

The Fellrunner Magazine



June 2003



*Tim Davies (239-Mercia) battling it out with Martin Cox (74-Salford) at Lad's Leap
(Photo Pete Hartley)*

Pete Bland Sports

SUMMER SPECIALS



SAUCONY GRID AURA TR 3 – WAS £60.00 NOW £40.00 (Men's 7-11 inc 1/2 sizes & 12)
(Ladies 4-9 inc 1/2 sizes)

A well cushioned trail shoe offering versatility on a wide range of surfaces.

CONCURVE MEGALIGHT JACKET - WAS £70.00 NOW £40.00

(Sizes - S, M, L, XL)
(Colours - Royal, Red)

The extremely light WINDSTOPPER membrane consists of ePTFE (expanded polytetrafluor ethylene). Its microporous structure ensures that cold wind is blocked but moisture (sweat) can still escape freely. The WINDSTOPPER membrane has a thermoregulating effect. This is the ultimate lightweight, windproof & showerproof jacket.



EDZ FLEECE - £12.00 OR TWO FOR £20.00 (Sizes - M, L, XL)

165gm microfibre fleece. Soft yet durable with very good performance insulates, breathes, wicks and dries quickly. Compact low bulk mid layer. In cold conditions wear over any baselayer and in milder conditions on its own.

SUB 4 SHORTS - £10.00 (Size - S, M, L, XL) (Colours – Black/Royal, Navy/Red)

SUB 4 VESTS - £10.00 (Size - S, M, L, XL) (Colours – Black/Royal, Navy/Red)

SUB 4 TEES - £12.00 (Size - S, M, L, XL) (Colours – Black, Navy)



WALSH FELL SHOE RANGE

	4-5 1/2	6-13
PB X'TREME	£52.00	£60.00
PB TRAINER	£47.00	£55.00
PB RACER X'TREME	£52.00	£60.00
RAID X'TREME	£52.00	£60.00
PB BOOT X'TREME	SIZES 6-12	£70.00
JUNIOR PB TRAINER	SIZES 1,2,3,3 1/2	£40.00

ALSO AVAILABLE

ADIDAS SWOOP	4-13 inc 1/2 sizes	£60.00
INOVA™ MUDROC™	4 1/2-12 inc 1/2 sizes	£60.00



10% DISCOUNT TO F.R.A. MEMBERS ON ABOVE SHOES. RESOLE ON ALL WALSH MODELS £16.00
RESOLE & MIDSOLE ON ALL WALSH MODELS £28.00. POSTAGE ON EACH PAIR OF REPAIRS £3.00

WEBSITE: www.peteblandsports.co.uk **EMAIL:** sales@peteblandsports.co.uk

POSTAGE: TOTAL COST OF ORDER £0.00 TO £35.00 - £2.00 TOTAL COST OF ORDER £35.00 TO £100.00 - £3.00
TOTAL COST OF ORDER £100.00 + - £4.00 NEXT DAY DELIVERY - £6.00

34A KIRKLAND, KENDAL, CUMBRIA, LA9 5AD TEL 01539 731012



The Fellrunner Magazine

Editor: Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL.
Tel: 0161 485 1557 Mobile: 07950 440972 Email: djonesfra@aol.com

Well, I was well and truly taken to the cleaners by the cunning so-and-so who cleverly submitted the "UK Athletics - Press Release" which appeared on page 5 of the last "Fellrunner". It arrived in an email which was all correctly presented and whose provenance I never doubted for a moment, so I included it with the rest of the important notices, thinking it was just another example of the obscure manoeuvring for which UK Athletics is renowned. It caused a certain amount of consternation among potential international contenders and those responsible for selection and management and I apologise unreservedly to them for any irritation caused by my innocent naivety - I shall obviously have to develop a thicker skin of distrust and cynicism in future!! I would also like to offer my congratulations to the anonymous contributor, whose identity I have been unable to discover, apart from the fact that he/she probably belongs to a well-known Yorkshire club which features prominently in this issue of the magazine.

The next bit is an important notice for all Members -

The annual subscription charge has remained at £9 for Seniors and £6 for Juniors for a very long time. As agreed at the last AGM it will increase on 1st October to £12 and £8 respectively. In addition there will be a new category of Family Membership, for which the annual charge will be £18.

Editorial Team

Access & Environment

Chris Knox, 38 St. John's Street,
Keswick, Cumbria, CA12 5AG.
Tel: 017687 72922.

Championships

Jon Broxap, 32 Castle Garth,
Kendal, Cumbria, LA9 7AT.
Tel: 01539 721603.

Coaching

Norman Matthews, 8 Snowdon Drive,
Horwich, Bolton, BL6 7DG.
Tel: 01204 468390.

FRA

Alan Brentnall, 8 Leygate View,
New Mills, High Peak, SK22 3EF.
Tel: 01663 746476.

Ireland

Ian Taylor, 52 Bladon Drive,
Belfast, BT9 5JN.
Tel: 02890 280790.

Juniors

Ian Smith, 128 Brownlow Road,
Horwich, Lancashire, BL6 7EH.
Tel: 01204 691951.

Long Distance

Martin Stone, Sleagill Head Farm,
Sleagill, Penrith, Cumbria, CA10 3HD.
Tel: 01931 714106.

Results

Dave Weatherhead, 16 Birchlands Grove,
Wilsden, Bradford, BD15 0HD.
Tel: 01535 273508.
Email: resultsfra@aol.com

Scotland

Mark Rigby, 5 Springfield Lane,
Aberdeen, AB15 8JE.
Tel: 01224 324785.

Wales

John Sweeting, Lower Lodge, Cynghordy,
near Llandovery, Carmarthenshire,
SA20 0LD. Tel: 01550 721086.

Website (www.fellrunner.org.uk)

Bill Waive, 36 Blandford Drive,
Coventry, CV2 2JB.
Tel: 02476 603813.

Membership renewal forms will be despatched in the envelopes containing the October issue of "The Fellrunner". If you currently pay by Standing Order you will receive a form with your October issue of the magazine that will make it possible for you to increase your automated annual payment. Please note that if these forms are not sent out promptly on receipt of the magazine then you may have difficulty getting your copies of the 2004 Calendar and February issue of "The Fellrunner".

An item that definitely wasn't a spoof was Ian Taylor's "PST Notes" on page 53 of the last magazine in which he outlined some of the possible changes being considered for the British Championship. There are some responses to this in the "Letters" section of this issue but if you are a likely contender for the Championship then please let Jon Broxap know, by phone or email (details on page 2 of the magazine) your views on which format would be the best for future Championships.

Have a good summer.

Contents

- 2 Chairman's Chat
- 3 Calendar Update
- 7 Notice of A.G.M and Dinner Dance
- 8 The Pros and Cons of Organising an English Championship Fell Race
- 10 Chris Bland - A Tribute
- 11 Dr Martyn's Problem Page
- 12 Bingley Harriers - 110 Years Young
- 14 Chris Brasher - An Appreciation
- 15 FRA Navigation Weekend
- 16 Pastoral Pleasures
- 18 My First Ever Fell Race
- 19 Letters, Opinions et. al.
- 21 Secretary's Corner
- 23 Results
- 47 Do we need to evaluate our position
- 48 15th British Fell and Hill Running Relay Championships
- 50 Hooray for the Hoppity, Hoppity Races
- 52 Celtic Corner
- 54 Elite Performance: Mountain Running
- 55 Junior Pages
- 58 The Wliad - a South Wales Odyssey
- 60 Book Review "Off Road Running"
- 61 The Access and Environment Bit
- 62 Heat, Hydration and Water - too much of a good thing
- 63 Over The Hill Challenge
- 65 The Joss Naylor Lakeland Challenge From Monica Shone
- 66 The Joss Naylor Lakeland Challenge From Jonathan Fish
- 67 Martin Stone's Long Distance News Summary

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 **Saturday 13th September 2003**

Please send material to:

Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL. Tel: 0161 485 1557
Mobile: 07950 440972 Email: djonesfra@aol.com

Please send Results and Race Reports to:

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

Please send Advertising Copy to:

Tony Hulme, Running Bear, 5 London Road, Alderley Edge, Cheshire, SK9 7JT.
Tel: 01625 582130

Chairman's Chat

from Alan Barlow

After recounting our many failed attempts to A prise some money from the tight grasp of the lottery barons towards our proposal to hold the World Mountain Running Championships in 2005 it gives me great pleasure to advise that our bid is back on track.

Following an introduction from UK Athletics, whom we have been pestering for help, we have found assistance from Rural Regeneration Cumbria. This is a government agency only recently formed to fund suitable projects in the Cumbria area. They are to provide full funding of our bid costs of £3000 and expect to provide more substantial funding if we are successful in bringing the event to England.

From our original plans the event has moved to Keswick and we also intend to hold the World Masters event on the following weekend, giving a week's festival of mountain running which most of our members would be able to participate in.

The FRA will obviously have to make a substantial contribution towards the event costs of £105,000 to gain any interest or support from other institutions. As mentioned at last year's AGM, we intend to contribute £25,000, although some of these monies may be returned if we manage to operate under budget. These funds will be found from the increased revenue following the rise in subscriptions.

I am sure you will all join me in wishing our bid team the best of luck when the voting takes place in September.

The Championship races are in full swing, with some interesting results seen so far.

I would urge all those with an interest in the format of the British Championship to let Jon Broxap have your views so that the UK Athletics PST can consider all the points when they make the decision on whether to change the present format.



The FRA Chairman does his 'Mr Burns' impression
Photo (Woodhead)

OFFICERS AND COMMITTEE MEMBERS 2003

FRA OFFICERS

Chairman: Alan Barlow (Altrincham)

Tel: 0161 4839330
12 Redcar Close, Hazel Grove,
Stockport, SK7 4SQ.

Secretary: Alan Brentnall (Pennine)

Tel: 01663 746476
8 Leygate View, New Mills, High Peak,
SK22 3EF
email: alan@abrentnall.freemove.co.uk

Treasurer: Tony Varley (Horwich)

Tel: 01204 669570
1 Kensington Drive, Horwich, Bolton, BL6 6AE.

Membership Secretary: Pete Bland (Kendal)

Tel: 01539 731012
34A Kirkland, Kendal, Cumbria, LA9 5AD.

Fixtures Secretary: Margaret Chippendale (Pennine)

Tel: 01457 863319
Brindle House, 100 North Road,
Glossop, SK13 7AX.
email: john.chippendale4@which.net

Magazine Editor: Dave Jones (Pennine)

Tel: 0161 4851557
12 Victoria Avenue, Cheadle Hulme, Stockport,
Cheshire, SK8 5DL.
email: djonesfra@aol.com

Press Officer: Bill Waine (Leamington)

Tel: 02476 603813
36 Blandford Drive, Coventry, CV2 2JB.
FRA website at www.fellrunner.org.uk

Junior Co-ordinator: Ian Smith (Horwich)

Tel: 01204 691951
128 Brownlow Road, Horwich, Bolton,
Lancashire, BL6 7EH.

Championships Co-ordinator: Jon Broxap (Kendal)

Tel: 01539 721603
32 Castle Garth, Kendal, Cumbria, LA9 7AT.
email: jonathan@dbroxap.freemove.co.uk

Statistician: Brian Martin (Ambleside)

Tel: 017684 84156
Barn How, Brow Top Farm, Hutton Roof, Penrith,
Cumbria, CA11 0XS.
email: brian_martin16@bopenworld.com

Environment/Access: Chris Knox (Keswick)

Tel: 017687 72922
38 St. John's Street, Keswick,
Cumbria, CA12 5AG.

Coach: Peter Shields (Ilkley)

Tel: 01943 864755
6 Long Meadows, Burley-in-Wharfedale, LS29 7RX.

CLUB REPRESENTATIVES

Graham Breeze (Skyrac) Tel: 01943 874046
Uplands, Odda Lane, Hawlksworth,
Leeds, LS20 8NZ.

Brett Weeden (Keighley & Craven)

Tel: 01535 635937
1 Ighbridge House, 87 Main Street, Cononley,
Keighley, W. Yorkshire, BD20 8LJ.

MEMBERSHIP REPRESENTATIVES

Steve Barlow (Horwich) Tel: 01204 667953

7 Ansdell Road, Horwich, Bolton, BL6 7HJ.
Martin Brady (Clayton) Tel: 01706 222795
2 Buckingham Close, Helmshore, Haslingden, BB4 4DY.

Neil Goldsmith (Altrincham) Tel: 01663 747838

The Orchard, Swallow House Lane, Hayfield, SK22 2HB.

N. IRELAND MOUNTAIN RUNNING ASSOCIATION

Website: www.nimra.org.uk

Ian Taylor Tel: 028 9028 0790

52 Bladon Drive, Belfast, BT9 5JN.
email: ir.taylor@ntworld.com

SCOTTISH HILL RUNNERS

Keith Burns Tel: 01620 860257
21 The Dean, East Linton, East Lothian, EH40 3ED.

SCOTTISH ATHLETICS Ltd.

HILL RUNNING COMMISSION
Martin Hyman Tel: 01506 412322
36 Harburn Avenue, Deans, Livingston.
email: martinhyman@clara.co.uk

ATHLETICS ASSOCIATION OF WALES:

ENDURANCE COMMITTEE

Adrian Woods Tel: 01495 791754
Ty'r Mynydd, 7 Coed Cae Uchaf, Blaenafon,
Torfaen, NP4 9JA.
email: adrian.woods1@vigin.net

WELSH FELL RUNNING ASSOCIATION

John Sweeting Tel: 01550 721086
Lower Lodge, Cynghordy, near Llandoverly,
Carmarthenshire, SA20 0LD.

UK ATHLETICS – POLICY AND SUPPORT TEAM

Robin Morris Tel: 0131 447 8846
33 Morningside Road, Edinburgh, EH10 4DR.

DELEGATES TO UK ATHLETICS ASSOCIATIONS

AA of England and Midlands AA
Bill Waine Tel: 02476 603813
36 Blandford Drive, Coventry, CV2 2JB.

South of England AA

Paul Chadwick
email: pchadwick@somerset.gov.uk
Wychcraig, Portway Hill, Lamyatt,
Shepton Mallet, BA4 6NJ.

NORTH OF ENGLAND AA

Roger Lawton Tel: 01484 536066
5 Jim Lane, Marsh, Huddersfield, HD1 4QS.

DELEGATE TO THE WMRA

Barry Johnson Tel: 01900 823961
Slatstones, Eaglesfield, Cockermouth, Cumbria.

CHAIRMAN OF THE WMRA

Danny Hughes Tel: 019467 25366
Hallsteads, Gosforth, Cumbria, CA20 1BF.



Advertising Rates:

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

Classified Advertisements:

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

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

Advance payment necessary.

Colour Rates

Available on request from Tony Hulme

Calendar Update

Most of the races listed below have been registered since the February Calendar Update. In addition there are a few corrections and amendments to previous information. Please note that the update is in chronological order of when the events will NOW take place.

I should also like to remind race organisers, junior competitors and their parents of the current maximum distance limits for juniors.

Under 8 – 0.5 mile (0.8k) Under 14 – 3 miles (4.8k)
Under 10 – 1 mile (1.6k) Under 16 – 4 miles (6.4k)
Under 12 – 2 miles (3.2k) Under 18 – 6 miles (9.6k)

The ages are as at 1st January in the year of competition and the minimum age for competition is six years on the day of the race. These limits have been set by UK Athletics whose insurance is used by the FRA. When an organiser registers a race with the FRA he receives UK Athletics' insurance cover for his race and the above age limits must be strictly observed.

Margaret Chippendale

SUN. JUNE 1st. THE OKE CROAK RUN. BM. 12.00 noon. 10m/1700' from Simmons Park, Okehampton, Devon (GR 590947). £5 to organiser or £7 on day. ER/PM/NS. Over 18. New race. Details: Paul Bartlett, Churchgate Cottage, Drewsteignton, Devon, EX6 6QX. Tel: 01647 281692. Email: Linda@helpfulholidays.com

SUN. JUNE 8th. PEACOCK CHALLENGE MOUNTAIN MARATHON. MM. Please note the following changes to the information in the Calendar – the entry fee is now £14 per team and the organiser's email address has changed to that given below. Details: Paul Keetley, 49 Northwood Lane, Darley Dale, Derbyshire, DE4 2HQ. Tel: 01629 734358. Email: TOK@salome.go-plus.net.co.uk Website: ladymanners.org.uk

THURS. JUNE 12th. MEELMORE MEELBEG. AS. 7.30 p.m. 3m/1800' from Happy Valley, Mournes (GR 295295). £3 on night only. Teams free. ER/LK/NS. Over 14. Records: 27.16 R. Bryson 1996; f. 36.31 S. O'Kane 2002. 10th race in a series of 11 (6 to count). Please note that this is a replacement for the Slievenagloagh race - same date. Details: Marty McVeigh, The Haven, Tollymore Road, Newcastle, County Down, N. Ireland, BT33. Tel: 028 4372 5054(home) or 028 9025 5760 (work). Email: mmcveigh.osni@doeni.gov.uk

SUN. JUNE 22nd. RAS MYNYDD MANOD MAWR. AM. 1.00 p.m. 8m/2000' from the Old Quarry, Cwm Penmachno, 7m south of Betws-y-Coed on A5 and B4406 (GR SH755475). £3 on day only. Teams of 3 free. PM/NS. Over 18. Junior races at approx. 12 noon if sufficient demand. New race. Registration, presentation and toilets at Penmachno Community Hall, approx. 400 yd from start. Details: Arwyn Jones, 4 Maes-y-Waen, Penmachno, Nr Betws-y-Coed, Conwy, North Wales, LL24 0AZ. Tel: 01690 760498. Website: eryri.org.uk

SAT. JUNE 28th. COTSWOLD RELAY. 7.00 a.m. 105.5m/9000' in 10 legs from Chipping Campden (GR155395) to Bath along the Cotswold Way. £52 per team to organiser. PM/NS. Over 18. Teams are issued with the guide book "The Cotswold Way" by Mark Richards. Please note there are no toilet facilities at this venue. Safety pins not provided at this race. Details: Charles Sanders, Glebe House, Upper Swainswick, Nr Bath, BA1 8BX. Tel: 01225 859100. Email: charles@csanders.co.uk Website: cityofbathac.org

SAT. JUNE 28th. DOCKRAY FELL RACE and DOCKRAY HELVELLYN FELL RACE. Unfortunately these two races have had to be cancelled and will not now take place on this date.

SAT. JUNE 28th. ELDWICK & GILSTEAD GALA FELL RACE. BS. 3.00 p.m. 3m/800' from Eldwick Gala field (GR405124). £2.50 on day only. Teams free. PM. Over 12. Also junior race, 8 - 11yrs, 3.10 p.m., 1m. Record: 16.01 D. Slater 1981. Safety pins are not provided at this race. Details: Joe Balmforth & Dave Stephenson, c/o 22 Moorcroft, Eldwick, Bingley, West Yorkshire, BD16 3DR. Tel: 01274 772044 or 07740 063743. Email: joebalmforth@blueyonder.co.uk Website: eldwickgalafellrace.co.uk

SUN. JUNE 29th. ARNISON DASH. AS. 2.00 p.m. **Not Sat. June 28 as advertised in the FRA calendar.** 2m/1000' from King George Playing Fields, Patterdale, Cumbria (GR 391161). £2.50 on day only - includes entry to Country Fair. PM. Over 16. Records: 13.46 R. Jebb 2002; f. 18.38 H. Bransby 2002. Also a junior race. Held in conjunction with Ullswater Country Fair. Details: Christine Kenyon, Patterdale Post Office, Patterdale, Penrith, Cumbria, CA11 0NW. Tel: 017684 82220. Email: johnvarley@patterda.globalnet.co.uk

WED. JULY 9th. UP THE NAB. Please note that the race will now take place at 7.30 p.m. on this date and not on Sunday 15th June. All other details as in the Calendar.

SAT. JULY 19th. CAPRICORN TROPHY (LONG-O). MM. Two day event Staggered starts from 10.00 a.m. from Carrock Fell, Lake District (GR NY355344). 4 courses, 24km to 45km, plus 1 score class. £19, pre-entry only on Special Forms obtainable from the organiser (by e-mail if possible). NS. Over 18. Safety pins not provided at this race. Details: Trevor Smith, 7 Towngate, Heptonstall, West Yorkshire, HX7 7LW. Tel: 01422 843866 (work) or 01422 845143 (work). Email: trevor@ttsurveys.com

SUN. JULY 27th. JAMES HERRIOTT TRAIL RUN. CM. 11.00 a.m. 9m/1000' from Castle Bolton Pasture (GR 036923 on OL30). £5.50 to organiser or on day. PM. Over 18. New race. Details: Barrie Whitfield, Hillside House, Patrick Brompton, Bedale, North Yorkshire, DL8 1JN. Tel: 01677 450703. Email: barrie.whitfield@barclayscorporate.com

SAT. AUG. 2nd. BEETHAM SPORTS FELL RACE. BS. 3.30 p.m. 5.75m/927' from Beetham sports field, Milnethorpe, Cumbria (GR 496795 on OS Pathfinder 636). £2 on day only. Over 16. Safety pins not provided at this race. Records: 36.44 P. Dugdale 2000; f. 43.19 E. Dugdale 2000. Village sports with children's races and side stalls. Details: Chris Merckel, Hazelwood, Slackhead, Beetham, Milnethorpe, Cumbria, LA7 7AX. Tel: 015395 63000. Email: merckel@clara.co.uk

SAT. AUG. 2nd. WALKER RUN. AS. 11.00 a.m. 2.25m/625' from Hepworth Sports Club, Hepworth Village, Huddersfield. £2 on day only. ER/LK/PM. Over 14. Records: 14.20 J. Hey 1997; f. 16.50 C. Greenwood 1997. No training on race route. Details: Dave Overend, 7 Farfield Avenue, Hepworth, HD9 1TT. Tel: 01484 686394. Email: david.overend@virgin.net

SUN. SEPT. 7th. BRADLEY FAMILY DAY FELL RUN. AS. 4.00 p.m. 3m/825' from the Playing Fields, Bradley, Keighley, West Yorkshire (GR003483 on the Leeds & Bradford OS Map). £2 on day only. PM. Over 18. Also junior races; U18/U15/U13/U10; £1. Records: 23.29 A. Atkinson 1996; f. 29.10 H. Johnson 1999. Details: Jim Rosser, 39 Aire Valley Drive, Bradley, Keighley, West Yorkshire, BD20 9HY. Tel: 01535 636500.

THURS. SEPT. 18th. LOW FELL. AS. 2.30 p.m. 2.5m/900' from Loweswater show field, Lorton Valley, Nr. Cockermouth (GR139210). £3 admission to show field, race entry free. PM. Over 16. Also junior races at 1.30 & 2.00 p.m. organised by the Show Committee. Agricultural show with stalls, show ring etc. etc. Details: Lyn Thompson, 2 Barfside Cottages, Thornthwaite, Keswick, CA12 5SQ.

Tel: 017687 78407. Email: lynt@barfside.fsnet.co.uk

SAT. SEPT. 20th. PERIS HORSESHOE. Please note that the entry fee for this race is now reduced to £5 and that the Organiser is now Ross Powell, Pen Y Buarth Farm, Upper Llandwrog, Caernarfon, Gwynedd, LL54 7RD.

Tel: 01286 881491. Email: ross@penybuarth.evesham.net Entry forms are available either from the Eryri website or from Geoff Clegg, West Point, 19 Deganwy Road, Deganwy, LL31 9DL.

Tel: 01492 582631. Email: g7hgc@btopenworld.com All other details as in the Calendar.

SUN. SEPT. 21st. ROCKING STONES FELL RACE. BL. 11.00 a.m. 12m/2000' from Ogden Reservoir embankment, Causeway Foot, off the A629 Halifax-Keighley road (OS sheet 21 "South Pennines" GR 064306). £5 on the day only. PM/LK. Over 18. Also "Round the Reservoir" junior race and family fun run 1.5m, 11.05 a.m., £2. Part of the Halifax Harrier's "Halifax Hike" day of walks and runs at Ogden Water. Also challenge walk over the same course with an earlier start. Details: (maps and route descriptions available - SAE please). Allan Greenwood & Linda Crabtree, c/o 1 Royd Avenue, Ainley Top, Huddersfield, West Yorkshire, HD3 3RY. Tel: 07866 043572.

Website: halifaxharriers.co.uk

SUN. SEPT. 21st. WINDMILL WHIZZ FELL RACE. BM. 11.00 a.m. 6m/800' from Ogden Reservoir embankment, Causeway Foot, off the A629 Halifax-Keighley road (OS sheet 21 "South Pennines" GR 064306). £5 on the day only. PM/LK. Over 16. Also "Round the Reservoir" junior race and family fun run 1.5m, 11.05 a.m., £2. Records: 39.21 D. Brame 2002; f. 45.53 S. Rowell 2003. Part of the Halifax Harrier's "Halifax Hike" day of walks and runs at Ogden Water. Also challenge walk over the same course with an earlier start. Details: (maps and route descriptions available - SAE please). Allan Greenwood & Linda Crabtree, c/o 1 Royd Avenue, Ainley Top, Huddersfield, West Yorkshire, HD3 3RY. Tel: 07866 043572.

Website: halifaxharriers.co.uk

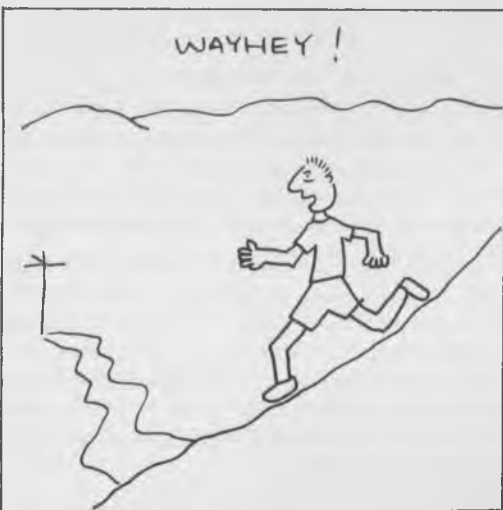
SUN. SEPT. 28th. CROWDEN HORSESHOE FELL FACE. BM. 12.00 noon. 9m/1800' from Crowden camp site (GR 071993). £4 on day only (includes soup). Teams free. LK/PM. Over 18. Also junior race, 3m/600', 11.30 a.m., over 12. New race. Details: Des Gibbons, 1 John Dalton Street, Hadfield, Glossop, Derbyshire, SK13 1PU. Tel: 01457 854381.

Email: desgibbons@runnerschoice.fsnet.co.uk

SUN. SEP 28th. HELM HILL JUNIOR TEAM FELL RELAY. AS. 12.00 noon. Distances within Rule 10 age limits. From the Peoples Hall, Sedbergh, Cumbria (GR SD656923). £10 per team of 6 comprising 2 x U12, 2 x U14, 1 x U16 and 1 x U18. PM. Over 8. Prizes for boys, girls and ad hoc mixed teams. Senior support race after relays, AS, 4m/1775', £2.50.

Refreshments available. Details: Billy Proctor, 39 Castle Grove, Kendal, Cumbria, LA9 7AZ. Tel: 01539 732944; or Alan Westworth, 5 Willow Drive, Cumbria LA9 6AY. Tel: 01539 728134.

FELLRUNNING FRED by Ame Colstrane



Championship - Skiddaw Race

As a result of the extensive erosion control work that has been done on Jenkin Hill there will be a mandatory flagged section on this part of the route. The path must be followed on the ascent of Jenkin Hill but a deviation will be permitted on the descent. This will be flagged and marshalled and must be followed but is shorter than taking the path. Maps of this section will be displayed at registration. This route has been agreed with the National Park and future use of the hill may depend upon our co-operation. This is particularly important in respect of proposals for the 2005 World Trophy.

Championship - Lad's Leap Race Appeal (Rule Six)

The FRA Championship Committee have received a written complaint that the two leaders of the Lad's Leap race had disobeyed the race organiser's instructions and gained an unfair advantage by taking a short cut near the finish of the race.

From John Brown's and Tim Davies' accounts the Committee determined that they did not set out to deliberately disobey instructions or cheat/gain advantage and therefore should not be disqualified. The race circumstances - the lack of precise route flagging to the Pennine Way/road junction and the race organiser's verbal instructions at the start - it was felt had contributed to them taking an unsanctioned route.

However, it is considered that both John Brown and Tim Davies gained some advantage by taking this route and therefore some Championship points should be forfeited. Because it is not possible to determine exactly what the finishing order would have been if all three men had taken the same route - Pennine Way/road - to the finish the Championship points awarded (normally 52,49,48) for this race have been amended as follows: John Brown 48; Tim Davies 48; Ian Holmes 48

World Trophy 2003

The England International Selection Committee wish to inform runners of the following situation regarding representation of England at the World Trophy in Alaska on September 20th / 21st.

1. The total cost for each athlete is likely to be in the region of £850. This includes flights from Manchester to Alaska, leaving September 16th and returning September 24th, and full board accommodation.
2. Our current funding allows for a subsidy to each selected athlete of about £350.
3. At the moment, it looks possible that each selected athlete will be required to contribute approximately £500 before departure for Alaska. However, we have not yet exhausted all sources of sponsorship, and we may be able to reduce the contribution from athletes further. We would encourage those who think they might be selected to consider investigating personal sponsorship, from running clubs, employers or other local sources.

World Trophy Trials

Selection criteria for all athletes as published in the FRA Handbook.

The England team will comprise 6 Senior Men, 4 Senior Women, 4 Junior Men and 3 Junior Women.

Trial Races

Senior men and Senior Women

Saturday August 9th, Whinlatter Visitors' Centre, Braithwaite, Keswick

Registration from 12.30 p.m.

Senior Women's Race 1.30 p.m. 7.5K 2000' up/down

Senior Men's Race 3.00 p.m. 11.5K 2900' up/down

Contact: Barry Johnson 01900 823961

Junior Men and Junior Women

Sunday August 10th, Sedbergh
(details as in FRA Handbook)

Registration from 11.00 a.m.

Junior Men's Race from 12.20

Junior Women's Race from 12.20

Contact: Ian Smith 01204 691951

WORLD MASTERS TRIALS 2003 SATURDAY 9th AUGUST 2003 11.00 a.m start WHINLATTER VISITORS' CENTRE, GRISEDALE FOREST, BRAITHWAITE, near KESWICK, CUMBRIA

ENGLAND REPRESENTATIVE TEAMS:

MENS LADIES

V40	V35	Teams will consist of three runners and, if numbers are sufficient, four runners will be selected.
V45	V40	
V50	V45	
V55	V50	
V60	V55	
V65		

CRITERIA FOR SELECTION :

First three runners in each group over the line at the Trial and, where numbers allow, first four.

COURSE :

11k and approximately 1550' of ascent. Very fast, runnable tracks which are suitable for road shoes.

SPONSORS:

Up to Press Tony Hulme and Sue Beconsall are sponsoring the kit. Tony will provide vests for those who are selected and who did not receive one last year and he will also provide fleece tops for the first two in each category. Sue will supply shorts and socks.

MASTERS VENUE: Black Forest, Germany.

DETAILS:

Available from Harry Jarrett on 01946 811727 between 6.00 p.m. and 8.30 p.m.

TRIAL RACE FOR THE GREAT BRITAIN / NORTHERN IRELAND MOUNTAIN RUNNING TEAM

Sunday 15th June 2003

Llanberis, Gwynedd

for the

2nd EAA European Mountain Running Championships

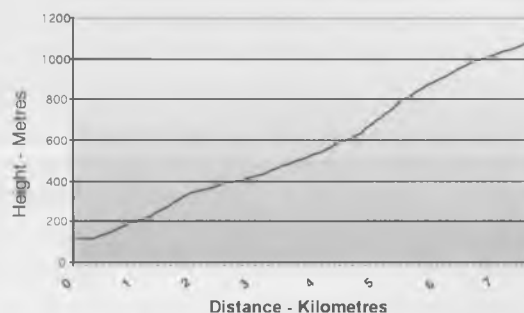
Trento, Italy 06th July 2003

(uphill only races)

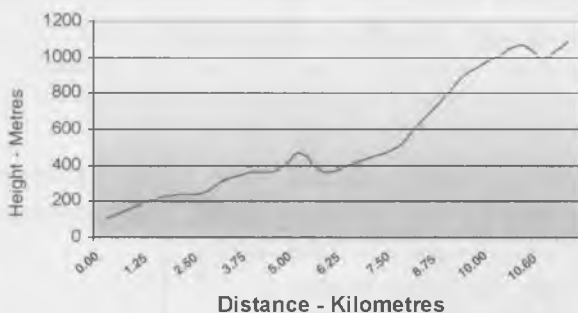
Women's Trial

Distance: 7.5 kilometres
Ascent: 965 metres
Start time: 13:00
Start location: Victoria Terrace Road
(opposite the Royal Victoria Hotel)
Finish location: Snowdon Summit

European Trial 2003 - Women/7.5km - 965m



European Trial 2003 Men/11.50km -1158m



Men's Trial

Distance: 11.5 kilometres
Ascent: 1158 metres
Start time: 14:00
Start location: The Spar Shop
Finish Location: Snowdon Summit

Registration at Llanberis Community Centre.

Ladies by 12:30, Men by 13:30.

Event co-ordinator: Adrian Woods
Telephone: 01495 791754
e-mail: adrian.woods1@virgin.net

Selected GB/ NI athletes will be given the opportunity to compete in the 1st WMRA Grand Prix race in Borno, Italy on the 22nd of June and train in Italy until the European event.

To obtain full details refer to the World Mountain Running Association web site at www.wmra.info

Under new FRA safety requirements the race organiser no longer has the discretion to waive any equipment requirements. Competitors should therefore be prepared to carry windproof whole body cover, map and compass (suitable for navigating the course in the event of bad weather) and a whistle.

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Fell Runners Association will take place on Saturday 22nd November 2003 at 5.00 p.m. at the Castle Green Hotel, Kendal, prior to the Annual Dinner.

1. Motions for the Agenda must be notified to the Secretary by Friday 5th September 2003. Details of the Agenda and Motions will be published in the October edition of "The Fellrunner".
2. Election of Executive Committee.
 - a) Nominations for Officers must be notified to the Secretary by Friday 5th September 2003.
 - b) Nominations for Representatives of English Clubs (four seats) must be notified to the Secretary by Friday 14th November 2003.
 - 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 for fell running to UK Athletics and are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Friday 14th November 2003.
4. An Open Discussion will follow the formal business and is an opportunity to express views on any aspect of our sport.

Alan Brentnall, General Secretary, June 2003.

FRA Annual Presentation & Dinner Dance



**Saturday 22nd November 2003
The Castle Green Hotel, Kendal
7.00 p.m. for 7.30 p.m.**

Live band - "Off the Record" plus Disco

*Tickets are limited, so book early to avoid disappointment.
£20 per head from*

***Pete Bland Sports, 34A Kirkland, Kendal,
Cumbria, LA9 5AD. Tel: 01539 731012.***

Accommodation list available on request.

"Be There"

Note: The FRA AGM is on the same day at the same place, starting at 5.00 p.m.

The pros and cons of organising an English Championship Fell Race

from Des Gibbons

When I started to organise fell races, there was this little space on the FRA registration form, which stated did you want your race to be nominated to be a Championship event! Well of course I ticked it every time, hoping one day I might get a call!

I did this for all the races that I organise, Lad's Leap, Up the Nab, Shelf Moor Uphill Only, and The Nab Race and then one day Tony Hulme rang me and asked me a couple of questions regarding Lad's Leap.

- 1) How much more parking was there?
- 2) Would it be possible to remove the stile by the Outdoor Centre at Crowden?

When I asked him why he wanted this information, he replied, "It's been nominated for the English Championship." At this point I began to shake with excitement, so I got to work straight away; first I contacted United Utilities, for initial permission to access their land, next to the farming tenant John Bland for access.

Then I stumbled on my first problem - the Youth Hostel, which we use for toilets/showers, changing and presentation, was already booked up, and was unavailable to us!

It was a case of changing the date of the race or finding alternate facilities! The Outdoor Centre was out of the equation as it was unfortunately burnt down by an arsonist last year and the Crowden camp site was closed this time of year. We were dictated to by the FRA with regard the date so it was either the 16th March or September.

I decided to try the Peak Park, who own the campsite. They were very positive and things were looking up; they said we could hire the site for a fee of £1,200 for the weekend. I obviously kindly asked them to re-consider!

Putting the latter out of my mind, I decided that we were going have to re-route the original race route to accommodate the large numbers expected for an English Championship race, so I consulted Tony Hulme again and made numerous runs around the course (about ten) looking at various route options (about a hundred). I also consulted everyone that recedied the route including Nick and Louise Sharp, Harry Jarrett and previous winners Gary Devine and Adi Jones, and we all came up with different ideas.

The main problems that I faced were:

- 1) Start & Finish
- 2) Stiles
- 3) New fence lines (2)
- 4) Erosion on the footpath through Tinsel Knarr quarry
- 5) Barbed wire fence line adjacent to some stretches of footpath
- 6) Cover in case of bad weather
- 7) Toilets / changing
- 8) Keeping the race distance under six miles
- 9) Parking
- 10) Results

If I could overcome the above I should have no problems. Well that's when I started to wake up in the night, "What if I do this? Or do that?"

From when I received the phone call from Tony Hulme, this race took over my life, literally - in normal circumstances the organisation would be covered by three weeks' preparation; this time we started six months in advance.

With just a few weeks to go things were going to plan - Peak Park came back with a reasonable offer and the Camping and Caravan Club agreed to man the campsite. The Peels Arms agreed to supply a beer tent (where I was hoping to spend most of my time!) and a local outside caterer offered to sell hot and cold food, etc.

On the marshalling side, it was decided to bring in the Air Cadets from Hyde, as they do a great job at Lantern Pike. They would be



Sharon Smith (529) of Bingley trying to establish a lead over Sue Ratcliffe and Alison Marks at Lad's Leap
(Photo Woodhead)

responsible to direct cars in from the A628 into various parking locations, they also provided large tents, which if the weather was bad could have been used for registration/changing and presentation - as it was we were blessed with fine weather, so these precautions weren't necessary. Their second task was to man the checkpoints and to relay information back to race control with the progress of the race by radio link.

Glossop Mountain Rescue Team very kindly offered to attend, but very rarely do you see the Team at fell races, as a rule they are not insured to cover such events and were at the race to show off their new vehicle and were not on stand by, but obviously if anything went off they were ready. We do however thank the Team's doctor for officially acting as Race Doctor and assisting with various cuts and bruises, including a broken ankle.

Derbyshire Constabulary and the Highways Agency were consulted and, as the race was all off road, just a few cautionary signs were required to warn other motorists that an event was being held at Crowden and for them to slow down.

On the race route itself I started with a safe route in mind, showed people around, changed my mind, then showed other runners around and this must have happened six to eight times, until I finally got the end result.

The campsite seemed the ideal start and finish area - a) to keep all runners confined to a small area and b) better for spectators.

We placed foam cladding around the barbed wire on stiles and thin stretches of fence line and used straw bales to assist runners with getting over stiles.

The footpath down through Tinsel Knarr had been re-surfaced just three days before the race, so for safety reasons we changed the route the day before, so that the race came down the quarry first, then steadily up by the barbed wired fence line, which seemed to be more favourable from the runners' point of view.

Parking was the next problem and I never thought this would ever be permitted but the campsite warden allowed us to cram as many cars as possible in the campsite and then, with the Outdoor

Centre out of use, to utilise all that area for overflow – we could have had sixty cars there but, as things turned out, we only had about ten. I know, because I went round with a tape measure the week before, to see what capacity we had for all of the Crowden area. We also had another overflow area, which wasn't used, this being the tarmac road, where the race went up, which joins the A628 and which had a capacity for a further seventy cars.

Race results – there was no way our team could have managed such numbers, so it simply decided to bring in an expert, namely Sportsoft, with Graham Fecit. I kept ringing Graham on how he wanted runners' information and he kept on telling me not to panic - he was right, everything went smoothly and instead of looking down race result boards searching for the 1st vet 50, he simply pressed a button on his computer and I had in my hand all prize winners in all categories including teams! HIGHLY RECOMMENDED! BRILLIANT!!

Time keepers – I also brought in the experts; Joe Ashcroft, a graded time keeper from UK Athletics, provided his team to organise the start and the finishing funnel and again overcame all sorts of little problems. Joe told me, "If you know what you're doing, you know what to look for." I have his number, if any other organiser wants it.

Well now, to the actual races themselves - both ladies' and men's went without major hiccups, with the exception that a slight diversion towards the end of the men's race meant a points deduction for the leading two! In my opinion, and referring to Rule 6, it was stated at the start of the race (men's only) not to run back down the final field, this was because the farmer didn't want this field trampled on by 400 runners and it never occurred to me that it would be used as an advantage to gain distance and time - especially not over someone who was over 200 metres adrift of the leaders!

Well now, was it all worth it – I weighed up the pros and cons after the event was over and the summary of this now follows:-

Pros

The main objective was to have everything falling into place at the right time and having all the support of the landowners and tenants was a great boost. There was nothing negative came back from these people, they all wanted what I wanted and that was an English Championship on our own doorstep. It was a great challenge putting my first English Championship race together, I am sure that my capabilities were doubted, but the responses that I received after the event, both verbally and by e-mail, have put any doubts to rest. Having so many people in such a small place was for me overwhelming, everywhere seemed busy with people - not just on the campsite but people gathering on the hill ready to show their support for all the runners. In the campsite the caterers were busy and seemed happy. Running Bear I think were equally happy as they had a steady flow of customers all afternoon, but I think the people in the beer tent wished we were beer swilling rugby players.

The overall blessing for me was the weather, this could have had adverse affects on the success of the race; as it was we managed to squeeze in as many vehicles as possible into the campsite, it must have been close to two hundred cars, with just enough space for us to run in and out for the start and finish! Finally! Thanks to all the people who requested to be shown around the Lad's Leap, in doing so you got me fit!

I haven't put so many miles in in just a few weeks for a long time. Thanks.

Cons

TIME!! This type of event doesn't take up just the odd week or two as do other standard races! I was completely taken over by organising Lad's Leap. It got to the point that I was having nightmares, waking up thinking it was all going to go wrong! I was always thinking of new ideas regarding safety, not just about the race but obviously with the volume of traffic coming all the attendant problems and the liaisons with the police and the Highways Agency.

I kept changing my mind on the start and finish areas and these were only finalised the day before; if another week had passed I would have changed my mind again! I was a little let down by our team of marshals, as only six out of fourteen turned up, which meant we had to utilise the Mountain Rescue Team to assist - which I had agreed not to do. What people didn't possibly realise is how notorious the A628 is for accidents, just the week before the road was closed due to a head on collision, which would have meant the cancellation of the race if it had occurred on race day. In fact on my way to Crowden on the morning of the race, a motorcyclist came off his bike into a brick wall and was subsequently taken to hospital and, unfortunately, around 5.00 p.m. after the race, a cyclist passing Crowden was hit by a vehicle and died in the next week because of his injuries. The other bad thing to come out of the race was the incident regarding the first three in the men's race; in my view the 3rd placer was never in a position to catch the winner and un-sportingly and un-gentlemanly claimed Rule 6 of the FRA Rules to claim his points, which meant a lot of time spent by various people to try and come to a conclusion.

