

The Fellrunner Magazine

October 2003



From the 60's to the future

*- Alan Heaton
finishing the Three
Peaks and Danielle
Walker at Kelbrook
(Photo Pete Bartley)*

Inside:

Fellrunning - A Retrospective
Super 70's Lakes 24

Mike Rose - An Appreciation
Paddy Buckley Round

British Championship Results
Midsummer Madness Report

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Colours – Black & Navy
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The Fellrunner Magazine

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I know that everyone in the fell-running world will join me in regretting the death of Mike Rose. Not only did he pursue the best interests of the sport with unswerving dedication but he was one of those "larger-than-life" characters whose all too infrequent presence in our midst makes the world a brighter and more interesting place to be - an Appreciation of him appears in this issue of the magazine.

It appears from the feedback that I have seen that the overwhelming view of most fell-runners towards the British Championship format would be "if it ain't broke, don't fix it". The tried and tested format of four from six appears to be very much in favour and, judging by this year's Championship (results and report inside the magazine), which went all the way to the final race at Brecon Beacons before it was decided, it is a format which can produce very exciting competition indeed. It is to be hoped that PST accept that fact and retain the present structure - watch this space!!

With this copy of the magazine you should have received quite a bit of information about the new subscriptions payable for your 2004 membership, together with the appropriate forms for payment. PLEASE can you ensure that you fill these in as soon as possible and post them off and, if you pay by Standing Order, cancel your old one and instigate a new one. Some members seem to be under the illusion that they are paying by Direct Debit and hence that the subscription will

automatically be updated and sent off - this isn't the case. We have no Direct Debit system and all regular payments are by Standing Order, which can only be modified by the individual member. Unfortunately, if you don't complete the forms in time then you won't get your copy of the 2004 Calendar or the February "Fellrunner" until some time well into the New Year. This isn't awkwardness on the FRA's part, it's just that the posting-out lists are, quite naturally, compiled from the current membership lists and, as all the subscriptions are changing, that list will effectively be started from scratch again this year.

I noted with some consternation that the Ennerdale, one of the classic Lakeland races, had to be cancelled this year because of lack of support. In the days when I used to do lots of races I always enjoyed the long ones better than any others, both for the challenge and for the fun of often having to use navigational skills in earnest - and often in atrocious weather. These races are very much an integral part of our sport, the reputations of many of our finest fell-runners have been based on performances in them and, while I don't wish to sound like Dr Martyn's Jed Steel we're surely not all going soft, are we?? Go on, have a try at one of them if you haven't as yet, they really are most enjoyable and satisfying experiences!!

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Data Protection Act

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

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

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

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

Please send in any articles, letters, etc. which you feel may be of interest – if possible send them in Word format, either on disc or by email.

Photographs of runners and events are particularly welcome; please give details of the subject of the photo and your address if you want it returned.

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

Deadline for the next edition is **Saturday 10th January 2004**

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Chairman's Chat

from Alan Barlow


As many of you will know by now our
Along serving former Secretary Mike
Rose died earlier this year after a period of
illness. Mike's forthright style will be
missed in the fell running community and
I am sure you will all join me in wishing
his family our sympathy at such a sad loss.

The Championship races have proved
interesting this year with some new faces
taking prominent positions. Whilst the
British titles have been decided, I look
forward with interest to the final English
race at Langdale and will no doubt see
many of you there.

Whilst I write this, our English team are
getting ready to travel to Alaska for the
World Trophy where we are also making a
bid to hold the event at Keswick in 2005. I
wish all members of our team the very
best of luck and I know they deserve
success after all the hard work that has
been put in. The results will be eagerly
awaited.

You may have heard about the turmoil in
athletics administration circles caused by
the proposal by UK Athletics to 'modernise
'the sport. This seemingly has no place for
the current regions, North, South and
Midlands, with a doubt about the AAA of
England. At this stage it is difficult to see
how it would affect the FRA but we have
representatives on all these bodies who are
keeping us informed of developments.
Some of you may also be aware that the
North of England AA is to increase the
member's subscription to £3 with effect
from April 2004. It is the intention of the
FRA to ensure that we obtain our fair share
of these monies.

From the list of nominations for officers
you will notice that I have agreed to stay
on for another year. Whilst this will be my
4th year as Chairman and it has been the
custom for people to only serve a three
year term, this is not written into our
constitution. So in the absence of anyone
coming forward to replace me it looks as
though you will have to put up with me
for a little longer.



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Calendar Update

This must be the shortest update ever! The two races listed below have been registered since the June Calendar Update. At the end of September I shall be sending 2004 Race Registration Forms out to all 2003 Race Organisers. The deadline for returning the completed forms to me will be **Friday Oct. 31st**, otherwise they won't get in the Calendar. Anyone who is organising a new race should contact me by phone (01457 863319) or e-mail (john.chippendale4@which.net) for a form.

Margaret Chippendale

SAT. OCT 4th. MOEL PEN-Y-BRYN. AS. 2.00 p.m. 2.5m/1200' from Penmachno Playing Field. £2.50 on day only. Teams(3) free. PM. Over 14. Also junior races. New race. Registration in Old School Hall. Details: Arwyn Jones, 4 Maes-y-Waen, Penmachno, Betws-y-Coed, Conwy, LL24 0AZ. Tel: 01690 760 498. Website: eryri.org.uk

SAT. NOV 8th. RAS RHOBELL FAWR. AS. 12 noon. 6m/1900' from Llanfachreth Village Hall, near Dolgellau, Gwynedd (GR SH756225). £3 on day only. Teams free. PM/LK. Over 16. New race. Race one of three in the new "Meironnydd Winter Fell Series". Details: Tony Hodgson, Cae Coch, Llanelltyd, Dolgellau, Gwynedd Tel: 01341 422565. Website: brodysynniac.co.uk

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

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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.**

ANNUAL GENERAL MEETING THE CASTLE GREEN HOTEL, KENDAL, SATURDAY 22 NOVEMBER 2003 AT 4:00PM.

AGENDA



1. Apologies for absence.
2. Adoption of Minutes of 2002 AGM.
3. Chairman's Report.
4. Secretary's Report.
5. Treasurer's Report and Adoption of Accounts.
6. Motions.
 - a. The FRA English Championships from the 1st January 2004 will include additional categories for veterans over 45, 55 and 65. Runners who are qualified for an age category will only count in one age category. Runners who wish to count in a younger age category must inform the FRA statistician at least one month before the first championship race. (Proposed: Neil Goldsmith, Altrincham & District AC. Seconded: Alan Brentnall, Pennine Fell Runners. Approved by the Executive Committee.)
 - b. The rule on page 81 of the FRA Handbook stating "Runners should not compete in more than one National Championship" should be moved into the English Championships section as Rule 5, and should be amended to read "Any runner wishing to compete in either the English individual or team championship must not compete in any other National Championship, either as an individual, or as a member of a club team". (Proposed by the Executive Committee.)
 - c. Page 81 of the FRA Handbook, 2nd line down that currently reads "Runners should not compete in more than one National Championship" to be amended to the following: "Runners cannot compete as individuals in more than one National Championship however in team competition runners can compete in more than one National Championship as scoring members of their first claim club". (Proposed: Tim Werrett, Mercia Fell Runners. Seconded: Mike Bouldstridge, Mercia Fell Runners.)
 - d. To encourage Junior development - the AGM sanction the Executive Council to transfer suitable amounts annually from the General Fund into the Junior Development Fund. (Proposed: Barry Johnson, Cumberland Fell Runners. Seconded: Norman Matthews, Horwich RMI Harriers. Approved by the Executive Committee.)
7. Election of Officers & Committee.
 - a. There is currently a vacancy for the post of statistician. Other than this, in the absence of other nominations, the Meeting is asked to elect the following unopposed:-
Chairman - Alan Barlow; Secretary - Alan Brentnall; Treasurer - Tony Varley; Membership Secretary - Pete Bland; Magazine Editor - Dave Jones; Fixtures Secretary - Margaret Chippendale; Championships - Jon Broxap; Environment and Access - Chris Knox; Press and Publicity - Bill Waine; Coach - Norman Matthews; Juniors/Intermediates - Ian Smith.
 - b. Club Representatives: Four seats. four nominations received: Steve Barlow (Horwich RMI Harriers), Martin Brady (Clayton-le-Moors Harriers), Graham Breeze (Skyrac AC), Brett Weeden (Keighley and Craven AC).
 - c. Membership Representatives: Four seats. Nominations will be accepted from the Meeting.
8. Other Appointments
 - a. The Meeting is asked to appoint FRA delegates to the following organisations:-World Mountain Running Association; Athletic Association of England; North of England Athletic Association; Midland Counties Athletic Association; South of England Athletic Association.
 - b. The meeting is asked to appoint an Auditor.
9. Close Meeting.

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

BRITISH CHAMPIONSHIPS 2003 by Brian Martin

During 2003 we have sought your opinions about the British Championship as to whether we should move away from the standard 4 from 6 race format. It seems runners and clubs have clearly voted both with their feet as well as by telling us to stick with this same format.

Attendance at the British races has been higher than in any of the past five years and the format and sequence of races this year has produced an excellent Championship with most prize categories being challenged through to the last race. The race wins were split among the main contenders in each category, and in the Men's Open category each of the six races produced a different winner.

The first half of the season comprised three tough fell races in Ireland – Slieve Bearnagh, Scotland – Stuc A Chroin and Wales – Moel Eilio, the latter in atrocious weather conditions. The second half was a complete contrast with faster courses at Pen Y Ghent and Skiddaw in England and the final race in Wales over the Brecon Beacons.

Rob Jebb gained a commanding lead from the first three races, winning in Ireland plus second in the next two races, before his main rivals Ian Holmes and Nick Sharp gained better results at both Pen Y Ghent and Skiddaw to leave open who of these three would be British Champion to the outcome of the final race.



Rob Jebb in the drizzle at Moel Eilio
(Photo Mark Aspin)

BRITISH CHAMPIONSHIP 2003			S	L	M	S	M	L	TOTAL
RANK	MEN	POSITIONS	S-B	SAC	M-E	PYG	SKD	B-B	POINTS
1	Rob Jebb	Bingley	1	2	2	9	7	4	197
2	Nick Sharp	Ambleside	5		3	3	3	1	196
3	Ian Holmes	Bingley		1	5	5	2	11	193
10	Mark Roberts	Borrowdale	17		10	1	9	22	164
13	Simon Bailey	Staffs. Moor			7	4	1		143
26	Tim Davies	Mercia	9		1				94
RANK	MEN O40	POSITIONS	S-B	SAC	M-E	PYG	SKD	B-B	POINTS
1	Mark Rigby	Ambleside	1	1	5	2	3	1	124
2	Robin Bryson	Newcastle	2	2	1	3	1	2	122
3	Mark Roberts	Borrowdale	4		2	1	2	5	116

And so down to the Brecon Beacons in South Wales. Rob Jebb knew he had to be in the top four or five ahead of team mate Ian Holmes to secure the Championship, even if Nick Sharp managed to win his first British race. It was also the deciding race between the three possible Vet 40 champions – Robby Bryson, Mark Rigby and

Mark Roberts, who at Pen Y Ghent this year may have been the first Vet to ever win a British Championship race.

Mark Rigby set the pace in the Brecon Beacons with most of the contenders in touch until the latter stages of the race, which saw Nick Sharp draw away to not only win his first Championship race, but to be a potential British Champion in waiting for a few minutes before Rob Jebb casually ran in fourth place, sufficient to grab the British title by a single point from Nick, with Ian Holmes third in the Championship.



Nick Sharp coming home to win at Brecon
(Photo John Sweeting)

Mark Rigby ran in third just behind Simon Booth to secure the Men Vet40 title and also give Ambleside a solid advantage over Borrowdale in the unfolding drama of the Men's Team title. Before the race it appeared to all concerned that Borrowdale needed to win or achieve a good second place to secure the Team Championship, but nobody had really envisaged a different scenario except our friends from Northern Ireland – the Newcastle team from County Down.

Whilst the Ambleside team were having a cracking race with all five coming in the top fifteen to easily beat Borrowdale on the day, Borrowdale were having what turned out to be a less than perfect day with three of their team drifting out of the top twenty and allowing Newcastle to run in as second place Men's Open team – thus resulting in Ambleside becoming British Champions for the first time since 1993. It was only the second time in ten years that Borrowdale have failed to win the Championship.

In addition to three of their Vets featuring strongly in the Men's Vet40 individual Championship, the Newcastle team had become favourites to win the Vet40 team title following wins in the first three races, but still needing at Brecon Beacons to stay ahead of Horwich Vets, who had won at both Pen Y Ghent and Skiddaw.

The Men's Vet50 Championship saw a welcome return to racing from Duncan Overton, now of Keswick securing the title with four straight wins, with Harry Jarrett gaining silver medal after winning the first Irish race. Paul Murray the previous Men's Vet60 Champion had to contend with increased competition from some new youngsters of 1942/43 vintage. John Amies, Macclesfield, won the Vet60 title with three wins ahead of John Nuttall, Clayton, with two wins and John Marsh, Tarren Hendre, with Bronze medal and the winner on home territory of the Brecon Beacons race.

The Ladies' Championship started with two wins by previous British Champion Angela Mudge before she left the UK to gain a Silver medal at the European Mountain Running Championship, and then on to America & Alaska for the World Trophy. Louise Sharp, joint Champion in 2002, won at Moel Eilio, and then had a closely fought battle with Tracey Brindley, Carnethy, at Pen Y Ghent. Second place at that race and at both Slieve Bearnagh and at the final race behind Sally Newman saw her finish as British Champion.

BRITISH CHAMPIONSHIP 2003			S	L	M	S	M	L	TOTAL
RANK	LADIES	POSITIONS	S-B	SAC	M-E	PYG	SKD	B-B	POINTS
1	Louise Sharp	Keswick	2		1	2		2	79
2	Sally Newman	Calder Valley			6	10	1	1	70
3	Kate Beaty	CFR	8	8	3	5	2		66
9	Angela Mudge	Carnethy	1	1					44
18	Tracey Brindley	Carnethy				1			22
RANK	LADY O40	POSITIONS	S-B	SAC	M-E	PYG	SKD	B-B	POINTS
1	Kate Beaty	CFR	3	1	1	1	2		45
2	Sally Newman	Calder Valley			2	3	1	1	41
3	Sue Becconsall	Bingley	6		4	5	4	2	29
9	Nicola Davies	Borrowdale	1						12



Sally Newman cementing 2nd place in the Championship with a win at Brecon
(Photo John Sweeting)

Kate Beaty, CFR, returned to the Championship with three wins from the first four races to gain Gold medal in the Lady Vet category ahead of Sally Newman, Calder Valley, who was both first Lady and first Lady Vet in the last two races. Sue Becconsall, Bingley won the Bronze medal.

With only three ladies to count in a team quite often the Ladies' Team performances can stand or fall on the presence of just one team member. Thus last year's contenders both Keswick and Ilkley did not feature strongly this year due to the loss of important team members.

Bingley Ladies were convincing winners this year to be Champions for the third consecutive year, after being joint champions in 2002 and outright Champions in year 2000. Cumberland FR Ladies gained the silver medal and Calder Valley Ladies the Bronze medal.

Finally congratulations to all the Champions and medal winners and a vote of thanks to the race organizers and their helpers for all their time and effort in staging the British Championship races this year.

And of course many thanks also to Pete Bland Sports and Walsh Shoes for their support and sponsorship of this year's Championships.

RESULTS

MEN'S OPEN

1	Rob Jebb	Bingley	197
2	Nick Sharp	Ambleside	196
3	Ian Holmes	Bingley	193
4	Mark Rigby	Ambleside	182
5	Simon Booth	Borrowdale	180
6	Robin Bryson	Newcastle	178
7	Phil Davies	Borrowdale	174
8	Jim Davies	Borrowdale	171
9	Robert Hope	P&B	166
10	Mark Roberts	Borrowdale	164
11	Simon Stainer	Ambleside	160
12	Morgan Donnelly	NFR	148
13	Simon Bailey	Staffs. Moor	143
14	Deon McNeilly	Newcastle	136
15	Gary Devine	P&B	130
16	Mark Denham-Smith	Keswick	117
16	Charles Stead	NFR	117
18	John Hunt	CFR	113
19	George Crayston	CFR	111
19	Alan Ward	Dark Peak	111
21	Lloyd Taggart	Buxton	110
22	Andrew Schofield	Borrowdale	109
23	Chris Leigh	Trafford	102
24	Joe Blackett	Middlesbro	99
25	Jon Deegan	Ambleside	96
26	Stephen Bottomley	P&B	94
26	Tim Davies	Mercia	94
26	James McQueen	Eryri	94
26	Alun Vaughan	Eryri	94
30	Mike Bouldstridge	Mercia	91
30	Andy Peace	Bingley	91

LADIES' OPEN

1	Louise Sharp	Keswick	79
2	Sally Newman	Calder Valley	70
3	Kate Beaty	CFR	66
4	Karen Davison	Dark Peak	65
5	Sharon Taylor	Bingley	56
5	Sue Wood	Ambleside	56
7	Natalie White	Holmfirth	50
8	Helen Johnson	Bingley	48
9	Angela Mudge	Carnethy	44
10	Maureen Laney	CleM	43
11	Sue Becconsall	Bingley	40
11	Hilda Bransby	CFR	40
13	Anne Johnson	Calder Valley	36

14	Kirstin Bailey	Bingley	31
15	Alison Raw	Darlington	26
16	Pauline Munro	Bingley	24
17	Clare Kenny	Ambleside	23
18	Tracey Brindley	Carnethy	22
19	Nicola Davies	Borrowdale	19
19	Andrea Priestley	Ilkley	19

MEN'S VET 40

1	Mark Rigby	Ambleside	124
2	Robin Bryson	Newcastle	122
3	Mark Roberts	Borrowdale	116
4	Deon McNeilly	Newcastle	109
5	Steve Barlow	Horwich	96
6	Dermot McGonigle	Newcastle	86
7	Duncan Overton	Keswick	85
8	Steve Jackson	Horwich	82
9	Neil Wrigley	Horwich	79
10	Andy Clarke	Calder Valley	74
11	Colin Shuttleworth	Preston	69
12	Stewart Whitlie	Carnethy	56
13	Malcolm Fowler	Pennine	52
13	Dave Neill	Staffs Moor.	52
15	Harry Jarrett	CFR	49
16	Ian Greenwood	CleM	48
17	Geoff Ayers	CFR	47
17	Graham Schofield	Horwich	47
19	Geoffrey Gough	CleM	46
19	Jackie Winn	CFR	46

MEN'S VET 50

1	Duncan Overton	Keswick	88
2	Harry Jarrett	CFR	73
3	Jackie Winn	CFR	71
4	Nick Pearce	Ilkley	63
5	Kenneth Taylor	Rossendale	57
6	Jack Holt	CleM	56
7	Jim Patterson	Newcastle	50
8	Rob James	CFR	48
8	Peter McWade	CleM	48
10	Dave Tait	Dark Peak	43

MEN'S VET 60

1	John Amies	Macclesfield	45
2	John Nuttall	CleM	40
3	John Marsh	Tarren Hendre	37
4	Paul Murray	Horwich	34
5	Roger Bell	Ambleside	21
6	Peter Jepson	Rossendale	20
7	Peter Norman	Wrexham	19
8	Barry Johnson	CFR	12

9	Mike McDonald	Northern Vets	11
10	Harry Blenkinsop	Keswick	10
10	Norman Bush	Ilkley	10

LADIES' VET 40

1	Kate Beaty	CFR	45
2	Sally Newman	Calder Valley	41
3	Sue Becconsall	Bingley	29
4	Maureen Laney	CleM	25
5	Clare Kenny	Ambleside	24
6	Alison Raw	Darlington	23
7	Victoria Musgrove	Eryri	14
8	Suzanne Budgett	Horwich	13
9	Nicola Davies	Borrowdale	12
9	Phillipa Leach	Dark Peak	12

MEN'S OPEN TEAM

1	Ambleside	45
2	Borrowdale	44
3	Pudsey & Bramley	31
4	Newcastle	30
5	Cumberland FR	25
6	Eryri	16
6	Horwich	16
8	Mercia	14
9	Carnethy	12
10	Clayton le Moors	11

LADIES' OPEN TEAM

1	Bingley	48
2	Cumberland FR	35
3	Calder Valley	30
4	Dark Peak	26
5	Ambleside	23
6	Eryri	21
7	Carnethy	17
8	Clayton le Moors	16
9	Ilkley	15
10	Horwich	11

MEN'S VET 40 TEAM

1	Newcastle	48
2	Horwich	42
3	Clayton le Moors	32
4	Cumberland FR	30
5	Calder Valley	22
6	Pennine	17
7	Dark Peak	15
8	Carnethy	14
9	Eryri	10
10	Keswick	6
10	Mynyddwr de Cymru	6

Yet Another Jura Adventure

by Phil Goth

It's that time of year again. The end of May saw a larger than usual contingent of us cycling along the Jura coast road on our annual adventure. By Friday evening we were all camped on the beach 3 miles north of Craighouse. This is a far more pleasant spot than the field opposite the Jura Hotel particularly as there are far fewer midgies. It didn't matter that there were no facilities, we had an idyllic sandy bay lapped by a blue green sea, we had Jim's trowel, and we had 'Dave's Cafe' [and Mobile Gear Emporium]. Dave's small white van easily outdoes all those 'look how much you can cram into our van' adverts. Running gear, walking gear, cycling gear, kayaking gear, lightweight gear, six sets of goretex shells, big stove, little stove, big pans, titanium pans, toaster, bicycles, deckchairs, tables..... it was like Field and Trek on wheels. The only things that seemed to be missing were the sea kayaks and swimming trunks [more of these later]. Any of our team asking, "Has anyone got a thingamajig?" would invariably be greeted by Dave or Janet conjuring one up right before their very eyes. If there wasn't one on Dave's big dobber Swiss army knife he would usually find one on his super duper Leatherman tool. And as for the food; I'm sure if you'd asked Janet if she had a haunch of venison she would have dragged one out from under the van seat, antlers and all. We only caught her out once. "Has anyone got any chutney?" I enquired, keen to spice up my rather bland cheese sandwich. I waited expectantly but to my dismay Janet looked sheepishly at Dave and muttered something unprintable.

Two members of our party were not yet with us. Unable to make the last ferry they had come up with a cunning plan. Sea kayaks! We all thought they were barking but, having weighed up the weather and the tides, they'd informed us that they would be setting off at midnight on Friday and arriving at about three a.m. If they ended up in Ireland they'd ring us on the mobile! "Any chance of a bonfire to guide us in?" they'd asked. The lack of wood saw a couple of us on lighthouse duty swinging a gas lamp into the small hours. They made it across as planned but turned decidedly pale when Dave greeted them in the morning. "I've taken the roof bars off the van," he smirked at them, "to make sure you have to paddle back."

Despite the kind weather the race was as gruelling as ever, particularly for our five first timers. No amount of verbal pre-race route description could have prepared them for what lay in store. Just how can you adequately describe the mix of leg sapping bogs, steep climbs, steeper descents, whole mountainsides of angular quartz blocks with occasional but well hidden scree, cunning route finding andthe final endless three and a half miles of road. No fast times for any Tod Harriers but lots of post race satisfaction particularly for the two intrepid kayakers who donned running kit only 4 hours after going to bed. As usual the evening ended with over zealous whisky tasting, much self congratulation, vows of, "I'll be back!", and a very wobbly cycle home from the Jura Hotel. In the morning we found Dave in bed fully clothed and with multiple cuts and bruises from his repeated head plants over the handle bars on the way home. He hadn't felt a thing!

Most of us were reduced to beachcombing on the Sunday. Duncan just stopped in bed. Roger and Mark, our two paddlers, set off back to the mainland with a portable barbeque, a fishing line and a little over-optimism on the food front we thought. Lying in the sun on the beach, our big box of red wine was soon empty. Suitably inebriated, the boys took

their usual skinny dip in the ocean [definitely exhibitionism rather than a lack of trunks]. A mad dash in, dive under, get your head wet and out, limbs numbed and extremities rather shrunken but feeling marvellous in that macho man kind of way.

Our combing had produced a big bag of fresh mussels, cooked with wild garlic, the perfect complement to our big box of white wine. Dave, by now in full hunter gatherer mode and modelling himself on 'Ray Mears with no clothes on', attempted to coax razor shells out of their deep lairs by pouring salt down the holes, but to no avail. He's going to read up on edible insects, seaweed salads and deer wrestling in time for next year. I'm already looking forward to it.



*You can't see how cold it is from this angle!!
(Photo Phil Goth)*

FRA STATISTICIAN

The FRA Statistician is elected annually at the Annual General Meeting. The present statistician has indicated that he will not be seeking re-election at the AGM in November. We would like to hear from members interested in filling this post.

The statistician will be willing to use his/her expertise and computer equipment to record and maintain rankings in all categories of the English Championships. This involves obtaining results (often having to chase organisers) and producing tables as soon as possible after each relevant race. Time is of the essence; contenders expect to see tables posted at subsequent Championship Races, and, even earlier, on the FRA Website.

The statistician is an officer of the Association and will be expected to attend Committee Meetings and contribute to the management of our sport. In particular, it is customary to appoint the statistician to the Championship Subcommittee which selects and monitors Championship Races and makes recommendations to the Executive Committee on all matters relating to the Championships.

Officers and Committee members do not receive any remuneration, but out-of-pocket expenses are reimbursed.

For further information, and to express interest in this important and essential job, please contact Alan Barlow or Alan Brentnall.

Alan Brentnall, Secretary.



*Look what being an FRA Officer can do for you -
Treasurer Tony Varley in competitive mood
(Photo Norman Matthews)*

TEAM MANAGER'S REPORT FOR GREAT BRITAIN MOUNTAIN RACING TEAM

from Adrian Woods

2nd European Mountain Running Championships – Monte Bondone, Trento, Italy

The second European Mountain Running Championships were hosted by World Champions Italy at Monte Bondone, a ski resort in the beautiful mountains of Trento, northern Italy on Sunday 6th July 2003. The men's race started in the picturesque city centre and contoured its way agonisingly up the 13.5K taking in 4,906 feet of climb whilst the ladies' race started higher up the mountain at Sardagna following the top part of men's course. Both races passed through landscape which was a mixture of mountain villages, woodlands and meadows, asphalt and stoney tracks ending with amazing panoramic views over the last 2km and at the finish.

Angela Mudge ran superbly improving on her 5th position last year to take 2nd overall, just 13 seconds behind the Belgian favourite and she led the Great Britain team to emulate last year with another well deserved Bronze Medal behind hosts Italy and the Czech republic.

Tracey Brindley ran out of her skin to finish in 13th position overall. She was followed by Lou Sharpe in 24th and Helene Diamantides in 34th. Great Britain had the same points as the Czech Republic but the Czech's third runner was higher placed in 21st position.

In the men's team top Welsh mountain runner Tim Davies who had only been drafted into the team a few days earlier, following the withdrawal of Dave Norman through injury, put in a really gutsy performance finishing 14th overall and top Great Britain athlete. Bobby Quinn and John Brown raced each other to the line, finishing in 22nd and 24th positions respectively. Andy Peace who suffered from the start did well to hang on and finished in 47th place overall. He subsequently went down with swollen glands on his return home. The team finished in eighth position overall which was a relatively strong performance in an up-hill only race set against a record number of 26 countries competing.

The organisation of this event by the Italians was first class and a model for other countries to follow in the future. The conduct and attitude of the selected Great Britain athletes over the weekend was excellent, each one helping form a strong team spirit and an enjoyable atmosphere.

I would like to thank Alan Barlow for providing superb support to all the athletes and myself over the weekend and the people behind the scenes who have put in such a tremendous amount of work over the year, their help has been invaluable – Sarah Rowell, Brian Martin, Chris Robison and Zara Hyde Peters.



Angela Mudge heads for silver in the Europeans
(Photo Adrian Woods)

IMPORTANT NOTICE TO ALL MEMBERS -SUBSCRIPTIONS

In the envelope which contained your copy of "The Fellrunner" you will have found information and a form relating to your renewal of your subscription to the FRA. As the subscription amounts have changed it is vital if you pay by Standing Order that you cancel any existing Standing Order and replace it with a new one for the appropriate amount. If you pay by cheque then please ensure you send it off promptly. If you don't do these things then you won't get your 2004 Calendar or your February "Fellrunner" because you won't appear on the list of Members.

Fell-running – a retrospective

Every sport changes over the years, in attitudes, approaches, techniques, training, equipment, ambience, etc., etc. We like to think that fell-running is a very traditional, conservative (with a small "c") sport that has changed little since the days of square wheels and stone wellies. To help us make our minds up about this, six people, each in their own way very representative of a particular decade, have very kindly agreed to give us an insight into their own history and their views on our sport. There is a lot of interesting comparison to be made in the pieces which make up this article but, hearteningly, there is also much that runs as a common thread through all six contributions from six very different characters – all of whom I would like to thank very much for giving up their time to produce the article which follows, starting with :-

Alan Heaton – the Sixties

When I was a young child I nearly died of diphtheria; as a consequence I suffered with a paralysed throat and made a very slow recovery so that after a year or so I was packed off for six weeks to Accrington Children's Convalescent Home at Chaigley Manor in the Hodder Valley. It was a turning point and over the next few years I went from strength to strength, so that when I was old enough to participate in games I joined in all the sports available – football being my favourite. During school holidays I would practise for hours on the nearby King George Playing Fields and the reward was that I was chosen to play for the town team, the youngest ever player from my school to do so ! The Second World War started shortly afterwards and sport at my school ceased. Part of the building had been taken over as an emergency hospital, which resulted in half the pupils attending in the morning and the other half in the afternoon.



Alan Heaton at Ovenden
(Photo Allan Greenwood)

I left school at fourteen and was able to resume football again – a schoolfriend had started work at the firm of E.J.Reilly, a well-known maker of snooker tables, etc., and got me a place in the works' team. Within the next year I bought my first cycle and began to explore the countryside on my own and later that year I joined Blackburn CTC on the suggestion of a workmate whose daughter was already a member. This was the start of a happy

association with cycling but was also to lay the foundation for years of running yet to come via the long-distance rides I did in reliability trials of 100 miles in 7 hours and 200 in 24 hours.

In 1946 I joined the RAF for National Service and continued to play football for a short period while I was stationed at RAF Upper Heyford, near Oxford. I was de-mobbed in 1946 and began cycling again; most of my cycling friends were now into racing and had formed a club under the name of East Lancs Velo. They were affiliated to the British League of Racing Cyclists, an organisation formed in the war years and whose main aim was to establish massed start cycle racing on public roads. I had always favoured massed start racing, as opposed to time trialling, so this suited me well and in the following years I rode in many races, which included some long single and some two-day events.

In the Autumn of 1954 my eldest brother Ken mentioned to me that it might benefit my cycling if I joined a running club during the winter months, so we both joined Clayton-le-Moors Harriers at the start of the cross-country season on 2nd October 1954. I ran with the club until the National Cross-Country Championships, then it was back to cycle racing. I repeated this the following Autumn but when it came to the spring of 1956 I decided to try my first fell race, which was Rivington Pike. This was soon followed by Pendle Hill and the next one was the Three Peaks and that really changed my concept of fell-running. I had never run that distance before and I was very surprised, not only because I had finished third but because I had thoroughly enjoyed it. I decided that I would carry on running instead of cycling and continued with Burnsall, the Lakes Mountain Trial and the Ben Nevis Race. However, I was to have another year of cycling in 1958 because an injury prevented me from running and on the 17th August I rode my final cycle race, which was a twelve-hour time-trial based at Brock.

The 1960's was a period of rapid expansion of fell races and competitors and brought a situation where the organisers of the more popular races had to restrict entries and some courses had to be altered. The standard of runners generally improved, with some high quality athletes being attracted to fell-running and this led to many race records being improved and from my point of view the 60's were a decade of progress in my own performance and would confirm that endurance races were always going to be my strength.

I devoted as much time to training as my working day would allow, which basically was two nights midweek plus weekends. Additionally, during the winter months I would take part in circuit training at a local gym.

In conclusion I would say that I have derived immense pleasure from my years of fell-running. The sport has enhanced my love of the mountains and the countryside and has given me the companionship of many great characters and worthwhile people – many thanks to all of them who helped me to achieve what I did.

Ioss Naylor – the Seventies

I didn't get off to a very good start in sporting terms, although I was interested in several sports, including Cumberland & Westmorland wrestling, but I was kicked at the base of the spine when I was nine and it led to innumerable back and leg problems which hampered my participation in physical activities. These didn't really get solved until I had two discs and a knee cartilage removed when I was twenty and although the operation made it possible to become a lot more active it didn't cure the condition completely and my back, in particular, has always given me problems to this day.

I was always out on the fells and, living where we did in Wasdale and working on the farm, I naturally developed a great deal of stamina and the ability to handle rough mountain terrain in any weather conditions but my parents weren't exactly supportive of sporting activities which took me away from the farm and hence it wasn't until I was twenty-four that I actually took part in my first fell race. This was the Mountain Trial in 1960, a baptism of fire you might say, which took place from Wasdale Head, very near my home. Wilson Pharoah, the landlord of the Waswater Hotel, came to see me and suggested I might have a go and because I had no running gear of any sort whatsoever I cut the legs off my work trousers, which were nearly at the end of their tether anyway, and trussed up at the start wearing them and my work boots. I wasn't an "official" starter but things were more relaxed in those days so I ran the course and would have been 14th if I'd entered properly.



*Joss winning the 1979 Mountain Trial at Mungrisdale
(Photo Naylor collection)*

From then on I did more and more races but never very many and usually only the longer ones mainly for two reasons – firstly the difficulty of getting away from the farm, secondly the fact that my back problems made it painful to go uphill fast and while I could get away with the more measured pace of longer events I just lost too much on the climbs of the shorter, faster races. I preferred longer events anyway; they fitted in with my aptitudes and I enjoyed the challenge of being out on the hills for a long time, often in poor conditions, travelling over terrain I liked. I suppose because I could be termed a "late starter" most of the people I regarded as being role models were actually younger than I was – such athletes as Peter Hall, Jeff Norman, Bob Whitfield and Mike Short, although in a category of his own must be Billy Bland, one of the hardest trainers and strongest runners on the fells that there has ever been.

My own training was, to put it mildly, erratic to say the least. I had to fit it in according to work and so it varied considerably in quantity and type depending on the seasonal variations of the farm timetable. Once again, I favoured long runs whenever I could get them and also tried to get down to the Whitehaven track one day a week; one of my favourite regular sessions was to run about twelve miles on the sands while Mary did the week's shopping – if you haven't tried training on sand then you have no idea how hard it can be; if it's firm then it's a really fast surface but if it's dry and loose it's extremely energy-sapping !! As far as diet was concerned I have to say that I've never made a particular effort to utilise a specialist food intake – whatever I had for breakfast or lunch at work usually sufficed and I think this got me used to running for a long time without food, which has turned out, although not deliberately, to be an advantage over the years. I've run for Barrow, Kendal and latterly for Cumberland Fell Runners, which seems a logical progression given where I live and how my running developed.

After my debut at the Mountain Trial I did most of my running in cotton vests and shorts with a nylon gaiter carried in case of really foul weather. I've run in work boots and rugby boots (not at

all bad in certain conditions !) but my favourite footwear was always the old Adidas Cross Trainer, which has a good sole pattern and was firm and supportive whatever the weather or the terrain. If I could still get them I would run in them now but they went out of production some time ago and I have to confess that I haven't found any of the modern crop of fell shoes to be as suitable in as many different conditions. The same goes for much of the specialist clothing on the market nowadays; most of it seems to be very highly specified rubbish and the only item I regard as essential is the Helly-Hansen thermal top, which I think is the greatest piece of kit invented and which keeps me warm, and usually dry, even in the worst weather.

As well as the equipment the fell-running scene has altered a lot. When I started there was a relatively small number of people involved in the sport and, as most of them knew each other, the atmosphere at races was very chatty and friendly indeed. Also the vast majority of people who came into the sport were what you might call "mountain men" – walkers, climbers or people who lived and worked in the hills and so there was a common experience and knowledge of the fells and fell conditions to draw on. For a time this continued even with the expansion of the sport but then there came an influx of track and road trained athletes, many of whom regarded the fells as just another arena to be competitive in and I think the sport lost a lot because of this. Also, as people came to races from all over the country the mix of runners became more socially disparate and the sense of cohesion, both during and post-race, started to decrease. Juniors often no longer come into the sport via their parents or their schools or by hill-walking and so they don't have the traditions or skills of the sport to help them, which could be one of the reasons for the very unfortunate decline of long races over the last few years – what was once regarded as a desirable challenge now seems too daunting (or too much like hard work !!) for a generation reared on instant satisfaction and without the technical skills to get them round. I do worry about the future of the sport – there are some excellent runners at the top end but most of the rest seem to be veterans, none of whom are getting any younger, so where the majority of the fell-runners of the future will come from I just don't know.

Obviously a lot of my concerns centre around the longer events – they have been without a doubt the races which have given me most satisfaction over the years and which I still enjoy today. Prominent among them are the Ennerdale, Wasdale and Duddon races and also the Manx Mountain Marathon but pride of place must be given to the Mountain Trial. I've done as many Trials as I possibly could and my run of seven successive wins from 1971 to 1977 is one of my fondest memories. Not all of my most memorable events have been races – my "Lakes, Meres and Waters" run in nineteen hours gave me the Lake District at its best and others which particularly stick in the memory are the Wainwright's Run, for the utter dedication of my companions, the 24-Hour Fell Record, "Sixty at Sixty" and the establishment of the "Joss Naylor Lakeland Challenge", which has not only given a lot of runners a great day out but has raised a considerable amount of money for charity as well.

Satisfactions ? Certainly the companionship and friendship of the fell-running community but also the fact that fell-running is also very much about doing your own thing, it has a freedom about it which is most refreshing in our bureaucrat-ridden modern world – and finally there is, of course, the scenery. Fell-running takes you into some of the finest country there is anywhere and it is a privilege to be lucky enough to just be there, with or without the added spice of competition !

Kenny Stuart – the Eighties

I came to fell-running by a natural progression from hours spent playing around my village in the late 60's – games of an athletic nature involving a lot of running at various intensities. "Hounds and Hares" was a favourite, with its chases on the hillsides, as were many games of football and, in my case, hours spent tramping the hills in winter following the local foxhounds and beagles. Around this time the Village Sports staged a Junior Fell Race, which I won, and from this developed a fascination with running together with long-term ambitions to compete. Secondary school introduced me

to cross-country running and although I was never out of the first three runners in the District Championships I could usually do no better than scrape inside the first ten or thirty in the County Championships but nevertheless I did manage to gain a couple of County vests – all on no or very limited training. My father took me to my first “Guides” race at Thirlspot in 1970 and the diary records fifth place out of eleven runners. Competing in the bigger junior events obviously brought me into contact with older runners and the first major influences at that time on my own running were the two men dominating the senior “Open” circuit – Fred Reeves and Tommy Sedgwick. It was only when Keswick AC staged the first Latrigg and Skiddaw races (under AAA rules) that I came to meet the top amateur

fell-runners of the era, such as Dave Cannon, Jeff Norman and Harry Walker.

The years from thirteen to sixteen saw me competing in a handful of school-based cross-country races in winter and a dozen or so “Guides” races in summer. My progress and development at that time were slow, largely due to my small size and lack of physical maturity, with some of my contemporaries already looking like grown men ! When I reached the age of sixteen a letter arrived from the County Schools AA stating that if I wanted to retain amateur status I should refrain from “Open” or “Professional” competitions on the Guides circuit – nevertheless I decided to continue to compete on that circuit because of the easily accessible opportunities for racing which it provided in the Lakes. My progress through the rankings was slow and became almost stagnant until when I was around twenty-two years old I obtained a couple of the running manuals which were then coming in from the States during the “running boom”. These started to give my training a new dimension and also gave me serious ambitions to train correctly over longer periods of time. By the late winter of 1980 my training diary records average week’s mileages of seventy-plus – mostly on the road in the dark !! As the 1980 season started my much improved aerobic capacity pushed my capabilities from strength to strength. As a matter of passing interest, my average yearly winnings in prize money around this time, sometimes winning thirty races in the process, was around £370 per year. The profits from this, after deducting travel costs and entries to venues, certainly never gave me much of a “professional” status !

As more and more races began to be organised under AAA Rules and having won the Open Fellrunners’ title twice, I approached the Northern AAA to gain re-instatement so I could be eligible for competition under amateur rules. Hence I missed most of the 1982 season sitting out an agreed suspension until my re-instatement came through on August 11th. I have to say that I found that many people in both codes were very negative about my motives for this change and I know my parents would have preferred me to carry on winning more races on the Open circuit. My first fell race under AAA Rules was on August 21st 1982 at Burnsall, where I finished second to an incredibly versatile athlete – John Wild. I recorded eight race wins to finish the rest of the season (John Wild being injured) and won my first Ben Nevis after a tough downhill tussle with Billy Bland. Billy gave me a lot of help in later races with suggestions for route choice, etc. and most of the top fell-runners of the 80’s I found to be both genuine and friendly. When the 1983 season started I came out very well conditioned but found John Wild a tough opponent and we often had to run ourselves legless to record wins but despite these seemingly awesome battles we were always the best of friends

A typical training week in August 1985, with a race, was as follows :-

	am	pm	comments
Monday 19th	3 miles cross-country	7 miles reps on grass	Heavy, wet track. Feel rough.
Tuesday 20th	3 miles cross-country	10 miles fell & cross-country	Wet & muddy.
Wednesday 21st	5 miles cross-country	8 miles road fartlek	Ground soaked.
Thursday 22nd	3 miles cross-country	3 miles road	Easy day. Feel bad.
Friday 23rd	5 miles cross-country		Ran easy. Mild virus. Achey.
Saturday 24th	2 miles road	3 miles (Burnsall Race)	Won but sore chest. Ground wet.
Sunday 25th	15 miles fell & cross-country		Floods – a very wet summer !!
Total mileage approximately 67.			

when the competition was over. I managed to win the last Championship counter at Thieveley Pike in September, which gave me the 1983 title.

Looking back on the fell-running seasons during the mid-80’s I have to say that I found them very demanding, with too many races at a wide range of distances and over wildly differing terrain. The depth of talent around at the time helped top runners to eclipse many records during this period and

both local people and the media seemed informed and enthusiastic about fell-running as a sport. Race organisers were able to offer more generous prizes because of sponsorship of various sorts but I can’t see the diminution in this as a reason for today’s “easing down” of the running boom on the fells.

1983 also saw the first official England teams competing against European countries and, after finishing a dispiriting sixteenth in Italy, we came to realise the depth of mountain running talent away from home soil. I felt that more frequent competition with the Italians was my only chance of beating them, as merely increasing the frequency or intensity of my own training would probably end in injury or illness.

A typical training week without a race in January 1985 was as follows :-

	am	pm
Monday 31st	3 miles road	10 miles road
Tuesday 1st	3 miles road	10 miles fell & road
Wednesday 2nd	3 miles cross-country	8 reps 4 by 1 mile road
Thursday 3rd	3 miles cross-country	10 miles road
Friday 4th	3 miles cross-country	10 miles road
Saturday 5th	5 miles hill reps (10 by 2 minutes)	4.5 miles road
Sunday 6th	15/16 miles fell & cross-country	

Total mileage approximately 88.5.



Kenny Stuart on his way up Blisco in the mid 80's
(Photo Woodhead)

During the eighties my toughest opponent had to be John Wild and obviously, over the rugged Lakeland classics, Billy Bland was still the man to beat.

My racing weight during this time was very consistent and didn't vary much between 110 lbs-112 lbs. My diet was, by today's standards and fashions, slightly higher in fat and protein value for an athlete and I always ate a decent percentage of meat and cheese protein to cope with my daily high intensive work loads. My employment as a gardener was also of a physical nature so my energy expenditure was very high at times. When I was in full training my alcohol intake was also moderate and I only drank an odd night at the weekend or perhaps at a "blow-out" after a big race. Preparation for the long races never involved the full carbo diet but in the three or four days preceding competition I would eat plenty of complex carbohydrates, finishing off with sweets, syrups and fruit sugars, etc. I very rarely ate or took anything during the course of a long race apart from water or occasionally glucose tablets – it was always my belief that one's body shuts down to such an extent during this type of physically intense effort that at times even water is not utilised by the body to its fullest extent but just causes excess sweat which helps to deplete electrolytes.

The clothing and gear I used to wear during races in the 80's started with Walsh footwear – either studs (the Walsh PB) or sometimes the Walsh Fell Spike with three spikes in the heel for short, grassier races. In longer races the obsession with "running light" grew into a fine art and clothing such as ripstop nylon jackets and trousers wrapped up into nothing more than a thick waist belt tied with elastic bands were the norm and seemed to be copied from the likes of Billy Bland. In colder weather I used to wear Helly-Hansen short-sleeved tops and sometimes their thermal bottoms in addition.

