open to all traffic, and all unsealed tracks in the National Park and the AONB.)
2. To argue that The National Park Authority's, and the AONB Authority's fundamental obligations to protect and enhance the natural beauty and the unique environments in their charge entail a strong presumption against off-roading. The Alliance holds that the National Park and the AONB should be maintained as areas of peace and tranquillity, in which recreational activities should be essentially quiet, non-destructive, and non-polluting. The Alliance also holds that the green lanes' historical and archaeological importance, and their importance for nature conservation, are further grounds for their protection.
3. To press for the imposition of Traffic Regulation Orders, prohibiting the passage of off-roaders, on green lanes in the National Park and the AONB.
4. To present arguments for making it illegal for vehicles other than those used in agriculture, used by the emergency services, or by landowners, tenants, and their *bona fide* visitors, to travel on highways other than those surfaced or resurfaced at public expense throughout their whole length within the last 20 years with the intention that

they should be used by mechanically propelled vehicles in any weather condition.

5. To record and publicise the damage to green lanes that is presently being caused by off-roading.
6. To form alliances with groups in other parts of the country that have similar objectives.

A full copy of the Constitution can be obtained by contacting Pam Harris, Secretary, YDGLA, 50 Burley Lane, Horsforth, Leeds LS18 4NR



I/we support the objectives of the Yorkshire Dales Green Lanes Alliance and wish to be enrolled as an individual member/an affiliated group (*delete as applicable*). PLEASE MAKE CHEQUES PAYABLE TO: YORKSHIRE DALES GREEN LANES ALLIANCE and forward them to Mr K Andrews, Treasurer, YDGLA, 11 Robin Drive, Steeton, Keighley BD20 6TF together with this slip.

Name of individual or group.....

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LAKELAND CLASSICS TROPHY 2002

Super Long 'A' : Western Lakes / Helvellyn Series

Duddon Valley	20 miles / 6,000 ft	- Saturday 1 June
Ennerdale Horseshoe	23 miles / 7,500 ft	- Saturday 8 June
Dockray Helvellyn	21 miles / 5,500 ft	- Saturday 29 June
Wasdale	21 miles / 9,000 ft	- Saturday 13 July

Long 'A' : Borrowdale / Langdales Series

Borrowdale	17 miles / 6,500 ft	- Saturday 3 August
Three Shires	12 miles / 4,000 ft	- Saturday 21 September
Langdale Horseshoe	14 miles / 4,000 ft	- Saturday 12 October

Ranking for all Trophies: Calculated from 3 races : 2 Super Long 'A' plus 1 Long 'A' or : 3 Super Long 'A'

Points Scoring: based on finish times rather than positions.

Teams: 3 to score of any male/female mix; different club counters allowed at each race.

Entry: Free! Just enter races as usual to gain points for the Lakeland Classics Trophy.

Details: from Graham Breeze (Breezeuplands@aol.com or 01943-874046)
or Brian Martin (brian_martin16@bopenworld.com or 017684-84156).

Martin Stone's *Long* Distance News Summary

As far as I am aware, it has been a very quiet time on the long distance scene so far this year. Glyn Jones made a couple of attempts at a winter Charlie Ramsay Round but these failed in bad weather conditions.

FRA LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106, FAX:01931 714107, EMAIL: martin@staminade.co.uk*

BOWLAND 1500's - ANDY WALMSLEY

The first (summer) round of these tops was done by Les Orr, Terry Houston, and Alan Heaton (all of Bowland Fellrunners) a few years ago in 10hrs30, though unlike Andy they started and finished at Fell Foot (the traditional starting point for Bowland club runs) and they used a two-contours criteria, which excluded Brennand Great Hill from the route. They had good dry (ish!) underfoot conditions for the run and were unsupported. Andy attempted the route described below on Saturday 16th February and here is his account:

"I started and finished at Abbeystead (which I regard as optimum), used a one-contour criteria - giving a total of 14 tops - and had full support a la Bob Graham. The weather was chilly, as you might expect in Feb, partly misty, but with no precipitation, and underfoot conditions were very soggy and wet. Ian Roberts and his trusty Mitsubishi van ably provided Road support.

Over the first section I was paced by Neil Wrigley of Horwich. Neil does not know Bowland well so navigation was down to me but I made a bad error crossing to Tottridge and an even worse one on the descent, entailing an extra 2 miles on the road. What a Wally! On the second section, paced by Les Orr, navigation was no problem (Les was doing it!) but I struggled to some extent with a loss of psyche due to having been 31 minutes up

and then having squandered it plus another 20 due to bad navigation. I kept reasonably in touch with scheduled splits across this part, but couldn't gain any time back.

The last section, paced by Duncan Elliot (Bowland) saw me spiral down into a deep fatigue and darkness and clag overtook us on Wards Stone, making navigation/keeping on the path a nightmare. After what seemed an eternity of sinking into boggy holes and tripping over heather and boulders while following a western bearing we reached the gravel shooters road on Cabin Flat. Ian Roberts and Leigh Warburton had come up the track looking for us (Leigh carrying dry shoes and socks for me - what a guy) and we decided to descend direct to Abbeystead missing out the last top, Crit Fell.

This final peak is a mere 15 - 20 minutes out and back in daylight, so I didn't really cut much off the round and actually covered more than the full 40miles. My final time was 12:40. I fully intend to have another crack at the round later in the year, and next time I will be a bit fitter, will navigate better, and will have more daylight to play with!"

BOX BAXTER TRAVERSE - ROB WOODALL

On Wednesday 2nd March Rob successfully completed a traverse of the 37 peaks on the Isle of Man that exceed 1000 feet. Rob took 13hrs 2mins to complete the 52 miles and 11,400ft ascent. The route starts at the village of Laxey on the north of the island and finishes on the final peak, Cronk-ny-Arrey-I-aa, in the south. A full account of Rob's attempt can be seen elsewhere in the magazine.

BOWLAND WATERSHED TRAVERSE RECORD - LESLEY ORR

Les Orr has set a record for the Bowland Watershed Traverse. In late April he completed the 30miles/5500ft route in 5 hrs 52mins, knocking a massive 1hr 7mins off Andy Walmsley's 1997 time. Well done Les, it was a top performance on a wet and windy day!

Les had minimal support on the run; Ian Roberts saw him off at the start in Chipping and met him at the Trough of Bowland. Glyn Denver and Andy Walmsley met him off Big Hill near the end and guided him across the fields to the finish at Giggleswick. He carried minimal gear and took no rest stops en-route, running the route like a straightforward 30-mile race.



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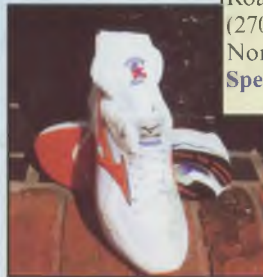
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