Major points learned

Have a race plan, and stick to it!

Computerised results are a must!

The race organiser's decision is Final!

Thanks to all those who sent me e-mails; I enjoyed putting the race on and it was easily my biggest challenge to date, I hope you will come and support the Glossop Fell Championship and here's a new race date for you all:-

Sunday 28th September : CROWDEN HORSESHOE FELL RACE :
9 miles/1,800ft.

Starting & Finishing at Crowden camp site : 12.00 noon.

Also junior race.

REMINDER

We know we missed the Calendar and we know it was in the last magazine but it won't do any harm to re-state that this year's

CANDLELIGHTERS KELBROOK FELL RACE

will be held on

SUNDAY 9th NOVEMBER

starting at

12.00 NOON from KELBROOK VILLAGE HALL

All the details are in the Calendar Update in the February "Fellrunner" – if you've lost your copy then give Barry or Karen Slater a ring on 01729 825293.

Juniors please remember that the Annual Junior "Do" and Prizегiving will be held the evening after the race.

Chris Bland

a tribute from Neil Shuttleworth

The Borrowdale community lost a very likeable, much-loved and enthusiastic man when the body of Chris Bland was found in a Borrowdale car park last March. Chris Bland was around in the formative years of Keswick Athletic Club in the 1970s and held various posts within the club, competed for the love of just being out there and was a true unsung hero.

In 1975, three years after Keswick AC was formed, Neil Shuttleworth, a recent recruit, partnered Chris Bland in the *Karrimor* from Ennerdale Scout Camp. He said, "That week-end was most memorable because we both saw our first Brocken Spectres on the Red Pike ridge. We jumped for joy like schoolchildren. I left that weekend with a lot of respect for him. A natural navigator and a tremendous feel for the mountains."

Born in Borrowdale in 1941, Chris was one of the last people to be born there and always had the community's best interests at heart. He was for many years a church warden, served on the Parochial Church Council and was a governor for Borrowdale School.

An all-round sportsman, he had played cricket, rugby and football, and at 34 took up fell running. The self-employed stonemason later became Chairman and Secretary of Keswick Athletic Club.

Ross Brewster, who was chairman of Keswick AC in the early days of the club, said, "We had some happy days on the fells. Chris was a great enthusiast and although it was the other members of the Bland clan that achieved the most success, he always gave his best, and was a genuine sportsman."

He was the Race Secretary for the Borrowdale Fell race whose magnificent trophy he made. The race begins and ends at the Scafell Hotel in Borrowdale and the support of the proprietor, Mr Miles Jessop, ensured the race became a classic on the calendar. Mr Jessop, who was devastated by the news, said, "This is a real tragedy. Chris has done so much for so many people in the valley over the years. My heart goes out to all his family."

Peter Trainor, another early member, considered Chris was generous with advice and shared his knowledge with Peter and others freely.

In 1976 on the August full moon Chris failed on one of the most successful Bob Graham attempts thus far: Billy, David and Tony sauntered round with ease. Chris flopped miserably but a year later bounced back. Bob Graham mania gripped Keswick on the last weekend in June 1977: Stan Bradshaw at 65 did it; fast fellsmen Harry Walker and Bob Whitfield also did it (as did Peter Walkington again). Chris completed the Round with Jean Dawes, the first woman on the BG Roll of Honour. In late 1980 he considered it was one of his highlights: "Not only because I made the trip, but because of the people around me that day." It was a day in the history of the BG Club.

By the 1977 season Billy Bland had got into his athletic gear. In the Club's own Championship that year, however, Chris Bland was seventh and every other person in front of him was a Bland! The Bland dynasty was in full swing because Billy was King – again and again. He was on his way to win the Club Championship ten times (or so) and the Mountain Trial nine times. Chris was content to be fit and healthy.

Keswick's Pete Barron said, "When I did my Bob Graham in 1978, Chris wasn't a pacer, but he was waiting for me on a lovely evening on top of Rossett Pike with some sweets."

Chris did many events, but mostly the longer events that would test him to the full. For example, he did the long-running 1980 *Vaux* Mountain Trial from Longthwaite Youth Hostel. Cousin Billy scored with a winning time just under five hours. Chris spent over eight hours going up and down the hills he knew so well.

The Four Three Thousand Footers is another mountain epic he completed several times with Ralph Stephenson and Frank Wood. And road marathons too. He ran the 1982 Windermere Marathon in 3:19:34 from where Keswick's Jim Cabe recalls him as a real gentleman.

In 1981 a most significant event happened: Chris Bland scaled most of the 'Wainwrights' and he did it all for a new roof for Borrowdale Church. By completing a Wainwright Book a day and scaling 192 tops within a week, he paved the way for a few others - rarely has a true clubman shown the way with such panache. A true pioneer. One pacer was Dave Stones: "What Chris did that week was absolutely amazing. I was fit then, but his week was unbelievable."

He also turned his hand to orienteering. Pete Parkins of West Cumberland OC said, "He was a great relay runner alongside Mike Pearson and other top performers. They won the National Vets title in the early eighties. The national trophies he created in stone and other natural materials will be the lasting memories of Chris. A most generous gentleman." Mike concurred, adding that he was always a willing and practical helper too.

A decent, kind and honourable man, he leaves a wife Sheila, a daughter Emma and two sons Christopher and Ben.



Chris Bland finishing the Edale Skyline
(Photo Neil Shuttleworth)

John Taylor Foundation for Young Athletes www.johntaylorfoundation.org.uk

We have been overwhelmed by the support the Foundation has received from the fell running community. Donations have been received from very many different individuals and organisations. Raffles have been organised, collections made, runners have obtained sponsorship, races have been organised with all profits donated. All this points to the tremendous affection and respect that fellrunners had for John.

The current balance of the bank account is £8207 and we would like to thank all who have helped to raise this sum. Mentioning names is fraught with peril, because we are extremely grateful to all who have contributed. However, we feel that we must give special thanks to all those who helped in any way with the organisation of "John's Run" which raised nearly £2500. I believe

the event is reported elsewhere in the magazine.

We would like to take this opportunity of informing everyone of the progress in setting up the Foundation as a Registered Charity. This has involved legal advice in drawing up a Trust Deed and submitting a formal application to The Charity Commissioners. The objectives of the fund are summarised as:

- * The provision of financial assistance to young athletes to allow them to pursue opportunities for development of their athletic careers.
- * The creation of an awareness of cardiomyopathy in athletes.
- * The creation of an awareness of the benefits to athletes of regular screening and monitoring for heart related conditions and, where appropriate, the

provision of financial assistance to obtain such screening.

We expect to finalise documentation in early June when Trustees will be formally appointed and a Grant Advisory Committee set up to consider applications for grants. The members of that committee will represent a cross section of clubs, so that a balanced view can be taken of requests for assistance from the Foundation. Full details of the Trustees and members of the Grant Advisory Committee will be given in the October "Fellrunner". We expect the fund to be operational and ready to consider grant applications by the end of June this year.

Further information can be obtained from Kirstin, who has been appointed Secretary of the Foundation, on 01943 830503 or from the website shown above.

Dr. Martyn's Problem page

This month's mailbag has seen me inundated with requests for matrimonial advice. Whilst not formally trained in this area, I do feel my experience as the entirely innocent party in four failed marriages makes me an ideal person to give suitably balanced advice to anyone daft enough to listen.

A note of discord

Dear Dr Martyn,

I have been happily married for many years but recently a note of discord has entered our relationship. My wife and I have recently taken to squabbling over the post, for years this has been a largely non-contentious area but she has recently developed an unhealthy lust for my copy of "The Fellrunner". I fear the worst - what should I do?

N Pecked

N

You are right to be afraid. This is clearly a worrying first sign of encroachment. Alas, a specific remedy is not at hand. However, I feel some general guidance at this early stage of decline may be appropriate. Marriage should be treated just like any other conflict, don't underestimate the resourcefulness of your enemy and plan all actions with military precision. The first step of which is "know your enemy" - in this case a woman. In order to assist you in planning a response I took the liberty of researching the internet for the basic characteristics of your enemy, the results below are worrying indeed but I hope they help.

Element : Woman
Chemical Symbol : Wo
Discoverer : Adam
Atomic Mass : Accepted as 53.6kg but may vary from 40 to 200kg
Occurrence : Copious

PHYSICAL PROPERTIES

Surface usually covered with painted film.
Boils at various temperatures, freezes without any known reason.
Melts if given special treatment.
Bitter if incorrectly used.
Found in various states from virgin metal to common ore.
Yields to pressure applied to correct points.

CHEMICAL PROPERTIES

Has great affinity with gold, silver, platinum and precious stones.
Absorbs great quantities of expensive substances.
May explode spontaneously without prior warning and for no known reason.
Insoluble in liquids but activity greatly increased by saturation in alcohol.
Most powerful money reducing agent known to man.

COMMON USES

Mainly ornamental.
Can be a great aid to relaxation.
Very effective cleaning agent.

TESTS

Pure specimen turns rosy pink when found in natural state.
Turns green when placed next to a better specimen.

POTENTIAL HAZARDS

Highly dangerous except in experienced hands.

Note:

It is illegal to possess more than one example of the substance although several can be maintained in different locations as long as specimens do not come into direct contact with each other.

A conflict of ideals

Dear Dr Martyn,

I have a major dilemma. I have fallen hopelessly in love with the girl of my dreams. We both share a passion for fellrunning and have similar, but complementary, collections of scones. Alas we differ markedly on the subject of hunting, I have for many years

been associated with the premier pack of hunting poodles in the UK, the renowned Bingley & District Hairdressers Hunt (a relatively small but active operation) whilst my new love is in fact a hunt saboteur. What am I to do?

Doey Iyd

Doey

Rest assured I have a compromise solution. The night before a hunt, sneak out and shoot all the foxes in the area, thereby sabotaging the hunt to the joy of your new love, yet leaving you free the following day to hunt with a pack of killer poodles at your side.

It's not for me you understand.

Dear Dr Martyn,

Obviously I am not writing on my behalf of myself as I have been blissfully married for many years now. She may not be as young as she was but she still has all her own teeth and no one can clean a pair of Walshes like my Ethel. No, I am writing on behalf of my lad, Rocky. He's taken up with a Southern lass, not that I have anything against Southerners, I know some of them can now drive tractors and a few can even use basic tools, it's just that they are different to us normal folk. Well he's been starting to act a bit strange. I called round his house the other night and he was sat in the yard cleaning his own Walshes. Worse was to follow, as he made me a cup of tea he was topping up lots of small pots with dried flowers in, the pong was unbelievable. I had a quick word with the lass when she got in but she just said it was because he was in touch with his feminine side. Well I couldn't believe it! If my Ethel knew I was touching some feminine bit on the side she would have me guts for garters. What do you recommend?

Jed Steel

RHNFR

Dear Jed,

I am not quite sure of the best way to break this to you, but not only do most modern lasses not clean your Walshes anymore, many of them have their own pair and know how to use them. Numerous ladies take part in races now and do very well. In fact if it wasn't for the difficulty in parking at many races I am sure even more would enter.

Dr Martyn's Note

It's important to note that the advice given in this article is specific to the cases mentioned in the letters. Care should be taken in extrapolating the advice to other situations. After all men and women are not mere machines, but if they were then the control panels would probably look something like this



Some time ago, in a previous issue of this magazine, there was a profile of one of the two leading fell-running clubs in the country, namely Borrowdale. The article below traces the development of the other club, Bingley, and the contrast between the two is interesting. Borrowdale is a small, relatively new, basically rural, "upstart" club whose raw competitiveness and startling depth of talent shot it rapidly to the forefront of the sport, while Bingley, by contrast, is a long-established, suburban club with a large membership and the appropriate array of sub-committees for a proper Yorkshire organisation. That two such different clubs should find themselves vying for the sport's individual and team awards so consistently speaks volumes for the egalitarian nature of fell-running – good luck to both of them.

BINGLEY HARRIERS – 110 YEARS YOUNG

by Jason Feeney & Dave Weatherhead

It all began in March 1893 with a meeting at the Old Queen's Head pub on Bingley's Main Street. Contrary to popular belief the meeting was not chaired by Geoff Garnett, who has only been on the committee for the last 50 years! Geoff, incidentally, was one of the pioneers of fell running and has the distinction of being the first ever British runner to compete in the Pikes Peak Race in Colorado back in 1963, finishing second.

The aim of the club was modest - to cultivate cross-country running - the subscription was 2d. It is admirable that 110 years ago 22 men (and it was only men in those days) had enough energy and desire after a 60+ hour week in the local mills to go for a run on a Saturday afternoon on the same paths we do today. Nowadays, with almost 600 members, the club prides itself on having leading runners and teams not only in cross-country but also on the fells and on the road. A great deal of emphasis is also placed on the junior section of the club to ensure that running in this part of West Yorkshire continues for many years to come.

The club's first recorded flirtation with fell running came at the end of the war in 1945 when officials of the club met with the Eldwick Gala Committee and agreed to organise some races at the annual Gala. The Gala itself had been started in 1941 by the Home Guard to entertain local children during the war. The history of the event has been marked over the years by the sight and glorious sound of a Spitfire flypast on the afternoon of the Gala. By the way, the Eldwick and Gilstead Gala fell race makes a welcome return this year, having been missing for a couple of years.

In 1950 the club added 'and Athletic Club' to 'Bingley Harriers' in recognition of the growing diversity of the club's activities. It also adopted the familiar blue and white hoops. Finally, despite reservations about changing facilities (!) and the suitability of cross country running as a sport for ladies, a small majority voted in favour of forming a ladies' section.

The 1960s saw the club begin its long association with the Three Peaks Race and it was one of the founding members of the Three Peaks Race Association in 1964. The race has seen some truly memorable performances from Bingley athletes over the years including Alan Spence, three times winner, Ian 'Iffy' Ferguson, Ian Holmes and race record holder, Andy Peace. The club also started looking further

afield with trips to Ben Nevis, another race which enjoys a strong Bingley following each year.

At the beginning of the 70s Geoff Garnett (he definitely was there this time!), Donald Mitchell and Jack Bates were amongst the first members of the newly formed Fell Runners Association. Prominent amongst Bingley fell runners at that time was Martin Weeks who, after a spell concentrating on the track, became the first Yorkshireman to win Fell Runner of the Year in 1976, setting new records at Burnsall and Pike O'Blisco just for good measure.



Bob Whitfield on Ingleborough - Three Peaks 1988
(Photo Pete Hartley)

However, it wasn't until the late 1980s that the club began to make its mark as a team. In 1987, the legendary Bob 'the tache' Whitfield joined the club and won the English Championship. Equally important in that period was the emergence of some highly talented seniors and juniors including Steve Hawkins, Mick Hawkins and Andy Peace; a certain Ian Holmes had also started to take an interest in the fells.

Ian Ferguson, an outdoor hard man, was inspirational to many younger (and older) aspiring fell runners including Ian Holmes and Rob Jebb. Never quite making it to international class, Ian was always a true competitor and always game for anything.

Arguably, Ian and Dennis Quinlan, a teacher, who encouraged and nurtured many of the younger Bingley athletes during the eighties and nineties were mentors for the success of the club's fell runners.

The 1990s saw unprecedented success for the club, not only on the fells but on the road and at cross-country with national



Ian Ferguson relaxes after winning the
1992 Three Peaks
(Photo Pete Hartley)

titles at all three disciplines. Over the decade, the fell team recorded two English Championships, a British Championship and three British FRA Relay Championships. The team effort was supported by some outstanding individual performances with Bob Whitfield, English and British Veterans' Champion in 1991, Steve Hawkins, British Champion in 1992



Steve Hawkins battles it out with Gavin Bland
at Thieveley Pike
(Photo Pete Hartley)

and the incomparable Ian Holmes taking two English (1996, 98) and three British (1996, 97, 98) titles. Perhaps one of the most memorable individual performances came in 1996 from Andy Peace who, having competed in the National Road Relays on the Saturday, went to Horton-in-



*Andy Peace and Ian Holmes in full competitive mode at the Three Peaks
(Photo Pete Hartley)*

Ribblesdale on the Sunday and knocked five minutes off 'Iffy's' Three Peaks record with a time of 2:46:03, which remains intact to date.

Elsewhere club teams, which always contain our leading fell runners, were winning three Yorkshire CC titles, seven Northern CC titles, four National CC titles, three National CC Relay championships and four National Road Relay championships. It is a feature of the club that many athletes compete across a range of disciplines. Sometimes this can be a problem as it was last year when half of the winning 2001 FRA Relay team could not defend their title as it clashed with a national CC race.

Some of the leading men have also decided to do the odd bit of racing of the two wheeled variety. Again, Ian Ferguson led the way winning the Three Peaks Cyclo-Cross, Andy Peace became British Duathlon Champion and also collected the Three Peaks title, as did Rob Jebb, who now spends his winters racing for the Ron Hill cycling team. On the ladies' scene, England International Victoria Wilkinson achieved Junior World Mountain Running Championship in 1997, represented Great Britain in the Cyclo Cross World Championships in 2002 and 2003 and finished 10th in the Commonwealth Games Mountain Bike Championships in 2002. Oh! Victoria also participates in adventure racing as well!

Carol Greenwood also had many notable achievements on track, road and cross country finishing seventh in the National Cross Country to winner Paula Radcliffe. Always a prolific racer, Carol was relentless in her domination of ladies' fell running

during the mid-nineties, winning many races and setting new records. Carol's International successes included fifth in the World Trophy in Czechoslovakia and silver in the European Championships in Austria.

The 21st century began spectacularly with Bingley collecting its first major women's title, the 2000 British Fell Championship and Ian Holmes collecting a third English Championship and a fourth British title. The following year saw the men win the British FRA Relay at Llanberis.

However, it is not yet all over for the club. Ian Holmes, ambitious as ever, still has a hunger for more success. After satisfying first wins at Scafell (1990), Ben Nevis and other classic races in his early career, Ian is keen to continue his success winning these



*Carol Greenwood charging through the mud
(Photo Allan Greenwood)*

classic races for a record number of times and, get this, win a Championship outright as a veteran - watch out, it's less than three years away!!

Andy Peace and young Rob Jebb both count the Three Peaks Cyclo Cross as one of their most satisfying wins, and both, perhaps not surprisingly, acknowledge their fathers as having been a big influence in their taking up fell running. Andy, of course, has uniquely done 'the double' winning the running and cycle race in the same year. His other notable performance was a very creditable 14th in the National Cross Country. Having turned his hand to Duathlon, Andy intends to concentrate on the fells in future and still harbours ambitions for top class success.

'Jebby', already with a track record on the fells, wants to win a championship and classics such as the Three Peaks and Ben Nevis and, as he's young enough with an obvious flair for the sport, it's only a matter of time!

Mentioning Rob, leads in nicely to Sharon Taylor, Rob's partner, who in her early years was prominent in the under 20

championships and is now a strong contender in the senior championships. Sharon and the Bingley ladies' team won



*Andy Peace in cyclo-cross mode descending Pen-y-Ghent
(Photo Pete Hartley)*

the British Team Championships in 2000 and 2002 (jointly with Keswick), as well as second in the English Championships in 2002. In fact the Ladies' section is as strong as it's ever been, and with recent fell championship successes as well as winning the Calderdale Way for the last three years, this section is attracting a lot of attention!

For the men and all at the club, 2002 was a year of triumph and tragedy. We managed to do the double, albeit shared with the irrepressible Borrowdale boys. The championship was sealed at Y Garn with the late, great, John Taylor competing in his last race. We also lost Iain Hansen, a regular competitor on the fells, in a climbing accident in New Zealand. They are both sadly missed.

Despite all the national titles on the road, cross country and fells perhaps the most enjoyable race of the year is the Calderdale Way Relay, mentioned previously, where all parts of the club come together. We usually have six teams out, 72 runners and while keenly contested, the event does seem to bring out the best of team spirit and the opportunity for all ages and abilities to blend together. Despite our recent run of success, anything can, and often does, happen - especially to the men's A team!

Looking to the future the club, like many others, is struggling with an ageing profile of leading runners - we'll have a terrific vet's team in the next five years - but there are some young talented runners coming through with James Mason and Alistair Brownlee most prominent. There is also the prospect of the very quick Matthew Whitfield returning after a lengthy spell of injury - that would be a nice way to kick off 2003 and the 111th year of Bingley Harriers.

Chris Brasher – an Appreciation

from Neil Shuttleworth

The outdoor world has lost a great man whose deeds impinged on a great many people from all walks of life. Chris Brasher was a man of vision, full of boundless energy, commitment and enthusiasm.

He served several lesser sports with a dedication that few could match. Fell running was one such sport to benefit from his experience as a competitor, sponsor and administrator.

Along with John Disley, also a double Olympian, he was passionate about the Lake District. In particular he continued to seek out challenges long after his Olympic gold medal in 1956. They established the sport of orienteering in England. Then they also took part in the *Lake District Mountain Trial* demanding at least four hours running in Central Lakeland. Having been a competitor in the 1950s, last year he wrote the Postscript in *Fifty Years Running – A History of the Mountain Trial (1952-2002)*. Today the first man aged over 50 receives the *Chris Brasher Pinnacle Trophy*.

He was a member of the Rucksack Club, and last October he was to be guest of honour at their Centenary Dinner in Manchester. His illness prevented this. Happily he wrote the Introduction to their centenary history. He did the Marsden to Edale 22 mile bog trot within the 1990s when he was over sixty.

It seems odd now to say that the only telegram I ever received came from him. It was late 1980 and we had met a few weeks previously as competitors in the *Copeland Chase*, a low-key orienteering / fell running event around Ennerdale. I was not on the telephone and he needed some pictures taking of *New Balance* training shoes for the advertising flyer, which was to accompany the entry form for the London Marathon he would organise in 1981. I collected the goods from the then vastly underused magnificent quayside warehouse he had commandeered in Lancaster and did my job. Soon a friend drew my attention to a story in a tabloid newspaper whose gist was that Chris Brasher's Fleetfoot company had got the contract to have the privilege to include the flyer in the mail out. I understand that Chris's reply was that his company bid for the privilege just like the other shoe companies.

I am hazy about when I first met the man. Perhaps the late 1960s. Certainly I can vividly recall that he enthused in his *Observer* column about the *Karrimor* two man two day Mountain Marathon in 1969. I entered with Peter Walkington in 1970 and the following year he and John Disley were in their beloved North Wales mountains when we four were searching for a particular checkpoint. "Navigator to pilot," we joked, "sack the Navigator."

Two years later we all returned to North Wales. Walkington and I competed again and used new metric maps from the Ordnance Survey which Disley and Brasher were piloting as course planners.

Brasher was co-opted on to the Fell Runners Association committee (FRA) in its formative days in the 1970s to seek



Chris Brasher at the Veterans' Open Race at the 1988 World Cup
(Photo Pete Hartley)

independence under the umbrella of the Amateur Athletic Association (AAA). Walkington, then Secretary of the Fell Runners Association, along with Peter Knott, its Chairman, and Jon Broxap travelled to London for a AAA AGM and enjoyed Brasher's hospitality before the AGM.

His knowledge and experience gained as a co-founder of orienteering in England were invaluable. In 1990, twenty years after the FRA had been formed I was commissioned to survey the sport. When I contacted him he noted that "life has been hectic lately."

The hills and mountains at home and abroad were high on his priorities. When British Nuclear Fuels sought to raise the level of Ennerdale in West Cumbria to extract more water for their Sellafield site in 1978, he campaigned in *The Observer*. BNFL lost. About ten years later in a new *Observer* column called "Breath of Air" he highlighted "Marshall's Folly" which was his name for the water pipeline down a North Wales hillside. Lord Marshall was then the Chairman of the Central Electricity Generating Board at the time and the water pipeline an eyesore unlike that from the Dinorwic pumped storage scheme. Chris was a visionary.

The 270-mile Pennine Way received his attention over the years and Ranelagh Harriers, his London-based running club, went for the individual and relay records. Brasher did not do things by half. One wet June weekend in 1972 he was following a failed Pennine Way record attempt by Sale Harriers, then the next minute he was dashing off across the country from the Northern Pennines to pace Joss Naylor in his 63-peak Lakeland 24 hour record run. Chris paced Joss from Langdale to Wasdale and wrote in *the Observer*, "...and still it rained" – actually, it never stopped.

When Naylor ran the Pennine Way in 1974 in a record 3 days 4 hours 36 minutes Chris and his Ranelagh Harriers gave him much support on the Way. On Monday morning after a very strenuous three days with some snatched sleep Chris left Edale, Derbyshire to go to work in London, and Naylor went home to Wasdale to milk the cows. Business as usual for both of them.

The Lakeland exploits of Joss Naylor were well chronicled by Chris who had a longing for the hills, people and traditions of Cumberland and Westmorland. A personal memory stands out of the 1975 record run: it was being driven over the Honister and Newlands Passes at the dead of night in his Lancia motor car to the strains of Sibelius. We had both paced Joss and earlier in the afternoon Chris had emerged ahead of Naylor direct from the Scafell range. He told us of Naylor's progress and then his footwear and nutritional needs at Wasdale Campsite.

National vests for fell running did not exist in the 1970s as the sport was not recognised by the Sports Council. After Naylor had set a Lakeland 24 Hour record of 72 peaks in 1975, (up from 63), Chris set up a fund to send Joss to the Pikes Peaks Marathon in Colorado. There Naylor came sixth overall and set a record for the fastest descent.

Numerous other competitive initiatives were inspired by him. Two come to mind. The 1985 three race international series culminating in the Fairfield Horseshoe race was ahead of its time. The fourth World Cup for Mountain Running came to Keswick, Cumbria in 1988, and thanks to his association with *Reebok* the sports shoe company, it was the main sponsor. In 1990 he said, "John Disley and I have derived an awful lot of pleasure from running in the mountains and our sponsorship was an attempt to put something back into the sport."

It was in the Youth Hostel by the River Greta, the event's nerve centre, that like him, I too was on a deadline filing some copy about the races there on a Saturday afternoon. There he was puffing away on his pipe with the sun streaming through the window preparing his despatch for *The Observer* and I was in my world composing a few paragraphs about the marvellous sport out there on the slopes of Skiddaw. Brasher's pipe puffing had been magic. He came up with the unforgettable worlds that began:

"It was a day made in heaven:"

and ended thus:

"... .. (and) on a week-end of matchless splendour this old man is tempted to tread the hills to heaven."

and now he has.

I have to apologise to Nev – this article was submitted for the February issue of the magazine and, because of circumstances too complex to outline here, it didn't get published. However, as the 2003 September Course is not too far away perhaps Nev's reminiscences will tempt some of you to apply for a place on it – if it isn't already full up!!

FRA Navigation Weekend, Elterwater YH, 20th-22nd September 2002 from Nev McGraw

Along with several other club members, I made the journey northwards to try to learn more about the mystic art of navigation. John and I arrived early evening and were so enthused by the good weather that we decided to forego both the Ambleside chippy and the fleshpots of Elterwater in favour of a run. When we ended up in someone's back garden in the deepening gloom, I was reminded as to exactly how much my wayfinding was in need of fine tuning.

Genial John Gibbison led us through an introduction as to what we could expect over the weekend, including some hints on the use of map and compass. Galvanised by this instruction we were able to find the pub at 10.00 p.m. when Sir dismissed us. Even more impressively I navigated my way back an hour later and managed to clamber up into my top bunk without seriously injuring myself or indeed any of my five room-mates.

Most of us made it for the early morning 'gentle' jog up the flanks of Lingmoor at 7.00 a.m. in glorious weather, though the endeavours did leave one or two of us somewhat banjaxed even before the real activities had begun. After a hearty breakfast we were split up into small groups of three or four and were allocated a tutor for the six hour practical session on the tricky high ground between the Langdale Valley and Grasmere. Andy proved to be a knowledgeable and patient guide and our little group made excellent use of the generous 1 to 3 ratio. We learned about map thumbing, pacing and learning to find our way by using features on the very detailed map (1cm = 100 metres) rather than by using a compass. We took it in turns to lead, find boulders, decide route-choice, relocate, aim off, find Andy's hidden rucsac and even get confused as to exactly where we were on a few occasions!

After coffee, debrief and some tips on kit for mountain marathons, we were prepared for our first bush-tucker trial – to be held at 8.30 p.m. after the evening meal – which turned out to be a 2K (if you got it right that is) night's orienteering course on Elterwater common. I had managed in the dark some two weeks earlier in the Bullock Smithy but

was still more than a little apprehensive. The ordeal turned out to be a combination of bog-snorkelling and death by seven foot high bracken; a legacy of fewer sheep due to F and M apparently. We were put in pairs for this FRA sponsored wallowing in Walthwaite Bottom and along with partner Rob from Grimsby proceeded to attempt to find ten checkpoints in complete darkness, with General Gibbison having summoned the clouds to obscure the full moon for the occasion. Even though there was lot of squealing, giggling and cursing, at least no-one shouted, "I'm A Celebrity, Get Me Out of Here!" As we handed in our control card to the patient Margaret and Jenny, I noticed that it was 10 o'clock and that I had been on the go for fifteen hours, so we were certainly getting value for money on this course! I was in desperate need of a shower and change before I could go join the rest of the escape committee in the Britannia.



The team relaxing at the Navigation course
(Photo Nev McGraw)

A few of us made the optional run down the valley on Sunday morning and were treated to the dawn of yet another fine day in autumnal Lakeland, as the sun dappled the highest points of the Langdale Pikes. After breakfast, we were taken back to the scene of our crimes in the dark and as punishment were asked to find two inch strips of green (!) tape which John had cunningly secreted over the common. No marshals and tents at these checkpoints to guide you in then!

The piece de resistance, however, was yet to come. As Mike 'Rambling' Rose regaled us with tales of the FRA, hypothermia and other misadventures on the mountains, John's team

were busily scattering orienteering kites all over the neighbouring fells. Our next ordeal was to be the test piece; the 10 K Silver Howe Chase a.k.a. 'death by knolls'. On our own, we were asked to put into practice what we had been taught and find ten checkpoints on difficult territory, a playground for advanced orienteers apparently and not really for Checkpoint Charlies like some of us. It was stressed that we would only benefit by travelling solo, making our own decisions and having the self-reliance to act on them. Getting lost (well misplaced) on your own was fine, if you know what I mean. Relying on others who might possibly lead you astray is a cardinal sin of which many of us have been guilty at one time or another.

As it transpired, apart from somersaulting down the side of a steep gully of Silver Howe – my tutor had told me to look for handrails but I never saw any over the two days! – and losing my punchcard, I was very pleased to get round reasonably successfully, as did all the rest of the course members apparently. After debrief outside the hostel in the continuing splendid weather, we all felt that we had all learned a lot about navigation in a myriad of different ways, were generally more confident about finding our way and felt that the course represented excellent value for money. A wide-ranging selection of navigation books, videos, CD Roms and information handouts were also freely available, if you could find the time! We were also united in our appreciation for the FRA members who had so freely and voluntarily found the time to pass on the benefits of their hard-earned knowledge and experience to others.

So, at the risk of missing somebody out, for which I wish to apologise in advance, I feel I am speaking for all of us on the weekend when I say many, many thanks to John Gibbison and Margaret Batley in particular and also to Andy, Steve, Richard, Ray, Clare, Paul, Dave, Jenny and the hostel staff. All course members would whole-heartedly recommend signing up for this September's course, because there is something in it for everyone from the complete navigation novice to the salty seasoned campaigner.



NAVIGATION COURSE – SEPTEMBER

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

The course will comprise instruction and practical sessions on the fells, with discussions and talks on safety, fitness and training, two-day mountain marathons, equipment, the FRA and anything else you request us to cover.

There will be low-key competitive events. Ideal for anyone new to the sport of fell-running.

FRIDAY TO SUNDAY 19th TO 21st SEPTEMBER 2003

ELTERWATER YOUTH HOSTEL, near AMBLESIDE.

For details of the course write to :-

Margaret Batley, 3 Hillside Close, Addingham, Ilkley, W.Yorkshire, LS29 0TB.

Please enclose an SAE.



I like this piece. It may not be about stirring deeds or even be set in the dramatic scenery of our mountain areas but it serves as a timely reminder of some of the myriad reasons why we go running – not racing, just running.

Pastoral Pleasures

from Lee Taylor

I am suitably impressed by accounts of runs in Outer Mongolia or along the Great Wall of China, but in all honesty, the most exotic place I have ever gone for a run is North Wales! Even a trip to the Peak District needs planning, with suitable excuses thought up for the wife's benefit.

Most of my running is done in the wilds of Leicestershire, where I live. There are some fabulous runs to be had if you know where to look: there are no man swallowing bogs or chest exploding hills but lots of history and some genuinely beautiful countryside.

I generally park the car next to the green at Dadlington, coincidentally, opposite to the Ambion Court Hotel (01455 212292). This is a quintessential English village with large detached properties framing the village green. There is an excellent pub just out of view over the far side of the green, called the 'Dog and Hedgehog', a good pub for food. From here I head out past the pub, and down a slight hill, past more houses on my right and into open country. The weather is windy and overcast; rain threatens. There are no footways so I have to run on the road at the mercy of traffic. On my left a field full of sheep and newly born lambs, they stop frolicking and stare at the strange human passing by. My first landmark is the canal bridge under which passes the Ashby canal, these days with no more a serious purpose than conveying leisure boats; although it used to transport coal between Moira and the Coventry area. I can easily drop onto the towpath for route variations: this also has the advantage of being off road.

I head along the lane, my breathing starting to settle into a steady rhythm. I cross Wharf Lane, shown on the ordnance survey map as a Roman road, which is easy to believe due to its straight nature. On my right there are remains of the railway that ran between Ashby and Nuneaton, the embankment now used for mountain bikers and paintballers. Open fields and woods dominate the view for the next mile or so. I scare a brace of pheasant in the next field and they run into the cover of a hedge, leading my eye to a lapwing tumbling through the sky, his acrobatics intended for courtship rather than my entertainment.

A short distance down the road is the station at Shenton, the turnaround point for the Battlefield line. At weekends the so-called Battlefield line runs from Market Bosworth to Shenton carrying tourists and steam train enthusiasts. Today there are no trains and even the toilets are locked.

A short distance down the road is the spot

where Richard the Third was killed, an inscribed stone marking the spot; it reads: "Richard the last Plantagenet king of England was slain here 22nd August 1485." Moved by the sense of history the place invokes, I plod on.

Flayed hedges and litter ruin the natural look of the road side, reminding me that even though I live in the 21st century not everything changes for the better. This is cruelly driven home when I pass the fresh corpse of a badger by the road side, forcing in me the idea that convenient as motorcars are, they are essentially destructive. It is excessive speed that kills; the animals that make our countryside their home deserve freedom from the maniacs in overpowered cars. How long will enlightenment take? Sadly, I know the answer to my own question: never. There are always going to be the idiots who don't care about anything except themselves.

Saddened I press on, the views off to the left of me banishing the images of dead badgers to the recesses of my mind. I can see over towards Market Bosworth country park, the view quintessentially English in its aspect: open arable fields, broken by neat hedges and all interspersed by woods. I have noticed in the past a lone obelisk in the middle of nowhere and this turns out to be the Hercules monument. It shows Hercules leaning on a lion, it is 18th century but no one knows for sure what it commemorates. Local people say that it commemorates a horse, Hercules, the largest carthorse in England and that the pub in nearby Sutton Cheney commemorates the same animal.



Hercules Monument

Over to the left the spire of Market Bosworth church is visible in the distance, as are a few house roofs, and soon I am running past the most outlying of these. Thatched roofs, olde worlde pubs, timbered houses, quaint shops, Market Bosworth has it all. Listed in the Domesday book as 'Boseworde' Market Bosworth is a busy tourist magnet and is undeniably quaint. I cross the cobbled square and the war memorial, dodging parked cars. The imposing Dixie grammar school is across the road, one of the best education establishments in Leicestershire, if you can afford the fees. I now run down the hill on the Wellsborough road, passing through suburbia. The railway line and then the canal, with moored barges indicate that I have reached the edge of the village.

Shortly there is a left hand turn signposted to Far Coton. Immediately on the right is

Bosworth Water Trust, another popular attraction for the area (01455 291876). There is camping, fishing and windsurfing for those so inclined. My route though, lies ahead, along a beautiful quiet country lane. Quiet, until a bird scarer in an adjacent field goes off. The disturbance is short lived though, and I am able to carry on in peace. The hedges along the boundary of the lane are tall and thick, turning in places to woodland, the floor of which is wet and boggy: probably all that has saved them from the plough. Further down the lane Coton bridge crosses the canal as it winds its way through the landscape; a moorhen scuttles to the safety of a reed bed. In the sky a kestrel hunts, one moment hovering, then shifting with agile grace to a new position, hawk eyes scanning the ground for prey. This place has the feel of isolation, not really heading anywhere except to Far Coton, a tiny hamlet in the wilds of Leicestershire. The lane twists and turns before the first farm comes into view, quickly followed by the next. There's a scattering of houses before they are quickly left behind. Far Coton derives its name from *cot* (cottages) and *tun* (settlement) and probably hasn't changed much in the last eight hundred years or so, since it was first recorded.

The second turn on the left is the one I need to take, just before the Welsboro bridge goes over the canal. This lane is a favourite of mine; it is quiet with broad verges with some lovely old oaks along the way. The canal whose direction I follow, can be glimpsed occasionally across the field. There are some stunning views over to Hartshill Hayes country park in the distance, evidence of the flat lie of the land between. This flat area, with Fenny Drayton at its centre is known as 'the fens'. In times past this area must indeed have been wet, as 'Fenny' means marshy or muddy and 'Drayton' is derived from a settlement where a portage would have been necessary. As I pass along I think of the generations of fen men and women who have gone before and the hard existence they had when compared to our own soft lives.

At the end of the lane I rejoin my earlier route for a few yards until I turn right and go under the Shenton aqueduct, for once going under the canal, rather than over it. The route is interesting through Shenton. Mentioned in the Domesday book, its name derived from settlement on the river Sence. Along the lane a little and under a hedge, clumps of snow drops brighten up the gloom, a promise of the life to come. Further on daffodils, their flowers still encased in green, patiently await their time. A footpath appears adjacent to an old, weathered brick wall, its mortar missing in places, the bricks uneven and thin; a give away to their age. The gardens beyond are extensive and through the trees, glimpses of a large manor house can be seen. The gatehouse adjacent to the footpath is inscribed WW 1629. Behind, is the imposing Shenton Hall; a good view is obtained from across the road next to the church. At the end of the road the river

Sence flows on its convoluted way towards the sea. There is a great view of Shenton Hall from across the river, the course of which we follow for a few dozen yards along the road.

On past Whitemoors antique centre, further along the road is a farm with a barn full of goats! An imaginative farmer diversifying. This lane is long, reasonably straight and very flat. I can settle into a good running pace and rhythm now, even though my legs are beginning to feel the distance. A pheasant calls from a copse of trees and on my right a lone cottage stands, a sentinel of the fens and called 'Keepers Cottage'; a reminder that this is traditionally a hunting county: Reynard keeps his head down today. However another persecuted species is noisily building nests in the tree tops opposite Whitemoors car park, the place where Henry Tudor camped before the battle. From this distance the crows' nests are large dark smudges in the still bare tree tops, as the black shapes of the birds circle and call, their grating 'caawwing' reminding me too much of the Hitchcock film; I hurry past. I drift along, my legs automated, my mind elsewhere. Running like this is most satisfying; a moving meditation. In the distance, the church spire at Stoke Golding is visible. It'll take me about twenty minutes to reach it.

At the end of the lane I turn right and left almost immediately onto another single track road; which doesn't deter a car from hurtling past me. I curse under my breath and wish I was in a tractor, just in front of it! I pass a gate and exchange pleasantries with the farmer repairing his gate. "You survived that car then," he calls to me, and we spend some moments calling the driver names. The thing is, your life is in the hands of car drivers when you are road running or even cycling and their journey won't be extended by very long if they slow a little and give you space. The rest of the lane is negotiated without further drama, though one of my favourite moments was spent on this lane watching a hare in a field; the kind of drama I welcome.

I have to turn left onto what passes for a main road in these parts. This takes me into Stoke Golding. Before I get there, there are one or two points of interest along the way. I am a nosey runner peering over hedges or through the bars of gates, spying out secluded fishing ponds or hideaway farms; things that one wouldn't normally notice. One of the highlights of the roadside hedge is the variety of species in it. I am doing the run midway through March, as yet there are no leaves on the bushes: but who cares! There is so much colour and texture; reds and yellows, spines and smooth. Look in the ditch bottom at the moss and ivy climbing the old tree stump; it's as good as it gets!

I have to cross the canal again for the umpteenth time, but it's the last time today! There is a decent climb into Stoke Golding, a good test for tired legs. My attention is diverted looking out for the blue plaques on the route through the village; there are many points of interest along the way. Stoke Golding is first mentioned in the year 1200. It has plenty of history; just take a walk around the village and read the blue plaques, it's fascinating! I turn left at the top of the hill past a couple of pubs tempting me inside, and down past the church, with its own blue plaque. I can see Dadlington on the skyline now, tantalisingly close. I leave the houses behind me following the road downhill to the canal, where a lay-by separates them: people park here to feed the ducks, and they know it, as they gather in large numbers for the free offerings. There is a last hill to negotiate; not what tired legs need!

At the top of the hill, we are back into Dadlington. A sharp turn left will soon bring me back to where the car is parked, with no further excitement. I reach the car, a feeling of self satisfaction for finishing the route, but also sorry that it is over: not really knowing when I will be back.

One reason I do this route is because it is all on roads: this enables my wife, Rachel, to join me on her bike. I find her company adds extra pleasure to the journey, as we share the scenes or experiences along the way. This is an ideal cycling route, reasonably flat and with scope for a meal or picnic along the way. The final distance is about twelve miles, nice for a long run or a bike ride! How lucky we are to have such glorious countryside and history on our doorstep. All we need to do is scratch below the surface of the mundane, to enable us to discover that which is special.

Have a great day out at the

Halifax Hike

walking and running extravaganza

In aid of the Halifax Track Appeal

Events for all ages and abilities from the beautifully picturesque setting of Ogden Water, Causeway Foot near Halifax

Saturday 20th September 2003

Six events over varying distances and profiles

3 Walks

- A scenic walk round the reservoir of approximately 1 1/2 miles. Entry fee £2.00
- A 6 mile walk over moonland, trails, road and bridleways taking in the views of the windmills and Withins reservoir. Entry fee £5.00
- A 12 mile walk taking some views over the Luddenden Valley and over parts of the Calderdale Way. Entry fee £5.00

Registration for walks between 9-00am and 12-00 noon.