The atmosphere at races during this period was very friendly and the intense rivalry of competition soon gave way to friendly socialising afterwards. My alcohol consumption during the week leading up to a race was very low or non-existent (times change !!*) but after big races, especially those with an overnight stay, the atmosphere and craic often led to some forgettable encounters and sorry return journeys – enough said but John Wild was never far from the joyous throng !!

My favourite events had to be the local races where I was expected to win but, paradoxically, these could be a bit nerve-wracking as well. I always found travelling long distances to races boring so local venues suited me better. Even though I still hold the Ben Nevis record it was never my favourite race, I always found the course demanding, to say the least. My favourite short/medium races would be steep and grassy – Butter Crag, Latrigg, Gategill, Sailbeck, etc. and my long favourites were Ennerdale and Borrowdale. Both these latter races have long run-offs to the finish line and I could always use a bit of leg speed to finish fast if necessary. I could manage rocky descents if pushed but I have always preferred steep, relatively "clean" ground.

My training was always geared to the climb and I never practised descending; the hill reps and fartlek sessions in my training schedule enabled me (I believe) to withstand intense pace changes during races which proved invaluable at International level against the Europeans on their type of home terrain.

My greatest satisfaction from fell-running comes from the dedication I achieved from being able to train hard on a daily basis – only now can I fully appreciate the standards of fitness fell-runners need to compete at their best. I also had the pleasure of meeting many people from a variety of backgrounds and look forward to meeting them still on occasions and nowadays I maintain my contact with fell-running through my children, who currently compete in the Junior FRA Championship races.

Summary of Kenny's career in the 1980's :-

- 1980 Open Fellrunners' title – 1st.
- 1981 Open Fellrunners' title – 1st.
- 1981 British Hill Champion (Open) Alva. 18m14s
(Is this still a record ?)
- 1983 British FRA Champion.

- 1984 British FRA Champion.
- 1984 Ben Nevis – 1st in record of 1h25m34s (Still standing !)
- 1984 European Invitation (Zogno) – 1st.
- 1985 British FRA Champion.
- 1985 Snowdon International – 1st. in record time of 62m29s.
- 1985 World Cup Short Race (Italy) – 1st.
- 1989 Ranked 3rd in UK Marathon distance
(2h11m36s – Houston).

Cumbria County Cross-Country Champion seven years in succession.

Ian Holmes – the Nineties

My first ever fell race was an under 12's race in 1976 at Malham Show and I finished 3rd. This was just a one off race as I happened to be there on holiday at the time. As a junior my first love was rugby. This was curtailed at the age of 17 due to a back injury. Through school I ran in the cross country and track teams but never bothered with any training.

This changed in the mid eighties when I started to do the odd fell race after being introduced to the sport by Fergy (Ian Ferguson). Fergy, Colin Moses and myself spent most weekends in the Lake District or Dales either climbing, caving or canoeing. If there was a fell race on Fergy would drag Col and myself along. Fergy being a Bingley Harrier was pretty good and usually finished in the top ten, whereas Col and I were content in finishing in the first half of the field.



Ian Holmes setting the pace up Wetherlam in the Coniston Race
(Photo Pete Hartley)

In 1987 I joined Bingley Harriers, which led to a bit more training but fell running was still something to do to keep you out of the pub !

At this time the races I tended to do were middle to long races in the Lakes and the classic fell races like the "Ben".

I continued to improve with training and won my first race in

1990, the Sca Fell Pike. At this time I was running about 30 to 35 miles a week.

In the early nineties I lived in Italy for about three years and this was when my training became more planned and intense. I even kept a training diary - my favourite session was 16 x 1minute 30 seconds reps.

I started running twice a day. My other session was a sustained pace run, between half an hour to an hour. I did not race in Italy but I did time trials to see improvement. When I was really flying I could beat the chair lift to the top of the mountain which was 1500ft over 2.5 miles.

After winning my first race my next aim was to run for England. This happened in 1992, in Susa and I finished in 30'ish position as the first Brit in a long uphill race. This bit of success led to another and also to an increase in training, three sessions a week plus eighty miles a week.

My main ambitions still lay with running for England and 1993 was a good year :-

1st in the Pyrennian Games,

1st at Snowdon (which was my first attempt at the race),

22'ish at the World Cup in Gap and

3rd in Trophy Vannoni Italy.

Running for Bingley meant that even with this bit of success I was still a small fish in a big pond and there was always fierce competition to be the best in Bingley, never mind Britain! So to keep in contention with the likes of Andy Peace, Steve Hawkins and in the latter years John Taylor, Mark Croasdale and Mark Kinch meant you could never rest on your laurels.

In the mid-nineties I turned my attention away from international events to try and win the British and English championships, figuring it's better to be the English champ than being 20th in the World Trophy. My first attempt was 1994 and I finished second to Kinchy but we took it all the way to the last race ! This again happened in 1995 but I won some classics that year :-

The Bens Of Jura. This is just a brilliant race. 16 miles long, 7500ft ascent. 3.5 miles of which is on the road. At the end you are either going up or down. The social part of the weekend is just as good (or so my wife tells me and providing you don't get attacked by Bessie the wild deer!!!) .

Ben Nevis. The biggest mountain in Britain. Need I say more than I am looking for win number five !

Sca Fell Pike. The biggest mountain in England. Straight up and down, 5.5 miles. For such a classic I do not understand how it attracts such a small field.

So a bit of a rethink was needed. Could it have been that I was trying to do too much. (Classic races, British Championship and the English and International races).

So I decided to focus my efforts on the British Championship. This worked in clinching my first British Title. Again it was a close run thing with Kinchy. In 1997 it was the same again but this time the number of races was reduced. It was now a four race series. Different system - same result. Win number two !

1998 brought the chance of a hat-trick. This year Mark Roberts was flying and we shared the title with two wins and a 4th position each.

In 1999 it was back to a six race series and after three championship titles, motivation does tend to wane. But then again I do like to defend a title ! This year Gavin Bland was flying and in the first championship race, Anniversary Waltz, Gavin beat me in a sprint finish. We were neck and neck all the way around. I remember sprinting down Dale Head, knee deep in snow, thinking, "One of us is going to break a leg any time now !" From the top of the last hill, Cat Bells, we took separate descent routes. I hit the finishing track 120 yards in front thinking I'd got him!. Then we hit a bog 50 metres from the finish and I stumbled. That was it ! Gavin beat me in a sprint finish by 10 metres. Just goes to show a race only finishes once you cross the line !!! This race seemed to set the standard for the year - Gavin just beating me in a sprint finish. I eventually finished 3rd in the championships.

But 1999 wasn't just about running. My son Louis (Louie) was born, which brought a new perspective to life.

So this, coupled to the fact of my mate Gary Devine telling me that nobody had won the British title again after losing for a year spurred me into training to win the title again. Now running and training to me are two different things. Running is a good hour out on the moors running how you feel Training is getting up at 6 o'clock on a cold, wet, winter's morning for your first run of the day, or dragging yourself out to do a hill session late in the evening when your son has gone to bed. But this is what you need to do if you want to be a British champ. So 2000 brought me the Championship again. A tussle all the way with Gavin and Simon Booth.

2000 brought me more success - my hat-trick in the Mount Kinabalu race. My 10th win in the Stoop race with Dave and Eileen presenting me with a painting of myself running on Haworth Moor to mark the occasion, which now takes pride of place on my living room wall.

Over the years it's not just been about racing but more often than not the "do" afterwards. The "Do" in the tent after Borrowdale has probably produced more individuals than the race itself. One memorable year was when they placed barbed wire around the tent poles to stop people climbing them but it could not stop a Yorkshireman, could it Col ! And then there's the Jura ceilidh . Now you know if you have had an early night if it is not daylight when you are going to bed. But just watch out for wild deer called BESSIE!!!!!!!!!!!!!!

Over the ten years I have learnt a lot, raced against and made many friends, all of which has helped shape me as a runner. One race which changed my attitude was an Isle of Jura race in the early 90's. Bob Whitfield, Fergy and myself leading (it was on an alternative course due to bad weather) when a navigational error led to us dropping a good mile off course in the wrong direction. Fergy and I looked at each other, took the easy way out and packed it in. Bob Whit just turned around and set off in the right direction. Now Bob was hard!! To this day I have never dropped out of another race.

In the early nineties I tried all sorts of fell shoes. I was of the opinion it did not matter what you wore on your feet, it was how fit you were. Then in 1997 Pete Bland gave me a pair of Walshes to try, which coincided with me winning my first championship. I have never worn anything since.

Over the 90's I have won three British and English titles and hundreds of other races. But what made some of the races so great and memorable was not only the course of the race but the people it attracted. I always relished a top quality field. This has always been the case in championship events. What also adds an extra element to such an individual sort of running is the team title and relay races. Over the years Bingley has had great success in both and it usually means a good "do" afterwards.

Simon Bailey – the 2000's

"Keep up or I'll leave you behind," Dad would say as Kate and I tried to keep up with him while we looked after the sheep just after we had managed to master the art of walking. Little did we know what this was building up to !

Many years later I had always enjoyed the hilly cross-country courses and entered into a few local fell races, one of which was the Shuttlingsloe fell race where Dave Neil romped away with the victory and I came in second. He suggested that I should compete in the English Junior Championship - so it began. The year after I travelled to the Wrekin; I was entering into unknown territory, new faces and new places. The day went well, I came in first, beating Chris Livesey of Preston who is now an established international middle distance track runner. Now the fell bug was firmly set in and sister Kate was also in on the act, securing victories and at the same time keeping up the pressure on me to keep winning. We were both always wanting to achieve more than each other, even in training sessions, which were conducted together.

From the First race at the Wrekin there have been targets, races to be won, internationals to be selected for and certain individuals to beat.



Simon Bailey on his way to winning Skiddaw 2003
(Photo Pete Hartley)

My first international Vest was in 1996 at the Junior Home International, at Grasmere, where I came in first and completed a brilliant first fell running season.

Since then I have collected eleven England and one Great Britain vest. I don't like the races abroad as much as the domestic ones as some are very runnable under foot with some even being manmade. Coming fifth in the 1999 World Junior Mountain Trophy, held in Borneo, is my most disappointing result on the fells so far. In this race I had led for most of the way but paid for that and finished 39 seconds behind the winner. I had planned all the summer's training for a race victory in Borneo and think I had gone into the race too confidently. My best race to date was this year's English and British Skiddaw race where I beat a good quality field and came in 53 seconds off Kenny Stuart's record. As a junior (under 20) I achieved four English Championship titles, two third places at senior English championship races and a first in the senior Knockdhu International race.

The attitude to fell running from other running disciplines is that they seem to think it is an easy option for both victory and international selection. Their loss - our gain.

The atmosphere at races is great; the location is guaranteed to be beautiful with very little air pollution from traffic. I enjoy the championship races the most where there is certain to be a good quality field. Everybody has a fairly good idea of how one another is running as they have been scanning the Daily Telegraph or sifting through the results section of "Athletics Weekly". Everybody talks to one another telling their rivals they haven't really been training very hard etc., etc..... In my eyes it is totally different to the very serious pre-race atmosphere of cross-country or road races.

There are a lot of different personalities in fell running and each one has something to be learnt from. Dave and Eileen Woodhead must have a mention for their dedication and commitment, always wanting the best outcome for the sport and in my junior days Pete

and Ann Bland were always there to encourage the youngsters and get the best out of them.

I think Ian Holmes is an unbelievable athlete as he consistently performs to the highest standard and has reaped the rewards of many championship victories, the "Michael Schumacher" of fell running. He continues to perform at the highest level, giving inspiration to younger athletes.

The sport is relatively inexpensive and equipment is pretty basic. I suppose the most important piece is footwear of which there is a wide variety now on the market. The navigating aspect is something I haven't had much experience in yet but I'm sure the more long races I do the better I will become.

My training is mostly off road with perhaps just one to two speed sessions a month on the road. My weekly mileage averages about 30 to 35 miles running and 15 to 30 quality miles on the bike. A typical non-racing week would consist of:

- Monday- Rest or hills on the bike
- Tuesday- Speed session - 12 x 1 min with 1 min recovery, OR a pyramid session (1 min, 2 mins, 3 mins, 4 mins, 5 mins, 4 mins, 3 mins, 2 mins, 1 min efforts with 1 min recovery between each.)
- Wednesday- Bike (Magnet turbo session) - 5 min warm up, 10 mins @ 1/3rd resistance, 10 mins @ 1/2 resistance, 5 mins @ 2/3rd resistance, OR Interval training similar to Tuesday session but on bike. Also circuit training, weights and stretch band exercises (15 - 30 mins)
- Thursday- Hills - 8 x 1 min (very steep) with 75 seconds recovery, OR increasing distance hill reps. For this distances of 30 metres, 60 metres, 90 metres and 120 metres are marked from the foot of a hill. Then start the session by running to the 30m mark and back to the start and then to the 60m and back to the start, to 90m and back to the start and then finish at the 120m mark. Five reps with 2 minutes recovery are completed, OR 4 to 5 x 2min with 90 or 180 secs recovery, OR Continuously running up and down a long steep (2.5 min climb) hill for however long I feel like. This is run at a steady but consistent pace.
- Friday - Rest
- Saturday - Sustained run - 9 minutes continuous climb, OR 13 to 14 minutes up and down, Or hills as for Thursday
- Sunday - Long steady run (1 1/2 to 2 hours)

My training at the moment is more focused on quality rather than quantity but now with a greater need to do the longer races I feel I will have to increase the weekly mileage. My work at home on the farm helps to keep me fit with plenty of manual work and walking.

I think it would be of great advantage to incorporate international selection races with championship races to maximise the quality of the field and to reduce the number of more important races in the calendar.

Although there's little money to be had and not as much recognition as other minority sports I don't think there's any better kind of running and companionship for all ages and abilities.

Danielle Walker - 2010 ?

I started fell running as my coach decided it would be great strength work. I was previously doing really well in cross-country to the point where I became the U13's North of England champion, but found I was better over the hills. I didn't want to give up cross-country so I didn't mind the suggestion of doing fell running for a change.

My first race was the Rivington Pike Junior Race and I came first! I was really pleased as I only intended to run for experience and for a change of scenery. My mum, sister and coach then persuaded me to do more fell runs; my sister never took part but was always there to support me. As I did more fell running I became more confident and won more trophies and prizes. I did have my bad

days but I loved every minute of it. I was racing against girls that towered over me and as I progressed people started to recognise me because of my height, or rather, lack of it! I was a bit self-conscious but soon began to realise that height didn't matter. The more people began to recognise me the more races I wanted to do. It was then I decided to take part in the Bunny Runs series which took place at Keighley Castle. These became my favourite races as I had the chance to run against men and women older than me and it always pushed me that extra bit harder. Well, it was for the Easter eggs!!!! This is when my sister decided to take part too and I wouldn't give you three guesses why!? I did really well in this series as I beat all junior and all under 16's girls at the age of 12. I couldn't wait for the next year as these were the races I enjoyed most.

After my first Bunny Run series my attitude towards fell running became a lot more competitive as I tried to reach for higher goals. I decided to take part in the English Championships series. I did really well but didn't win the series as I didn't run enough races because the races often clashed with most of my cross-country events. The atmosphere of these races was a lot more serious than the Bunny Runs and near enough every time you could tell it was an emotional day for someone in some way or another. I didn't mind as I was only young but I still tried to stay focused. Fell-running gave me that extra rush. Just seeing different people and new faces each time made it that much better. I did a lot of fell running over the next couple of years. I then found out, to my surprise, that the Three Shires fell race, the qualifier for the Home Countries team, was running the under 16 and under 14 girls together to give us a chance of making the team. I knew I could do well as I only had to get in the top four but the older girls worried me. They had been new faces a few years back but now were familiar and I knew most of them were really good runners. I decided to give it my all and ended coming second to a girl three years older than me called Karrie. I was really pleased as I knew this would gain me a place in my Home Countries team and the chance to get my first ever England vest. I then travelled to Wales for the Home Countries race and again came second to Karrie, also taking team gold as we got an England one, two and three. I was absolutely over the moon as I had done really well as the youngest person to make the English team. I qualified again for the English team as I came second in the Black Forest games - I don't think I need to tell you who to!! I was still really pleased as I had been debating whether or not to start the race as I had been through a bad patch in my training due to a family trauma but I picked myself up, told myself that I could do it and that nothing could stop me. I was relieved I made the team but knew I had to get fit as I would be travelling to Germany to compete a month later. To my delight I did really well in Germany as I was only fourteen and was competing against girls up to the age of seventeen. I came fourth overall and our team got the silver medal. I also got a gold in my 800 and in my 800m relay. I was really pleased but still had the worry of flying alone to meet my family on holiday.

I have recently realised that the more I train and the more effort and heart I put into my running the more I achieve and the better I become. Of course I have achieved some tangible things, the medals and the trophies, but there's also the gain of pride, success, confidence and respect. I figure the more of this I gain the nearer I become to being like my idol, Paula Radcliffe. I know she isn't a fell runner but she is an unbelievable athlete and isn't afraid to go out and push herself to the limit. Neither am I. I am now going to push myself to make more appearances in the England team; I am also focusing on doing longer distances on track and of course there's always the cross-country but there's always one place in my heart that seems the best place to run.....over the hills.

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, Sunday 13 July 2003.

Following recommendations made by the Championships Subcommittee, veteran age categories were once again discussed, and it was agreed that the introduction of official 5 year veteran age groups would prove too complicated, although we do hope that race organisers continue to provide prizes in these categories. We did, however, agree that there should be Male Over-70, and Female Over-60 English Championships (but see below).

The cancellation of the Ennerdale race was discussed. We are painfully aware of the affects that championship decisions can have on our traditional long races, but it isn't always easy to avoid clashes with these, and, indeed, other events. But we will try.

There was much discussion about the format of the FRA website. Clearly, this medium is becoming the norm for many fellrunners. But, what format do you prefer? Would like us to continue with all races published one or two months at a time with reduced detail, as at present, or would you prefer to see only updates, with details in full? Available options should be the subject of an article elsewhere in this magazine, and the future of the website will be discussed at the forthcoming AGM. Your feedback will, I'm sure, be appreciated.

The FRA has yet to receive any information from UK Athletics on its proposed reorganisation (for instance how? and, more importantly, why?), and tend to agree with the NoEAA that, "if it ain't bust, it don't need fixing!"

CHEADLE HULME, Saturday 6 September 2003.

We agreed with the new wording for Safety Requirement No. 4 - Course Design, which now contains a sentence stating that compulsory sections must not include known hazards. We also agreed the revised format of the letter to race organisers, as well as changes to the form which advises race organisers that the Safety Requirements must be adhered to.

Last meeting's decision to promote a female vet 60 championship, and a male vet 70 championship was revisited, and moderated, such that, while we will now openly recognise achievements in these categories, we will only award medals if over 10 runners complete the particular championship. We also decided that these championships should be based on short and medium races only, but we have left the actual format and wording to our Championships Subcommittee.

Non-English races which are registered with both the FRA and the local regional body were discussed. Faced with a choice of safety requirements, organisers may be tempted to opt for less strict requirements, but this could leave them open to legal and insurance problems. We have referred this potentially serious problem to the PST.

As is customary at this meeting, we discussed motions which have been put forward for the AGM. These motions can be seen in the AGM Agenda, elsewhere in this magazine. The AGM is your opportunity to put forward your views on these issues, and to vote. Just as important is the informal discussion which follows the AGM, where any fell running topic can be discussed. I hope to see you there.

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Mike Rose 1938 – 2003

A measure of the regard in which Mike was held throughout the fell-running world was the number of offers I received to help with an Appreciation for this magazine. I had to rationalise this and hope I haven't offended anybody but I decided to utilise contributions from a selection of people who have all known Mike well in various capacities over the years. The piece which follows is an amalgamation of contributions from Dennis Beard, Don Booth, Alan Brentnall, Dave Hodgson and Selwyn Wright, all of whom I thank most sincerely for their efforts.

Mike Rose was an engineer by profession, working for the Civil Service on the construction of military and public buildings until his early retirement at the age of 53. It is for his service to fellrunning that Mike will be remembered by this readership – as Secretary of the FRA from 1991 until shortly before his death; as our representative to the North of England AA; as an England Team selector; as a member of the Bob Graham Club committee; as organiser of the Fairfield Race and the Lake District Mountain Trial; and as a willing helper at practically every race he went to – which was a lot! The organisational contribution Mike made to our sport over many years was scarcely paralleled and yet he will be remembered, and mourned, by generations of fellrunners for his unique talent as a man who reached out to everyone and made the novice feel as important as the superstar.

Always heavily interested in the outdoor life Mike grew up in the West Riding, first in Wakefield then Leeds – where he began a lifelong friendship with Dennis Beard – brother of the famous Eric or 'Beardie' who held many long distance running and biking records. Dennis and Mike made several motorcycle forays to the Lake District and Scotland as teenagers and Mike's love affair with the Lakes was born.

Doing his National Service in the RAF on Anglesey, Mike's outdoor education was furthered at Her Majesty's expense as he roamed the hills of North Wales each weekend. Always a proponent of National Service, Mike saw many benefits of a disciplined apprenticeship and his rather right wing views were the subject of many hours of inebriated debate in one or other of his favoured watering holes. The Civil Service took Mike first to London and then back to Leeds, where he found a like-minded crew in the Gritstone Club - a loose affiliation of climbers, cavers and walkers who enjoyed club hut facilities at Ribbleshead and near Thirlmere.

It was at the Old Dungeon Ghyll however that Mike came across fellrunners in the early Seventies and signed himself up for the first Langdale Horseshoe Race – which he finished in 5th place. As Mike would say 'Not bad 'til you ask how many ran!'. They were a hedonistic crowd who played hard, and then played hard some more – drinking the night away before a few hours' kip in a barn and another long day on the hill. It was about that time that I first met Mike – me a sixteen year old hitch hiking fell walker sitting in front of half a mild in the ODG bar watching in awe the 'Langdale Festerers' strut their stuff in a drunken orgiastic ceilidh. Mike of course was the one to detach himself and come over to our table to chat and generally include us in the action. That was his supreme talent – no-one got left out while Mike was around! I've often



*Mike at Sailbeck 1998
(Photo Pete Hartley)*

watched in amazement as he quartered a pub, bestowing his own brand of banter on anyone in the way!

Never a keen climber, Mike loved the mountains, and he helped to introduce many of the Festerers to mountain ranges further afield both in Scotland and in Europe. There was one famous occasion, in 1971, when the Festerers travelled en masse to Glen Brittle, much to the annoyance of some Craig Dhu lads who were sharing the same campsite. As you may know, Mike was fond of design and calligraphy, and, after a hard walk in the Cuillin one afternoon, he idly inked in a length of hessian, which he just happened to have "in his van", with a fanciful design proclaiming "The Langdale Festerers", and he hung it proudly on the campsite fence. Later, when we returned from a trip to the Sligachan (the nearest pub, in those days) the banner had moved from the fence to the gent's urinal. But Mike found this every bit as hilarious as the Craig Dhu lads did. You see, Mike could never take the ceremonial stuff seriously. The banner was a joke to start with – the urinal simply the perfect finishing touch.

Mike was also an insatiable walker who took part in many long distance events, both organised and ad hoc. He was keen on the Fellsman, the North York Moors Crosses Walk, the Long Mynd and many others, and he was often accompanied by some of his Leeds-based friends, such as Dennis Beard. In 1972, Mike asked Dave Ainsworth and me to help out by checkpointing on a Karrimor Mountain Marathon, and, although I don't think that either of us actually understood what a Mountain Marathon entailed, he assured us that it would be "a load of fun" – which, of course, it was. The event, which was organised by Lol Clarke in the rolling hills around Tibbie Shiels, was very different to today's KIMM. There were fewer runners, although they already had two classes, and, of course, equipment was heavier and much more rudimentary than it is nowadays.

This Mountain Marathon captured all our imaginations, and, the following year, when Chris Brasher organised the KIMM at Plas Gwynant in Snowdonia, we all entered – Mike partnered by Dave, and I teamed up with my wife. Mike continued to compete and help out in Mountain Marathons for many years, and, slowly but surely, his walking pastime became more of a jog – if not a full blown run. I well remember the pride with which he completed Dave Meeks' first ever Langdale Horseshoe Fell Race, giving the amateur ODG bookies a good hammering in the process!

For several years we met occasionally – the Kingshouse, the Padarn and back at the ODG – but it wasn't until a mutual friend was organising a Bob Graham attempt in 1981 that we became firm friends – together we helped several people round the traverse until Mike was finally persuaded to have a go himself. The first attempt saw time run out after 60 miles, with only the Skiddaw group of hills to complete. We all thought he'd totally flipped when he announced outside the Britannia the next lunchtime that he was coming back the following Saturday – it's customary to recover for 3 or 4 weeks (or preferably a winter!) before having another go. All went well for 65 miles or so until Mike slowed over the final hills; it was pointed out to him rather firmly that none of his pacers was keen to be back in Keswick for the third weekend in a row and the last ounce of effort saw him back to the Moot Hall with 9 minutes to spare.

Mike never saw himself as an athlete but he did possess more than his fair share of determination! More than one contender has gone into the Bob Graham Round thinking, 'If Mike Rose can do it, it must be easy', only to discover the error of their assumption as their attempt failed. He continued to support the BG attempts of others right up to his death in his usual affable style which was always helpful in preventing people from getting too hyped up.

When I became involved with the FRA in trying to resolve the big issue of the amateur/professional split which had persisted for many years Mike was very supportive and he was on hand when we successfully organised the 1988 World Cup in Keswick. As a result he became a stalwart of the annual World Cup coach trips to various parts of the Alps (until the World Mountain Running Authorities depopularised the event by taking it to ever more outlandish and inaccessible places!).

In 1991 Mike shocked everyone by volunteering to become Secretary of the Association. He stayed in the job for 12 years (twice as long as anyone else has ever managed) and in doing so became an institution. Mike brought a lifetime's experience in administration and his own brand of innate common sense to the job. Committee discussions which were headed for fantasy land would be brought back to earth by his pithy humour and his highly organised mind could make sense of the densest BAF document.

Occasionally Mike would upset someone through his lack of political correctness or his desire to be controversial. This would never last long though because grudges were never harboured – and so he navigated the difficult issues of the day – World Cup bids; toilets; disciplinary matters etc. And in the process he would take on more tasks – team selection; North of England representation and the rest. All jobs which fellrunners need done but aren't always prepared to do themselves.

So in all of those areas his skills and energy will be missed greatly. For those of us who knew him personally though, we shall miss a lot more. Mike brought a relaxed and easygoing manner to bear on everything he did – and this was catching. His calendar since retirement was split by the annual 3 months 'winter season' in Spain and Portugal, and often by a shorter summer season in the Alps. His trademark cigar and shorts (very short shorts!) were instantly recognisable in mountain environs throughout Europe. Closer to home Mike seemed to know everyone in the Lake District and as an 'apprentice' I was welcomed into farmhouse kitchens in all the valleys as Mike matched Cumberland and Westmorland banter with folk who otherwise could be extremely negative about 'offcomers'. Somehow Mike 'belonged' wherever he went: probably because of that ability to relate to people instantaneously.

We've a great deal to thank Mike for. And I don't just mean his dealings with the various athletic authorities, important as these may have been. He worked unstintingly for fell running since those early days in the seventies, and he was a rock for the FRA ever since he took over as Secretary in 1991. But, more to the point, he embodied some of the attributes which make fell running a profoundly different discipline (and I use that word carefully) to anything else associated with athletics. Never one to suffer fools, he was still a kindly man, and honest – painfully honest sometimes. But he had a sense of humour, and could never take authority seriously – and that included himself. I thought of entitling this piece "Saying 'Goodnight' to Mike Rose", which would have been a reference to one of two songs (neither in any way complimentary) which were aimed at Mike, and which used to be sung regularly at closing time by the Festerers en masse. It went to the tune of "Bless 'em all" and was loosely based on a song about a horse... and the biggest laugh came from Mike himself.

Mike's friends were there for him, too, when his race was finally over: more than 130 attended his funeral, and celebrated the life of a man who was, yes, at times argumentative and blunt-spoken (a device of an essentially shy/private-but-gregarious person to draw others into conversation?) but who was always an honest, generous and warm human being, who lived for the mountains and his fellow mountain-lovers.

A single man all his life, Mike was overwhelmed by the support he received in his last few months from fell runners. His conclusion was that fell runners were very special people. They are – but he missed a point: *he* was a very special person, and we recognised the fact. His running friends had been for years, in a very real sense, his family. He learned latterly that *he* was a very real part of our family, too.

Cheers, Mike. It's been a pleasure knowing you.

Mike's last piece for this magazine – his "Rambling Rose" column, which he enjoyed contributing, largely because it gave him licence to say things he would have felt uncomfortable saying in his official capacity as Secretary – was, unfortunately, terminated by his death. However, both it and its continuation by Dave Hodgson are worthy of inclusion in this piece, therefore ☺

Rambling Rose- Started by Mike and continued by Dave Hodgson..

Views expressed in this column are personal and do not necessarily represent the views of the Fell Runners Association.

ON A PERSONAL NOTE. Chemotherapy and Radiotherapy are being rested for a while. The spread to the brain has been reversed, but I still have the problems of a tumour on the spine which appears to be affecting the central nervous system. Thanks for all the cards and expressions of good will that I have received since setting out my problems in the February magazine.

LAD'S LEAP ENGLISH CHAMPIONSHIPS RACE. I have never been to this race before, so when I was offered a lift I jumped at the chance. The brilliant weather generated a real festive atmosphere and the athletes and their families hung around in the sunshine instead of dashing home for a hot bath. The races were excellent - I have never before seen 82 ladies lined up at the start. (Being a short race, the ladies' event was separate from the men's race.) Everything was well organised, except for one grouse - if the organiser tells runners that they must adhere to the flagged and taped sections, those who ignore the instruction and take a short cut, are cheats and should be disqualified, particularly when championships points are at stake. The leading two men are the athletes referred to, and I believe the third placed runner has quite rightly appealed to the FRA concerning the allocation of championships points.

As I awaited the start of the prizegiving, Alan Barlow, FRA Chairman, presented me with an inscribed Dartington Crystal Tankard recording 10 years as General Secretary, and a bottle of Jura Malt. What a pleasant surprise - I thought this sort of gesture was reserved for retiring chairpersons. It isn't often I'm lost for words, but I sometimes get a bit emotional and could just about manage, 'Thanks very much'. So now's the chance to properly record my appreciation of the FRA committee and all our members, for acknowledging my services to fell running with this kind presentation. It has been a most enjoyable period and I have recently learned just how many real friends there are in fell running circles.



Three FRA Secretaries in the bar on Jura - Mike, Jon Dunning and Selwyn Wright
(Photo Selwyn Wright)

continued.....

Mike's sister, Margaret, came across the above beginnings of the "Rambling Rose" column when clearing out his desk. She asked if I would like to finish it and with some trepidation, I agreed. Trepidation - because I have always been an admirer of Mike's economy of prose and often relied on him to check my formal letters. So here goes, even if I do have at the back of my mind, the thought that he will be looking down from above to correct my efforts in red ink.

Following his attendance at Lad's Leap, Mike had accepted an invitation to present the awards at the Three Peaks Race but deterioration in his health meant that he was unable to do so. His overwhelming wish was to attend the Jura race at the end of May and he wanted to save his strength to get there. Unfortunately, his illness worsened and he was admitted to Cookridge Hospital in Leeds during the first week in May. When I visited him, I had grave doubts that he would ever be well enough to make the trip to Jura.

However, Mike himself was determined to go and Selwyn Wright and Jon Broxap were equally determined to stand by their commitment to take him. And take him they did!!! The story of his final trip to Jura, is one that must be told by those who rose so magnificently to the occasion. All I can say is that I am filled with admiration for Selwyn and Jon in particular, but all others who helped to look after Mike on Jura. His enjoyment was self evident and for a few days on the island he was the old Mike.

When I visited him at home on his return, it was obvious that the journey to Jura had sapped much of his strength. None the less, when I mentioned the possibility of him attending the Championship Race on Pen Y Ghent he was enthusiastic. After some discussion with his sister, who was caring for him, I set about making arrangements to help Mike to attend the race. Discussions with Jon and Selwyn were invaluable and Ken Peart, one of Mike's Gritstone Club friends, agreed to drive Mike up to Horton in Ribblesdale in Mike's own motor home van. However, by now, Mike was unable to climb into his van and we needed someone younger and stronger to lift him.

No problem, the fell running community rallied round again. A telephone call to Gary Devine brought offers from four Pudsey and Bramley lads to do the necessary lifting and generally look after Mike whilst in Horton. All the time Mike was getting weaker and the crisis came on the Friday before the race when I received a phone call from Margaret saying that she was extremely doubtful whether he would be able to make the trip. The arrangements were put on hold and I went down to see Mike during the afternoon.

Although he was very ill and weak, all he could talk about was the arrangements to take him to the Pen Y Ghent race. It became very obvious that he would be massively disappointed if he did not go. After a hurried conversation between ourselves we decided to re-instate the arrangements. And so thanks to Gary Devine and the P&B lads Mike was loaded into his motor home and driven up to Horton in Ribblesdale where for a few more hours he was his old self. Enjoying a pint in the sunshine, chatting to all and sundry, criticising the race organisation, playing hell with the P&B lads when they were bathing in the river instead of getting him ready for home. The doctors, McMillan nurses and social workers were amazed that any one in such an advanced state of terminal cancer could undertake such an outing. Clearly they had never come across any one with Mike's determination or the resolve of his fellow fell runners to ensure that the final days of his life were spent doing what he liked best - spending time in the company of fell runners.

Mike was very tired afterwards and the final journey to a fell race had clearly drained him. Sadly, he never recovered and he died the following Saturday. None the less, all who knew him well were sure that the efforts to take him to Jura and Pen Y Ghent were worth while. They were what Mike wanted. I am so grateful and proud of the way his many friends and acquaintances in fell running helped him during those final weeks of his life. My final overwhelming memory of Mike is of the bravery with which he bore his illness. During the many conversations we had during the final months of his life I never once heard him complain. You could say it redeemed my faith in human nature.

Blencathra

by Peter Travis

Blencathra, summit chair of stalking giant
who fashioned earth and rock to rest his weariness.
How came you by your Celtic name in a land
where Viking watched their thralls in earlier days
draw water from the sparkling spring?
With gaunt Skiddaw, you hold fast the
secret of your naming
and stir within me the ghosts of time
who haunt my mind, as with upheld gaze
I scan your craggy southern face that reaches
down with rock-cracked tongues to touch the vale
and slake your thirst in friendly Glendermackin.
I have climbed your slopes, sometimes
by shoemaker's fell,
and looked for ghostly army seen by some in
bygone years, but
the wraiths of time have not revealed
themselves to my perception,
and yet I am in company with those who have
climbed your slopes and long since left this life,
for they have left behind affection,
an ethos encountered only by kindred spirit.
How neatly you hide the sullen tarn
with dreadful secret deep and dark;
for that brooding silent water listens
to echoes trapped within precipitous walls
that find no escape as with weakening cries
dissolve into battered oblivion.
Above the circle of blackness I see the vale
where once the holly tree profusely spread;
its bone-white wood, precursive naming to Bannerdale,
and reddened berry the croaking raven fed,
who perched superior on Kentigern's valley shrine.
To west and south are higher fells,
yet you claim a rightful quality of solitude
that is your mark of separateness.

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Discussions with some of the other Committee members reveal that the FRA has no official archive of FRA publications. To address this Margaret Chippendale has managed to put together a complete set of FRA Calendars and I am seeking to do the same with the "Fellrunner" magazines. These should then stay with whoever holds the Secretary / Calendar Secretary positions, and will act as a source of information for any of our members. I shall be willing to provide reasonable amounts of photocopying at cost. I am quite happy to use my own set of magazines to start this off, but I am afraid that they only go back to the early 90's. If anybody out there has any early "Fellrunners" that they want rid of, please will you contact me.

Alan Brentnall

Adam Breaks into the big time

The Longcroft Engineering, Calder Valley Midsummer Madness 3 day 2003

by Allan Greenwood

The Longcroft Engineering Calderdale post-Midsummer Madness 3 day was again a terrific success, with perhaps just the minor hiccup of a torrential downpour on Friday evening just after the runners had set off. Ian Holmes and Colin Moses of Bingley Harriers turned up on their bikes with about 20 minutes to start time and I immediately knew we were in for a fast race at the front end. As Ian pinned on his number in the pub, I said, "If you break the record you can have £5000 and a new bike!". My money was safe of course, as Nick Barrable's record time wasn't a soft target by any means and besides, Ian had cycled here. On top of all this, now it was raining.

Linda, Carole and Thirza took control of registration, where we offered a reduction in the entry fee for those who registered for all three days.

All the while, Bill Johnson was busy punching data into his laptop computer ready to provide us with printed results for all the three events - all very flash for us, this !!

Away they went and as the rain lashed down, Ian soon established a good lead on a brace of Calderdale locals, Karl Gray of Calder Valley looking for valuable points in the South Pennines Grand Prix - of which this was race 5 out of ten - and in-form Todmorden Harrier George Ehrhardt. I have seen some of the photographs Pete Hartley took on the main climb and the rain is bouncing off runners' shoulders!

The route climbs steeply to Heights Road, before climbing through Wicken Hill Farm and then there is a short loop, (climbing again) to Sheepstones Edge trig point. This is why we call it the **Wicken Hill Whizz!** From here it is downhill all the way and, of course, that is Ian's speciality. He flew down Wadsworth Bank and into the finish with a 29 second lead over George, lopping 10 seconds from the record into the bargain.... Oh dear!

Karl Gray ran brilliantly to place third, then came Colin Moses and then Adam Breaks, Calder's latest 'find'. So we were all watching at the finish for the next team counter. Would it be Bingley or a famous victory for the home side? We hadn't long to wait before my good mate Robin Bradbury followed Adam into the funnel to clinch it for Bingley, with Calder second and Todmorden third.

Phil Taylor of Rossendale won the over 40's prize with Calder's Dave Beels taking the superveteran's.

A special mention here to youngster Jonathan Hare of Halifax Harriers who placed 15th out of 87 runners to win the junior prize ahead of Rossendale's Sam Tosh and Ian Williams of Springfield Striders Essex (more of them later).

Anne Johnson of Calder Valley scored the first of a fantastic three wins in the 3 day series, just 18 seconds outside Pernilla Karsson's record of last year. Second place went to Halifax Harrier Carole Waterhouse, with Tracey Apps of Springfield Striders third. Linda Crabtree took the over 40's in fourth with Radcliffe's Gerry Dewhirst and Sanda Grimes of the Leicester Owls just behind.

Anne led Calder to the team prize choccies, with Leicester Owls in second.

A bit of a mix up on my part meant that an absolute mountain of sandwiches awaited us all in the Dusty Miller while I set up the prize table, courtesy of Steve and Stephanie. I had thought that Stephanie was going to be too busy to do food, so I asked Linda, Anne and Thirza from our club to each contribute a tray

full. Steph produced about seven platters of her own. "Those runners can certainly eat!", Steve commented afterwards.

As for Ian's prize, well he settled for one of the hat and gloves sets from the table, (wine, or a four pack of beer is a bit cumbersome on the bike) though I did get a bit of a ribbing about the 'bonus' for the record. Maybe if I win the lottery !?

Saturday dawned bright and sunny. The Wadsworth Old Town gala race, or Tom Tittiman was due to start at 3-00pm. Marking out the 'out and back' route with Rod Sutcliffe at 12 noon was an enjoyable experience but the sun beat down as we climbed over the summits of Tom Tittiman and High Brown Knoll. We were very soon aware that the heatwave was about to continue. Yorkshire Veterans A.A. again chose the Tom Tittiman fell race as their championship event so this swelled the field to a brilliant one hundred and fifteen. The Three Peaks race winner Dave Walker of Clayton le Moors took control fairly early on and by the time the leading runners were onto the short circuit of moorland from High Brown Knoll summit to regain the outward route, he had established an unassailable lead on Pudsey's Paul Stevenson, Andy Shaw of Holmfirth and Paul Sheard. Calder's new boy Adam Breaks placed fifth again, strengthening his bid for the 3 day title.

Stevie, in runner up spot is the person responsible for getting me into running and I was pretty chuffed to say the least to see him presented with the Yorkshire over 40's title.

Thanks to Stevie's fine run, with support from Paul and Phil Sheard, Pudsey took the team prize toolkits, with Holmfirth and Calder Valley behind.



Pauline Dore of Rochdale happy at the prospect of being first 13/50
(Photo Allan Greenwood)

Anne Johnson had her work cut out in the women's section, with Jo Smith of Dark Peak breathing down her neck and International veteran Sue Beconsall not far off the pace. Anne was also awarded the Yorkshire over 35's title with Sue taking the over 40's.

Calder won the team prize with a different team of Owls girls taking runner up spot.

Sunday was another scorching hot day and there were 67 runners on the start line outside Wadsworth Community Centre, same venue as Saturday. The **Reservoir Bogs** race consists of a moorland circuit, with six checkpoints, to be visited in order but competitors may choose their own route. Don't let that put you off though, if fourteen Leicester Owls and nine Essex runners can find their way round it cannot be so hard ?!

I already have some new ideas in mind for next years' race. In keeping with the film title idea, how's about "Four Weddings and A Fun Run", or "Lock Stock and Two Smelly Socks"?? (Eh?, Mmm?, well ok, perhaps not)

Off we went and soon, along the Calderdale Way footpath, (fourth section of the relay) there were all manner of route choices in evidence. Karl Gray got the fastest lines, leading Adam Breaks by over a minute by the end. After what must have been a splendid display of powerful solo front running, Karl was just 18 seconds off the record. Adam took the overall 3 day title in second place and Rossendale's Phil Taylor and Boff Whalley led home the veterans in third and fourth respectively.

Calder Valley won the men's team race, with Leicester and Springfield, Essex second and third.

Anne Johnson again dominated the race, with some superb lines across the moor. I guess it helps to live a few hundred

yards from the route and be married to a class orienteer !! However, considerable talent also plays a part and Anne displayed this by smashing the women's record by 42 seconds. Second in the race was Tracey Apps of Springfield, Essex followed by Calder Valley's Linda Crabtree and then Sandra Grimes of the Leicester Owls and Calder's Thirza Hyde. Again, Anne led the team to victory ahead of the Owls.

What a great weekend. It wouldn't have been possible without the full co-operation of Calder Valley fellrunners (and various others - including friends and family members) who helped with flagging the routes, setting up and manning the finish and marshalling checkpoints.

Big thanks of course to our sponsors Longcroft Engineering (Alec and Sue Beconsall) who provided quality embroidered 3 day sweatshirts for all the overall category winners, to Briscoe's Brewery from whom I aquired bottles of Midsummer 3 day beer, and Bill Johnson who gave himself a mega headache in producing full printed results each day, with overall grand prix positions and categories on Sunday.

But of course, the runners made it a great experience.

A lot of you travel a long way to these races to sample the splendours of beautiful Calderdale and we really appreciate that. I must single out the loonies from Essex and Leicester, however, who appear to be trying to make the 3 day an institution, (loonies, see!). Each group travels up en masse and books in at a local hostelry, making a social weekend of it. - Not only that but they usually end up taking a fair proportion of the prizes too!

Thanks everyone, and see you next year.

Allan Greenwood, Linda Crabtree and Calder Valley Fellrunners.



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Kettlewell Navigation Course

from Janice Barker

Clutching a compass to my chest, thumbing my way along the map on a bearing that I had calculated moments before was one of the best achievements so far this year. Yes, it was fine, warm and bright with uninterrupted views of the Yorkshire Dales, but don't let that detract from my surprise at being able to navigate my way around a small section of moor using map, compass and the instructions I had learnt as a complete novice the night before.

The FRA's navigation weekend is worth every penny of the £60 I paid along with 25 other novice navigators, who spent an April weekend at Kettlewell Youth Hostel - and I was THE absolute novice. A latecomer to running on the hills, as a member of Saddleworth Runners, and aged (a young) 52, my map reading skills until that point were honed at GCE geography lessons and on weekend walks and holidays.

As the Friday evening approached, I was convinced I would be the dunce of the day and everyone else would be experienced, super fit navigators whose skills needed only a little tweak here and there. From the moment we started, with Steve Batley and the team, it was clear that the course is for EVERY level, from beginners to experienced runners refreshing their knowledge. We were all made extremely welcome and it was made clear the course is aimed at making sure everyone gets the most from it regardless of ability.

We concentrated on learning the techniques and putting them into practice, making mistakes, of course, but putting them right, not racing around. (Of course, by Sunday, it was extremely competitive with individuals darting off to show off their new skills against the clock).

Friday evening was meet and greet time, with Steve and the rest of the team, Dave Hill, Paul Oates, Howard Sawyer, Andy Brear, Heather and Graham, and Neil Clayton, plus administrators Margaret Batley and Jenny Hill. After a cup of tea or coffee and the chance to find our bunks, the lessons began. Friday evening was an introduction to basic map and compass theory, and following Steve's instructions we managed to find ourselves on the map, the easy part, and then using the compass and map together, orientate ourselves, and take our first bearing (not so easy for some of us who surprised ourselves by succeeding).