Children under 14 and those people with disabilities must be accompanied by a responsible adult. Dogs are welcome but must be on a lead **AT ALL TIMES.**

3 Races - (organised by Calder Valley fellrunners - under FRA rules)

- Round the reservoir Fun run for all ages and all abilities.
- The 6 mile multi terrain "Windmills Whizz" race.
- 12 mile Rocking Stones Fell Race for experienced runners over a demanding course.

www.halifaxharriers.co.uk

The next two articles follow on from the profile of Allan Greenwood published in the last edition of "The Fellrunner" and are an outside view of some of his events and what they mean to runners.

"My first ever fell race"

by Andy Wardman

Before I start about my Ogden experience let me explain how and why I got into this madness they call fell running.

I first came across Allan Greenwood at work and it soon came to pass that we both had an interest in running. My running had consisted of a few (please forgive me) road marathons and half marathons in what I thought, for being mainly a football and rugby player, a p.b. of 3 hours 18 not bad. "Aye", said Allan, "but have you done any proper running, fell running?".

"What the hell is he talking about?", I thought, as I'd never heard of it. Over the coming weeks, months, years, I was to find out.

Later, another Bingley Harrier called Stuart joined us at work and having listened to their tales of "...ten miles of running through shite..." or "Fifteen miles in two foot snow drifts, fog that thick on't top o' moor, you couldn't see two feet in front of you". Must admit I was becoming a bit intrigued by it all.

If one thing stood out more than 'owt it was this weird obsession with collecting various injuries and comparing them with one another. Many a Monday morning I'd come in to work and Allan would have his sock off showing his swollen ankle, like a piggin' balloon. Black and blue and he'd show it off like a soddin' trophy! Then Stuart would say, "Aye, and I lost another toenail this weekend". I even saw Allan with a patch over his eye like Admiral Nelson, "Ran into a tree" was all he would say!

Now to me all this was slightly worrying to say the least. I asked myself more than once, "Are these fell runners sadists or just wrong in their bleedin' heads!?"

I knew Allan was preparing for his own race in February and having been sick of him taunting me with, "Come and have a go if you think you're hard enough...", I thought, "Well, in for a penny". What I didn't know at the time was that the race was going to be on Ogden Moor. Now I know, having been brought up round these parts, that this is one place on Earth where the sun never shines and that's on a good day. As a child my Mum would never let us venture up there without our Damart thermal gear and this was during the six weeks' Summer holidays.

As he finished work on Friday, Allan said, "See you tomorrow then, 11 o'clock start, no later."

"Ok", I said, "No problem".

Saturday dawned. I looked out of the window and couldn't believe it. Sun shining, no overnight frost, quite mild for the time of year. Good breakfast, set off for Ogden and BANG!, a swirling mist, sleet and snow, ice freezing over the puddles. "Sh**", I thought, "Wish I'd listened to my Mother!"

Well off I went, slowly at first, then with chest heaving, thighs like lead, snot and sweat pouring out I finally reached the top. Jesus Christ, Allan, those steps up to registration are a bit steep aren't they?

I walked into registration and he greeted me with, "Hi, Andy, nice morning for it..."

"Is he winding me up or in his warped mind is he serious?", I wondered.

Anyway, remembering yesterday and the 11 o'clock start, speech at 11-15 and we were off! What I remember most was the amiable atmosphere. Unlike some road races I'd entered, even though I wasn't sporting any club colours, (a rugby shirt I think), most people were encouraging other people on. I even witnessed people stopping to help others up who the next day would be sporting their 'trophies' to workmates. No, believe it or not, I was starting to enjoy it. The sweat I had built up was masking the numbness in my fingers and toes from the cold. Running in mud, grass, large puddles and cow shit sure beats tarmac. As I approached the golf course I knew I was nearly home. What I didn't know was that some inconsiderate b—— had put a great big hill there. "Come on Andy", I told myself, "Final push..." and as I reached the top, ready to drop, there he was, camera in hand, grinning like a Cheshire cat. "Respect", he said, in his best Ali G voice.

It was then I knew I'd been accepted.

Curiosity more than anything made me go to the prizegiving,

- because it was the only time I would see the winners and
- maybe if I was lucky I would win a spot prize. As luck would have it I won two pairs of socks! Cheers Al, (but next time can I have the biscuits!)

Earlier on I'd asked myself whether fell runners are sadists or just wrong in their heads. Well after suffering over the years from black toenails, broken ankles and various other injuries, I think I know the answer. But as you, who are reading this are better placed than me to answer, I'll let you decide!

Report on Allan Greenwood's "Midsummer Madness" Three Day Event by Andrew Cutts of Valley Striders.

With hundreds of races to choose from in the calendar it would be easy to find one for every day of the week.

I race between ten and fifteen times a month and am extremely grateful to all the organisers out there who give up a lot of their time, so runners like myself can compete. One of these race organisers is Allan Greenwood, who has put on a number of races over the years; he decided for the first time last year to organise a three day event, calling it The Midsummer Madness Three Day, so named for obvious reasons.

It took place in the middle of summer, come to think of it, those three days in June were the summer! And Madness because most runners out there would think it mad to do three in a row.

Friday night's race from the Dusty Miller, (3 miles/1000ft of ascent) was the first of the three, this one starting on the bridge over the canal at the back of the Dusty Miller in Mytholmroyd, with about sixty runners on the line including myself and Allan. The climbing starts immediately going up through the woods and fields and then onto the true fells, all of the route flagged and marshalled at every turn. The return route being the same as the run out with a great steep descent straight into the finish.

The presentation took place in the pub (where else)! A pint goes down well while waiting for Allan to get his act together. About twenty prizes were handed out and not just to the first, second and third places but to vets and teams. There were also a number of spot prizes, so about a third who took part went away with something. If you didn't leave with a prize, then perhaps a P.B or the satisfaction in beating someone who would normally beat you. Whatever, it was still a good night out!

Saturday's race, 4 miles/600ft of ascent from Wadsworth Old Town was held in conjunction with the village gala. This race was also picked, by the powers that be, as a Yorkshire Vets' Championship race. The race was a few minutes late starting, which is not like Allan, he was still out on the fell flagging the course and instructing his Marshals at the official start time of 11.00 a.m. Seventy runners, including myself, did not have long to wait before we set off. We had four hundred metres to sprint through the village before going up a rough track and onto the open fells, following a well flagged route all the way past Tom Tittiman and up to High Brown Knoll. The marshal at the top recorded numbers before runners made their descent over the same route they had just run up, except the last three quarters of a mile, which involved a short climb, a fast flat track (try saying that after ten pints!) and a steep descent to the finish.

The presentation took place in the community centre at the old town amid the locals who were there serving tea, coffee, biscuits, buns, cakes, more than enough calories and carbohydrates to get back into your system ready for the next day's event. There was the usual quantity of prizes as well as the trophies and plaques going to the Vets for the championships.

Sunday was the same venue as Saturday but 8 miles/1000ft of ascent and most importantly, navigational skills were needed. Allan, myself and eighty others were on the line and ready to go. Only the first and last mile were flagged, the rest was up to you and your navigational skills. All checkpoints were marshalled and you had to visit them in order and have your number noted. Checkpoints 1 to 2 seemed to have most runners confused, there were bodies everywhere but everyone got there in the end, some later than others. Checkpoints 2 to 3 and 3 to 4 were more straightforward but you still had to find your own route. Checkpoints 4 to 5 were the same as yesterday's return route.

The prize giving was in the same league as the previous two days but there were also bottles of beer to all who finished the three days, (40 in all) and a good quality sweatshirt to all category winners.

The winner on all three days was Nick Barrable, a British lad now living in Sweden with girlfriend Pernilla Karsson, who were both over here on holiday. Pernilla, who also raced on all three days, was first lady on both Friday and Saturday but on Sunday was beaten comfortably by Jo Smith of Dark Peak. Why Nick should choose to live in Sweden, with all these great fells and races over here, I'll never know. Mind you, if all the girls over there look like his girlfriend, I think he's made the right move!

Just one item of concern, I think in future when Allan is presenting the ladies' prizes, a handshake will do, some of his other ways of giving congratulations out need a P.G certificate!

No offence Allan!

Joking aside, it was a great three days so I hope and expect to see a lot more at the event this year.

Letters, opinions et.al.

British Championships from Bill Smith

Dear Editor

In his PST Notes in the February issue, Ian Taylor mentions a proposal to restructure the British Championship in a Grand Prix format "with more of a mountain running rather than a fell running flavour." This would surely be wrong as it could result in road and cross-country runners gaining valuable points at the expense of genuine fell runners, not to mention it also devaluing the Championship as a whole. British fell racing and European mountain racing are two different sports and we need to be careful that ours doesn't lose its identity.

To be fair, I know that some of our members do enjoy European-style races, particularly the young ones with an eye to the World Trophy, so might it not be possible for interested parties to organise some separate events of this type to cater for these people? But as this is a FELL Runners' Association, the Championship should consist only of real FELL races.

*Bill Smith,
Clayton-le-Moors Harriers.*

British Championships from Harry Jarrett

Dear Sir,

After reading the proposal, or suggestion, in the last issue of the FRA Magazine that PST thought the British Championship should be altered to a one off race because of the lack of Scottish, Welsh or Irish travelling to the races I was disgusted and annoyed. What a typically negative view - what would be their next step if the race was still not attracting runners from these three counties, probably the PST would then want it scrapped. This is nothing new by the way because I can go back fifteen years or more when Danny Hughes suggested such an idea to me. The people who are for it probably never completed the championship. A championship, which incorporates six races over different distance within a season, becomes a good focus for a runner's season and well worth competing in. Most who compete enjoy travelling to different races and every thing that goes with it. Obviously for the Scottish, Welsh and Irish to compete all races would mean a lot more travelling, which can be expensive, especially if overnight stays are required. This means their numbers are always going to be less in the most difficult races to travel to, but you can guarantee that when you race in one of these countries most of their top runners are competing, which means that whoever wins a British Championship has raced the best in all countries and is a worthy British Champion.

What about a positive input from the PST to inject interest (and perhaps cash) which could be used to encourage travelling, or is this too hard. One idea suggested to me was for a championship programme/leaflet produced four times a year covering the championship in a lot more detail and perhaps including some photographs, which could be sold at selected venues. The idea should be to promote our championship and not take the easy option to scrap it.

The British Championship would get more support by incorporating more veterans' categories and competition and also more team awards, which of course means injecting more money.

Yours faithfully,
Harry Jarrett

Lad's Leap also from Harry Jarrett

Dear Editor,

Having competed in the Lad's Leap Race, the first counter in the English Championship back in March, I must congratulate Des Gibbons and his team. The organisation was superb with every effort made to make this a good day and a great event. Well done Des.

As a race organiser I know the amount of work that goes into organising a race and to organise one of this size takes a lot of time and effort. Des was happy to help anybody who rang him and in my case met me and a few CFR lads and took us round the course. The sunny day helped but it was obvious that a lot of thought and work had gone into the event. Our club all commented on how good it was. Thanks for a great day Des.

I would also like to mention the first British race in Ireland which was another well organised event blessed with great weather. Many thanks also to Jim Patterson for his hospitality earlier in the year when he took time off work to show us round the course.

Yours faithfully
Harry Jarrett

Bumbags revisited from John McIntosh

Like most of the membership, I imagine, I have some sympathy with Andy Todd's views (Borne Again Bumbags!! Feb 2003). However his comment at the end of his first paragraph highlights the legal problem. The disclaimer found on many race entry forms does not absolve the race organiser from the responsibility to exercise due care to the participants; if matters get to court what counts as due care won't be decided by a bunch of fell runners but by a group of people who will probably be simply incredulous at what we get up to at the weekend. It also likely that if organisers are pursued legally it will be by someone egged on by Messrs Sue, Grabbitt and Run who is unfamiliar with the idea that we take part at our own risk. Even if legal action is unsuccessful it is distressing and unpleasant - ask the organisers of the relay in the Brecon Beacons in 1991.

Yours,
John McIntosh

PS A useful memory aid for organisers: CARE: cover arse, record everything.

PPS I was puzzled by David Walsh's review of the speed/distance watch which is water resistant to 50 metres; it won't be much use to those of us who always run a lot further than that, even if it is raining.

Rule 9 revisited from Douglas Croft

Dear Sir,

The letter from Reg Clucas regarding Rule 9 ("Fellrunner" February 2003) rings bells.

As one of only a very limited number of race organisers who has actually had to deal with a fatality I make no apologies for waxing evangelical on this topic!!

Anybody who was present at the Coroner's Inquest into the death of Ted Pepper will doubtless remember the events of that day with clarity. My time in the witness box remains green in my memory and left not a few scars! That said, my suffering was as nothing

compared to that of a young widow and her young sons. Be in no doubt that organising fell races is a serious business and race organisers who overlook that do so at their peril.

The events of that fateful day were a wake-up call for those of us organising the Three Peaks Race - although the verdict of "misadventure" was entirely appropriate the supporting evidence rang all sorts of warnings.

In particular, expert evidence made it quite clear that expected survival time, given the conditions on the day, would be perhaps in the order of twenty minutes. It took us eighteen hours to find the casualty. Admittedly not many races cover such a large geographical area but, equally, not many races have as much resource in place on site as we do.

Clearly that gap had to be narrowed. So far as competitors were concerned this was a two-stage process. Firstly their survival time had to be extended to the maximum possible and hence the requirement for wind and waterproof clothing to be carried. Secondly we had to be able to find them faster, hence our strict application of checkpoint rules and the requirement to carry simple equipment (such as a whistle) to attract attention over a distance.

We concluded that any competitor, knowing what had happened to one of their colleagues, who still didn't carry this kit would be a complete idiot but we also knew that any large barrel of apples is quite likely to contain a number that are not up to scratch. We knew there would be those who would seek unfair advantage. We therefore instituted a series of random checks at the start, at each checkpoint along the way and at the finish, so as to ensure that people didn't "lose" kit during the race. Anybody found deficient was disqualified.

As race organisers we have imposed our own rules on ourselves and we have abided by them. We have done this to some extent to armour-plate our own backsides. We have absolutely no wish to re-live that particular experience. We have certainly applied the rules firmly and I hope fairly so that competitors could be reassured that nobody was gaining an unfair advantage. Again, as organisers, we think that this is an important aspect.

But ultimately the major sanction against organisers is in the hands of competitors - if you do not believe that a race is properly organised, don't enter it!!

Yours faithfully,

Douglas Croft,

Life Vice-President Three Peaks Association.

Race, Risk and Responsibility from Chris Reade

It is with many reservations that I write this letter. The ethos of fellrunning is one of personal freedom and of adventure, which frequently means being out in the hills with a minimum of equipment, certainly compared to the hikers and mountaineers we come across. However this spirit comes with a price, some of which participants must shoulder and some for which race organisers have a responsibility. I feel in the fell racing world there is an attitude that the sport is inherently dangerous and therefore risk assessment is futile.

One of my favourite races in the calendar is the Borrowdale race which I have done five times now. Every year the ascent up Bessyboot through the woods causes me major worries. I usually try to get well up the field here to avoid getting clouted by the rocks, an effort for which I pay later on. As the climb steepens the boulders inevitably start rolling, small and frequent thuds at first, but then the gaps increase which means the boulders are picking up speed and bouncing higher. The cries of, "Below" and the thuds echo in the woods as fell runners look blankly at each other and carry on climbing. Every year I am sure there are minor injuries, and last year (2002) one person received a large boulder in the chest. This is a risk which I feel we must address. Further serious injuries will occur and someone will receive a head injury and likely there will be a death.

Risk needs breaking down into component parts.

The likelihood of an injury occurring - in this case - high.
The impact of an injury on an individual - possibly high.

If the likelihood and the impact are both high then the level of risk needs addressing. It is not good enough for us runners to just hope that, "It won't happen to me." It is the responsibility of race organisers to ensure races are run as safely as possible and that alternatives are in place, particularly early in a race when there is significant bunching of competitors. I am sure that continuing a race over a high risk area would leave race organisers and the FRA liable for compensation and even prosecution. Insurance only covers unforeseen risk which in my opinion would not extend to this particular route.

I appreciate that addressing this problem is not likely to be popular but I feel that we must look for an alternative route up to Bessyboot, or even move the checkpoint to ensure a safer route is taken. I realise that this may be a major headache for the organisers who are already overstretched but we must act before a major injury or death occurs.

Chris Reade

(The above letter gave some cause for concern, not just in relation to the particular race, but with regard to the general principles it deals with. As a consequence various members of the FRA Committee spent some time considering its implications and it was the catalyst for a discussion at the last Committee meeting. The problem is how to maintain the nature and challenges of our sport without allowing organisers to fall foul of potential litigation and, as a result, appropriate advice will be sent to all race organisers with their registration forms for the 2004 FRA Calendar. The organisers of the Borrowdale race have been aware of the problem for some time and are currently actively considering a range of possible options to ameliorate the situation and will have a solution in operation for this year's race.

In general terms, many fell races can include areas of high risk (as Chris Reade terms them) and it can be one of the satisfactions of the sport to traverse such areas skilfully and safely - the issue here is one of choice; if an organiser were to point a COMPULSORY section of the race route over a potentially dangerous area then the organiser may be said to have placed the competitors in a situation of risk. If, however, the decision to run over a "high risk area" is made by the individual runner and there are other options available then any mishap is down to the runner and not the organiser. To stay with the Borrowdale race as an example - how to get from Scafell Pike to Styhead is completely up to the runners; the vast majority choose to plummet straight down the steep, loose, scree-filled gully virtually directly off the top, which could be classed as a high-risk area by some, but there is no compulsion to do so and there are innumerable alternatives for those who don't fancy the gully. If anyone came to grief in the gully then, as it was their decision to go that way, the blame is theirs and theirs alone and is nothing to do with the organiser. I sincerely trust we are not getting to the stage where every accident has to be blamed on someone else; a large portion of the appeal of our sport lies in its freedom and that includes the freedom to make mistakes, some of which might result in nothing and some of which, in the way of things, might result in injury - for most of the time the responsibility for our safety on the hills lies squarely with us and our degree of judgement, fitness and technical skill and I suspect that the majority of fell-runners would have it no other way.)

Dogs and Runners and Oxymorons from Sam Dunn

Dear Editor,

Something I read in the February edition of "The Fellrunner" puzzled me greatly - indeed, I'm completely flummoxed by it.

As someone who has been into running, on-road and off-road, for about thirty years I reckon I know the positives and negatives associated with it. One of the negatives, in my experience, is the risk of encountering dangerous animals.

It happens so often – there I am in the great outdoors, feeling that wonderful sense of freedom and enjoying the beauty of nature all around me, seizing the day, being in the here and now, striding along, feeling good. Then I see a dog. My spirits droop. My body becomes tense. I look around for a detour route.. Too late. The creature advances while its owner smiles benignly and cheerfully hails, "Hello". When he/she notices my attempts at an avoidance tactic I'm confidently assured, "It won't touch you". What invariably happens next is that the brute attacks and attempts to have me for its dinner!!

I assumed that all the runners in the world shared my disapproval of dogs. That they would be prepared to join a crusade to discourage dog ownership, to argue for dog-free zones and for all Rottweiler types to be banned completely. Maybe someday, I thought, people will be able to take healthy recreation in the fresh air without these random threats to life and limb.

Then I came across the "something" referred to earlier. It was when I read the interesting and helpful article "How to be a Champion Fell-runner", where the first three contributors were quoted as saying things like, "...to take the dog out",

"...accompanied by our dogs", "...get a dog." What's going on here?!*? This isn't what I expected from fellow runners.

I've come across some choice, self-contradictory propositions in my time – "act naturally", "almost exactly", "plastic glasses", "temporary tax increase". Now an oxymoron to beat them all – "dog-loving runner"!!!

*Sam Dunn,
Ballyclare, Northern Ireland.*

Claims Direggt from Trebor Epoh

Dear Sir,

Recent editions of "The Fellrunner" have focussed on a range of issues concerning safety in fell running. Discussion has covered matters associated with race organisation and, in particular, the mandatory requirements for athletes to carry full body cover in races of certain categories. This matter has moved to the fore, primarily with the expansion of the compensation culture we now live in and the implications of insurance cover for the FRA.

I would be interested to know if the FRA has considered the possible liabilities associated with impact injuries caused by the throwing of small, solid, chocolate Eggs at race events, especially during Prizegiving Ceremonies.

At Bunny Run Two on 8th April 2003 I sustained two blows to the head from chocolate egg projectiles during the anarchy of a free for all spot prize eggstravaganza. I have subsequently endured several weeks of trauma, sleepless nights, flashbacks, severe headaches and loss of form.

My solicitor is currently investigating the possibilities of a claim.

A concerned athlete,

Trebor Epoh

SECRETARY'S CORNER

Here are brief notes from the meetings which have been held since the last issue of the *Fellrunner*. Further information can be obtained by contacting me direct.

KENDAL, Saturday 15th March 2003.

Veteran age categories were discussed, up to and including V70s, and there was a suggestion that we should support a category at every 5th and 10th year (but only where this would provide encouragement, and a meaningful competition). The Champs Subcommittee will be discussing this.

The FRA intends to financially support the bid to hold the 2005 World Trophy in Cumbria. This provoked quite a discussion, comparing this funding with the lack of *direct* funding being given to athletes representing England in Alaska at this year's World Trophy. But FRA funds represent members' subscriptions, and, at the 2000 AGM, members voted specifically not to use FRA money to fund international athletes.

The Committee strongly support Dave Tait's car sharing website, and we would like to recommend it as a model for other clubs to use. Hopefully, if this practice catches on, we will be able to support it through the FRA website by providing links from the race calendar to specific websites.

We have agreed to pay our share of the proposed UK Junior Championship Trophy, and we have given our support to the PST's proposal for a UK Mountain Grand Prix.

Clayton-le-Moors Harriers have produced a formal tick-list (based on the FRA Safety Rules) for their race organisers to use, and, while this isn't the only way of ensuring that all safety concerns have been addressed, it is, potentially, a useful development, and we wait to see how it evolves with some interest.

CHEADLE HULME, Sunday 11th May 2003.

Following a question from a particular club, the situation where an individual may be qualified to enter two different national championships was discussed. Although such dual qualification is possible under the current rules, the rules also state that runners should not compete in more than one national championship.

As you are aware, the FRA subscriptions are going up next year. To assist with this, we will all be getting standing order mandates with our October copies of "The Fellrunner". These will need filling in and submitting to our banks.

The format of championship races was discussed at some length. Whether a race should be expected to adopt particular standards or formats simply because the organiser has elected to be a championship race – and has subsequently been selected by the FRA. If you have any thoughts on these matters, or any aspect of the championship, write to the Editor!

The World Trophy Bid is now well supported by both Cumbria Rural Regeneration Ltd and the local Councils, and a business plan based on an event in Keswick, coupled with a World Masters at Coledale a week later, is being drawn up. There should be more detail elsewhere in this magazine.

Like most fell runners, the FRA radios are getting old, and replacements are being looked into.

In next year's Calendar, race organisers are to be reminded of FRA Safety Requirement 4. In particular, they must be careful not to include *compulsory* sections in their races which unnecessarily expose runners to objective dangers. In these ever litigious days, you can never overstate the obvious!



The Complete Racing System

"If you're serious about improving your racing performance you've got to use Allsports supplements - no others compare."

Kevin Dawson

100 mile and 12 hour National Cycling Champion and 6 times mens B.B.A.R. Winner



All products tested and proven under the most arduous competition conditions by international class athletes.



Professional formulas for serious athletes

Learn all about the famous **Amino Loading** technique. **Discover** how to **Pre Race Stack**. **Find Out** what constitutes a genuine **Isotonic Formula** and **6 tips** to help endurance athletes gain the edge. This information will cost you nothing. All you have to do is send for our **FREE colour brochure**.

Pre Load - The world's most advanced carbohydrate and phosphate pre race stacking system.

Enduro Load - Energy giving, muscle sparing, rehydrating, lactate buffering, mineral replacing.

Amino Load - The finest recovery drink on the market. The only one in the world to use the **unique** Amino Loading technique.

SR3 - Genuine Isotonic mineral and carbohydrate formula.

Basic Training Fuel - High energy three carbohydrate blend. Blended in the ideal ratio for optimum absorption.

Winter Training Formula - Developed for athletes to use during winter training. **The ideal pre race breakfast.**

www.allsports-int.co.uk

YES I would like a **FREE** copy of your colour brochure 'The Complete Racing System' from the UK's longest established manufacturer of specialist sports supplements.

Name.....
 Address.....

 Post Code.....

Please also send me a **FREE** copy of your full product guide. (tick)

Allsports International Ltd, Dept FR, 21 Wheatley Hall Business Centre, Wheatley Hall Road, Doncaster DN2 4LP
 Tel 01302 325163 • Fax 01302 328771
 Email: enquiries@allsports-int.co.uk www.allsports-int.co.uk

RESULTS

NOVEMBER
TO MAY



*Lan Warburst of Pennine heads for the finish at the Wardle Skytime
(Photo Steve Bateson)*

Compiled by Dave Weatherhead and Barbara Carney

**"RUNNING BEAR" CLWYDIAN HILLS RACE
Flintshire**

BM/10m/3000ft 03.11.02

Thank you to the 104 runners who took part in the 14th Clwydian Hills Race. Conditions were fairly good despite terrible weather the previous day (thanks to my fellow course markers - Sid Cobain, Peter Taylor, and Craig Reiersen, for enduring those conditions), and clear blue skies were observed at the start of the race. As this is Wales, rain was not far away, and most runners endured some showers as they competed over a challenging course based on the three principle hills of Foel Fenni, Moel y Gaer, and Moel Famau.

Difficult conditions underfoot meant that records were never under any threat, however there were some strong performances in all categories.

Special thanks go to Tony Hulme at Running Bear for his continued support of the race (note the winner of the V50 category!), and to Urenco (Capenhurst) Limited for a generous donation. Thanks also to fellow organiser, Sid Cobain, and to other members of the North East Wales Search and Rescue Team for providing support in putting the race on.

All proceeds from the race have gone to NEWSAR, who would like to thank all the runners taking part for their support.

The race will be on again next year, so if you fancy a challenging run in a friendly environment, together with a good prize list, make a note in your diary for 2nd November 2003!

Steve Ball

1. M. Fowler	Penn	1.24.43
2. R. Lamb	Mercia	1.24.50
3. T. McGaff O/40	Penn	1.24.56
4. A. Smith	Amble	1.25.55
5. A. Yapp	Mercia	1.26.58
6. N. Ashcroft	Amble	1.26.41
7. C. Leigh	Traff	1.27.01
8. P. Targett	Clay	1.27.20
9. D. Nichols	Macc	1.28.31
10. S. Ellis	Tatten	1.28.39

VETERANS O/40

1. (3) T. McGaff	Penn	1.24.56
2. (12) S. Entwistle	Penn	1.29.55
3. (13) T. Jones	Eryri	1.30.24

VETERANS O/50

1. (14) T. Hulme	Penn	1.30.42
2. (22) M. Pickering	Eryri	1.35.22

VETERANS O/60

1. (56) P. Norman	Wrex	1.50.51
-------------------	------	---------

LADIES

1. (40) V. Musgrove	Eryri	1.42.10
2. (46) C. Mills	Kenilw	1.45.03
3. (55) J. Mellor	Penn	1.50.24

RASS VALLEY KEEIN EOIN

Isle of Man

AS/3m/900ft 01.01.03

The Rass Valley Keein, or St John's Fell Race, was held in pouring rain on New Year's Day but this did not deter a near record field from turning out for the short sprint to the summit of the Witches Hill at Sliuewhallian and back.

The three mile course had to be altered because of the torrential rain making the river crossing at Mullen Y Cloie impassable, much to the disappointment of the considerable crowd that had been waiting in anticipation of seeing many of the runners take their usual unscheduled bath!

Tony Okell took the first step towards retaining his fell title by winning from Mark Preston after a good battle with Port St Mary's Ian Ronan in third.

The highlight of the after race presentation was the awarding of life memberships of the Manx Mountain Marathon Organisation to stalwart officials, Margaret Qurik, Walter Kennaugh and Doug Drown - three very hard working people who are the backbone of Manx fell running.

All entry fees were presented to the Riding for the Disabled Charity, a nice little sum of over £200.

1. T. Okell O/40	MHI	25.15
2. M. Preston	MHI	25.42
3. I. Ronan O/40	MFR	26.21
4. S. Partington	MHI	26.42
5. D. Young O/50	MFR	26.50
6. P. Mackie	WAC	27.04
7. P. Renshaw	MHI	27.18
8. T. Rowley O/40	MFR	28.06
9. K. Callister	MHI	28.42
10. P. Crowe	NAC	28.58

VETERANS O/60

1. (35) R. Callister	MFR	33.53
----------------------	-----	-------

LADIES

1. R. Hooton	MFR	30.41
2. M. Kewley	WAC	38.57
3. C. Barwell	WAC	42.42

ASHURST BEACON RACE

Lancashire

CS/5.9m/950ft 18.01.03

A second successive win for Rob Hope, this time fairly comfortably from his brother, Danny, with regular participant, John Hunt, managing his best placing yet in third. A little further back, there was some confusion when a few runners left the course and were followed by others.

A more consistent team performance from Horwich (25 points) meant they took the team prize from Pudsey, whose third man was back in 54th place.



Cheery competition from Penny Lane Striders at Ashurst Beacon (Photo Steve Bateson)

In the ladies' race, Gill Bacon had a comfortable win over her clubmate, Linda Clough.

173 runners was a very pleasing turnout as we made little effort with advertising but the venue can't really take more than this.

Thanks go to the Prince William Inn and Burtonwood Brewery for their continuing support, and to all the Newburgh Nomads who helped on the day.

Andy Quickfall

1. R. Hope	P&B	35.42
2. D. Hope	P&B	36.28
3. J. Hunt	CFR	36.45
4. C. Rigby	Horw	37.02
5. R. Burnley	Chor	37.32
6. R. Haworth O/40	Middle	38.06
7. M. Hammer	B'burn	38.15
8. P. West	Salf	38.19
9. S. Cotton	Horw	38.26

VETERANS O/40

1. (6) R. Haworth	Middle	38.06
2. (12) S. Jackson	Horw	39.08
3. (13) N. Wrigley	Horw	39.12

VETERANS O/50

1. (37) K. Taylor	Ross	42.39
2. (58) C. Pooley	LancsM	44.33
3. (59) A. Turnbull	WiganP	44.47

VETERANS O/60

1. (52) J. Amies	Congle	43.49
2. (66) P. Jepson	Ross	45.44
3. (88) R. Hart	WiganP	48.22

LADIES

1. (33) G. Bacon	WiganP	42.12
2. (49) L. Clough	WignaP	43.27
3. (53) S. Scarrott	Chor	43.55
4. (73) S. Cooper O/45	SouthpW	46.37
5. (76) S. Green O/40	LivRC	47.08

171 finishers

**KEITH MUNTON MEMORIAL
BOULSWORTH HILL FELL RACE**

Lancashire

BM/6.5m/1200ft 11.01.03

Thanks to all who turned up to run and to help with the marshalling of this year's race. As I mentioned before the start, this was the last time the race could be run from the Herders' Arms. The pub has been sold and the new owners intend turning it into a house.

After 17 years and 16 races (1990 was missed when the race moved from December to January), I still hope to carry on having a race up Boulsworth. Unfortunately, I don't think 'the wall' finish will continue.

This year's race was hampered by ice on the lower parts of the course and deep snow on higher ground. This is reflected in the winning times. Ian was over seven minutes outside his own course record while Sally was nine minutes outside Sarah Rowell's 11-year old record.

See you all again next year.

Duncan Thompson

1. I. Holmes	Bing	52.47
2. C. Reid	Bowland	55.14
3. S. Macina	P&B	55.20
4. C. Valentine O/40	Kesw	57.03
5. P. Pattinson	PudseyP	57.31
6. A. Orr	Clay	57.56
7. P. McWade O/50	Clay	58.46
8. D. Naughton O/40	Darwen	59.52
9. J. Holt O/50	Clay	58.55
10. S. Birtwhistle	Ross	58.59



Ian Holmes breaks the trail at Boulsworth (Photo Mark Aspin)

VETERANS O/40

1. (4) C. Valentine	Kesw	57.03
2. (8) D. Naughton	Darwen	59.52
3. (15) B. Whalley	P&B	59.45

VETERANS O/50

1. (7) P. McWade	Clay	58.46
2. (9) J. Holt	Clay	58.55
3. (14) K. Carr	Clay	59.42

VETERANS O/60

1. (45) P. Jepson	Ross	64.32
2. (47) D. Ashton	Darwen	64.40
3. (61) T. Peacock	Clay	66.45

LADIES

1. (23) S. Newman O/40	CaldV	61.13
2. (36) S. Taylor	Bing	63.16
3. (99) J. Foster	Kghly	73.30
4. (112) L. Ellis	NiddV	76.44
5. (114) S. Smith	Bing	77.23
6. (131) S. Roberts	Tod	81.21

147 finishers**WHITE NANCY FELL RACE
Cheshire****BM/5.5m/1200ft 25.01.03**

The second running of this race around the local landmark attracted more entrants than I'd anticipated - fortunately the landlady of the Bull's Head had cooked more of her wonderful hotpot than I'd suggested so there was enough to go round. Brian Cole of the Royal Marines broke the record by almost 2 minutes and climbed very powerfully up the final summit to White Nancy, a finish suggested by some in the know to rival that at Boulsworth. Steve Birkinshaw from Northumberland comfortably outpaced Mark Hartell for second position - Mark then announced that this distance was a bit on the short side for him and set off to jog the 16 or so miles back home. Jenny Ewels from Wrexham was over 3 minutes ahead of the rest of a somewhat smaller ladies field than last year!

Martin Cortvriend

1. B. Cole	RoyalMar	37.43
2. S. Birkinshaw	NFR	38.25
3. M. Hartrell	Macc	38.57
4. R. Houghton	Bux	39.33
5. T. Higginbottom	Wrex	39.43
6. J. Batt	Bux	41.53
7. P. Aird O/40	NthnV	41.57
8. C. Fray O/40	Penn	42.22
9. N. Shepherd O/40	Warr	42.24
10. R. Eagle O/40	MDC	42.32

VETERANS O/50

1. (13) T. Longman	Macc	43.11
2. (29) D. Shinn	Dallam	46.33
3. (37) M. Cortvriend	Macc	48.27

VETERANS O/60

1. (17) J. Amies	Congle	43.51
2. (28) P. Jepson	Ross	46.20
3. (45) M. Coles	Skyrac	51.09

LADIES

1. (51) J. Ewels	Wrex	52.24
2. (55) K. Turner O/40	Unatt	56.01
3. (61) M. Groom	Penn	58.11
4. (70) H. Madden	Macc	65.39
5. (71) E. Martin	Unatt	66.02
6. (72) C. Fordham	StaffsM	66.04

STIPERSTONES 2**(SHROPSHIRE WINTER SERIES 3 of 5)****Shropshire****BS/5.6m/1200ft 26.01.03**

Amanda Wright-Allen, winner of the ladies' section at Mortimer Forest race, showed all the men the way home by winning the race overall. How many races have been won by a lady outright?

It will be interesting to see if Amanda will continue to run on the fells. Paul Norman had a comfortable win in the over 60s from B. Nicholas, but the titanic battle of the day came in the Super Vet 70 class, which was eventually won by Ken Westley, just ahead of Lou Myers.

Many thanks to all helpers especially Keith, Pauline, Phil, Gill & Terry.

We also had some fresh faces on the marshalling side who were some of my work colleagues from Stoke Heath Young Offenders Institute. The race trophies were made by Instructors & Inmates.

We were well looked after on the day at The Stiperstones Inn by John and his staff - many thanks.

Ian Davies

1. A. Helen-Wright	Telf	43.39
2. R. Lamb	Mercia	44.15
3. P. Devine-Wright	Owls	45.26
4. I. Hughes	S'bury	45.51
5. A. Carruthers O/40	Crawley	47.42

VETERANS O/40

1. (5) A. Carruthers	Crawley	47.42
2. (6) A. Smith	Telf	48.09
3. (8) L. Jones	FRA	48.55

VETERANS O/50

1. (12) B. Dredge	Mercia	51.10
2. (15) G. Whitmarsh	Ca'b'y	51.20
3. (26) M. Blake	Eryri	54.08

VETERANS O/60

1. (36) P. Norman	Wrex	57.09
2. (44) B. Nicholas	Mercia	63.37
3. (47) M. Edwards	DkPk	65.46

VETERANS O/70

1. (67) K. Westley	MVets	94.54
2. (68) L. Myers	DRun	99.58

LADIES

1. (1) A. Helen-Wright	Telf	43.39
2. (20) V. Musgrove O/40	Eryri	53.21
3. (32) G. Harris O/40	Mercia	56.07

**20th SOREIN STANBURY SPLASH
FELL RACE****West Yorkshire****BM/7m/1200ft 26.01.03**

Ian Holmes won for the 9th time at the Sorein Malt loaf run, as it's affectionately known as, and attributed his continued success over the Haworth moors to the gooey goodness of toasted Sorein malt loaf, and who would doubt it?

Is this also the secret to his 4 times English championship achievement?

Could this also explain his powers of recovery, because the day before he finished 19th in the North of England Cross Country championships from 2000 runners?

Gale force winds, probably the worst in the 20-year history of the race, certainly affected times, but not numbers, with 236 seniors and 50 juniors, although Ian himself was over 4 minutes outside his fantastic time of 43-35 set in the year 2000.

Six times English champion, over 40 Dave Neill, finished nearest to Ian in 48-40, to make it a hat-trick of veteran wins here - but was more delighted by the fact his daughter Rebecca won the under 10's girls race in a new record time of 11-38.

Phil Sheard finished 3rd, whilst 3 times veteran winner Steve Oldfield finished 4th, but Steve still does hold the veteran course record of 46-23 from the year 2000.

The much coveted locals trophy was keenly contested by Robin Bradbury, an accomplished cyclist, 16th overall, with only 23 seconds separating him from his wily old club mate and past winner, Colin Moses who finished 13th, lucky for him. Third local was over 40, Martin Roberts, from Todmorden Harriers, who lives in Oxenhope, who was just behind the first over 50 for the second year running, Mike Walsh, the current British and English champion for his age group.

Hip, hip, hooray, Sharon Taylor finally fulfilled her potential, beating twice Sorein winner, Pauline Munro, and 2000 winner Helen Johnson, all achieved by forceful running back on to Penistone hill from the stream crossing of Sladen beck, while others walked the 23 year old just kept running. Sharon's name will nestle proudly amongst the others like, Sarah Rowell, Andrea Priestley, Carol Haigh and also in later years Carol Greenwood, which adorn the perpetual oil painting trophy of Ponden Kirk and Beck, which hangs in Sharon's Cumbrian home now.

Helen Johnson, was not only third, but first v35, which isn't according to the FRA a recognized category, here you have to be over 40. But since these Haworth moor races attract both road and cross country ladies, where they would normally expect that prize to be awarded. The organizers feel it would be unfair to single these v35 ladies out in fell races, whereas in all other disciplines, road, x-country, triathlon, track & field etc. the age group is v35. This category is not instead of, but as well as all other age categories.

Due to a new fence at the top of the quarry being erected all the junior category winners times are now records, but the route other than that is exactly the same, with a little bit of everything to whet your appetite. Of course the goody bags and pop will never change!



The sponsor gets his reward at Stanbury (Photo Woodhead)

Sam Wood led the field up the quarry wall in the under 8's race, only to shed a shoe, luckily mum Shirley was on hand to help lace it back on, but not quick enough for Sam. Arron Schofield won in 3-15, with Joshua Ferguson 2nd in 3-35, and first girl Annie Roberts 3rd in 3-42, Patrick Dennis 4th in 3-53 and poor Sam Wood 5th in 3-55. Oxenhopes Martha Anderson and Ella Roberts finished 2nd and 3rd girls with 14 under 8's bravely trying to keep their feet in the turbulent weather.

35 toed the under 14, u12, u10 with only one under 16 Peter Haworth competing the 2 lap route. Under 14 Grant Cunliffe was pushed all the way to win in 7-46 by u12 Niall Gould, u14 Andrew Bray, u14 Philip Bolton & 2nd u12 Ben Page with Richard Shuttleworth 6th and 3rd u12 in 8-13. Ryan Gould did win the u10's in 8-24 for 7th while Holly Page u12 beat u14 Jade Hartley by 4 seconds, with another two u12 girls Katie Ireland and Alice Munnoch 2nd & 3rd.

Blessed are the Soreen makers, for this race wouldn't be the same without their undying support, in rewarding all finishers a Soreen malt loaf to aid their powers of recovery, and maybe emulate Ian Holmes.

Dave Woodhead

1. I Holmes	Bing	47.57
2. D. Neill O/40	StaffsM	48.40
3. Phil Sheard	P&B	49.06
4. S. Oldfield O/40	BfdA	49.46
5. P. Brittleton	Howgill	50.34
6. S. Frazer O/40	Bing	50.43
7. S. Bottomley	P&B	51.07
8. J. Hemsley	P&B	51.09
9. S. Macina	P&B	51.14
10. G. Schofield O/40	Horw	51.43

VETERANS O/50

1. (38) M. Walsh	Kend	58.03
2. (43) G. Howard	Ilk	58.45
3. (52) J. Pickup	Clay	59.19

VETERANS O/60

1. (76) N. Bush	Ilk	62.55
2. (85) P. Reynard	Felland	63.50
3. (115) R. Jaques	Clay	66.34

LADIES

1. (48) S. Taylor	Bing	58.55
2. 51) P. Munro	Bing	59.15
3. (57) H. Johnson O/35	Bing	59.55
4. (70) E. Barclay O/35	Ilk	61.51
5. (72) H. Jackson	Bing	62.17
6. (95) H. Glover	Kghly	64.15
7. (97) A. Richards	Tod	64.21
8. (125) A. Weston O/35	Ilk	67.39

236 finishers

JUNIORS

Under 16s

1. P. Haworth	Middle	14.17
---------------	--------	-------

Unders 10s, U12s and U14s

1. G. Cunliffe U/14	Ross	7.46
2. N. Gould U/12	EastChesh	7.52
3. A. Bray U/14	Bing	7.54
4. P. Bolton U/14	Ross	7.58
5. B. Page U/12	Hfx	8.01
6. R. Shuttleworth U/12	Prest	8.13
7. R. Gould U/10	EastChesh	8.24
8. J. Hutchinson U/12	Unatt	8.29
9. H. Page Girl U/12	Hfx	8.31
10. J. Sutcliffe U/12	Bing	8.32

35 finishers

Under 8s

1. A. Schofield	EastChesh	3.15
2. J. Ferguson	Unatt	3.35
3. A. Roberts Girl	Tod	3.42

14 finishers

RAAS GHREEBA

Isle of Man

AM/9m/2500ft 01.02.03

The Raas Ghreeba, or Greeba Fell Race, enjoyed much better conditions than January's opening round of the Manx Fell League, which was held just a couple of miles down the road at St John's. Incidentally, the Manx League has been sponsored

by local firm, Managrakem, for around 20 years, surely one of the longest running sponsorship partnerships in fell running.