Saturday was bright and clear and after breakfast we organised into groups, with only two or three people per instructor and set off onto the hills. For anyone who does not know the area, the Wharfe Valley around Kettlewell is stunningly beautiful and accessible, which made the whole weekend a joy. Trotting up the path to the limestone slot where we started, I could hear appreciation for the location from all around.

With my fellow novice John, we followed the instructions from our expert, Paul, an orienteer, and took bearings, found shake holes, learned what a re-entrant might look like on the ground, spotted sheepfolds, followed walls, avoided marshy ground and rocky outcrops, found a copse enclosed by walls, and made it to our rendezvous point with the rest of the group on time and on target. Let me say at this point we were blessed by the weather and good visibility, but had there been rain, low cloud, mist and if it had been colder, it would have been a different experience.

After the rendezvous, we did a short exercise solo, each person heading off at different times and in different directions to find eight features in small area. Success was sweet, but we still had more work to do to work up even more of an appetite for our evening meal. More navigation theory, looking at shapes of hills, using contours to work out if they curve inwards (concave) or bulge outwards (convex), how to use the natural contours to advantage, was followed by a three course dinner - but not relaxation, as it was time to put on head torches and tackle night navigation.

This soon became very competitive with some pairs using good visibility and a light night to work without torches and only switch them on when really necessary to avoid giving the game

away. Absolutely staggered that John and I managed to find all the checkpoints, in the right order, without having to double back or search too hard, it was time for the pub, and a drink.

But - we were too tired for more than a couple and headed off back for our bunks. Never has a narrow, utilitarian cot seemed more like a feather bed, especially when it was time to get up on Sunday. More navigation theory after breakfast, studying a real route used on a Scottish fell race, led to a discussion about different ways of tackling and avoiding obstacles such as stream gullies, steep hills, bogs and groups of stream heads, and the we were on our own.

Map in hand, we were timed out to find a series of features, this time by ourselves. Once again the weather was superb, so good that we were all back early, and debriefed in the warm sunshine outside the Youth Hostel.

At £60 it was excellent value, and the food and company were excellent. No-one was forced to do more than they could tackle, and even the most reluctant were helped and given the confidence to have a go by themselves - with 100 per cent success. If I have one quibble, it is minor, but I felt more of the theory could have been spent on using and locating map features, as not everyone seemed completely confident with them, and on how to determine how fast and how far your own walking or running pace takes you.

But that it is a mere blip on an otherwise excellent weekend which taught me a lot and which I now plan to put into practice this summer.

The FRA Web site

from Bill Waine

For the last three years the FRA have been running a web site. Now I do not pretend this is the most glamorous or slick web set on the Internet. In fact it is rather basic, but it does serve a purpose in getting information out to you, which in 2001 proved a valuable way of keeping the sport going during the foot and mouth outbreak. It may be time now to look at what we are doing.

The first point is how much information should we give concerning races? When we set the site up we thought that we should give limited race information that the organisers (most of them) had indicated they wanted on the web site. The question is does this mean you can do all the fell racing you want without bothering with paying membership?

Second - what information do you want on the site? Races updates? Championships? Committee information?

Third - should we look into having a professionally produced web site? Remember that the current site costs the FRA less than £150 year, a professionally produced site would cost more than £1000 per year.

If you have any comments please email to fra@dail.pipex.com or write to me, Bill Waine, at the address on page 1 of the magazine or come along to the AGM general discussion on the 22nd of November at Castle Green, Kendal.

Letters, opinions et.al.



Trebor Epoh
charging down
Snowdon with a
mouthful of
chocolate eggs
-see June
'Fellrunner' letters
section
(Photo Allan
Greenwood)

Tendon ruptures and antibiotic from Helene Diamantides

Helene has sent the following information which may well be of interest to quite a few fell-runners. To date I have not been able to elicit an authoritative medical opinion on it but I would certainly appreciate one :-

It is not general knowledge that "Quinolone Antibiotics" can lead to tendon damage (including rupture) - from British National Formulary No.44, September 2002. The names you should be familiar with are Ciprofloxacin, Nalidixic Acid, Ofloxacin, Levofloxacin and Norfloxacin. You may be given these if you have a urinary tract infection or, on occasions, some pneumonias. An early warning may be a tendonitis (inflamed tendon) if you are lucky. In this case the recommendations are that you discontinue the antibiotic immediately. As there are other alternatives it makes sense to avoid those which may cause problems in a middle-aged runner who is prone to tendonitis (does that not include most hill-runners?). Interestingly it is advised that they are not prescribed for the young either, as they may affect the joints in growing adolescents.

Lad's Leap from Kieran Carr

Ref. Lad's Leap Fell Race and the Organisers report on pages 8 and 9.

I take exception to his opinion that Ian Holmes was unsporting and ungentlemanly in claiming Rule 6. It should not have been allowed to get that far, the first two runners cut across the field specifically against his request and also the farmers, he emphasised the importance of following the flagged route to protect future races and access to the land. If Ian had not followed the course everybody in the race could have cut the corner.

The organiser's decision was easy, they did not complete the course, even though it was only a minor detour, and should have been "invited to retire" and if they wouldn't, disqualify them and tell them to approach the FRA and appeal against the decision. Looking at the finishing times Ian was 25 secs behind John and 19 secs behind Tim. Who knows what would have happened if they had completed the course, trip hazards across the field, right angle turn on to a road with loose stones, spectators close to the path, tight turn into the finish, etc. plus the pressure knowing that he was behind them.

I suppose the FRA ruling that each of them gets the same points presents a solution for the first three but in my opinion two of them did not complete the course and in effect cost the silent majority behind Ian, 2 championship points each.

A definite plus for 6-race championships, time to move on.

Waun Fach race 9th August 2003 from Martin Lucas

As many people will know, this year's Waun Fach race was both a counter in the Welsh Championship and the Welsh trial race for the World Trophy and World Masters, and therefore attracted a larger number and wider range of runners than our usual low-key events in South Wales. The race was organised under FRA rules, as are all MDC's races, and both the Welsh Calendar and the race entry forms

emphasised the need for all runners to comply with the latest FRA rules on kit requirements in AM and AL races. Also, a crate of spare tops, bottoms, whistles and compasses was available for unprepared runners to borrow and the organiser, John Sweeting, had produced photocopied maps.

Despite this and verbal reminders at registration, ten runners arrived at the start without the necessary kit and following a kit check were disqualified on the start line (to a round of applause from the remainder!) and later had their entry fees refunded. However, five of the ten started the race, without the knowledge of the organiser, at the same time as the official runners and caused confusion at the checkpoints as the marshals had no way of knowing how many runners to expect.

Fortunately the weather was glorious and no one came to harm, and if the offenders had been (for example) road runners who weren't aware of the requirements of fell races, that would have been the end of the matter apart from a reflection that the new rule caused more problems than it is supposed to solve. Regrettably however, some of the number were seasoned and experienced fell runners, some of whom had represented their country or had held official positions. Their action in deliberately attempting to ignore the FRA rules and the specific wishes of the organiser is irresponsible at best and serves as a poor example to both regular fell runners and to those who might be attempting the trial race as a one-off. Several senior athletes who were present at the race supported this view.

The new kit rule is not popular and can appear superfluous in weather conditions as at Waun Fach, but if that is what has to be done to secure the necessary insurance then we must all put up with it - no-one will be disadvantaged if it is a universal requirement. I also hear anecdotally that runners were allowed to enter the Snowdon race without carrying the kit although as I was not there I cannot confirm. Was Snowdon run under FRA rules and if so why was this rule ignored?

It has been suggested to me that races in Wales should be held under AAW rules, which are not as onerous, but no-one has yet been able to show me those rules or a copy of any insurance policy or explain why races in Wales are different from those in England.

Finally, let us all remember that beside the FRA rules the organiser's decision must be final and if an individual does not like the rules they should go elsewhere for their run. My congratulations to John Sweeting for standing firm in this case, and if you're thinking of running an MDC race in future we will guarantee you a warm welcome - provided you bring the right kit!

Sorry to bang on at such length but there has previously been a fatality on a race with which our club was associated, which resulted in the organiser and former Chairman receiving writs. We therefore have a strong interest in ensuring that all races are held in accordance with the appropriate rules and are fully insured. However, please note that these views are my own and whilst they have been discussed with some MDC members they do not necessarily reflect the view of the club.

Waun Fach Race again again from Martin Lucas

Thanks for your acknowledgement. I don't want to prolong this unnecessarily but it has since come to light that of the five disqualified runners who nevertheless ran the trial race course, three have been selected to run for Wales in Alaska. Also, the selection committee included two others who were excluded from the race, one of whom (the former team manager and senior international mentioned in my previous message) ran anyway!

The willingness of the organiser for his race to be used as a trial, the safety of all runners on the hill and the acceptance by the 67 official runners of the rules regarding equipment, have been completely undermined by this behaviour by the 'unofficial' runners and is compounded by the governing body apparently rewarding the offenders by a trip to Alaska. Whilst there is no doubt ample evidence of their ability on current form excluding the trial race, the

infringement of race rules and the lack of transparency in the selection process need to be addressed.

Despite all this, the Welsh team can be assured of the full encouragement of the travelling support on Mount Alyska. I'll be the one with Y Ddraig Goch. C'mon Wales!!!

Lad's Leap from Mick Watson

So Ian Holmes was 'unsporting and un-gentlemanly' to claim rule 6 at Lads leap was he? According to the organiser he was as reported in the June issue of The Fellrunner.

Fell running depends a lot on the goodwill of the landowners - the one in question rightly didn't want 400 runners charging across his field so we were told to follow the flags - all of us. If Ian had followed the other two and 337 runners had then played 'follow my leader' I bet the farmer would have had something to say and the race's future put in jeopardy. It perhaps needs to be recognised that Ian had a just a few seconds to make a difficult decision about his choice of route.

Rather than berating Ian for objecting, perhaps Des Gibbons (who incidentally put on an excellent event) should be thanking Ian for sticking to the route and possibly averting an even more difficult situation for him to deal with.

I want to run there again and if losing a few points makes those at the sharp end behave more responsibly by doing what they're told then I'm all for it.

Naturist fell-running from the Rev. Richard Shortstaff (Jnr.)

Following the publication of the 'Believe it or not!' feature in the June 2003 edition of the Fellrunner, I called an emergency meeting of the executive committee of the Naturist Fell Runners Association [NFRA] to debate whether or not we should 'come out' as an organisation. Despite the fact that there has historically been a great deal of opposition to this motion, elected members felt that this was a good time to make public the existence of our organisation. As chairman of the NFRA they requested that I write to Fellrunner and provide some information about our organisation, its history and activities.

The NFRA was established on the 1st April 1973, by my late father Dr Richard Longstaff. Initially there were no race events, but small groups of keen naturist runners would assemble on summer nights to enjoy a celebration of our natural state by running wild as a group over our beloved fells. Since a number of members expressed an interest in competing in their natural state, my father organised a midsummer series of events called the 'Naked Noolies in the Moonlight'. These events were staged to coincide with the full moons over the warmer summer nights in an attempt to aid navigation and thus produce faster winning times. The series included ascents of Coniston Old Man, Great End, Pillar and Raise.

Following pressure from our members, a winter event was also agreed in February 1978. The winter race was an ascent of Froswick. However, the night turned out to be an extremely chilly one and the severe cold injuries sustained by some of our members quickly led to an agreement that the event would no longer be staged.

In 1988, my father died in a freak climbing accident when some spare tackle caught in his abseil device and I was appointed as chairman of the NFRA. In 1999, we added to our calendar a race in his memory involving an ascent of Long Man Hill.

Over the years our membership has gradually swollen and additional events have been added to the calendar. Whilst we welcomed the increased interest in our sport, it was not without its problems. Traditionally, women's events started at 00.00 hours and the men's events at 01.00 hours. A number of longstanding members were concerned by the amount of attention that our events seemed to attract from an increasing number of unattached runners and this prompted the staging of separate male and female races, and ladies' races were organised over Bush Howe, Bellbeaver Rigg, White Maiden and Lovely Seat. Whilst a few of our longstanding members felt a deep sense of loss for the days when a pack of 'old hounds' hungrily pursued a group of 'young vixens' over the fells, it was clearly recognised that this was the only way forward to preserve the sanctity of our sport.

Like any activity, naturist fell running continues to have its own infighting and factions. We are generally however a tolerant bunch and

realise that we need to respect those of our members who may be disinterested by an ascent of White Maiden but are very keen to rush up Simons Seat as part of the midsummer series.

From my observations at mainstream fell races I realise that many of your members are familiar with our organisation as a result of being active members of the NFRA as well and I hope that some of these individuals may now feel that they are able to declare their interests to fellow FRA members. Who knows, this move may swell our ranks yet further and we can perhaps look forward to the day when we can race in broad daylight in the manner to which we have become accustomed.

Vets' categories from Neil Goldsmith

Veterans now form over 60% of the entry for the English and British Championships. It has been apparent to many for some time that the ten year age ranges are too great and unfair. A runner who is 49 is competing against a 40 year old and a 59 year old is competing against a 50 year old. An examination of the championship results shows that the high positions in the veteran categories are dominated by runners at the youngest end of the category. The World Masters has 5 year categories as do road races and orienteering events. It is time to bring fell running into line.

In other branches of the sport, notably road races and orienteering, competitors only count in their age category. This simplifies the recording of the positions by age. At the World Masters separate races are held for each category and it is not possible to count in two categories. Thus, for example, a runner cannot count in both the over 55 and over 50 categories. Indeed in the FRA relays runners have to decide which team they wish to be in (open or vets). Moreover, we do not award championship points or permit women to qualify in the men's championship (even though Mena Angharad and Angela Mudge have finished in the first 30 in open championship races). Introducing this rule into the championship will prevent the job of the statistician becoming too complex. Such a change would only affect a very small number of runners. These rules should only be compulsory for English Championship races.

As a member of the FRA Committee I am often asked when are we going to introduce a five year change of category and it is a topic we have aired at the FRA Committee with general agreement.

I intend to propose the following motion to change the current championship rules at the AGM:

The FRA English Championships from the 1st January 2004 will include categories for veterans for over 40, 45, 50 and 55. Categories for over 65 and over 70 will be included once the FRA Committee considers that there would be a meaningful competition. Runners who are qualified for an age category will only count in one age category. Runners who wish to count in a younger age category must inform the FRA statistician at least one month before the first championship race.

The same rule will also apply to team championships. That is in a championship race a runner can only count in one category. An over 50 veteran runner running in an English Championship race can count in one, and only one of the open team, the over 40 team or the over 50 team. If a runner wishes to count for a team in a younger age group they must declare this to the race organiser and after the race to the statistician. The presumption will be that a runner will count in their appropriate age category.

If you agree, or disagree, turn up and vote.

Dogs and oxymorons from Richard Wilson

Obviously Sam Dunn doesn't have what it takes to be a Champion (i.e. a dog) and conversely training with a dog has made me an oxymoron rather than a champion. But think what a dog could do for you Sam. He could be your motivator, pacer, coach, and sympathetic ear. But most important of all, he could be your Unfriendly Dog Distractor. Whilst that nasty-looking alsatian is engaged in a nose-to-nose stand-off with your brave little collie, you are scuttling past, and when you think you're safe, you just call him, and he nonchalantly cocks his leg, kicks up some dirt, and tells the alsatian that he'll sort him out next time.

Take it from me Sam: paying for dog food is less painful than having your leg reconstructed by a plastic surgeon!



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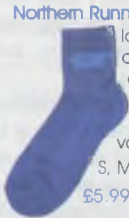
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MAY TO SEPTEMBER

RESULTS



Emily Wood enjoying
the Junior Relays
(Photo Paul Wood)

Compiled by Dave Weatherhead and Barbara Carney

THE LAMB'S LEG FELL RACE

Derbushire

2.75m/900ft 19.01.03

There was some doubt about the continuation of this great little race resulting in it not being advertised in the Calendar. Despite this and unfavourable weather conditions of low cloud causing poor visibility, there was a good turnout. The cloud lifted in time for the start and everyone enjoyed their race - some saying what a superb route it was.

Tim Austin and Phil Winskill led from the top of the first climb to the finish with Tim being the winner on the day. Great runs by Carl Moriarty (1st MV40) and Rob Taylor (1st MV50) achieving 6th and 7th places respectively with Naomi Greaves coming in as 1st lady.

Many thanks for coming and I look forward to seeing you all again next year when there will be an even better turnout since the race will be advertised in the Calendar. I must stress the need for car sharing at this event - parking is a bit limited and the police book people for parking on the road. There is a large car park in Hayfield where runners could meet and leave cars.

Many thanks also for the superb support I received with course flagging, registration, marshalling and sweeping up.

Brian Shelmerdine

1. T. Austin	DkPk	22.12
2. P. Winskill	DkPk	23.04
3. M. Crosby	Altr	25.03
4. D. Keeling	Traff	25.05
5. R. Houghton	Bux	25.34
6. C. Moriarty O/40	Penn	25.58
7. R. Taylor O/50	Penn	26.21
8. S. Wyatt O/40	Penn	26.34
9. V. Booth	Traff	26.38
10. G. McNally	Unatt	26.44

VETERANS O/60

1. (40) M. Edwards	DkPk	38.11
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LADIES

1. (15) N. Greaves	Penn	27.11
2. (20) M. Edgerton O/40	Penn	28.37

42 finishers

NOON STONE FELL RACE

Lancashire

AM/9m/2300ft 01.03.03

1. G. Ehrhardt	Tod	68.11
2. R. Jebb	Bing	68.20
3. G. Devine	P&B	68.59
4. P. Winskill	DkPk	70.10
5. S. Oldfield O/40	BfdA	72.04
6. S. Macina	P&B	74.50
7. S. Gregory	HolmeP	75.26
8. D. Foster	Otley	75.48
9. P. Taylor O/40	Ross	75.57
10. A. Etherden	Sadd	76.06

VETERANS O/50

1. (21) D. Tait	DkPk	81.07
2. (24) J. Holt	Clay	81.56
3. (32) P. Booth	Clay	83.27

VETERANS O/60

1. (56) P. Jepson	Ross	90.29
2. (77) M. Coles	Skyrac	94.59
3. (80) D. Illingsworth	BfdA	96.01

LADIES

1. (45) K. Davison	DkPk	87.46
2. (49) S. Taylor	Bing	88.45
3. (85) R. Gooch O/40	Ilk	97.40
4. (105) L. Crabtree O/40	CaldV	103.31

132 finishers



George Ehrhardt putting in the effort to win Noon Stone
(Photo Pete Hartley)

RIVINGTON PIKE FELL RACE

Lancashire

BS/3.25m/700ft 19.04.03

The scene was set once again for this famous Easter race to take place in bright sunshine but on a typically cool and windy day. Could anyone beat the course record of 15.53 set by John Wild in 1981? I don't think so! Last year's winner, Mike Boulstridge, was unable to defend his title due to injury but still drove all the way from the Midlands to return his trophies and watch the race.

The Pike summit was somewhat clouded by smoke from nearby moorland fires that had been burning for several days before the race but this did not detract from the enjoyment of runners and spectators alike.

Race winner, Billy Burns, had already won Salford 10k on Good Friday and blasted his way up and down the Pike to win by over one minute from Dave Walker. Martin Armstrong literally "fell" as he came off the summit but recovered sufficiently to finish in a fine third place. Rob Jackson ran his nineteenth consecutive Pike race to lead the Horwich team into first place, just ahead of local rivals, Bolton Harriers, with Horwich also claiming the veterans' team prize just ahead of Pennine FR.

In the ladies' race, Anne Powell was well ahead of the other ladies, chased hard by Janet Rashleigh. Rachael Thompson, a promising junior lady running in her first fell race, finished in a creditable third place to complete a clean sweep for Horwich as the ladies also took both the senior and veterans' team prizes.

One of the most pleasing aspects of this year's race was the number of Under 20 junior men and junior ladies taking part and that they figures prominently in the leading finishing positions.

Ron Hill ran his 30th Pike race at the age of 64 and previous winner Harold Minshall (1957 and 1960), now living in South Africa, travelled over from Germany, together with his son, Peter, to compete again at the age of 75. Alan Robinson set a new Veteran O/75 course record of 31.51 and also created a new club Veteran O/75 record as well.

Keith Makin

1. B. Burns	Salf	17.12
2. D. Walker	Clay	18.14
3. M. Armstrong	Unatt	18.25
4. M. Fowler O/40	Penn	18.37
5. D. Nicholls	Macc	18.42
6. S. Watson	Bux	18.53
7. J. Mellor Jun	Wirrall	19.13
8. R. Jackson	Horw	19.15
9. P. Guinan	B'burn	19.23
10. C. Doyle Jun	Traff	19.26

VETERANS O/40

1. (4) M. Fowler	Penn	18.37
2. (18) D. Massey	Horw	20.26
3. (19) K. Gaskell	Horw	20.40

VETERANS O/50

1. (25) M. Fosomi	Penn	21.00
2. (26) T. Hesketh	Horw	21.08
3. (38) M. Cortvriend	Macc	21.59

VETERANS O/60

1. (108) D. Kay	FRA	25.39
2. 144) B. Thackery	DkPk	27.57
3. (149) J. Swift	Chor	28.16

VETERANS O/70

1. (185) M. Walsh	NFylde	30.56
2. (196) A. Robinson	Horw	31.51
3. (218) I. Evans	Lostock	37.38

LADIES

1. A. Powell	Leigh	21.43
2. J. Rashleigh O/40	Horw	23.09
3. R. Thompson Jun	Horw	23.44
4. M. Nino	Unatt	24.43
5. A. Foster O/50	Horw	25.57
6. R. Crowe Jun	Lytham	26.01
7. C. Boulden O/35	Chor	27.03
8. A. Crabtree O/35	Chor	27.12

219 finishers

MANX MOUNTAIN MARATHON

Isle of Man

AL/31.5m/8000ft 19.04.03

History was made in this year's race on Easter Sunday when Ian Gale became the first Manxman to win the race overall after a fascinating battle over the Isle of Man hills. It looked as if six times previous winner, Andy Hauser, was going to add to his tally when he built up a near three minute lead at the Sloc with barely five miles to go, after hitting the front on Slieauwhallian.

Douglas postman, Gale, maintained a relentless pace though and when Hauser started to struggle on Fleshwick, he was able to slowly reduce the deficit, both leaders arriving at the final checkpoint at Milner Tower together. Gale's supporters, unaware that Hauser was in trouble, waited at Port Erin finish biting their nails not knowing who would be first to arrive after 31 miles racing. To their relief it was Gale, who came down the steps onto the grassed area on the upper prom to score his biggest ever win in his short running career and what a reception he got! The finish was broadcast live on local radio and they were obviously delighted with the tense finish.

Early leader, Paul Thompson, finished a solid third to continue his impressive sequence of results in the Manx.

Karen Powell was top female in a superb tenth overall in her debut Manx with Julie Gardner second and Leslie Parry third.

Conditions were very good for the 33rd edition of the race with unbroken sunshine and a helpful north-easterly wind, although many suffered from blisters as a result of the very hard conditions underfoot caused by weeks of dry weather.

Entries were slightly down although it was pleasing to have entries from South African Mike Forshaw and Swiss runner Rolf Bruhwiler, who was with the leaders for the first 13 miles before dropping back to finish 13th.

Many thanks to Okells Brewery and the Department of Tourism for their sponsorship and to all the officials and helpers, including St John's Ambulance, Civil Defence and Raynet.

Richie Stevenson

1. I. Gale	MFR	4.54.11
2. A. Hauser O/40	Holm	4.55.50
3. P. Thompson	Clay	5.12.44
4. P. Gwilliam O/40	Wales	5.28.43
5. D. MacDonald	Cosmic	5.32.04
6. C. Davies	Carn	5.33.21
7. R. Ansell O/40	Tring	5.34.48
8. L. Warburton	Bowland	5.48.58
9. S. Bellamy	Unatt	5.48.58
10. K. Powell Lady	Carn	5.52.11

VETERANS O/50

1. R. McArthur	Meltham	5.52.26
2. D. Corrin	ManxH	6.00.44
3. D. Young	MFR	6.08.17

VETERANS O/60

1. R. Callister	MFR	6.56.48
2. D. Amour	H'landHR	7.00.48

LADIES

1. K. Powell	Carn	5.52.11
2. J. Gardner	Bux	6.09.07
3. L. Parry	Cleeth	7.21.17
4. A. Powell	Carn	7.34.05

**GREAT LAKELAND 3 DAY 2003
Cumbria
MM 25/26/27.04.03**

I was fairly happy with the route, certainly the distances were about right although the weather, especially on Day One slowed you by 10% or more. Wind and rain also had an effect on Day Two adding to the overall tiredness - I've never seen such drawn faces with puffy eyes! However, everyone was storming along as usual on Day Three.

Many thanks once again to Sandra and Katrina for tireless support and control retrieval. Also a big thank you to Keith and Gill for acting as hares and placing many controls just hours ahead of all the runners and especially to Pauline who did everything including start, finish, supporting and the logistics for Keith and Gill.

The Dry Bags worked well generally keeping kit dry and the volume of luggage down.

Next year's event will be the seventh running and will be broadly similar but different!?! There will be a limit of 40 runners so enter early.

Joe Faulkner

1. G. Perratt	20.33.00
2. J. Ross	21.19.00
3. R. Townsend	21.27.00
4. N. Hardiman	21.41.00
5. P. Fernandez	21.43.00

LADIES

1. (19) T. Smith	28.07.00
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26 finishers

**OSSY OIKS
North Yorkshire
BM/9m/800ft 29.04.03**

1. B. Roberts O/40	M'bro	55.05
2. R. Hall	ThirskS	56.01
3. P. Kelly O/40	Darling	56.26
4. M. Raynes	Acorn	57.00

5. A. Carruthers O/40	Crawley	57.04
6. D. McMillan O/40	Acorn	57.50
7. C. Wright O/40	M'bro	58.01
8. C. Rafferty O/50	M'bro	58.24
9. J. Skidmore	M'bro	59.02
10. A. Minister	Hartle	59.05

VETERANS O/50

1. (8) C. Rafferty	M'bro	58.24
2. (25) J. Bunn	NMarske	64.02
3. (29) P. Paxman	Acorn	64.50

VETERANS O/60

1. (46) M. Coles	Skyrac	66.58
2. (55) R. Sherwood	NMarske	68.40
3. (63) R. Stevenson	M'bro	70.04

LADIES

1. (26) A. Raw Vet	Darling	64.04
2. (42) C. Pollard Vet	ThirskS	66.15
3. (43) A. Hayward	ThirskS	66.20
4. (54) S. Gaytor	NMarske	68.35
5. (69) S. Haslam	Scarb	72.18

95 finishers

**CONISTON FELL RACE
Cumbria
AM/9m/3500ft 03.05.03**

Clear dry weather helped to make the race straightforward for the runners, comfortable for the marshals and easy for me not having to worry about runners stumbling round the Duddon Valley in the mist in this, my first stab at organizing the race. All went well!

Nick Matthews, the retiring organizer, tried out his new hip by marshalling Swirl How checkpoint. There was a slight delay for the prizegiving while we waited for him to hop back, where he was presented with a picture kindly donated by Roy Cooksey (team leader of Coniston MRT). Nick and his wife have organized the race since its inception back in 1981, during which time it has become a classic, well run event, endorsed by both elite and average runners alike who turn up in good numbers year after year. So my job has been made comparatively easy and I was pleased to be asked to take over. Nick will be a hard act to follow, particularly at the prizegiving!

We put on a band and a bar in the evening which was well supported by Todmorden

Harriers who are the current "kings of the dance floor!"

The tea and cakes provided by the junior school went down well which, along with the money from the dance, raised £600 to buy textbooks for the school. Thanks to all who supported and contributed to this. Thanks also to members of the Coniston MRT for marshalling the summit checkpoints and all the other helpers who make the day go so smoothly. Finally, well done to Ted and Vanessa - you join an elite list of past winners!

See you all next May!

Sam Clarke

1. T. Mason	Wharfe	1.17.04
2. P. Brittleton	Howgill	1.17.42
3. C. Reade	Bowland	1.18.15
4. S. Hoyle	Ross	1.19.15
5. W. Proctor O/40	HelmH	1.19.19
6. A. Black	Clay	1.19.25
7. S. Birstwistle	Ross	1.19.29
8. J. Meyfroidt	HelmH	1.20.10
9. D. Duxbury	Amble	1.20.16
10. J. Archbold	CFR	1.20.20

VETERANS O/40

1. (5) W. Proctor	HelmH	1.19.19
2. (12) G. Schofield	Horw	1.21.33
3. (16) C. Fray	Penn	1.23.10

VETERANS O/50

1. P. Clark	Kend	1.22.28
2. H. Nicholson	Clay	1.32.16
3. T. Crook	Horw	1.32.26

VETERANS O/60

1. T. Peacock	Clay	1.42.00
2. J. Ely	CFR	1.44.35
3. P. Dowker	Kend	1.48.14

VETERANS O/70

1. H. Catlow	CFR	2.05.08
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LADIES

1. V. Peacock O/50	Clay	1.33.35
2. N. Lavery O/40	Amble	1.35.13
3. A. Weston	Ilk	1.37.48
4. J. Smith O/40	Tod	1.42.17
5. A. Richards	Tod	1.45.32
6. N. Kime	Ilk	1.47.52
7. S. Roberts O/40	Tod	1.52.59
8. M. Goth O/40	Tod	1.55.38

163 finishers



Billy Proctor leads eventual winner Ted Mason up Mouldry Bank (Photo Pete Hartley)

RAVENSTONE BROW FELL RACE

Lancashire

BM/10m/1250ft 03.05.07

Despite what turned out to be very poor conditions, Sally Newman managed to improve on the ladies' course record which was held by Lucy Whittaker and came in in 82.05 bettering the record by over one minute.

Paul Green won the men's race by managing to hold off Malcolm Fowler and the men's team prize went to Dark Peak with Rob Barker (3rd), Andrew Middleditch (6th) and Matthew Crane (7th). The ladies' team prize went to Saddleworth with Karen Mather (55th), Sue Ratcliffe (68th) and Jill Davis (83rd).

The recent heavy rain made the running difficult and treacherous but despite the poor conditions, the entire 104 runners who set out finished the race, some worse for wear!

Many thanks to all of those who helped out on the day and made the race such a success.

Special thanks to the Saddleworth Mountain Rescue and the St John's Ambulance team, who ensured that everyone enjoyed the event.

Bob Waterhouse

1. P. Green	Sale	69.55
2. M. Fowler O/40	Penn	70.25
3. R. Baker	DkPk	73.40
4. J. Rank O/40	Holm	74.25
5. A. Etherden	Sadd	74.37
6. A. Middleditch	DkPk	75.41
7. M. Crane	DkPk	75.41
8. P. McWade O/50	Clay	76.05
9. G. Mcinnes	Carn	76.31
10. C. Miller	Hgte	77.12

VETERANS O/50

1. (8) P. McWade	Clay	76.05
2. (25) R. Kersley	Holm	82.21
3. (31) B. Rawlinson	Ross	83.39

VETERANS O/60

1. (61) M. Coles	Skyrac	95.09
2. (89) B. Thackery	DkPk	110.26
3. (92) T. Greene	Sadd	110.48

VETERANS O/70

1. (91) D. Clutterbuck	Roch	110.39
2. (94) R. Lee	Middle	111.41

LADIES

1. (24) S. Newman O/40	CaldV	82.05
2. (48) S. Beconsall O/40	Bing	90.35
3. (55) K. Mather O/40	Sadd	92.19
4. (68) S. Ratcliffe O/40	Sadd	97.01
5. (71) J. Rawlinson O/50	Clay	97.24
6. (78) J. Graham O/50	Holm	101.07

104 finishers

DINAS BRAN HILL RUN

Shropshire

BS/5m/800ft 03.05.03

1. G. MacNeil O/40	Helsby	29.45
2. I. Houston	Wrex	30.26
3. T. Higginbottom	Eryri	30.31
4. C. Lancaster O/40	Ludlow	30.47
5. D. Hirst O/40	Deeside	31.53
6. C. Jones	Eryri	33.07
7. N. Beare	Unatt	33.31
8. S. Jones	Wrex	33.39
9. P. Williams	Unatt	33.52
10. G. McAra O/40	Helsby	34.07

VETERANS O/50

1. (23) J. Morris	Buckley	36.37
2. (24) M. Foschi	Penn	36.38
3. (29) D. Owen	Shrews	37.18

VETERANS O/60

1. (33) P. Roberts	Wrex	37.38
2. (53) R. Webster	Helsby	41.44
3. (61) D. Parsons	Wrex	43.36

VETERANS O/70

1. J. Beswick	Helsby	46.57
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LADIES

1. (21) S. Hancock O/40	Oswest	36.26
2. (22) K. Roberts	Helsby	36.35
3. (25) V. Musgrove O/40	Eryri	36.41
4. (34) H. Davies O/35	rex	37.59
5. (49) N. Phillips	Unatt	40.23

71 finishers

STUC A CHROIN 5000 HILL RACE

Perthshire

AL/15m/5000ft 03.05.03

Regarding the weather, the Saturday of the race was the best day of a mixed week, being overcast with little wind. A large field enjoyed reasonable underfoot conditions and by the time the rain started most runners had completed the course. The race went off without mishap and although there were ten retrials, there were no serious injuries.

The winner, Ian Holmes, made a good time but did not break the course record created by him in 1997. However, Angela Mudge beat her previous record and set up a new ladies' record of 2.18.04.

Many of the runners waited to enjoy socializing at the dance in the evening.

A. Bennie

1. I. Holmes	Bing	2.04.41
2. R. Jebb	Bing	2.05.24
3. A. Peace	Bing	2.06.04
4. M. Rigby O/40	Amble	2.07.50
5. J. Davies	Borr	2.09.46
6. S. Booth	Borr	2.10.42
7. R. Bryson O/40	N'castle	2.11.21
8. R. Hope	P&B	2.11.56
9. M. Donnelly	NFR	2.12.16
10. S. Whitley O/40	Carn	2.13.08
11. P. Davies	Borr	2.14.14
12. C. Donnelly O/40	Eryri	2.14.24
13. S. Stainer	Amble	2.14.33
14. A. Schofield	Borr	2.14.40
15. T. Lenton	Lothian	2.15.20
16. G. Crayston	CFR	2.15.25
17. J. Blackett	Middles	2.16.05
18. A. Kitchin	Lothian	2.17.43
19. I. Wellock	Ochil	2.17.55
20. A. Mudge Lady	Carn	2.18.04
21. G. Devine	P&B	2.19.32
22. J. McQueen	Eryri	2.19.34
23. J. Hunt	CFR	2.19.39
24. D. Whitehead	Cosmic	2.19.46
25. D. McNeilly O/40	N'castle	2.20.01
26. S. Bottomley	P&B	2.20.22
27. G. Florida-James	Carn	2.20.27
28. R. Gallagher O/40	W'lands	2.20.59
29. A. Ward	DkPk	2.21.09
30. C. Stead	NFR	2.23.00

VETERANS O/50

1. (41) D. Overton	Unatt	2.28.27
2. (55) J. Winn	CFR	2.34.09
3. (59) J. Holt	Clay	2.36.12
4. (64) J. Blair-Fish	Carn	2.37.07
5. (65) K. Taylor	Ross	2.37.23

VETERANS O/60

1. (107) J. Nuttall	Clay	2.49.01
2. (139) J. Marsh	TarrenH	2.58.06
3. (144) K. Burns	Carn	2.59.47

LADIES

1. (20) A. Mudge	Carn	2.18.04
2. (63) A. Priestley	Ilk	2.37.03
3. (74) L. Wilson	Carn	2.41.00
4. (99) D. Scott	Loch	2.47.27
5. (102) J. Tait	Carn	2.47.35
6. (117) K. Davison	DkPk	2.51.00
7. (119) S. Wood	Amble	2.51.25

8. (121) K. Beaty O/40	CFR	2.52.14
9. (126) H. Bransby	CFR	2.53.29
10. (134) J. Flannigan O/40	Ajax	2.56.20

260 finishers

LATTERBARROW LOOP

Cumbria

AS/2.5m/1200ft 05.05.03

Reigning English Under 20 champion, George Crayston, was certainly up for this one after his victory at the "Knockdhu Classic" two weeks earlier. George farms on these remote western fellsides and slogged round his own back garden for his first course win.

The much sought after "Riverman and Riverbelle" trophies were fiercely contested once more. These handsome awards go to the first gent and first lady who descend down the steep incline and cross the River Calder just after the race start. First Riverman to blast the hooter on the far bank was 18-year old Ricky Lightfoot, with Margaret McKenzie triumphant for the Riverbelle.

The race offers superb viewing all the way round and George could be picked out making his way off Latterbarrow. He extended his lead throughout for a fine win.

The popular Geoff Ayers returned to action to run John hunt all the way for the runner-up berth, with Manx runner Richard Jamieson securing an impressive 4th spot. With comeback man, Geoff Ayers dominating the V40 category, Peter Crompton's 9th place saw him home for the V45 prize. Rob James made no mistake in the V50s with Joe Richardson equally impressive in the V55s.

New CFR recruit, Margaret McKenzie, held on well to add the ladies' top prize to her Riverbelle glassware.

A quick mention for the juniors who took part - 16-year old Peter Scott finished well up the order in 15th. Two 14-year olds, who had many an experienced fellsmen trailing in their wake, were Anthony Hayes (22nd) and reigning U14 English champion, Simon Clifford (28th).

Irvine Block

1. G. Crayston	CFR	22.55
2. J. Hunt	CFR	24.00
3. G. Ayers O/40	CFR	24.05
4. R. Jamieson	Manx	24.29
5. R. Lightfoot Jun	CFR	24.46
6. B. Taylor	CFR	25.20
7. B. Riley O/40	CFR	25.38
8. I. Cousins	CFR	26.20
9. P. Crompton O/40	CFR	26.24
10. A. McGeen	CFR	26.32

VETERANS O/40

1. (3) G. Ayers	CFR	24.05
2. (7) B. Riley	CFR	25.38
3. (9) P. Crompton	CFR	26.24

VETERANS O/50

1. (19) R. James	CFR	27.55
2. (29) J. Winn	CFR	29.13
3. (30) J. Downie	Kesw	29.31

VETERANS O/60

1. (37) J. Richardson	CFR	31.35
2. (47) J. Ely	CFR	33.59
3. (54) B. Johnson	CFR	35.04

LADIES

1. (34) M. McKenzie O/40	CFR	30.40
2. (50) S. Ayers	CFR	34.23
3. (58) L. Buck O/40	CFR	35.48
4. (61) C. Watson	CFR	37.03
5. (62) K. Thorburn Jun	CFR	37.07

65 finishers

WRAY CATON MOOR FELL RACE
Lancashire

BM/7m/1100ft 05.05.02

After the excessive rebound from foot and mouth, when far too many people visited our Country Fair in 2002 and nearly stifled the race, this year 2003 was back to the very pleasant days we knew. Conditions were extremely wet under foot but records were not on the agenda because the route had been fiddled with yet again. The landowner of the top section requested we went up and down the same way since we are right in the middle of the bird nesting season. Not wishing to miss out the round tour route completely, we found that the gully was no longer possible anyway due to a new fence harbouring upgraded pasture. This gave smooth very fast running on the descent. Bill Smith reported that he took his time over the top to take in the splendid 360° views of Morecambe Bay, the Lakes, the Pennines and the Bowland fells. At the other end of the scale, the winner, Philip Leybourne, was well over 2 minutes ahead of his nearest rival, Mick Hawkins.

The numbers in the senior race were 138, which is about 50 people down from our heyday, but our junior numbers at 95 certainly makes it the best junior race I know. We have a mass start with the older runners at the front and the little ones at the back and with different distances and footages for the different age groups. This year we had 2 new age groups to accommodate; the under 10s and the under 8s. With all except the under 8s coming down the new steep and muddy final bit of the descent through a wood to the river, the seniors must have been somewhat amused to see 60 metres of safety netting to improve safety. "It improved my time" said a known fast descender, Peter Armitage. "I could really let myself go" That wasn't the idea Pete. It was so that your 9-year old son, Jed, could get down in one piece. Talking of sons our most prolific winner Mark Croasdale wasn't with us this year but the Wray Fair announcer spotted a somewhat muddy under 10, Ryan Croasdale, coming to get his Reebok prize from our guest celebrity, Commonwealth Games bronze medallist, Jamie Quarry.

Peter Edge

1. P. Leybourne	Salf	43.02
2. M. Hawkins O/40	Bing	45.25
3. B. Bolland	Horw	45.46
4. T. Tipping	Inverclyde	46.05
5. P. Singleton	Amble	46.16
6. C. Reade	Bowland	46.46
7. P. McWade O/50	Clay	47.14
8. G. Patten O/40	Amble	47.17
9. P. Guinan	B'burn	47.20
10. D. Scholes	Kghly	47.24

VETERANS O/50		
1. (7) P. McWade	Clay	47.14
2. (14) T. Hesketh	Horw	47.57
3. (36) C. Urmston	Clay	51.50

VETERANS O/60		
1. (98) J. Denlin	Tod	62.40
2. (109) G. Arnold	Prest	66.13
3. (121) B. Pycroft	FRA	71.15

LADIES		
1. (82) J. Rawlinson O/50	Clay	60.02
2. (100) W. Dodds O/50	Clay	63.03
3. (107) L. Bostock O/40	Clay	64.54

138 finishers

JUNIORS – BOYS U/12

1. L. Taylor	Unatt	11.47
2. B. Page	Hfx	12.22
3. J. Williams	Unatt	12.26

JUNIORS GIRLS U/12

1. J. Addison	Helmh	13.29
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2. L. Grinstead	Unatt	14.42
3. R. Hannah	Wirral	14.49

JUNIORS – BOYS U/10

1. T. Doyle	Kend	8.44
2. R. Croasdale	Unatt	8.57
3. R. Addison	Helmh	9.37

JUNIORS – GIRLS U/10

1. S. Woods	Unatt	10.09
2. J. Rycroft	Unatt	10.14
3. A. Caton	Unatt	10.29

FLOWER SCAR FELL RACE
Lancashire

AS/4m/1100ft 07.05.03

The course reverted back to the original for this year as the general consensus was that it was a better route. There was an excellent turnout considering that it there were numerous races on that same day, including one organized by Shandy just down the road!

George Ehrhardt, who has had some excellent runs this season, was the easy winner and over two minutes ahead of the second man.

Vanessa Peacock, showing that she can still put in some superb runs even as a O/50 veteran, was first lady.

It was great to see so many Tod Harriers running to support the club.

Many thanks to all the helpers, including the two Tod cattle rustlers!!

The 8-year old record held by Sean Livesey still stands – any takers for breaking it next year?

Jon Wright

1. G. Ehrhardt	Tod	28.17
2. R. Bradbury	Bing	30.38
3. S. Thompson	Clay	30.46
4. S. Hoyle	Ross	31.33
5. A. Carruthers O/40	Crawley	31.37
6. P. Thompson	Clay	31.47
7. B. Whalley	P&B	32.23
8. A. Orr	Clay	32.37
9. A. Horsfall	Tod	32.41
10. C. Moses	Bing	32.50

VETERANS O/40

1. (5) A. Carruthers	Crawley	31.37
2. (7) B. Whalley	P&B	32.23
3. (11) B. Horrocks	Clay	33.04

VETERANS O/50

1. (13) A. Robinson	Clay	34.15
2. (17) J. Porc	CaldV	35.25
3. (23) I. Cookson	RedR	36.00

VETERANS O/60

1. (36) R. Blakeley	Tod	39.17
2. (51) R. Jaques	Clay	40.50
3. (53) T. Peacock	Clay	41.12

VETERANS O/70

1. (88) J. Newby	Tod	58.00
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LADIES

1. (22) V. Peacock O/50	Clay	35.58
2. (37) J. Smith O/40	Tod	39.29
3. (57) C. Mosey O/40	DenbyD	41.53
4. (60) K. Thompson O/40	Clay	42.25
5. (62) L. Ellis	Tod	42.38

87 finishers

HEADS OF THE VALLEYS FELL RACE
Glamorgan

AL/12m/4600ft 10.05.03

Ah, the rich tapestry that forms the background to fell running in the South Wales valleys! From the chain-smoking 10-year olds trying to make off with the race takings at the start, via the drug deal being carried out under cover (or so they thought!) of the thick mist at Checkpoint 1 and

the burnt out cars marking the route to the perils of the Blaengarw Pit Bull Academy, there could be no mistaking the distinct character of this part of the world. On the other hand, the race route takes in some wonderful unspoiled moorland scenery in an area well off the normal tourist trail and has four increasingly testing climbs and some sneaky navigational challenges in the later stages, with the start and finish being in the unchallenged jewel of the valleys, Blaengwynfi.

Crispin Fowler led the charge out of the village and into the mist as far as the vandalized trig point at Werfa, but the featureless terrain to Carn yr Hyrddod and the very steep and slippery descent into the Ogmore Valley caused him to lose ground to Patrick Wooddisse, Douglas Adlam and Ifor Powell. With minor changes in position, these four maintained a substantial gap over the rest of the field through the Rhondda and into the Garw Valley. Despite the organiser's warning at the start, Crispin decided to take the "Littelwood's Folly" (Steve Littlewood 2000!!) route in thick mist off the final summit, losing five minutes to the other three and costing him the chance of a top three finish. Patrick, meanwhile, had opened up a small gap over Ifor on the descent into the Rhondda, which he increased up the hands-knee-and-teeth ascent of the Blaengarw Bunny climb to win by over two minutes.