Tony Okell continued his winning ways in convincing style leading from start to finish. The main interest in the race was the seven way battle for runner-up which eventually went to former mountain biker, Ian Gale, after a tremendous race long battle.

We are very lucky to be able to use the excellent facilities at the Cronk Dhoo Farm Camp Site where competitors can enjoy the luxury of a shower and some enjoyable refreshments after the race.

1. T. Okell O/40	MH	1.16.34
2. I. Gale	MFR	1.19.47
3. B. Osbourne O/40	MFR	1.20.34
4. S. Partington	MH	1.20.45
5. M. Preston	MH	1.21.35
6. P. Kaneen	MH	1.21.52

VETERANS O/50

1. D. Young	MFR	1.22.22
2. R. Webb	MH	1.32.20
3. D. Corrin	MH	1.32.40

VETERANS O/60

1. R. Callister	MFR	1.44.13
2. T. Coleman	NAC	1.58.37
3. E. Brew	NAC	2.31.52

LADIES

1. R. Hooton	MFR	1.43.11
--------------	-----	---------

OGDEN MOORS FELL RACE

West Yorkshire

CM/6m/700ft 01.02.03

The sudden snow and hail shower just after the start of this year's race caught out one or two, especially those without the benefit of a thermal or windproof. Thankfully, it warmed up after ten minutes or so and most of us reached the finish in bright sunshine.

23-year old Ted Mason took his first Ogden Moors victory in a very respectable time given those icy conditions. Ted, of Appletreewick near Skipton, is a real prospect, so keep an eye out for his name in the future!

Sarah Rowell has visited Ogden many times over the years and has won on each occasion. Now running as a veteran, but showing no signs of the ageing process, she again tore the field apart with a tremendous run for 38th place from 181 starters.

Thanks to Linda, Carole and Michael on registration, all the marshals and helpers and our sponsors, Longcroft Engineering of Todmorden, who contributed towards the prizes and also to Screentone Printers for the unique plastic race numbers.

Special thanks to Sharon Cousen of Halifax Harriers who donated a load of beer and chocolates for the spot prizes and the brilliant Brian Horsley who gathered in all the flags, enabling me to have a run myself.

Allan Greenwood (and Linda Crabtree)

1. T. Mason	Wharfe	35.45
2. S. Oldfield O/40	BfdA	35.52
3. G. Devine	P&B	36.17
4. D. Walker	Clay	36.20
5. J. Cordingley O/40	Bing	36.27
6. K. Gray	CaldV	36.37
7. J. Mason	WoodkStr	36.41
8. A. Clarke	CaldV	36.56
9. S. Neill	P&B	37.03
10. S. Macina	P&B	37.08

VETERANS O/50

1. (26) T. Hesketh	Horw	40.03
2. (30) M. Walsh	Kend	40.25
3. (35) K. Taylor	Ross	41.06

VETERANS O/60

1. (97) I. Noot	EPOC	47.10
2. (98) M. Coles	Skyrac	47.19
3. (104) R. Jaques	Clay	47.53

LADIES

1. (38) S. Rowell O/40	P&B	41.19
2. (60) L. Lacon	Holm	43.22
3. (70) K. Bailey	Bing	44.37
4. (96) C. Waterhouse O/35	Hfx	47.05
5. (103) F. Davies	One2One	47.43
6. (119) L. Ellis	NiddV	49.17

180 finishers

L.LANTHONY WINTER FELL RACE

South Wales

AS/3m/1100ft 08.02.03

The first running of this latest addition to the South Wales Winter League series attracted a surprisingly large field of 48 including two fifteen year olds from Llandovery way. The weather was favourable and overnight rain left a nice amount of squelch in the pastures at the bottom of the descent to the finish. Andrew Keron led Andrew Jones and Adrian Woods to the trig on Offa's Dyke, and these three provided spectators at the finish with an eventful climb down from the ridge. Jones and Woods gradually edged away during this technical descent, and it took a sprint finish across the last field to separate these two.

A dozen got within the 40-minute mark, which was reckoned to be a good time for the day.

Tom Gibbs, off the podium for the first time this season, stills hangs on to overall lead despite second placer Andrew Jones pulling back some points here. Astrid Wheatcroft still leads the



How slippery can a track get? The icy start of Ogden Moors (Photo Pete Hartley)

women's section, but had to give way to Alice Bedwell's fine effort here.

Dick Finch

1. A. Woods O/40	Eryri	36.10
2. A. Jones	MDC	36.12
3. A. Keron	Unatt	36.45
4. T. Gibbs	MDC	36.58
5. M. Saunders O/40	MDC	37.41
6. D. Adlam	MDC	37.42
7. C. Taylor O/40	Mercia	37.52
8. S. Blease O/40	Brych	38.52
9. N. Lewis	MDC	39.05
10. M. Bryant	MDC	39.15

VETERANS O/50

1. (17) S. Littlewood	Heref	41.02
2. (24) R. Day	MDC	42.50
3. (25) J. Darby	MDC	43.32

LADIES

1. (22) A. Bedwell O/40	MDC	42.06
2. (27) A. Jones	MDC	44.02
3. (33) A. Wheatcroft	MDC	47.56

47 finishers

BLAKE'S HEAVEN

Cumbria

AS/4m/1700ft 08.02.03

I'm not sure if the cold winds and low cloud were welcome after the heavy snow of the previous week. The cloud, though, proved to be the undoing of a couple of Borrowdale 'raiders' (no names, no pack drill) as they missed the first checkpoint. In fact, the first four home must have followed each other like Cumbrian sheep as none of them completed the full course. This let the 'old hand', Harry Jarrett, into first place; a fine run for the new vet 50. This hard, fast course demands the attention of some more class runners.

Before this race the English Boys Champions were out in force for their first run of the season as they contested a shorter course. Peter Scott won the U/16, Simon Clifford the U/14 and Jonathan Walker the U/12 races. 56 seniors ran.

Rob James

1. H. Jarrett O/50	CFR	39.27
2. A. Beatty O/40	CFR	40.03
3. P. Dawson O/40	CFR	40.12
4. D. Atkinson	CFR	40.18
5. S. Walker O/40	CFR	40.33
6. P. Crompton O/40	CFR	40.48
7. A. Bradley	CFR	41.14
8. B. Pollitt	CFR	41.23
9. B. Taylor	CFR	41.27
10. M. Yearsley	CFR	41.52

VETERANS O/50

1. H. Jarrett	CFR	39.27
2. M. Litt	CFR	42.38
3. D. Lees	CFR	44.54

VETERANS O/60

1. J. Richardson	CFR	48.23
2. B. Johnston	CFR	53.41
3. B. Hillon	CFR	55.55

LADIES

1. N. Davies O/40	Borr	43.06
2. K. Beatty O/40	CFR	43.37
3. M. McKenzie O/40	CFR	44.40

TIGGER TOR

Derbyshire

BM/10m/1550ft 09.02.03

Following discussions with Peak Park, it was decided that this year the race was to avoid Stanage Edge, which has now been declared a special protection area. I jumped at this idea as it would eliminate three road crossings, make the race easier to control and other sensitive areas in Burbage valley could be avoided.

What would the grumpy old ranger do now? No one to moan at and take photos of! Who would he blame for enjoying themselves and using the land for what it had been created for?

The upshot of it all was a slightly longer course with less climb but fast firm tracks, which suited the young fliers and few older ones.

In spite of John's race which was held on the same day, we attracted 315 runners. It must have been the good weather forecast and excitement of the new course that was the attraction.

By checkpoint three at 'Toad's Mouth', Phil Winskill and Lloyd Taggart had opened up a commanding lead; their only problem was a route choice, which eventually made no difference with them both finishing five minutes in front of third place, Lewis Banton. Phil won the race and set this year's course record with Lloyd second.

A little fine tuning, moving a couple of checkpoints and finishing round the top pitch will be something to look forward to next year.

Finally, a big thank you to all the helpers who turned out on the day, to my wife Glennis, who fortunately has no desire to ever run the race, to all runners who turned up from far and wide and to Dark Peak who had a massive total of 52 runners this year. The race could not exist without you all, so once again thank you for making the day an enjoyable one. See you all again next year!

Don Langley

1. P. Winskill	DkPk	1.06.27
2. L. Taggart	Bux	1.06.46
3. L. Banton	Clowne	1.11.44
4. M. Crosby	Altr	1.11.57
5. S. Gregory	HolmePP	1.12.20
6. S. Maycock	SteelCStr	1.12.37
7. T. Plant	DerbyTri	1.12.40
8. S. Bell	DkPk	1.12.47
9. I. Smith	DkPk	1.12.59
10. S. Marsden	Hallam	1.13.11

VETERANS O/40

1. (11) B. Carr	Congle	1.13.31
2. (14) A. Carruthers	Crawley	1.15.31
3. (15) C. Rowe	Matlock	1.15.33

VETERANS O/50

1. (18) R. Taylor	Penn	1.16.20
2. (22) D. Tait	DkPk	1.16.43
3. (30) P. Jones	Eryri	1.19.30

VETERANS O/60

1. (53) J. Amies	Congle	1.21.58
2. (165) C. Radcliffe	DkPk	1.34.50
3. (241) B. Thackery	DkPk	1.47.07

LADIES

1 (51) K. Davison	DkPk	1.21.48
2 (55) N. Greaves	Penn	1.22.06
3 (71) W. Barnes	Barns	1.24.58
4 (105) C. Howard	DkPk	1.28.52
5 (11) Y. Williams	Penn	1.29.03
6 (112) R. Hambleton	DkPk	1.29.05
7. (114) P. Leach O/40	DkPk	1.29.22
8. (123) H Morburn	DkPk	1.30.46

301 finishers

JOHN'S RUN

West Yorkshire

CM/6m/800ft 09.02.03

A tribute to John Taylor was that "John's Run", a race in his memory, attracted 335 runners, plus 60 juniors ranging from 4 times English champion Ian Holmes to Paul Smith, Taylor's fishing companion of many years. These were just two of 15 competitors especially introduced on the start line by virtue of their friendship/association with John, who still is the current Yorkshire Fells champion. John's fiancée, Kirstin Bailey, received an ovation as she took her place alongside the likes of Lisa Lacon, Mark Buckingham and Matthew Pierson - 3 of the runners who might not have been competing today, but for John's encouragement and enthusiasm.

Numerous internationals turned out including the current Northern Cross Country champion Chris Cariss, Greg Hull, Mick and Steve Hawkins, Sarah Rowell, Helen Johnson, Jack Maitland to name but a few, with even the marshals having National and International status.

The first quarter mile comprised of a 'rolling start', similar to cycling, no-one was allowed to pass the selected friends, and the race clock then started as the entire field acknowledged John's brother, Peter who, watched by parents, June and Antoni, with sister Paula, waved an England flag to start the race in earnest. Here, bagpiper Ken Pickles in his full Gordon Highlanders regalia played a lament as all the runners streamed passed, waving and cheering Peter as they embarked on the 6 mile/800ft circuit of Haworth Moor.

The race route was designed with John Taylor in mind, very runnable, and certainly he might well have given the 'Master of Haworth Moor', Ian Holmes, a run for his money. Holmes soon took the lead, but was joined by the Hawkins' brothers and Tim Werrett who helped him face the strong wind up to the halfway point, the 1200ft Stanbury trig point. Once rounded with the wind behind, Holmes took control, and although Werrett finished 18 seconds down he never really threatened. Rob Jebb took 3rd ahead of Mike Bouldstridge, whose dad David won the over 60's section. International Pauline Munro recently 5th in the Yorkshire cross country championships provided Bingley with double winners by taking the ladies' title, while John's former club, Holmfirth Harriers, provided 2nd and 3rd ladies, in Helen Berry and Lisa Lacon. Both these ladies were twice English Intermediate fells champions in their younger days, just like John Taylor was. Now 28 years old, Helen Berry was also the English under 18 champion 3 times, 1989, 1991, 1992, but up until last autumn had been injured for 18 months with a hip injury. Helen, a sales consultant for a Swiss health care company in Nottingham, is certainly 'chuffed' at being back. She still only trains 3 times a week and is very wary of injury and is just enjoying being back - 17th in the



Runners salute the piper at the start of John's Run (Photo Dave Brett)

Yorkshire cross country championships isn't bad off limited training. Lisa Lacon 3rd, actually followed in Helen Berry's footsteps in winning the English under 18 title in 1993 and 1994, and is a regular top 3 placer in most fell races.

Kirstin Bailey herself, wearing race number one, finished 7th lady, on what was a very emotional and memorable day for her.

John Taylor would have loved the graffiti lollies all finishers received, because these tricky little suckers changed your tongue to all the colours of the rainbow.

The prize giving consisted of an unusual cabbage prize draw, i.e. the forty odd cabbages had numbers attached to the bottom of them which corresponded to a numbered prize. The first 15 men, and 10 ladies, collected an array of jars of sweets, beer and chocolate prizes, but all missed out on the star prize of a pair of fell shoes which were under Savoy cabbage number 1, the lucky recipient was Chorley Harrier, Eddie Pugh, normally a road runner, who finished 313th, and was drawn out of the hat along with many others. The idea behind the odd prize giving was so no one felt awkward at being called forward, and having to decide what prize to pick. This way it was a lottery on which cabbage took your fancy, Savoy, Red, White or even King cabbage; mind you trying to get numbers on them proved more difficult than you can imagine.

The memorable day finished with a video of John's Run shown that day, the raffle draw, free sandwiches supplied by the Old Sun Hotel, Haworth, and a few beers raised to John's memory.



Runners on the Top Withins track at John's Run
(Photo Pete Hartley)

The whole day raised in excess of £2,700, bringing the John Taylor Foundation for Young Athletes Trust to over £7,000. For more information why not log on to www.johntaylorfoundation.org.uk to see how the Trust is progressing, and maybe make a donation yourself.

Organiser, Dave Woodhead, summed up the day, "This was the hardest, yet the most rewarding event I have ever organised - but I would have much preferred not to have had to organise it, and to have had John still with us".

A sentiment endorsed by all the runners.

We still have one unclaimed raffle prize, ticket number 2733 with S. Glover written on it; unfortunately there is no STD telephone code, and we have been unsuccessful in the various codes we have tried. If you're S. Glover, please get in touch, the prize is well worth having!

Seymour Hills

1. I. Holmes	Bing	39.42
2. T. Werrett	Mercia	40.00
3. R. Jebb	Bing	40.42
4. M. Boulstridge	Mercia	41.02
5. T. Mason	Wharfe	41.37
6. G. Ehrhardt	Tod	41.52
7. D. Hinchcliffe O/40	Longw	41.56
8. S. Hawkins	Unatt	42.10
9. J. Hemsley	P&B	43.03
10. A. Robertshaw	Otley	43.06

VETERANS O/40

1. (7) D. Hinchcliffe	Longw	41.56
2. (14) M. Hawkins	Bing	43.19
3. (22) I. Greenwood	Clay	44.36

VETERANS O/50

1. (41) M. Walsh	Kend	46.34
2. (62) R. McArthur	Melth	48.20
3. (69) G. Pickup	Clay	48.54

VETERANS O/60

1. (158) D. Boulstridge	Birchf	55.30
2. (167) R. Jaques	Clay	56.16
3. (168) G. Webster	VallStr	56.21

LADIES

1. (74) P. Munro	Bing	49.27
2. (86) H. Berry	Holm	50.07
3. (93) L. Lacon	Holm	51.02
4. (108) S. Becconsall O/40	Bing	52.48
5. (113) R. Whitehead	Bing	53.01
6. (135) A. Kelly O/40	Clay	54.22
7. (142) K. Bailey	Bing	55.07
8. (143) S. Rowell O/40	P&B	55.08

UNDER 18s

1. (13) M. Pierson	Holm	43.13
2. (17) M. Buckingham	Holm	43.53
3. (23) C. Doyle	Traff	44.44

332 finishers

JUNIORS U/14

1. (1) G. Cunliffe Boy	Ross	7.19
2. (5) J. Hartley Girl	Pendle	7.55
3. (14) R. Hollingdale Girl	Holm	8.23

JUNIORS U/12

1. (2) I. Horsfall Boy	Unatt	7.24
2. (3) R. Shuttleworth Boy	Prest	7.31
3. (4) B. Page Boy	Hfx	7.48

JUNIORS U/10

1. (9) T. Doyle Boy	Kend	8.04
2. (13) J. Rooke Boy	Holm	8.21
3. (20) D. Wilson Boy	Wharfe	8.51

48 finishers

JUNIORS U/8

1. S. Wood	Ilk	2.47
2. E. Mitchell	Unatt	2.53
3. J. Ferguson	Kghly	3.16

11 finishers

CARNETHY 5 HILL RACE
Midlothian

AM/6m/2500ft 15.02.03

A record field of 460 runners completed the 700th Carnethy 5 Hill Race in fine style on a gloriously sunny day. As befitted this special anniversary year commemorating the day in 1303 when 8,000 Scots defeated 30,000 English troops, both the men's and ladies' races were won by Scots!

The pipes played, the claymores glistened in the sun and the Saltire squared up against the St George's cross in a battle re-enactment. Needless to say, in the face of many folks in kilts with large claymores, it was hard to find a volunteer to hold the St George's Cross!

The junior race went off first, followed by the main race a few minutes later.

Dave Rodgers won the race for the first time, followed by Nick Sharp and 2001 winner, Jim Davies, was third.

The ladies' race was won by record holder, Angela Mudge (in 1303 battle dress), followed by Louise Sharp in second place and Lyn Wilson in third.

The first veteran was the ever-young Mark Rigby and first lady veteran was Nicola Davies.

It was the 700th anniversary of this race which commemorates the Battle of Roslin in 1303 and, therefore, was a wee bit special!! Don Naylor won a Claymore as the first finisher in a kilt (and he's a Welshman to boot!! - so he showed up the Scots!)

Jamie Thin

1. D. Rodgers	Lochab	48.17
2. N. Sharp	Amble	48.39
3. J. Dvies	Borrw	48.52
4. M. Rigby O/40	Amble	49.14
5. M. Donnelly	NFR	49.42
6. P. Davies	Borr	49.45
7. T. Lenton	Lothian	49.50
8. S. Stainer	Amble	50.59
9. A. Kitchen	Lothian	51.14
10. R. Hope	P&B	51.47

VETERANS O/40

1. M. Rigby	Amble	49.14
2. (17) R. Gallagher	W'lands	52.55
3. (19) J. Hepburn	Lochab	53.16

VETERANS O/50

1. (45) H. Jarrett	CFR	56.32
2. (51) J. Blair-Fish	Carn	56.51
3. (61) J. Holt	Clay	58.25

VETERANS O/60

1. (165) K. Burns	Carn	67.03
2. (177) B. Gauld	Carn	67.32
3. (246) G. Armstrong	HELP	73.07

VETERANS O/70

1. (352) A. Menarry	Carn	81.57
---------------------	------	-------

LADIES

1. (42) A. Mudge	Carn	56.03
2. (72) L. Sharp	Kesw	59.22
3. (86) L. Wilson	Carn	60.52
4. (93) D. Scott	Lochab	61.30
5. (97) J. Tait	Carn	61.49
6. (117) L. Whittaker	Saddle	63.24
7. (119) K. Jenkins	Carn	63.38
8. (124) N. Davies O/40	Borr	63.50

460 finishers

WINTER HILL
Lancashire

AM/11m/2750ft 16.02.03

The very cold weather of the previous few days meant that the underfoot conditions were very hard. With the exception of the winning times, this meant that most times were faster than last years.

From the start a few runners choose a different route than the official race route and, therefore, next year I will have to make the start, as well as the finish a marked course.

The ladies' race was won for the second successive year by Christine Howard who held off the fast finishing Suzanne Budgett by 2 seconds. A very special mention, however, should be made of Christine who was 3 months pregnant. There was a



Keen competition across the moor at Winter Hill
(Photo Steve Bateson)

far better ladies' turnout this year with 15 runners and 3 teams completing the course.

The men's race was also very close with only 12 seconds separating the first 4 runners. I understand that the eventual winner, Nick Leigh, did however lose time by going off course by not knowing the route.

An excellent run by Graham Schofield to finish first vet and second overall, almost a minute faster than last year.

Both the men's team and vet's team races were won again by Horwich. In what must be a sign of the way fell running is going, the 3 counters in the open team were all vets. In fact out of the 107 men finishers, 73 were vets and the ladies had 11 vets in their 16 finishers.

Tony Varley

1. N. Leigh	Altr	1.40.38
2. G. Schofield O/40	Horw	1.40.41
3. C. Reade	Bowland	1.40.45
4. N. Wrigley O/40	Horw	1.40.50
5. J. Blackett O/40	Middles	1.41.07
6. S. Jackson O/40	Horw	1.42.03
7. T. Hesketh O/50	Horw	1.43.45
8. I. Selby	Bolt	1.43.51
9. C. Seddon O/40	Horw	1.44.26
10. S. Clawson O/40	Ross	1.44.33

VETERANS O/50

1. (7) T. Hesketh	Horw	1.43.45
2. (15) K. Carr	Clay	1.47.00
3. (36) K. Taylor	Ross	1.57.05

VETERANS O/60

1. (39) P. Murray	Horw	1.57.48
2. (83) M. Coles	Skyrac	2.25.35
3. (89) J. Swift	Chor	2.28.23

VETERANS O/70

1. (94) D. Clutterbuck	Roch	2.31.36
------------------------	------	---------

LADIES

1. C. Howard	Matcok	2.03.21
2. S. Budgett O/40	Horw	2.03.23
3. S. Gorman	Horw	2.08.53

123 finishers

**Y LLETHR – MOUNTAIN LAMB RACE
Gwynedd**

BL/14.25m/2448ft 22.02.03

This was a new race, second of a series of fell races based on the Rhinog coastal mountain range, to be built up over forthcoming seasons.

With a distance of 14.25 miles and a total climb of 2448 ft, this was a demanding race but one which yielded an excellent standard of entry with Adam Haynes chased right to the finish by Richard Houghton.

The weather proved fine sunshine and clear blue sky with a cold east wind on the top, the race starting bang on time despite an earlier landslip at Barmouth affecting traffic.

Entries came from as far afield as Glasgow with a significant entry from the Peak District.

Approximately half the field came from within a 30-mile radius but entries from the four parishes were down on last summer's race up Moelfre, perhaps due to the greater distance.

Winner of the local class of runners from the four parishes was Azul Alexander with a time of 2.43.25 made despite assisting a spent runner over the last 1/2 mile to the line.

Feedback from the runners' de-brief was extremely positive regarding the race, the route and the organisation.

The route was very well marked and marshalled by CMC Pensarn, the local mountain centre, with radio coverage and support by Raynet.

With permanent race shields donated by village pubs and restaurants and the positive comments by entrants, it looks as though we have the makings of an annual event.

We need a red meat eater to challenge Adam next year – the Welsh Mountain lamb race prize really ought not to be going to a vegetarian.

With a solid base of runners now having experienced the first 2 of the Rhinog Series, we are expecting a good field for the 2nd Moelfre Race July 22nd.

Brian Macdonald

1. A. Haynes O/40	Eryri	2.06.43
2. R. Houghton	Bux	2.06.57
3. R. Hutton O/40	DkPk	2.11.02
4. C. Upson	W'lands	2.15.15
5. S. Gilliland O/40	BroDys	2.26.14
6. N. Boler O/50	DkPk	2.28.40
7. J. Marsh O/60	TiaHend	2.28.43
8. G. Jones O/40	BroDys	2.30.02
9. Y. Tridimas O/50	Bowland	2.35.16
10. D. Jones O/50	Eryri	2.43.16

17 finishers

**TITTERSTONE CLEE RACE
Shropshire**

AS/2.5m/750ft 22.02.03

Titterstone Clee is the highest point in Shropshire and the location of a race that celebrated its 21st year. Although numbers were down this year, the quality of the race was the best since before 1992 with three runners well inside 20 minutes.

Congratulations to the three Tims (Davies, Austin and Werrett), who battled it out in clear, dry conditions and were well clear of the rest of the field. Tim Davies' winning time was within a minute off Ken West's respected record – not bad considering the extra ground covered on the lower half of the climb where Tim (along with almost everyone else in the lead group!) was unsure of the best line.

The race always attracts a wide variety of ages, from 14 to 74, and abilities and it was pleasing that a number of runners this year were competing in their first ever fell race.

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

Mike Day

1. T. Davies	Mercia	18.18
2. T. Austin	DkPk	18.26
3. T. Werrett	Mercia	19.49
4. A. Davies	Mercia	21.21
5. C. Taylor O/40	Mercia	21.56
6. C. Fray O/40	Penn	21.58
7. J. Hope O/50	AchR	22.03
8. E. Davies O/40	Mercia	22.14
9. R. Mapp O/40	Ludlow	22.15
10. R. Kearns O/50	Cambridge	22.18

VETERANS O/60

1. (48) B. Graves	MiltK	33.11
-------------------	-------	-------

VETERANS O/70

1. (55) K. Westley	MidV	54.26
--------------------	------	-------

LADIES

1. (28) R. Hart	Unatt	25.45
2. (37) C. Leventon	Wrek	27.46
3. (42) A. Lewis	Telf	29.29
4. (44) J. Leventon	ShropShuff	31.23
5. (45) A. Burn	ThamesV	31.38

55 finishers

**ILKLEY MOOR FELL RACE
West Yorkshire**

AS/5.5m/1150ft 23.02.03

The 14th Ilkley Moor fell race was enjoyed by a good turnout of 235 runners (plus 57 juniors), up on the last few years.

We had worthy new winners in Matthew Ehrhardt and Helen Johnson. Helen was followed in by three Ilkley ladies - Emma Barclay, Sally Malir, and Alison Weston to give Ilkley the ladies team prize again.

Elsewhere too, prizes went to those who had won them several times before (this race makes people



Dave Walker (Three Peaks winner) surges past a stricken Jason Helmsley at Ilkley Moor (Photo Dave Brett)

want to come back!) - Pudsey and Bramley first men's team and Stefan Macina and Emma Barclay first locals.

The senior race was preceded by Junior races for the first time. These were a great success, with 57 youngsters competing and adding to the atmosphere of the event. Winners were U17 Girl Chloe Rodham, U14 Boy Jack Thompson, U14 Girl Eleanor Kitchen, U12 Boy Marcus Bennett, U12 Girl Emily Dent, U10 Boy Roam Hamilton, U10 Girl Fiona Jordan, U8 Boy Sam Wood, U8 Girl Lily Kitchen. But most juniors received a prize, presented by Yorkshire fell champion, Kirstin Bailey.

1. G. Ehrhardt	Tod	38.12
2. G. Devine	P&B	39.03
3. Phil Sheard	P&B	39.20
4. T. Mason	Wharfe	39.55
5. P. Brittleton	Howgill	40.10
6. G. Oldfield	P&B	40.25
7. D. Walker	Clay	40.45
8. I. Taylor	Kghly	41.08
9. S. Bottomley	P&B	41.18
10. S. Macina	P&B	41.20

VETERANS O/40

1. (20) S. Webb	VallStr	43.30
2. (26) B. Whalley	P&B	44.13
3. (27) P. Wilkin	Thirsk	44.23

VETERANS O/50

1. (32) J. Holt	Clay	44.59
2. (47) G. Howard	Ilk	47.42
3. (75) G. Breeze	Skyrac	50.17

LADIES

1. (50) H. Johnson	Bing	47.57
2. (76) E. Barclay	Ilk	50.29
3. (83) S. Malir	Ilk	51.11
4. (88) A. Weston	Ilk	51.56
5. (89) S. Hodgson	Felland	51.58
6. (102) S. Bedconsall O/40	Bing	53.14

235 finishers

**LONG MYND VALLEYS RACE
Shropshire**

AM/10.5m/440ft 23.02.03

The Long Mynd is part of a range of volcanic hills in Shropshire. The race is deceptively brutal; 10.5 miles and 4400ft of ascent with all the climb in the last quarter of the race as it traverses across the steep valleys that dissect this attractive range of hills.

A number of clubs were out in force – no doubt some were acquainting themselves with the area in preparation for the FRA relays this coming October.

Tim Davies had a brilliant race with a winning margin of over four and a half minutes. His time was the second fastest winning time on the current course which was changed in 1993. Only the 1998 championship years, in near perfect, dry conditions saw faster times. Tim pulled clear early on in the race at Jonathon's Hollow and gradually increased his lead to the finish (though he did have to walk to the top of Yearlet, so he must have been pushing!!).

Tim Austin again gave chase although, along with the unfortunate Mike Boulstridge, suffered route-finding problems in the latter stages. This led the way clear for Tim Werrett and Dave Neill to battle it out for second place. This proved to be a fine race within a race, Tim finally managing to break his older rival on the descent off Yearlet into Townbrook Valley. Mike rallied well for fourth place, an excellent effort not only considering his wanderings but also his previous day's cross country exploits, placing 22nd in the Nationals!

The times of this race are combined with three times the Titterstone Clee Race to produce an overall winner for the Shropshire weekend. With two straight wins, Tim Davies won the overall trophy from last year's winner, Tim Werrett.

Rosie Hart won the overall ladies' trophy - a new trophy this year in memory of my mum who died earlier this year and helped out at every Shropshire Weekend since 1992.

Thanks again to all the Mercia helpers, who once again ensured that the weekend went relatively smoothly.

Michael Day

1. T. Davies	Mercia	1.36.36
2. T. Werrett	Mercia	1.41.08
3. D. Neill O/40	StaffsM	1.41.27
4. M. Boulstridge	Mercia	1.43.08
5. J. Hey	Warr	1.46.46
6. M. Hayman	DkPk	1.48.20
7. T. Austin	DkPk	1.49.54
8. K. Gray	CaldV	1.49.57
9. T. Higginbottom	Wrex	1.50.08
10. P. Winskill	DkPk	1.50.36

VETERANS O/40

1. (3) D. Neill	StaffsM	1.41.27
2. (15) A. Carruthers	Crawley	1.56.14
3. (18) G. Williams	DkPk	1.57.42

VETERANS O/50

1. (17) D. Tait	DkPk	1.57.27
2. (29) T. Longman	Macc	2.04.47
3. (35) J. Hope	AchR	2.07.19

VETERANS O/60

1. (117) M. Edwards	DkPk	3.25.28
2. (120) C. Dawes	LDWA	3.37.34

LADIES

1. (52) V. Musgrove O/40	Eryri	2.15.13
2. (58) A. Bedwell O/40	MDC	2.18.41
3. (62) S. Hammond	Tatten	2.20.36
4. (63) C. Mills	Kenil	2.22.26
5. (64) T. Hyde O/40	CaldV	2.32.19
6. (95) J. Ewels	Wrex	2.49.18

130 finishers

SHROPSHIRE WEEKEND

Combined results of two races

3 times Titterstone Clee Race plus 1 times Long Mynd Valleys Race

1. T. Davies	Mercia	2.31.30
2. T. Werrett	Mercia	2.40.35
3. T. Austin	DkPk	2.45.12
4. A. Davies	Mercia	2.55.09
5. R. Kearns O/50	Camb	3.12.22
6. J. Hope O/50	AchR	3.13.28
7. M. Innes O/40	Mercia	3.20.49
8. M. Baldwin O/40	Ilk	3.21.47
9. S. Turk	Shrews	3.23.42
10. J. Underwood	CaldV	3.24.38
20. R. Hart (Lady)	Unatt	4.06.43

26 overall finishers

HIGH PEAK MARATHON

28.02 - 01.03.03

1. The Rolling Stones	9.52
2. Team Salomon Mudpluggers	10.38
3. Poles Apart	11.25
4. Ken Shabby - Another Year Older	11.29
5. Raynes Park Exiles	11.51
6. SWART	12.01
7. Weak I'Th' Heads	12.08
8. Furness Flyers	12.44
9. Rucksack Club Vets	12.46
10. Three Blokes with Sweaty Cox	12.47

28 finishers

BOX HILL FELL RACE

Surrey

BM/7.5m/1800ft 01.03.03

That's what friends are for - entering you for a race and letting you win! 3 weeks before the race I saw our 11-times champion, Chris Beecham, and told him entries were filling fast. So he quickly entered and then paid me for two of his club-mates too. Come race day and what do you know? One of them shows Chris a clean pair of heels in the second half of the race. Henry Dodwell was only 8th last year but was in the lead group (down to 2 at that stage) on Mickleham and took a decisive lead on the steps descending to the road and went on to record the first sub 50 minute time for 4 years.

Shortly before that they had dropped last year's second, Andy Weir, who was suffering from a combination of flight into Heathrow that morning, steamed up glasses and not being the best descender around. Andy then switched to cruise mode and so was nearly piped by his fast-finishing club-mate Dave Symons (on the first section of his stag day!) until the finish officials woke him up.

Kevin Harding was first veteran for the 4th time and a class act from Mario Foschi took the super-veteran prize finishing 12th overall, second over 40.

In the ladies' race, the hot favourite in the entry list was Sarah Rollins but she didn't make it to the start line. This left a close race with the leading three seeing a lot of each other until Tracey Apps pulled away over the closing stages for a clear win. A solid sub 70 minute run from Sue Ashley earned her the lady vets prize.

Surrey League champions, Thames Hare & Hounds, have been paying this race closer attention recently (I think they've finally noticed I keep nicking their course markers for it), and with the classy runners they've got the team prize went their way for a second year. Surprisingly the many times winners Worthing Harriers failed to field a full team.

Andy Robinson

1. H. Dodwell	Highgate	49.46
2. C. Beecham	Ilighgate	51.04
3. A. Weir	ThamesH&H	53.29
4. D. Symons	ThamesI&H	53.30
5. M. Forrest	Frontr	54.09
6. J. Smallwood	CFR	54.30
7. K. Harding O/40	Tring	54.40
8. N. Bunn	ThamesV	54.47
9. M. Lynas	ThamesI&H	54.57
10. K. Leitch	Worthing	55.28

VETERANS O/40

1. (7) K. Harding	Tring	54.40
2. (17) N. Baker	Heading	57.47
3. (18) A. Hatvany	SheenShuff	58.12

VETERANS O/50

1. (12) M. Foschi	Penn	57.02
2. (32) M. Farmery	ThamesH&H	61.12
3. (41) S. Sandham	SheenShuff	62.23

LADIES

1. (63) T. Apps	SpringStr	64.50
2. (69) H. Thorburn	DkPk	65.47
3. (77) C. Tanner	BishStor	66.37
4. (94) S. Skipper	Elmb	69.25
5. (96) S. Ashley O/50	SthLndn	69.33
6. (110) K. McDonald	ThamesH&H	72.02

162 finishers

MOEL Y CI

Gwynedd

AS/3m/600ft 01.03.03

It is 21 years since the race was first held. This was the 20th race as it did not take place in 2001 due to the foot and mouth crisis. Nigel Fisher, the originator of the race, and organizer for the first 11 years was present to receive an award. The only person on the result sheet 21 years ago who ran in 2003 was Don Williams, who still finished 10th overall this year at the age of 60!

The weather during the race was dry and overcast. The course was changed from last year to reduce the amount of road and enable easier overtaking on the ascent.

The winner was an 'in form' Alun Vaughan. The ladies race was won by Angela Brand-Barker. 56 seniors competed and 6 juniors.

Prizes were donated by Surf-Lines of Llanberis, and Vaynol Arms, Pentir. Thanks to all the marshals and the people of Rhiwlas for all their help on the day. Finally, a big thank you to the Village Hall Committee for the excellent buffet.

Ross Powell

1. A. Vaughan	Eryri	21.30
2. D Wynn Jones	Eryri	22.20
3. R. Halliday	Eryri	22.40
4. P. Evans	Eryri	23.48
5. G. Ellis	Unatt	24.35
6. C. Pierce	Unatt	24.42
7. C. Near	Eryri	24.54
8. J. Williams O/40	Eryri	25.24
9. L. Pierce U/18	Eryri	25.25
10. D. Williams O/60	Eryri	25.36

VETERANS O/40

1. (8) J. Williams	Eryri	25.24
2. (11) S. Barnard	Eryri	26.39
3. (14) M. Davies	Eryri	27.12

VETERANS O/50

1. (15) J. Bennell	Eryri	27.24
2. (23) C. Hartfall	Eryri	28.33
3. (29) M. Blake	Eryri	29.10

LADIES

1. (16) A. Brand-Barker O/40	Kesw	27.31
2. (20) J. Lloyd	Eryri	28.17
3. (30) A. Williams O/40	Eryri	29.11
3. (34) J. Gardner O/40	Bux	30.32

56 finishers

JUNIORS

1. S. Tosh U/12	Ross	6.51
2. G. Griffiths U/14	Llandud	7.32
3. T. Haynes U/12	Unatt	8.13

6 finishers

BLEASDALE CIRCLE

Lancashire

AS/5m/1250ft 01.03.03

Thanks to everyone who helped with the race. It was a fine day with a good field of runners for this marked course, ideal for people wanting to try a fell race.

Well done to Simon Bailey for his win - a very determined run by him. Well done also to Vanessa Peacock for winning the ladies' race for the second time.

Unfortunately, this year's winning time will not stand as a new record due to a misunderstanding about the route by the leaders.

Thanks to Sweatshop for sponsorship - see you all next March.

1. S. Bailey	Staffs	35.48
2. R. Hope	P&B	36.48
3. S. Livesey	Clay	37.52

VETERANS O/40

1. J. Tomlinson	Clay	
-----------------	------	--

VETERANS O/50

1. J. Hope	AchR	
------------	------	--

VETERANS O/60

1. P. Knott	B'pool	
-------------	--------	--

LADIES

- 1. V. Peacock O/50 Clay
- 2. L. Ford O/50
- 3. S. Coggley O/40 Bowland

(Incomplete results received)

**NEW CHEW
Lancashire
O 02.03.03**

Spring arrived for the New Chew this year – I suppose it was overdue since we've experienced every other type of weather over the past few years.

Our new 4-hour long score was a big hit. There were 33 teams finishing of which seven were pairs, many of whom were in training for the next mountain marathon.

Mark Seddon won with an impressive 361 points and close behind were Dave Troman and Bob Berzins. First lady was Liz Cowell with 310 points.

A local runner, who shall remain nameless ("I didn't see the courses – honest") won the three hour short score with 130 points. Twelve teams finished, half of whom were pairs.

Most of the competitors in the Open Event were out for longer than we had planned. Mark Hayman was first back in under three hours but the rest of the field finished over an hour and a half behind.

This year we set up a New Chew page on our website as the focal point for communication and it worked better than we had imagined.

Martyn Hodgson

LONG EVENT

- 1. M. Seddon O/40 Horw 361 pts
- 2. D. Troman Kesw 340 pts
- 3. B. Berzins O/40 DkPk 320 pts
- 4. P. Gorvett O/50 DkPk 310 pts
- 5. A. Harmer O/50 DkPk 310 pts
- 6. R. Ansell O/40 Tring 310 pts
- 7. L. Cowell Lady Kesw 310 pts
- 8. J. Wootton O/40 Wharfe 272 pts
- 9. A. Farr O/50 Congle 270 pts
- 10. P. Sanderson O/40 DkPk 260 pts

33 finishers

SHORT EVENT

- 1. Martyn Hodgson Sadd 160 pts
- 2. D. Gibbons Altr 146 pts
- 3. M. Robinson/S. Robinson O/50 DenbyD 140 pts
- 4. A. Porter Prest 140 pts
- 5. S. Kiveal O/40 Sadd 130 pts

12 finishers

OPEN EVENT

- 1. M. Hayman DkPk 2.50.35
- 2. M. Davis Holm 4.26.45
- 3. B. Whalley O/40 P&B 4.28.00

6 finishers

RAAS VING VRADDA

Isle of Man

AL/15m/4100ft 02.03.03

The Raas Ving Vradra, or Bradda Fell Race, was won in fine style by Manx born Lloyd Taggart, who was having his first run on the Isle of Man fells. The Derbyshire domiciled runner was on the Island to visit his father and when he heard the race was on decided to have a go. His winning time was the second fastest ever recorded over the 15-mile course and gave him an eight minute advantage over local champion, Tony Okell, who did well to perform so well as he was suffering with the affects of asthma.

Conditions were absolutely superb for this third counter in the 2003 Manx League with unbroken sunshine, making life pleasant for the record field.

Richie Stevenson

- 1. L. Taggart Bux 2.10.47
- 2. T. Okell O/40 MH 2.19.21
- 3. R. Jamieson NAC 2.23.26
- 4. B. Osbourne O/40 MFR 2.25.31
- 5. J. Gale MFR 2.27.16
- 6. J. Ronan O/40 MFR 2.30.13

VETERANS O/50

- 1. D. Young MFR 2.38.23
- 2. R. Webb MH 2.50.07
- 3. D. Corrin MH 2.51.03

VETERANS O/60

- 1. R. Callister JFR 3.12.58
- 2. E. Brew NAC 4.30.57

LADIES

- 1. R. Hooton MFR 3.18.37
- 2. C. Barwell WAC 4.04.04

**"SCREENTONE" TINA HORN MEMORIAL
WINDMILLS WHIZZ FELL RACE**

**West Yorkshire
BM/6m/800ft 08.03.03**

What a fantastic turnout, the largest field we have ever had in 12 years of organising these races - and on such a miserable day!! You will be delighted I am sure to learn that together with the "Round the Reservoir" fun run, we raised over £920 to help boost our charity, Trinity Support Association at Holy Trinity School, (where Tina Horn taught PE) and which Linda's autistic son attends.

Thank you to Peter McCormick of Screentone Printers who supplied all the prizes, Angela Daniel and all the school staff who assisted on the day or ran in the races, all the marshals, helpers and timekeepers, Ogden Water for allowing us the use of their visitor centre for registration, the Causeway Foot pub for a *warm* welcome in every sense!

We hope to see you again soon,

Allan Greenwood and Linda Crabtree

- 1. R. Lawrence Bing 40.08
- 2. S. Gregory HolmeP 40.22
- 3. R. Haworth O/40 Horw 40.41
- 4. S. Clawson Ross 41.07
- 5. P. Stevenson O/40 P&B 41.13
- 6. B. Goodison O/40 Holm 41.33
- 7. B. Whalley O/40 P&B 42.15
- 8. T. Taylor O/40 Rosos 42.35
- 9. G. Armitage O/40 Longw 42.52
- 10. P. Grimes O/40 Hfx 43.06

VETERANS O/50

- 1. (33) R. Kersey Holm 45.07
- 2. (47) S. Moss Spen 46.11
- 3. (49) B. Waterhouse Saddle 46.26

VETERANS O/60

- 1. (85) N. Bush Ilk 49.37
- 2. (109) M. Coles Skyrac 51.27
- 3. (114) J. Firth Bing 51.57

VETERANS O/70

- 1. (185) D. Clutterbuck Roch 58.21

LADIES

- 1. (44) S. Rowell O/40 P&B 45.53
- 2. (60) V. Peacock O/50 Clay 47.35
- 3. (74) A. Dennison O/35 BfdA 48.48
- 4. (81) K. Drake O/40 Hfx 49.13
- 5. (102) C. Waterhouse O/35 Hfx 51.06
- 6. (104) J. Haworth O/35 Horw 51.19

229 finishers

SLIEVE GULLION

Northern Ireland

AS/3.5m/1000ft 08.03.03

One of the competitors at the annual Slieve Gullion race which opened the mountain racing season last Saturday commented that in 12 years of competing in the event he only remember seeing the top of Slieve Gullion once! Last Saturday was no different – despite a reasonably clear start to the day thick mist and heavy rain had enveloped the south Armagh mountain well before the 12 noon start.