Further back, Andy Creber had no trouble holding off the older generation for first veteran with Richard Hooley warming up for the Hebridean Challenge by taking the supervets' prize ahead of the perennial Puffing Billy Darby, who was another victim of Littlewood's Folly. Dave Gilbert and Cledwyn Jones had a more leisurely outing at the back and ironically had the best views of the day off the last summit as the weather cleared just as the rest of us reached the pub! No ladies braved the route this year.

Thanks to John and Gemma in the Great Western Hotel for the fine spread and to the long suffering marshals who had to contend with very unpleasant conditions on the tops. The marshal on the final summit, Mynydd Caerau, could see no more than 20 yards but knew that the runners were on their way when he heard the inmates of the Blaengarw Academy howling a thousand feet below!!

Martin Lucas

1. P. Wooddisse	TVH	2.27.58
2. I. Powell	W'bury	2.30.09
3. D. Adlam	MDC	2.30.23
4. C. Flower	MDC	2.36.23
5. A. Creber O/40	MDC	2.45.45
6. J. Carter	MDC	2.46.15
7. P. Holder O/40	CardHarl	2.50.52
8. G. Croft	Unatt	2.51.46
9. R. Hooley O/50	MDC	2.57.25
10. M. Lucas O/40	MDC	2.59.55

VETERANS O/50

1. (9) R. Hooley	MDC	2.57.25
2. (11) J. Darby	MDC	3.00.09
3. (16) D. Gilbert	MDC	4.30.02

VETERANS O/60

1. (16) C. Jones	MDC	4.30.02
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17 finishers

BELMONT VILLAGE WINTER HILL FELL RACE

Lancashire

BS/4.5m/1000ft 10.05.03

Incredible turnout!

113 juniors and 159 seniors – by far and away the largest number of runners we have had –

possible due to the junior championships and the good weather.

Unfortunately, after being incident-free for many years, we had two serious injuries in the senior race. I am pleased to say that both runners are recovering well and we thank Bolton Mountain Rescue for their tremendous efforts. It does emphasise how vital their attendance is at the races, and highlights the inherent risks in the sport.

Thanks are due to Bolton Mountain Rescue, Glynnie at Sweatshop, PC Phil Stevenson, Alan at The Bull, marshals, timekeepers, two Kath's at registration, refreshment ladies, Paula who helped me flag the course, and local landowners.

Due to the large turnout we have been able to make a donation of £160 to Bolton Mountain Rescue. This leaves a roll over of around £30 to cover for initial costs next year (assuming we have permission from United Utilities to run it - we can never take this for granted).

Dave Bateson

1. J. Hodgson	Horw	32.46
2. M. Croasdale	Bing	33.17
3. B. Bolland	Horw	33.47
4. S. Barlow O/40	Horw	34.08
5. S. Livesey O/40	Clay	34.25
6. N. Wrigley O/40	Horw	34.35
7. T. Hesketh O/50	Horw	35.48
8. A. Orr	Clay	36.21
9. R. Griffiths O/40	Holm	36.45
10. P. Dewhurst O/40	Horw	36.58

VETERANS O/50

1. (7) T. Hesketh	Horw	35.48
2. (23) P. Booth	Clay	38.54
3. (28) R. Futrell	Holm	39.46

VETERANS O/60

1. (48) P. Jepson	Ross	41.34
2. (78) R. Jaques	Clay	44.40
3. (79) R. Hart	Wigan	44.54

LADIES

1. L. Clough	Wigan	39.27
2. K. Slater O/45	Settle	41.41
3. S. Budgett O/40	Horw	42.58
4. C. McKenna	Horw	44.41
5. J. Howarth	Horw	46.19
6. A. Smith	Clay	46.36

159 finishers

BOYS U/20

1. R. Little	Mercia	34.00
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GIRLS U/20

1. C. Boardman	Horw	52.15
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BOYS U/18

1. S. Hunn	Skip	33.34
2. C. Doyle	Traff	34.20
3. R. Lightfoot	CFR	34.32

GIRLS U/18

1. K. Hawitt	Warring	37.43
2. R. Thompson	Horw	42.26
3. S. Tunstall	Border	45.03

BOYS U/16

1. A. Peers	Wirral	18.30
2. D. Walmsley	Skip	18.42
3. J. Kevan	Wigan	18.55

GIRLS U/16

1. C. Rodham	HelmH	22.22
2. A. Gibson	Holm	22.44
3. Z. Storr	Holm	23.02

BOYS U/14

1. M. Jones	Holm	15.03
2. J. Robinson	Unatt	15.14
3. J. Dawson	Skip	15.20

GIRLS U/14

1. R. Pounds	Bolt	17.12
2. L. Figg	Holm	17.59
3. H. Page	Hfx	18.16

BOYS U/12

1. N. Gould	EChesh	15.37
2. J. Walker	CFR	15.48
3. J. Bowness	CFR	15.56

GIRLS U/12

1. R. Stuart	CFR	17.28
2. E. Dent	Holm	18.13
3. E. Hugh	Telf	18.38

HALESOWEN HILLOCK Worcestershire

BM/10m/1250ft 11.05.03

1. M. Johnson	Kenilw	1.02.45
2. S. Gould	Kidd	1.03.05
3. B. Ward O/40	Chelt	1.05.59
4. C. Harris	Hales	1.06.27
5. A. Carruthers O/40	Crawley	1.06.36
6. S. Geggie O/40	Hales	1.06.59
7. P. Waby	DudStour	1.07.42
8. J. Pickasley	Notts	1.09.29
9. D. Rudge	Cobra	1.09.58
10. K. Burke O/40	Stour	1.10.09

VETERANS O/50

1. (17) H. Lambert	Kidd	1.12.29
2. (26) S. Rose	Nuneat	1.16.37
3. (27) E. Sanders	AmazF	1.16.49

VETERANS O/60

1. (69) R. Bunn	Hales	1.25.09
2. (79) J. Dodd	Unatt	1.27.35
3. (84) R. Beacham	BromsRedd	1.28.34

LADIES

1. (23) K. O'Byrne	BromsRedd	1.15.04
2. (34) N. Goodwin	Unatt	1.19.04
3. (43) S. Evans	Sparkh	1.20.50
4. (48) C. Mills O/35	Kenilw	1.21.03
5. (67) J. Anderson O/35	BromsRedd	1.25.02
6. (70) K. Braznell O/45	WBrom	1.25.30

146 finishers

BUTTERMERE SAILBECK HORSESHOE Cumbria

AM/9.4m/4250ft 11.05.03

Despite the forecast for heavy showers, the sun shone again, though the tent in the parking field did almost blow away! It felt icy cold on the Causey to Crag Hill ridge (116 ran, 113 finished).

The course was slightly changed from previous years - as a result runners were sent up Causey through the heather rather than along a sheep trod. This meant that the winning time was slightly slower than 2002. We'll have it sorted for next year.

Jonny Bland led from start to finish. Andrew Schofield improved on his third in the last two runnings for second place. George Crayston came an excellent third in his first year as a senior. It was a year for Schofields! Graham improved on his second V40 in 2002 to take first in 7th place overall. Derek Schofield took second V50 to Mike Walsh, who repeated his 2002 win. Joe Richardson left many young gunds trailing finishing 69th overall first V60.

There were many great runs on the day but Kate Beaty's first Lady won her the prize. CFR collected the men's and ladies' team prizes.

Thank you to all the helpers without whom the event would not happen. Thanks are also due to the landowners, specially to the Staggs for use of the parking and finishing fields.

I've ordered good weather again for next year - see you on 9 May 2004!

Jack King

1. J. Bland	Borr	1.30.15
2. A. Schofield	Borr	1.30.34

3. G. Crayston	CFR	1.31.11
4. R. Lawrence	Bing	1.34.12
5. J. Hunt	CFR	1.34.14
6. J. Deegan	Amble	1.34.37
7. G. Schofield O/40	Horw	1.38.33
8. J. Archbold	CFR	1.38.44
9. M. Robinson	DkPk	1.39.45
10. D. Birch	Kesw	1.40.29

VETERANS O/40

1. (7) G. Schofield	Horw	1.38.33
2. (16) P. Crompton	CFR	1.43.45
3. (17) C. Valentine	Kesw	1.44.15

VETERANS O/50

1. (20) M. Walsh	Kend	1.45.40
2. (24) D. Schofield	Ross	1.46.11
3. (31) R. James	CFR	1.47.34

VETERANS O/60

1. (69) J. Richardson	CFR	2.05.08
2. (77) J. Ely	CFR	2.10.41
3. (90) J. Taylor	Amble	2.21.32

LADIES

1. (39) K. Beaty O/40	CFR	1.50.07
2. (46) S. Taylor	Bing	1.54.54
3. (59) J. Lee	Unatt	1.59.18
4. (65) A. Weston	Ilk	2.02.15
5. (75) C. Waterhouse	Hfx	2.09.44
6. (92) C. Charlton O/40	Kesw	2.21.37

113 finishers

TRUNCE 3 South Yorkshire CS/4.25m/550ft 12.05.03

1. T. Tett Veteran	48pts
2. S. Marsden	71 pts
3. S. Maycock	66 pts
4. G. Turner	17 pts
5. J. Cox Veteran	64 pts
6. A. Wright	44 pts
7. R. Sunman	31 pts
8. A. Meskimmon	52 pts
9. L. Lewis	13 pts
10. T. Wright	47 pts

VETERANS

1. T. Tett	48 pts
2. (5) J. Cox	64 pts
3. (11) S. Rippon	60 pts
4. (16) R. South	65 pts
5. (21) S. Storey	65 pts

LADIES

1. (50) J. Wilson	37 pts
2. (51) A. Brockington	47 pts
3. (69) L. Bland	34 pts
4. (72) C. Mosey Veteran	38 pts
5. (76) J. Johnson	63 pts
6. (85) J. Bolton	14 pts

169 finishers

RAAS DREEYM CHARRAGHAN Isle of Man AS/2.5m/1100ft 13.05.03

The route for this year's Raas Dreeym Charraghan or Carraghan Fell Race had to be changed due to access problems at the last minute. The organisers were lucky to find an alternative route that proved to be by far the best used in this race. From the start, the race route followed a well used track to Injebreck plantation, where the long and very steep ascent began.

The climb went between two sections of trees on good grassy terrain, gradually getting steeper. On leaving the plantation, the runners were faced with a daunting almost vertical section that brought them out on the fells, followed by a long pull to the summit turning point.

The return trip was the same in reverse – very fast and technical but great fun with fantastic views overlooking Baldwin Reservoir. A superb course in a setting that was breathtaking.

Richard Jamieson scored his first win of 2003 dominating the race from the start. The main interest in the race was the tremendous battle between Tony Okell and Ian Gale that was only decided after a lung bursting sprint that went in Okell's favour.

Richie Stevenson

1. R. Jamieson	NAC	20.28
2. T. Okell O/40	ManxH	20.58
3. I. Gale	MFR	21.01
4. B. Osbourne	MFR	21.50
5. D. Young O/50	MFR	23.40
6. M. Burke	MFR	25.41
7. P. Trees	IOMVets	25.48
8. I. Callister	ManxH	25.51
9. A. Corrin	WAC	25.54

VETERANS O/60

1. T. Coleman	NAC	34.33
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LADIES

1. R. Hooton	MFR	27.07
2. C. Barwell	WAC	32.28

JACK BLOOR RACES

North Yorkshire

BS/5.2m/1150ft 13.05.03

On a blustery night with rain showers, Greg Hull showed why he is the course record holder with a confident run to beat Gary Devine and up and coming orienteering star, Matt Speake.

The men's team was won by Todmorden, which is a nice change.

In the ladies' race, orienteer Sarah Noot, won easily from her team mate, Anne Johnson, and the ladies' team was won by Ilkley Harriers after a tie with Calder Valley, which required to be determined by the third counter to finish.

A total of 174 runners enjoyed the delights of Ilkley Moor in the spring.

Junior races were held for 6 – 9 years, 10 – 13 years and 14 – 16 years and a total of 82 juniors took part. There were exciting finishes in all races, particularly the 10 – 13 category, where five runners finished in six seconds. Local clubs are keen to promote junior races and it would be nice if all race organizers could put on short races for juniors. The demand is there providing it is fun and these are the senior runners in future years!

Thanks to Terry Lonergan for sponsorship.

P R Haines

1. G. Hull	Leeds	40.22
2. G. Devine	P&B	40.44
3. M. Speake	Ebor	41.02
4. G. Ehrhardt	Tod	42.01
5. K. Gray	CaldV	43.47
6. S. Macina	P&B	43.48
7. A. Clarke O/40	CaldV	44.57
8. R. Bradbury	Bing	44.59
9. J. Wootton O/40	Wharfe	45.15
10. G. Pearce	Ilk	45.26

VETERANS O/50

1. (16) N. Pearce	Ilk	47.14
2. (40) N. Bland	Wharfe	50.38
3. (63) A. Judd	Felland	54.59

VETERANS O/60

1 (71) R. Blakeley	Tod	54.32
2. (142) W. Hyslop	Ebor	64.31
3. (144) G. Barrow	Tod	64.49

LADIES

1. (42) S. Noot	CaldV	51.02
2. (48) A. Johnson	CaldV	51.59

3. (58) S. Doland	Hgte	53.27
4. (59) H. Sedgwick	Ilk	53.30
5. (62) E. Barclay	Ilk	53.51
6. (74) S. Malir	Ilk	54.36

169 finishers

JUNIORS – 14-16 years

1. B. Stevens	Aire	12.26
2. J. Mercer	Aire	12.57
3. D. Neville	ArmyFound	12.58

JUNIORS 10-13 years

1. T. Sessford	Kghly	8.30
2. E. Dawson	Leeds	8.31
3. G. Stevens	Aire	8.33

JUNIORS 6 – 9 years

1. H. Nixon	SacHeart	3.18
2. J. Wootton Girl	Wharfe	3.19
3. F. Haines Girl	Wharfe	3.23

MEARLEY CLOUGH FELL RACE

Lancashire

AS/3.5m/1200ft 13.05.03

I had flagged the course early afternoon in gale force winds and hail stones. The day improved, though, and things looked promising but by the start time rain was imminent. Although a sign had been put up at registration, several runners decided it didn't apply to them; against my better judgment, I let them set off but next year "No cog – No run!!" (Here endeth the lesson!)

86 runners set off – 12 ladies, 43 Clayton and 57 were veterans with a combined age nearly as old as the hills!



*Jean Rawlinson of Clayton at Mearley Clough
(Photo Pete Hartley)*

Simon Thompson showed the rest of the pack a clean pair of heels on the descent and came home one minute clear of Damian Scholes.

Famous last words as the race set off were "no records tonight in these conditions!" How wrong could I have been? I didn't realize until after the presentation that Vanessa Peacock had

clipped 28 seconds off the record after an incredible run leaving most of the men in her wake, so my sincere apologies and I hope the extra bottle of wine will help to smooth things out.

The Calf's Head Hotel did us proud again with the free pasta supper with enough for seconds. Also thanks to Shackleton's Nurseries for providing the gift wrapped busy lizzies at short notice after the rose wagon didn't make it.

Thanks to the marshals and all the offers of help.

Geoff Newsam

1. S. Thompson	Clay	31.27
2. D. Scholes	Kghly	32.30
3. P. Thompson	Clay	32.42
4. M. Podmore	Clay	32.43
5. C. Moses	Bing	32.45
6. S. Hoyle	Ross	32.51
7. A. Orr	Clay	33.13
8. C. Seddon	Unatt	33.24
9. S. Bamber O/40	Prest	34.11
10. R. Wynn O/40	Bowland	34.33

VETERANS O/50

1. (14) P. Booth	Clay	35.03
2. (26) B. Rawlinson	Ross	36.52
3. (33) I. Robinson	Clay	37.13

VETERANS O/60

1. (81) P. Knott	B'pool	50.05
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LADIES

1. (23) V. Peacock O/50	Clay	36.43
2. (30) T. Sloan O/35	Salf	37.04
3. (34) B. Whitfield	Clay	37.19
4. (37) H. Johnson O/35	Bing	38.11
5. (38) M. Laney O/45	Clay	38.12

86 finishers

CARADOC CLASSIC

Shropshire

AS/3.5m/880ft 14.05.03

This year's Caradoc which is the second race of the now well established Shropshire Summer Series went off without any of the bad weather that dogged the Wrekin Streak. On a perfect running evening 86 runners lined up for the Assault on Caer Caradoc, a once famous hill fort. The race record was not challenged as some of the local "big guns" decided to save their legs for bigger efforts at the weekend.

Roger Lamb added his name to the champions list well ahead of nearest rival Matthew Collins. Paul Cadman the course record holder for over ten years managed to sneak into fifth position.

Denise Cureton won the ladies' race. Gill Harris showing that she can compete in the sprints as well as specialising in the long events was second overall and first veteran.

Simon Daws

1. R. Lamb	Mercia	24.35
2. M. Collins	MDC	25.02
3. P. Vale	Mercia	25.19
4. J. Sanders	Telf	25.54
5. P. Cadman	Mercia	26.15
6. H. Thomas	Telf	26.45
7. A. Smith O/40	Telf	26.47
8. M. Legema O/40	Ludlow	27.15
9. H. Jones O/40	Newtown	27.19
10. K. Fotherby O/40	W'hampton	27.22

VETERANS O/50

1. (11) B. Dredge	Mercia	27.46
2. (19) I. Keven	Unatt	28.37
3. (33) A. Davies	Telf	29.49

VETERANS O/60

1. (79) K. Matthews	LastRun	38.44
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LADIES

1. (49) D. Cureton	Telf	31.52
2. (60) G. Harris O/40	Mercia	33.39
3. (61) J. York O/40	SshropShuff	33.47
4. (64) A. Lewes	Telf	34.29
5. (71) H. MacDonald Jones	Newport	35.54

O/40

86 finishers

SHINING TOR**Derbyshire****AS/5m/1500ft 14.05.03**

John Brown set a new course record during this year's race which took place in perfect conditions in the Goyt Valley. The previous record was beaten by well over a minute with John leading from early on in the race after a superb ascent of Shooters Clough. Lloyd Taggart and George Ehrhardt followed, exchanging places numerous times during the descent from Shining Tor. Lloyd finished second with George close behind, followed by Dave Neill in fourth place overall and first Vet 40 position. Tony Hulme took the first Vet 50 position.



Tony Hulme (1st V50) fighting off the challenge of Graham Macara at Shining Tor (Photo Andy Todd)

In the ladies' race, Sarah Jones finished a clear winner. After an outstanding run she set a new ladies' record by two and a half minutes. She was followed home by Liz Batt in second position and Michela Stepto in third place.

A tougher descent to Fernilee reservoir introduced last year appears to have been warmly received, the final short(ish) incline finding less enthusiasm. It is intended that the race will continue in future years on the same course rather than the previous variations.

A total of 144 runners finished the race. Thank you to all of those who took part and to all who gave up an evening to marshal and help in the race organisation.

Alistair Fitzgerald

1. J. Brown	Salf	35.13
2. L. Taggart	Bux	37.12
3. G. Ehrhardt	Tod	37.35
4. D. Neill O/40	StaffsM	38.28
5. D. Nicholls	Macc	38.45
6. G. MacNeill O/40	Helsby	39.10
7. A. Poirrette	DkPk	39.55
8. D. Gibbons	Altr	40.00

9. A. Johnson	Macc	40.18
10. J. Jackson	Salf	40.22

VETERANS O/40

1. (4) D. Neill	StaffsM	38.28
2. (6) G. MacNeill	Helsby	39.10
3. (11) N. Bassett	StaffsM	40.45

VETERANS O/50

1. (22) T. Hulme	Penn	43.45
2. (32) M. Moorhouse	Matlock	45.41
3. (42) R. Scotney	Penn	46.32

VETERANS O/60

1. (111) R. Webster	Helsby	54.07
2. (128) B. Thackery	DkPk	58.49
3. (129) A. Bourne	Unatt	60.38

LADIES

1. (34) S. Jones	Macc	45.55
2. (51) L. Batt O/35	Bux	47.10
3. (52) M. Stepto O/35	Stock	47.16
4. (60) S. Gilliver O/40	Penn	47.59
5. (66) K. Roberts	Helsby	48.28

144 finishers

DOCKRAY-HARTSIDE FELL RACE**Cumbria****AM/6m/1800ft 14.05.03**

The race was held on a sunny but chilly evening. The winning times were very fast but cannot be directly compared with last year's as the race was about 200 metres shorter than previously, finishing at the fell gate off the common. All the competitors finished. The course is quite tough with very little path running but many made a point of saying how much they had enjoyed the route.

Jane Newport

1. R. Lightfoot	CFR	51.55
2. M. Dendam-Smith	Kesw	53.02
3. P. Brittleton	HlemH	53.55
4. I. Mulvey	Unatt	54.37
5. S. Bennett	Eden	56.33
6. I. Turnbull	Borr	56.37
7. N. Thompson	Kesw	58.55
8. D. Owens O/40	Kesw	59.16
9. S. Ruane	Eden	59.30
10. P. Pearson O/40	Saltw	60.49

VETERANS O/40

1. (8) D. Owens	Kesw	59.16
2. (10) P. Pearson	Saltw	60.49
3. (11) R. Jerram	Kend	61.33

VETERANS O/50

1. (13) J. Downie	Kesw	61.58
2. (18) G. Brown	Kesw	63.07
3. (23) S. Howe	Unatt	65.59

VETERANS O/60

1. (37) P. Dowker	Kend	76.08
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VETERANS O/70

1. (41) H. Catlow	CFR	81.37
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LADIES

1. (19) B. Blakeman	Sund	63.31
2. (33) R. Cash	Skip	74.54
3. (36) N. Barton	Eden	75.56

46 finishers

PINHAW MOOR FELL RACE**Lancashire****BS/5m/1214ft 16.05.03**

The Pinhaw Moor Fell race was first run in 1977. Initially it was part of the May Celebrations organised by the villagers of Earby, near Colne in North East Lancashire. Records of the early races have been lost but it is known that entries were very low. John West, who lived in Earby, was an early organiser and winner of this race. Harry Walker, a former British fell running champion, also won the race in 1984.



Andy Black tops out at Pinhaw Moor on his way to victory (Photo Pete Hartley)

In 1986 the Pinhaw race became the first race in the Pendle and Burnley Grand Prix series of races. The number of runners immediately increased dramatically with a top field of over 200. However in 1996 no organiser could be found and the race did not take place for the following 3 years. In 1999 the Pendle and Burnley Grand Prix committee resurrected the race as a way of funding the rest of their competition following a loss of other sponsorship.

Due to the outbreak of "Foot & Mouth" the race did not take place in 2001 but it has continued to be the lead race in the GP in 2002 and 2003. This year was the 23rd running of the Pinhaw Moor Fell Race.

The race starts on Red Lion Street in the village of Earby, which is half way between the towns of Skipton and Colne, almost on the "disputed" border between Lancashire and Yorkshire. The runners actually cross over into Yorkshire on the way to the Pinhaw Summit. They also join the Pennine Way for a few hundreds and walkers get quite disturbed when 100 runners appear on the horizon.

This is a "there and back" course. Although over half of the 5 mile route is on the fell, the start and finish is on the road with another section on a rough track.

Gerard McCabe

1. A. Black	Clay	31.23
2. A. Stubbs	Clay	32.20
3. R. Barrett	Skip	32.58
4. T. Taylor O/40	Ross	33.22
5. J. Barron	Unatt	33.30
6. M. Hartley U/20	Pendle	33.35
7. G. Shaw	Clay	34.04
8. S. Clare	Clay	34.12
9. P. Archer	Unatt	34.15
10. N. Worswich	Clay	34.52

VETERANS O/40

1. (4) T. Taylor	Ross	33.22
2. (11) R. Lees	Clay	34.59
3. (12) D. Fretwell	Kghly	35.07

VETERANS O/50

1. (19) J. Pickup	Clay	36.23
2. (36) J. Smithson	Acc	39.14
3. (44) B. Larkin	Unatt	41.27

VETERANS O/60

1. (42) R. Jaques	Clay	40.42
2. (62) R. Hall	YorkAc	45.38
3. (69) J. Amos	Clay	48.27

LADIES

1. V. Peacock O/50	Clay	37.05
2. A. Kelly O/40	Clay	38.23
3. C. Leach	Clay	38.38
4. D. Robson	Clay	40.32
5. A. Barrowclough O/35	Clay	42.11
6. Y. Wickham O/35	Cclay	42.11

90 finishers**DARREN JONES CLOUGHA PIKE RACE****Lancashire****BM/7m/1400ft 17.05.03**

Bowland Fell Runners had a very successful race with eight runners in the first 15 places, thus taking 1st and 2nd team prizes.

Mark Croasdale made a welcome return to the race and won in atrocious conditions of heavy rain, mist and wind. Numbers for the race continue to fall. Let's hope for a nice day next year to see if numbers recover. So many helpers are needed to marshal through the fields and this makes the race deserving of a larger entry. Maybe the race would move to an evening from Rigg Lane Car Park or Quernmore Village but that would detract from the Quernmore Sports held on the same day. Never tried the race?

Come and have a go next year - bring a friend or even the family!

It was nice to see so many youngsters in the Under 12 cross country race with the winning team featuring two Croasdale runners.

John Gibbison

1. M. Croasdale	Bing	53.30
2. S. Sweeney	Bowland	54.10
3. C. Reade	Bowland	56.24
4. Q. Harding O/40	Bowland	57.58
5. P. Pollitt	CFR	59.09
6. M. Chippendale	Bowland	60.50
7. S. Worsley O/40	Inver	61.55
8. M. Arnold	Bowland	63.17
9. K. Margate	Unatt	63.25
10. S. Bolland	Bowland	64.15

VETERANS O/50

1. (11) R. Clucas	Unatt	65.46
2. (24) R. Futrell	Holm	71.30
3. (25) P. Michlenski	AchRat	72.19

VETERANS O/60

1. (43) G. Arnold	Prest	85.18
2. (49) K. Gresty	Wesh	93.46

LADIES

1. (29) A. Bennett	Ilk	74.07
2. (35) S. Harding O/40	Bowland	77.34
3. (42) K. Thompson O/40	Clay	80.50

51 finishers**JUNIORS U/18 XC**

1. J. Gorst	Ripley	21.29
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JUNIORS U/15 XC

1. K. Alderson	HelmH	14.34
2. S. Tosh	Ross	15.15
3. R. Abraham	Arkholme	15.17
4. G. Crowther Girl	HelmH	16.03

JUNIORS U/12 XC

1. A. Abraham	Arkholme	9.08
2. J. Jardine	Broughton	9.08
3. D. Roberts	Unatt	9.16

ALWINTON FELL RACES**Northumberland****BL/14m/2500ft 17.05.03**

Marking the course in the mist and rain of Friday evening it looked like it was going to be a bit on the poor side for weather on Saturday. As it happened the 0600 weather forecast predicted a break in the weather around mid-day and they got it spot on. As a result apart from being wet under foot conditions were good (some would even say too warm and humid) for this the seventeenth running of the race.

Veterans Gavin Bayne and Steve Beattie led up to the open fell. Gary Owens V40, was able to gain the lead after Bloody Bush. This was position he held for the rest of the race despite experiencing cramp on the run down the track from Cushat Law. After the struggle up The Racks, Jeff Ross very nearly caught Garry on the run down to Alwinton. They finished with only 11 seconds separating them.

Karen Robertson led the ladies all the way around the course to finish tenth overall. She had, she said, struggled that day but this may be due to her finishing 10 minutes 42 seconds faster than last year. Second lady, Louise Wilkinson, finished almost a minute faster than Karen's previous year's time.

The race, which was a NFR championship counter, attracted forty vets of the fifty eight entrants. Phil Lancaster V60 was exactly a minute behind Karen in eleventh place. John Dalinson and John Humble, V50's finished 15th and 16th and Claire Bagness was first lady vet.

Keith Cooper

1. G. Owens O/40	NFR	1.46.03
2. J. Ross	NFR	1.46.14
3. G. Bayne O/40	Morpeth	1.48.57
4. S. Beattie O/40	Morpeth	1.50.43
5. D. Asquith O/40	Skyrac	1.52.57
6. M. Jeffrey O/40	NFR	1.54.24
7. G. Davis O/40	NFR	1.56.10
8. J. Duff	NFR	1.56.50
9. D. Burn O/40	NFR	1.57.16
10. K. Robertson Lady	NFR	1.57.26

VETERANS O/50

1. (15) J. Dallinson	NFR	2.01.00
2. (16) J. Humble	NFR	2.03.17
3. (22) T. Hart	NFR	2.10.27

VETERANS O/60

1. (11) P. Lancaster	NSP	1.58.36
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LADIES

1. (10) K. Robertson	NFR	1.57.36
2. (20) L. Wilkinson	NFR	2.07.34
3. (28) C. Bagness O/40	Wooler	2.12.29
4. (37) J. Saul	NFR	2.22.06
5. (38) S. Jeffrey O/40	Morpeth	2.23.44

58 finishers**OLD COUNTY TOPS****Cumbria****AL/37m/10000ft 17.05.03**

1. L. Warburton/A. Miller	Bowland/Kend	8.23.20
2. R. Ansell/A. Dickinson	Dk Pk	8.37.22
3. S. Deakin/I. Hodgson	Mand	8.48.08

VETERANS - 80 COMBINED

1. D. Makin/S. Schofield	AchRatt	9.15.03
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VETERANS - 90 COMBINED

1. E. Draper/S. Milligan	Unatt	9.25.56
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VETERANS - 100 COMBINED

1. B. Buckley/ R. Poole	Gloss	10.10.46
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VETERANS - 120 COMBINED

1. J. Ely/M. Coles	CFR/Skyrac	10.33.02
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MIXED

1. M. Calvert/M. Izands	Macc	10.29.40
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13 pairs finished**FAIRFIELD HORSESHOE****Cumbria****AM/9m/3000ft 18.05.03**

1. C. Roberts	Kend	84.32
2. N. Spence O/40	Borr	84.42
3. P. Leybourne	Salf	84.44
4. K. Gray	CaldV	87.07
5. D. Birch	Kesw	87.22
6. P. Brittleton	HelmH	88.49
7. C. Reade	Bowland	89.00
8. S. Shuttleworth O/40	Amble	89.04
9. C. Valentine O/40	Kesw	89.14
10. J. Archbold	CFR	89.24

VETERANS O/50

1. (61) B. Scholes	Settle	107.51
2. (65) M. McLoughlin	Prest	109.00
3. (71) J. March	Teviot	109.32

VETERANS O/60

1. (98) R. Jaques	Unatt	117.23
2. (110) D. Gibson	Unatt	121.44
3. (130) J. Taylor	Amble	129.02

LADIES

1. (56) J. Lee	Unatt	105.52
2. (67) L. Knights	Sutton	109.15
3. (78) J. Meeks O/40	Kesw	110.41
4. (80) J. Leather	Ilk	111.13
5. (81) K. Mather O/40	Sadd	111.32
6. (90) G. Marshall	Kesw	114.34

167 finishers**STANHILL VILLAGE FELL RACE****Lancashire****BS/5m/800ft 20.05.03**

Robin Lawrence won this year's Stanhill Fell Race after a great race between Robin, Simon Thompson and a very promising Under 20 runner, Thomas Cornthwaite.

Tom took an early lead and held on with about a mile to go, then experience told in Robin and Simon pulling away from Tom. Robin managed to outsprint Simon at the finish. Last year's winner, Danny Hope, finished 4th and the team prize went to Clayton Harriers, the winning combination being Simon Thompson, race organiser Lee Passco and Alan Life.

The ladies' race was poorly attended this year with Alison Smith the victor by a massive margin.

A donation of £50 has been sent to the John Taylor Foundation.

Lee Passco

1. R. Lawrence	Bing	32.31
2. S. Thompson	Clay	32.33
3. T. Cornthwaite Jun	Unatt	32.40
4. D. Hope	P&B	33.24
5. C. Shuttleworth O/40	Prest	33.34
6. L. Passco	Clay	33.55
7. R. Bradbury	Bing	34.55
8. J. Wiczorek	Acc	35.08
9. A. Buttery	Ross	35.23
10. C. Kay O/40	Horw	35.55

VETERANS O/40

1. (5) C. Shuttleworth	Prest	33.34
2. (10) G. Kay	Horw	35.55
3. (11) T. Taylor	Ross	36.09

VETERANS O/50

1. (18) S. Kirkbride	Kend	37.36
2. (32) N. Corrigan	Unatt	40.31
3. (38) B. Booth	Radcl	43.37

VETERANS O/60

1. (35) S. Furness	B'burn	41.18
2. (41) T. Peacock	Clay	44.02
3. (42) D. Kay	FRA	44.21

LADIES

1. (40) A. Smith	Clay	43.54
2. (69) A. Davies	Unatt	62.00
3. (70) C. Hamilton	B'burn	63.03

BURBAGE FELL RACE
Derbyshire
CM/6m/600ft 20.05.03

The recent rain thankfully held off for the race, and gave us perfect underfoot conditions. Phil managed to overcome my early race charge to win comfortably, despite Alan Yates singing me on at Burbage Bridge (no there isn't a trophy for your mantlepiece Phil). Dave Allen cut through the field to take the V40 prize and Dave Tait held off his regular rival to take V50. Jenny Whitehead brought home a-DPER 1,2,3 in the race of the fairer sex race, and Mrs Moore outshone yours truly to take home a V40 prize, albeit running for 'Dark Peak Wives'.

Pleasingly several runners had chosen Burbage to be their ever first Fell Race (including two from Northampton!) and were really impressed with the course, the organisation, and the occasion overall. Thanks therefore to all club members for their help in marshalling, to John, Tom and Chris for the finishing line and Roy, Pete and Hilary for registration and results, and to Don from Totley for the 'forest trail' section of the race. Special thanks to our esteemed ex-president Mr Holmes who rang me the day following the race offering his services - I'll ask him to post the results envelopes and put the signs away!

Andrew Moore

1. P. Winskil	DkPk	40.24
2. L. Banton	Clowne	40.53
3. N. Northrop	Unatt	41.05
4. A. Middleditch	DkPk	41.26
5. M. Hayman	DkPk	41.30
6. R. Baker	Unatt	41.42

VETERANS O/40

1. D. Allen	DkPk	45.58
2. I. Walker	W'field	46.23
3. R. Hutton	DkPk	46.28

VETERANS O/50

1. D. Tait	DkPk	47.01
2. M. Moorhouse	Matlock	47.25
3. K. Ward	Kimber	49.53

VETERANS O/60

1. A. Borne	Staffs	65.49
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LADIES

1. J. Whitehead	DkPk	48.27
2. H. Thorburn	DkPk	49.09
3. K. Bryan-Jones	DkPk	51.10
4. C. Mosley	DenbyD	61.05
5. M. Moore	Totley	68.28

151 finishers

MONUMENT RACE
(HILL & DALE SERIES)
Mourne Mountains
AS 22.05.03

The summer is a fast fading memory and the recent weeks of rain and more rain have left the narrow forest tracks used in the Monument Race muddy, to say the least. This was the seventh race of eleven in this year's Acheson & Glover Hill & Dale Series.

Thursday night, itself, was mild with a strong westerly wind, which would batter the runners on the open mountain behind the forest park itself on the short climb out to Luke's Mountain and back. 109 runners toed the start line for the cavalry charge from the Pillar down to the Ivy Bridge.

To cut a short story even shorter, Sharon McBurney decimated yet another field to win her sixth race of the season and capture the 2003 ladies' title with the perfect score of six wins,

with four more races yet to go. McBurney has dominated the Series like Shileen O'Kane has done in recent years and, on the way, stolen some of O'Kane's records. Tonight, the race was again more to McBurney's liking and she stormed around to finish 23rd overall in a new record time with this being a new course. As McBurney gets stronger in future years and better at the more technical descents, she is surely destined for a long time at the top of the sport locally or will O'Kane make a serious comeback?

Behind McBurney, Alwynn Shannon came home first lady veteran, again improving with every race, 2nd overall and securing the 2003 lady veteran's title. Congratulations also to Shannon on securing the victory so early.

The men's title will likely go to the wire with the picture slightly clearer but not complete after this evening's race. From the gun, Neil Carty made his intentions clear covering the early five minutes downhill at breakneck speed shepherded by Simon Taylor and Alan McKibben. Deon McNeilly, current champion, soon worked his way to the front on the climb and pulled slowly away stalked by Carty. The climb from the Shimna River to the top of Curraghard took the leaders just over 9 minutes, very steep at times.

Behind, one of last year's Northern Ireland World Cup representatives, Gareth Arnott, making his first Hill & Dale appearance of the year, was in a nip and tuck battle with Damien Brannigan. Neither could catch McKibben, but were moving clear of the rest of the 104 runners, including Taylor, now suffering a little on the steep climbing.

Off the summit of Luke's Mountain and McNeilly had a ten second advantage over Carty, a win tonight would close the gap on Carty who has three wins against McNeilly's one. But Carty had other ideas. Over the years Carty has slowly improved both his strength and speed and tonight he had McNeilly in his sights. It takes less than 10 minutes to get to the finish at the top of the 'green rigg' at the Car Park. After the fast initial drop, the return becomes more undulating, but still fast and it was here that Carty caught and surged past McNeilly and textbook stuff, didn't let up but pushed home his advantage, pulled further away and left McNeilly with no hope.

Could this be the turning point of this year's series? Carty's time was 18 seconds clear of McNeilly, giving him four wins against one. Four races are left, but can McNeilly do enough to win? One more victory and the title will be Carty's. With McKibben in third and Brannigan fifth, Newcastle secured the team.

First veteran 50 was Billy McKay, securing the veteran 50 title. First veteran 60 was Tom Donnelly in and also a word for Jim Metcalfe, first veteran 70 in 104th overall.

BOGBOY

1. N. Carty	NBelf	29.18
2. D. McNeilly O/40	N'castle	29.26
3. A. McKibben	N'castle	30.50
4. G. Arnott	Willow	31.30
5. D. Brannigan	N'castle	31.35
6. S. Taylor	BARF	31.58
7. S. Begley	Albert	32.41
8. R. Rodgers	N'castle	33.07
9. P. Rodgers	N'castle	33.23
10. S. Cunningham	N'castle	33.28

VETERANS O/40

1. (2) D. McNeilly	N'castle	29.26
2. (12) F. O'Hagan	TeamP	33.54
3. (24) B. Wells	N'castle	35.54

VETERANS O/50

1. (11) B. McKay	Albert	33.33
2. (16) J. Patterson	N'castle	34.41
3. (25) D. McHenry	Willow	35.59

VETERANS O/60

1. (108) T. Donnelly	ACKC	60.27
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VETERANS O/70

1. (104) J. Metcalfe	Unatt	50.08
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LADIES

1. (23) S. McBurney	Ballym	35.41
2. (100) C. Smith	ACKC	47.59
3. (101) J. Cousins	Unatt	49.11

109 finishers

ISLE OF JURA FELL RACE
Isle of Jura
AL/16m/7500ft 24.05.03

Record entry of 200 this year with the race being a long counter in the Scottish Championship. 165 runners started on the day and 12 retired during the race due to injury or being timed-out. Most times were slow as the ground was very wet and the stream crossings deep and fast flowing. However, the patchy mist on the hills gave few problems of navigation and conditions were otherwise good considering the weather both before and after race day.

Angela Mudge still managed to break her 2002 record by a further 4 minutes. It was Nick Sharp's first run on Jura and he kept close to Rob Jebb up to the last hill, Corra Bheinn. He pulled ahead on the last long descent and added further time along the road. Congratulations to Andy Styan, twice previous race winner, on completing his 20th Jura race, a full record since 1983.

Thanks to the Isle of Jura Distillery for sponsorship and to the local people of Jura for help with marshaling and for organising the successful junior races. The local commitment and regular helpers along with the Island hospitality go to make this a very special race.

A. Curtis

1. N. Sharp	Amble	3.20.14
2. R. Jebb	Bing	3.23.30
3. A. Peace	Bing	3.26.11
4. P. Davies	Borr	3.26.25
5. I. Holmes	Bing	3.37.32
6. J. Blackett	Middles	3.38.07
7. D. Rodgers	Loch	3.38.47
8. A. Schofield	Borr	3.39.02
9. A. Mudge Lady	Carn	3.45.31
10. A. Ward O/40	Carn	3.46.16

VETERANS O/40

1. (10) A. Ward	Carn	3.46.16
2. (13) G. Schofield	Horw	3.51.51
3. (14) R. Gallagher	W'lands	3.52.29

VETERANS O/50

1. (24) J. Holt	Clay	4.00.14
2. (29) M. Hulme	Corsto	4.12.37
3. (36) M. MacLeod	W'lands	4.18.21

VETERANS O/60

1. (52) J. Nuttall	Clay	4.31.03
2. (89) D. Capstick	Jura	5.11.24
3. (108) C. Love	Dundhawk	5.30.46

VETERANS O/70

1. 148) B. Gauld	Carn	6.59.40
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LADIES

1. (9) A. Mudge	Carn	3.45.31
2. (43) K. Jenkins	Carn	4.23.00
3. (50) D. Scott	Loch	4.30.23
4. (51) J. Tait	Carn	4.30.42
5. (62) N. Lavery O/40	Amble	4.39.29
6. (76) K. Davison	DkPk	4.59.36
7. (76) A. Weston	Ilk	5.05.17
8. (85) L. McIlwraith	Carn	5.06.25

153 finishers

CADER IDRIS

Gwynedd

AM/10.5m/3000ft 24.05.03

The weather for the race was much improved on 2002 (no blizzard or gales!) and a full ascent to the summit of the mountain was undertaken. The glorious conditions saw 130 runners turn out on the day, the second highest figure in the 12 year history of the race.

The race was well off course record pace but the leading end of the field still managed to clock some very respectable times. The first three places in the mens race went to the Eryri trio of Dylan Jones, Rob Halliday and James McQueen.

Colin Donnelly unfortunately didn't turn out this year to try for his seventh win in the men's section but local runner, Andrea Goode, ladies' winner in 2002, did manage to become the first lady to retain the women's title in a thrilling race which, quite literally, went all the way to the line.

After having led the ladies' field to the top of the mountain Goode became involved in a neck and neck tussle on the descent with Ruth Metcalfe. The lead changed places on a number of occasions and the two were still battling it out as they raced into Dolgellau town square to rousing cheers from the watching crowd. Very exciting stuff.



Andrea Goode putting in the effort to retain her title at Cader Idris (Photo Graeme Stringer)

The four age group junior races and fun run attracted a total of 86 runners, and the kids and adults were treated to a veritable bun fight after their respective races, I don't think anyone left feeling hungry. If you're looking for a fun packed family weekend next May, we'd be more than pleased to give you a Warm Welsh Welcome in Dolgellau, Whit weekend 2004.

In a race keen to buck the trend ("When the going gets tough the tough get older"...In think the saying went) I was quite amazed when I analysed the results and found that the first three finishers, 15 of the first 20, and 33 of the top 50 were all Seniors, ie: under 40!!!!!! Where they came from I do not know but I hope we see more of it! Maybe the cash prizes do help after all?

One down side to the day was the verbal abuse that one of the talented young front runners received from an older competitor convinced

that he didn't have the compulsory kit on him. He did actually have it, not in a visible bum bag, but stuffed down his shorts.....!!

So please, think before whnging to marshals about other competitors, the new rules are hard enough to enforce as it is. Race organisers have more than enough to do without trying to sort out problems that don't even exist! And if these two runners ever meet again, one owes the other a very BIG apology.

Graeme Stringer

1. D. Jones	Eryri	1.30.00
2. R. Halliday	Eryri	1.31.33
3. J. McQueen	Eryri	1.33.15
4. S. Gilliland O/40	BroDys	1.35.16
5. J. Darke	Unatt	1.36.59
6. D. Hackworth	Pittsb	1.38.33
7. P. Whiting O/40	Kend	1.39.33
8. K. Hodgson	HolmeV	1.39.40
9. M. Collins	MDC	1.40.20
10. I. Andrews	SWRR	1.43.07

VETERANS O/50

1. R. Heelis	Mercia	1.46.58
2. R. Hopkinson	DkPk	1.54.10
3. C. Edwards	Tatten	1.54.22

VETERANS O/60

1. J. Amies	Macc	1.47.44
2. P. Jones	Prestat	2.07.29
3. M. Ward	Oswest	2.10.58

LADIES

1. A. Goode	BrosDys	2.04.14
2. R. Metcalfe	Eryri	2.04.14
3. E. Dunnington	Eryri	2.06.43

130 finishers

LLANGHORSE LOOP

Monmouthshire

AS/5.5m/1900ft 24.05.03

A cool, breezy, overcast (with one sunny interval) day, good visibility, following several showery days and recent rain. Quite firm underfoot. 21 runners (26 in 2002) with just the one lady.