A total of 41 men and 4 women headed off into the gloom for the first championship event of the 2003 mountain racing calendar. All the top male contenders were there with Deon McNeilly and Brian Ervine taking an early lead and the rest of the field spread out over the lower northern slopes of the mountain. McNeilly's club, Newcastle, were there in force but the surprise team of the day was Ballydrain Harriers led by Brian Ervine. These two clubs dominated the top 8 positions from an early start with only Neil Carty and Alex Brennan seriously challenging them.

Francis O'Hagan was also prominent among the early leaders and he was rewarded with a very good 9th finishing place just 2 seconds down on Damian Brannigan.

At the finish it was Deon McNeilly first but some 21 seconds clear of rival Brian Ervine but minutes outside his own record. Neil Carty took 3rd a place he has held many times behind McNeilly and Ervine. Newcastle's Paul Mawhirt took 4th and Newcastle were looking good for team awards. However Ballydrain came through in 5th & 6th before Newcastle's 3rd man Damian Brannigan crossed the line in 8th to draw on points. Both teams scored 13 points but Ballydrain got the decision by virtue of having the best final place.

Newcomers to the race Ballymena Runners who included the winning female runner, Sharon McBurney came through to take 3rd team.

The hardest job of the day was that of race marshal at the summit checkpoints on the north and south cairns with Jamesie Vallely manning the north cairn and Denis Kerr and Caoimhin Vallely at the south cairn. Paul and Maria Vernon organised the finish reception in Mullaghbane where a welcome cup of tea and sandwiches awaited the competitors.

Brian Vallely

- 1. D. McNeilly O/40 N'castle 30.54
- 2. B. Ervine Ballyd 31.15
- 3. N. Carty NBelf 32.48
- 4. P. Mawhirt N'castle 33.10
- 5. D. McNeilly Ballyd 33.59
- 6. R. Neil Ballyd 34.09
- 7. A. Brennan Ballymena 34.27
- 8. D. Brannigan N'castle 35.25
- 9. F. O'Hagan O/40 TeamPur 35.27
- 10. M. Alexander Ballymena 36.01



Up and away from Ogden into the driving rain at Windmill Whizz (Photo Pete Hartley)

favouring the steady starter of Christine Howard overtaking both Sally and Louise, for an unexpected victory! Louise just held on for 2nd place and Sally, just 10 seconds adrift, took 1st vet category! Natalie White hung on for fourth after paying for her fast start.



Natalie White taking off at Lad's Leap
(Photo Mark Aspin)

The ladies' team award went to Bingley, but they were pushed all the way by the ever improving Pennine Fell Runners with just five points separating them both.

MENS RACE

Six years ago we had 34 runners in the first Lad's Leap race, this year we had over 300 with the cream of fell running descending on Crowden!

In contrast to the ladies' race John Brown took the race by the scruff of the neck, and was determined to use his uphill strength to gain advantage on some of the finest descenders including English/British champion, Ian Holmes. By the first mile it was both red devils Brown and European uphill champion, Martin Cox, heading the field, with Simon Bailey, Ian Holmes, Tim Davies, Rob Jebb, and previous winner, Gary Devine, all in close contact up the steep climb up Highstone rocks.

At Lad's Leap, Brown had a clear lead, with Rob Jebb, overtaking Cox, closely followed by Davies, Bailey, Bowness, Holmes, and then Devine. At checkpoint 3, situated after the first decent, Holmes gained three places moving into fourth behind Jebb, Davies, with John Brown increasing his lead. Old course record holder Lloyd Taggart, at this stage was lying in around 10th position, battling it out with Devine, Robb Hope, and Nick Sharpe.

In the vets race Dave Neill had a short advantage over Mark Roberts. After completing the initial loop around Tintwistle Knar and overcoming the ever drying peat bogs which, in sections, zaps any strength you may have left, and not much room to overtake, especially with the path so close to the barbed wire fence in sections! On the return to Lad's Leap you know all you need to do is hold your pace and you should be home and dry!

John Brown looking good all the way, still had his advantage with Tim Davies pushing hard, and Holmes getting the better of team mate Robb Jebb, taking him into medal position. Martin Cox still hanging in until he was pushed coming over the tricky decent on Highstones.

Veteran Mark Roberts showed the younger chaps how it's done and got a lead over Dave Neil.

At end of the final decent, before a penultimate flat run and road decent to the finish, John Brown could smell victory! Tim Davies still pushed hard, while Ian Holmes had just too much to do, and had to settle for 3rd place; even with his downhill qualities, he couldn't match the strength of Salford's own red devil!

Mark Roberts first veteran, could also qualify for the most improved in the race as he gained over eight places from the halfway point finishing a creditable 6th overall, with Dave Neill 13 seconds down, again with solid performance for 9th overall, and with Sean Livesey 3rd, 21st overall.

We had several people retire due to ankle sprains etc. and the Team Doctor from Glossop Mountain Rescue was busy with minor cuts and bruises, but thanks to the team for a swift and rapid evacuation of Paul Devere, who broke his ankle on his decent from Lad's Leap, but found the 6 hour wait at Tameside General more painful than the broken ankle! We wish him a speedy recovery!

A big thank to all time keepers and starters (get a new gun!) and registration staff, marshals, Hyde Air Cadets, Glossop Mountain Rescue Team, United Utilities, Peak Park Authority, and of course our sponsors Loparex, with assistance from Joe Barber plumbers merchants, and Glossop Motors.

Final thanks to John Bland, who not only allowed 400 runners to trample on his land, but also gave a big input to route suggestion and parking etc!

Des Gibbons

1. J. Brown	Salf	44.56
2. T. Davies	Mercia	45.02
3. I. Holmes	Bing	45.21
4. R. Jebb	Bing	46.13
5. J. Davies	Borr	46.21
6. M. Roberts O/40	Borr	46.29
7. N. Sharp	Amble	46.34
8. S. Bailey	StaffsM	46.39
9. D. Neill O/40	StaffsM	46.42
10. G. Devine	P&B	46.54
11. L. Taggart	Bux	47.20
12. M. Cox	Salf	47.32
13. R. Hope	P&B	48.09
14. S. Stainer	Amble	48.14
15. T. Werrrett	Mercia	48.20
16. Phil Sheard	P&B	48.24
17. J. Bland	Borr	48.42
18. G. Ehrhardt	Tod	48.46
19. P. Winkill	DkPk	48.51
20. N. Leigh	Altr	48.56

VETERANS O/40

1. (6) M. Roberts	Borr	46.29
2. (9) D. Neill	StaffsM	46.42
3. (21) S. Livesey	Clay	49.35
4. (31) J. Tomlinson	Clay	50.42
5. (32) A. Shaw	Holm	50.44

VETERANS O/50

1. (88) H. Jarrett	CFR	54.55
2. (89) M. Walsh	Kend	54.59
3. (94) R. Lucas	Unatt	55.27
4. (95) T. Hulme	Penn	55.37
5. (102) J. Holt	Clay	56.04

VETERANS O/60

1. (175) J. Amies	Macc	60.25
2. (187) J. Nuttall	Clay	61.41
3. (190) P. Jepson	Ross	61.49
4. (193) N. Bush	Ilk	62.00
5. (198) P. Murray	Horw	62.18

VETERANS O/70

1. (305) D. Clutterbuck	Roch	75.32
-------------------------	------	-------

340 finishers

LADIES

1. C. Howard	Matlock	56.12
2. L. Sharp	Kesw	56.21
3. S. Newman O/40	CaldV	56.31
4. N. White	Holm	57.45
5. N. Davies O/40	Borr	58.25
6. H. Johnson	Bing	59.51
7. H. Bransby	CFR	59.58
8. K. Beaty O/40	CFR	60.29
9. N. Greaves	Penn	60.40
10. L. Whittaker O/40	Saddle	60.52

80 finishers

LLANBEDR-BLAENAVON

Gwent

AL/14m/4500ft 16.03.03

This year's race was run in remarkably good weather considering the slightly earlier than usual date. A reasonable turnout by today's standards of 40 competitors with about two thirds being over veteran age and a third being over super veteran age! We do seem to be an ageing sport; still it's nice to be still racing the same folk once raced against 20 years ago, albeit further down the field! Relatively slower times than in years gone by perhaps reflects the age structure.

This was one of the first races to be run under the new compulsory kit for all Category A fell races, though I have to say that normally given the favourable weather forecast, I wouldn't normally require full kit. Entrants were asked to sign to say they would abide by the rules which were displayed and some compasses and whistles were available to rent. A few who entered at the start were given the same information verbally. Despite this, several competitors were seen on the course with what appeared to be little or no kit. A check at the finish did indeed reveal a few with no kit. They all claimed to have given their kit to friends during the race as it was so hot. They were left in no doubt as they finished and again during the prize-giving that carrying kit means for the whole race and that any repetition would be viewed very seriously. Given that this was a very new rule and it didn't affect the results and the weather was good, I trust the embarrassment will serve as sufficient punishment.

Gareth Buffett

1. P. James	MDC	2.21.00
2. T. Taylor O/40	HerefC	2.21.36
2. A. Woods O/40	Eryri	2.21.36
4. T. Gibbs	MDC	2.26.20
5. A. Jones	MDC	2.32.25
6. L. Gwilym O/40	BlaenJ	2.39.34
7. P. Wooddisse	ThamesV	2.42.19
8. C. Taylor O/40	Mercia	2.42.20
9. N. Lewis	MDC	2.43.12
10. N. Hindle O/40	Unatt	2.44.47

VETERANS O/50

1. (13) A. Kenny	AchR	2.48.50
2. (14) C. Pritchard	Unatt	2.49.25
3. (17) W. Darby	MDC	2.55.03

VETERANS O/60

1. (29) E. Meredith	MDC	3.16.08
2. (32) C. Jones	MDC	3.33.08
3. (36) A. Davies	AchR	3.42.11

LADIES

1. (22) S. Woods O/40	Eryri	3.01.02
2. (27) A. Wheatcroft	MDC	3.12.05
3. (27) J. Panter	Unatt	3.12.05

38 finishers

HALF TOUR OF PENDLE

Lancashire

AM/9m/2250ft 22.03.03

It's warm and sunny - not a cloud in the sky!

Pendle looks benign and the sheep are lambing. Ah! Spring in East Lancashire.

Oh! And there's a fell race on!

Nuff said!!

Keith Thompson

1. M. Whitfield	Bing	66.00
2. S. Livesey O/40	Clay	66.09
3. P. Winkill	DkPk	66.15
4. R. Little	Mercia	67.05
5. J. Tomlinson O/40	Clay	67.10
6. M. Aspinall O/40	Clay	68.32
7. A. Shaw O/40	Holm	68.35
8. C. Reade	Bowland	68.36
9. R. Thomas	Eryri	69.03
10. S. Barlow O/40	Horw	70.12

VETERANS O/50

1. (16) K. Taylor	Ross	74.02
2. (19) K. Carr	Clay	75.00
3. (22) P. Booth	Clay	76.01

VETERANS O/70

1. (93) H. Catlow CFR 55.04

LADIES

1. (29) N. Davies O/40 Borr 40.55
 2. (48) K. Davison DkPk 43.51
 3. (52) L. Thompson O/40 Kesw 44.32
 4. (61) L. Cowell O/40 Kesw 46.54
 5. (65) L. Bland DkPk 48.02
 6. (68) J. Lee Eryri 48.42

109 finishers

MIDGLEY MOOR FELL RACE

West Yorkshire

AS/5m/1250ft 29.03.03

Steve Oldfield has made this race his own, having won it on each of the three occasions that it has been run. Calder Valley runners are making a challenge however.

Karl Gray could not match him this year but will no doubt be after his crown in the future.

Sally Newman won the ladies' category in a new record time joining her clubmates, Anne Johnson and Linda Hayles for the ladies' team prize. Open team honours went to Pudsey & Bramley with Jason Hemsley, Gary Oldfield and Stefan Macina.

Veterans made up over two thirds of the field, including the open and ladies' categories.



Lawrence Sullivan (CLM) and Brian Skelmerdine (Glossop) go for it at Midgley Moor (Photo Pete Hartley)

Rod Sutcliffe

1. S. Oldfield O/40 BfdA 38.07
 2. K. Gray CaldV 38.59
 3. J. Hemsley P&B 39.16
 4. S. Gregory HolmeP 39.25
 5. G. Oldfield P&B 39.42
 6. S. Macina P&B 39.55
 7. J. Mason WoodkStr 40.38
 8. A. Carruthers O/40 Crawley 40.59
 9. S. Green P&B 41.27
 10. S. Hoyle Ross 41.42

VETERANS O/40

1. (1) S. Oldfield BfdA 38.07
 2. (8) A. Carruthers Crawley 40.59
 3. (12) R. Crossland BfdA 42.09

VETERANS O/50

1. (14) J. Winder CaldV 42.45
 2. (26) G. Howard Ilk 46.16
 3. (29) D. Beels CaldV 46.22

VETERANS O/60

1. (48) L. Sullivan Clay 52.16
 2. (50) D. Illingworth BfdA 52.38
 3. (57) R. Jaques Clay 53.04

LADIES

1. (19) S. Newman O/40 CaldV 44.17
 2. (34) A. Johnson CaldV 49.21
 3. (56) E. Clayton Scun 52.58
 4. (60) L. Hayles O/40 CaldV 53.10
 5. (63) L. Crabtree O/40 CaldV 54.06
 6. (67) M. Jagan O/60 EPOC 55.13

86 finishers

RAAS SNAUL

Isle of Man

AS/5m/1900ft 29.03.03

Tony Okell scored a repeat of his 2002 win in this year's race held in just about perfect conditions. He was made to work hard for it though as his two main adversaries in this year's Manx League pushed him hard all the way. Richard Jamieson and Ian Gale had been in close company with Okell until coming off the summit of Clagh Ouyr, where they dropped back slightly.

In fourth and fifth place were two internationals from different sports, Brian Osbourne is a former Island soccer player and he has turned his attention to running with great effect, finishing just over a minute behind third placed Jamieson. He was followed home by Great Britain race walking star, Steve Partington, who represented the Isle of Man in last year's Commonwealth Games in Manchester.

1. T. Okell O/40 ManxH 42.49
 2. I. Gale MFR 43.08
 3. R. Jamieson NAC 43.22
 4. B. Osbourne O/40 MFR 44.49
 5. S. Skillicorn MFR 45.53
 6. S. Partington ManxH 46.26
 7. D. Young O/50 MFR 47.55
 8. A. Watson ManxH 49.23
 9. R. Webb O/50 ManxH 51.57
 10. M. Burke O/40 MFR 52.39

VETERANS O/60

1. T. Coleman NAC 62.50
 2. E. Brew NAC 73.48

LADIES

1. I. R. Hooton MFR 58.58
 2. C. Barwell WAC 64.10

FIVE TORS MOORLAND RUN

Cornwall

CM/11m/1170ft 30.03.03

After a chilly start, the day was almost perfect – blue sky, warm sun and a light breeze. The runners were able to relax on the grass to recover from their exercise and enjoy refreshments from the local cafes and hostelry.

Many regulars took part in the race, some of whom have participated throughout the 15 years the race has been held, as well as many new faces, including our oldest runner yet, a 70-year old from Derbyshire.

The Nick Stone Memorial Cup was won by M. Andrews, the first local runner to finish.

C. Weston

1. K. Hagley O/40 SWRR 1.10.01
 2. H. Marsden O/40 Exmouth 1.11.19
 3. T. Wright Newquay 1.11.49
 4. I. Andrews SWRR 1.12.17
 5. A. Waddington Falmouth 1.13.29
 6. D. Donaghy O/40 Exmouth 1.14.54
 7. D. Rowe Truro 1.19.11
 8. L. Clarke O/40 TamarT 1.19.15
 9. S. Wadsworth Lady O/40 Plymouth 1.20.24
 10. C. Davidson Lady Plymouth 1.22.18

VETERANS O/50

1. (20) C. Hoult Truro 1.27.36
 2. (24) D. Alsop Falmouth 1.28.30
 3. (25) S. Wilson Unatt 1.28.49

VETERANS O/60

1. (61) C. Henson DkPk 1.43.29

LADIES

1. (9) S. Wadsworth O/40 Plymouth 1.20.24
 2. (10) C. Davidson Plymouth 1.22.18

3. (15) L. Storer O/40 Hayle 1.25.53
 4. (31) J. Tyler O/40 Newquay 1.30.32
 5. (32) A. Marbin O/40 ECH 1.30.38
 6. (34) J. Mills O/40 Launc 1.31.34

97 finishers

TRUNCE 1

South Yorkshire

CS/4.25m/550ft 31.03.03

A perfect evening for the first race of the 2003 series, although a little cold for the timekeepers. What brought everybody together for a record number of Trunce runners, I don't know but the total number of 237 surpassed the previous best by 50!

It is always good to see the ever faithfuls but the registration was bedlam with 57 seniors registering for the very first time and 13 juniors for the first time.

The numbers did bring a challenge or two early on the course but, hopefully, these will be eased, if not eliminated as the season goes on.

Thanks to everyone who ran and a massive thanks to everyone who helped on a testing but exciting night.

Andy Plummer

1. D. Hinchliffe 19 pts
 2. S. Maycock 19 pts
 3. T. Wright 18 pts
 4. J. Cox O/40 28 pts
 5. S. Marsden 17 pts
 6. R. Sunman 16 pts
 7. T. Fairbrother 15 pts
 8. R. Atkinson 14 pts
 9. S. Rippon 13 pts
 10. D. Self O/40 27 pts
 11. D. Thompson 22 pts
 12. A. Meskimmon 11 pts
 13. M. Armitage 10 pts
 14. P. Hinchcliffe 9 pts
 15. M. Law 8 pts
 16. R. South O/40 26 pts
 17. D. Gale 7 pts
 18. D. Smith 6 pts
 19. R. Kersey O/40 25 pts
 20. A. Moore 5 pts

LADIES

1. (83) N. Spinks 29 pts
 2. (89) J. Wilson 18 pts
 3. (96) L. Bland 17 pts
 4. (100) T. Griffin O/40 16 pts
 5. (111) L. Bird 25 pts
 6. (118) F. Davies 14 pts
 7. (120) J. Johnson 13 pts
 8. (121) C. Mosey O/40 12 pts

207 finishers

GARTH RACE

Wales

BS/3.25m/1050ft 03/03

A few forced changes to this fine circuit meant that there was always going to be a course record set for what is now 3 $\frac{1}{4}$ miles and 1050 feet of climb (915 of which come in the first 3/4 of a mile). Tom Gibbs was always in front, the tricky ascents and the positively lunatic descents suiting his lobotomised running style. His girlfriend, Astrid Wheatcroft, likewise dominated the ladies event (despite her relative sanity). Chris Taylor had no close challenger for the vets prize, nor did Steve Littlewood (who must have a picture of an old man in his attic) for the over 50's. Sharon Woods (1st lady vet) might have pushed Astrid harder but for an attack of stitch on the surprisingly difficult run in. Cledwyn Jones was always going to take the over 60's, despite saving himself (so he says) for a cross country on Sunday. He was probably lucky to keep in front of Lynne Handley who finished strongly as first lady of a certain age. Final honourable mention to John Battersby, first man to carry his pension book and heating allowance over the finishing line. He may want to enjoy his triumph, for Cledwyn will be 65 on Boxing Day.



Ballymena Runners looking very smart before the Bernagh race (Photo Ian Taylor)

Two days after the McVeigh Classic saw the second round of the Northern Ireland Championship (incorporating the 1st round of the British Championship) over the classic short course from the Happy Valley, covering Meelbeg, Bernagh and Meelmore. Down District Council generously supported the race. 215 runners started the race, including around 150 from England, Scotland and Wales. Seven fell casualty and failed to finish in a race which had all the ingredients of the tough sport that is mountain racing. Again the conditions were fantastic for racing, with temperatures up to 17 degrees, clear skies and the mountains in fantastic condition underfoot.

At the very sharp end, Robbie Bryson, decked out in the new Newcastle strip, was always prominent on the leading bunch on the long climb of Meelbeg. He reached the summit cairn in the leading two, closely flanked by adventure racer from Northumberland, Morgan Donnelly. On the next climb, to the summit of Bernagh, Bryson, initially in the lead, was joined by Rob Jebb, favourite to take this year's title, and Jim Davies.

The descent off Bernagh is very steep and also with a lot of loose rock. With over 200 runners on the mountain at the same time, that loose rock started to cause some danger to the runners. It was Jebb and the Davies brothers from Borrowdale, who showed their finely honed descending skills (otherwise known as breakneck stupidity) to reach the col first and start onto the climb of Meelmore, the last mountain, followed by a swift descent to take 1, 2 & 3.

Behind, Bryson had been overtaken in the veteran 40 category by Mark Rigby, who had now moved into 4th place. Second NI runner after Bryson was club colleague Deon McNeilly, just inside the top 20, followed closely by Neil Carty, having another stormer after Thursday night's victory.

In the ladies' race, former world champion, Angela Mudge, was again showing all her class, coming through to win and 35th place overall. Behind her there was a dead heat for second between Louise Sharp and Nicola Davies, who also took the lady veteran's race.

In the team race, with five to count, Borrowdale led the way from Ambleside and Yorkshire's Pudsey & Bramley with local club Newcastle fourth. Newcastle won the veteran's team race to stake a claim for the Championship title with five races to go. Next race is Stuc a Chroin in Scotland in May. Finally, a big thank-you is due to all the marshals and helpers on the day, and to Down District Council for its generous support.

BOGBOY

1. R. Jebb	Bing	41.52
2. J. Davies	Borrow	42.26
3. P. Davies	Borr	42.29

4. M. Rigby O/40	Amble	42.52
5. N. Sharp	Amble	42.53
6. R. Bryson O/40	N'castle	42.55
7. R. Hope	P&B	43.09
8. S. Stainer	Amble	43.29
9. T. Davies	Mercia	43.37
10. S. Booth	Borr	43.46
11. G. Crayston	CFR	43.50
12. G. Bland	Borr	44.08
13. M. Donnelly	NFR	44.10
14. G. Devine	P&B	44.23
15. S. Whittle O/40	Carn	44.27
16. T. Austin	DkPk	44.34
17. M. Roberts O/40	Borr	44.58
18. D. McNeilly O/40	N'castle	44.59
19. A. Schofield	Borr	45.09
20. D. Troman	Kesw	45.37
21. A. Ward	DkPk	45.38
22. N. Carty	NBelf	45.38
23. J. Blackett	Middles	45.47
24. M. Denham-Smith	Kesw	45.45
25. A. Kitchin	Lothian	46.05
26. P. Nolan	GEN	46.13
27. D. Neil O/40	StaffsM	46.19
28. D. Jones	Eryri	46.41
29. K. Gray	CaldV	46.52
30. M. Hayman	DkPk	46.54

VETERANS O/50

1. (51) H. Jarrett	CFR	50.39
2. (52) J. Holt	Clay	50.44
3. (53) K. Taylor	Clay	50.50
4. (60) J. Winn	CFR	51.16
5. (73) R. James	CFR	52.10

VETERANS O/60

1. (95) J. Nuttall	Clay	55.06
2. (114) P. Murray	Horw	57.36
3. (170) P. Norman	Wrex	67.47

LADIES

1. (35) A. Mudge	Carn	47.57
2. (64) N. Davies O/40	Borr	51.40
3. (64) L. Sharp	Kesw	51.40
4. (92) S. Carson	CFR	54.57
5. (97) A. Brand-Barker O/40	Kesw	55.15
6. (99) H. Bransby	CFR	55.30
7. (102) S. Wood	Amble	55.56
8. (109) K. Beatty O/40	CFR	56.40
9. (118) S. Taylor	Bing	58.08
10. (131) H. Johnson	Bing	60.24

208 finishers

**JACK RILEY MEMORIAL PENDLE
FELL RACE
Lancashire
AS/4.5m/1500ft 05.04.03**

After last week's ferocious wind, the day presented us with near perfect weather conditions and very dry underfoot. Would a new course record be set to beat Jack Maitland's run back in 1984?

Simon Bailey, last year's winner, came up from Staffordshire and it was nice to see Ian Holmes cross the Pennine border to run in our race. Simon had the lead at the top of the cart track and by the finish of the climb up the Middle of Pendle, he had a lead of about 100 yards, keeping the lead to the finish first with Ian 43 seconds behind.

In the ladies' race, Lucy Whittaker came home first with a gap of over two minutes from Vanessa Peacock.

In the junior races, the Under 8s, 10s and 12s ran over a new course of one or two tough laps in the field behind the Village Hall. It enabled families and runners to watch the races better. Helen Wallis was first home in the Under 8s, Rory Addison in the Under 10s and Jos Addison in the Under 12s. The Under 14 and Under 16 races ran up to Buttock and back. Peter Haworth won the Under 16s and Tom Addison, celebrating a family treble, won the Under 14s.



Simon Bailey making the climb look easy at Pendle (Photo Pete Hartley)

Many thanks to all the marshals, friends and helpers, especially those who volunteered late when things looked bleak. Thanks also to Rossendale & Pendle Mountain Rescue and St John's Ambulance for their help, and finally to the person who marshaled after losing a race bet!

Will Simon Bailey make it a hat trick - come along and see on 3 April 2004!!

David Bailey

1. S. Bailey	StaffsM	30.47
2. I. Holmes	Bing	31.30
3. G. Ehrhardt	Tod	32.12
4. S. Livesey O/40	Clay	32.28
5. A. Peace	Bing	32.39
6. S. Oldfield O/40	BfdA	32.53
7. T. Werrett	Mercia	33.04
8. G. Oldfield	P&B	33.10
9. R. Lawrence	Bing	33.13
10. D. Walker	Clay	33.33

VETERANS O/50

1. (27) P. McWade	Clay	35.38
2. (30) M. Walsh	Kend	36.39
3. (45) R. Taylor	Penn	37.50

VETERANS O/60

1. (121) R. Jaques	Clay	44.34
2. (129) T. Peacock	Clay	45.10
3. (138) J. Ely	CFR	45.49



Some techniques you don't ask about!!! Lucy Whittaker and Shane Fitzpatrick at Pendle (Photo Woodhead)

LADIES

1. (57) L. Whittaker	Sadd	38.39
2. (83) V. Peacock O/50	Clay	40.56
3. (87) E. Barclay	Ilk	41.17
4. (99) K. Mather O/40	Sadd	42.15
5. (109) D. Atkins	Chor	43.40
6. (123) A. Kelly O/40	Clay	44.40

THE FOUR INNS WALK Derbyshire

BL/45m/6500ft 05.04.03

The Four Inns Walk, organised by the Derbyshire Scout Council, originally started in 1957 with a total of 12 Rover Scout teams. The Four Inns, a tough competitive walk in the Peak District approximately 72 km long over some of the roughest moorland in Britain, now attracts 70 plus teams of four. Originally only open to 'Scouting' members it is now a truly open event - this year welcoming 22 teams from outside 'Scouting'.

Teams start at two-minute intervals from the Parish Hall in Holmbridge ("Last Of The Summer Wine" country), up to the site of The Isle of Skye Inn. Proceeding across the top of Black Hill to the second Checkpoint (the trig point at Hey Edge) down to the Youth Hostel at Crowden - the first feeding point. The route continues down the side of the Torside Reservoir across the dam to the next checkpoint before the climb up "The Reaps" to the second major peak - Bleaklow. The following checkpoint is Doctor's Gate on the Snake Pass. The route continues as a gentle walk down the main road to The Snake Pass Inn before the ascent of the third major hill - Kinder Scout, across the plateau and drop down Grinds Brook into Edale, past The Nags Head Inn and down to the checkpoint. The route now heads up the Chapel Gate footpath, and drops down into Chapel-en-le-Frith. Out of Chapel up to Whitehall (the Derbyshire Outdoor Pursuits centre) and then down into the Goyt valley. A "gentle" climb up Shooters Clough brings the walkers to The Cat and Fiddle Inn, the last of our Four Inns. "The Cat" high on the moors in Cheshire is now recognised as the highest pub in England. The final stretch is a mainly downhill walk along the old Roman road into Buxton, finishing at the University of Derby High Peak College.

We were extremely lucky this year with bright sunny weather, albeit a little too warm for the faster walkers - not typical weather conditions for this part of the country at this time of the year!

The event attracted 71 teams - from this number 49 complete teams finished and in total 269 walkers completed the course.

Dave

WREKIN FELL RACE Shropshire AS/5.5m/1700ft 06.04.-03

1. M. Buckingham	Holm	37.03
2. A. Ellis	ValeR	38.36
3. C. Doyle	Traff	39.18
4. R. Little	Mercia	39.57
5. S. Hunn	Skip	40.02
6. P. Devine-Wright	Unatt	40.29
7. A. Tapps	Mercia	40.52
8. I. Hughes	Shrews	41.07
9. J. Mellor	Wirral	41.20
10. A. Carruthers O/40	Crawley	41.28

VETERANS O/40

1. (10) A. Carruthers	Crawley	41.28
2. (12) C. Lancaster	Ludlow	41.51
3. (15) M. Clewes	Mercia	42.38

VETERANS O/50

1. (21) D. Tait	DkPk	45.33
2. (24) B. Dredge	Mercia	46.36
3. (41) A. Davies	Telf	50.34

VETERANS O/60

1. (73) M. Edwards	DkPk	62.51
--------------------	------	-------

LADIES

1. (18) K. Hawitt	Warr	43.12
2. (28) K. Ingram	Chor	47.41
3. (37) S. Tunstall	Border	49.38

80 finishers

JUNIOR RACE - ERCALL FELL RACE UNDER 14s

Boys

1. B. Griffiths	Oswest	12.26
2. G. Cunliffe	Ross	12.42
3. S. Clifford	CFR	12.56

Girls

1. (6) D. Walker	Burnley	13.15
2. (7) G. Crowther	HlemH	13.47
3. (11) A. Wheatman	Scarb	14.00

23 finishers

WIRKSWORTH INCLINE RACE Derbyshire

BS/4m/650ft 06.04.03

The Sam Taylor Shield for the first Junior under twelve years was awarded to 11 year old, Hayley Cameron. Nine year old Kieran Howard was the winner of the "Under Ten" Shield.

Four competitors aged 67, 68, 69 and 69 returned times of 37.00 or under for the four miles; the oldest contestant shield was awarded to Barry Thackery, who returned a time of 33.23.

Janet Kenyon broke her own course record for the ladies' race in an excellent time of 25.41.

Alan Woolley

1. R. Foley	22.54
2. L. Banton	23.15
3. T. Plant	24.01
4. D. Yates	24.03
5. P. Timmons O/40	24.14
6. C. Rowe O/40	24.26
7. K. Brailsford O/50	25.09
8. D. Owen	25.31
9. J. Kenyon Lady	25.41
10. S. Archer	25.57

VETERANS O/50

1. (7) K. Brailsford	25.09
2. (11) R. Britton	25.59
3. (13) M. Moorhouse	26.19

VETERANS O/60

1. (43) B. Rodgers	31.13
2. (56) B. Thackery	33.23
3. (58) B. Howitt	34.49

LADIES

1. (9) J. Kenyon	25.41
2. (18) C. Howard	27.12
3. (19) C. Williams	27.19
4. (20) K. Davison	27.26
5. (32) J. Sutton	29.10
6. (34) C. Coonan	29.49

94 finishers

JUNIORS - 2 miles

1. L. Morson	15.16
2. A. Whelan	16.18
3. S. Smith	16.35

SUNNY BUNNY RUN TWO West Yorkshire CS/3m/300ft 08.04.03

1. I. Holmes	Bing	16.55
2. R. Hope	P&B	17.11
3. M. Buckingham	Holm	17.20
4. R. Jebb	Bing	17.35
5. R. Lawrence	Bing	18.09
6. M. Pierson	Holm	18.09
7. W. Smith	Kghly	18.17
8. C. Loftus	Kghly	18.26
9. J. Hemsley	P&B	18.36
10. S. Bottomley	P&B	18.41

VETERANS O/40

1. (13) A. Clarke	CaldV	18.52
2. (15) P. Stevenson	P&B	19.01
3. (17) J. Rank	Holm	19.18

VETERANS O/50

1. (34) M. Foschi	Penn	20.29
2. (48) S. Moss	Spenn	21.13
3. (78) B. Horsley	CaldV	22.42

VETERANS O/60

1. (109) M. Coles	Skyrac	23.54
2. (135) T. Cock	Holm	25.19
3. (187) P. Sharp	Bing	27.08



Dawn Atkins receiving attention at Bunny Run Two (Photo Woodhead)

LADIES

1. (36) N. White	Holm	20.40
2. (67) S. Taylor	Bing	22.05
3. (74) V. Peacock O/50	Clay	22.27
4. (75) A. Fulton U/14	Bing	22.32
5. (76) T. Jones U/16	Holm	22.34
6. (77) V. Snape	Chor	22.40
7. (86) H. Glover	Kghly	23.00
8. (90) S. Becconsall O/40	Bing	23.09

233 finishers

"UP & RUNNING" HEROD FARM HILL RACE Derbyshire

AS/3m/1100ft 09.04.03

Herod Farm Race is a short sharp race which takes its runners up two steep ascents and descents in the space of just three miles.

The race was won yet again by Ged Cudhay in 22.53, although Andy Trigg's course record of 22.23 remained intact.

With numbers well down but prizes already bought I was left with the classic dilemma - do you cut your coat to fit the field or carry on regardless? The size of the prize fund reflects the latter with every runner potentially going home with more than their entry fee in terms of vouchers and free samples.

Ewen Rennie

1. D. Whitehead	Cosmic	1.20.49
2. G. Bartlett	Forres	1.20.54
3. B. Marshall	HELP	1.21.46
4. A. Smith O/40	Deeside	1.26.47
5. A. Anderson	Solway	1.27.04
6. S. Barrie	Unatt	1.30.30
7. J. Musgrave O/40	Deeside	1.31.37
8. S. Barnett	Carnegie	1.31.52
9. C. Pryce O/40	Cosmic	1.32.47
10. K. Robertson	Cosmic	1.34.58

VETERANS O/50

1. (13) A. McGuire	Fife	1.37.06
2. (20) F. Morgan	NFR	1.44.59
3. (24) W. Watson	Cosmic	1.54.54

VETERANS O/60

1. (22) C. Love	DundH	1.46.28
-----------------	-------	---------

LADIES

1. (21) K. Buckley	DkPk	1.45.15
2. (34) E. Stewart O/40	Cosmic	2.06.47
3. (39) M. Knight O/40	Deeside	2.11.30

42 finishers

ANNIVERSARY WALTZ

Cumbria

AM/11.25m/3600ft 19.04.03

Once again we had perfect running weather - another like this and we will be issuing marshals with the sun tan lotion! However, winds on Catbells took a sheet of times on a tour of Derwentwater - apologies if you were going like the clappers for a PB - you probably made it!

John Brown led at all of the tops but was pipped to the post by Ian Holmes with a fine descent of Catbells. First lady home was Louise Sharp. A new men's course record was set and category records beaten for the O/40, O/50 and O/60. O/70 featured for the first time.

From the letters and comments received, most people seem to have had a good day.

More than £500 was made for the Village Hall - we are still adding up the pennies! Thank you everyone for your support for another year. Thanks to our sponsors Lowe Alpine, Pete Bland, Argos, Foxfield's Brewery and Adidas. A special thanks to Fred Rogerson for the prize giving - we really appreciate your turning up - it makes a difference.

Wynn and Steve



"Of course, one doesn't always run!!" Sue Becconsall at the Anniversary Waltz (Photo Pete Hartley)

1. I. Holmes	Bing	1.28.27
2. J. Brown	Salf	1.29.23
3. R. Jebb	Bing	1.29.51
4. S. Booth	Borr	1.30.16
5. J. Davies	Borr	1.30.30
6. N. Sharp	Amble	1.31.20
7. A. Peace	Bing	1.32.09
8. M. Roberts O/40	Borr	1.33.18
9. R. Hope	P&B	1.33.54
10. J. Bland	Borr	1.34.02
11. D. Neill O/40	StaffsM	1.34.26
12. J. Hodgson	Horw	1.35.05
13. G. Devine	P&B	1.36.09
14. S. Stainer	Amble	1.36.29
15. A. Schofield	Borr	1.36.54
16. C. Leigh	Traff	1.37.18
17. G. Crayston	CFR	1.37.24
18. S. Livesey O/40	Clay	1.37.40
19. T. Werrett	Mercia	1.37.48
20. J. Blackett	Middles	1.37.51



Andy Howie (Pennine) and Louise Sharp (Keswick) on the way up to Robinson at Anniversary Waltz (Photo Pete Hartley)

VETERANS O/50

1. (51) D. Overton	Kend	1.44.50
2. (60) P. McWade	Clay	1.46.36
3. (66) J. Winn	CFR	1.48.02

VETERANS O/60

1. (166) J. Nuttall	Clay	1.59.37
2. (174) J. Amies	Macc	2.00.30
3. (198) P. Murray	Horw	2.02.42

VETERANS O/70

1. (391) H. Catlow	Horw	2.46.40
--------------------	------	---------

LADIES

1. (85) L. Sharp	Kesw	1.51.10
2. (102) S. Newman O/40	CaldV	1.52.00
3. (135) N. White	Holm	1.55.52
4. (154) S. Taylor	Bing	1.57.27
5. (155) K. Beaty O/40	CFR	1.57.37
6. (165) H. Johnson	Bing	1.59.23
7. (167) K. Davidson	DkPk	1.59.38
8. (192) L. Thompson O/40	Kesw	2.02.15
9. (200) H. Thorburn	DkPk	2.03.01
10. (206) A. Raw O/40	Darling	2.03.25

411 finishers

LARA SHINING CLIFFS FELL RACE

Derbyshire

BS/5m/900ft 20.04.03

At the halfway stage, everyone's money was on Tom Plant to add to his string of wins over the fells but tiredness quickly took over to allow victory to Graham Moffat. In doing so, Moffat improved on his 2002 time by a massive 2.37.

The ladies' race was won by a newcomer to the area, Tracey Greenway, running in the Ashbourne colours, who pulled clear of Jill Postlethwaite and Gaye Taylor.

David Denton

1. G. Moffat	HolmeP	28.50
2. T. Plant	DerbyT	29.22
3. R. Foley	Matlock	29.23
4. P. Timmons O/40	Ripley	30.29
5. T. Illsley	Unatt	30.59
6. C. Sleath	Derby	31.50
7. L. Perkins	Heanor	32.03
8. M. Wilkins O/40	Town&C	32.39
9. K. Emery O/40	Unatt	33.16
10. P. Pittson O/50	Erewash	33.26

VETERANS O/50

1. (10) P. Pittson	Erewash	33.26
2. (11) M. Moorhouse	Matlock	33.36
3. (12) E. Baynes	Heanor	34.16

VETERANS O/60

1. (56) E. Makin	HolmeP	47.38
------------------	--------	-------

LADIES

1. (13) T. Greenway	Ashbourne	34.18
2. (16) J. Postlethwaite	Harborough	34.46
3. (25) G. Taylor O/40	Harborough	36.13
4. (34) A. Heading	MilltM	39.06
5. (48) S. Foulds	MilltM	42.13

66 finishers

SHORT RACE

1. H. Cameron Girl	Matlock	19.55
2. B. Greenway Boy	Ashbourne	22.14
3. S. Smith Lady	Unatt	22.28

12 finishers

'HOPPITY' BUNNY RUN FOUR

West Yorkshire

CS/3m/300ft 22.04.03

1. T. Tipping	Holm	17.27
2. M. Buckingham	Holm	17.43
3. W. Smith	Kghly	18.02
4. M. Pierson	Holm	18.09
5. R. Lawrence	Bing	18.21
6. C. Doyle	Traff	18.26
7. A. Clarke O/40	CaldV	18.34
8. S. Hunn	Skip	18.38
9. S. Bottomley	P&B	19.02
10. R. Haworth O/40	Horw	19.06



The winners at Bunny Run Four - Danielle Walker, Sarah Rowell, Tom Tipping and Vanessa Peacock
(Photo Woodhead)

VETERANS O/40

1. (7) A. Clarke	CaldV	18.34
2. (10) R. Haworth	Horw	19.06
3. (15) B. Whalley	P&B	19.35

VETERANS O/50

1. (27) M. Foschi	Penn	20.22
2. (38) S. Moss	Spenn	21.09
3. (60) S. Thompson	Bing	22.36

VETERANS O/60

1. (110) T. Cock	Holm	24.41
2. (153) P. Sharp	Bing	27.15
3. (168) R. Cutts	Longw	28.51

LADIES

1. (43) S. Rowell O/40	P&B	21.36
2. (52) V. Peacock O/50	Clay	22.13
3. (53) D. Walker U/14	Burn	22.20
4. (63) H. Glover	Kghly	22.43
5. (70) T. Jones	Holm	22.53
6. (73) V. Snape	Chor	22.56
7. (77) I. Livesey	Chor	23.23
8. (84) S. Corbin	P&B	23.47

193 finishers

ST GEORGE'S RUN Derbyshire

BS/4m/750ft 24.04.03

1. I. Taggart	Bux	26.10
2. D. Nicholls	Macc	26.21
3. M. Fowler O/40	Penn	26.24
4. A. Johnson	Macc	26.57
5. T. Stock O/40	Macc	28.54

VETERANS O/50

1. (9) M. Cortvriend	Macc	30.31
2. (11) A. Brentnall	Penn	31.25
3. (17) N. Goldsmith	Altr	33.23

VETERANS O/60

1. (8) J. Amies	Macc	29.54
2. (25) B. Thackery	DkPk	40.30

LADIES

1. (18) H. McBride Jun	Macc	33.41
2. (22) V. Thornton O/40	Macc	37.03
3. (26) N. Bunyan	Macc	44.45

BINNIAN TO THE TOP - HILL & DALE SERIES Mourne Mountains

AS/2m/2000ft 24.04.03

The summer has ended and it's only the 24th April. Weeks of drought, which had led to many arduous hours around the Mourne for local firefighters, ended on cue on Easter Monday and after two days of further respite, the rain lashed down on the slopes of Slieve Binnian for much of Thursday. The views from Binnian are stunning, but not tonight and with visibility down to less than 10 metres in places the runners could have been anywhere, most of the time.

Bart had done the runners proud and with Roy Donaldson, his ligament damage keeping him from racing so far this year, he set off up the mountain half an hour before the race started and with red tapes strategically led the runners up onto the upper slopes of Binnian, where Larne doctor Peter Howie's daughter blew a whistle for more than half an hour to guide the runners to the finish line. On top of the mountain, as runners collapsed across the line, it was below 5°C with 100% humidity, the rain was over but the cloud was very low and a wind that would have cut mere mortals in six.