A strong run by Tim Taylor, who extended his lead to well over a minute along the final ridge and descent. Andrew Jones was runner up (as last year) after a very close tussle with Patrick Wooddisse. And a marvellous 4th place for 53 year-old John Griffiths.

Dick Finch

1. T. Taylor O/40	Mercia	47.54
2. A. Jones	MDC	49.12
3. P. Wooddisse	TVII	49.15
4. J. Griffiths O/50	SarnH	50.24
5. C. Flower	MDC	50.58

VETERANS O/60

1. (18) B. Graves	MiltK	77.20
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LADIES

1. (20) J. Sharp O/40	Ludlow	78.07
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21 finishers

HUTTON ROOF FELL RACE

Cumbria

BM/7m/1300ft 24.05.03

My first time as race organiser, FRA junior championships and terrible weather leading up to this year's race, made me fear the worst. Fortunately true to Ian Rooke's (race organiser for the last 17 years) prophecy the weather cheered up dramatically on the day. Not a drop of rain fell as Mark Croasdale (record holder) emerged a comfortable winner on what must be a familiar race route by now. Conditions underfoot were soft but not too slippery. The

men's race was fast and furious as usual but there was a lack of under 40 year olds.

The ladies' race was keenly contested with Lynne Clough finishing first in front of Kate Beaty just 18 seconds behind. Veterans featured well in this race with Maureen Laney and Vanessa Peacock finishing 3rd and 5th overall, the best local lady was Sharon Taylor who ran a good race finishing 4th. The junior races were well supported with 49 in the under 12 race alone. There were plenty of famous names in the first few finishers of each race and it was good to see that our stars of the future are already in training. By the end of the day more than 350 runners had climbed the front of Hutton Roof crag before sprinting back to the village hall for our famous tea and cakes.

Spectators and competitors alike enjoyed the tea and cakes provided at the village fete alongside the numerous stalls and games. Many thanks go to local runners and villagers who helped to put on this years race. All proceeds go to the village hall committee without which the hall would not survive. See you all next year.

John Dickinson

1. M. Croasdale	Bing	48.16
2. G. Ehrhardt	Tod	48.46
3. T. Tipping	HelmH	50.10
4. K. Gray	CaldV	50.59
5. R. Haworth O/40	Horw	51.07
6. S. Green	P&B	51.16
7. C. Reade	Bowland	51.23
8. C. Shuttleworth O/40	Prest	52.08
9. P. Singleton	Amble	52.20
10. P. Brittleton	Howgill	52.30

VETERANS O/50

1. T. Hesketh	Horw	51.07
2. M. Walsh	Kend	53.57
3. J. Winn	CFR	54.49

VETERANS O/60

1. S. Williams	S'port	64.08
2. T. Peacock	Clay	67.11
3. D. Simpson	Prest	68.26

VETERANS O/70

1. A. Ball	Clay	109.00
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LADIES

1. L. Clough	WiganPier	58.14
2. K. Beaty O/40	CFR	58.32
3. M. Laney O/40	Clay	59.29
4. S. Taylor	Bing	60.09
5. V. Peacock O/50	Clay	60.12
6. H. Thorburn	DkPk	60.48

350+ finishers

SHUTLINGSLOE FELL RACE

Cheshire

AS/2m/825ft 26.05.04

After last year's deluge, good weather saw a record field of 62 runners set off up Shutlingsloe. Simon Bailey led the race from start to finish in a time just four seconds slower than the course record. Lloyd Taggart kept the pressure on Simon on the ascent of Shutlingsloe but was ultimately unable to match Simon's near-record pace.

Liz Batt was again clear winner of the ladies' race and Nick Bassett, in his first year as a veteran, took the vets' title from long-time holder, Dale Gartley.

The junior race was very competitive. Joe Whalley this year progressed to first from his third place last year, improving his time by a massive 4.5 minutes. There was a very good turnout of Under 15 and Under 11 runners, who acquitted themselves very creditably.

Plans for next year's race include a new team event.

Fiona Nayne

1. S. Bailey	StaffsM	15.39
2. L. Taggart	Bux	16.24
3. D. Nicholls	Macc	17.12
4. T. Werrett	Mercia	17.32
5. P. Vale	Mercia	18.12
6. N. Bassett O/40	StaffsM	18.21
7. C. Fray O/40	Penn	19.05
8. J. Batt O/40	Bux	19.22
9. D. Soles	DkPk	19.44
10. G. Morson	Bux	19.50

LADIES

1. (22) L. Batt	Bux	21.22
2. (31) K. McBride	Macc	23.40
3. (33) M. Calvert	Macc	24.12

JUNIORS

1. (20) J. Whalley	Unatt	21.10
2. (23) S. Cameron	Stock	22.00
3. (26) N. Gould	EChesh	22.18

UNDER 11s

1. (48) A. Schofield	EChesh	31.04
2. (56) A. Leyland	Unatt	36.38
3. (59) J. Taylor	Unatt	46.14

62 finishers

MYNYDD MYFYR HILL RUN

Shropshire

BS/4m/500ft 26.05.03

Another successful event with good underfoot conditions – the numbers stay consistent.

Tim Davies set a new course best.

Doug Morris

1. T. Davies	Mercia	19.53
2. B. Knock	Hales	20.12
3. D. Mansbridge	Telf	21.12
4. S. Gould	KiddStour	21.20
5. R. Lawrence	Bing	22.27
6. I. Hughes	Shrews	22.32
7. C. Harris	Hales	22.39
8. J. Loxam	Stock	22.58
9. M. Clay U/17	Hales	23.30
10. D. Uffer	Clay	22.54

VETERANS O/40

1. (11) C. Ashley	Wrex	24.04
2. (12) S. Bellis	Wrex	24.26
3. (13) J. Montgomery	Buckley	24.31

VETERANS O/50

1. (26) M. Mielczarek	Hales	26.34
2. (29) J. Morris	Buckley	26.53
3. (33) D. Jones	DkPk	27.17

VETERANS O/60

1. (48) P. Norman	Wrex	28.49
2. (57) B. Jackson	Brodys	29.49
3. (62) D. Parsons	Wrex	32.06

LADIES

1. (28) S. Hancock O/40	Oswest	26.44
2. (32) J. Hewson	Ludlow	27.07
3. (42) V. Musgrove O/45	Eryri	27.53
4. (44) J. Davies	Mercia	28.08
5. (51) S. Morris	Oswest	29.12

75 finishers

BAMFORD SHEEPDOG TRIALS

FELL RACE

Derbyshire

BS/4.5m/1000ft 26.05.03

We had a slight increase on last year, which was maybe down to the weather. This was only the second year of running so we are still pretty much encountering a "learning curve".

The race was slightly faster this year – the first place being almost two minutes faster.

Spectators from the dog trials have said the fell race is a nice change and they enjoyed watching them setting off.

Most runners said they found the fell race a mixture of flat speed, steady incline and some harder climbs.

Being new to organizing fell runners, the experience is proving a very rewarding one.

There is much team spirit and lots of encouragement amongst the runners.

Malcolm Sowerby

1. G. Ehrhardt	Tod	31.07
2. M. Fowler O/40	Penn	31.13
3. T. Bracegirdle	Cosmic	31.16
4. G. Turner	Hallam	32.34
5. E. Gamble	Stock	33.11
6. S. Bradstock	Unatt	34.21
7. N. Winfield	Penn	34.26
8. A. Carruthers O/40	Crawley	34.49
9. M. Williams	Penn	34.53
10. A. Middlewich	DkPk	35.25

LADIES

1. S. Newman	CaldV	36.36
2. J. Gascoigne	Unatt	42.10
3. H. Bloor	DkPk	43.32

82 finishers

HELVELLYN FELL RACE

Cumbria

AM/11m/4500ft 26.05.03

Last year saw low numbers – as a result of the re-arranging of the Bank Holiday – poor weather, two withdrawals, a lost competitor and a casualty.

This year, we were back to normal numbers, with 89 starters and only two withdrawals.

The weather was also kinder than had been forecast, with clear skies but a cold breeze.

In keeping with what seems to be a developing trend, veterans dominated the field with Duncan Overton in fifth place and a second counter for Keswick's team prize. The first lady, Nicola Davies, was also a veteran.

The race lead changed hands three times. Gavin Bland led for most of the race, including the ascent of Helvellyn. Unusually, he lost the pace on the run in and was overtaken by Mark Denham-Smith who was himself pipped to first place by winner, Steven Pike.

Allan Buckley

1. S. Pyke	Trentham	1.48.25
2. M. Denham-Smith	Kesw	1.48.41
3. J. Archbold	CFR	1.50.53
4. D. Overton O/50	Kesw	1.51.05
5. M. Robinson	DkPk	1.51.20
6. N. Lockwood	Kesw	1.51.55
7. M. Chrystanthon	DumfCC	1.54.55
8. S. Hoyle	Ross	1.55.10
9. D. Allen O/40	DkPk	1.55.50
10. J. Noblett O/40	Unatt	1.56.31

VETERANS O/50

1. (4) D. Overton	Kesw	1.51.05
2. (17) A. Robinson	Clay	2.00.45
3. (32) B. Dredge	Mercia	2.08.40

VETERANS O/60

1. (56) B. Booth	Kesw	2.19.43
2. (78) D. Gibson	Sadd	2.48.56
3. (80) J. Taylor	Amble	2.44.13

LADIES

1. (25) N. Davies O/40	Borr	2.05.52
2. (38) J. Lee	Unatt	2.09.57
3. (44) L. Kent	Unatt	2.12.50
4. (48) L. Cowell	Kesw	2.14.42

87 finishers

AUSTWICK AMBLE FELL RACE

North Yorkshire

BM/8m/1200ft 26.05.03

1. T. Mason	Wharfe	49.25
2. K. Gray	CaldV	51.27
3. P. Singleton	Amble	51.54
4. R. Pattinson	PudseyP	52.10
5. A. Pickles O/40	Settle	52.39
6. Q. Harding O/40	Bowland	53.26
7. R. Barrett	Skip	53.40
8. L. Athersmith	Settle	53.53
9. M. Chippendale	Bowland	54.06
10. B. Whalley O/40	P&B	54.37



Ted Mason and Tricia Sloan relax after winning the Austwick Amble (Photo Pete Hartley)

VETERANS O/50

1. (27) B. Rawlinson	Ross	59.31
2. (33) M. Hetheron	AcornY	59.50
3. (43) B. Scholes	Settle	61.50

VETERANS O/60

1. (49) T. Minikin	Kghly	63.17
2. (79) J. Mitchell	Unatt	72.13

LADIES

1. (32) T. Sloan	Salf	59.48
2. (58) E. Wolfenden	Kghly	64.55
3. (61) C. Waterhouse	Hfx	65.38
4. (66) S. Harding O/40	Bowland	67.18
5. (67) J. Rawlinson O/40	Clay	67.57
6. (83) J. Taylor O/40	LancsM	74.10

94 finishers

JUNIORS U/14

1. S. Webster	Bing	18.37
2. L. Figg Girl		19.04

JUNIORS U/12

1. T. Sessford	Kghly	9.42
2. M. Loughlin	Skip	9.47
3. M. Fretwell	Unatt	10.31

SKIPTON SHORTBANK OLYMPICS

North Yorkshire

BS/3m/700ft 27.05.03

Pop music and a hail of rockets illuminated the occasion but there was no brighter spark on the night than Skipton AC's 16-year old Five Nations Junior International silver medalist, Stuart Hunn, who besides winning the incorporated Under 18 event, also romped majestically home way ahead of all the seniors!

Ben Lonsdale and one of the Three Peaks Cyclo-Cross perennial front runners, Rob Thackray, filled the minor places amongst the men folk and the Skipton AC duo, Sarah Glover and Under 18 winner, Sheryl Slater, led the ladies' charge.

One other particularly significant fell placing was that of 65-years young, Malcolm Simpson, the Over 60 veteran winner in 42nd position, who has done remarkably well to walk – let alone run – since a serious road accident left him hung up on all quarters!

The most important result, of course, was that the event raised another fat four-figure sum for Candlelighters, fighting children's cancer, at Leeds St James' Hospital.

Born out of an acquaintance of Skipton staging athletics events on New Year's Eve 100 years earlier, a New Year's Eve fell race to the summit of neighbouring Romblads Moor, was hastily arranged to commemorate the Millennium. Such was the enthusiasm on the Shortbank Road housing estate – set just beneath the moor – that a summer "Shortbank Olympics" – also embracing prints and cycle-dash, was inspired.

Since that "Millennium Madness", proceeds for illness or injury-related charities have now topped £6,000.

Well worth a visit next year – be assured – all for a worthy cause!

Roger "Dodger" Ingham"

1. S. Hunn U/18	Skip	17.08
2. B. Lonsdale	Settle	18.19
3. R. Thackray	Unatt	18.51
4. J. Wootton O/40	Wharfe	19.08
5. A. Holden	Wharfe	21.05
6. B. McDonald U/18	Telf	21.24
7. L. Athersmith	Skip	19.29
8. R. Le Poidenin	ArmyFound	20.02
9. M. Iley O/40	Ilk	20.30
10. G. Sawyer	ArmyFound	20.33

VETERANS O/50

1. N. Bland	Wharfe	21.52
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LADIES

1. S. Glover	Skip	23.56
2. S. Slater U/18	Skip	24.39
3. S. McNaughton	ArmyFound	25.55
4. L. Whittaker O/40	Wharfe	27.10
5. B. Slater O/40	Wharfe	27.21
6. S. Heseltine O/40	Unatt	29.12

JUNIOR BOYS U/20

1. S. Athersmith	Unatt	21.48
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JUNIOR BOYS U/16

1. D. Walmsley	Skip	8.44
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JUNIOR GIRLS U/16

1. A. Crawford	Skip	12.59
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JUNIOR BOYS U/14

1. J. Kelly	Skip	7.46
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JUNIOR GIRLS U/14

1. H. Naylor	Skip	9.07
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JUNIOR BOYS U/12

1. B. Hodgkiss	Skip	6.28
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JUNIOR GIRLS U/12

1. E. Thompson	Pendle	7.42
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HARROCK HILL RACE 1

Lancashire

BS/5m/900ft 28.05.03

1. P. Muller O/40	Horw	31.41
2. M. Laithwaite	WiganP	32.00
3. S. Barlow O/40	Horw	33.07
4. C. Seddon	Horw	33.42
5. B. Bolland	Horw	34.09
6. K. Johnston	Chor	34.15
7. T. Hesketh O/50	Horw	34.33
8. G. Booth	Chor	34.56
9. R. Bowker O/40	SouthpWloo	35.06
10. N. Adshead O/40	SouthpWloo	35.47

VETERANS O/50

1. (7) T. Hesketh	Horw	34.33
2. (11) P. Weatherhead	Wirral	36.19
3. (23) S. Williams	SouthpWloo	39.02

VETERANS O/60

1. (48) D. Kay	Horw	43.38
2. (60) G. Arnold	Prest	46.27
3. (61) M. McDonald	NthnV	46.46

LADIES

1. (26) S. Budgett O/40	Horw	39.24
2. (36) F. Benn	SouthpWloo	39.57
3. (39) R. Moore	WiganP	41.22
4. (47) C. Quirk O/45	SkemBound	43.31
5. (54) J. Atkins O/50	Chor	44.37

85 finishers

LOUGHSHANNAGH (HILL & DALE SERIES)

Mourne Mountains

AS/4m/1700ft 29.05.03

A teacher's management and co-ordination skills are challenged regularly in the confines of the school, however, rarely are they on show like they were at the Loughshannagh Horseshoe, the 8th of the 11 race Acheson & Glover Hill & Dale Series 2003. The organiser shall remain nameless, some of us do know who he or she is, at least with 104 racers for the toughest outing of the Series, he (there's a clue) easily missed being the most unpopular, as well as the most inept, of the Series organisers.

'Don't panic Mr Mainwaring' (that's not his real name obviously, but think Dad's Army and you're starting to get the picture of Thursday night's events). I suppose the stress built up as 7.30pm approached, wanting to run the race as well as organise is always designed to generate stress, particularly when the green Wellington boot clad Fontenoy and official starter, Frank Morgan, doesn't turn up before the official start time (in case, you're not following this, it's difficult to fulfil duties as official race timekeeper if you turn up after the race has started).

Anyway, recognising the danger of not being able to time the race and run in it at the same time, Ba...oops, the organiser left his able, and normally super chilled, daughter to complete taking the entries.

All's well that end's well, Jane got the race started, her dad got to run the race (and finished in the top half) and, true to form, Morgan turned up at 7.40pm. Down to the serious racing and after the plod through the mud and bog to the top of Carn, the runners faced the treacherous and steep descent to the Lough Shannagh itself, before the steep climb onto Doan. To give Bart (oops) credit, the marshalling was superb with every move covered and Roy Donaldson was able to report that North Belfast's Series heir apparent Neil Carty and Newcastle pair Robbie Bryson and Deon McNeilly reached Doan almost together.

At this point, Bryson must have been the favourite, but this year Carty has been more determined than ever and his fitness now matches his desire. At every descent or flatter section Carty stole the lead and a few yards. By the summit of Slieve Loughshannagh, McNeilly had been dropped and Carty turned for home just ahead of Bryson. There was no stopping Carty as he plunged down alongside the Mourne Wall and then climbed towards the summit of Ott Mountain. Once there he literally sprinted for the finish line to win in 41 minutes 38 seconds, nearly a minute ahead of Bryson and over two minutes clear of McNeilly.

Carty (the Funky Worm) is effectively uncatchable now in the Series with five wins and a second place. Newcastle AC made up the next five places, after Bryson and McNeilly came Ally McKibben, Stevie Cunningham (deafened by the noise from the biggest personal fan club ever seen at a Hill & Dale race – it's alleged that half of Annalong were on the mountain) and Damien Brannigan.

Remember Jane and Bart, that loving father daughter pairing? Well normal service resumed after he finished and reassumed his organising responsibility. Jane, well she couldn't work the watch, while Bart couldn't read it (digits too small for a man of his age without his glasses), it was a bit like the Jack Spratt nursery rhyme; thank goodness for Frank Morgan, it was a surreal occasion.

So Carty won the day with Violet Linton, Bryson, Alwyn Shannon, Cookie O'Hagan, Billy McKay, Des McHenry, and Adam Mitten winning respective categories on the night.

More news, Bob Cooke returned his oversubscribed shot glass and what about Banjo? Banjo is now a celebrity from Newry, infamous previously for his marshalling skills at, for example, the Hen & Cock race (although he never liked going further than Hen). Last May he competed in the Kilbroney race at Rostrevor and after finishing 67th of 87, he felt himself in good enough shape to declare an attempt on Everest. Well congratulations from all involved in the Hill & Dale Series, for on 31st May this year (last Saturday) he succeeded in making it to the summit of Everest.

BOGBOY

1. N. Carty	NBelf	41.38
2. R. Bryson O/40	N'castle	42.27
3. D. McNeilly O/40	N'castle	43.52
4. A. McKibben	N'castle	46.31
5. S. Cunningham	N'castle	46.41
6. D. Brannigan	N'castle	47.11
7. A. Gregg	Larne	47.21
8. G. Arnott	Wwillow	47.51
9. M. Alexander	Ballym	47.54
10. F. O'Hagan O/40	TeamP	48.32

VETERANS O/50

1. (13) B. McKay	Albert	49.29
2. (29) D. McHenry	Willow	54.22
3. (35) P. McGookin	ACKC	55.14

VETERANS O/60

1. (102) T. Donnelly	ACKC	96.01
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LADIES

1. (46) V. Linton	IVO	56.44
2. (49) A. Shannon O/40	N'castle	58.03
3. (66) S. Pruzina O/40	BARF	61.35
4. (70) M. Elliott O/40	LunchLeg	62.16
5. (73) R. McConville	NDown	64.06

O/40

103 finishers

TWO RIGGS

(ST JOHN'S IN THE VALE SERIES)

Cumbria

BM/6.5m/1350ft 29.05.03

We had perfect conditions for an evening run – and two new records. Nick Sharp took a second off the male record and Lou Sharpe took ten seconds off the female record – congratulations to both runners.

Congratulations also to Keswick for taking first men's and ladies' team prizes and to Mark Denham-Smith and Nicola Davies, best male and female competitors over the two days of the Helvellyn and Two Rigg's races.

Thanks over the two days to everyone who took

part and supported competitors – all marshals and registration and results staff; our sponsor, Pete Bland Sports; and most of all Duncan and Gillian Stuart and family for their usual hospitality and help.

Allan Buckley

1. N. Sharp	Amble	39.13
2. D. Birch	Kesw	43.48
3. T. Tipping	HelmH	44.24
4. D. Milliken	Salf	44.48
5. G. Schofield O/40	Horw	44.55
6. M. Denham-Smith	Kesw	45.04
7. P. Brittleton O/40	HelmH	45.21
8. C. Doyle	OldTraff	45.32
9. N. Lockwood	Kesw	45.58
10. P. Singleton	Amble	46.18

VETERANS O/50

1. (35) J. Downie	Kesw	55.06
2. (44) G. Brown	Kesw	56.43
3. (48) I. Charlton	Kesw	57.33

VETERANS O/60

1. (51) R. Bell	Amble	58.55
2. (54) R. Booth	Kesw	60.01
3. (71) H. Blenkinsop	Kesw	79.16

LADIES

1. (18) L. Sharp	Kesw	49.12
2. (23) N. Davies O/40	Borr	52.15
3. (27) K. Beaty O/40	CFR	52.54
4. (33) J. Lee	Unatt	54.39
5. (45) L. Cowell	Kesw	56.45

73 finishers

**TOTLEY MOOR
South Yorkshire
BS/5m/800ft 29.05.03**

Totley Moor Fell Race took place on a rare glorious summer's evening, which makes a pleasant change for all those many helpers and marshals.

The race itself was competitive and close although the first three had sorted themselves out by the time they left the field. Unusually, Steve Penney didn't rush off after finishing to go swimming and joined the throngs drinking in the evening sun.

Apologies to those runners who were sent on an extra loop by some local "yoof". Always study the route beforehand!

William Alves

1. S. Penney	Chest'fld	35.13
2. Paul Sheard	P&B	36.13
3. L. Banton	Clowne	37.12
4. P. Winskill	DkPk	38.11
5. A. Carruthers O/40	Crawley	38.18
6. D. Yates	Matlock	38.22
7. J. Field O/40	Unatt	38.24
8. S. Bell	DkPk	39.05
9. M. Mickling	Shepshed	39.45
10. N. Northrop	DkPk	39.47

VETERANS O/40

1. (5) A. Carruthers	Crawley	38.18
2. (7) J. Field	Unatt	38.24
3. (12) R. Hutton	DkPk	39.59

VETERANS O/50

1. (19) M. Moorhouse	Matlock	41.55
2. (29) A. Ashforth	Hallam	43.38
3. (41) N. Oxley	Unatt	44.45

LADIES

1. (42) H. Thorburn	DkPk	44.45
2. (46) A. Brockinton	Unatt	45.19
3. (88) E. Kay	Hallam	50.03
4. (95) E. Dent	Totley	50.22
5. (104) L. Parry O/40	Cleeth	51.47
6. (107) J. Payne O/40	Shepshed	52.03

163 finishers

**WINCLE TROUT RACE
Cheshire
CS/4.5m/500ft 31.05.03**

The hottest day of the summer so far welcomed fell runners and fete goers to the small village of Wincle in the Peak District National Park. The Trout Run attracted its largest field ever this year, with 197 entries – more than double the previous highest. Fortunately the organisation had been beefed up to cope. Runners came from as far afield as Pembrokeshire and Devon in the south, to Yorkshire in the north. So keen were people to run that arriving late was no obstacle. One ran the course with a £5 note in his hand which he presented at the finish in order to register. He came in fifth too! Another, delayed by traffic, insisted her boy friend rerun the course when she arrived, so she could enjoy it herself too.

The field was led from the start by Lloyd Taggart, who had already built up a good lead by the river crossing. He finished 37 seconds ahead his nearest rival. Bashir Hussain, winner of many local road races came in second, and third was Pete Martin was also first vet. The first lady and first lady vet was Sue Becconsall. The lady veteran's trophy went, however, to 2nd lady vet, Sally Ann Pattison, who was 8th lady overall.

It was a good day for Buxton R.C. with second lady Liz Batt, coming from that club. She also won the first local trophy. It was a good day too for the Pattison's too, as son Timothy picked up the junior trophy.

All runners left with a fresh trout as a prize from Danebridge Fisheries. It was at the fishery where there was a bit of panic. Only 120 fish had been prepared in advance, so it was all hands to the deck as the race started to get another 100 ready in time. But cope they did. The main complaint from the runners was that the river crossing was nearer the start of the race than the end. They had to cool off under the hosepipe at Tolls Farm instead.

Alan Weeks

1. L. Taggart	Bux	28.40
2. B. Hussain	Stock	29.17
3. P. Martin O/40	StaffsM	30.35
4. T. Brunt	StaffsM	30.55
5. J. Heap	HBT	31.00
6. N. Bassett O/40	StaffsM	31.30
7. N. Winfield	Penn	31.39
8. B. Carr O/40	Congle	31.54
9. A. Robertshaw	Otley	31.57
10. S. Bradstock	Castle	32.48
11. B. Walton O/40	Horw	32.58
12. I. Walker O/40	Macc	33.13
13. P. Bowler O/40	Unatt	33.16
14. D. Uffer	Clay	33.22
15. D. Gartley O/40	Horw	33.35

LADIES

1. (41) S. Becconsall O/40	Bing	37.13
2. (45) L. Batt	Bux	37.37
3. (46) S. Jones	Macc	37.42
4. (67) J. Hatton	Unatt	40.00
5. (76) V. Skelton	NthDevRR	41.08
6. (82) M. Calvert	Macc	42.00

192 finishers

**MALLERSTANG & NINE
STANDARDS YOMP
Cumbria
BL/23m/3700ft 01.06.03**

Yompers travelled from all over the UK coming from as far apart as Glasgow, Salisbury, Bristol, Grantham and St Helens, some for just the day but a number making it a weekend away to enjoy our hospitality and the beautiful countryside.

Four records were broken and one equalled with the fastest local team in the Full Yomp knocking 9 minutes off the previous best time. The fastest time for the Full Yomp was set by Peter Brittleton of Kirkby Stephen who led his brother Paul, the second man home, by just 9 minutes.

Eric Binns of Shipley, West Yorkshire, was the quickest in the over 60's class with a creditable time of 5hrs 42 mins which is quite a feat when you consider that the 23 mile course also includes a total climb of over 1000 metres. In fact there were a total of 39 Yompers over the age of 60 with the majority of those in the Full Yomp.

The expenses for this year's event were generously covered by a £1,000 sponsorship from W A Developments of Appleby. Assistance was provided by wives of Rotarians, members of Appleby Rotary and Appleby & District Round Table Clubs, local farmers, friends and colleagues and the local Mountain Rescue Team were on standby in case of emergency.

The weather was warm and fine for the whole of the day and the Yompers enjoyed the spring water served at all checkpoints which was kindly donated by Well Well Well of Armathwaite.

Classic Coaches of Ravenstonedale very kindly provided a vintage single decker bus and driver (he was not quite yet vintage) to convey Short Course Yompers to their starting point at the top of Tailbridge. From all accounts it was a thoroughly enjoyable trip even more so when they found it was free of charge.

There were 104 children under the age of 16 accompanied by Parents, Teachers and Guardians and all returned safely to enjoy the free refreshments served in the school's coffee bar.



Runners leave the showground at the start of the Wincle Trout

The last Yompers home arrived back eleven minutes after six p.m. having completed the Full course in just under ten hours. Comments from them were that it had been a long day but thoroughly enjoyable.

Bill Watkin

Full course

1. P. Brittleton 3.07.00

VETERANS O/60

1. E. Binns 5.42.00

LADIES

1. E. Kinrade 4.25.00

Half Yomp

1. J. Harris 1.48.00

LADIES

1. R. Brown 2.02.00

Short course

1. G. Milligan 1.32.00

LADIES

1. A. Birkbeck 1.01.00

LARA SHINING CLIFFS FELL RACE

Derbyshire

BS/5m/900ft 01.06.03

Following his victory in the previous weekend's Tour of the Derwent Valley, Willy Smith returned to the area to easily win the Shining Cliffs Fell Race in the wonderful woodland setting.

Pressed early on by Tom Plant and Lewis Banton, it was not until the final long downhill section on the first lap that Smith took the lead he was never to lose.

Newcomer to the area's racing scene, Rebecca Cronshaw took the ladies' race by nearly three minutes.

David Denton

1. W. Smith	Kghly	29.11
2. L. Banton	Clowne	29.25
3. T. Plant	DerbyTri	30.55
4. K. Hope	Notts	31.21
5. C. Rowe O/40	Matlock	31.28
6. K. Emery O/40	Unatt	33.15
7. A. Roberts O/40	DerbyTri	33.55
8. M. Moorhouse O/50	Matlock	34.19
9. J. Block	Unatt	35.11
10. P. Evans	Gospport	35.21

VETERANS O/50

1. (8) M. Moorhouse	Matlock	34.19
2. (14) R. Marlow	DkPk	36.30
3. (21) A. Keen	Erewash	39.32

VETERANS O/60

1. (28) E. Makin	HolmeP	43.46
2. (32) A. Bourne	StaffsM	47.22
3. (35) M. Edwards	DkPk	50.15

LADIES

1. (19) R. Cronshaw	LancsM	38.19
2. (25) G. Disney O/40	Erewash	41.08
3. (34) S. Butcher O/40	Matlock	48.44

36 finishers

JUNIORS - 2.5 miles

1. P. Emery Girl	Unatt	22.11
2. J. Emery Girl	Unatt	22.47
3. M. Evans Girl	Derby	23.38

SADDLEWORTH FELL RACE

Lancashire

AS/3m/950ft 01.06.03

It was back to normal for the Saddleworth Fell Race after last years Championship status. However a good field of 79 were treated to near perfect running conditions. Well, perfect for the spectators and perhaps a bit on the hot side for the competitors as none of the records were threatened.

In the men's race, Mike Bouldstridge, 8th last year, led from start to finish, winning in a time of 20:50. This was 43 seconds slower than his time for last year which was possibly due to a slightly altered course or the fact that he had a comfortable lead over the second placed runner.

Christopher Leigh was second to the summit of Alderman followed closely by Mark Hayman, and the two held these positions to the end.

Maureen Laney was the comfortable overall winner of the ladies' race and first lady veteran with a time of 26:40. Karen Mather of the host Club Saddleworth came in second with Lucy Griffiths taking third place overall and being the first junior.

The race was a counter towards the Saddleworth Runners Club Championship ensuring a good club turnout. Consequently Saddleworth took the first team prize with Colin Bishop 6th, Gary Fleet 11th and Ray Green 12th and they also clinched the second team place. Only one ladies' club fielded a complete team - Saddleworth with Karen Mather, Sue Ratcliffe and Clare Gross practicing their twelve times tables in 36th, 48th and 60th places respectively and taking their lead from Maureen who finished in 24th place overall.

Our thanks go to Tanner Brother (Greenfield) for use of the facilities and also for sponsoring the prizes for the first man and lady. Thanks too to the owners of Hollyville for allowing us to run through their grounds. Finally, thanks to all of the helpers without whom I wouldn't have a report to write.

Jeff Kiveal

1. M. Boulstridge	Mercia	20.50
2. C. Leigh	Traff	22.20
3. M. Hayman	DkPk	22.41
4. R. Thackray	Unatt	23.00
5. C. Seddon	Horw	23.25
6. C. Bishop	Sadd	23.28
7. R. Griffiths O/40	Holm	23.39
8. P. Wooddisse	ThamesV	23.49
9. B. Whalley O/40	P&B	24.01
10. D. Emmerson O/40	Unatt	24.15

VETERANS O/50

1. (18) B. Waterhouse	Sadd	26.02
2. (20) R. Futrell	Holm	26.09
3. (21) F. Reddington	Spn	26.24

VETERANS O/60

1. (33) P. Jepson	Ross	28.01
2. (50) D. Gibson	Sadd	30.21
3. (63) G. Royle	Sadd	32.45

LADIES

1. (24) M. Laney O/40	Clay	26.40
2. (36) K. Mather O/40	Sadd	28.05
3. (45) L. Griffiths Junior	Holm	29.33
4. (48) S. Radcliffe O/40	Sadd	30.10
5. (60) C. Gross	Sadd	31.40
6. (64) J. Ashworth	Unatt	32.48

79 finishers

SCOLTY HILL RACE

Scotland

4.5m/1300ft 01.06.03

After 25 years the organisers bit the bullet and moved the start up into the forest to make it a true hill race. With no road sections and a double ascent of Scolty even the Cosmic and Carnethy contingents approved of the new course.

A Carnethy wedding on Donside the day before meant a stronger field than usual but local runners still held their own in the main race. It quickly became a battle between Scottish International Colleagues Graeme Bartlett and

Mark Rigby. They started the second ascent together but the old man pulled away on the top half to take the victory.

The Carnethy influence was more strongly seen in the women's race where Tracey Brindley embarrassed most of the men with her top ten placing with club mate Jill Tait also making the top sixteen.

Ewen Rennie

1. M. Rigby O/40	Cosmic	33.45
2. G. Bartlett	Forres	34.03
3. A. Snith O/40	Dees	36.59
4. M. Johnson	Carn	37.27
5. D. Duguid	AAAC	37.57
6. K. Robertson	Cosmic	38.02
7. T. Brindley Lady	Carn	38.31
8. D. Hirst O/40	Dees	38.39
9. H. Lorimer	HBT	38.44
10. C. Glencorse	Perth	39.10

VETERANS O/50

1. (20) A. Jermieson	Clancoal	41.56
2. (25) G. Milne	Unatt	43.34
3. (39) C. Pritchard	Carn	48.11

LADIES

1. (7) T. Brindley	Carn	38.31
2. (16) J. Tait	Carn	41.03
3. (18) I. Williams	Unatt	41.46
4. (19) S. Armitage O/40	Cosmic	41.54
5. (21) R. Mackenzie	Dees	42.31
6. (26) J. Rae	Cosmic	44.00

69 finishers

WAUGH'S WELL FELL RACE

Lancashire

AS/4m/1000ft 03.06.03

The tenth running of this race saw a field of 113 runners take to the hills in dry but windy conditions. This was the fourth counter in the South Pennines Grand Prix Race Series.

The men's race saw a welcome return to athletics for Bashir Hussain following his travels, who took first place in 31.09, followed by Robin Lawrence, less than half a minute behind. Karl Gray finished third and Stewart Gregory held off Neil Ashcroft by three seconds, finishing fourth and fifth respectively.

Performance of the evening, however, must be credited to Vanessa Peacock, who knocked over six minutes off the over 50's record to win the women's race outright and finish 31st overall. Lucy Whittaker, making a welcome return to racing after her studies, produced an excellent performance to finish second.

Another record fell to Rob Howarth, who took 18 seconds off the over 40's record finishing first veteran and sixth overall.

Improving Wajib Ali finished in seventh overall and first junior.

Super Vet and 'roving in-race photographer' Pete Jepson, was a clear winner in the over 60's finishing 50th overall; this was his second tour of the course having flagged it earlier in the day (see website for photos!).

Very grateful thanks to sponsors Bury Motor Bodies and Bogarts Brewery who provided the prize list. Thanks also to all the helpers - you know who you are, as well as the Rossendale and Pendle Mountain Rescue Team for being in attendance.

On a sadder note, thanks to the Holt Family of Scout Barn Farm (where the race passes through). Tragically, farmer Tom Holt died in a horrific accident just two weeks earlier and the family suffered another bereavement when his brother Richard (also a local farmer) died three

days later following a short illness. It was agreed that the profits from the race should be split between Leukaemia Research Fund – the Holt family's chosen charity, as well as the TVRA Children's Playground Appeal.

Thanks once again to all involved – helpers and runners and see you next year.

Cath Hignett

1. B. Hussain	Stock	31.09
2. R. Lawrence	Bing	31.37
3. K. Gray	CaldV	31.49
4. S. Gregory	HolmeP	32.13
5. N. Ashcroft	Amble	32.16
6. R. Haworth O/40	Horw	32.21
7. W. Ali Junior	Roch	32.54
8. S. Hoyle	Ross	32.55
9. A. Carruthers O/40	Crawley	33.44
10. S. Clawson	Ross	34.09

VETERANS O/50

1. (18) D. Schofield	Ross	35.52
2. (24) B. Waterhouse	Sadd	36.33
3. (30) J. Dore	CaldV	36.54

VETERANS O/60

1. (58) T. Peacock	Clay	41.31
2. (70) A. Shaw	Tod	43.10
3. (72) D. Gibson	Sadd	43.31

LADIES

1. V. Peacock O/50	Clay	37.07
2. L. Whittaker	Sadd	37.54
3. S. Clough O/35	Unatt	38.50
4. G. Cook O/40	Roch	40.46
5. C. Waterhouse O/35	Hfx	41.07
6. J. Smith O/45	Tod	41.14
7. L. Crabtree O/40	CaldV	42.10
8. J. Haworth O.35	Horw	43.50

112 finishers

BLENCATHRA FELL RACE

Cumbria

AM/8m/2700ft 03.06.03

Safety pins and race numbers were dispensed with at this race as we welcomed the introduction of technology in the form of sportident. We kitted out 87 starters with wrist straps and dibbers and set them off into the hills. Visibility remained good throughout but there were strong winds on the tops and some rain later in the race. 84 finished, all visited the correct checkpoints and were given accurate split times at the download station in the village hall. We were able to instantly report who was still on the fell, and as the checkpoints came in, record their progress on the route. We even managed to track the only runner who finished but did not download and took their dibber home for a shower. This technology is the way forward for fell races and I would recommend it to any race organiser. Get involved now, visit www.sportident.co.uk

As for the race, we know the winner, Morgan Donnelly, was the first to each checkpoint and was the fastest climber. Kings of the descents were Mark Denham-Smith and Steve Birkinshaw but not fast enough to overhaul Morgan. Nicola was first lady in 21st place overall. Everyone enthused about the technology and enjoyed this classic race.

Thanks to all helpers, especially Sarah and Richard on entries, Paul Alex and Jason at the checkpoints and of course, Martin on the computer. And thanks to all the runners who keep this event alive.

Simon Lloyds

1. M. Donnelly	NFR	1.07.59
2. M. Denham-Smith	Kesw	1.08.35

3. S. Birkinshaw	NFR	1.09.24
4. N. Lockwood	Kesw	1.11.44
5. J. Archbold	CFR	1.11.58
6. S. Freeman O/40	Amble	1.12.50
7. J. Noblett O/40	WCOC	1.12.52
8. D. Birch	Kesw	1.13.29
9. S. Bennett	Eden	1.14.44
10. I. Cousins	CFR	1.15.33

VETERANS O/50

1. (24) D. Milligay	Solway	1.20.44
2. (34) D. Lees	CFR	1.23.49
3. (37) G. Brown	Kesw	1.24.04

VETERANS O/60

1. (48) B. Booth	Kesw	1.29.59
2. (80) J. Taylor	Amble	1.50.57

LADIES

1. (21) N. Davies O/40	Borr	1.19.19
2. (23) K. Beaty O/40	CFR	1.20.22
3. (30) J. Lee	Unatt	1.23.03
4. (57) S. Lewsley	Kesw	1.33.25
5. (60) N. Barton	Eden	1.33.56

84 finishers

PADDY'S POLE FELL RACE

Lancashire

AS/4.5m/1100ft 03.06.03

Danny Hope returned to record his second consecutive victory although he was some way off the record he set last year. Steve Sweeney followed him home in second place just as he did last year although he closed the gap between them to just 10 seconds. Will the positions be reversed next year or will Danny make it an unprecedented 3 in a row?? In the veteran's category Tony Hesketh lowered the MV50 record by 1m 58sec.

For the ladies, Tricia Sloan finished 32nd overall beating the previous ladies record by 2m.12sec whilst M. Laney took a massive 4m 40secs of the LV40 record.

The presentation took place in the local village hall accompanied by the pie n' peas supper that has always been a feature of this race.

Brian Dearnaley

1. D. Hope	P&B	32.04
2. S. Sweeney	Bowland	32.14
3. S. Thompson	Clay	32.19
4. C. Reade	Bowland	32.42
5. C. Seddon	Horw	33.05
6. Q. Harding O/40	Bowland	33.22
7. P. Thompson	Clay	33.26
8. T. Hesketh O/50	Horw	33.57
9. D. Scholes	Kghly	34.14
10. G. Menzies	Prest	34.18

VETERANS O/40

1. (6) Q. Harding	Bowland	33.22
2. (11) J. Wootton	Wharfe	34.25
3. (14) K. Gaskell	Horw	34.44

VETERANS O/50

1. (8) T. Hesketh	Horw	33.57
2. (33) G. Newsam	Clay	36.54
3. (34) P. Booth	Clay	36.59

VETERANS O/60

1. (44) J. Nuttall	Clay	39.52
2. (77) D. Simpson	Prest	43.23
3. (78) D. Kay	Horw	43.29

LADIES

1. (32) T. Sloan	Salf	36.49
2. (35) M. Laney O/40	Clay	37.07
3. (66) J. Robinson O/40	Garstang	42.42
4. (76) N. Richards	Unatt	43.19
5. (85) S. Harding	Bowland	44.28
6. (87) N. Fellowes	Eryri	44.52

145 finishers

CALVER PEAK FELL RACE

Derbyshire

BS/5m/900ft 04.06.03

In June 2002 the organisers saw the Calver jubilee celebrations as an opportunity to resurrect an event not seen in the village since the coronation year. On a very wet day 42 runners set off from the Derwentwater Arms to test a route including 900ft of climb and a range of limestone terrain. The route proved to be a challenge for all runners, with a number of good climbs and some tricky descents.

A year on and an excellent field of 127 runners turned up to enjoy better weather conditions and a competitive field. The normal short burst of rain ensured a wet start line, although this soon cleared to provide good running conditions and fast times. The location, spectators and the adjacent cricket match soon generated an excellent atmosphere and dodging some good sixes from the batsmen provided additional entertainment for all.

Last year's winner, Phil Winskill, was unable to compete through injury but turned up to support the event. His course record was, however, beaten this year by an excellent performance from Lewis Banton, who ran away from the field to win. Despite some initial confusion in the female category a well-deserved first prize went to Karen Davison, who (as Karen Dalton) was second in this category in last year. There were no entries from local females this year, so Amy Barber's course record in this category remains and we were able to award a second female prize to Sara Hodgson. The male veterans' category was competitive with Robert Hutton taking the prize in ninth place overall, just ahead of Dave Broddle (the first male local) fresh from his Lands End to John o' Groats off-road bike ride!

A good turn out from clubs including Dark Peak, Totley and the Fat Boys' RC.

The organisers would like to thank all those who helped with this event, the marshals, the registration team, those who provided refreshments, medical care, their time, resources and energy. Particular thanks go to Ian and Brenda at the Derwentwater Arms in Calver for providing parking, the use of their facilities and the opportunity to sample their excellent food, wine and beer. Likewise special thanks go to Wooton King at Outside (Mountain Shops) for providing excellent prizes. Proceeds from the race will be going to the Calver Playground Action Group.

Many thanks to the runners for making the race an enjoyable and popular event - we hope to see everyone next year.

Pete Grover & Matt Boyes

1. L. Banton	32.06
2. D. Yates	33.40
3. N. Northrop	34.22
4. A. Middleditch	34.38
5. J. Teece	34.49
6. D. Bradbury	35.03
7. J. Boyle	32.57
8. P. Hodges	35.33
9. R. Hutton Veteran	35.43
10. D. Broddle Local	35.46

VETERANS

1. (9) R. Hutton	35.33
2. (12) S. Smith	35.51
3. (14) A. Moor	36.12
4. D. Appleton	36.16
5. M. Moorhouse	36.29
6. A. Renfree	36.36

LADIES

1. (36) K. Davison	38.17
2. (48) S. Hodgson	39.24
3. (54) H. Winskil	40.22
4. (55) M. Taylor	40.33
5. (58) T. Lye	40.48
6. (63) J. Bednall	41.10

127 finishers

**ROCKY (HILL & DALE SERIES)
Mourne Mountains
AS/4m/1300ft 05.06.03**

The storm was brewing, in more ways than one, on Thursday night past, the strong southerly wind was strengthening as the evening approached and skiffs of rain blew in and out, but never materialised into too much before the race was over.

Rocky is a great race. It has everything there is in fell racing from steep climbs and descents, faster sections on track, bog running and, last but not least, a route that is obvious when the weather is fine and not so obvious when the cloud descends. The latter was the case tonight, to the cost of 2003 Acheson & Glover Series Champion, Neil Carty and Ally McKibbin.

Carty and McKibbin moved steadily away from the 102 strong field, as the race climbed steeply along the wall rising out of Leitrim Lodge. Onto the track and the lead was extended further from Alex Brennan, Andy Gregg, Stevie Cunningham and Damien Brannigan. The gale was awesome and Cunningham demonstrated how much he has learned already in his novice-year of racing by tucking in behind Brannigan as the wind hit 50mph on the climb to Altnataggart. Mind you, given the frame of Brannigan, tucking in behind doesn't really do too much good!!