The start to the Binnian race was moved from Carrick Little, to avoid the main tourist path, which has become very eroded. Instead, the race started at the top of the Brackenagh Road and climbed quickly on a rough track to a disused quarry. The leaders arrived there inside 8 minutes, where the mountain then begins to rise very steeply, keeping a wall on their left, the leaders took only 12 minutes or so to reach the Mourne Wall before turning left to climb, even more steeply, onto Binnian south summit and the finish of the race.

Thankfully, a stalwart of last year's race series, Willie Marks only this week returned from his long absence in Australia and New Zealand, not just to compete, but also to provide race parking at the family farm close to the start. Thanks to the Marks clan for providing use of their field and to race favourite, Robbie Bryson, for finally showing the rest the way to the field.

Down to the serious racing and record holder over the old race route, Mr Bryson, was out to set the record on the new route, but, initially at least, he didn't have it all his own way. Deon McNeilly, as usual the fierce competitor, set off at a very fast pace and stretched the field right from the start. Making a welcome first appearance for the year, Ally McKibbin, a competitor without peer, was also in the leading group of three.

What happened next is a mystery to most. Suffice to say that on the steeper slopes current World Masters Champion, Bryson, opened his climbing legs, showed his class and pulled away and was first to appear at the whistling summit, 1 minute 25 seconds ahead of McNeilly, who was, in turn, 29 seconds clear of McKibbin.

Other notable performances, in this unusual uphill only race, came from Alwyn Shannon, first lady in 40th overall, with Violet Linton second lady.

Local runner, Adam Mitten, led home the juniors for the first time in a great 13th place overall in 26 minutes 30 seconds and will win his first vest for his country, competing in the Knockdhu Junior International Race near Larne two days later. Ever improving Jonathan McCloy was second junior.

BOGBOY

1. R. Bryson O/40	N'castle	20.56
2. Deon McNeilly O/40	N'castle	22.21

3. A. McKibbin	N'castle	22.50
4. A. Brennan	Ballym	24.25
5. D. Brannigan	N'castle	24.29
6. B. McKay O/50	Albert	24.40
7. S. Cunningham	N'castle	24.45
8. R. Rodgers	N'castle	25.10
9. J. McCann	Ballym	25.30
10. F. O'Hagan O/40	TeamP	26.07

VETERANS O/50

1. (6) B. McKay	Albert	24.40
2. (18) D. McHenry	N'castle	27.05
3. (27) P. McGookin	ACKC	28.40

LADIES

1. (40) A. Shannon O/40	N'castle	30.14
2. (43) V. Linton	LVO	30.35
3. (58) M. Elliott O/40	LunchLeg	32.06
4. (59) R. McConville	NDown	32.07

82 finishers

P & O KNOCKDHU CLASSIC Co Antrim

AS/4.7m/1470ft 26.04.03

Former World Mountain running champion, Angela Mudge, smashed the ladies' course record at the P & O Irish Sea Knock Dhu Classic Mountain race while George Crayson was a surprise winner of the men's race.

There was a record entry for the Larne Athletic Club promotion, which is also supported by Larne Borough Council and Johnston & Courtney Solicitors, and took place over a testing four and a half mile course, which involved one and a half thousand feet of climb.

Jon Brown and former World Junior medalist, Tim Davies, blasted off from the start and by the top of the first climb they were 30 yards clear of the chasing bunch.

However, there was consternation as Brown failed to follow the course markings and marshal's instructions and missed the turn down the descent to the Sallagh Braes.

Davies and the next half a dozen runners followed him off course and although they were hailed back, their error effectively put them out of contention.

Tim Lenton led over the top of the second climb but was caught on the next descent by George Crayson and Mark Roberts. Crayson got ahead on the final climb and charged clear on the descent to win.

Roberts snatched second 12 seconds behind to make an English 1 - 2 with Lenton 5 seconds adrift in third.

James Mason battled for fourth, just ahead of Stewart Whitlie.

Neil Carty was running well for 6th and leading the Northern Ireland team home.

Angela Mudge was in devastating form as she followed up her win in the British Championship opener at Slieve Bernagh in the Mourne 5 weeks ago. She smashed the 3-year old course record by 2.21 as she romped home to an impressive win and finished an outstanding 15th overall.

Current British champion, Louise Sharp, was a clear 2nd almost a minute ahead of Lynn Wilson.

Tricia Sloan was the top Northern Ireland runner home in 46.31.

Brian Ervine

1. G. Crayson	England B	36.13
2. M. Roberts O/40	England	36.25
3. T. Lenton	Scotland	36.30
4. J. Mason	England	37.07
5. S. Whitlie O/40	Scotland	37.12
6. N. Carty	Nthnre	37.16
7. B. Marshall	Scotland	37.25
8. P. Nolan	Ireland	37.38
9. J. Symonds	England B	37.43
10. P. Davies	Scotland	37.47

VETERANS O/50

1. (64) D. McHenry	Willow	46.22
2. (80) J. Stewart	Lochab	51.08
3. (86) R. Cowan	Willow	53.07

VETERANS O/60

1. (71) C. Love	DundH	48.28
2. (101) B. Bennet	Penicuik	63.12

LADIES

1. (15) A. Mudge	Scotland	38.23
2. (39) L. Sharp	England	42.19
3. (45) L. Wilson	Scotland	43.13
4. (51) N. White	England	44.44
5. (52) D. Scott	Scotland	44.46
6. (54) J. Tait	Scotland	45.00

111 finishers

GLARAMARA FELL RACE

Cumbria

AS/5m/2100ft 26.04.03

1. J. Davies	Borr	45.05
2. J. Bland	Borr	45.12
3. B. Bardsley	Borr	48.14
4. G. Bland	Borr	48.25
5. T. Mason	Wharfe	50.24
6. D. Golding	Amble	54.08
7. J. Archibald	CFR	54.44
8. C. Valentine O/40	Kesw	54.55
9. I. Turnbull	Borr	55.02
10. S. Freeman	Amble	55.35

VETERANS O/40

1. (8) C. Valentine	Kesw	54.55
2. (13) D. Emmerson	Unatt	57.51
3. (16) P. Tuson	Kend	58.27

VETERANS O/50

1. (18) D. Spedding	Kesw	59.46
2. (22) M. Litt	CFR	61.03
3. (27) D. Lees	CFR	63.17

VETERANS O/60

1. (35) P. Jepson	Ross	67.05
2. (41) P. Dowker	Kend	73.30
3. (51) M. McDonald	NthnV	82.35

LADIES

1. (25) J. Lee	Unatt	61.56
2. (46) J. Casey O/40	Barrow	75.18
3. (48) S. Welsh	NFR	78.49

57 finishers

THREE PEAKS RACE

North Yorkshire

AL/24m/4500ft 27.04.03

After weeks of fine, dry weather, overnight rain softened the ground before the start of this year's Three Peaks Race. However, the weather on the day, always an important factor in a long race, gradually improved to provide excellent running conditions.

Once again the entries were low compared to more recent years, 235 started and 205 finished, the field being predominantly veterans!

The pre-start random kit check went without a hitch - perhaps we're all getting the message about safety?

This year the Three Peaks Race Association opted to dispense with the traditional ring and tag system (which had provided excellent service over many years), and use electronic tagging to track runners through the various checkpoints. The new system worked extremely well and had the added benefit of producing comprehensive computerised results very quickly.

From the start, the field was soon strung out on the track up to Pen Y Ghent, with a group of five together having a slight advantage going over the summit.

The long low level section towards Ribbleshead and the second peak, Whernside, saw the leading group reduce to four including eventual winner, David Walker, Andrew (Scoffer) Schofield, Matthew Whitfield and Jason Helmsley. Beverley Whitfield also started to pull clear over this section to lead the ladies.

David Walker created a clear lead by the summit of Whernside, but in the veterans' category a battle was evolving with Paul Briscoe nicely clear of Graham Schofield at this stage, but super veteran Peter



Three Peaks winner Dave Walker with his dad Harry - winner in 1978, 1979 & 1981
(Photo Pete Hartley)

McWade in close contention with Graham.

On Ingleborough, the final summit, David Walker had well over five minutes on Jason, and continued to extend his lead to the finish.

Paul Briscoe with nearly three minutes lead on Graham on Ingleborough, lost it on the descent through Sulber Nick to finish eight seconds behind Graham. Perhaps Paul took it too steady, not wishing to suffer another fracture, as he did last year on this treacherous section!

Peter McWade belied his age category to finish eighth overall, an excellent performance.

In the ladies' category, Beverley, incidentally the daughter of Peter McWade, continued to extend her lead over Ingleborough to finish comfortably ahead of Helen Sedgwick. Jean Shotter, always a competitor, finished fourth lady overall and first lady veteran.

David Walker was understandably emotional at the finish, no doubt overcome at winning a classic race to join an elite band of Three Peaks Race winners and emulating his father, Harry Walker, who won the race three times in 1978, 1979 and 1981.

Dave Weatherhead

1. D. Walker	Clay	3.06.27
2. J. Hemsley	P&B	3.12.49
3. A. Schofield	Borr	3.16.55
4. J. Blackett	Middles	3.19.59
5. A. Orr	Clay	3.25.58
6. G. Schofield O/40	Horw	3.26.06
7. P. Briscoe O/40	P&B	3.26.14
8. P. McWade O/50	Clay	3.27.59
9. C. Reade	Bowland	3.28.43
10. A. Hauser O/40	Holm	3.30.34

VETERANS O/50

1. (8) P. McWade	Clay	3.27.59
2. (19) N. Pearce	Ilk	3.38.53
3. (36) K. Carr	Clay	3.48.31

LADIES

1. (54) B. Whitfield	Clay	3.56.40
2. (62) H. Sedgwick	Ilk	4.03.16
3. (65) S. Miles	Unatt	4.05.39
4. (77) J. Shotter	Holm	4.11.14
5. (79) D. Gowans	Acc	4.12.12
6. (83) E. Batt	Bux	4.14.02

205 finishers

BUNNY RUN RELAY

West Yorkshire

CS/2.5m/250ft 29.04.03

1. West Nab	39.33
2. Poached Eggs	40.59
3. Hot Toddlers	43.16
4. Tornadoes	43.20
5. Rossendale A	43.35
6. Belgium Tactics	44.41
7. Aireville Dropouts	45.40
8. Bertrums Bog Trotters	45.53
9. Army A	45.53
10. 3 of a Kind	46.57

69 team finishers

PENTYRCH HILL RACE

South Glamorgan

BM/6.5m/1600ft 29.04.03

Ruth Pickvance took this race by storm, finishing as the first lady and 12th overall. Her time of 50.54 smashed about seven minutes off the time set on the revised course last year. Seven seconds separated the second lady, Ann Folan and Anna Phillips.

In the men's race, Julian Baker and Matthew Collins were head to head at the halfway mark but Baker gained advantage on the second major climb to win by one minute. Tim O'Connor battled hard to hold off the first veteran, Adrian Woods and Robert Gordon.



Graceful descending technique by Sally Newman at West Nab (Photo Woodhead)

VETERANS O/60

1. D. Illingsworth	Airedale	58.16
2. T. Cock	Holm	58.33
3. M. Coles	Skyrace	61.32

LADIES

1. S. Newman O/40	CaldV	48.48
2. W. Barnes	Barns	51.33
3. H. Berry	Holm	52.13
4. K. Bailey	Bing	55.4.29
5. D. Waite O/40	Holm	59.20
6. J. Johnson O/40	Holm	62.24

67 finishers

GRISEDALE GRIND

Cumbria

AS/3m/1600ft 07.05.03

Thirty nine hardy runners turned out for a run up Grisedale Pike. The route up the ridge has NO flat sections hence the race title "Grind". The only bonus was that the mountain weather forecast was over pessimistic. Only the strong winds were accurate, the 800ft cloud base and the rain stayed away. As summit marshal I decided to remain seated after nearly being blown over when I stood up in a particularly strong gust! The summit positions are therefore as accurate as I could manage under the circumstances!

Times were slower than previous years, probably due to the head wind when you were trying to climb up the ridge.

All runners were back and prizegiving completed within the hour. Results were on the Keswick website within two hours (the wonders of modern technology!). Many thanks to all the helpers who made the event run smoothly. If you have never tried marshalling, give it a go; it provides a whole new perspective to the racing scene.

Angela & Tony B-B

1. A. Schofield	Borr	30.46
2. R. Lightfoot	CFR	31.44
3. B. Taylor	CFR	32.23
4. M. Denham-Smith	Kesw	32.32
5. R. Mossop	CFR	34.15
6. A. Beaty O/40	CFR	34.35
7. I. Turnbull	Borr	34.48
8. D. Atkinson	CFR	35.50
9. P. Pearson O/40	Saltw	35.56
10. J. Winn O/50	CFR	36.00

VETERANS O/50

1. (10) J. Wiinn	CFR	36.00
2. (13) M. Litt	CFR	37.53
3. (19) J. Downie	Kesw	39.50

VETERANS O/60

1. (20) J. Richardson	CFR	41.09
2. (34) S. Watson	CFR	49.31
3. (39) J. Rutter	Unatt	53.14

LADIES

1. (23) S. Ayers	CFR	42.29
2. (35) E. Pearce	Lochab	50.01
3. (36) L. Buck O/40	CFR	50.29

39 finishers

HEN & COCK (HILL & DALE SERIES)

Mourne Mountains

AS/2.5m/1300ft 08.05.03

The Hen & Cock race represents, already, past the half way of the Acheson & Glover Hill & Dale Series. Another 96 runners turned up for this week's challenge, which like all the other races in the Series is unique.

The weather was fine, after some earlier heavy showers and the recent wet weather, the underfoot conditions were wet in places. Neil Carty was hoping to make the most of the absence of Robbie Bryson and Deon McNeilly to make it three wins for the year and to take him into the Series lead. Bryson's and McNeilly's club mate, Ally McKibbin had other ideas and stalked Carty step for step up the first steep climb of Hen mountain. In the ladies' category, Sharon McBurney was aiming for the victory to practically secure the title this early in the Series with five wins from the first six races.

It takes all sorts to make up a field of runners and special attention is drawn this week to the renowned architect, Peter McGookin, whose achievements include the Waterfront Hall. However, whilst the Waterfront was completed on time, McGookin's timekeeping has worsened with the passage of time and he has singularly failed to make any race this season in what would be described as 'sufficient' time for the start. This has two impacts, the organisers and marshals are unsure exactly how many are in the race and, despite his useful shape, for a man of his age, he finishes further down the field than if he managed to turn up in time. This week was, obviously, no exception as he set off once again behind the mass of 95 runners quickly catching, it has to be said, Blayne's finest Dermot Neary. McGookin eventually came home 61st having passed 35 runners only this week. I wonder if he will make it some week on time or is this to remain but a distant memory of halcyon days of towers and turrets and his Waterfront monument pride and joy.

Meanwhile, not long after McGookin got going Carty and McKibbin were descending from the summit of Hen, less than seven minutes after the start, and behind a bunch led by Alex Brennan, tailed by Damien Brannigan, fresh (if that is the right word) from his 2 hours 52 Belfast Marathon the previous Monday, Stevie Cunningham and Steve Begley. Across the boggy ground and onto the climb of Cock and Carty made the decisive move, pushing hard he stole a few yards, McKibbin hit back, but soon after the elastic was broken and Carty pushed on to gain a 10 second lead by the summit of Cock arriving there in around 19 minutes.

On the fast descent Carty made his lead tell with McKibbin fighting hard but

to no avail, Carty came home for his third victory and a 44 second gap to McKibbin, who in turn had over two minutes on the fast finishing Brennan. Recent Newcastle AC recruit Stevie Cunningham produced the best run of his life in 4th, just out kicked by Brennan.

Former winner, Jim Brown was first veteran. One of the other performances of the night came from the steadily improving Jonathan McCloy from mid-Ulster, who over the past two seasons has quietly progressed up the field and tonight produced his first top ten finish ever. At only 17, McCloy capped a successful past few weeks with this run and has great potential for the future and is now running better in than Eoghan Gill, last year's top junior, was at this time last year.

Larne's flying (he hasn't been this year yet) doctor Peter Howie showed a tentative return to form with his 11th place and first veteran with Billy McKay, another Belfast Marathon participant, coming home first veteran 50. Meanwhile, McBurney dominated the woman's section again, 46 seconds outside the still injured Shileen O'Kane's course record. Second to McBurney was also first lady veteran Alwyn Shannon in 48th overall.

Alwyn and Dave Bell led the runners in the post-race celebrations to Downey's in the Square in Rathfriland, where a warm welcome was received for the prize-giving.

BOGBOY

1. N. Carty	NBelf	28.45
2. A. McKibbin	N'castle	29.29
3. A. Brennan	Ballym	31.32
4. S. Cunningham	N'castle	31.34
5. D. Brannigan	N'castle	31.49
6. J. Brown O/40	BARF	32.25
7. A. Gregg	Larne	32.37
8. S. Begley	Albert	32.54
9. J. McCloy Jun	MidUlst	33.18
10. R. Rodgers	N'castle	33.35

VETERANS O/40

1. (6) J. Brown	BARF	32.25
2. (11) P. Howie	Larne	33.37
3. (13) B. McBurney	N'castle	33.55

VETERANS O/50

1. (14) B. McKay	Albert	34.07
2. (21) D. Rankin	BARF	36.15
3. (24) B. Magee	Larne	37.39

VETERANS O/60

1. (95) T. Donnelly	ACKC	68.51
---------------------	------	-------

LADIES

1. (29) S. McBurney	Ballym,	38.01
2. (48) A. Shannon O/40	N'castle	40.40
3. (65) S. Pruzina O/40	BARF	44.12
4. (76) M. Elliott	Legends	48.04
5. (82) H. Kelly O/40	BARF	50.26

96 finishers



A cautionary postscript - Howard Waite of Wigan Phoenix in the clutches of the emergency services at Belmont Winter Hill. He's ok now. (Photo Woodhead)

Next Time, The
MOUNTAIN
Kneels Before You



ONCE IT GETS INTO YOUR BLOOD, MOUNTAIN RUNNING
IS A PAINFUL NARCOTIC. MUDROC™ TECHNICAL
MOUNTAIN RUNNING SHOES FROM INOV8 ARE YOUR
ONLY HOPE OF COPING WITH THIS PAINFUL ADDICTION.

INOV8

CALL 01388 526500 OR GO TO inov-8.com TO CHECK OUT THE MOUNTAIN RUNNING SHOE YOU'VE BEEN WAITING FOR.

Do We Need To Evaluate Our Position from Peter Shields

Commentators in the media, coaches and various other professionals within the athletic fraternity have been raising a debate in recent years about the demise of endurance running standards within the British Isles.

This debate has juxtaposed the concerns that other pundits have shown towards the worrying lack of younger runners participating in endurance events both on the roads and over the fells. Race line-ups show increasing numbers of plus 40's starting alongside their younger counterparts.

It is right that these debates are aired because if we look at the facts and figures on both these issues they speak for themselves. Concerns about our endurance base need to be understood, analysed, debated and acted upon.

The endurance argument often uses as its standard the 'golden' period of British athletics when Coe, Ovett and Cram appeared to continue a seamless record of achievements. Of course these runners were only the tip of the iceberg around that period. Symonds, Cannon, Wilde, Norman, Styan, Bland and Stuart et. al. are also names to conjure with from our own particular discipline. Around this period the running boom brought in literally thousands of people to our sport.

These people, un-inhibited by the previous orthodoxies, challenged old views and helped to push standards higher. Although many came into running because it was presented as a fashion of sorts, it did show there was a wealth of untapped talent that if stimulated and focussed could change the direction and standard of a sport.

As with all trends people's views and ideas change but some stay the course. So as the boom cooled standards began to plateau. The euphoria that had been generated brought an appetite for information about improving performance. This stimulus encouraged innovations. Diets and new training schedules were introduced by leading experts and published in the media. This new technology helped raise standards.

As with all trends there was a peak automatically followed by a trough: some competitors moved on to other challenges, others fell away and were lost to athletic competition. This change also saw future generations side-stepping the sport altogether. What was once a torrent has since become no more than a trickle to continue pushing standards forward.

Of course there are many other dynamics to this situation. The loss of sport in schools has played a part in the decline in the number of participants in many sports and their subsequent standards. The advance in technology has also played its part. Information is now so readily available through the media and computers that it has led to people expecting their wishes to be met instantly. People's psyches have changed into how they achieve their pleasure. Running endless miles now seems quite remote in this new age, unless it's on a treadmill in a gym.

Those that were always involved and the 'new kids on the block' who continued after the running boom remained very loyal to athletics: numbers prove that. However, standards reflected throughout endurance running show that a plateau had been reached in the British Isles and except for the odd occasion, times and results have rarely been matched to what they once were.

So what about those talented individuals that are always to the fore in our domestic competition? When set against international competition our results, (excepting for the few exceptions), show us to be average. Why?

I am no great scientist but I do know that British athletes have not changed physiologically in such a short period of our evolution. What's going on at the sharp end? Coaches have been taking the brunt of the criticism for our decline. To some extent the athletes have also been castigated. Are these critics right? Are coaches as ineffective as is reported at the higher levels of competition? Do the athletes themselves work hard enough or train

inappropriately? Has modern life changed our expectations? Quick-fix life does not equate to improved athletic standards.

Coaches do have a responsibility for the stagnation in standards. Could it be the way they go about their task or are they not utilised enough? There are certainly plenty of them about.

In our particular discipline within athletics, fell running can be seen as an individual sport where the freedom of the fells takes one away from the conformity of our daily lives. Structures and timetables do not gel for most. On the occasions when plans and structures have been put in place for an athlete who competes on the fells, I have seen almost instant improvement. The mix of strength and speed endurance training has led to new found confidences when taking on and challenging their track and road running counterparts.

Coaches accept that not everyone wants a regime or structure to their running. Our business however, is to get people to reach their potential and raise standards and I think in many respects that should be what our senior athletes should be looking to do within fell running.

To attract talent I think as a sport we need to be a little more proactive. There is a belief that youngsters lead an ever more sedentary life these days. Computers etc seem to be the accepted norm for youngsters. However, in recent years I have seen that perceived norm knocked on its head. I have seen that there is a population of youngsters who are waiting for the opportunity to participate in athletics and fell running. They want to be competitive. Clubs in my local area such as Bingley, Skyrac, Holmfirth, Pudsey and Bramley have always had the ability to attract youngsters and one can only say "Thank goodness for that" and I am sure many clubs in Lancashire, Cumbria and Derbyshire doing exactly the same could agree.

In recent months I have observed my own club: Ilkley Harriers start to develop a junior section. This initiative has confirmed my belief that there are children and young people out there just waiting for the opportunity to get involved. Ilkley has always been a club for the more mature runner, having very few runners under the age of thirty. The club is actually booming with an unprecedented rise in its membership. The junior section came together through a group of members looking to the future of the club. They felt the way forward was to bring in and develop youngsters themselves and further enhance The club's role in the local community.

Although there was some trepidation from a few of the more traditional members, the group kept their vision. They got help and advice from the local area athletics officer, put their plans forward and got them accepted. The rest is history, you might say.

The junior section was immediately overwhelmed with youngsters wanting to join and a waiting list had to be organised. The section is growing from strength to strength and children from the Wharfe Valley are now being introduced to competitive athletics through sports hall athletics and local junior fell races. This vision and enthusiasm held by a few, is echoed in many clubs and will have far reaching effects on sport in the area and beyond; and hopefully with good coaching could raise a champion or two.

Are we going to try and halt the decline? My belief has always been that sport is for all. Children no longer have the freedom to pursue outdoor activities in the same way as many of us did in our youth. Therefore we must acknowledge the need to encourage a new, younger generation into organised and supervised activities. This can only be beneficial to us all. Are we prepared to put something back into our heritage? We have all experienced the freedom, exhilaration and sheer enjoyment of running on the fells. So let's get out there and encourage the new generation to do the same and who knows maybe a future world champion may be out there.

Are we going to open a new door and let them in?

15th BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS CHURCH STRETTON, SHROPSHIRE

SATURDAY, OCTOBER 18th, 2003
ORGANISED BY MERCIA FELL RUNNERS

The event will be based around Church Stretton School at the foot of the Long Mynd.

The terrain is fast and runnable with steep ascents and descents.

Details

The race will start from Church Stretton School, Church Stretton at 10.30 a.m. Registration will be from 8.30 a.m. to 10.00 a.m.

Experience

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.

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 of age on the day. Each team must consist of six runners who may run only one leg for the team – ie. no "doubling-up" within or amongst teams is permitted.

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 £45.00 per team, cheques payable to "Mercia Fell Runners". All entries must be submitted on the official entry form to Mike Day, Newlands, 30 West Street, Axbridge, Somerset, BS26 2AD. Entries must be received by Monday, September 1st, 2003.

Safety Requirements

In accordance with FRA safety requirements, the following equipment must be carried by all runners:

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

Route Descriptions

The course area is covered by OS Explorer 217 "The Long Mynd and Wenlock Edge" Map. Black and white photocopies will be supplied for legs A, B and D and a colour photocopy for leg C.

- Leg A – Solo – 4 miles / 1,100' of ascent
- Leg B – Pairs – 9 miles / 4,000' of ascent
- Leg C – Pairs, navigation – 7 miles / 3,500' of ascent
- Leg D – Solo – 4 miles / 1,100' of ascent

Navigational experience and expertise will be needed for all legs. The distance and ascent may be subject to slight alterations. Full information will be provided with the final details.

Accommodation

There is plenty of accommodation available locally. You may contact the Church Stretton Tourist Information Office (Tel 01694 723133) for further details.

Further Information

More detailed information will be sent to competing Clubs shortly after the closing date.

For further enquiries regarding the event, contact Richard Day (Tel 01889 882238) – Race Organiser.



*Typical Long Mynd Valleys terrain
(Photo Pete Hartley)*

**15th BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIP
SATURDAY, OCTOBER 18th, 2003 ORGANISED BY MERCIA FELL RUNNERS
OFFICIAL ENTRY FORM**

CLUB
NAME OF CLUB OFFICIAL
RESPONSIBLE FOR ENTRIES
ADDRESS OF CLUB OFFICIAL

POST CODE
TELEPHONE NUMBER

Team Entries Each Club is guaranteed one entry in each of the categories. You may enter as many teams as you like, 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 Clubs who require them.

CATEGORY	NUMBER OF ENTRIES
OPEN	
MALE VETERANS	
LADIES	

TOTAL NUMBER OF TEAMS ENTERED	
TOTAL AMOUNT @ £45.00 PER TEAM	£

Please make cheques payable to **MERCIA FELL RUNNERS**

Please send entries to: Mike Day, Newlands, 30 West Street, Axbridge, Somerset, BS26 2AD. Entries to be received no later than Monday, September 1st, 2003. Receipt of entries will be acknowledged by post.

LATE ENTRIES WILL NOT BE ACCEPTED.

Lancashire Sports Repairs Ltd.



A complete mail order resole/repair service for all outdoor performance footwear and clothing...

- **FELLRUNNING SHOES**
original soles for Felldancer & Walsh
- **RUNNING SHOES**
range of replacement sole units available
- **WALKING BOOTS**
any make or model resoled/fully refurbished
- **SLEEPING BAGS & TENTS**
zips, drawcords, seams
- **GARMENT LAUNDERING, REPAIR and RE-PROOFING**
cagoules, overtrousers, jackets, ski suits, salopettes etc - LSR are one of only two officially approved UK repair centres for GORE-TEX® fabrics
- **RUCSACKS**
zips, panels, buckles, harness etc.
- **ROCK BOOTS**
resoling & toe patching

For full price list visit

www.lsr.gb.com

or call 01282 439109

HOORAY FOR THE HIPPIITY, HOPPITY RACES

Now in their 12th year the Bunny Runs are still as popular as ever and regarding the younger element of fell running - it's alive and kicking. On average, out of 200 runners around half of these are juniors in one form or another; so much for the people who keep saying it's an old mans sport - maybe they should attend a Bunny Run, because here the future of the sport is thriving; running harder, faster, stronger and more enthusiastically than ever, these youngsters just love it!

So why are these races so attractive, especially to our younger athletes? Obviously the chocolate prizes and Crème eggs, fun prize giving, chocolate throw out, competitions, all have an influence. But the greatest attraction is that they can mix it with the adults, everyone starts together, so they can race it out with the "big guns". No quarter is given by either side as they attack the three mile route from the beginning to the finish; one of the best sights is to see a race on to the finish line, no matter what age you are or height and size. If we were to separate the young chicks from the old cluckers then the interest would diminish, it's racing in the main field that the kids are after and not primarily against their own age group athletes. Interestingly if not in the under 16's category then at the Bunny's you're classed as a senior, which comes initially as a shock, but they take it in their stride admirably.

"You can't make an omelette without breaking a few eggs" and it seems you can't have a Bunny Run without breaking a few records. This year saw these 'chicks' show no fear as they set no less than nine new records in the four race series which always spans the month of April. Probably the best role model is the diminutive figure of Danielle Walker, still only 14, a Bunny Run regular this Burnley lass rewrote her own under 16 record, along with the newly introduced under 14's, (if you're U14 then you're definitely U16!!). The 'Mighty Atom' broke these records twice at BR3 and BR4; at BR4 she even had the audacity to lead and hound fell running legend Sarah Rowell, before Sarah's experience and stamina carried her to the victor's prize chocolate haul. Danielle's persistence pushed Sarah to a new FV40 record, 21-36, and with Vanessa Peacock pipping her on the line for a new FV50 record, 22-13, Danielle certainly made the oldies work for their chocolate!

All record breakers were acknowledged with what else but some more chocolate, and for "not a chocolate lover" like Danielle this means that she's more popular than ever.

Last year Danielle won the under 16's series, but surpassed that with a brilliant ladies' win in BR3, thereby putting her name in the history books as the youngest ever ladies' race winner.

With only one England vest to her name at the moment from the Junior Home Countries International last year, the prospect of more is definitely on the horizon. "Although she's only 14, Danielle is worthy of a full England senior ladies' vest, her commitment and guts make her the type of runner England needs," stated an impressed international runner.

(Editor's note - on the weekend of 9th/10th May Danielle became the Lancashire U15 1500 metre Champion and U17 3000 metre Champion, only being beaten in the 3000 metre race by the Senior Lady winner - quite an achievement!!)

At BR1 however, Danielle ended up suffering the fate of twisting her ankle after falling over twice which allowed Bingley's 13 year old, Alice Fulton to take U14 honours there. With the absence of Danielle at BR2, Alice won again, and with both then having a second each, it was a joint win in the overall, thereby both each receiving a giant Easter egg.

To put it in perspective out of the top 12 overall standings only 2 seniors cut the mustard. Overall joint winners, Helen Glover, 18, and Vanessa Peacock had FU16 winner, Thalia Jones, Victoria Snape, 17, Alice Fulton, Danielle Walker with Laura Livesey, 16,



Danielle Walker and junior colleagues head the field at Bunny Run 4
(Photo Dave Brett)

snapping at their heels before Dawn Atkins. Twenty-seven year old super-model Dawn actually was the star celebrity at BR2. She is Miss November in a raunchy calendar and promptly presented prizes and kisses at the Guide Inn.

The 'old cluckers' did put the youngsters in their place at BR1 with 35 year old, teacher Anne Buckley, twice a winner in the '90's beating Helen Glover by 19 seconds. At 20, Natalie White, clocked the fastest female time of the series, 20-40, in BR2 where 240 runners turned out.

Fastest male in the series was Ian Holmes at BR2, who broke the magical barrier of 17 minutes with 16-55 for his unbelievable 21st Bunny win, remember there's 4 per year. Robert Hope took series honours again, with wins at BR1 and BR3, with a second at BR2, to collect now 6 wins. A new name on the scene, Scotsman Tom Tipping, 37, found his way down to BR4, and victory. Working for English Lakes ice cream, Tom's a regular relay man in his club Inverclyde, who are Scotland's top club, and he's been finding his feet since moving to the Kendal area by winning most of the Kendal Winter League fell races. 'Mr. Consistency' himself, Mark Buckingham, was second again. Mark, 17, did however collect his 7th Egg Stage win, and has set a new Egg Stage record of 3-16 at BR2, taking 4 seconds off his own record.

In the previous years as tribute to Ian Holmes' dominance, 'Holmsies Bobtail Brew' has been awarded in the overall standings, but after last year's FRA magazine article it was decided both men's and ladies' series winners should have the beer named after them, with an appropriate photograph on the label. So this year saw 'Hope Springs Eternal' and 'Pauline's Paralytic Passion', after Robert Hope and Pauline Munro being on offer. 2004 will see 'Hope Springs Eternal' again, and an interesting combination of joint winners Helen Glover and Vanessa Peacock, should be a tippie to remember.

Dominator of the new U14 category, Rossendale's Grant Cunliffe, won three races, but had his reign spoilt by Max Jones, Thalia's brother, who set a new record of 20-47 at BR2; although it was Natalie White he really wanted to beat. Jonathon Brownlee, 13, finished second in the series, while brother Alistair, two years his senior, won the U16's for the second year running with 3 wins. Both Brownlees celebrated their birthdays within the series, along with Brian Goodison, 1st April and Ted Platt, 28th April.

It's not all about the youngsters, Andy Clarke won the V40's with Rob Haworth second, while Mario Foschi and Malcolm Coles took clean sweeps in the V50's and V60's.

BR1 on All Fools' Day was one to remember for the 250 runners who attended, a special bottle of beer depicting the Woodentop's wedding 25 years ago on that very day was presented to every single entrant. Mid way into the race a freak hail storm had runners trying to defend themselves against the ice formed bullets which peppered them. This even caused the race video camera to give up the ghost, so only part of the race was filmed that night. Everyone sought safe haven at the Guide Inn, and just as the mountain of chocolate Easter eggs descended on the pool table, Strike Three happened, a power cut!

This resulted, after some quick thinking, in a candlelit prize giving. Luckily the beer still flowed, since the pumps were gas operated, so the party atmosphere managed to keep going. Of course the rivalry never stops, and a large Lancashire contingent taunted us Yorkshire lot that we were so tight-fisted we wouldn't put the lights on or a bob in the meter. There's no truth in the rumour that it was planned as a romantic gesture, it being the Woodentop's 25th wedding anniversary.

We started with the silver theme at BR1, so it seemed only fitting to end with silver batons, raw painted eggs, for the Bunny Relay Run. This is where the fun really begins, for, although some teams are the traditional club trio, generally clubs are put to one side. Friends, past weeks' rivals and even families get together, like the Yeomans - Yo Yo's, Sharples - Super Sloths, Stephenson's - Stephensons Rockets or the Fulton's - FASTER & FURIOUSER, are amongst the dozen or so who compete in the family category. Winners here were team Three of a Kind, the Haworth family, mum Julie, 17-40, dad Rob, 13-53 and son U16 Peter, 15-24 to finish 10th overall in 46-57. From the 72 teams, as their team name implied, the Strongest Link proved unbeatable, with girls Livesey, 17-09, Snape, 16-34 and Walker, 16-39, taking 20th overall in 50-22 for the ladies' title. The aptly named Bunny Girls, minus bobtails and ears, Lucy Griffiths, 17-13, Katharine Woodhead, 17-27 and Laura Kemp, 17-07 finished 2nd in 51-47, while Blondz Plus One, Natalie Thompson, 17-24 and the Storr sisters, Lauren, 19-17 and Zoe, 17-09 captured 3rd and first FU16.



*Eyeballs out at Bunny Run 1
(Photo Dave Brett)*

In the men's event youth prevailed again, with Buckingham, 12-46, Doyle, 13-18 and Pierson, 13-29 called West Nab easily beat the Poached Eggs, although their ringer, Tom Tipping, set the fastest leg time of 12-42.

Six years ago Anne Buckley set the fastest ever ladies' leg time of 14-43, the years haven't been kind, due to illness for the last two years, but on this year's anchor leg for the Mixed Bag team she was exactly a minute outside her record, with Gareth Auty and Sharron Smith making up the team.

Family loyalty was uppermost in the Whalley family, as dad Jim ran 20-09, but daughter Rachel suffered at the hands of the bog, as it sucked her shoe into its murky depths. Brotherly love came to the fore with Boff shoulder deep in the bog searching for the lost shoe; triumphantly recovering it she carried on to hand over to him on the anchor leg, the relay baton still intact, but shell shocked!

For all you health fanatics, medical experts are now encouraging people to scoff Easter eggs - because they're good for the heart. Dr. Gwen Kennedy from the University of Dundee said of her findings: "The message this Easter is to go for dark chocolate eggs as they contain antioxidants which help thin the blood, and could prevent strokes or heart disease."

So not only are you getting healthy through the running, but the prizes seem to be beneficial too.

Cad Bury

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

Sponsored by



CELTIC CORNER

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

Information from the Isle of Man from Ritchie Stevenson

It may not be commonly known that the Isle of Man has held fell races for over 30 years and has had a Manx League dating back to the eighties. Courses are all "A" category and compare favourably with anywhere in the British Isles, covering distances that vary from the short race on the up and down Carraghan course of just 2.5 miles to the Easter classic Manx Mountain Marathon, a 31 mile trip from the north to the south of the Island.

We are extremely fortunate to have almost limitless access to the fells and hills, indeed the Manx Government encourages people to get out and enjoy the countryside. This does not mean loads of people clogging up the paths and tracks though, as there is a heck of a lot of fellside to explore and it is not unusual to go for a long run and not meet another person. This is echoed in race field numbers as in fact the average field for an Isle of Man race is about 30/35, although the St. John's New Year's Day race attracts over 60 and the high profile Manx



Rolf Bruwhiller (Switzerland) at North Barrule on the Manx MM
(Photo Ritchie Stevenson)

Mountain Marathon can get anything between 90 and 150 competitors.

All fell and hill races are organised by the Manx Mountain Marathon Organisation who are affiliated to the Isle of Man Athletics Association and the FRA. The MMMO are given a free hand to run the races as we see fit with little interference from the governing body. The fixture list is nicely balanced, averaging one race per month, 11 league races plus a three race Winter Hill League, enabling runners to train in between races or take part in the many other athletics events on the local calendar.

For the last few years we have sent representative teams to the Knockdhu International in Ireland and for the first time in 2002 we went to Snowdon in an attempt to raise our standards. With this in mind a number of our top runners were invited to join in squad training sessions throughout the Winter months under the watchful eye of coach Margaret Lockley, a former top class marathon runner. It seems to be having the desired effect as squad member Ian Gale became the first Manxman to win the Mountain Marathon on Easter Saturday and Richard Jamieson has already scored points in the opening round of the British Championships in early April. There was a strong feeling on the committee of the MMMO that whilst wanting to raise the overall standards of our sport we should not lose the friendly touch. The squad sessions were opened up to runners of any standard with training drills tailored to individual ability and this again has proven to be very popular.

One problem area we have, and it seems to be similar in all the other home countries, is encouraging juniors to race. A one-off Junior Championship is held every year in October and this attracts a reasonably good field mainly due to a number of local schools entering teams. Unfortunately the number who take part in further races is small and there is a lot of hard work ahead to persuade youngsters to have a go.

News from Scotland from Keith Barns

The big news is that we now have two Scottish Championships. Scottish Athletics Ltd. announced that their 2003 Championship would be contested in a two from three series of races. They felt that the

old format involved too many races for most international-standard athletes. With the knowledge that shortening the Championship series would not find favour with the majority of hill runners, the independent Scottish Hill Runners announced their own SHR Championship on the familiar "best four from six" format. One observer has, predictably, expressed the view that only Scottish Athletics Ltd has the right to hold a Championship. Following their sport-for-all philosophy, Scottish Hill Runners disagreed of course, and announced their open Championship, leaving the fortunes of both Championships to the impeccable and ruthless process of natural selection through freedom of choice. To publicise their affairs, Scottish Hill Runners has launched a new website, at www.shr.uk.com (or shr.uk.com/shr/ if you have browser access problems).

The SAI Hill Running Commission, ably and irreplaceably led by Martin Hyman, continues to look after SAI hill racing affairs pending the next attempt to elect officers at the summer AGM. International trials and a very comprehensive junior programme are a particularly noteworthy feature of their activities. Less encouraging is the continuing failure of the SAI Board of Management to recognise the need for reform of its membership scheme, despite Martin's heroic attempts to inject some understanding. One consequence of these frustrations is the declining number of Scottish hill races taking out the controversial SAI "permit". The Scottish Calendar, published by Scottish Hill Runners, contains all amateur and Highlands Games hill races, whether "permitted" or not. Race organisers and runners make their own choice.

The mystery continues as to precisely what the terms of reference of the UK Athletics Fell and Hill Running PST are. A recent PST meeting, to which your correspondent was invited as an observer, was unhinged somewhat by an independent report of a UKA source announcing that the F&HR PST had no authority over hill racing issues. The chairman undertook to clarify this and we all eagerly await enlightenment.

Meanwhile most of us carry on racing up and down hills with little interest or enthusiasm for these arcane matters.

On competition and performance issues, other reporters will bring you up to date.

Scottish Hill Running from a SAI perspective from Martin Hyman

There is a long tradition of hill running in Scotland, based on running up and down a local hill from a Highland Games field. Subsequently the growing interest in hill walking, "Munro bagging" and mountaineering, has generated a large pool of men and women who have a great

affinity for our mountains and who aspire to traverse mountain terrain safely and accurately. Inevitably some of these have elected to test their speed against others and so more and more races have evolved; some of them involving navigation over courses considerably longer than traditional Highland Games events.

Because this route to Hill Running is a slow one, it is inevitable that the majority of hill runners start at a relatively late age and the average age of participants is getting older. Hence we have a very successful veterans' scene in Scotland, with men like Colin Donnelly, who has performed with distinction in 18 consecutive World Trophy events since its inception, and Mark Rigby, who was 4th overall in the recent British Championship race at Stuc a Chroin. The Scottish Hill Runners work hard to encourage veterans to race. Their secretary Keith Burns has researched travel and accommodation options for this year's Championships in Austria and already has 30 bookings for group accommodation.

On the other hand the way that hill running has evolved in Scotland has by-passed juniors. Few of the traditional events are suitable for juniors. Little was done to encourage youngsters to take up the sport and only a handful of organisers put on special races for juniors. Scottish Athletics Hill Running Commission is determined to change this. We organise subsidised training weekends costing as little as £6 for tuition, unlimited food and basic accommodation.

We offer a series of "hill fun runs" suitable for youngsters over 8, and younger if accompanied. Typically they are one mile or less and cost 10p to enter. Everyone gets juice and a certificate. We get together a series of special races for older juniors and these include a "junior league" of 3 events. We also organised "Raids" - subsidised group travel to major events

This initiative is starting to pay off. Last year our youngsters won individual and team gold in the u19 boys' and girls' events in the Junior Home International. Our girls also dominated the British u14 Champions. (Though this was not included in the "Fellrunner" report.) This year the Championships come to Edinburgh. We are determined to offer welcoming hospitality as well as formidable opposition. In order to build on past successes we are adding a new initiative this year. Ten top Scottish juniors and a number of coaches are going to Austria for a week's alpine training. The trip is heavily subsidised by the Ben Nevis Race Association and other generous individual sponsors as well as a generous grant from Scottish Athletics.