Anyway, up ahead, Carty and McKibbin turned, everything well, at the first checkpoint, and as the group behind approached they couldn't help but notice that they seemed to be heading a bit too low down the valley for the direct line to Pearse's Castle; the race was on, maybe they could be caught?

Off Altnataggart, Brannigan & co stuck to the track and soon found themselves on the summit of Pearse's to be greeted by Mawhirt and Daughter and the surprising news that they were leading; where were Carty and McKibbin? Enough talk of them for now. Behind in the women's race, last year's champion Shileen O'Kane was making a welcome return from many, many, many months off; could she make a winning start? No was the answer, mortal after all. It was, instead, Violet Linton and Alwyn Shannon who were setting the pace, in the absence of this year's champion Sharon McBurney.

Back at the front of the race (or was it?), Carty continued to stretch McKibbin as they crossed the ridge to Tournaman Rock and onto Rocky mountain itself. Behind, Cunningham demonstrated his improvement as he out climbed Brannigan on the run up Rocky with Brennan and Gregg in close attention. Cunningham is fast on the descent, but so is Brannigan and as they turned for home, the fierce wind pushed hard against the runners as they plunged down the mountain.

Carty kicked for home and McKibbin took a tumble and the race was over. 32 minutes 15 seconds was the time with McKibbin 28 seconds behind. Cunningham was next in 36 minutes dead, five seconds clear of Brannigan. Brennan was only six seconds back with Gregg 15 more seconds adrift.

Meanwhile back at the front, Carty and McKibbin had given the race organiser, Brannigan, a major headache. Not only had Pearse's Castle marshal Mawhirt not seen them, but Carty had crossed the line 105 seconds inside Mawhirt's 4-year old course record. Given the course conditions, wet underfoot and the strong gale, it is clear that this was a problem. Eventually, after a quick organising committee summit and even some input from non-committee members (valid points Willie John, but no standing), the decision was taken to exclude the two protagonists from the official results. At the end of the day, it was decided that when they had reached the ridge, they should have turned right and gone to the summit of Altnataggart, rather than turning left and, although close, it was not the right direction. Brannigan had made it clear that there were checkpoint marshals at four points and this is part of the sport, make the four points or well... the rest is history. At least there are now two real candidates for the 'Lost in the Mountains' Trophy. So controversy reigned; well it wasn't too bad, Carty was half way to Belfast and McKibbin was back at home at this stage. It was left to Marty McVeigh to heckle the race organiser at the prize giving, not for any real reason, but mainly because he enjoys heckling. All in a night's craic at Doran's ever welcoming pub, near Hilltown.

BOGBOY

1. S. Cunningham	N'castle	36.00
2. D. Brannigan	N'castle	36.05
3. A. Brennan	Ballym	36.11
4. A. Gregg	Larne	36.16
5. R. Rodgers	N'castle	37.26
6. C. McGreevy	TeamP	37.32
7. G. Bailey	ACKC	37.43
8. A. Mitten Junior	N'castle	37.46
9. J. Brown O/40	BARF	37.51
10. S. Linton O/40	NWOC	38.22

VETERANS O/50

1. (24) B. Magee	Larne	41.34
2. (28) P. McGookin	ACKC	41.56
3. (35) D. McHenry	Willow	42.48

VETERANS O/70

1. (100) J. Metcalfe	Unatt	65.40
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LADIES

1. (39) V. Linton	IVO	43.12
2. (45) A. Shannon	N'castle	44.05
3. (65) M. Elliot O/40	LunchLeg	47.02
4. (71) S. O'Kane	BARF	48.00

100 finishers

**BEACON HILL FELL RACE
Northumberland
AS/5.75m/1500ft 05.06.03**

1. S. Coxon O/40	Tyne	51.18
2. M. Broadhurst O/40	Tyne	51.36
3. J. Ross	NFR	51.41
4. J. Dickinson O/40	Tyne	51.43
5. M. Jeffrey O/40	NFR	52.19
6. D. Atkinson	NFR	54.06
7. M. Byron	Tyne	55.53
8. D. Batey	CRAP	57.35
9. M. Golightly	NSP	57.59
10. J. Marsh O/50	Teviot	58.15

VETERANS O/50

1. (10) J. Marsh	Teviot	58.15
2. (15) J. Dallinson	NFR	60.26
3. (20) D. Cockburn	NFR	63.29

VETERANS O/60

1. (29) R. Hayes	NFR	66.27
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LADIES

1. (16) L. Wilkinson	NFR	61.14
2. (28) J. Walker O/40	NFR	66.16
3. (40) S. Jeffrey O/40	Morpeth	68.44
4. (42) J. Ryall O/40	Tyne	69.23
5. (43) S. Welsh	NFR	71.15

51 finishers

**ROCHDALE HARRIERS 3-DAY EVENT
Lancashire
06/07/08.06.03**

DAY ONE 6m/Road

1. J. Kovacs	Salf	34.07
2. R. Jackson	Horw	34.35
3. I. Selby	Bolt	35.02

VETERANS O/40

1. (5) B. Gregory	Stock	37.02
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VETERANS O/50

1. (24) S. Hindmarsh	ManYMCA	43.08
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VETERANS O/60

1. (29) B. Buckley	Gloss	43.56
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LADIES

1. (12) C. Needham	Roch	39.24
2. (27) C. Waterhouse O/35Hfx		43.34
3. (28) J. Needham O/50	Roch	43.50

55 finishers

DAY TWO 6.5m/Multi-terrain

1. J. Kovacs	Salf	35.56
2. R. Jackson	Horw	37.26
3. I. Selby	Bolt	38.10

VETERANS O/40

1. (5) B. Gregory	Stock	40.22
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VETERANS O/50

1. (18) M. Sadula	Roch	47.19
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VETERANS O/60

1. (21) B. Buckley	Gloss	48.10
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LADIES

1. (12) C. Needham	Roch	44.44
2. (17) C. Waterhouse O/35 Hfx		47.10
3. (22) J. Needham O/50	Roch	48.15

37 finishers

**DAY THREE Knowl Hill Fell race
AM/6m/1800ft**

1. J. Logue	Horw	43.47
2. J. Kovacs	Salf	44.09
3. R. Jackson	Horw	45.55

VETERANS O/40

1. (5) B. Whalley	P&B	47.19
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VETERANS O/50

1. (15) J. Dore	CaldV	51.58
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VETERANS O/60

1. (34) B. Buckley	Gloss	56.06
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LADIES

1. (13) V. Peacock O/50	Clay	51.16
2. (23) L. Whittaker	Sadd	53.19
3. (32) C. Needham	Roch	55.36

77 finishers

OVERALL RESULTS

1. J. Kovacs	Salf	1.54.12
2. R. Jackson	Horw	1.57.56
3. I. Selby	Bolt	2.01.16
4. W. Ali	Roch	2.01.54
5. B. Gregory O/40	Stock	2.08.27

VETERANS O/50

1. J. Cox	Middle	2.33.40
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VETERANS O/60

1. (15) B. Buckley	Gloss	2.28.10
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LADIES

1. (12) C. Needham	Roch	2.19.44
2. (16) C. Waterhouse O/40	Hfx	2.29.00
3. (21) J. Needham O/50	Roch	2.33.51

31 finishers

MAN v HORSE MARATHON**POWYS****BL/22m/4000ft 07.06.03**

Mark Croasdale, recently back from service in the Gulf, ran the first leg of the relay for the Croasdale Crusaders and continued on to finish the total race in 2.19.02, just 17 minutes behind the first horse. His relay team won the first relay team prize.

James McQueen, last year's winner ran against Robyn Petrie Ritchie for the Lord Sutcy Memorial prize, which was won by Robyn. Cythia Payne presented the prizes given by William Hill, our sponsors.

Next year, being the 25th anniversary, will be a special one and £25,000 is on offer by William Hill for the first runner to beat the first horse (two years ago there was only one and a half minutes difference!!). Next year's race will be on 12 June 2004.

Gordon Green

1. (7) M. Croasdale	None	2.11.16
2. (8) J. McQueen	Eryri	2.24.45
3. (13) W. Cockerell	Belgrave	2.32.02
4. (14) L. Hasell Lady	Bristol	2.34.43
5. (15) D. Humphreys	YstradColl	2.36.59
6. (17) J. Thorn	Head	2.42.01
7. (22) I. Smallwood O/40	Wilmslow	2.47.49
8. (23) C. Nellins O/40	Head	2.48.20
9. (24) S. Goulding O/40	Pewsey	2.49.56
10. (25) M. Horton Lady	Head	2.50.16

WHARFEDALE OFF-ROAD MARATHON**North Yorkshire****BL/25m 07.06.03**

1. M. Bradbury	3.30.00
2. S. Watkins	3.31.00
3. P. Browning	3.33.00

LADIES

1. K. Chown	3.49.00
2. A. Gull	3.51.00
3. A. Bullock	3.52.00

GLAS TULAICHEAN UPHILL RACE**Grampian****AS/4.5m/2200ft 07.06.03**

A high class field this year. Angela Mudge broke her excellent record by 38 seconds. She seems to break records on a weekly basis, and must be on course for another great run in the World Championships in Alaska in September. Iain Donnan also broke the junior record set by Joe Symonds in winning last year's race. Phylis Lemoncello and Ewan Paterson broke the over 50 records for women and men.

A remarkable achievement was by Prasad Prasad who e-mailed to say that he had never run before. He knew that he could not possibly run downhill but was considering trying to run uphill. Would it be OK? I tried, rather patronisingly, to put him off. "High mountains are not a safe place to get exhausted or injured." He said that he could cycle, so he turned up and ran anyway. He finished 5th!

I am once again indebted to more folk than I can mention. Scott Fraser, who marked the course along with John Coon and Joyce Salvona, has been selected as the youngest member of the Great Britain orienteering team for the Junior World Championship. So the kilometre markers were immaculate! Steve Mason and Jim Galbraith were brave summit timekeepers. Julie and Brendan Toner looked after the juniors with Paul Emsley, Irene Gibson and the Dundee

Hawhill crew offered first aid and massage, as well as a feast of home cooking.

The event could not happen without the willing donation of help and facilities from Simon Winton at the Dalmunzie Hotel. It was good to see Simon taking part in the race once more.

We hope to see you all again next year. Enjoy our wonderful hills meantime.

Martin Hyman

1. R. Quinn	Kilbarchan	34.36
2. G. Bartlett	Forres	36.44
3. I. Donnan	Lothian	37.02
4. A. Anthony	Central	37.14
5. P. Prasad	Unatt	38.13
6. J. Symonds Junior	Dundee	38.37
7. A. Mudge Lady	Carn	38.50
8. R. Gallagher O/40	W'lands	39.16
9. M. Shaw O/40	Unatt	39.26
10. A. Ward O/40	Carn	39.48

VETERANS O/50

1. (11) E. Paterson	Moray	40.04
2. (17) J. Blair-Fish	Carn	42.30
3. (20) A. McGuire	Fife	45.25

VETERANS O/60

1. (41) C. Love	Dundee	50.46
2. (44) C. Pritchard	Carn	52.11
3. (47) S. Cromar	Dundee	54.34

LADIES

1. (7) A. Mudge	Carn	38.50
2. (22) S. Ridley	EWM	45.44
3. (30) S. Armitage O/40	Aberd	47.36
4. (35) L. Burt	Fife	49.37
5. (42) E. Patterson	Unatt	50.57
6. (46) S. Legge	Carnegie	54.26

58 finishers**JUNIOR RACE**

1. K. Greig	Forres	12.34
2. A. Hay	Central	13.12
3. A. McCallk	GreenGlen	13.32
4. G. Caskie	EKilb	13.42
5. D. Phee	GiffN	14.06

18 finishers**KELBROOK FELL RACE****Lancashire****BS/3m/700ft 07.06.03**

The race was run in near perfect conditions using the new route for the first time. The winner was Thomas Cornthwaite after an exciting duel with Andy Stubbs. The winning time of 22.22 now becomes the course record for the new route which proved to be very popular with the runners.

Ian Ramsay

1. T. Cornthwaite U/20	B'burn	22.22
2. A. Stubbs	Clay	22.38
3. D. Scholes	Kghly	23.04
4. J. Roche O/40	Clay	23.23
5. R. Barrett	Skip	23.31
6. J. Barrow	PendleF	23.35
7. S. Clare	Clay	23.41
8. S. Whittaker O/40	Clay	23.43
9. P. Archer	Unatt	23.49
10. S. Haggerty	S'hampton	24.02

VETERANS O/50

1. (19) B. Mitchell	Clay	25.37
2. (22) J. Pickup	Clay	25.55
3. (27) B. Scholes	Setle	26.52

VETERANS O/60

1. (41) R. Jaques	Clay	28.28
2. (44) P. Heneghan	Unatt	28.42
3. (58) J. Deardon	Hels	31.01

LADIES

1. C. Leah	Clay	26.59
2. A. Kelly	Clay	27.55
3. D. Robson	Clay	28.11
4. A. Barrowclough	Clay	29.46
5. J. Kelly	Trawden	32.22
6. L. Middleton	Unatt	33.37

91 finishers**CIOCH MHOR HILL RACE****Ross shire****AM/8m/2250ft 07.06.03**

Saturday morning started bright and clear, unlike the media forecast, and improved as the day progressed!

The course of last year's inaugural run had to be changed slightly to avoid a couple of sheep dog trials, involving some 40 dogs, taking place around the trig point! At least we had plenty of safety cover to round up any stray runners!

The sun was shining as the race started with 21 runners, including one junior - double last year's entry! They soon spread out over the slightly shorter course of farm tracks, fields, river crossing and heather slopes.

Battling against the heat, Angus McLeod was first to turn, closely followed by James McAllister whose youth and strength gave him the winning time.

No problems arose due to the well marshalled and marked course and everyone enjoyed refreshments in the local sports centre, where a bouncy castle was available for any runners who still had excess energy. Prizes of whisky, beer, haggis, meat puddings and wine, were all donated by local businesses.

Alex Brett

1. J. McAllister	Unatt	1.02.41
2. A. McLeod O/40	Unatt	1.04.01
3. M. Cumming	H'landHR	1.04.42
4. C. Upson	W'lands	1.07.49
5. P. Rodden	H'landHR	1.07.58
6. B. Fieldsend	Invern	1.08.43
7. S. Worsley O/40	InsH	1.10.35
8. G. Mitchell O/50	InsH	1.10.42
9. A. Dytych O/40	H'landHR	1.13.42
10. G. Irvine Lady Vet	H'landHR	1.18.24

LADIES

1. (10) G. Irvine O/40	H'landHR	1.18.24
2. (12) M. Johnson	H'landHR	1.20.54
3. (13) H. Tibbs	Unatt	1.21.31

21 finishers**PEN Y GHENT FELL RACE
(British/English Championship)****North Yorkshire****AS/5.5m/1650ft 07.06.03**

1. M. Roberts O/40	Borr	44.30
2. J. Brown	Salf	44.33
3. N. Sharp	Amble	44.44
4. S. Bailey	StaffsM	44.53
5. I. Holmes	Bing	46.26
6. M. Boulstridge	Mercia	46.30
7. P. Davies	Borr	46.43
8. A. Peace	Bing	46.54
9. R. Jebb	Bing	47.08
10. M. Rigby O/40	Amble	47.32
11. J. Aitkinson	Amble	47.40
12. L. Taggart	Bux	47.44
13. R. Bryson O/40	N'castle	47.52
14. S. Stainer	Amble	47.56
15. T. Werrett	Mercia	48.03
16. C. Leigh	Traff	48.09
17. J. Bland	Borr	48.16
18. C. Roberts	Kend	48.19



Mark Roberts flying down to win Pen y Ghent
(Photo Allan Greenwood)

19. G. Ehrhardt	Tod	48.24
20. P. Leybourne	Salf	48.31
21. C. Stead	NFR	48.40
22. D. McNeilly O/40	N'castle	48.45
23. N. Leigh	Altr	48.46
24. R. Lawrence	Bing	48.48
25. T. Tipping	HelmII	48.49
26. A. Schofield	Borr	48.53
27. A. Hart	HBT	49.07
28. W. Smith	Kghly	49.20
29. R. Hope	P&B	49.26
30. J. Hunt	CFR	49.32

VETERANS O/40

1. (1) M. Roberts	Borr	44.30
2. (10) M. Rigby	Amble	47.32
3. (13) R. Bryson	N'castle	47.52
4. (22) D. McNeilly	N'castle	48.45
5. (31) M. Fowler	Penn	49.42

VETERANS O/50

1. (51) D. Overton	Kesw	51.22
2. (79) B. Grant	Hgte	53.16
3. (96) H. Jarrett	CFR	54.43
4. (99) M. Walsh	Kend	54.50
5. (104) N. Pearce	Ilk	55.08



Sally Newman and Natalie White fight it out at
Pen y Ghent (Photo Mark Aspin)

VETERANS O/60

1. (173) J. Amies	Macc	58.26
2. (244) P. Murray	Horw	62.27
3. (255) J. Marsh	TarrenII	63.11
4. (260) P. Jepson	Ross	63.36
5. (262) T. Minikin	Kghly	63.50
6. (264) N. Bush	Ilk	63.58

VETERANS O/70

1. (397) H. Catlow	CFR	77.20
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412 finishers

LADIES RACE

1. T. Brindley	Carn	54.32
2. L. Sharp	Kesw	54.53
3. A. Buckley	Salf	57.21
4. N. White	Holm	58.36
5. K. Beaty O/40	CFR	58.44
6. T. Sloan	Salf	58.56
7. M. Laney O/40	Clay	59.06
8. K. Davison	DkPk	59.47
9. S. Taylor	Bing	60.43
10. S. Newman O/40	CaldV	60.44

85 finishers

WELSH 1000 METRE PEAKS

Gwynedd
07.06.03

ABER START

AL/22m/8000ft

1. A. Atkinson-Flint	Guild	4.20.43
2. B. Johnston	Eryri	4.26.51
3. P. Evans	Eryri	4.27.21
4. C. Near	Eryri	4.27.50
5. R. Ansell O/40	Tring	4.37.29

VETERANS O/50

1. (11) R. McArthur	Meltham	5.00.59
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VETERANS O/60

1. (43) C. Jones	MDC	6.49.00
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LADIES

1. (27) P. Phillips	Eryri	5.51.50
2 (33) J. Ewals	Wrex	6.15.11
3. (34) S. Farrar O/40	Unatt	6.15.37

49 finishers

OGWEN START

AM/8m/4000ft

1. G. Rees	Eryri	1.45.15
2. R. Mapp	Ludlow	2.03.50
3. J. Breytenbach	Stratf	2.06.21
4. G. Spencer O/50	Mercia	2.09.08
5. S. Cannons	Unatt	2.10.00

LADIES

1. E. Dunnington O/40	Eryri	2.12.22
2. (9) S. Hargreaves O/50	WEnd	2.25.13

18 finishers

PENISTONE HILL RACE

South Yorkshire

BM/7m/1055ft 08.06.03

1. S. Penney	Chestfld	44.36
2. S. Gregory	HolmeP	46.18
3. P. Hinchcliffe	Barns	47.54
4. S. Rippon O/40	Barn	48.03
5. M. Law	Barn	48.10
6. T. Greenwood O/40	Penn	48.18
7. C. Rowe O/40	Matlock	48.27
8. A. Moore O/40	DkPk	50.02
9. D. Griffin O/40	P'stoneFP	50.06
10. K. Holmes O/40	DkPk	50.17

VETERANS O/50

1. (14) D. Tait	DkPk	50.49
2. (16) R. Futrell	Holm	51.11
3. (26) R. Marlow	DkPk	52.45

VETERANS O/60

1. (43) M. Coles	Skyrac	57.32
2. (52) B. Needle	DkPk	61.32
3. (65) T. Tovey	Barns	72.01

LADIES

1. (34) D. Waite O/40	Unatt	54.33
2. (37) J. Johnson O/40	Unatt	55.45
3. (42) F. Davies	Oneto	56.38
4. (46) P. Goodall O/45	Totley	58.57
5. (57) B. Haigh O/50	P'stoneFP	64.21

70 finishers

PEACOCK CHALLENGE
MOUNTAIN MARATHON

Derbyshire
MM 08.06.03

An excellent turn out from across the region and what quality! High scores were the order of the day in this 5 hour mountain marathon score event for teams of two. Winners Kevin Lomas and Patrick Devine-Wright posted a maximum score with a succession of excellent scores right down the field. The clash of the supervet titans was a sight to behold as was the consumption of copious quantities of food and drink post run (not just by those of more mature years I hasten to add!) The Derbyshire nettle population remained undisturbed this year much to the relief of many and only those with later start times were lucky enough to cop the thunderstorm.

Thanks to all the competitors for making it an excellent day all round.

A good run, plenty of food and animated post race banter made for a great atmosphere.

I'm indebted to the organising team of Steve Mead, Barry Mosley, John Heald, Dave Furness, Alison Harrison and Yvonne Salome-Keetley together with the fantastic Catering Crew. (Look out Wilf's!)

Big thanks also to Andy and Tim at Peakstore.com, Bakewell and to Jason at CCC, Hathersage for their invaluable support.

So planning starts afresh for next year's event and we look forward to seeing you back in the Peak.

Paul Keetley

1. K. Lomas/P. Devine-Wright
2. M. Sleath/R. Buxton (Male Veterans)
3. L. Atchison/C. Pearson (Mixed)
4. J. Warden/G. Tiffany (Male)
5. R. Small/K. Saville (Male Veterans)
6. T. Hawley/T. Ray (Male)
7. M. Musson/M. Musson (Male Super Veterans)
8. J. Fulton/H. Cotton (Male Super Veterans)
9. J. Sharp/R. Bleakman (Male Super Veterans)
10. A. Worthington/J. Heyworth (Male Super Veterans)
13. S. Martin/T. Martin (Adult & Junior)
22. G. Harrington/S/ Russell (Female Veterans)
28. S. Hodgson/M. Hodgson (Mixed Veterans)

46 finishing teams

COLEDALE HORSESHOE FELL RACE

Cumbria

AM/9m/3000ft 10.06.03

This was a good race despite the breeze with new records being set by Rob Jebb and Angela Brand-Barker.

Thanks to everyone who helped organize the event and also to everyone who helped put up the tent while struggling against the wind.

In order to keep down the queues at registration next year (Tuesday 8 June), entry forms will be handed out as competitors enter the parking field, so please try and have a pen handy!!

Sam Ayers

1. R. Jebb	Bing	1.13.50
2. G. Ayers O/40	CFR	1.20.04
3. D. Birch	Kesw	1.21.38
4. M. Denham-Smith	Kesw	1.22.34
5. J. Hemsley	P&B	1.23.19
6. T. Oakes	Unatt	1.23.26
7. P. Brittleton	Howgill	1.23.50
8. B. Taylor	CFR	1.24.03
9. J. Tomlinson O/40	Bowland	1.24.17
10. R. Lightfoot	CFR	1.25.06

VETERANS O/50

1. (14) J. Winn	CFR	1.28.12
2. (16) D. Spedding	Kesw	1.30.48
3. (40) M. Berry	BlCombe	1.40.08

VETERANS O/60

1. (57) R. Booth	Kesw	1.45.24
2. (65) R. Bell	Amble	1.48.27
3. (83) B. Johnson	CFR	1.56.44

LADIES

1. A. Brand-Barker O/40	Kesw	1.32.55
2. (25) K. Beaty O/40	CFR	1.34.45
3. (33) S. Taylor	Bing	1.37.05
4. (37) J. Lee	Unatt	1.38.31
5. (66) C. Kenny O/40	Amble	1.49.11

104 finishers

BEN SHEANN HILL RACE Perthshire AS/2.5m/1400ft 11.06.03

Thundery rain in the afternoon made the prospect of a good race doubtful but in tribute to the forty plus optimistic entrants, the rain stopped before the start.

Despite slippery underfoot conditions, a good race was run without injuries or mishaps. An increase in the number of local runners was welcome.

As always, there was pleasant hour (or so) of socializing in the pub afterwards.

A. Bennie

1. B. Marshall	HELP	25.52
2. A. Smith O/40	Deeside	27.12
3. J. Stevenson O/40	Ochil	27.21
4. D. Crowe O/40	Shettle	27.22
5. S. Simpson	Ochil	28.39
6. D. McGonigal O/40	Shettle	29.37
7. D. Reid O/40	W'lands	29.44
8. S. Hall	Unatt	30.30
9. P. White	Ochil	30.46
10. D. Bearhop O/40	Carn	31.13

VETERANS O/50

1. (15) M. McLeod	W'lands	31.32
2. (29) J. Outhis	Unatt	37.28
3. (32) E. Dealtry	Ochil	38.16

LADIES

1. (30) S. Johnston O/40	Unatt	37.29
2. (31) D. McDonald O/40	HBT	38.06
3. (35) J. Polak O/40	Milburn	38.32

44 finishers

HOLCOMBE TWO TOWERS FELL RACE Lancashire BS/5.2m/1000ft 11.06.03

The amended route down from the tower meant a new course record for the improving Rochdale athlete, Wajib Ali. The new finish ensured a more scenic run down off the tower and eliminated the tarmac completely, making fell shoes essential.

Just as Wajib led from the front all the way round, so in the ladies' race, Evelyn Dugdale stormed ahead of local Donna Allen to set the new ladies' record.

Rossendale members were out in force as expected for a local fell race.

As agreed, the new finish made for a much improved course.

A Smith

1. W. Ali	Roch	35.32
2. P. Thompson	Clay	36.18
3. T. Taylor O/40	Ross	36.38
4. K. Gaskell O/40	Horw	36.56
5. R. Litherland	FRA	36.59
6. N. Coe	Bury	37.07
7. A. Buttery	Ross	37.10
8. S. Clawson	Ross	37.13
9. B. Horrocks O/40	Clay	37.42
10. M. Howard O/40	Radcl	37.56

VETERANS O/50

1. (34) K. Whittaker	Sadd	44.03
2. (41) D. Bell	Middle	45.24
3. (45) B. Brown	FRA	46.18

VETERANS O/60

1. (46) D. Kay	Horw	46.20
2. (50) G. Mauan	Ross	47.24
3. (55) J. Mitchinson	Unatt	49.58

LADIES

1. (26) E. Dugdale	Salf	42.01
2. (52) D. Allen	Bury	48.09
3. (65) G. Craske O/40	Acc	53.48
4. (66) H. Corbishley	Ross	53.53
5. (67) K. Brady	Clay	54.09

70 finishers

MYTHOLMROYD FELL RACE West Yorkshire BM/7m/1350ft 11.06.03

The race took place on a pleasant early summer evening with the dry conditions providing new records for both the men and ladies. The first two men and ladies broke their respective records, so congratulations to Robin Lawrence and Karl Gray and to Vanessa Peacock and Helen Johnson. Calder Valley took the men's team prize - unfortunately, there was no complete ladies' team.

Finally, a big thank you to all the runners who took part and to everyone who helped in the organisation of the event.

Geoff Cumber

1. R. Lawrence	Bing	45.51
2. K. Gray	CaldV	45.58
3. A. Breaks	CaldV	47.25
4. T. Edward	Unatt	49.03
5. A. Carruthers O/40	Crawley	49.49
6. C. Moses	Bing	49.57
7. R. Crossland O/40	BfdA	51.32
8. S. Power	Unatt	51.37
9. J. Emberton O/40	EastPenn	53.34
10. D. Beeles O/50	CaldV	54.03

VETERANS O/50

1. (10) D. Beeles	CaldV	54.03
2. (14) J. Adair	Holm	55.26
3. (23) R. Sutcliffe	CaldV	56.29

VETERANS O/60

1. (32) M. Coles	Skyrac	60.29
2. (36) T. Peacock	Clay	62.17
3. (56) P. Duffy	NthnV	70.25

VETERANS O/70

1. (55) D. Clutterbuck	Roch	68.57
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LADIES

1. (13) V. Peacock	Clay	54.33
2. (20) H. Johnson	Bing	56.12
3. (26) S. Clough	Unatt	57.32
4. (41) C. Mosey O/45	DenbyD	64.13
5. (43) K. Thompson	Clay	64.42

57 finishers

RAINOW FIVE Cheshire BS/5m/750ft 11.06.03

Malcolm Fowler continued his return to form by dominating the Rainow 5 for the second year in succession. He was the clear victor from Graham MacNeil in second and Alan Johnson in third. There were some very hard fought battles further down the field, even a dead-heat between Ken Clewlow and Colin for Ardron for 69th place!

In all, 120 runners finished the slightly modified course and raised £400 for the Rainow Playground. A further £50 was given to the Guides, who kept the competitors supplied with refreshments after the race.

Jenny Lyons

1. M. Fowler O/40	Penn	32.15
2. G. MacNeil O/40	Helsby	33.07
3. A. Johnson	Macc	33.42
4. T. McGaff O/40	Penn	34.06
5. N. Bassett O/40	StaffsM	34.24
6. N. Winfield	Penn	34.27
7. B. Heaton	Wilmslow	34.58
8. T. Wild Junior	Macc	35.09
9. M. Steane	Unatt	35.23
10. R. Murray O/40	Macc	35.36

VETERANS O/50

1. (13) B. Blyth	Macc	36.05
2. (14) R. Taylor	Penn	36.14
3. (26) M. Cortvriend	Macc	38.08

VETERANS O/60

1. (79) R. Webster	Helsby	44.50
2. (85) E. Normansell	Stock	46.12
3. (96) B. Thackery	DkPk	48.40

LADIES

1. (42) L. Batt	Bux	39.48
2. (51) N. Hills	Macc	41.17
3. (53) J. Hatton	Unatt	41.25
4. (72) K. Ayres O/40	Wilmslow	43.14
5. (74) D. Turner	Helsby	43.29
6. (80) E McGuire	Stock	45.14

120 finishers

MEELMORE MEELBEG (HILL & DALE SERIES) Mourne Mountains AS/3m/1800ft 12.06.03

A fantastic turnout of 105 runners appeared at the Happy Valley for the Meelmore Meelbeg race, the 10th of the 11 race 2003 Acheson & Glover Hill & Dale Race Series. Sunny and kind weather, following another unsettled spell, greeted the runners and after last week's 'lost in the mountains' escapade, Alan McKibben was out to prove a point.

After an initial sortie by Andy Gregg, McKibben moved to the front, followed by Steve Begley, Alex Brennan, David McNeilly, Damien Brannigan and Stevie Cunningham. This week the mountains were clear and although McKibben twisted and turned, veered left and right, he soon established a great lead, one minute by the top of Meelmore. A swift descent of Meelmore to the col, he set into climb of Meelbeg showing awesome strength and stamina as he bounced up the mountain. In his wake, it was McNeilly who led the bunch, but only by a bit.

The ladies' race was led again this week from start to finish by improving Violet Linton, showing better form as each race goes by. Linton came home in 36th place overall, just over a minute outside Shileen O'Kane's record from last year. O'Kane made her second race comeback and finished 3rd in 62nd overall. Sandwiched in between was Alwyn Shannon, first lady veteran

in 41st overall and only 25 seconds down on Linton.

Meanwhile, McKibben reached the summit of Meelbeg comfortably ahead and took the foot off the accelerator slightly, took no chances and plunged down to Happy Valley below. His winning time of 17 seconds inside the half hour is high quality, only beaten by the likes of Robbie Bryson.

A sprint finish saw McNeilly hold off Brennan for 2nd, whilst Cunningham descended fastest to move into 4th place ahead of Gregg and Brannigan. Fast finishing junior, who loves the descents, Jonathan McCloy, narrowly failed to beat Jim Brown, first veteran 40. McCloy would have to choose to out descend the fastest veteran descender on the scene.

Billy McKay, one of the slowest vet descenders, still managed to do enough on the climbs to win comfortably the veteran 50 category.

Again this was an excellent 'McNeilly clan' production with excellent hospitality at the Maghera Inn afterwards as usual.

BOGBOY

1. A. McKibben	N'castle	29.43
2. D. McNeilly	Ballyd	30.31
3. A. Brennan	Ballym	30.34
4. S. Cunningham	N'castle	30.40
5. A. Gregg	Larne	30.46
6. D. brannigan	N'castle	31.03
7. S. Begley	Albert	32.57
8. J. Brown O/40	BARF	33.10
9. J. McCloy Junior	MidUls	33.11
10. J. McCann	Ballym	33.22

VETERANS O/40

1. (8) J. Brown	BARF	33.10
2. (14) B. McBurney	N'castle	34.18
3. (16) E. O'Hagan	TeamP	34.29

VETERANS O/50

1. (11) B. McKay	Albert	33.52
2. (24) B. Magee	Larne	36.09
3. (25) D. McHenry	Willow	36.23

VETERANS O/60

1. (102) T. Donnelly	ACKC	76.45
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LADIES

1. (36) V. Linton	LVO	37.49
2. (41) A. Shannon O/40	N'castle	38.14
3. (62) S. O'Kane	BARF	41.01
4. (63) R. McConville O/40	NDown	41.08
5. (68) S. Pruzina O/40	BARF	42.30
6. (73) M. Elliott O/40	LunchLeg	43.06

103 finishers

GLEN ROSA HORSESHOE

Isle of Arran

AL/12m/5500ft 14.06.03

1. R. Gallagher O/40	W'lands	2.36.46
2. A. Anderson	Solway	2.40.30
3. N. Bulloss	Unatt	2.47.52
4. N. Leslie	Dundee	2.50.34
5. P. Fettes	Dundee	2.52.49
6. C. Brash	Girvan	3.00.07
7. M. Macleod O/50	W'lands	3.00.43
8. D. Reid O/40	W'lands	3.07.10
9. J. Goldworthy O/40	Gallow	3.21.20
10. N. Taylor O/40	Girvan	3.23.15

VETERANS O/60

1. (15) I. McManus	Irvine	3.46.27
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LADIES

1. (11) J. Tate	Carn	3.23.27
2. (18) M. Rands	Unatt	4.07.05

25 finishers

TRAPRAIN LAW RACE

East Lothian

CM/6.5m/650ft 14.06.03

East Linton delivered its usual sunny weather for the Traprain Law Race. The grass on the Law was long and nettle-ridden, the sheep preferring to chew the race flags rather than keeping the grass short. The river was almost at drought level with farmers irrigating the fields using diesel pumps on the river bank. A much-reduced field of 34 runners was probably due to competition from the Edinburgh Marathon, Rosa Horseshoe and Lowe Alpine Marathon.

Al Hart of HBT had to wait until he was off the rough descent of the Law before hauling in Brian Marshall of HELP and coming home to a comfortable win. The team prize was a close-run affair with HELP narrowly squeezing through to first place in front of HBT.

Trevor Collins

1. A. Hart	HBT	39.19
2. B. Marshall	HELP	40.37
3. J. Heap	HBT	42.51
4. G. Carracher O/40	Carn	44.10
5. M. Pilkington	Unatt	44.15
6. M. Hulme O/50	Corstor	44.34
7. T. Harley O/40	HELP	45.10
8. J. Wright	Unatt	48.46
9. J. Baird O/40	HELP	50.49
10. D. Duncan O/40	Ochil	51.00

VETERANS O/50

1. (6) M. Hulme	Corstor	44.34
2. (11) F. Weissgerber	Dunbar	51.08
3. (16) D. Henderson	Tyne	53.00

VETERANS O/60

1. (14) C. Pritchard	Carn	52.09
2. (17) G. Contier	Boulogne	53.42
3. (19) B. Gauld	Carn	53.53

LADIES

1. (20) J. Rosbottom	HBT	54.22
2. (26) K. Friend	Carn	59.01
3. (29) A. Rosbottom	HBT	60.36

34 finishers

RUGGER MARATHON

14.06.03

1. M. Bradbury	3.30.00
2. S. Watkins	3.31.00
3. P. Browning	3.33.00
4. P. Hindle O/40	3.39.00
5. I. Harland O/40	3.39.00
6. A. Walker	3.42.00
7. R. Bumstead	3.48.00
8. K. Chown Lady	3.49.00
9. A. Gull Lady	3.51.00
10. A. Bullock Lady	3.52.00
14. J. Ely O/60	4.14.00

28 finishers

RAAS SKYLLEY PHERICK NY HINSHEY

Isle of Man

AM/9.5m/2600ft 14.06.03

The Raas Skylley Pherick Ny Hinshey, or Patrick Fell Race, was run in hot, sunny and almost windless conditions, making it tough going for all the competitors.

Recent Carraghan winner, Richard Jamieson, started at a blistering pace but faded in the final miles resulting in the current Manx champion, Tony Okell, gaining his fourth consecutive win on this course based in the south west of the Isle of Man.

Okell's winning time was more than five minutes outside his own course record, proving

just how hard conditions were.

Tony Rowley

1. T. Okell O/40	ManxH	1.29.41
2. R. Jamieson	NAC	1.32.40
3. B. Osbourne O/40	MFR	1.35.27
4. J. Gale	MFR	1.37.04
5. S. Skillicorn	MFR	1.39.18
6. D. Young O/50	MFR	1.43.22
7. N. Adshead	S'portW	1.44.31
8. I. Ronan O/40	MFR	1.45.07
9. R. Webb O/50	ManxH	1.48.23
10. D. Corrin O/50	ManxH	1.50.04

VETERANS O/60

1. R. Callister	MFR	1.56.35
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LADIES

1. R. Hooton	MFR	1.56.11
2. C. Barwell	WAC	2.28.44

BARNSELY BOUNDARY RELAY RACE

South Yorkshire

CL/73m x 10 15.06.03

This year's race was run in hot sunshine which seemed to affect all the teams except the winners, Barnsley Athletic Club, who improved on their last year's time by 9 minutes (when they came second to Rotherham AC). The winning time was also two minutes faster than last year's winning time.

The race, a 10-stage relay over 73 miles following the Barnsley Borough boundary, organized by Barnsley Rockley Rotary Club and sponsored for the first time by Barnsley Premier Leisure, attracted 18 teams, one up on last year.

The first ladies' team to finish were also from Barnsley AC, the first veterans O/40 were Penistone Footpath Runners and the first veterans O/50 were Barnsley Harriers.

By a remarkable coincidence, both the Barnsley O/50 team and the Barnsley Ladies' team registered exactly the same times as last year. The BOS special award was given to Penistone Footpath Runners ladies' team.

Philip Thompson

1. Barnsley AC	8.34.00
2. Kimberworth Striders	9.00.00
3. Barnsley Harriers	9.41.00
4. Penistone FPR O/40	9.50.00
5. Barnsley AC 2	10.15.00
9. Barnsley AC Ladies	11.26.00
11. Barnsley Harriers Ladies	11.30.00
12. Barnsley O/50	11.41.00

EDALE COUNTRY DAY FELL RACE

Derbyshire

AS/5.25m/1400ft 15.06.03

Thanks to everyone who came and ran.

The race is held as part of Edale Country Day an annual event to raise funds for various Edale organizations such as the School and Church, and is I believe the only true AS race in the Peak District.

Well done to Mark on achieving his third win in this race. In hot weather conditions his time of 40.47 was quicker than his run last year, and over a minute ahead of Lewis Banton. If like previous years certain sections of the route had not been marked (see below) he would have run under 40 minutes again - something that has only been achieved four times.

The first lady was Sara Hodgson, three minutes ahead of Jane Griffiths. First veteran in fifth place overall was Dave Allen.

The race starts and finishes near the main car park in Edale and goes around the skyline of



Mark Hayman comes in to win Edale Country Day

Grindsbrook Valley passing over The Nab, Golden Clough, then onto the Kinder Plateau, Upper Tor, Grindsbrook Head followed by the steep (over 1200 feet) descent back into Edale from the top of Grindslow Knoll.

This year I marked/marshalled the section of the course going to the head of Grindsbrook from Upper Tor and the descent down Grindsbrook. After much discussion with other runners it is something I will not be doing in future years. There will be a checkpoint at the top of Golden Clough then the next will be at the head of Grindsbrook. This has been the case in previous years so it will not make any difference to the course records. It certainly makes for good conversation as everyone compares notes on the descent route choices.

Andy Jenkins

1. M. Hayman	DkPk	40.50
2. L. Banton	Clowne	42.10
3. R. Baker	Billericay	42.50
4. P. Winkill O/40	DkPk	44.40
5. D. Allen O/40	DkPk	44.40
6. T. Hargreaves	Stock	45.30
7. T. Waldman O/40	ShattStr	45.40
8. K. Holmes	DkPk	45.50
9. D. Bradbury O/40	DkPk	45.60
10. D. Emerson O/40	Unatt	46.10

VETERANS O/50

1. D. Tait	DkPk	47.40
2. D. Bird	Edale	48.00
3. R. Britton	StaffsM	49.60

VETERANS O/60

1. I. P. Jepson	Ross	52.20
2. B. Murphy	Ford	58.40
3. G. Royle	Sadd	60.50

LADIES

1. S. Hodgson O/40	Felland	50.20
2. J. Griffiths	DkPk	53.40
3. L. Bland O/40	DkPk	54.50
4. J. Searle	DkPk	55.20
5. Y. Williams	Penn	57.10

INAUGURAL MILLSTONE HILL RACE
3.5m/100ft 17.06.03

With thanks to Forest Enterprise Buchan District for access, to Foundry Gym for sponsoring the barbecue and to Alice Miller and Kathy Dale for help with officiating.

1. D. Whitehead	Cosmic	23.13
2. M. Rigby O/40	Cosmic	23.26
3. D. Hirst O/40	Deeside	25.57
4. H. Lorimer	HBT	25.58
5. K. Robertson	Cosmic	26.35
6. D. McDonald	Cosmic	27.26
7. C. Larmour O/40	Cosmic	30.20
8. T. Litterick	Unatt	31.37
9. B. Elder O/40	Gramp	32.15
10. D. Johnstone O/40	Cosmic	33.09
13. S. Newman-Holden Lady	AberdH	37.12

BOAR'S HEAD HILL RACE
Cheshire
BM/7m/1250ft 18.06.03

It was an evening perfect for running, firm going underfoot, a nice cool breeze after the sultry heat of the preceding days and a sky full of fluffy clouds doing the drifting around thing for which fluffy clouds are famous. With conditions like this and a slightly altered and shortened course it was odds-on that new records would be established, and so it proved.

Right from the start Malcolm Fowler and Nick Leigh made it plain that they were both interested not only in winning but also in getting their names in the next edition of the FRA Calendar. By the end of the climb to Bowstones they were well clear of everyone else and it was largely a matter of which of them would manage to nose in front. After the long, fast descent and succeeding sharp climb up to the ruin it looked as though Nick had done it as he went through the last checkpoint about ten yards in front. Malcolm, however, had obviously planned his tactics well, stretched out his ten-foot long legs over the concluding mile and a half and, after a superb battle, arrived at the finish twenty-one seconds clear of Nick and with a new record to his credit, supplanting Mark Kinch's 1994 time by almost a minute and a half. He also claimed the first V40 place. It became obvious how much their personal duel had pulled them ahead of the field when there was over a three-minute gap before anyone else appeared in sight on the final section of track, in the shape of Mark Williams and Tom McGaff locked in a desperate sprint finish, which Mark won by the nominal margin of one second - actually much closer than that in reality! Barry Blyth had a fine run to finish as first V50 in eighth place and John Amies, who is enjoying an excellent season, had an even better one to finish as first V60 in only twenty-sixth place.

For the ladies Liz Batt also finished as a new record holder after a determined performance, shaving eleven seconds off Cecilia Greasley's ten year old record, and being followed home twenty-three seconds later by the second lady and first LV40, Sally Gilliver. Jane Mellor took the third place, Margaret Chippendale, collected the first LV50 and the newly aged Beryl Normansell was first LV60.

The new route attracted a lot of praise and will be retained for future use.

Dave Jones

1. M. Fowler O/40	Penn	44.22
2. N. Leigh	Altr	44.43
3. M. Williams	Penn	47.56
4. T. McGaff O/40	Penn	47.57
5. S. Burthem O/40	Spectrum	48.42
6. C. Fray O/40	Penn	49.21
7. R. Marlton	Stock	49.28
8. B. Blyth O/50	Macc	49.32
9. P. Knowles	Altr	49.37
10. T. Hargreaves O/40	Stock	49.46

VETERANS O/60

1. (26) J. Amies	Macc	51.53
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LADIES

1. (45) L. Batt	Bux	54.25
2. (49) S. Gilliver O/40	Penn	54.48
3. (81) J. Mellor	Penn	58.39
4. (85) J. Gardner O/40	Bux	59.58
5. (87) V. Connelly	Altr	60.13

RIBER RUN
Derbyshire
BS/5m/1000ft 18.06.03

A great sunny day brought a mixed field of ages out for an evening's racing. There was a strong leader group interspersed with an under 12 runner and Peter Dilks in his 70s. Fun was had by all. The course was slightly altered from last year adding water interest and giving faster times overall. Mike Boulstridge led the field from the start and won convincingly with Tom Plant in second and Nick Bassett in third and leading the vets. Amanda Heading won the ladies' category.

Many took refreshments in the local hostility after the race.