There was strong resentment of the Scottish Athletics membership scheme when it was clumsily introduced a few years ago. Nevertheless our youngsters are reaping obvious benefits from the relatively small fee that they pay and adults are increasingly

inclined to join when they see that their fees are put to good use.

News from Northern Ireland from Ian Taylor

Our Championship season began in March with the Slieve Gullion short race, won by new veteran Deon McNeilly closely followed by Brian Ervine and Neil Carty. However with Brian getting injured shortly after this, the Championship is wide open. Indeed with five races out of nine to count, anyone can stage a comeback later in the season. Further down the field David McNeilly and Robert Neill showed a welcome return to form both at Gullion and Bearnagh, auguring well for our representative teams. In the Ladies' category new recruit Sharon McBurney is sweeping all before her, in the absence through injury of Shileen O'Kane. Sharon is being assisted by the experts in her Ballymena club but would need to ensure that she does not spoil her performance in key events by racing too often in those of lesser importance.

Slieve Bearnagh

Our British Championship event on 5th April was in the short category but nevertheless managed to have three climbs with a mixture of heather, grass and loose rock. With the assistance of a great route choice on the descent of Bearnagh that not even locals thought of, Rob Jebb of Bingley was overall winner, followed by Jim and Phil Davies. First local in sixth place was Robin Bryson, in the leading pair initially but overtaken by others on the descents, including fellow veteran Mark Rigby. However he and other Newcastle runners did sufficient to gain the veteran team

award, with Borrowdale (Open) and Cumberland Fell Runners (Ladies) taking the other team positions.

Knockdha Home International

This was the best represented home international for some time, with seven senior men's teams, including both Ireland, Isle of Man and an English B team. With some of the favoured English A team going off course, Scotland took the opportunity to come first followed by the English B team. Scotland repeated (or should it be "rubbed in") their success over England in the Ladies' and the Veteran Team categories. However England managed to save face by winning both junior team categories.

Other Events

The midweek Hill and Dale eleven-race series continues in popularity, with fields averaging over 100 per event. While Neil Carty has won three out of six races to date, it has been in the absence of Deon McNeilly (one win) or Robbie Bryson (two wins) so the men's event is wide open. Not so the ladies, with Sharon McBurney having five wins out of five races.

In June we look forward to the All Ireland Championship over Carrauntoohil near Killarney, our annual match with the Irish Mountain Runners Association. This year is unique, with a race to the top to decide selection for the Irish European Championship team and then continuing back to the start to decide the overall Irish Champion! After Robbie Bryson's success in the over 40 World Masters last year in Innsbruck, a strong contingent is planning to go to the Black Forest next September, while others are at the World Trophy in Alaska or nearer home for the Mourne Mountain Marathon.

Believe it or not

According to the Sunday Times (and who can doubt the Sunday Times??) fell-running has joined the ever-increasing list of sports with nude participants. Existing activities apparently include gymnastics; rock-climbing; skateboarding; in-line skating; skydiving and hill-walking and now our own hallowed sport has joined that select list. I quote...

"Bill Strange, 48, a mountain guide and holiday tour operator, said that a senior civil servant and several doctors were among those who had accompanied him on recent nude fell-running trips to the Lake District, Snowdonia and the Island of Skye. "There is a fad developing", said Strange, who has descended naked at a brisk run from the top of Helvellyn in the Lake District. "If you've got a rucksack and you feel comfortable enough you whip your stuff off and have a run."

Go on then, I dare you, be a trend-setter, just "whip your stuff off", arrive down in Coniston, Glenridding or Hayfield wearing only your fell shoes, stroll into the Black Bull or the Royal preceded only by your dangly bits and see what happens !! Photographic evidence will be required for the next magazine.

Hang on, my running mate is a doctor - if he ever arrives for a run with a rucksack from now on

ELITE PERFORMANCE: MOUNTAIN RUNNING

from Norman Matthews

Paula Radcliffe is not a name usually found in the Fell Runner, but I do admit to day dreaming on how she would perform at a World Trophy event - uphill only ! Like Jonathan Wyatt, she would probably win it ! Any world class athlete who has performed to the highest level in endurance running can inevitably perform to that level in most disciplines. Certainly the courses for uphill running at International level are more suited for a quality track or road athlete than a true mountain runner and would offer little in the way of a problem to Paula who is used to training on the undulating paths and hills of Font Romeu. The only problem she would have is filling the big hole left in her bank balance by the lack of financial reward.

To become truly international now requires not only a dedicated athlete whose professional attitude borders on the fanatical, but who also has a very strong financial base to work from and a dedicated team of experts to help them in achieving their goals.

The current debate on the falling standard of endurance runners can certainly point to enough statistics to give some substance to the claim.

It's my belief that there are sufficient coaches who have the necessary ability to take athletes to this higher level and redress the balance but the distractions of modern day living and the change in attitudes over the last couple of decades have diluted the base of those quality gifted athletes enough to lower the standard of competition.

Even in our discipline it is now much more difficult to place an English athlete in the medals at World level but I do believe that in International Mountain Running there is still scope for those athletes who want to achieve International honours and successfully mount the podium. We currently do not attract those athletes whose agents are hungry for their 10%, the joy of running the mountains and competing for one's country still holds strong.

So what has the elite fell/mountain runner to do in order to bring back the medals?

Below is a further extract from the 'UKA Level Three Coaching Manual for Fell Coaches' and gives some practical advice on the coaching of elite athletes. It is not a panacea for success but it would put a conscientious athlete some way up the road towards it.

TRAINING OF ELITE ATHLETES

The following are key areas for coach and athlete

SPEED

The speed element is a crucial factor for the elite athlete. Although absolute sprinting speed is not a necessity, the speed and strength endurance aspect has to be extremely well developed. 10k times of sub 30 mins are required if an athlete hopes to compete successfully at International level.

WEIGHT

Again this element of conditioning comes to the fore; the fat percentage level for elite standards is below 10%. In fact the figures of 5% - 9% for men and 9% - 16% for women are recognised as applicable for International athletes.

SPECIAL CONDITIONING

Altitude and warm weather training play an important role in ensuring that continuous high quality training levels are maintained at those times of the year when other athletes are contending with a British Winter.

TAPERING FOR PERFORMANCE

The ability to be prepared correctly for the important races is a major task facing the coach.

PREVENTATIVE EXERCISES

Because of high work loads and intensities that the elite athlete trains at, it is imperative that injuries are kept to a minimum. In this respect a programme of preventative exercises and conditioning is an essential aspect of the training programme.

TACTICAL KNOWLEDGE

Far more attention has to be given to the tactical implications for elite athletes. Being in contention for winning the race requires detailed knowledge of the course and the opposition runners. Race tactics have also to be discussed.

RACE PROFILING

Special consideration has to be given to those races at International and Championship level. The climate of the country has to be taken into consideration and adaptive training organised before the event. Specific training may be required for those courses that have particular course profiles.

DETAILED PREPARATION

To ensure that all aspects are catered for, the coach requires detailed planning to ensure that all items of kit that may be used are taken to the race venue. This may include food and water if the race venue is not in keeping with what the athlete is accustomed to

MENTAL PREPARATION

This aspect of conditioning takes on new dimensions when the winning margins are in seconds. This area of preparation needs a level of expertise that may at times require the coach to call in the assistance of a sports psychologist.

PHYSIOTHERAPY

The services of a good physiotherapist can be a critical factor in maintaining the overall fitness of your athlete. This aspect at the race venue can be more than helpful if a good massage is available both before, and after the race.

PROHIBITIVE SUBSTANCES

At elite level the problem of accidentally taking a banned substance through some innocuous cough medicine can have major repercussions. The testing procedures, especially out of competition, are now common for elite athletes and attention to this area of preparation is of paramount importance.

SELECTIVE RACING POLICY

If an athlete's expectations are to race consistently at a high level of performance against quality opposition, then a selective racing policy is the only way forward. Winning local domestic races week after week will not allow for the intensity of training that is required to stay at the top.

TRAINING ASPECTS

It goes without saying that all areas of preparation from strength conditioning to flexibility routines, and from diet to hydration have all to be at a level commensurate with the ability of the athlete.

DIET & NUTRITION

The days of pie and peas with a pint to wash it down are long gone for the serious athlete, nutritional advice has to be sought from those qualified to give it. Maintaining a low body fat percentage and still having sufficient calories for intense training is a fine balance that is best left to the experts.

KARRIE HAWITT - A Triple Junior Champion by Bill Smith

One of the most promising junior runners of recent years has been Karrie Hawitt of Warrington AC. Karrie – or Karrissa, as she was formally christened – was born in Chester on March 19th 1986 and now lives with her parents in Runcorn, Cheshire, where she is presently studying for her 'A' Levels. Runcorn is six miles from Warrington on the opposite (southern) bank of the River Mersey, whose three main sources, the Goyt, Etherow and Tame, all rise in the Peak District.

Unfashionable Club

Karrie's first sport was hockey, which she played at school but she soon discovered that running was a more rewarding pastime and eventually joined Oswestry Olympians, transferring to Warrington in the year 2000 on the advice of her coach, Mike Hancock. Warrington may seem an unfashionable club for fell running but it has boasted some outstanding fell runners amongst its members over the years, including a former British and double English 0/50 champion (1987/88) Danny Hughes (now of Cumberland Fell Runners), Alan Buckley (ex-Holmfirth), John Hey (still with the club) and the senior British and English champion of both 1994/1995, Mark Kinch (now of Pennine Fell Runners).



Karrie with coach Mike Hancock
(Photo Bill Smith)

A special one-off junior championship event up Winter Hill from Rivington Barn in 1997 provided Karrie's introduction to fell racing, having been encouraged to enter by her coach, and she "bounced down the descent" (to use Mike's words) to finish 3rd in the U12s. She quickly realised from this one event that fell running was to be the sport for her and went on to finish 4th in that year's U12s Girls' Championship, despite having missed the first two of six qualifying events.

The following season, she scored a brilliant victory in that same age category with a total of 38 points, four ahead of joint runners-up Jemma Evans (Wirral) and Kelli Roberts (then unattached but now of Kendal), while 1999 saw her uncharacteristically slump to 4th in the U14s championship behind Katie Ingram (Chorley), Lucy O'Gorman (Penistone FPR) and Kelli Roberts. However, Karrie and Lucy shared the 2000 U14s title with an equal tally of 38 points, six clear of 3rd-placed Kelli, who had defeated Karrie in the U16s British and Irish championship event run up Winder from Sedbergh: "A hair-raising descent took Karrie from 4th at the top into 2nd place," reports Mike Hancock.

World Trophy

The following year, Karrie achieved an outstanding success in this latter event, held in Belfast, the race being reported thus by the FRA junior coach, Norman Matthews, in the February, 2002 issue of *The Fellrunner*: "On a true fell running course, the English junior girls took both individual and team gold titles. Karrie Hawitt – fresh from her 8th place in the World Trophy in Italy – had a tremendous run, winning by 18 seconds from Lucy O'Gorman in the combined U16s/U18s race. The quality of her run was evident

by her time of 20.05 that would have placed her 12th in the Boys' International Race out of 26 runners which was run over the same course."

"I think her 8th place in the World Trophy was of such a level of achievement that perhaps a few more words might not go amiss," says Norman.

"Getting into the Top Ten in the World is now only for the very elite, as you can see by last year's results. When Karrie came

8th, she was only 15 years of age in an U20 age group, giving away three or four years to some of her rivals in the top ten, of whom she was the youngest. The winner did 27.25: Karrie ran 29.04." To which Mike adds: "She turned at the top in 20th position but made up twelve places with a typically headlong descent."

There was, of course, no championship held in 2001 due to the Foot and Mouth outbreak. Last year, however, Karrie finished 1st in the U16s with 34 points, ahead of Sarah Tunstall (Border Harriers) and Zoe Starr (Holmfirth), both with 30. She finished 21st in the World Trophy U20s race at Innsbruck, going off too fast on a mild uphill-only course, leading Mike Hancock to comment: "She'll learn quickly from these mistakes." In the British and Irish Championship at Llanberis, Karrie fought a dour battle with Burnley's Danielle Walker over the lower slopes of Moel Eilio, only breaking away on the descent to take first place and the U16s title once more. She was runner-up in the Black Forest Teenager Games to Mateja Kosovelj, Slovenia's foremost junior girl athlete. One of her closest rivals on the fells in 2002, incidentally, was Suzanne Boyes of Scarborough AC, who got the better of her on a few occasions.

Thieveley Pike was last season's penultimate race in the English championship and Karrie ran with the senior ladies, finishing a brilliant 3rd, partly due to her sharply-honed descending skills, less than two minutes behind Andrea Priestley and Louise Sharp, with such experienced fell runners as Lucy Whittaker and Vanessa Peacock trailing her in. She also achieved outright victory in a few senior races, including the Wrekin, Latrigg, Mount Skip, Mynydd Myfyr and Cilcain Show (Moel Famau). Karrie repeated her Wrekin victory by a massive four minute margin on April 13th this year, when the race also served as the first junior championship event of the season, she now being in the U18 category.

Training

Karrie likes steep, rough courses best and, as indicated above, excels as a descender, her reckless style often resulting in a few tumbles coming down. Her coach, Mike Hancock, is a former sprinter from Gloucestershire who now lives at Neston, South



The England U20 World Trophy Team 2002
Ingram, Hawitt and Rodmell

Wirral, on the banks of the River Dee. He recently had his second hip replacement operation and has been coaching for around 25 years, now working with four other girls besides Karrie. When she asked for time off from school to travel to the World Trophy in Italy, her innate modesty prevented her from saying why she required the leave of absence and, in the end, Mike had to write a letter to the school, explaining the reason.

Mike devises Karrie's training schedule and picks her races. He sees her three or four times a week and has her running four or five days a week during school term and five or six days during holidays. However, to avoid "burn-out", he gives her a complete break of three or four days every six weeks, even though it means her occasionally missing an important race.

Karrie now does one track session per week during winter (now taking place at Horwich with Norman Matthews' squad, courtesy of Mike's chauffeuring) and two during summer, one of them always on grass. Under Mike's supervision, she incorporates sprinting and sprint drills into summer training and practises both long and short undulating reps on cross-country terrain during winter, often in Delamere Forest. One long, hilly run of 45/60 minutes' duration per week usually centres on Moel Famau or the Horseshoe Pass in North Wales, the former hill also having been regularly utilised by Mark Kinch. For a shorter hill session, Mike will take Karrie to the woods on the side of the lowly Frodsham Hill, near Runcorn, venue of the long-standing but now-discontinued Frodsham Hill Race, a road-and-country lap course which could never have been classified as a fell race.

Away from fell running, Karrie finished 10th in the English Schools 3,000m championships in 2001 and has run 18.14 for 5k on the road and 36.30 for 10k in the hilly Twin Piers road race in North Wales. Her best performances in the National cross-country championships in recent years have been 8th in the U13s in 1999 and 9th in the U15s in 2001, while last year she came 24th in the U17s National and 5th in the Northern. This year, however, has seen a vast improvement, with her winning both the National and Northern championships and actually dead-heating for 2nd place in the U20s UK/InterCounties championship (both U20s and U17s being run together) with the Northern U20 champion. "She could not have been far from selection for the World Cross-Country U20 team," says Mike. "The girl she was level with at Parliament Hill did go and was 3rd GB scorer. So that is the aim for another year."

"I consider Karrie to be one of our outstanding junior talents," says Norman Matthews, "and am hopeful that she will remain in the sport and achieve her true potential. She has been carefully nurtured by Mike, who is now slowly increasing her training so that her International performances can be equally impressive on uphill-only courses as well as her preferred



Karrie at full speed ahead
(Photo Steve Bateson)

up-and down. Her aptitude for hard work and her determination to succeed are not in doubt. Mike and I will give Karrie all the support we can to ensure that she has the opportunity to eventually progress into the senior ranks as a seasoned International."

We wish Karrie and Mike – and Norman – all the best for continuing success on the fells.

HELM HILL TO PROMOTE JUNIOR FELL RELAYS

Not satisfied with organising the sixteen race Kendal Winter League series and at least two summer BOFRA championship races, Kendal's Helm Hill Runners have hit upon the idea of promoting a junior version of the British Fell and Hill Relay Championship.

Club chairman Billy Procter came up with the idea after Helm Hill had entered two successful teams in the 2002 Ian Hodgson and British Fell and Hill Relay Championships and realised that there was no real equivalent for juniors.

As a club Helm Hill is dedicated to the promotion and development of junior fell running, with up to 50 juniors attending the club's Wednesday evening training sessions. Enquiries within the sport revealed that whilst there were some relays that included juniors, Billy's idea was unique and there was an obvious gap in the junior fell running calendar. Thus with the support of parents and an active senior section it was a logical step for the committee and members to accept the challenge of organising such an event.

FRA junior co-ordinator Ian Smith, whilst having reservations about the 28th September date due to it being the day after the Thieveley Pike junior international selection race, fully supports the concept of a junior fell relay competition. Considering the commitment needed to arrange such an event and the inevitable problems of fixture clashes, the Helm Hill committee decided to go with the selected date.

As a venue, Sedbergh with its facilities and history of junior events, chose itself and the fact that club captain and course planner Richard Sewell lives close by is a bonus.

The proposed format for the event is for teams to follow colour coded, flagged routes on and around Winder Hill above the town. Each team to consist of 6 runners comprising 2 x under 12, 2 x under 14, 1 x under 16 and 1 x under 18. The under 12s and under 14s will run their legs in pairs with the under 16s and under 18s running solo legs. The reason for this format being chosen is that most clubs struggle to retain older teenagers and Helm Hill wanted to encourage as many clubs, schools and other organisations from throughout the UK to enter.

Teams can compete in three categories for prizes, Boys, Girls and Mixed ad hoc (any combination of boys and girls). All course lengths will be within FRA Rule Ten limits and Helm Hill are looking for anyone interested in junior development to provide sponsorship for what they hope will be an annual event in the junior fell running calendar. Event details can be obtained from club secretary Alan Westworth tel 01539 728134

Entry forms available on the web from <http://www.ukresults.net/2003cal.html>

JUNIOR TRAINING WEEKEND 15th AND 16th MARCH 2003

from Ian Smith

This, our fourth training weekend at the Anderton Centre, Rivington, was once again very successful. We had twenty-one girls and fifteen boys booked onto the course with thirty-four athletes actually arriving on the first day. Also in attendance were eight coaches. The weather was very kind to us with sunshine for both days but with a cool breeze on top of Rivington Pike.

I arrived at the centre at about 8 a.m. on the Saturday to give

myself plenty of time to set up the different activities such as the relay race course, making sure the T.V. and video were working and to check all the rooms were OK.

We ran the weekend much the same as previous courses, with most of the running activities on the first day. Andy Carter, the Olympic athlete, was our guest speaker for the second time, having proved a popular and impressive speaker first time around. I was impressed by the questions asked by the juniors and the very informative answers given by Andy.

The food at the centre, as ever, was first class and needless to say very little was left over once all the hungry athletes and coaches had had their fill.

The second day started with a talk given by coach Norman Matthews on flexibility and stretching. Norman also spoke about the FRA and the different internationals the juniors can win to gain an England vest. Having geared the juniors up with talk of England vests, it was time to take them back into Rivington to go over the course used as the trials for the Black Forest Teenager Games. One of these days I will count how many steps there are leading up to the Pigeon Tower!

On our arrival back at the centre, after a brief break, we held a short circuit session, followed by lunch. Everyone was then ready for another informative talk by Norman about breathing patterns and injury prevention.

The course ended at about 4 p.m. with 34 very tired athletes! Hopefully, in the very near future we will be arranging another weekend, SO WATCH THIS SPACE for information!



The Junior England elite group at Horwich
(Photo Norman Matthews)

Junior Fell-running Weekend from Janie Oates and Rosie Parkinson

Hi, this is Rosie (13) and Janie (14). On the 15th and 16th of March we went on a junior fell weekend at the Anderton Centre just outside Bolton, with lots of other keen runners all of different ages. We travelled down feeling excited and nervous. I had already been on this course before but Rosie hadn't, so I reassured her that it wasn't that hard. When we got there we found our rooms, dumped our bags and went to a short introduction before we set off for Rivington Pike. We were the only ones from Helm Hill Runners but it was interesting to meet other runners whom we had seen before at competitions earlier in the season.

When we got to the fell we ran up to the top via a lot of steps, did some hill reps and descending techniques. It was very enjoyable in the sun but it was very windy. After this we warmed down whilst coming down the Black Forest Race trail.

We were all very glad when we got back for lunch. We were all starving after all this morning's hard work. The food was really tasty and it was also really good for those of us who were vegetarians. For dessert there was either doughnuts or fruit - guess what we went for!!!!

After lunch Olympian Andy Carter gave a talk about his experiences as an athlete which we found fascinating. We also

watched a video showing Andy racing. He raced in the Olympic Games in the 800m and was 6th. He was also 3rd in the European Indoor Championships in 1970.

We were split up into teams, luckily we were both chosen for the purple team, and did some team exercises such as Press-ups and Sit-ups, which were very hard.

We then went outside in the lovely sunny weather to do a team relay. The course was twice round the grounds of the Anderton Centre. Our team came third and the coaches came first!!! We cannot understand how that happened!

We then warmed down and went for our evening meal which was lovely. The pudding was a really big chocolate cake with coffee and toffee cakes!

In the evening we watched a fell running video which gave us tips on how to run our fell races e.g. know where you are going and not get lost!!!

After watching the video we had a fell running quiz to test our knowledge of the sport. There was lots of cheating going on and our team should have won.

There were prizes for the quiz as well as prizes given out earlier for the relay and team games. After watching some T.V. in the lounge it was off to bed for a good night's rest. After such a tiring day we needed to regain our energy for the run up the big hill the next day.

It was an early start and after breakfast we did flexibility techniques with Norman Matthews which was very useful - we both thought we were flexible or so it would seem!!!

We were then told about all the different competitions and the FRA races.

Then it was off to Rivington Pike to have a go at the race course for the Black Forest Teenager Games race. We both thought it was a really tough course especially the steps after a mile of flat running.

There was one last effort that we all put in which was for the strength and condition circuits which we went round three times!!!

After lunch Norman talked about heart monitors and breathing techniques. We found this really interesting and discovered that a number of breathing techniques can produce so many different patterns of breathing. The session finished with a look at how to prevent injuries.

It was time to go, so we packed our bags and headed back to the Lake District.

We all had a great time and thank you to everyone who made it such a wonderful weekend.

WREKIN FELL RACE from Ian Smith

The first round of the English Junior Championships was held at the Wrekin, near Telford, Shropshire.

I would like to thank Lou Gaford and her team for hosting the junior races, with around ninety athletes competing throughout the age groups. This was a few down on previous years but there was some very good, close racing throughout the day.

There were quite a few new faces and new winners, I was particularly pleased to see Sarah Tunstall from Border AC and the athletes from Scarborough AC making the long trip down.

Hopefully we will see the athletes from the Midlands travel up to the Northern round of the championships. It was nice to see former English Junior Champion and Junior International, Sarah Gaford coming back from a few years of injury problems and winning the under 20 ladies race.

If you wish to see your positions in the championships, please go onto the FRA Website and view the junior pages written by Jim Godwin, who I must thank for keeping the site up to date. You will be reading this after two more rounds have been completed, Belmont Winter Hill and Hutton Roof. I will see you all at Settle Hills.

They do some funny things out on the Celtic Fringes – this is one of them !!

The Wliad – a South Wales Odyssey

by Martin Lucas

I'm sure many of you will have heard of, or even taken part in, the series of 'short sharp fell races' that comprise the South Wales Winter League. Now in its tenth series, the League is based on a best-five-from-seven format and takes place between October and March, with races being 'rotated' so that the programme is different each year. The emphasis is always on 'short and steep', with no race being longer than four miles but with all having at least 1000 feet of climb. All good fun for winter weekends. Until... There's a certain tendency amongst the South Wales regulars to do things the hard way wherever possible (Transfan and Bob Smith Traverse to name but two), so I suppose it was inevitable that at some stage someone would suggest running all the Winter League races in one day. It just turned out that it was me!

So fast-forward to 6.30 a.m. outside the Great Western Hotel in Blaengwynfi (the jewel of the valleys) on the last day of winter (March 22nd), with thirteen half-awake runners limbering up (and John Sweeting still somewhere on the M4) and the cheery expletives of the bemused locals cutting the misty air as bedroom windows are thrown open to witness 'Le Grand Depart', as the cyclists say. Seven races: 22 miles: 8400 feet of climb: 12 hours: cumulative time to decide the winner. So the Wliad (Winter League In A Day) began.

Race 1: Abergwynfi Avalanche: 3.5/1300. 6.30 a.m. A generally very runnable course on short grass but punctuated by the infamous hands-and-teeth ascent of the Blaengarw Bunny climb to the summit of Mynydd Caerau (1824 ft).

The sun rose into a clear sky and although the temperature was hovering around freezing for the first race it climbed steadily (as did the runners) until by mid-afternoon the choice was between vests or T-shirts. Certain follicularly-challenged runners were turning a bright shade of pink by the end. Ifor Powell (Westbury) showed his intentions from the off with a brisk run up the road to the open hill which left the main group wondering how 21 miles of this would feel. The group came back together on the Bunny climb, and Tom Gibbs (MDC) gave Ifor a serious chase back down the hill to finish only four seconds adrift. The remainder finished in a reasonably relaxed manner, thinking of bigger challenges ahead.

Race 2: Fan Fawr: 2/1000. 8.30 a.m. A straightforward vertical flog up to the 2409 ft. summit from the Storey Arms, returning by the same route.

The car park was filling up with walkers taking advantage of the perfect weather as the convoy pulled in. Once Derek Thornley had set off early using photography as an excuse, the remaining thirteen - John Sweeting having caught up - kept reasonably close formation on the way up, with Ifor and Tom easing away towards the cairn and extending their lead on the descent. The pattern of the day was now appearing, with Patrick Wooddisse (TVH) and Douglas Adlam (MDC) closely matched for third and Mark Bryant (MDC) working hard for first veteran in fifth. Again the others finished in close formation. As Tom said, 'that's the highest one over - it must be downhill from here.' Hmmm...

Race 3: Pen Cerrig Calch: 3/1500. 10.15 a.m. A long haul from Llanbedr to the top (2301 ft.), with some tricky rocky bits to turn your ankles on the summit. Return the same way.

Ifor's early commitment continued as he stretched the field up the long climb. For those at the rear uphill running was now becoming a rarity, and the distances between runners were becoming noticeably larger at the trig. A speedy descent brought Ifor home twenty seconds ahead of Tom, with Douglas and Mark battling for third. The midfielders were again in close order, but Haydn Griffiths (MDC), wearing increasing numbers of knee bandages as the day wore on, got away from Martin Lucas (MDC) on the descent, causing the latter to attempt a short cut which in fact cost him a further two minutes by ending in the wrong field,

taking Pete Morphey (Cardiff Harlequins) with him. However, with the exception of Derek (still stopping off for photos), under eleven minutes covered the field.

Race 4: Llanthony: 4/1200. 12.00 p.m.

A circuit of the Offa's Dyke ridge from one of the most attractive venues in Wales - the ruined Llanthony Priory.

The heat of the sun was such that a ten-minute siesta was called for before the longest race of the day. The field was augmented by two

guys we met in the car park who were going to go for a walk but thought a race would be fun, so a total of sixteen set off on the climb to the English border. The two leaders again set off briskly with Patrick and Mark in as hot pursuit as they could manage, with the others knowing their place at the rear. A group comprising Phil Holder (Cardiff Harlequins), John Aggleton, Mick Learoyd, Haydn Griffiths, Martin Lucas and Keri James (all MDC) were closely matched at the trig, but Keri's legs went in to jelly mode along the ridge and with Martin's triple-jumper's knees becoming increasingly painful on the steep descent off Loxidge Tump the end result was never in doubt. John Sweeting continued to show steady form after his late start at Abergwynfi, beating Pete Morphey by almost two minutes and consolidating his over-50's lead. The longest race was out of the way and with the halfway mark passed there was a feeling that after the Blorenge the end would be in sight. But first the Blorenge...

Race 5: The Blorenge: 3.5/1300. 1.50 p.m. The nub, crux and black-dog-with-eyes-the-size-of-round-towers of South Wales fell running, which has scared the shorts off contenders in the Llanbedr-Blaenavon race for twenty-three years now and which has caused two runners to be hospitalised in the short race. Seriously steep and seemingly never-ending when you've got thirteen miles in the legs. And the descent is worse.

All the runners managed to jog the 200 metres to the canal tunnel, but thereafter everyone with the possible exception of Ifor found it a struggle. Having experienced the climb only six days previously in the Llanbedr-Blaenavon race, Martin led a group past a struggling Mark on the steepest section but the rough descent took its toll on his knees and he was passed by Mark, Mick and John A. Ifor took advantage of Tom's easier-paced descent to open a gap of over a minute, which proved to be the decisive break of the day.

Race 6: The Darren: 3/1100. 3.45 p.m. A relatively straightforward run to the summit of Twmbarlwm and back, mainly on road and good tracks.

The runners' cars were by this time overflowing with sweaty kit, old banana skins and Haydn's discarded knee bandages, which made the thought of another hill less offputting than it might. However, the start was delayed slightly to catch the end of the Wales-Ireland rugby match on the radio, and it was a subdued



*Derek Thornley finishing Pen Cerrig Calch
(Photo Kay Lucas)*

Welsh contingent that limped off the start line on the long climb to the hill fort of Twmbarlwm, above Risca. Perhaps Tom's relatively cautious descent of the Blorenge had paid off, as he scored his only outright win of the day to leave him only 1 min. 41 seconds behind Ifor on aggregate time. Douglas and Patrick continued their battle for third place, with only three seconds separating them. The main group again finished close together, but at the back Pete took advantage of Martin's knobbly knees to beat him by almost two minutes.

Race 7: The Garth: 3/1000. An involved and quite technical route, which is still the only category A fell race in the world to be held on a true mountain entirely within the boundary of a capital city.

And so the last race of the day. With the sun setting behind the Garth the runners reflected on the perfect conditions for running and how much more difficult the day would have been in rain and cloud. The walk/jog to the summit was enlivened by abuse being shouted by half the Brycheiniog club, who despite their collective injury had gathered on the steepest part of the climb just to see the 'fun'. It didn't take Ifor and Tom long to agree on a truce, and they finished well over a minute ahead of Patrick, with Phil a further 45 seconds back in fourth. Douglas faded to seventh,

finishing behind Mark and John A and alongside Keri and Haydn, so ending his challenge for overall third place. Mick ran in thirty seconds later, Martin got his own back on Pete on the easier grassy terrain and John S was content to complete proceedings in a respectable forty minutes. So to the pub.

The overall results are shown below. To put Ifor's performance in perspective, if he had run those times in this year's individual races he would have scored 476 points, compared to his actual score of only 469, for a sixth place finish. This was therefore by no means a casual day out and represents a classy performance by any standards.

I hope everyone enjoyed the challenge of the day, and thanks to all for turning up for another of Old Greybeard's fun days out. Thanks also to Kay, Lisa, Keri's entire family plus dog and Ifor's parents for driving, support and timekeeping (obviously the dog's hopeless with a stopwatch but he's a maniac behind the wheel). The day was made so special by the perfect weather, and considering this was a 'winter' event we were extremely fortunate. Never to be repeated?

We'll see.

So to the results:

Name	A'gwynfi	Fan Fawr	PCCalch	Llanthony	Blorenge	Darren	Garth	Total
Ifor Powell	0:33:24	0:20:07	0:35:20	0:38:53	0:29:30	0:24:51	0:31:04	3:33:09
Tom Gibbs	0:33:28	0:20:08	0:35:40	0:39:06	0:30:44	0:24:40	0:31:04	3:34:50
Patrick Woodisse	0:34:50	0:20:47	0:38:44	0:42:33	0:34:35	0:28:30	0:32:49	3:52:48
Douglas Adlam	0:35:15	0:20:47	0:36:30	0:44:00	0:33:20	0:28:27	0:36:16	3:54:35
Mark Bryant VM	0:35:10	0:21:46	0:36:32	0:42:45	0:38:10	0:30:36	0:33:45	3:58:44
Phil Holder VM	0:36:46	0:22:39	0:38:54	0:45:33	0:38:13	0:30:08	0:33:29	4:05:42
John Aggleton VM	0:36:30	0:23:09	0:39:11	0:47:28	0:38:43	0:30:28	0:35:30	4:10:59
Mick Learoyd VM	0:41:07	0:24:10	0:40:25	0:47:39	0:38:34	0:31:42	0:36:38	4:20:15
Keri James VM	0:40:00	0:24:17	0:41:30	0:48:16	0:40:00	0:31:12	0:36:16	4:21:31
Haydn Griffiths VM	0:41:07	0:24:13	0:41:40	0:47:39	0:41:07	0:32:27	0:36:16	4:24:29
Martin Lucas VM	0:39:25	0:24:13	0:44:18	0:48:11	0:39:36	0:35:24	0:37:59	4:29:06
Pete Morpheys VM	0:43:54	0:25:47	0:44:06	0:50:51	0:42:32	0:33:46	0:38:50	4:39:46
John Sweeting SVM	0:49:20	0:26:05	0:45:35	0:49:05	0:41:54	0:39:38	0:40:22	4:51:59
Derek Thornley SVM	0:51:15	0:32:14	0:52:23	1:08:28	0:55:24	0:49:20	1:00:00	6:09:04



EVERY FELL RUNNER

.....should have at least one go at.....

The Lake District Mountain Trial

Main Sponsor: *The Climbers' Shop, Ambleside*

Do it this year! The 51st Mountain Trial is on **Sunday 14 September 2003**, in the Langdale area.

Men's Trial: 16 miles with 7,000 feet ascent/descent (expected winning time 4 hours)

Women's Trial: 12 miles and 5,000 feet (3 hours)

Short Trial for veterans and novices: 8 miles and 3,500 feet (2 hours)

Pre-marked maps. Electronic timing (E-cards provided). Interval starts.

Prizes for individuals on all three courses and for Men's and Women's teams.

All three Trials run under FRA safety rules.

Entry fee £10 includes E-card, and hot food and drink at the finish.

Get more details and entry form now from:

Mike Hind, Fernwood, Chestnut Hill, Keswick, Cumbria, CA12 4LR

Or at: www.hindfam.demon.co.uk/mtrial.htm

"*Fifty Years Running*", a history of the first 50 years of The Mountain Trial, still available from Pete Bland Sports and many outdoor shops and bookshops, a bargain at £3.

Ramsey Round 25th Anniversary Reunion

It's twenty five years since Charlie Ramsey ran down the Ben and with only a couple of minutes to spare set a record of 24 Munros in 24 hours and established Scotland's classic Round to rival the Bob Graham Round.

To celebrate, Charlie has issued an invitation to all who helped him – including Bobby Shields and Mel Edwards, holders of the Glencoe and Cairgorm Rounds respectively in their time - and everyone who has completed the Ramsey Round to gather in the Nevis Bank Hotel on 12th July at 19.30hrs when he has promised to buy at least the first drink. Luckily for him only thirty people to date have completed a Ramsey Round!

Charlie can be contacted at charlie@edinburghleisure.com

Anyone contemplating an attempt at the Ramsey Round who wants more information or anyone who has completed a Round and has not 'registered' it contact Jonathan Broxap, who keeps the records, at jonathan@dbroxap.freeserve.co.uk

Book review – “Off-Road Running”

by Sarah Rowell

Crowood Press - £14.99

This is a very useful and well-presented book aimed at reasonably experienced runners who want to broaden their horizons to take in one or more of the disciplines of off-road running and it has the distinct advantage of being written by an author who has considerable experience, often at the highest level, of the areas covered. As a result it is authoritative and contains a wealth of little hints and tips to help the reader along the way.

The first half of the book (65 pages) is devoted to that most vexing of subjects, training and attacks that subject in a logical and helpful fashion – first comes a section on the general principles and approaches behind a good training regime, the necessity to have an overall plan behind what you are doing, the factors to consider in formulating that plan and how to go about working out what is the best regime for each individual. The refreshing thing about this section is that it steers well clear of the all too familiar approach of presenting lists of specific training programmes and makes it abundantly clear that it is up to each individual to work out what regime is best for what he/she wants to achieve – having done that it goes on to show you the best way of doing this.

Having started with a statement of the importance and nature of planning training the book then moves on to a far more detailed study of exactly HOW good training works. I must confess that I got a little bewildered by the technicalities here, despite the clarity of the book's approach, and my head was reeling a bit with glycolytic and oxidative systems, lactate thresholds and Krebs cycles. In the end I realised that this was probably due to my having failed Biology “O” Level (now there's an age giveaway!!) so I buckled down to it and sorted most of it out on the second or third reading and once I'd done that it gave me a lot of insight into the next chapter, which again adopts quite a detailed approach, this time to the specifics of the different types of training applicable to the various branches of off-road running. This section likewise covers a lot of material in a very readable and interesting fashion, leaving it to the individual to decide what proportion of which types of training would best serve his/her needs and giving no excuse at all for ever again saying that training is boring!!

Having dealt most effectively with the concepts associated with training the

book concludes its first half with a chapter on “Supporting Training”, most of which is an analysis of the differing dietary needs of runners in full training/racing mode and how best to meet those needs – all mostly logical, straightforward stuff but leavened throughout with the little asides and hints which raise the book above the merely workmanlike and concluding with a crisp resume of that most essential and neglected of off-road skills, namely Navigation.

The second section of the book (68 pages) is split into six chapters, one on each of the branches of off-road running, namely Trail Running, Cross-Country, Fell Running, Mountain Running, Orienteering and Mountain Marathons. The format of each of these chapters is broadly similar – an initial definition of the sport and a discussion of its characteristics; an explanation of the nature of the competitive side of the sport; a section on clothing and equipment; a section on training; a section on nutrition and a concluding guide to where further information is to be found. It is in this second section of the book where the author's vast experience is most in evidence and all through the reader is aware that the person writing knows exactly what she is talking about and has a wealth of useful information to convey. It would have been all too easy for a section such as this to become very repetitive but this is avoided, firstly by the format of the chapters, which are broken up with a variety of inserted notes on important issues and, secondly, by the inclusion of “Runner Biographies” of leading practitioners of each sport. These are simultaneously informative and inspirational – there are few people who would doubt the worth of runners such as Mark Croasdale, Angela Mudge, Ian Holmes, Billy Burns, Yvette Baker and Helene Diamantides and Sarah paints effective character sketches of them as well as outlining the processes which have helped them to success – if I were a curmudgeonly Yorkshireman then I might consider that the 50/50 balance of men and women was a touch unrepresentative of relative numbers in the various sports but then I dare say that Sarah has her reasons

All in all, for runners wishing to broaden their horizons this is a most useful book written in a very crisp, direct and accessible style and presented in an attractive, varied and interesting format – my only (and slight) niggle would be that in a few places the proof-reading could have been a touch tighter, thus avoiding things like “contact” instead of “contract” but these are few and far between and the overall impression is of a thoroughly knowledgeable and well-researched book containing a wealth of valuable information in a very pleasant style. I enjoyed reading it and think it would be a most desirable item on any fell-runner's bookshelf.

Dave Jones

The Wharfedale Clinic of Musculoskeletal and Sports Medicine

Combining a comprehensive range of specialist medical and osteopathic techniques...

Treadmill Gait Analysis
Diagnostic Ultrasound
Joint Manipulation / Mobilisation
Soft-Tissue Techniques
T.E.N.S.
Laser Therapy
Trigger Point Therapy
Joint & Soft-Tissue Injections
Caudal Epidurals
Nerve Blocks
Prolotherapy
Medico-Legal Reports

To treat a wide range of joint and soft-tissue problems...

Sports Injuries
Back Pain
Sciatica
Foot / Ankle / Knee Pain
Neck & Shoulder Pain
Elbow / Wrist / Hand Pain

Dr. Martyn B. Speight
MB ChB, Dip. Sports Med, MLCOM, Dip M-S Med.
Musculoskeletal & Sports Physician; Registered Osteopath
Registered Specialist with Private Health Insurers

“Treating all soft-tissue and joint dysfunction with a personal understanding of fell-running”.

Courthouse Street, Otley, Leeds LS21 3AN

Tel: 01943 850 950

The Access and Environment Bit from Chris Knox

Having just managed to drag myself round the Anniversary Waltz, suffering from the word go, it was more than heartening to hear that around £400 from the race has gone in to the Stair village hall funds. It is an incredible effort again from one of our long suffering volunteer race organisers to be able to do something so positive for the local community, on whom we often rely for access and facilities for our events.

Even more recently I was heartened by the (almost) lack of rubbish left by us at Stuc a Chroin, perhaps due to the amazing volume of Highland Spring water carried by the small army of volunteers. I'm sure nobody suffered from dehydration!

However, I still can't work out any gain achieved by those few that managed to carry full drinks containers/sachets for the hard climbs, but were so pathetic they couldn't carry the empty ones back - maybe one of them could explain to the rest of us in an article in the *Fellrunner*?

Flagged Routes

Access for several of our races is dependent on race organisers using set routes to avoid stock, sensitive areas, danger etc., hence the use of flags, tape, written and verbal instructions depending on the race and the reasons. As we get closer to production of Access maps and much as it goes against the grain of the "freedom" of fell running, there is a collective need to understand why a particular route is flagged. Are the flags there as a rough guide, or a fixed route? Will I put the race in danger by going my own route and upsetting the landowner?

In the case of Skiddaw, we have no choice on the lower part of Jenkin Hill but to follow the new line of the path/bridleway, yes it may be uncomfortable but as one of the most expensive restoration projects in the Lake District, we cannot be seen to be the only user group to ignore specific instructions and spoil the work undertaken.

The Benefits of Footpath Erosion

Aha, I hear you say, Knox has lost his marbles (that's "liggies" for our Geordie members), user groups such as ourselves are often being accused of over using an area or trampling sensitive vegetation, disturbing wildlife etc., there are no benefits from footpath erosion. Footpaths are nothing but a scar on the landscape.

Except in the case of fire.

How?

Towards the build up to the Easter weekend most of the UK had been basking in hot sunshine after weeks of dry weather; tinder dry conditions plus vast areas of dead grass and bracken stems created a very high risk of fire. Above this in many areas were large tracts of unmanaged heather, yet to put out its spring shoots, growing on peat.

Possibly through natural causes, also through some careless (and more sinisterly deliberate) human actions, outbreaks of fire started on moor, mountain and woodland. Warm dry winds enabled fire to spread quickly, engulfing vast areas of open country. There was hardly a region in the UK unaffected, Wales, Northern England and Southern Scotland though were possibly the worst affected

and it was difficult to keep check because of news commitments to cover the continuing Iraq tragedy.