Thanks to everyone who ran and a big thanks to everyone who helped out on the night.

Jonathan Edwards

1. M. Boulstridge	31.08
2. T. Plant	32.54
3. N. Bassett O/40	33.37
4. C. Rowe O/40	34.46
5. T. Oakes	35.03
6. R. Bradbury	35.12
7. S. Smith O/40	36.09
8. A. Brooks	36.52
9. K. Emery O/40	36.52
10. A. Broomhead O/40	37.01

VETERANS O/50

1. (15) N. Boler	38.32
2. (21) J. O'Reilly	40.23
3. (23) R. Baines	41.02

VETERANS O/60

1. (37) D. Mc Given	49.52
2. (43) M. Edwards	52.40
3. (53) P. Dilks	68.17

LADIES

1. (26) A. Heading	43.10
2. (30) J. Riley	46.36
3. (32) J. Heithus O/40	48.52
4. (38) S. Butcher O/50	50.16
5. (39) C. Defaye O/40	50.38
6. (41) K. Emery Junior	51.58

53 finishers

COITY FELL RACE
Gwent

BS/5m/1000ft 18.06.03

Not a lot to report. We tried the new course in reverse this year which seemed to be the preferred way round.

There was a lowish turnout again and most of them veterans or above again.

Still, we all enjoyed our Gwent rolls and real ale in The Whistle afterwards.

As for the race, a comfortable win for Matthew Collins.

Gareth Buffett

1. M. Collins	MDC	37.19
2. A. Woods O/40	Eryri	39.04
3. P. Gardener O/40	Unatt	39.47
4. D. Vorres O/40	Griffiths	39.52
5. C. Taylor O/40	Mercia	40.50
6. N. Lewis	MDC	42.17
7. S. Littlewood O/50	HerefC	42.31
8. S. Herrington O/50	HerefC	43.43
9. R. Williams	MDC	43.57
10. P. Lewis O/40	Unatt	44.45

LADIES

1. (13) E. Turner	Unatt	47.38
2. (17) S. Woods O/40	Eryri	49.59
3. (18) C. Manning	SWOC	54.11

24 finishers

TWO LADS FELL RACE

Lancashire

BS/5.5m/900ft 19.06.03

Due to the late refusal by one of the land owners, a new course had to be quickly devised for this well established race. However the new route proved to be very popular with all the entrants on the night, also the inclusion of the event in the tour of Horwich and Rivington race series meant that there was a good turnout of runners.

The series which also included two road races, one trail race and a cross country over a six day period attracted all types of runners. However in the Two Lads race it was a true fell runner in Robert Hope that came through to win the race with a twenty nine second lead over Paul Freary, who eventually won the series.

First lady home in 48th place overall was Lucy Whittaker, chased closely by Janet Rashleigh in 53rd overall.



Ken Whittaker enjoying leading a group at Two Lads
(Photo Steve Bateson)

A big thanks to all who supported the race with their attendance, to Bolton Council who allowed the race to run over their land and the tenant farmers whose land we crossed, to all who helped with the race, the Bridge Hotel and finally our sponsor Walsh Sports.

Colin Jones

1. R. Hope	P&B	31.34
2. P. Freary	Belgrave	32.03
3. M. Croasdale	Bing	32.06
4. P. Laybourne	Salf	32.10
5. K. Chapman	Salf	32.16
6. J. Logue	Horw	33.05
7. D. Hope	P&B	33.28
8. J. Kovacs	Salf	33.34
9. P. Kidd	Leeds	34.31
10. N. Wrigley O/40	Horw	34.35

VETERANS O/40

1. (10) N. Wrigley	Horw	34.35
2. (11) S. Jackson	Horw	35.07
3. (16) D. Massey	Horw	36.01

VETERANS O/50

1. (47) B. Gore	Horw	39.42
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2. (54) G. Fielding	Ross	40.35
3. (56) A. Appleby	Prest	40.39

VETERANS O/60

1. (63) M. Walker	Horw	41.32
2. (72) P. Henegan	Unatt	43.20
3. (85) J. Swift	Chor	45.43

VETERANS O/70

1. (103) R. Lee	Middle	48.09
2. (134) A. Robinson	Horw	56.50

LADIES

1. (48) L. Whittaker	Sadd	40.06
2. (53) J. Rashleigh O/40	Horw	40.33
3. (65) C. Anthony	BelleV	42.11
4. (77) S. Gorman	Horw	44.32
5. (81) M. White O/50	Horw	45.04
6. (89) L. Leyland O/40	Horw	46.22

143 finishers

SLIEVE DONARD (HILL & DALE SERIES)

Mourne Mountains

AS/4m/1200ft 20.06.03

There are classic races and there are classic races – Slieve Donard is the local classic race. The highest mountain in Northern Ireland, 2,796 feet above sea level, reached in less than two and a half miles. The terrain is inhospitable almost everywhere as the granite hulk reaches out for the summit in a real hurry.

63 souls braved the challenge and took on the mountain. This is the 59th running of the race, which has gone on uninterrupted since its inception in 1945. This year the weather has been warm and reasonably dry, leaving the mountain relatively dry but also with much new growth meaning the descent with deep grass, heather and hidden holes, was as treacherous as ever.

Deon McNeilly was bidding to become the first man to win 7 races ever in the history of the race and he also had the added incentive of one more victory to win the 2003 and his 5th Northern Ireland title. However, recent Hill & Dale winner, Neil Carty, has other ideas and a win for him would tip the balance of the 2003 Championship title in his favour. Other local favourite, Ally McKibben, was the dark horse, who has come into great form in recent weeks.

The race, over the years, has had many routes, but this year it returned to the very original format of 'go as you please' to the summit from the Newcastle Centre and then back down to the Centre. Over the past decade or so, McNeilly has been pioneering the ascent route along the Glen River to the Saddle and up the Mourne Wall to the summit before returning by the Black Stairs. This climb is longer by maybe half a mile but also much more runnable than the very steep climb of the Black Stairs. This year, five of the first six to the summit went by the Glen with Damien Brannigan the exception, leading the vast majority of the remainder of the field by the steeper climb.

McNeilly soon established his authority on the race opening a lead of more than a minute and a half from Carty and McKibben. McKibben, however, is an awesome competitor and he worked hard on the second half of the climb to close to within 48 seconds at the summit. McNeilly's time of 38 minutes and 10 seconds is fast and puts into perspective the shape that the competitors, as a whole, are in to be able to tackle the race.

Brannigan has the reputation of being the fastest descender in the country and despite the competition getting stronger, he didn't disappoint again this year. Reaching the summit

in a second under 42 minutes, he pushed for home from the Tower, past the summit cairn, leapt down the initial scree and literally sprinted through the long grass and heather for the river valley and the Black Stairs waterfall. The sight of the lead runners descending the Black Stairs is one worth being there to see some day with what from the bottom looks like death defying leaps over the rocky crags.

The forest can be tricky too and then as the runners reached Donard Demesne, they faced this year the flat finish along the Promenade, with the legs screaming from the searing descent. Brannigan reached the finish line in only 18 minutes and 19 seconds from the Summit Tower exactly one minute faster than Gary Bailey, who has the makings of a future winner.

In the ladies' section, orienteer Violet Linton continued her great form to win in 32nd place overall. Her summit time was just under 53 minutes some 45 seconds clear of Shileen O'Kane making her ongoing return from injury.

BOGBOY

1. D. McNeilly O/40	N'castle	58.05
2. A. McKibben	N'castle	59.12
3. N. Carty	NBelf	59.59
4. D. Brannigan	N'castle	60.18
5. A. Gregg	Larne	63.25
6. S. Cunningham	N'castle	64.45
7. M. Alexander	Ballym	65.55
8. J. Brown O/40	BARF	66.12
9. G. Bailey	ACKC	66.27
10. J. Patterson O/50	N'castle	66.55

VETERANS O/40

1. (1) D. McNeilly	N'castle	58.05
2. (8) J. Brown	BARF	66.12
3. (18) E. O'Hagan	TeamP	74.12

VETERANS O/50

1. (10) J. Patterson	N'castle	66.55
2. (28) B. Magee	Larne	80.08
3. (31) W. Kettle	ACKC	80.50

LADIES

1. (32) V. Linton	IVO	81.17
2. (35) S. O'Kane	BARF	82.59
3. (53) M. Elliott O/40	ACKC	98.18

63 finishers

ALFRED HULME GREAT HILL RACE

Lancashire

BS/5.75m/1300ft 21.06.03

On a blistering hot day, the 31st running of Great Hill attracted a quality field for the near six mile course.

Greg Hull broke away from second place Neil Tattersall to clinch victory during the last two miles. Thornton Taylor stormed to 3rd place.

Perhaps the most important result of the day was the emphatic win in the ladies' section with Christine Howard finishing 25th overall, and first lady - not bad for someone who is eight months pregnant!

The team event went to Horwich.

Terry Dickenson

1. G. Hull	Leeds	34.55
2. N. Tattersall	Pendle	35.46
3. T. Taylor O/40	Ross	36.47
4. R. Haworth O/40	Horw	36.59
5. K. Webster	Matlock	38.25
6. G. Booth	Chor	38.52
7. R. Litherland	FRA	39.12
8. P. Dewhurst O/40	Horw	39.19
9. S. Willis	Tod	39.53
10. G. Kay	Horw	39.58

VETERANS O/50

1. (23) G. Large	NthnV	45.01
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2. (33) C. Grime	Spectrum	46.52
3. (34) K. Pitt	Chor	47.04

VETERANS O/60

1. (35) D. Kay	Horw	47.16
2. (42) E. Pugh	Chor	48.14
3. (49) M. McDonald	NthV	50.53

LADIES

1. (25) C. Howard	Matlock	45.07
2. (27) J. Haworth O/35	Horw	45.21
3. (31) K. Ingram Junior	Horw	46.01
4. (50) E. Jordan	Chor	51.27
5. (59) S. Bailey O/40	Unatt	55.39

69 finishers

LANGCLIFFE CARNIVAL FELL RACE North Yorkshire AS/2.5m/900ft 21.06.03

The second running on the new course was held on a wonderful carnival day in glorious weather, which probably accounts for no records this year.

Conditions underfoot were dry and hard – we hope to remove the road start next year and move onto grass – a good day out!

K. Rodgers

1. L. Athersmith	Settle	35.13
2. A. Pickles O/40	Settle	37.53
3. C. Urmston O/40	Clay	38.32
4. D. Horsfall O/40	Settle	38.47
5. G. Bird	Bing	39.01
6. B. Walton O/40	Horw	39.30
7. G. Taylor O/40	DarwDash	40.04
8. M. Keys O/40	Ross	40.21
9. B. Lonsdale	Settle	41.14
10. A. Holden	Wharfe	41.49

VETERANS O/50

1. (22) J. Page	Tod	51.99
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VETERANS O/60

1. (23) G. Navan	Ross	52.12
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LADIES

1. T. Sloan	Salf	43.15
2. K. Slater	Settle	45.04
3. S. Glover	Skip	50.05
4. L. Whittaker	Wharfe	55.52

JUNIORS

U/16 BOYS

1. H. Coates	Skip	23.55
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U/16 GIRLS

1. S. Morphet	Unatt	45.31
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U/14 BOYS

1. J. Thompson	Pendle	20.09
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U/14 GIRLS

1. L. Figg	Holm	19.44
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U/12 BOYS

1. B. Hodgkiss	Skip	9.41
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U/12 GIRLS

1. E. Thompson	Pendle	11.20
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HUNSHELF AMBLE South Yorkshire CM/9m/1100ft 21.06.03

Mouths dropped when Michael Bouldstridge shot home twelve minutes ahead of last year's winner, Andy Carruthers. Marshals were questioned, route checked and as all was found in order, we re-measured the course! So it is shorter than we thought, but even so it was a remarkable performance.

Penistone Footpath Runners turned out in force again, for which the organisers are truly grateful. First Lady home was Nicky Spinks; Pat Goodall was first LV40 and Sue Higham the first LV50. Men Vets, David Overend was well up the field

at 7th as a Vet 50 while Malcolm Coles as a Vet 60 came a very creditable 21st.

David Horsfall

1. M. Boulstridge	Mercia	42.00
2. A. Carruthers O/40	Crawley	54.35
3. I. Rowbotham O/40	Hgte	55.24
4. D. Thompson	OnetoOne	55.45
5. S. Storey O/40	P'stone	56.35
6. R. Bumstead	ValleyStr	57.48
7. D. Overend O/50	Holm	58.03
8. P. Stanley O/40	P'stone	58.09
9. K. McGrath O/40	Hallam	58.11
10. R. Wheeler	VallHi	58.41

VETERANS O/50

1. (7) D. Overend	Holm	58.03
2. (12) N. Bowler	DkPk	60.26
3. (15) A. Ashforth	Handsw	61.35

VETERANS O/60

1. (21) M. Coles	Skyrace	63.51
2. (40) R. Brown	P'stone	70.04
3. (51) P. Parkin	P'stone	81.08

LADIES

1. (35) N. Spinks	P'stone	68.25
2. (38) P. Goodall O/40	Totley	69.23
3. (47) S. Higham O/50	P'stone	76.15
4. (48) B. Haigh O/50	P'stone	76.35
5. (49) J. Cockerton O/40	P'stone	78.14

62 finishers

JAMES BLAKELEY FELL RACE West Yorkshire BS/3m/500ft 21.06.03

1. M. Buckingham	Holm	21.18
2. R. Jackson	Horw	21.36
3. A. Shaw O/40	Holm	21.51
4. B. Goodison O/40	Holm	22.09
5. D. Middlemass	Holm	23.08
6. M. Jones	Holm	23.36

VETERANS O/60

1. K. Bamforth	Unatt	27.11
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LADIES

1. L. Griffiths	Holm	27.19
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21 finishers

BUCKDEN PIKE FELL RACE North Yorkshire AS/4m/1500ft 21.06.03

A beautifully warm Summer's day saw a good turnout for the 22nd Buckden Pike gala fell race. Thanks for coming and making all the hard work organising it worthwhile. Special thanks to all the marshalls and helpers, SMK sports for assistance with the provision of prizes, and thanks especially to members of my family, some of who had travelled up from Dartmouth in Devon. The race was to be run to raise funds for a cancer care charity in memory of my Auntie Eunice, who sadly died of cancer earlier this year.

Sadly, our great friend, the long time FRA Secretary Mike Rose died seven days before this year's event from the same horrible illness. Naturally, all proceeds from the event, together with your kind donations collected at registration will all be given over to the necessary charities.

Very special thanks must be recorded to Peter and Anne Jebb who organised the Buckden gala fell race for 21 years. We only hope that we can carry on the tradition to the same high standards of organisation.

Friday after work, I packed up the trailer with flags, water barrels, other race equipment and camping gear and set of to Upper Wharfedale in the Yorkshire Dales. I flagged the route in two hours and returned to find that Linda had



Robin Lawrence (Bingley) in fine form at Buckden Pike
(Photo Woodhead)

arrived, got the tent up and started cooking our tea. A beautiful sunset and a couple of pints finished off a grand evening. Saturday dawned, an absolute scorcher and with bags of time to set up registration, we had a leisurely breakfast and began to get ourselves a suntan!

Ian Holmes made the race all his own, beating Three Peaks winner, Dave Walker, by over a minute. Robin Lawrence and Phil Sheard came in next, with junior Stuart Hunn, surely a star of the future, placing fifth out of 75 runners. Supervet Mike Walsh placed 15th to beat all the other vets.

A worrying sign perhaps, was that in fact the first four vets over 50 and three over 45's were home and dry before the first vet over 40! Either we are all becoming old buggers, or the old buggers are getting quicker!

Thanks to my family and our friends for their help with marshalling and recording, and Upper Wharfedale Fell Rescue who manned the checkpoints and relayed the leading runners through to base by radio. A special note of thanks to Mrs Cutts (senior) and Mrs Cutts (junior!) and John Underwood who ran the race to the summit of Buckden Pike, then waited at the top 'til the last runners had gone through and gathered the flags in.

Well done to Ian on a splendid win, and congratulations to Wendy Barnes who won the women's section (catching the eye of the Yorkshire County team selectors) and to all the other category winners.

We hope to see you all again next year - third Saturday in June.

Allan Greenwood and Linda Crabtree

1. I. Holmes	Bing	33.37
2. D. Walker	Clay	34.39
3. R. Lawrence	Bing	35.00
4. Phil Sheard	P&B	35.47
5. S. Hunn	Skip	36.02
6. Paul Sheard	P&B	36.25
7. J. Blackett	Middles	36.27
8. J. Hemsley	P&B	37.36
9. P. Brittleton	Howgill	38.02
10. A. Bush	Unatt	38.06

VETERANS O/40

1. (18) D. Emmerson	Unatt	40.08
2. (20) B. Hamilton	Wharfe	40.50
3. (23) D. Collins	Tod	42.30

VETERANS O/50

1. (14) M. Walsh	Kend	38.52
2. (16) J. Holt	Clay	39.34
3. (17) N. Pearce	Ilk	39.55

VETERANS O/60

1. (34) P. Jepson	Ross	46.32
2. (59) D. Quinlan	Tod	55.24
3. (63) B. Pyecroft	FRA	56.39

VETERANS O/70

1. (64) J. Escritt	CFR	57.18
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LADIES

1. (27) W. Barnes	Barns	44.07
2. (31) S. Hodgson O/35	Felland	44.52
3. (52) J. Foster	Ilk	51.15
4. (61) S. Welsh O/35	NFR	56.07

KINDER TROG**Derbyshire****BL/18m/4390ft 22.06.03**

1. N. Leigh	Altr	1.57.36
2. P. Vale	Mercia	1.57.38
3. A. Robertson	Otley	2.03.23
4. P. Winkill	DkPk	2.03.37
5. T. McCaff O/40	Penn	2.04.25
6. S. Entwisle O/40	Penn	2.04.51
7. N. Winfield	Penn	2.05.45
8. K. Hodgson	HolmeV	2.06.09
9. A. Clarke O/40	CaldV	2.07.05
10. D. Tait O/50	DkPk	2.07.08

VETERANS O/50

1. (10) D. Tait	DkPk	2.07.08
2. (25) R. Taylor	Penn	2.13.56
3. (28) T. Crook	Horw	2.19.57

VETERANS O/60

1. (55) B. Buckley	Gloss	2.29.40
2. (75) M. Coles	Skyrac	2.38.31
3. (114) D. Clutterbuck	Roch	3.11.23

LADIES

1. (32) L. Batt	Bux	2.23.02
2. (43) H. Thorburn	DkPk	2.26.25
3. (48) M. Edgerton O/40	Penn	2.27.46
4. (76) E. McGuire	Stock	2.39.12
5. (84) L. Hayles O/40	CaldV	2.43.12
6. (85) C. Kenny O/40	Amble	2.43.46

116 finishers**BEACON BATCH FELL RACE****Somerset****BS/5m/1000ft 24.06.03**

This year's race was run on a fine summer's evening over a mainly dry course. Eighty two runners set off up the first climb at a cracking pace. Four competitors were vying for the first three places until they reached the start of the long descent. Guy Woods was in contention when he lost his footing on exiting the gorse, leaving him to struggle back to the finish for a twelfth final position. Rob Gordon took first place, third last year, from Mike Duxbury second 2001, a close finish. Third place went to a very pleased Ian Andrews.

All competitors finished the course, some suffering the scars of what is a very tough five miler.

Roger Hart

1. R. Gordon	W'bury	33.05
2. M. Duxbury	Unatt	33.11
3. I. Andrews	Unatt	33.32
4. I. Powell	W'bury	34.06
5. J. Rowley	Clevedon	34.07
6. C. Hall	KNOBOC	35.05

VETERANS O/40

1. G. Clegg	DkPk	34.26
2. T. Laney	FRA	34.33
3. C. Taylor	Mercia	35.10

VETERANS O/50

1. J. Hurford	GWR	38.24
2. G. Cox	Bitton	38.54
3. J. Hargreaves	GWR	39.09

VETERANS O/60

1. M. Adams	Bristol	41.32
2. J. Battersby	MDC	51.18

LADIES

1. T. Daniel	Weston	38.30
2. L. King	Wells	39.01
3. P. Nix O/40	Bath	44.54
4. J. Mallett O/40	BOK	46.43
5. K. George	Axa	47.11
6. L. Green O/50	Weston	49.55

82 finishers**LANGSTRATH RACE****Cumbria****AS/4.5m/1400ft 25.06.03**

Nick Sharp had a clear three minutes over second placed, Ben Bardsley, making a welcome return to racing, and only missed out on Gavin Bland's record by three seconds. Ambleside took the men's team prize, placing 1st, 3rd and 4th. For Nick Fish, who finished third, it was his first race in two years.

The ladies' event was won by Kate Beaty, who is having a very successful season, having just clinched the British LV40 title. Katy Moore, aged 16, who runs for Brighton & Hove took the third place in her first ever fell run.

The sun shone, the midges behaved themselves and the runners enjoyed a drink at the Langstrath Hotel afterwards. My thanks to Gary and Donna Macrae, who kindly sponsored the event, and to all the marshals, timekeepers and helpers.

Lyn Thompson

1. N. Sharp	Amble	35.25
2. B. Bardsley	Borr	39.16
3. N. Fish	Amble	39.38
4. J. Deegan	Amble	40.09
5. D. Birch	Kesw	40.28
6. P. Brittleton	HelmH	41.20
7. N. Lockwood	Kesw	41.33
8. G. Bland	Borr	41.55
9. P. Whiting O/40	Kend	42.35
10. A. Beaty O/40	CFR	43.27

VETERANS O/50

1. (33) D. Lees	CFR	50.21
2. (34) J. Downie	Kesw	50.39
3. (39) T. Loudon	CFR	53.02

VETERANS O/60

1. (64) J. Rutter	Unatt	71.50
2. (66) H. Blenkinsop	Kesw	73.11

LADIES

1. (25) K. Beaty O/40	CFR	48.06
2. (29) J. Lee	Unatt	49.12
3. (42) M. Mackenzie O/40	CFR	53.24

66 finishers**HOPE WAKES FELL RACE****Derbyshire****BS/4m/650ft 25.06.03**

Malcolm Fowler won for the second year running, this time as a veteran. The only other known veteran winners were Phil Bowlor in 1993 from a field of 212 and Derek Jewell in 1979 from a field of about 12 (after which the race has been in the FRA calendar). Malcolm was six seconds faster than last year but all other

placings recorded slower times although a recent spell of dry weather made for good conditions underfoot.

Eight veterans featured in the first twenty and David Tait was first Super Veteran in 21st place. Karen Davison took the ladies' prize, a minute ahead of Cecilia Greasley, who was first lady in 1993, 1994, 1995 and 1996.

Ten Hope Valley locals, most of them unattached, were in the first 50, which was good to see, with Stuart Bradstock finishing fifth as he did last year.

There were two retirements in a starting line-up of 138.

Derick Jewell

1. M. Fowler O/40	Penn	26.03
2. L. Banton	Clowne	27.00
3. P. Winkill	DkPk	27.20
4. T. Austin	DkPk	27.52
5. S. Bradstock	Unatt	27.58
6. N. Bassett O/40	StaffsM	28.21
7. A. Middleditch	DkPk	28.37
8. D. Taylor	Unatt	28.43
9. S. Patton	DkPk	28.50
10. T. Greenwood O/40	Penn	29.09

VETERANS O/50

1. (21) D. Tait	DkPk	30.29
2. (22) M. Cortvriend	Macc	30.34
3. (28) N. Oxley	BLD	31.17

LADIES

1. (26) K. Davison	DkPk	31.02
2. (34) C. Greasley O/40	Macc	32.02
3. (42) A. Brockington	Ind	32.57
4. (45) J. Smith	DkPk	33.10
5. (48) K. Bryan-Jones	DkPk	33.25
6. (53) H. Winkill	DkPk	33.58

136 finishers**JUNIORS**

1. M. Nash	Aston	06.33
2. I. Hill	Hather	06.37
3. B. Sterland Girl	Hather	06.38

AGGIE'S STAIRCASE**Lancashire****BS/4m/900ft 26.06.03**

Hot competition between Glyn Kay (Horwich) and Dominic Raby (Chorley) at Aggie's Staircase (Photo Steve Bateson)

Congratulations to Vanessa Peacock for yet another fine victory at this event, and to Brian Cole for his impressive win. Thanks to the two retirees for reporting back to the finish and thanks to Bolton Mountain Rescue who turn out every time. The new registration and prize-giving venue at Suzy Q's nightclub fit the bill perfectly for the 118 competitors and we look forward to a return next year.

Julian Donnelly

1. B. Cole	Marines	28.16
2. R. Lawrence	Bing	28.53
3. R. Thomas	Eryri	28.59
4. D. Hope	P&B	29.25
5. J. Wright	Tod	30.06
6. L. Barton	B'burn	30.22
7. T. Taylor O/40	Ross	30.36
8. R. Owen O/40	Eryri	30.46
9. P. Thompson	Clay	30.51
10. D. Parkinson O/40	Prest	30.54

VETERANS O/50

1. (20) K. Taylor	Ross	32.29
2. (52) D. Ashton	DarwenD	36.36
3. (58) P. Gillham	Chorley	37.07

LADIES

1. (36) V. Peacock O/50	Clay	34.17
2. (48) J. Hemmings	Unatt	36.24
3. (68) T. Apps	SpringStr	38.46
4. (69) Z. Haslam	DarwenD	39.06
5. (73) K. Thompson O/40	Clay	40.06
6. (79) J. Shaw	DarwenD	40.53

118 finishers

WICKEN HILL WHIZZ

West Yorkshire

AS/3m/1000ft 27.06.03

1. I. Holmes	Bing	21.36
2. G. Ehrhardt	Tod	22.05
3. K. Gray	CaldV	23.29
4. C. Moses	Bing	24.15
5. A. Breaks	CaldV	24.18
6. R. Bradbury	Bing	25.01
7. S. Willis	Tod	25.04
8. P. Taylor O/40	Ross	25.57
9. S. Moore	Kirkstall	26.03
10. M. Howard O/40	Radc	26.07



Linda Crabtree putting her best foot forward at Whicken Hill Whizz. (Photo Pete Hartley)

VETERANS O/50

1. (19) D. Beels	CaldV	27.37
2. (23) J. Dore	CaldV	27.49
3. (28) R. Sutcliffe	CaldV	29.03

VETERANS O/60

1. (41) J. Blakeley	Tod	31.15
2. (76) T. West	Radc	38.15

LADIES

1. (24) A. Johnson O/35	CaldV	27.55
2. (45) C. Waterhouse O/35	Hfx	31.54
3. (50) T. Apps	SpringStr	32.15

87 finishers

TOM TITTIMAN
West Yorkshire
CS/4m/600ft 28.06.03



Peter Leighton of Horwich gets 10 out of 10 for descending style at Tom Tittiman. (Photo Woodhead)

1. D. Walker	Clay	25.03
2. P. Stevenson O/40	P&B	26.10
3. A. Shaw O/40	Holm	26.17
4. Paul Sheard	P&B	26.26
5. A. Breaks	CaldV	26.36
6. Phil Sheard	P&B	26.51
7. J. Cordingley O/40	Bing	26.54
8. S. Green	P&B	26.58
9. J. Rank O/40	Holm	27.05
10. S. Webb O/40	VallStr	27.19

VETERANS O/50

1. (22) B. Ewart	Dewsb	29.56
2. (31) I. Robinson	Clay	30.29
3. (32) D. Beels	CaldV	30.32

VETERANS O/60

1. (43) R. Blakeley	Tod	32.32
2. (47) P. Jepson	Ross	32.41
3. (66) D. Illingworth	BfdA	34.48

LADIES

1. (37) A. Johnson	CaldV	31.25
2. (42) J. Smith	DkPk	32.32
3. (45) S. Becconsall	Bing	32.37
4. (54) T. Apps	SpringStr	33.31

114 finishers

NANT-Y-MOCH SKYLINE

(Welsh Championship)

Dyfed

AL/12.5m/3900ft 28.06.03

The weather was just slightly on the humid side of perfect, with patchy cloud and clear air, and we wondered whether the quality field, attracted by the Welsh Champs tag, might threaten the records.

Tim Higginbottom led all the way, but his task was made easier when a chasing group, including two past winners, decided - as so many have in past years - to extend the route a little after CP2. For anyone who might be reading this in preparation for the 2004 race: the correct gap in the forest is on a bearing of 35 degrees from Carn Owen!

When the strays finally rejoined the route, the task of catching up was just too much for them; James McQueen ran valiantly to pull back over a dozen places, but he couldn't close the gap on Tim. Adam Haynes split the two to take the Vet 40 prize. Evergreen Vet 60, John Marsh, turned in his customary strong NYM run to finish first Vet 50. In the ladies' race, Vet 40 Angela Brand-Barker repeated her win of the previous year, but fell ten minutes short of her own record.

The winners weren't the only firsts at this year's race. We tried a self-administered kit-check (tick and sign a kit-list, and hand it in at the start) and we couldn't help being impressed by the honesty of the runner who disqualified himself. We also offered on-line internet pre-entry, which was tried out by a few; and on-site catering, which was appreciated by many runners and spectators.

Richard Wilson

1. T. Higginbottom	Eryri	2.02.18
2. A. Haynes O/40	Eryri	2.06.30
3. J. McQueen	Eryri	2.11.04
4. J. Blackett	Middles	2.11.39
5. D. Golding	Amble	2.16.37
6. C. Lancaster O/40	Ludlow	2.16.44
7. J. Boyle	DkPk	2.16.24
8. A. keron	MDC	2.17.13
9. S. Gilliland O/40	BroDys	2.23.42
10. J. Marsh O/50	TarrenH	2.24.54

VETERANS O/50

1. (10) J. Marsh	TarrenH	2.24.54
2 (11) J. Griffiths	SarnH	2.25.40
3. (16) P. Foale	Aberyst	2.30.32

LADIES

1. (12) A. Brand-Barker O/40	Kesw	2.27.00
2. (21) J. Lloyd	Eryri	2.37.10
3. (25) V. Musgrove O/40	Eryri	2.40.58
4. (31) A. Goode	BroDys	2.46.57
5. (34) E. Dunnington O/40	Eryri	2.54.00

52 finishers

CHROME HILL RACE

Derbyshire

BS/4m/700ft 28.06.03

Chrome Hill consists of the remains of a prehistoric tropical limestone reef now forming a spectacular jagged ridge in contrast to the more gentle rounded hills of the surrounding Peak District. Not that fell racers have much time to examine the underlying geology as they scarp daintily across the skyline observed from the safety of the local village school fete by less hardy mortals.

In a rehearsal for the Skiddaw championship race the following weekend, former winners Dave Neill, Malcolm Fowler and record holder Lloyd Taggart were trounced by Simon Bailey who set a new fastest time for the course. Natalie

White beat former 3 times winner Liz Batt and took the ladies' trophy previously held by teammate Lisa Lacon.

By the way the locals pronounce Chrome 'Croom'!

Martin Cortvriend

1. S. Bailey	StaffsM	27.47
2. D. Neill O/40	StaffsM	28.41
3. L. Taggart	Bux	29.16
4. M. Fowler O/40	Penn	29.55
5. T. Austin	DkPk	30.54
6. T. Plant	DerbyTri	31.19
7. D. McGonigle O/40	N'castle	31.26
8. N. Winfield	Penn	31.32
9. N. Bassett O/40	StaffsM	31.54
10. B. Blyth O/50	Macc	32.59

LADIES

1. (17) N. White	Holm	34.42
2. (20) L. Batt	Bux	36.38
3. (23) K. Bryan-Jones	DkPk	37.27

44 finishers

ARNISON CRAG

Cumbria

AS/2m/1000ft 28.06.03

What a day – fabulous warm weather, lots of folk basking in the sunshine and enjoying the Country Fair, Arnison Crag beckoning in the distance and three new records. And, thanks to Al Hart and Ian Mouslan, a bit of Cumberland wrestling on the finish line! Well done to all 38 runners who took part – including those who were virtually registering on the start line and borrowing pins! Hope you all enjoyed the race.

A special congratulations to Phil Davies, who set a new record of 13.38 and to Nicola Davies who set a new ladies' record of 17.36. Well done also to Jamie Roberts who was first under 16. It's also worth noting that the two CFR runners - George Crayston and Paul Johnston – finished in the same overall positions as last year; one with a slightly faster time and one with a slightly slower time!

Finally, thank you to Catstycam Outdoor Shop in Glenridding who sponsored the prizes. Hope to see you again next year!

Christine Kenyon

1. P. Davies	Borr	13.38
2. G. Crayston	CFR	13.52
3. P. Wilkin O/40	ThirskS	15.46
4. G. Wilkinson	Clay	16.05
5. P. Woodisse	YOBS	16.07
6. I. Greenwood O/40	Clay	16.13
7. J. Winn O/50	CFR	16.16
8. B. Taylor	CFR	16.25
9. B. Roberts O/40	Middles	16.30
10. R. Mossop	CFR	16.56

VETERANS O/60

1. (19=) J. Richardson	CFR	20.08
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LADIES

1. (13) N. Davies O/40	Borr	17.36
2. (19=) S. Glover	Felland	20.08
3. (32) S. Jeffrey O/40	Unatt	23.52

JUNIORS

1. J. Roberts	Middles	19.25
2. (29) G. Foot	Unatt	23.40

38 finishers

RESERVOIR BOGS

West Yorkshire

BM/8m/1000ft 29.06.03

1. K. Gray	CaldV	54.20
2. A. Breaks	CaldV	55.52
3. P. Taylor O/40	Ross	59.47
4. B. Whalley O/40	P&B	61.03
5. S. Moore	Kirkstall	61.45



Pete Jepson having been careless at Reservoir Bogs (Photo Pete Hartley)

VETERANS O/50

1. (18) R. Blakeley	Tod	68.37
2. (20) S. Moss	Spn	69.06
3. (21) R. Sutcliffe	CaldV	69.16

VETERANS O/60

1. (18) R. Blakeley	Tod	68.37
2. (31) P. Jepson	Ross	74.18
3. (57) T. Finch	Hfx	96.43

LADIES

1. (12) A. Johnson O/35	CaldV	66.01
2. (35) T. Apps O/35	SpringStr	77.05
3. (37) L. Crabtree O/40	CaldV	77.53
4. T. Hyde O/40	CaldV	81.58
5. J. Parson O/40	LeicsOwls	94.28

66 finishers

SETTLE HILLS RACE

North Yorkshire

AM/7m/1750ft 29.06.03

Conditions were near perfect for the Settle Hills race last Sunday where, after several attempts, Greg Hull triumphed at last. Leading practically from the start, he was pressed for much of the race by Gary Devine but managed to pull away to win by half a minute over the Pudsey and Bramley runner. In a sprint for the line Louis Banton edged out Steve Neill for third place with Andrew Robertshaw in close attendance in fourth. Adrian Pickles and David Horsfall made it a Settle one-two in the vet 40s and Nick Pearce showing good form to win a competitive vet 50 category. Don Ashton took the honours in the vet 60's, and the vet 70's was won by the evergreen Harry Catlow. Tricia Sloan retained the ladies' title with Sue Dolan the second lady and first vet 40 and Karen Slater third and second vet 40. In the over 50s' race Wendy Dodds ran well to beat Clayton team mate Jean Rawlinson.

In the morning, Settle hosted the fourth round of the English Junior Championships and the races also doubled as the Yorkshire Junior Championships and the cream of junior fell running battled it out for the honours over Peart Craggs and Attermire. The U12s race was particularly well contested and James Bowness

was pushed all the way by Richard Shuttleworth to win by 12 seconds. Ben Hodgkiss was third in the race and as first Yorkshire runner home won the gold in the Yorkshire championship. Rosie Stewart won the girls' race in impressive style. In the U14s Yorkshire runners came in, in the first three places, Max Jones leading in Jonathan Pawson and James Mountain. Gemma Crowther led home in the girls' race.

Alistair Brownlee continued his good run of form to win the U16 Yorkshire Championship. David Shepherd and Daniel Walmsley took silver and bronze respectively. Chloe Rodham won the girls' race from Zoe Storr and Emma Stewart. Mark Buckingham was pushed all the way by Stuart Hunn in the U18 race over the Attermire course. Katherine Cole won in the girls' race from Lucy Griffiths and Sheryl Slater.

The organisers would like to thank the race sponsors Settle Coal Co. Ltd., and Ribblesdale Motors, and the local landowners for their help in allowing the races to go ahead.

Anthony Shepherd

1. G. Hull	Leeds	50.10
2. G. Devine	P&B	50.42
3. L. Banton	Clowne	53.10
4. S. Neill	P&B	53.11
5. A. Robertshaw	Otley	54.18
6. A. Black	Clay	54.31
7. A. Pickles O/40	Settle	54.34
8. J. Hemsley	P&B	54.45
9. R. Little	Mercia	56.31
10. D. Horsfall O/40	Settle	56.55

VETERANS O/50

1. (14) N. Pearce	Ilk	58.16
2. (22) P. Booth	Clay	60.23
3. (35) G. Newsam	Clay	64.10

VETERANS O/60

1. (42) D. Ashton	DarwenD	65.18
2. (54) M. Coles	Skyrac	69.06
3. (69) J. Ely	CFR	72.43

VETERANS O/70

1. (90) H. Catlow	CFR	78.39
2. (103) J. Escritt	CFR	82.40

LADIES

1. (24) T. Sloan	Salf	60.52
2. (31) S. Dolan O/40	Hgte	63.26
3. (43) K. Slater O/40	Settle	65.24
4. (61) W. Dodds O/50	Clay	70.22
5. (65) J. Rawlinson O/50	Clay	71.07
6. (75) J. Commons O/40	Unatt	73.46

120 finishers



Holmfirth's Max Jones comes in to win the U14 race at Settle Hills (Photo Woodhead)

JUNIORS U/18

1. M. Buckingham	Holm	26.37
2. S. Hunn	Skip	26.48
3. A. Ellis	ValeR	26.57

JUNIORS U/16

1. A. Brownlee	Bing	23.16
2. J. Kevan	Wigan	23.28
3. A. Peers	Wirral	23.43

JUNIORS U/14

1. M. Jones	Holm	16.44
2. J. Pawson	Skip	17.03
3. J. Mountain	Skip	17.20

JUNIORS U/12

1. J. Bowness	CFR	12.39
2. R. Shuttleworth	Prest	12.47
3. B. Hodgkiss	Skip	13.10

THE GREAT BAKEWELL PUDDING RACE**Derbyshire****CM/6.25m/700ft 29.06.03**

2003 was another year that will be remembered for the glorious weather. We have been very lucky with this for the last few years, and long may it continue! This year's race was one of the most closely fought battles for victory that I can remember with Daniel Yates just holding Lloyd Taggart off in the closing stages. I hope that they will both come back to battle it out again next year. Phil Winskill was in third place. In the women's race the winner was again Liz Lilley with Cecelia Greasley a close second. Our 3rd lady is most probably now nursing a new baby for, at 8 months pregnant, she has to be a firm favourite for holding the record forever of being the most heavily pregnant competitor in the race!

Once again a large number of competitors fall into the category of being called "veterans" and the fastest of these men and women were Tony Greenwood and Cecelia Greasley respectively. Tony's overall finishing position of 6th was most impressive. We continue to try and encourage a large entry from runners based in Bakewell and this year we had more runners in this field than ever before. Geoff Andrews has been the first local finisher several times before but this year's time was the fastest that he has achieved in recent years. In the women's competition Jane Sutton set a new course record for the first local lady knocking well over a minute off the previous best time. Well done to Jane who was the only record breaker this year on the red course.

Overall the entry into the red course was higher than we have ever had before and I am beginning to recognise a few loyal names that keep coming back year after year. Thank you to those people but, from comparing the top 20 this year, with last, there are few names that match. We would like to know why you top runners don't come back and in this respect, or if you have any other comments about the race, good or constructive, then please ring me (01629 812435), or send an e-mail to davidgraay@lineone.net. Finally, with regard to the red course we did have a very large number of team entries this year, and that doesn't include the "fat boys" of Grindleford who would have probably beaten both Matlock and High Peak if they had filled in a team sheet. It is very good to see that so many Clubs are sending big teams along. Sorry to the ladies of High Peak who had no one to compete against.

Turning now to the blue fun run course, this too had many more runners than last year and records were broken in the women's race where Rosa Bercero knocked 13 seconds off the

previous best time. Robert Green bettered the previous junior boy record by 17 seconds to win his race in 20 minutes 23 seconds. Well done to both of them. The overall winner of the blue course was Ben Everitt in 19 minutes 28 seconds, with Sam Smith and Adam Gilbert (or is it Gilbert Adam?) not far behind. We had a very strong entry this year from Intermediate "girls", mainly from Buxton and the first three placings were Amy Wadsworth (21 mins 10 secs), Amy Whelan and Sophie Wharton. We will have to think about a team prize in this category again! Daniel Billinge and Joshua Wain were the runners up in the Junior Boys whilst Hannah Brennan once again led the Junior Girls home and was 7th overall. Katie Gregory was 2nd and Haley Cameron 3rd.

So, as we cleared up afterwards it is normal to reflect on what was good and what went wrong this year. Certainly it didn't help that we had no power in the caravan at the start. It made our commentator and "Master of Ceremonies", Norman Taylor, job very difficult. Sorry to everyone who did not get a Bakewell Pudding - we had ordered enough even though the entries were higher than previously and we are currently investigating what went wrong, and what we can do about it. If you left your name and number we hope to be able to do something about it. Finally, sorry too to those of you who wanted a shower but found the door locked. Even when we did get it open I understand that they were cold. This is unacceptable and we will try to ensure that it doesn't happen next year.

Otherwise, the event seems to have gone quite smoothly and thanks to everyone who helped with the organisation and marshalling. Bakewell community projects will benefit directly as a result of what was a good day. I hope to see you all again next year.

*David Gray/ Joe Oldfield/ John Scott***Red Course**

1. D. Yates	41.44
2. L. Taggart	41.55
3. P. Winskill	43.39
4. M. Williams	43.50
5. M. Rose	44.17
6. T. Greenwood O/40	44.31
7. S. Patton	44.59
8. N. Winfield	45.10
9. L. Faulkner	45.22
10. M. Stock	45.35

VETERANS O/40

1. (6) T. Greenwood	44.31
2. (12) M. Moorhouse	46.35
3. (15) A. Hartley	47.02
4. (16) J. Amies	47.20
5. (18) D. Harrison	47.55

LADIES

1. (13) L. Lilley	46.41
2. (17) C. Greasley O/40	47.44
3. (31) C. Howard	49.20
4. (38) K. Davidson	49.59
5. (41) J. Griffiths O/40	50.54
6. (44) J. Sutton O/40	51.07

186 finishers**WINDY GYLE FELL RACE****Northumberland****BM/9m/1500ft 29.06.03**

This third running of the Windy Gyle International Fell Race was a record turnout with forty two runners taking part in the return journey into Scotland. The race was a truly cosmopolitan affair with runners from as far a field as Derbyshire and Bad Harzburg. All finished and the times were generally faster than previous years.

The race started in bright sunshine but the weather quickly deteriorated with thick hill fog almost down to valley level. Considering the conditions that were encountered route finding was always going to be a problem to those unfamiliar with the course.

As it turned out even those familiar with the route went wrong. Garry Owens and his party approached Russell's Cairn on Windy Gyle summit from an unconventionally North Easterly direction. It is tricky to find the summit when the visibility is down to a few meters but all got there in the end.

Adam Fletcher, leading the field took a round about route to Plea Knowe which he approached from the north but he held onto the lead to finish first.

Gary Owens was lying tenth at Plea Knowe but ran strongly down The Street to finish second overall and first vet 40. He was followed closely by Ben Abdelnoor, who has recently returned to the area and looks set to do well in local races.

Despite being one of those to go adrift on Windy Gyle Karen Robertson finished strongly in eleventh place to become first senior lady. Jane Walker, whose reconnaissance of the route earlier in the week paid off, was first FV 40.

John Humble (1st MV50) put in a fast time to finish tenth, two minutes faster than last year.

NFR took first men's and ladies team prizes.

Keith Cooper

1. A. Fletcher	Berwick	1.05.04
2. G. Owens O/40	NFR	1.08.21
3. B. Abdelnoor	StBedes	1.08.51
4. G. Davis O/40	NFR	1.50.43
5. T. McCall O/40	Norham	1.09.37
6. L. Grundy	NFR	1.09.48
7. G. Kirk O/40	DkPk	1.10.03
8. C. Mills O/40	Unatt	1.10.23
9. F. Whitford O/40	Peterlee	1.10.38
10. J. Humble O/50	NFR	1.10.40

VETERANS O/50

1. (10) J. Humble	NFR	1.10.40
2. (15) J. Marsh	Teviot	1.12.13
3. (23) M. O'Brien	LowFell	1.20.10

LADIES

1. (11) K. Robertson	NFR	1.10.45
2. (17) H. Thorburn	DkPk	1.18.12
3. (26) J. Grundy	NFR	1.20.56
4. (28) J. Walker O/40	NFR	1.21.41
5. (29) J. Ryall O/40	Tyne	1.21.43

42 finishers**TWENTY BARRIERS CHALLENGE****Lancashire****CS/5m/500ft 01.07.03**

A sudden window in the clouds saw 47 athletes set off on this cross-country type fell race in bright conditions. Eddie Simpson set a brisk pace from the start and was rewarded with the course record. Apart from this, times were down on previous years because the underfoot conditions were sticky for much of the route.