In the Lake District, for example, there was a fire in Ennerdale on the open fell but close to the forestry plantations, needing dozens of beaters aided by fire teams and forestry staff to put the fire out before it got into the plantations. Three days later a fire started under Bleaberry Fell (above Derwentwater); however this, luckily, seems to have burned itself out before major damage occurred. Then on the Wednesday night, before Easter weekend, a small fire was reported at the foot of Barrow (between Newlands and Coledale as opposed to the [allegedly] longest dead-end in the country). The local part-time firemen attended through the night, with other units being drafted in during the early hours of Thursday morning, by which time a line of fire stretched from the roadside right up to the ridge. The National Trust own the land, but didn't find out about the fire until Thursday. Phone calls were made to get a helicopter in to drop water but to no avail. Of two available, one was already fire fighting in Wales, the other was up in the Cairngorms. So despite the efforts of around 100 firemen, Trust and Park staff, most of Barrow was burned.

Now this is where the footpaths come in. As any subsequent visitors will see, the fire stopped on the western side along the footpath under the ridge. It was unable to leap across the erosion line of the path. The actual summit was spared because everything is so trampled, compacted and grazed, there was virtually nothing to catch fire. On the south side, back-burning from the miners' track and eventual support of a helicopter prevented spread onto Causey Pike. The fire still got onto Stile End with incredible speed and ferocity, but the track and beaters protected Outer Side. Without the paths and tracks nothing would have stopped the fire spreading across Coledale and into Whinlatter Forest.

Runners at the Anniversary Waltz would see the short term damage of the blackened fellside at the start of the race, long term damage would have been observed at the finish as the nose of Barrow erupted into flame again. On the Sunday there were still the odd fires re-igniting and one very tired National Trust Warden was still carrying water up to douse these outbreaks.

A lot of valuable habitat has been lost, many ground nesting birds died along with a family of Badgers, many rodents and invertebrates. On a positive note, where the fire "flashed" through we should see a very good recovery of vegetation, especially heather, although less welcome bracken, which has only just started emerging will also benefit.

Car Sharing

Yes I know a lot of us already car share to races, but can it be done on a more organised basis within a club or area? Dave Tait (dave@tait53.freeserve.co.uk) of Dark Peak has written to me about their scheme, which looks to be very good and certainly appears to work. It's basically encouraging communication through a common link and posting current information on imminent trips. Take a look at the Dark Peak site via link on the FRA site or www.frosthole.demon.co.uk/dpfr/ as a direct link.

Club Axarsport Internacional Sports Training Centre/Trail Running Holidays

The Winter edition of 'The *Fellrunner*' included information about visiting the Axarquia and since that issue we have expanded our ideas for trail runners. Next year, possibly June, we are promoting a "200km in 4 days" Challenge event.

The route will pass through 17 Axarquia villages linked by tracks, trails and some surfaced roads. Each day there will be a 12 hour time limit which should be more than adequate but even if someone finishes later they will be able to continue next day, but with a 10 hour penalty. It is hoped the event will become an annual fixture and help to establish the Axarquia and its surrounding mountains as one of the best sports/tourism regions in Andalucia.

We would like feedback from club members to gauge interest and help with our planning and liaison with village town-halls. Please contact info@axarsport.com or telephone (0034) 952 51 63 27 with any suggestions or questions.

Having got hideously caught out on more than one occasion, not only in foreign parts but also in this country, and reduced to a stumbling, heatstruck zombie I thought this article would probably be of interest to quite a few people:-

Heat, Hydration and Water - too much of a good thing

from Paul Bateson

The Axarsport training camps are attracting more and more trail runners and cyclists. Some already live out here in this beautiful part of southern Spain but the majority travel down from the UK and other parts of northern Europe to take advantage of the generally hot and sunny weather.

Most athletes know about the dangers of dehydration, especially when working hard in a hot climate but drinking just pure water can also cause serious problems. There is a potentially life threatening condition called hyponatremia which can pose a serious threat to runners competing and training out here for the longer events.

Hyponatremia occurs when salt levels in the blood become excessively low. The early signs of hyponatremia can include muscle fatigue and nausea. Moderate symptoms may include headache, short-term memory loss, disorientation, poor co-ordination and slurred speech. As sodium levels continue to drop, symptoms may progress into severe agitation, aggressive behaviour, seizures, brain herniation and even brain injury or death.

Hyponatremia in endurance athletes appears to be due to a combination of excessive salt loss in sweat, drinking fluids with too small amounts of sodium or simply drinking too much plain water. Athletes with a smaller body mass, who drink too much water, dilute their sodium levels more quickly than larger competitors due to the fact that they have less space available in their bodies to store free water. Several studies have shown that women are more likely than men to develop hyponatremia simply because their bodies are smaller.

For those athletes visiting European countries, especially during the hotter months of June, July and August, who may be considering racing or doing some long (over 2 hour) training runs, contrary to previous recommendations, don't guzzle plain water the week before the event/visit as this can dilute your sodium stores. Neither should you take salt tablets as they can cause stomach problems.

The best way to avoid the problem is to consume sports drinks that contain sodium. Because the drinks contain less sodium than found in sweat, drinking them can't cause

sodium overload. In addition to aiding fluid absorption during exercise, the sodium in sports drinks encourages fluid intake as it makes the drink taste better it also helps to maintain your thirst and keeps you drinking while it delays urine production. This combination promotes rapid rehydration and helps your recovery. Drinking plain water eliminates your thirst so that you stop drinking and urine production is stimulated, a sequence which delays rehydration and hinders recovery.

As a guide for those of you who train or compete in hot/humid conditions, sports drinks such as Allsports SR3, Gatorade or SIS contain carbohydrate and sodium and are absorbed as quickly as water. The glucose and sodium help increase fluid uptake in the small intestine and the carbohydrate improves performance during exercise lasting longer than an hour.

When I was competing in the Marathon des Sables, 250km Endurance race that is held in the Sahara desert, we were issued with a total of 9 litres of bottled water per day and it was important to carry sports drink powder to add, especially as the race lasts 6 days. The best way to avoid problems of heat cramps, exhaustion or hyponatremia is to drink 200-300 mls of sports drink 15 to 20 minutes before running and then 2 mls of fluid per kilo of body weight every 15 minutes during the run.

For example someone weighing 65kg should drink 130mls per 15min/260 per half hour, 500 per hour, therefore a litre every 2 hours.

Another tip is to add Glycerol/Glycerin, a clear syrup-like liquid to fluid. Glycerol increases the body's ability to store fluid when taken in the right dose. Successfully used by many athletes, it's cheap and useful to add to drinks during training in the heat, (5ml or one teaspoon per 750ml bottle).

Hope this article helps those of you thinking of training or racing in the Axarquia, Southern Spain or any other hot climates.

The information regarding hyponatremia from an article by John Findley MD. courtesy of "Trail Runner" magazine.

Video Review - The English Fell Running Championships 2002

Published by Peter Thompson, PWT Productions, 1 Castle View, Sedgwick, Kendal, Cumbria, LA8 0JI. (Tel. 015395 60516) £14 inc. p&p. Also available from Pete Bland Sports.

This video of around 2½ hours' playing time maintains the high standard of previous issues in the series. (See page 80 of the 2003 Fixtures Calendar for details of others still available.) The races covered are the Pendle Half Tour, Coniston, Saddleworth, Duddon, Sedbergh Hills and Thieveley Pike, with cameras placed at strategic points on the respective courses to give an overall picture of the terrain covered, including start and finish, summits, passes and fellsides. Unexpectedly outstanding, in view of it being one of the less-scenic courses compared to Coniston and Duddon for instance, is the coverage of Saddleworth showing both the climb to Alderman and the descent from Pots and Pans.

The accompanying commentary is suitably laidback and down-to-earth and the cameras cover the whole field of runners, not just the fast lads and lasses, so if you competed in any of these events, there's a good chance you'll be featured at some point or other. In addition to the actual running scenes, there are also numerous short interviews with top runners like Jonny Bland, Simon Booth, Colin Donnelly, Tony Hesketh, Ian Holmes, Rob Hope, Rob Jebb, Dave Neill, Sally Newman, Andrea Priestley and Lou Sharp, also with non-competitors like Billy Bland, whose 1981 Duddon record still stands, and Martin Stone, explaining about the new electronic checkpoint system used at Sedbergh.

Like the other videos in this series, this one will provide hours of enjoyment over repeated playings in years to come.

Bill Smith

EXPERIENCES IN THE HOWGILLS

by Stuart Thompson

I was at my lowest, both with regards morale and in the settee.

I had started the year with great plans. (I've heard that before from fell runners.) I would keep to short runs in January and February when the weather is grotty (and I feel as though I am finishing the race without my feet) and then start to build up for the long distance stuff by doing such as the Haworth Hobble (some people still call it the Wuthering Hike). Then I'd build up my speed and stamina by running a few LDWA 25 mile events in April culminating with a lightning Fellsman in May. I'd even thought that there was an outside possibility of coming away with the "Fellsman Axe" and my name being engraved on the same piece of imitation silver as Alan Heaton, Stan Bradshaw and other long distance heroes.

The short distance runs in February went okay and these were followed by a steady "Hobble".

Then disaster struck.

I was running the Blubberhouses 25 and at half way wasn't more than 2 1/2 fields behind Nick Pearce from Ilkley. I was feeling fairly frisky so I pushed it just a bit more and sure enough I felt a twang in the back of my leg and I'd pulled my calf muscle. Over a period of about 10 minutes I'd degenerated from joint second place to being invalided by Land Rover back to the finish.

By the time I stood in the start field for the Fellsman the injury was okay, but of course, I hadn't done the necessary training whilst it was healing which resulted in a mediocre Fellsman, my time being over an hour slower than my best.

Later in the summer I was very pleased to be involved in Wendy Dodds' 51 at 51 BG but she already had it in the bag when I met her for the final section over Dale Head.

So it was that I succumbed to the sofa to watch a third repeat of a 1982 episode of Coronation Street. It was late August, the nights were drawing in, winter was just around the corner and I didn't have a fell running aim for the rest of the year. Phrases like, "I'm going outside: I may be some time" were going through my mind.

Then the phone rang.

It was Tony Wimbush. He told me that he had devised a long distance challenge for the 'older fell runner'. Forty miles in twelve hours in the Howgills area and sure enough a couple of days later all the details landed on the doormat.

Marvellous! Just what I wanted. The appropriate map was purchased and I didn't even flinch at the £7.99 price tag. A Saturday in September was chosen and every weekend between now and then was taken up with reccieing the four sections. Of course, I got my priorities right by firstly reccieing the pubs in Sedbergh for the apres run. Phone calls to other long distance fanatics were made for support and so it came to pass that Mick and I stood by the church gates in Sedbergh at 8.00 a.m. on 21st September.

The first section goes over Baugh Fell and I was surprised that, even though it was later in the year, the ground was drier now than in August. Then things began to go 'pear shaped'. We were just about to descend from the summit plateau when I heard a dull click and thought that Mick had stood on a damp twig. I thought this rather strange seeing that we were well above the tree line and then he collapsed in a heap amongst the tussocks. It was a serious calf injury. Fortunately, the weather was good so I left him and shot off for assistance. He told me afterwards that he crawled on all fours to a nearby wall, which took him twenty minutes, and during the crawl a beetle had overtaken him. He found a spare fence post by the wall, which he used as a walking stick and shortly after Jackie had met him and assisted him to her car. Even as I write a fortnight after the event he is still sporting a pair of crutches stamped with "Kendal Accident and Emergency" and can only just get to the bar.

So I passed through the obligatory point at Flust, drank tea provided by Stephanie and Philip just beyond the railway foot bridge on the B6259 and set off towards Great Shunner Fell with John. The route over Baugh Fell had been obvious but not so the one to Shunner. Should I go on a directissima route over rough terrain or opt for the relatively longer (but much better going) one on the forest trails through Cotterdale. I took the bull by the horns and went for the short route even though while reccieing I had had difficulty in running even on some of the downhill sections. However, when only three-quarters of the way to Shunner, I went well to the right (south) to pick up the good running on the Pennine Way.

Leaving Shunner I picked up the fence which would take me most of the way back to the B6259. I switched off my navigation head and just kept a casual eye on the posts and wire.

Bad mistake! Disaster struck! When I was reccieing I had the fence on my left and had been able to follow it religiously to the col just south of Hugh Seat. But the going was poor on this (north) side of the fence and we saw some quad bike (contradiction of terms) tracks on the other side of the fence that lured us over. After a couple of miles I noticed that the fence seemed to swing to the left so I cut the corner and soon we were on a good path going slightly downhill. Utopia! Strange, I didn't remember going downhill when I was reccieing. When I cut the corner there must have been a junction in the fence. I'd followed the left branch and should have followed the right.

So we climbed out of the valley and much much later got ourselves back on my intended route. Overlooking the Mallerstang Valley we came upon what appeared to be a Henry Moore type sculpture. I was very impressed, but it's a pity that only walkers, runners and sheep will see it.

Back on the B6259 there was more tea and rice pud and then it was up Wild Boar Fell.

Unfortunately, I had consumed too much tea and rice pud causing me to puff and pant all the way up, but it was a good run off down to the A683.

If the choice of route to Great Shunner was difficult then that to Green Bell and Middleton was doubly so. Should it be the short distance route losing height four times or a much longer one losing height only once?

I hedged my bets and went for a route that loses serious height only twice.

One of my assistants had suggested that Tony Wimbush was in a bad mood when he devised this route because the challenger does not come across a decent path until he is only six miles from the finishing post. This occurs at Middleton Trig and when Ian and I turned south there was some good fast running for anyone who has still got lots of strength left after the previous 34 miles. Unfortunately, I hadn't and didn't.

We arrived at the Calf and for the first time since leaving Sedbergh I dared to chance a glance at my watch. I hadn't set my mind on a particular completion time but I didn't want to finish it in x hours and 2 minutes. The time was 4.15 p.m. Could I get over Winder and down into Sedbergh in 3/4 of an hour? I asked Ian if it was on. He was very decisive and said, 'Maybe'. I decided to go for it. We calculated that I would need 1/4 of an hour from Winder to Sedbergh. So when we arrived there with 18 minutes to spare, I thought that it would be just a case of gently jogging down into the village. However, when I had been going up Winder, I had started to get 'tingly' fingers. I thought that this would go off as I descended, but unfortunately it got worse. A running doctor called Phil once told me that this condition was to be avoided at all costs. Was I going to sit down at the side of the path 1/2 a mile from the finish and wait for it to subside? No way! So as I passed the People's Hall (did Trotsky or Lenin build it?) the 'tingles' crept up to my elbows, worrying me so much that I stopped and did some stretching against the people's fence. This made my legs feel much better and want to go round again but it made the 'tingles' creep up my arms to my shoulders. So I cautiously shuffled on eventually arriving at the Church gates completing in 8 hours 57 minutes.

I collapsed on the grass with my arms feeling as though they were six feet long and two feet in diameter. My supporters wanted to start tasting the local liquid refreshment so John subtly kicked me and told me to stand up. Then we all crawled into our tents and went to sleep. No, I knew you wouldn't believe that, you already know where we went next.

It was a marvellous day out and thanks go to a great team of supporters.

So if you're not as young as you once were and your chances of beating 'Holmseay' are becoming slimmer by the minute, then give yourself a good day out on the fells and have a go at the Over the Hill Challenge.

RED PIKE – BUTTERMERE

by Peter Travis

I watched, not without a touch of sadness,
the sun splash with diffusing radiance
down the reddened slopes – a spreading
golden canopy drawn by slender,
but invisible, hands that reached above
the mirroring surface of the lake.

A hint of evening coldness played
chill fingers down my spine, for creeping shadows
balked this descent of struggling light and there ensued
a struggle on the mountainside as fierce
as any battle fought between the deadliest rivals.

At first the rising blackness seemed to falter
but inexorably gained the ground – night had conquered.

I turned, an inward smile, almost an arrogance,
confided that, come the morning, this shroud
would be lifted and light, that recurring resurrection,
would snatch victory and once again
the mountainside would glory in another day.

Believe it or not

As we're on the nudist theme this issue it seems that the Sunday Times may well have been right all along. The good ladies of Chorley Harriers have decided to bare all in the interests of the furtherance of fell-running and the results are to be found in the



Chorley Harriers Calendar 2003, which depicts twelve of their lady members in a state of vestment disadvantage. A black and white reproduction can in no way do justice to this magnificent full-colour creation but to give a flavour of things please see above for Miss May, Janet Chaplin.

And why, pray, should the ladies have it all their own way – the fell-running world will look forward eagerly to a male equivalent, Pudsey & Bramley or Borrowdale 2004 perhaps – doesn't bear thinking about really, does it?

The President and Committee of the **BURNSALL FEAST SPORTS**

invite you to join us at this year's sports on

Saturday 23rd August 2003

10 mile Road Race

Junior Fell Races

Senior Fell Race

(the number one short distance fell race)

Prizes for Ladies and Gents,
Veterans and Teams

Children's Races : Side Shows

Raffles : Tombola : Fly-casting

**Punch & Judy : Coconut Shies
and much more.**

**** Entertainment for all the family ****

**ALL PROFITS TO BENEFIT OF
LOCAL CAUSES**

Chester Physical Therapy Centre

- * **Specialist Sports Injury treatments for fell runners, by fell runners**
- * **Sports massage for maintenance of health and fitness**
- * **Bowen therapist also on site**
- * **Experienced and highly trained practitioners**
- * **No niggle too small**



**Contact SUE ELLIS (LCSP)
on 07733 1563000 (Clinic)**

Hints for runners on the Ben Nevis Race

Extract from a history of the Ben Nevis observatory, established 1881, closed 1904

Author William Kilgour. 1st edition 1905, 2nd edition 1906. First chapter "Impressions"

"Many a time have I watched and pitied the toilers trudging along under a broiling sun – sweat-begrimmed (sic) and languid, resting, spurning, sucking oranges, drinking water, and, in fact, resorting to all sorts of monkey tricks, as if their objective could be attained a whit sooner by such antics....."

There is one proper way of doing everything..... To make the ascent comfortably and with the least output of exertion, one should wear a pair of strong 'tackety' boots, provide himself with a stout walking stick, and be clad as lightly as possible. A lemon and a few biscuits or sandwiches will not constitute a heavy knapsack..... Unless the pangs of hunger become excessive, it is well to refrain from eating during the climb, and imperatively more so to eschew water. Thirst is the constant companion of the quasi mountaineer, but the craving must be fought against at all hazards, and it will usually be found that a little of the lemon juice will act as a panacea. A resolution should be formed prior to starting, never to rest on the journey up, as the oftener one sits down the harder it becomes to proceed in the rarified atmosphere."

Sent by John Lagoe

THE JOSS NAYLOR LAKELAND CHALLENGE *from Monica Shone*

It is good to be able to report that we appear to be getting back on course after having been knocked back following EMD. Mountain legs are returning to form and there were eventually four confirmed successes this year plus one repeat run in a new age group; it appears to be addictive! The runs extended from May to late October, an unusually long season. The poor summer probably discouraged a few more and they may return next year. I hope so – there's a great day on the hill awaiting all of you who have survived till reaching your half-century and beyond. Go celebrate with Joss's run! Ken Jones was one of the four who enjoyed their day and wrote about it evocatively in 'The Fellrunner' of October 2002. I knew nothing of this beforehand and it was good to have such publicity. We enjoyed a good Presentation Dinner at The Bridge Inn, Santon Bridge, though the clash with the FRA Presentations precluded Wendy Dodds, Paul Murray and Barry Johnson from attending as they were receiving FRA awards. Congratulations to them.

The final run was completed by Phil Clark on October 26th. I recall feeling for him in the very poor weather prevailing at home that day, but it did clear and Phil just caught that window. He ran fast, thus finishing before the window closed. It is Joss's policy that times are not given to anyone other than those who have already succeeded, so I can't tell you what it was – I guess you have your own ways of finding out! Suffice it to say that Don Ashton's run as an M50 way back in May '93 still holds the top slot, by a whisker. Although some contenders are running faster, Don is going to take some beating. These days, there is the option of sample schedules for guidance, but those are nameless and conservative. Joss does not want it to turn into a series of races and this view is supported by the faster runners, too. So enjoy the day,

rejoicing in the fact that you are still fit enough to train and run under your allotted time. Quotes from Phil's report are revealing :

On finishing -

"I'm absolutely knackered and feel as tired as when I finished the Bob Graham".

Later, sitting by the Bridge in the dark, sipping Champagne -

"A fantastic day out and anyone who says it's a soft touch wants to give it a try!"

So come along and do just that! Celebrate the start of your 50th to 70th 'Year to Heaven' (Dylan Thomas) in 2003. It is sometimes said that it gets easier in the upper age groups, but I think the jury is still out on that. And you can raise Charity money too – many sponsors will be impressed and may thus be generous. The grand total raised to date is £12,395.

The final list of those who succeeded this year is:

Wendy Dodds,	W50	Clayton le Moors
Ken Jones,	M50	Dark Peak
Alan Yates,	M50	Dark Peak
Phil Clark,	M50	Kendal
Brian Leathley,	M70	Clayton le Moors. (Repeat run.)

Totals in age groups since the beginning in 1991 are: W50-3; M50-14; M60-14; W65-1; M65-5; M70-1.

Information (sae please): Monica Shone, Swyn y Gwynt, Penmynydd, Llanfairpwll, Ynys Mon. LL61 5BX

e-mail: mandc@gwyntog.freemove.co.uk

If using e-mail, please add your postal address to your message.



THE SPECIALISTS FOR RUNNING INJURIES

- ◆ digital dynamic running analysis
- ◆ one visit treatments available
- ◆ custom made orthoses "while you wait"
- ◆ on-site workshop ensures comfort
- ◆ orthotics tested in Video Gait Laboratory
- ◆ all devices individually designed/produced

Clinical Director and PODIATRIST
ANDREW STANLEY BSc (Hon) PodM MChS SRCH
Specialist in biomechanical dysfunction, sports and activity related injuries in the feet and legs

DON'T RUN THROUGH CHRONIC INJURY

COMMON RUNNING INJURIES

- ◆ All foot problems
- ◆ Plantarfaciitis
- ◆ Achilles Tendonitis
- ◆ Ankle Pain
- ◆ Deep Calf Pain
- ◆ Shin Splints
- ◆ Knee Injuries
- ◆ Osgood Schlatters Syndrome
- ◆ Chondromalacia Patellae
- ◆ Iliotibial Band Syndrome
- ◆ Hip Pain
- ◆ Lower Back Pain. etc

www.reboundclinic.co.uk

Or for a brochure and appointments

Tel - 01729 825900

Rebound Clinic, The Sidings, Settle, North Yorks

Biomechanical Consultants to Trail Magazine and George Fisher Group

The Joss Naylor Lakeland Challenge

by Jonathan Fish

Although many years away from the esteemed ranks of the Masters 50 Class – once famously known as the Supervets – I follow the progress of these amazing athletes through Monica Shone's column about The Joss Naylor Lakeland Challenge. The reason for this is that I accompanied Don Ashton (now V60 and then of Blackburn Harriers) on his successful attempt and was shocked to read in the February 2003 issue of *The Fellrunner* that it was 10 years ago.

So, as time literally does seem to fly, I was delighted to discover that I still had a copy of the original schedule and commentary. (All times have been left out to preserve Joss's policy)

Incidentally, I agree with Phil Clark's comments when he compares the Challenge to the Bob Graham. I felt just as knackered despite being 23 years his junior at the time!

'The Joss Naylor Lakeland Traverse (or Speed Training for The Bob Graham)' – A description of the main events during Don Ashton's successful attempt on Saturday 22nd May 1993.

We left Pooley Bridge at 8.00am on a damp, misty and cool morning – and although we maintained a very steady pace, found that we were soon well ahead of the predicted ETAs. It remained cloudy and cool, but as we descended from Pike Howe, conditions changed quickly, revealing a sunlit Red Screes and clear blue skies. We were lucky to be accompanied by such favourable weather for the rest of the day.

After a 10-minute stop at Kirkstone, we began the stern ascent of Red Screes, and a recent recruit to Blackburn Harriers joined us, a lad called Gary. We were surprised to

hear quarry blasting from the slate mines, but quickly realised that the deep rumblings emanated from Don's stomach as it attempted to come to terms with a few thick pieces of Gariboldi Cake!

We remained delightfully ahead of schedule over the next four summits to Dunmail Raise, but were unfortunate to miss Chris Ashton who had climbed Seat Sandal by a different route from our descent.

Gary left us at Dunmail, as we attempted to replenish our waning energy supplies. We were encouraged to be fifty minutes up on our schedule, but realised that this second half was to be a tough one, as it traversed some of the highest and rockiest peaks in Lakeland. We set off in pursuit of a team from Dark Peak who were pacing a Supervet 60 contender. However, although we caught glimpses of them over Steel Fell and High Raise, after Rossett Pike we never saw them again and decided that we must have taken different routes.

We had arranged to meet my brother at the top of Rossett Pass, and were looking forward to a good feed, but our early arrival meant that our rendezvous failed. We spotted Nick as we were ascending Hanging Knots, but our shouts were lost in the wind.

By now the route had started to bite back, taking ten minutes out of our reserves and plenty of energy out of our legs. We continued over Esk Pike and Great End, searching out every little piece of grass to ease the burden on our weary legs.

We arrived at Sty Head about forty minutes ahead of schedule. Waiting for us near the rescue box were Keith Robinson, Nicky Wilkinson, Tim Kelly and Paul Thompson.

Keith and Nicky were to accompany us to Kirk Fell, whilst Tim and Paul were to remain with us to the finish.

After a short break, we set off up the 'Breast Track' (2 steps forward, 1 slide backwards!) and the route took an even bigger bite out of our time-in-hand as well as our spirits. However, without our waist packs, and with the encouraging banter of our companions, things appeared a little easier even if they were not.

This final section was definitely the toughest. The route was relentless, with little respite between the steep descents and climbs. However, under these conditions Don really comes into his own. He was clearly at the end of his tether, but appeared unstoppable, and some of the lost minutes-in-hand were found again.

After Haycock, the crossing to, and ascent of Seatallan was purgatory for everyone. More than the odd curse was sent in Joss's direction – and the language was even more colourful and doom laden as we made the final ascent up Middle Fell. But the finish was now in sight, as were the support cars. It would be wrong to say that tired legs were suddenly revitalised and deadened spirits reborn, but at least it was down hill all the way.

We arrived at Greendale Bridge at * minutes past *. This gave Don an overall time of ** hours and * minutes – an excellent performance and one which typifies his single minded approach to any fell running challenge.

In keeping with the spirit of the Joss Naylor Lakeland Traverse, Don raised over £400. to be divided between the Blackburn Hospice and The Langdale Mountain Rescue.

▶▶▶▶ RACE ORGANISERS ◀◀◀◀

RACE TEESHIRTS



UNBEATABLE PRICES

IF YOU PURCHASE TEESHIRTS FOR YOUR EVENT YOU NEED TO SPEAK TO US.
SHORT SLEEVED / LONG SLEEVED / SECONDS / PERFECTS
WHITE / COLOURED, WE HAVE THEM ALL.

PROBABLY THE U.K.'S NO.1 SUPPLIER OF RACE / ATHLETIC EVENT TEESHIRTS

WE HAVE 25 YEARS RUNNING EXPERIENCE AND 18 YEARS EXPERIENCE IN SUPPLYING SOME OF THE U.K. & IRELANDS TOP EVENTS
CONTACT US NOW TO QUOTE FOR YOUR EVENT



PHONE 01282 412714
ANSWERPHONE AFTER OFFICE HOURS

email r.winner@virgin.net

FAX 01282 415131

**RUNNERPRINT / WINNER, VICTORY HOUSE
246-250, LOWERHOUSE LANE, BURNLEY, LANCs, BB12 6NG**

FOR SALE

One pair Fell dancer Extreme fell shoes; size 8/42; as new; £25

One Baby Jogger 2; 16" wheels; running/hiking pushchair; excellent condition; £170 ono.

*For both the above telephone
01427 787174*

FOR SALE

*WALSH fell running shoes
size 5½ blue/yellow with rand,
little used, good condition*

*£30 o.n.o Tel: 01931 714098
Will post*

Martin Stone's Long Distance News Summary

On the long distance front it has certainly been an amazing winter in the Scottish hills. There have now been the first two winter completions of the Ramsay Round, both since last November. Also two completions of Tranters Round, both by the same person, one in mid-December and the other in mid-April. The style of each has been unsupported and three of the four attempts were also solo.

Maybe it is a good time to start a discussion about what the "Winter" tag is really indicating and when we should classify a round as a "Winter Round". Back in 1981 when Pete Simpson and I attempted what we believed was the first "Winter Bob Graham", our idea was to be making the attempt on the shortest day and the challenge was to cover the ground as fast as possible with the minimum hours of daylight. For the next few years, it is my recollection that the Winter BG was always attempted on the shortest day or within a day or two of the shortest day. The rule made for my own winter rounds was that they should be undertaken during the first period of decent weather from the shortest day onwards. I was fortunate that the hill conditions happened to be really wintry but not impossible. In winter if the weather is much less than perfect for the time of year, an attempt usually fails and so I guess one can't use winter weather as the main criteria for a winter round. It seems that the variables we should use to decide if the round merits the "Winter" tag are the hours of darkness and the conditions on the hills. In 1984 Martin Moran completed all the Scottish Munros in winter and defined winter as the period that climbers define to be Scottish winter, namely three months stretching from 21st December. We're open to your opinions here.

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@sportident.co.uk*

WINTER RAMSAY ROUND SOLO, UNSUPPORTED - GARY TOMPSETT

There was copy in the February 2003 edition about Winter Ramsay attempts since the late 1980s and Glynn Jones' recent completion last November in 53hrs 34 mins. I was aware that Gary had long harboured the wish to tackle a Ramsay Round in winter. He telephoned me from Fort William the morning after completing the round and not surprisingly he was still in a state of excitement. At 09:00hrs on Friday 28th May Gary set off from Glen Nevis Hostel to attempt the round anti-clockwise, finishing with Ben Nevis. He arrived back at 17:48hrs on the Saturday evening, completing the round shortly before it became dark. He carried all the equipment and food he required for the whole round. He also travelled alone, not relying on pacers.

Here are some of his comments about the big trip. "Faced

with such a dry winter, an approaching clock change, and a bout of confidence and fitness, I dashed up to Fort William to give it a crack. So I completed it solo, unsupported in 32hrs 48mins. The highlights were - sunny first half of Friday and chill wind in the afternoon as I crossed the Mamores. Visibility during the night was poor and it was a very dark night. I became sleepy as I tried to locate the far eastern Munro cairns. I clambered up some very steep convex snowfields in the pitch black, again with no visibility. Some friends checked that I was safe at Fersit Dam at 2.25am on Saturday but I didn't shelter in their camper and neither collected or jettisoned any gear. Accidentally fell asleep in the heather at 3.30am for 30 mins on the Easains. Sunday was chilly in the early morning with a fresh snowfall. A friend checked me safe at Lairig Leacach bothy at 7.30am, but didn't I didn't step inside or take any assistance. It was windy and cold all morning with further snow showers. I was pleased to be able to avoid some dodgy snowfields and cornices near the Prow below Aonach Beag. It was a howling windy afternoon with snow on the Aonachs and a painful final descent off the Ben to the Youth Hostel. I kept 22lb pack with me all the time and did not drop my sack at the 4 out and backs. I had no food or drink pre-placed en route.

The crucial piece of kit was Salomon XA-Pro shoes, with new SealSkinz socks. The shoes take Grivel G10 crampons but I didn't need to use them and managed to stay safe just with an axe. Other good kit was KIMM jacket and powerstretch, Vango Arc 42 sac, Silva Type 4, Ortlieb mapcase, Polaris Pertex hat, Petzl Tikka LED, Yashica 35mm Compact, Casio G-Shock Altimeter Watch. I was kept entertained by some webcast style coverage on Slsleepmonsters.com aided by my phoning and texting from the ridges. Lots of thanks to those checking me on the ground (Rob Priestley, Andy Jackson and Brigette)".

WINTER & SPRING TRANTERS ROUND - JOHN FLEETWOOD

The first two Winter attempts were completed in January 2001. On the same day both Nick Carter (29hrs 23mins) and by complete coincidence Glyn Jones (29hrs 49mins). Glyn's attempt was solo unsupported. John Fleetwood made a very successful solo-unsupported attempt last December, carving nearly 3 hours off the previous best and here is his own story:

"I started from Glen Nevis at 14.16 pm on 18 December in cold clear conditions, with ground frozen down to the road. I didn't do this lightweight, carrying salopettes, full weight cagoule, stove, 2 litres water, walking poles, axe and crampons, plus cold food an extra clothing. I wore walking boots and as a result had toasty feet throughout. The aim was to enjoy it, which I certainly did, moving at no more than a fast walk for the whole route.

There wasn't a lot of snow, with most on the Ben and Aonachs - perhaps 6 inches of soft stuff there, but there was a lot of water ice, making for tricky descents and requiring many avoiding manoeuvres in the boggier bits. I didn't put my crampons on until the Aonachs, having started on the Mamores, as this was quicker but a bit unsure at times on the ice and frozen scree. The scree was the worst with ball bearing type stones on top of rock hard ground and ice making for very slow descents. Having enjoyed many a quick bum slide down the Red Burn after a day's climbing, the painful stuttering down the frozen scree was not a great experience at the end of a magnificent outing.

Apart from a brief cloudy period early on, the weather was cold (perhaps -10C) with a chilly wind and a very big full moon. This made the 16 hours in the dark not so bad and route finding was

Martin Stone's Long Distance News Summary - Continued

not a problem. In fact I didn't get the map out until the 8th Munro - Binnean Mor.

The walking poles were great for stability on the slippery surfaces, but my only injury was a repetitive strain on my wrist, caused by over zealous use of the poles. The water ice created a few interesting problems on the ascent of Aonach Beag and Carn Mor Dearg which slowed me down but added to the experience. I didn't see anyone until the Carn Mor Dearg arête.

I stopped for 40 minutes at Luibeilt for a brew and to refill my water container with hot water, since anything cold just froze pretty quickly. The sunset and sunrise were stunning, particularly the sunrise from the Grey Corries, with the full moon still bright overhead. The glinting ice on the moors below looked like rivers in the moonlight and I think I saw shooting stars too.

The first section to Binnean Mor went pretty well, and I reached the top at 9.30 pm. My low point came on the ascent up Binnean Beag, which is not a very logical route from Binnean Mor in my opinion. Boulders covered in verglas were very trying and I started to get jelly legs on the descent. I took the direct route from Sgurr Eilde Mor to Luibeilt, which I reached at 1 am. The traverse of the grey Corries was a dream in the full moon, but the brisk wind kept me alert. The final slopes on Aonach Beag were very tiresome however, with about 6 inches of foot penetration in the snow. I donned my crampons for the descent on hard snow to the col and again had to trudge through the snow to Aonach Mor. I had pretty much given up on a 24 hour traverse by now, but made an efficient descent of the steep slopes of aonach Mor. The CMD Arete was time consuming with a good coating of fresh snow, but what an end to a winter traverse with the cliffs of the Ben opposite. I laboured on the final slopes, but at 14.10 pm topped out feeling cold and tired. Few people were around considering the quality of the day, so no-one to share my pleasure. Two hours of slogging through the snow and painful stumbling down the frozen scree saw me back at the car at Achriabhach, 26 hours 40 minutes after starting. One of the greatest days of my life was over, but I will be back for more!"

As if this wasn't enough, it was just four months later when John returned to Lochaber for yet another attempt which, given the wonderful spring weather he jokingly describes as a 'Summer Round'. In John's words:

"I thought it might make a nice postscript to my Winter Tranter round. In a bit of a last minute effort, I drove up on the evening of Saturday 19 April, rested in the car for a few hours and set off at 4.08 am on Easter Sunday. I completed the round in summer conditions in 16.07, again solo unsupported. I then drove back home, a bit bleary eyed, getting back at 1.30 am. Conditions were sunny but cold with freezing level at 900m and a strong wind at times. It struck me what a classic round this is, with hardly any dull ground, unlike most of the other classics. Like the Lakes, it's wonderfully dry at the moment too. The grass has quite a sheen on it!"

LAKELAND 3000 FOOT PEAKS & ROAD PASSES - ROB BLYTH

On 13th April Rob established a new challenge, which combined two separate challenges, which are events in their own right. It was based on a plan hatched by Rick Stuart, Chris Lumb and Rob during the bleak days of Foot and Mouth. All the Lakeland passes were to be crossed by bike and the Lakeland 3000's climbed as one continuous circuit. Rob says:

I left Patterdale village hall at 0515, climbed Helvellyn, cycled over Kirstone & Wrynose, climbed Scafell and Scafell Pike from

Cockley Beck via Mosedale and the Great Moss, cycled up the West Coast, over Whinlatter to Braithwaite, back up Newlands & into Buttermere, up and over Honister, past Keswick to Skiddaw, climbed Skiddaw from Millbeck and then rode back to Patterdale village hall via Dockray. I arrived back at just before 2215. A very substantial Easterly blew all day slowing progress, especially between Egremont and Whinlatter while on the bike and the climb onto Skiddaw.

This is a round of 100.2 miles on the bike, 20,365' of climb of which 9133' is on the bike and 11,232' on foot. The round took me 16 hours 58 minutes. This was done solo, unsupported on the fell, the road and at changeovers. I believe substantial amounts of time could be taken off my attempt. I cycled for 8 hours 16 minutes and ran for about 7 hours; leaving about 1 hour 45 minutes in change over time and short rests. The time is lost in changing clothes between cycling and running, locking the bike and finding places to hide what you're not carrying on the fell (approximately 15-20 minutes a time). Obviously time could also be taken off with support, especially with the possibilities for drafting on the bike. This would substantially change the nature of the challenge.

CHRIS BLAND

It made us all very sad to learn of the recent tragic death of Chris Bland. Much more will have been said in the obituary elsewhere in this magazine. Chris helped me a great deal in the late seventies when I was young and impressionable and at a time when I was beginning to get into fell running. During two unforgettable weeks in 1978 when I camped at Stonethwaite, Borrowdale and prepared for my Bob Graham, Chris was on hand to impart wisdom and advice. He then paced me over the last few stages and I very much enjoyed his company as we headed back across the Helvellyns and Northern Fells to Keswick. Chris always emanated such a gentle persona and modesty. His knowledge of Lakeland always made it a pleasure to bump into him and to learn something new about the history and nature of the area. We extend our sincere sympathy to Sheila and the children.

On the long distance scene Chris will probably be best remembered for the wonderful idea to attempt "Wainwright's Seven Books in Seven Days". He wanted to raise money to help finance the re-roofing of their local church at Stonethwaite. In 1981 Chris devised the route that climbed all the peaks described each of Wainwright's seven books starting and finishing the day at a church. To make the attempt more interesting the peaks in book one were to be completed on the Monday, book two on Tuesday and finally the seventh book on the Sunday. It was a huge undertaking and although Chris failed to complete parts of two of the toughest books, he provided an idea that was to be developed in later years first by Alan Heaton and then by Joss Naylor. Although Joss completed a continuous route linking all 214 peaks together from summit to summit in less than 7 days, Chris Bland's original idea to undertake a book each day for seven consecutive days still remains unfinished business. At one time I was thinking of trying to emulate Chris' original idea. In addition to the seven books in seven days I would have liked to start and finish the entire route at the Moot Hall and at the end of each day to cycle to the starting point for the next book. It's good to dream and scheme but maybe this is a challenge for some future long distance mountain runner?

www.walshsports.com



GO TO THE
E^XTREME
PUSH IT TO THE LIMIT.

Since the launch of the P.B X'treme, our continued development and innovation have reaffirmed our position as the UKs No 1. Fell Running brand.

E^XTREME
outdoors

P.B X'treme



P.B X'treme – Especially made for the committed runner. The same design as the P.B Trainer, with the advantage of our exclusive Extreme by Xymid material to give more protection and stability for even the most difficult of challenges.

Shoe Weight – 290 grams (Standard size 8)
Sizes available from 3–13 including 1/2 sizes.



Ian Hollans - Champion Fell Runner

E^XTREME
outdoors

P.B Trainer

P.B Trainer – This is a classic fell runner's shoe that has often been copied but never bettered. The perfect all round shoe for either Fell, Orienteering, Cross-Country, racing and training. With a thicker midsole for added cushioning and pyramid studs for a superior grip for even the most traverse terrain.

Shoe Weight – 250 grams (Standard size 8)

Sizes available from 1–13 also available 1/2 sizes from 3–13.



E^XTREME
outdoors

P.B Racer X'treme

P.B Racer X'treme – This perfect running shoe, with its narrow last for a racing fit. With a low profile midsole to give you close contact with the ground, giving you confidence with every step.

Shoe Weight – 270 grams (Standard size 8)
Sizes available from 3–13 including 1/2 sizes.



The new X'treme range from Walsh features the revolutionary Extreme by Xymid. This new material has been developed for its technology and characteristics, dedicated to challenges to extreme performances, where what matters are durability and resistance because of outstanding stress. It has been created by a process made in SOTECO, which combines the most resistance polyurethane coating with an innovative xymid substrate. Beside this its look has been devised in order to accomplish the greatest versatility, according with sports design tendencies.

For your local retail outlet
Contact Pete Bland Sports – Kendal

Tel: 01539 731012
(UK Distributor)

walsh & are registered trademarks of Walsh Sports Ltd.

5 London Road,
Alderley Edge,
Cheshire, SK9 7JT

e-mail: running@bearsports.freeserve.co.uk
web: www.runningbear.co.uk



MAIL ORDER

Tel: 01625 582130 Fax: 01625 583878
Switch / Visa / Access / Amex
Orders Over £70 Free. Free P&P on Gladiator,
Clington and Standard **FRA DISCOUNT**
Full colour mail order catalogue
now available

NEW

MOUNTAIN BEAR introduce 'THE GLADIATOR'



We are pleased to introduce our new Gladiator which will help combat the elements and give you the edge over your rivals. At the cutting edge we feature a super lightweight shoe. (size 8 weighs only 235 grams)

Twin support straps hold the foot and the pyramid studded outsole gives super grip.

The shoe will be available in July so order now to avoid disappointment. In the meantime we are fine tuning the composition of the sole to obtain the best all round traction.

SPECIAL OFFER PRICE
£49.99

(Pictured John Brown just after his first run wearing a pair of GLADIATOR shoes, and breaking the record at Shining Tor)



AVAILABLE NOW

Formerly known as the Felldancer but now made on more anatomically friendly lasts. You may be pleasantly surprised by the glove like feel of these tried and tested models. (But have YOU tested them!)

THE CLINGTON

Snug fitting with a low profile 10mm midsole. Conical stud carbon rubber sole unit with excellent grip **£49.99**

THE STANDARD

Slightly wider fitting forefoot with 14mm midsole for greater shock absorption. Conical stud carbon rubber sole unit with excellent grip **£49.99**

Special Offers

Running Bear Pertex Shorts
only £8.95
Colours - Black, Navy, Purple,
Turquoise, Royal

Running Bear Pertex 1/2 zip jackets
that fold into own bum bag - really
breathable and lightweight
only £29.99

Bearfoot Socks - still only
£9.00 for 3 pairs of these
excellent lambswool socks

Special Offers