There were twenty prizes awarded at the celebration in the Queen's Hotel after the race.

Prizes were supplied by Nuclear Electric (Heysham) and the race is sponsored by Far Pavilion Restaurant (Bolton-le-Sands) and Roof-Rite (Carnforth).

A. Stafford

1. E. Simpson	Unatt	30.53
2. P. Whiting O/40	Kend	36.19
3. Q. Harding O/40	Bowland	36.31
4. N. Adshead O/40	Southp	36.36
5. I. Pudge	Ross	36.37

6. D. Wilson	Bowland	37.15
7. D. Aspden	Dallam	37.20
8. B. Kennedy O/40	Settle	37.21
9. S. Lashley	Dallam	37.25
10. W. Percival O/40	Amble	37.32

VETERANS O/50

1. (11) M. McKenna	Dallam	37.34
2. (14) J. Hodgson	Dallam	39.50
3. (17) P. Sewell	Dallam	40.50

VETERANS O/60

1. (22) B. Atkinson	NthnV	41.59
2. (34) B. Nicholson	KAC	45.01

LADIES

1. (29) S. Harding O/40	Bowland	42.55
2. (32) J. Taylor O/40	LancsM	43.56
3. (35) A. Jorgenson O/40	Unatt	46.51

45 finishers

SALTWELL HARRIERS FELL RACE

Co Durham

BS/5.5m/1000ft 01.07.03

This is the best fell race in the calendar. I was told by one competitor, and who am I to argue?

The eighth Saltwell Harriers Fell Race again attracted a strong field, but also some wintry conditions. The summit of Collier Law could not be seen until the runners were circumnavigating the Mast on the summit. A strong head wind to the summit slowed the pace for the leading 3 runners, over 40's, Fred Smith and Sid Coxon and youngster Morgan Donnelly.

These three battled it out with the lead changing on a number of occasions down to the checkpoint in the stream, which, despite the torrential rain was rather warm. Morgan opened up a lead from the stream and was too strong for the old vets on the steep climb to the finish. Only 3 under 40's in ten first ten. Ben Moor was one, making his debut in this tough race. A great run by first lady Karen Robertson finishing 14th overall. Debutant lady Louise Wilkinson had a fine run finishing 2nd lady.

This year's race was boosted by Team Moorcock, managed by Gordon Moyes, Landlord of the Moorcock pub where the annual post race presentation is held and an event in itself.

So if you want to enter the best race in the calendar and experience the Moorcock presentation, where just about everyone gets a prize, then make your way to Co Durham on Tuesday 6 July 2004.

Keith Wood

1. M. Donnolly	NFR	43.30
2. S. Coxon O/40	Tyne	44.14
3. F. Smith O/40	Saltw	45.02
4. M. Broadhurst O/40	Tyne	45.49
5. D. Armstrong O/40	NFR	46.06
6. B. Moor	StBedes	47.34
7. G. Owens O/40	NFR	48.33
8. N. Cassidy O/40	NFR	48.42
9. C. Mustill	Mand	48.49
10. D. McPartlan O/40	NFR	49.00

VETERANS O/50

1. (26) D. Henderson	Tyne	58.00
2. (27) J. Hutchinson	Tyne	59.33
3. (33) I. Mowbray	CRAP	66.23

VETERANS O/70

1. (41) D. Wright	Tyne	87.30
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LADIES

1. (14) K. Robertson	NFR	50.19
2. (20) L. Wilkinson	NFR	56.10
3. (36) S. Davis O/40	NFR	69.29

41 finishers

GUISBOROUGH GRUNT

Cleveland

BM/7m/1000ft 03.07.03

1. R. Wilson	Scarb	39.21
2. B. Roberts O/40	Mand	39.29
3. J. Blackett	Mand	39.53
4. J. Skidmore	Mand	42.54
5. A. Minister	HArtle	43.00
6. C. Wright O/40	Mand	43.08
7. A. Henderson	Quakers	43.10
8. C. Jeffries	Billing	43.18
9. P. Figg	Quakers	43.43
10. P. Wilkin O/40	ThirskS	43.45

VETERANS O/50

1. (14) S. Smith	Ripon	46.00
2. (17) M. Hetherton	Acorn	47.20
3. (23) J. Kettle	NMarske	48.46

LADIES

1. (16) A. Raw O/40	Darling	47.03
2. (40) K. Neesam	NMarske	54.20
3. (44) C. Worth O/45	Mand	54.51
4. (53) S. Kempson	NMarske	56.00
5. (55) S. Jemson O/50	NMarske	56.02

67 finishers

SHELF MOOR UPHILL FELL RACE

Derbyshire

AS/3m/1610ft 02.07.03

1. B. Hussain	Stock	24.36
2. C. Leigh	Traff	25.09
3. J. Jackson	Salf	25.48
4. T. Austin	DkPk	26.31
5. D. Gibbons	Altr	26.58
6. P. Winskill	DkPk	27.09
7. D. Taylor	Unatt	27.19
8. D. Archer O/50	Bury	28.31
9. T. Greenwood O/40	Penn	28.59
10. G. McMahon O/40	Notts	29.08

VETERANS O/50

1. (8) D. Archer	Bury	28.31
2. (11) M. Johnson	Sale	29.12
3. (25) R. Scotney	Penn	31.22

LADIES

1. (13) T. Sloan O/35	Salf	29.41
2. (17) W. Barnes	Barns	30.09
3. (24) K. Wood	Stock	31.19

52 finishers

THE WHARFEDALE TTT

North Yorkshire

4/5/6.07.03

After a week of mixed weather the weekend brightened to give perfect running conditions and warm enough to enjoy all the pleasures of camping in the heart of the Yorkshire Dales. We welcomed competitors from as far afield as Cambridge and Kent as well as many from the host club which included the Saturday race as part of their club championship.

The first race on the Friday evening was poorly attended, only 33 starters, which also did not bode well for the Grand Prix over the three days.

The first five finishers over the uphill road race course on Friday evening included four category winners, Steve Webb as a veteran 40 had a comfortable win and started in the best possible way towards the Grand Prix. Tony Hesketh was first veteran 50 in fourth and England International Ann Buckley was fifth and first lady (although we only had three ladies in the race!).

The highlight of the weekend, the Saturday event and without doubt one of the best fell courses in the country; drew 56 starters. The course includes varied terrain and the middle part of the course needs a little straightforward navigation and sensible route choice. A few of

the leading runners went astray on this section (it happens every year) which made the final result more interesting. Another section leading to the final checkpoint also offers at least two route choices.

Andy Wood won comfortably from Andy Preedy. Veteran 50 Tony Hesketh was third, putting himself in a good position for the Grand Prix overall champion.

Unfortunately the ladies category was not well supported and the first lady was back in forty ninth position.

Sunday dawned a little overcast as did most of the Grand Prix competitors; with two races already completed and a very sociable Saturday evening, everyone was thankful the Sunday race was only short (if somewhat fast). The Grand Prix was in the balance with a few competitors capable of taking the overall result which would be decided on the short, fast, flagged course.

Colin Moses won and was the odd man out, the following twelve finishers were all in contention for the Grand Prix!

Steve Webb joined an elite band to win the Wharfedale TTT Grand Prix with Tony Hesketh second, a very creditable performance as a Veteran 50. Jonny Butler finished third after consistent results in all three races.

Sarah Dyer was first lady in the Grand Prix with Rebecca Whelan from the host club second (Rebecca's husband Paul was eighth in the Grand Prix as well - a good family weekend out!)

Thanks to sponsors, X Controls Limited and Running Bear.

A lot of hard work goes in to the TTT by a number of Bingley Harriers and their relatives and friends; a big thanks to all of them.

Dave Weatherhead

Overall

1. S. Webb O/40	VallStr	11pts
2. T. Hesketh O/50	Horw	13pts
3. J. Butler O/40	Kghly	14pts
4. A. Preedy	Ross	19pts
5. P. Hindle O/40	Kghly	19pts
6. A. Cutts O/40	VallStr	27pts
7. S. Fry O/40	Bing	29pts
8. P. Whelan	Bing	32pts
9. G. Taylor O/40	DarwenD	39pts
10. N. Bland O/50	Wharfe	42pts

LADIES

1. (22) S. Dyer O/45	VallStr	114pts
2. (23) R. Whelan O/35	Bing	115pts

Race 1

1. S. Webb O/40	VallStr	18.45
2. W. Ali	Roch	19.10
3. J. Callaghan	Kghly	19.18

LADIES

1. (5) A. Buckley	Salf	19.54
2. (29) S. Dyer O/45	VallStr	26.59
3. (30) J. Peacock O/50	Coburg	28.49

33 finishers

Race 2

1. A. Wood	Bing	1.32.32
2. A. Preedy	Ross	1.33.02
3. T. Hesketh O/50	Horw	1.33.44

LADIES

1. (49) A. Gull O/35	Bing	2.14.05
2. (50) M. Green O/45	Bing	2.14.05
3. (51) H. Livingstone O/35	Bing	2.14.06

56 finishers

Race 3

1. C. Moses	Bing	13.43
2. S. Webb O/40	VallStr	13.58
3. J. Butler O/40	Kghly	14.30

31 finishers

**SAUNDERS LAKELAND
MOUNTAIN MARATHON
Cumbria
5/6.07.03**

KLETS

1. T. Higginbottom	8.03.32
2. I. Powell	8.29.18
3. N. Bunn	8.30.16
4. P. Clarke Vet	8.51.47
5. K. Leitch	8.54.51

24 finishers

SCAFELL

1. J. Kewley/B. Bolland	9.17.52
2. C. Flower/D. Rodwell	9.37.41
3. P. Wooddise/K. Murphy	9.38.40
4. K. Howard/D. Lambert Vets	9.53.11
5. G. Hardingham/J. Rabagliati	9.55.09

14 finishers

BOWFELL

1. H. Jones/G. Jones	7.41.15
2. A. Creber/B. Stadden Vets	7.43.14
3. C. Rhodes/B. Clough	7.51.00
4. S. Wright/I. Beyer	8.44.05
5. M. Knowles/M. Berry Vets	8.45.51

39 finishers

KIRKPELL

1. L. Jones/A. Duncan Vets	7.40.11
2. S. Lord/J. Rooney	8.00.40
3. J. Worth/N. Baker	8.02.09
4. J. Horton/S. Sleath	8.16.12
5. D. Taylor/W. Harrison	8.29.21

73 finishers

CARROCK FELL

1. L. Atchison/C. Pearson Mixed	7.21.11
2. R. Salt/K. Lomas	7.40.31
3. N. Pike/S. Pike Mixed	8.17.30
4. A. Railton/M. Cole	8.25.20
5. A. Wilson/M. Sizer Vet	8.25.28

88 finishers

HARTER

1. D. Broach/K. Broach Mixed	7.48.52
2. J. Cox/N. Howard Vets	7.57.51
3. P. Broughton/H. Pickles	8.05.41
4. G. Wolverson/N. Misselbrook	8.36.25
5. A. Huyton/M. Huyton Mixed Vets	8.41.06

69 finishers

WANSFELL

1. M. Anglim/B. Anglim	6.43.17
2. S. Martin/T. Martin	7.36.06
3. J. Andrews/K. Hannaford	7.44.08
4. P. Mitchell/N. Burton	7.44.15
5. S. Drinkwater/L. Drinkwater Mixed	7.58.48

71 finishers

**NORTH CAPE DOLLAR HILL RACE
Kinross
AM/9m/3000ft 05.07.03**

Wildlife caused havoc at Scottish Championship Race!

Problems with a ferocious pair of buzzards at the start and end of the race in previous years had necessitated a slight change of course for 2003. This enforced change was not only to protect runners, some of which had blood drawn in 2002, but also the buzzards which should of course be protected from runners.

The irony of the change became apparent at the end of the race when more than a third of the field had been stung by equally ferocious wasps! A post race vote was unanimous in favour of reverting to buzzard attack for 2004!!

The race was won by Phil Davis beating Malcolm Patterson's 1998 record by 22 seconds.

John Gallacher

1. P. Davies	Borr	1.17.23
2. G. Bartlett	Forres	1.18.34
3. J. Lennox	Shettle	1.19.08
4. T. Lenton	Lothian	1.19.10
5. B. Marshall	HELP	1.19.21
6. R. Gallagher O/40	W'lands	1.20.50
7. A. Anthony	Ochil	1.21.37
8. A. Davis O/40	Fife	1.22.11
9. S. Gould	HBT	1.22.18
10. J. Hepburn O/40	Lochaber	1.22.22

VETERANS O/50

1. (15) J. Blair Fish	Carn	1.29.40
2. (17) A. McGuire	Fife	1.30.07
3. (18) M. Hulne	Corsto	1.30.10

LADIES

1. (26) J. Tait	Carn	1.31.31
2. (28) D. Scott	Lochaber	1.33.39
3. (55) E. Scott	W'lands	1.49.06
4. (56) K. Kitchin	Lothian	1.49.37
5. (60) A. Jackson	Strathearn	1.51.23

78 finishers

**THE CHEVY CHASE
Tyne & Wear
BL/20m/4000ft 05.07.03**

It was a glorious day for running in the Cheviots on the day before and the day after the Chevy Chase. Unfortunately, in between a combination of light winds, extremely low cloud base and penetrating drizzle provided conditions of poor visibility and awkward navigation.

Consequently, progress around the normally scenic course was slow without a single cheerful view - apart from the finish line!

John Boyle did remarkably well to take all the right turns and completed in an excellent time.

Local lady, Claire Bagness, on home ground read the cloud covered landmarks perfectly to lead the ten ladies who finished. John Humble and Ray Hayes are seasoned Chevy Chasers and they took the O/50 and O/60 awards respectively.

Over recent years, Wooler Running Club has become more active and competitive but this could not match the continuing dominance of the region's premier fell running club - Northumberland Fell Runners, who retained the team cup.

The Chevy Chase is a fell run and challenge walk; the number of runners taking part this year

was lower because the classic Skiddaw Fell Race took place on the following day.

I would like to take this opportunity of thanking all the runners for participating and for their wonderful attitude which contributed greatly to the friendliness of a successful day in the Cheviot Hills.

Laurence Heslop

1. J. Boyle	DkPk	3.06.02
2. A. Atkinson	Guild	3.09.09
3. G. Owens O/40	NFR	3.16.47
4. I. Ellmore O/40	NFR	3.17.53
5. R. Glover O/40	NFR	3.18.34
6. P. Dunn O/40	Elvert	3.25.27
7. T. Nullen O/40	Elvert	3.26.21
8. D. Atkinson	NFR	3.26.58
9. A. Fletcher	Berw	3.27.40
10. J. Humble O/50	NFR	3.28.53

VETERANS O/50

1. (10) J. Humble	NFR	3.28.53
2. (20) P. Reed	NFR	3.59.11
3. (22) J. Cockburn	Alnwick	4.02.29

VETERANS O/60

1. (32) R. Hayes	NFR	4.19.36
2. (58) G. Atkinson	Unatt	4.49.23
3. (65) A. Urwin	Unatt	4.58.26

LADIES

1. (19) C. Bagness O/40	WRC	3.52.14
2. (30) P. McDougall O/40	Morpeth	4.15.27

91 finishers

**TOCKHOLES GALA FELL RACE
Lancashire
BS/5.5m/1000ft 05.07.03**

There were 98 entries this year, up on last year despite the clash with Skiddaw. Darwen resident Richard Thomas won the race easily in a record time, nearly a minute quicker than the previous best. The Tockholes Businessman of the Year award must again go to the Landlord of the Victoria Hotel, who sponsored the race T-shirt for all the runners but came to the Gala to watch rather than open up the pub to sell us all a post race pint! Thanks George.

Julian Donnelly

1. R. Thomas	Eryri	37.37
2. T. Taylor O/40	Tod	38.45
3. J. Cordingley O/40	Bing	38.54
4. P. Guinan	B'burn	39.06
5. D. Parkington O/40	Prest	39.17



Anne Ferguson leads an unsteady group at Tockholes (Photo Steve Bateson)

6. S. Willis	Tod	40.11
7. N. Cameron	Unatt	40.32
8. B. Shaw	DarwenD	40.51
9. B. Duffy O/50	BurndenRR	41.00
10. G. Kay	Horw	41.09

VETERANS O/60

1. (53) R. Jaques	Clay	49.20
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LADIES

1. (24) V. Peacock O/50	Clay	44.24
2. (51) L. Fisher O/40	BurndenRR	48.48
3. (54) S. Corsini	DarwenD	49.25

97 finishers

LANGDALE GALA FELL RACE

Cumbria

BS/2.5m/350ft 06.07.03

1. C. Doyle	Traff	12.19
2. T. Tipping	HelmH	12.27
3. C. Speight O/40	Amble	13.21
4. N. Davies Lady O/40	Borr	13.29
5. A. Crowe U/17	Unatt	13.31
6. S. Crowe O/40	Unatt	13.58
7. J. Graham	Unatt	14.02
8. A. Life	Clay	14.16
9. M. Addison O/40	HelmH	14.25
10. S. Lashley	Dallam	14.48

VETERANS O/50

1. (13) B. Scholes	Settle	15.14
2. (23) D. Thompson	Unatt	16.11
3. (21) A. Biddle	WPenn	17.52

LADIES

1. (4) N. Davies	Borr	13.29
2. (13) L. Cowell	Kesw	15.09
3. (14) K. Slater O.40	Settle	15.15

ELLAN VANNIN FELL RACE

Isle of Man

AL/15.5m/4100ft 06.07.03

Douglas postman, Ian Gale, was in record breaking form as he scored a convincing win in the Ellan Vannin, the final long race in this year's Manx Fell League. He knocked four minutes off Tony Okell's year old record as he made good use of the absolutely perfect conditions.

Fellow Manx Fell Runner, Simon Skillicorn, recorded his best result to date in securing second spot with Great Britain International Walker, Steve Partington, third.

1. I. Gale	MFR	2.46.06
2. S. Skillicorn	MFR	2.50.44
3. S. Partington	ManxH	2.59.44

VETERANS O/40

1. I. Callister	ManxH	3.01.05
2. A. Corrin	WAC	3.20.05
3. A. Bagley	ManxH	3.32.37

VETERANS O/50

1. I. D. Young	MFR	3.06.16
2. R. Moughtin	WAC	3.30.42
3. L. Brown	ManxH	3.56.50

VETERANS O/60

1. R. Callister	MFR	3.31.36
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SKIDDAW FELL RACE (British & English Championship)

Cumbria

AM/9m/2700ft 06.07.03

Briths and English Championship status meant that this classic Lakes event attracted the size and quality of field which it enjoyed in its heyday.

Record holder, Kenny Stuart, was on hand to see whether his nineteen year old record of 62.18 would be broken in what were generally perfect conditions.



Alan Vaughan temporarily in the lead at Skiddaw (Photo Mark Aspin)

In the event winner, Simon Bailey, came near but not near enough. After tagging on to fifth placed Mike Boulstridge on the climb, Bailey pulled away and held the lead for the remainder of the race. Second placed Ina Holmes made his move on the descent, running neck and neck with third placed Nick Sharp on the final road section.

In the ladies' race, winner Sally Newman led all the way but was closely contested on the descent by second placed, Kate Beaty.

My apologies to fellow veterans at CFR and Clayton for wrongly awarding the V50 team prize to Clayton. Fortunately, I managed to rescue one of the two 12 packs (the other having disappeared rapidly down the M6!). I like to think that my mistake resulted in two V50 team prizes being awarded.

My thanks to everyone who took part; the many members of Keswick AC and our friends from CFR who helped; our sponsors Pete Bland Sports; Pete Baron of the Lake District National Park Authority; Judith Bryson and Keswick Cricket Club; the St John's Ambulance Keswick Division; and last but not least, my two friends, Harvey and Tony, guests for the weekend who rose at 6.00 a.m. on Sunday after a convivial Saturday evening, to help me flag and tape the course, and then helped at the race.

Allan Buckley

1. S. Bailey	StaffsM	1.03.11
2. I. Holmes	Bing	1.03.34
3. N. Sharp	Amble	1.03.39
4. A. Vaughan	Eryri	1.04.33
5. M. Boulstridge	Mercia	1.04.58
6. S. Booth	Borr	1.05.04
7. R. Jebb	Bing	1.05.26
8. R. Bryson O/40	N'castle	1.05.40
9. M. RobertsO/40	Borr	1.06.18
10. T. Werratt	Mercia	1.06.49
11. M. Rigby O/40	Amble	1.06.52
12. N. Leigh	Altr	1.07.00
13. D. Neill O/40	StaffsM	1.07.01
14. M. Whitfield	Bing	1.07.14
15. R. Hope	P&B	1.07.27
16. C. Leigh	Traff	1.07.41
17. C. Roberts	Kend	1.07.53
18. L. Taggart	Bux	1.07.57
19. S. Stainer	Amble	1.08.13
20. B. Bardsley	Borr	1.08.19
21. J. Davies	Borr	1.08.40
22. M. Donnelly	NFR	1.08.50

23. J. Hunt	CFR	1.09.27
24. G. Devine	P&B	1.09.39
25. M. Fowler O/40	Penn	1.09.43
26. J. Deegin	Amble	1.09.54
27. D. Walker	Clay	1.10.01
28. M. Denham-Smith	Kesw	1.10.11
29. C. Stean	NFR	1.10.44
30. S. Bottomley	P&B	1.10.58

VETERANS O/50

1. (49) D. Overton	Kesw	1.13.22
2. (80) H. Jarrett	CFR	1.16.27
3. (81) P. McWade	Clay	1.16.36
4. (85) S. Winn	CFR	1.16.56
5. (91) D. Tait	DkPk	1.17.40

VETERANS O/60

1. (139) S. Amies	Macc	1.22.18
2. (163) J. Nuttall	Clay	1.25.01
3. (124) P. Murray	Horw	1.25.39
4. (171) J. Marsh	TarrenH	1.26.05
5. (184) P. Jepson	Ross	1.26.57

LADIES

1. S. Newman O/40	CaldV	1.20.53
2. K. Beaty O/40	CFR	1.21.58
3. K. Davison	DkPk	1.22.34
4. M. Laney O/40	Clay	1.22.52
5. H. Johnson	Bing	1.23.18
6. P. Munro	Bing	1.23.27
7. N. White	Holm	1.24.02
8. S. Taylor	Bing	1.25.43
9. H. Thorburn	DkPk	1.26.30
10. S. Becconsall O/40	Bing	1.26.33

365 finishers

HATHERSAGE GALA FELL RACE

Derbyshire

BS/4.5m/925ft 07.07.03

On a lovely sunny evening, a near record field saw Daniel Yates finish first in a new record time of 27.38 minutes just ahead of last year's winner and previous record holder, Malcolm Fowler. The evergreen Fowler was first placed vet in a time of 27.43 minutes, just inside his 2002 record time of 27.55.

Alice Brockman took the women's prize but was well outside the record time of 30.44 set by Jo Smith in 1999. Jane Griffiths retained her F40 vet's title.

In a year that saw ever more locals competing, up by 50% on last year, Simon Patton took the men's title, while Kirsty Bryan-Jones was first

local women. In the local mixed team race against the neighbouring village of Bamford (first 5 men and first 3 women to count), the home team scored an emphatic win, the visitor's cause not being helped when one of the Bamford team unfortunately tripped and fell shortly after the start. This was due in no small part to the over enthusiastic driving of the Edale Mountain Rescue Team responding to a call out!

Once again we would like to thank the band of helpers who mark and marshal the course, judge the positions, take the times and prepare the results; the landowners over whose terrain we run and the village school who provide the start and finish (and the toilets!). Without their combined support the race wouldn't take place.

Brian Griffiths, Brian Wilson

1. D. Yates	Matlock	27.38
2. M. Fowler O/40	Penn	27.43
3. P. Winskill	DkPk	28.24
4. G. Cudahy	Stock	28.43
5. J. Ward	Derby	28.58
6. S. Marsden	Hallam	29.11
7. A. Middleditch	DkPk	29.20
8. M. Hayman	Unatt	29.45
9. D. Taylor	Unatt	29.51
10. S. Baker	Macc	30.28

VETERANS O/40

1. (2) M. Fowler	Penn	27.43
2. (15) R. Ramsdale	Unatt	31.33
3. (19) A. Peel O/40	FatBoys	31.50

VETERANS O/50

1. (27) M. Moorhouse	Matlock	32.22
2. (41) R. Hopkinson	DkPk	34.26
3. (45) A. Ashforth	Handsworth	34.34

VETERANS O/60

1. (77) B. Buckley	Gloss	37.04
2. (121) B. Rodgers	NthnV	40.10
3. (142) G. Evans	Hallam	42.20

LADIES

1. (49) A. Brockman	Unatt	34.52
2. (55) K. Bryan-Jones	DkPk	35.27
3. (58) J. Griffiths O/40	DkPk	35.41
4. (67) J. Gascoigne O/40	Unatt	36.04
5. (85) J. Wilson	Hallam	37.23
6. (96) J. Searle O/40	DkPk	38.37

181 finishers

UP THE NAB FELL RACE (Barry Thackery's 70th Birthday Run) Derbyshire BS/4.5m/750ft 09.07.03

Lloyd Taggart was well clear at Comb's Edge, took a shorter diversion and unfortunately, had to be disqualified declaring Simon Entwisle the winner.

Thanks to Glossop Mountain Rescue and all helpers at road junctions. Thanks also to George Scott for loan of the radios and Alistair for use of the Rugby Club.

Des Gibbons

1. S. Entwisle O/40	Penn	28.22
2. T. Greenwood O/40	Penn	28.36
3. I. Warhurst O/40	Penn	29.12
4. M. Johnson O/50	Sale	29.47
5. F. Fielding O/50	Penn	30.02

LADIES

1. (18) E. McGuire O/35	Stock	34.46
2. (22) C. Baguley	Gloss	37.19
3. (27) B. Buckley O/50	Gloss	39.46

29 finishers

DWYGYFYLCHI RACE Conwy AM/10m/2700ft 09.07.03

Sixty runners registered for the seventh Dwygyfylchi, on the day that the hottest ever temperatures were recorded in the UK, and no race organiser will have a harder job trying to justify enforcing the FRA rule of carrying full kit. Thank you to the vast majority of understanding runners who understood my position!

Initial panic as I had forgotten to open the first gate saw me fly up the first 200 metres with the field literally in hot pursuit! Then it was off to the second checkpoint, which looked like Death Valley this year, and we had already lost a quarter of the field due to the heat with only third of the race over.

Well done Andrew Carruthers - his cautious start paid off as he overhauled the early leaders over the final climb and came in to win his first race outright, having consistently been there or thereabouts in so many other races. Paul Evans and Russell Owen must have thought it was a two horse race until Carruthers, getting stronger all the time, steamed past. The course record was never going to be touched, but 1.29.00 seemed pretty handy on the day. Three ladies in the first thirteen shows that when the going gets tough, the girls get going, and Helen Thorburn was first in, retaining her race title, not much slower than last year on a day when all others really struggled.

Thanks again to our generous sponsors - Sinclair Steel & Power Access, and Conwy Outdoor Shop. Special thanks to Dewi, Jean and Debbie, Geoff Clegg (no Geoff- no race?) superhuman Barrie Wells, and ever helpful Brian Evans- also Tony, Sheila, Karen, and Beth.

Talk of a possible route change for the future is growing, but will it ever be as scenic as the current course? I think not... but let me know your thoughts. See you next year.

Steve Hurdman

1. A Carruthers O/40	Hales	1.29.00
2. P. Evans	Eryri	1.29.53
3. R. Owen O/40	Eryri	1.30.02
4. T. Jones O/40	Eryri	1.34.20
5. I. Warhurst O/40	Penn	1.35.29
6. P. O'Brien	NWRCC	1.35.29
7. H. Thorburn	DkPk	1.38.03
8. J. Williams O/40	Eryri	1.41.36
9. C. Jones	Eryri	1.42.36
10. S.Houghton O.40	CaldV	1.42.39

VETERANS O/50

1. (18) D. Thomas	Eryri	1.53.36
2. (19) R. Hughes	Unatt	1.54.00
3. (21) W. Helliwell	Unatt	1.57.32

VETERANS O/60

1. (16) E. Davies	Eryri	1.51.33
2. (26) P. Norman	Wrex	2.06.36

LADIES

1. (7) H. Thorburn	DkPk	1.38.03
2. (11) R. Metcalfe	Eryri	1.44.23
3. (13) T. McQueen	Eryri	1.47.22
4. (29) K. Roberts	Helsby	2.08.41
(32) J. Wells	ColBay	2.11.18

42 finishers

LORD'S SEAT Cumbria AS/5m/1400ft 09.07.03

A fine evening. Marshalling on Lord's Seat, I could hear the thunder of studs on the forest paths before I could see the multi coloured vests making their way up to the summit. No new records but close racing. Hundredths of seconds

separated the first two men and there was then a dead heat for 3rd as Dave & John emerged from the forest having taken a detour through the childrens playground.

Many thanks to all the marshals. As a condition of our permit, we have to "man" the gates and ensure a safe road passage. We also pay a levy of 74p per runner, hence the condensed prize list.

A different format this year. The two races were two months apart. Do you prefer this format or the old one with both races in one week? The opinions are fairly equal at present. We look forward to your feedback.

Angela & Tony Brand-Barker

1. B. Taylor	CFR	34.52
2. N. Lockwood	Kesw	34.52
3. J. Murray	Lassw	35.00
3. D. Birch	Kesw	35.00
5. I. Mulvey	Unatt	36.53
6. N. Cockbain	CFR	37.32
7. J. Myatt O/40	Kesw	40.08
8. C. Hutt	Edinb	40.30
9. D. Atkinson	CFR	40.40
10. M. Litt O/50	CFR	40.44

VETERANS O/40

1. (7) J. Myatt	Kesw	40.08
2. (13) S. Kemp	Kesw	41.07
3. (15) J. Ritson	Derwent	41.20

VETERANS O/50

1. (10) M. Litt	CFR	40.44
2. (18) S. Sharp	CFR	42.17
3. (19) J. Downie	Kesw	42.40

VETERANS O/60

1. (49) S. Watson	CFR	50.27
2. (53) B. Hillon	CFR	51.18
3. (63) R. Strachan	Kesw	59.18

VETERANS O/70

1. (60) H. Catlow	CFR	55.47
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LADIES

1. (23) B. Blakeman	Sunday	43.08
2. (29) T. Walker	CFR	44.24
3. (30) C. Waterhouse	Hfx	44.32
4. (34) S. Lewsley O/40	Kesw	45.43
5. (35) L. Hunter	CFR	45.51

69 finishers

FLAN FELL RACE Cumbria BS/1.75m/300ft 10.07.03

Thursday evening (10th July) saw the Flan Fell Race as part of the Furness Tradition Festival. Rain showers a couple of hours before the race left the grassy slope treacherous for those without studded shoes. This did not hamper Ulverston based teenager Chris Doyle. He exploited his descending speed to come from second position at the top of the 300 foot high Flan Fell to a winning position 20 seconds clear of Rubin Sedman-Smith. Doyle set a new course record of 10 minutes 33 seconds for the one and three quarter mile race, with Sedman-Smith also beating the previous mark. Third place went to veteran Billy Proctor, who managed to beat sons, Ben and Lee, who were 5th and 7th respectively - an excellent family performance!

Robert Callister was 4th overall and won the first over 40's prize. Gary Dover from the organising club, Hoad Hill Harriers, secured 6th place whilst team-mate Dave Fell took the veterans 50 prize. The over 60 prize went to Norman Bush.

First Under 17 runner was Matthew Rooke, who was 8th overall, and his mum Kath was first lady. In the youngest and oldest categories, first Under 14 went to Lindsey McCrae, whilst 75 year old Alan Robinson finished in 18-20.

The shorter children's races were won by John Jardine and Bridget Penellum.

Damian Jones

1. C. Doyle	Traff	10.33
2. R. Redman-Smith	WChesh	10.53
3. W. Proctor O/40	HelmH	11.18
4. R. Callister O/40	IOMV	11.31
5. B. Proctor	HelmH	11.50
6. G. Dover	HoadH	11.32
7. L. Proctor	HelmH	12.01
8. M. Rooke U/17	Unatt	12.06
9. A. Crowe U/17	Broughton	12.06
10. J. Fell	Unatt	12.39

VETERANS O/50

1. (12) D. Fell	HoadH	12.44
2. (20) P. Thomas	HoadH	14.02
3. (23) J. Clark	HoadH	15.55

VETERANS O/60

1. (13) N. Bush	Ilk	12.52
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VETERANS O/70

1. A. Robinson	Horw	18.20
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LADIES

1. (25) K. Rooke O/40	Unatt	17.11
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27 finishers

JUNIOR RACE

1. J. Jardine	Broughton	09.52
2. T. Doyle	Kend	10.17
3. D. Jardine	Broughton	11.03

BULL HILL FELL RACE

Lancashire

BS/5.5m/830ft 10.07.03

Bull Hill Fell Race continues to establish itself. This is the fifth year it has been run and the starting field, up to 119, is improving each year.

The weather was kind with a warm, dry evening.

Richard Thomas was a worthy overall winner, his time being a minute or so outside the course record. I must mention the second runner, Michael Aspinall, who is only 18 but was first to the top of Bull Hill – so one to watch for the future.

First lady was Clare Kenny.

Everything went well except for the vandals moving flags on the moor, which marshals were able to sort out just before the race. Next year, the flags will be put out only on the same evening as the race.

The evening was nicely rounded off by adjourning to the Wagon & Horses for results, refreshments and chip butties.

A. Sumner

1. R. Thomas	Eryri	36.12
2. M. Aspinall	Radcl	37.02
3. W. Ali	Roch	37.39
4. T. Taylor O/40	Ross	38.06
5. P. Kidd	Leeds	39.44
6. B. Shaw	DarwenD	40.03
7. M. Hill	Bolton	40.07
8. M. Christie O/40	Chorl	40.14
9. R. Wynne O/40	Bowland	40.17
10. R. Green O/40	Horw	40.18

VETERANS O/50

1. (20) D. Archer	Bury	41.49
2. (23) K. Taylor	Ross	42.22
3. (24) B. Waterhouse	Sadd	42.27

VETERANS O/60

1. (51) D. Ashton	DarwenD	46.39
2. (76) G. Navan	Ross	50.59
3. (79) J. Devlin	Tod	52.17

LADIES

1. (54) C. Kenny O/40	Amble	47.37
2. (55) C. Anthony	BelleV	48.06
3. (61) D. Allen	Bury	48.44
4. (64) J. Shaw	DarwenD	49.28
5. (80) J. Bellis O/40	Bolton	52.20
6. (90) R. Stuart	Unatt	54.49

117 finishers

MOELFRE – BALD MOUNTAIN

CHALLENGE

Gwynedd

BM/9m/1900ft 12.07.03

The weather was fine and not quite as hot as last year for the second fell race to the top of Moelfre, outlying peak of the Rhinog Mountain range overlooking Cardigan Bay and the Llyn Peninsula.

With a climb of 1900ft over some 9 miles of rough pasture and fell, the event is a centrepiece of the annual Llanbedr village fair, the mountain climb clearly visible from the village fair ground.

This year the race route was slightly altered to reduce the proportion of road running from 16% to 5%, now sharing the outward and return route to the hill base.

The field was up by 20% on last year's pilot race with entries from all over the UK as well as from one member of the Himalaya Hash Harriers.

The winning time was down to 1.34.12 by Steve Gilliland from 1.38.19 in 2002 by Russell Mapp, another close finish with Adam Haynes across the line 14 seconds later.

About 20% of the field were local runners from the 4 parishes, Phil Hughes once again leading with a time of 2.00.48, with ladies making up another 20% of the field, Paula Jeffs winning in 1.50.12.

Brenda Jones once again won the ladies veteran class, this year with a time of 2.24.25.

Last year several runners lost their way on the mountain section of the first pilot race; this year some had difficulty with the lowland approach and return, but competitors maintained good humour throughout.

As well as the competitors, many of whom travelled far to enter this race, support from many individuals and from 'Raynet' & Bro Dysynni Athletics Club on the day was indispensable and very much appreciated.

With the increased field the race series is assured into 2004 with at the very least a repeat of this year's races, and hopefully a new race.

The full Rhinog 'Horseshoe' is a possibility, as is the wonderful ridge run from Llanbedr to Barmouth, taking in Moelfre, Y Llethr & Diffwys, a linear race route possible with the help of Wales & Borders Trains.

Brian Macdonald

1. S. Gilliland O/40	BrosDys	1.34.12
2. A. Haynes O/40	Eryri	1.34.26
3. J. March O/60	TarrH	1.41.12
4. G. Jones O/40	BroDys	1.41.53
5. R. Hutton O/40	DkPk	1.44.25
6. T. O'Connor	Swan	1.48.43
7. A. Jones	Eryri	1.49.56
8. P. Jeffs Lady	BroDys	1.50.12
9. D. Kerclone O/40	Traff	1.50.50
10. A. Goode Lady	BroDys	1.53.20

28 finishers

CHARLESWORTH AND CHISWORTH

FELL RACE CHALLENGE

Derbyshire

BS/3m/500ft 12.07.03

Really hot weather and long grass in a couple of fields meant that no records were broken. 63 started, which is not bad for a race that is just better than going to the shops, but perhaps it was more to do with the quality of the prizes, generously donated (once again) by Cec Rhodes of North Star Equipment.

Malc Fowler was a comfortable winner in the men's senior race, with Mary Egerton easily the first woman home. James Vincent won the junior race, with Tom Priestley not far behind.

Many thanks to 1st Dinting Scouts for help in marshalling, my harem for help in timing and providing drinks and again to North Star Equipment for some really good gear.

Bill Deakin

1. M. Fowler O/40	Penn	21.27
2. D. Gibbons	Altr	23.08
3. B. Walton O/40	Horw	24.16
4. I. Warhurst O/40	Penn	24.20
5. T. Greenwood O/40	Penn	24.21

VETERANS O/50

1. F. Fielding	Penn	25.39
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VETERANS O/60

1. P. Jepson	Ross	27.18
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LADIES

1. M. Egerton O/40	Penn	27.32
2. B. Buckley O/50	Gloss	33.02
3. R. Smith	Warks	35.34

63 finishers

JUNIORS U/14

1. J. Vincent	Unatt	26.42
2. T. Priestley	Unatt	26.56
3. N. Gould	ECH	27.05

STICKLEPATH/COSDON HILL RACE

Devon

AS/4m/1150ft 12.07.03

Well done Mark, Bob, Richard and Min – all good performances. Great to see so many travellers as ever – notably the McKechnies back and the team from Worcester. See you next year!

This year's event was rather disorganized on a number of issues, and I apologise. The reason for this is that I had hoped to delegate running of this event onto the village of Sticklepath (where I no longer live) – the 2002 event was supposed to be a 'hand over' from me to Sticklepath, but I got a phone call on the day before this year's event from the village saying that the new organizer was unavailable and thus the race was going to be cancelled. There was no way that this was going to happen so I stepped in at 12 hours notice. In doing this I uncovered a series of errors with regard to the women's record that need to be spelled out and rectified here. Sorry to Anne Johnson, the women's record setter in 2002, who was wrongly not credited in the FRA handbook this year. Anne set the record of 37:33 in the 2002 event. As a consequence of this (and having handed all my paper work onto 'Sticklepath') I wrongly announced Min Sowden as having set a new women's record. Sorry Min, this is incorrect, you did not break the record after all – Anne's record of 2002 still stands and it will be in this year's FRA book I promise. So apologies to Anne and Min.

And what about next year? Don't worry, as long as I am around I will make sure it happens, so I will take it on again and see you all again next July!

Phil Haygarth

1. B. Johnson	Eryri	30.31
2. M. Higginbottom	Carn	32.27
3. R. Kemp	WorcsJog	42.08
4. M. Sowden Lady O/35	WorcsJog	42.33
5. J. Maund Lady O/35	WorcsJog	43.14
6. L. Barker Lady	Saltw	43.18
7. J. McKechnie	H'land	44.04
8. R. McKechnie	H'land	44.06
9. D. Kelly	Unatt	45.22
10. L. King Lady	Wells	46.26

15 finishers

BROOMHEAD CHASE South Yorkshire BS/3.5m/800ft 13.07.03

The weather again was perfect for the gala and extremely hot for the race, saving grace are the river crossings. Simon Rippo, last year's winner, was pipped on the run in by recently crowned English Under 16 fell champion, Adam Peers followed a way back by his dad!

The race went without incident once the cows, with attending bull, had been moved.

Thanks again to the runners offering positive comments about the race route and gala. Entries were not what I had hoped but possibly the hot weather had kept some runners at home (their loss). Plus, there is the ever increasing number of races in the calendar.

Hope to see you all back next year, each with a friend - it's all in a good cause.

Andy Plummer



Graham McCormick and Mark Pearce take to the water at Broomhead (Photo Woodhead)

1. A. Peers	Wirral	27.48
2. S. Rippon	Barns	28.25
3. D. Thompson	One2One	29.15
4. J. Bell O/40	DenbyD	29.32
5. P. Stanley O/40	PFR	29.53
6. D. Overend O/50	Holm	29.58
7. A. Shelbourne	Barn	30.14
8. P. Styan O/40	Unatt	30.31
9. B. Toogood O/60	Hallam	30.33
10. R. Wheeler	VallHill	30.37

LADIES		
1. (22) N. Spinks	PFR	34.22
2. (23) F. Davies	One2One	34.57
3. (34) B. Haigh O/40	PFR	38.50

56 finishers

WHARMTON DASH Lancashire AS/2m/600ft 13.07.03

1. J. Ingram	Sadd	16.00
2. M. Flately	Middle	18.36
3. S. Heaton	EChesh	18.38
4. S. Clawson	Ross	18.43
5. B. Waterhouse O/50	Sadd	19.38
6. J. Adair O/50	Holm	19.38
7. T. Court	NewbNom	20.07
8. S. Maytum	Unatt	20.17
9. C. Forde O/40	TPCC	20.18
10. M. Betts	Middle	20.27

LADIES

1. (11) L. Lacon	Holm	20.52
2. (13) K. Mather O/40	Sadd	21.05
3. (25) J. Meredith O/40	Unatt	29.40

28 finishers

BOOTLE BLACKCOMBE FELL RACE Cumbria AS/5.5m/1900ft 13.07.03

Thank-you all for coming along and taking part in the race on Sunday. Considering the temperature on the day I believe Alan's winning time is very creditable. This was the 20th running of the race and at the moment I do not know if we will organise the event again. Since the gala finished my family and I have organised the race as a stand-alone event. On Sunday we had perfect weather but it is a concern if we ever have a poor day for weather.

I would like to thank John Hodgson who has climbed the Combe to the checkpoint for as long as I can remember. James Garnett whose land we run across also deserves our thanks as each year he moves his stock to give us clear fields to use.

The records in both the men and ladies events have stood from 1984 and 1986. 38.36 for the men and 43.43 for the ladies. They are both certainly excellent records as over the years many good runners have attacked them.

We will consider by the time of the calendar if we are to continue with the event.

Thanks for all your support over the years.

Bill Todd

1. A. Bowness	CFR	42.01
2. M. Amor	CFR	47.20
3. S. Addison O/40	HelmH	49.42
4. D. Spedding O/50	Kesw	50.42
5. G. Byers O/40	CFR	51.23
6. R. Lightfoot	CFR	52.02
7. D. Atkinson	CFR	52.08
8. M. Addison O/40	HelmH	52.36
9. J. Donnelly	DarwenD	53.34
10. D. Gartley O/40	Horw	54.09

LADIES

1. (17) J. Gardiner	Bux	57.31
2. (20) J. Casey	Barrow	64.33
3. (21) L. Buck	CFR	65.44

32 finishers

BELSTONE CAWSAND HILL RACE Devon BS/4m/850ft 15.07.03

The Belstone Cawsand Run 2003 was held as part of the Belstone Revels. As with last year, the sun was shining and a lot of silly people ran from the village green to the top of Cawsand and back again. The fastest time was 30:47, by the record holder, Kevin Hagley, followed by Garry Perratt with 31:52. Rob Finley, the fastest local man, came in after 35:12, an improvement

from his 37:10 of last year. Wiz Francis was the fastest local woman, coming in after 47:02. Rex the dog had a very respectable time of 54:16, which I'm sure will embarrass certain runners, seeing as Rex is about 4" off the ground.

The number of participants was up - 23 this year compared to 16 last year. There were 13 local runners, which was very good to see.

Thank yous - there are so many: Dartmoor Rescue (Paul, Paul and Andy) who did a sterling job of marshalling at the top, middle and bottom - they made the day's work much easier. David Shott for starting the race and helping at the finish.

Caroline Jones and Ann and Tony Cooper at the Tors for donating prizes and Jo Moppett and Sean Lezni for the loan of their stop watches

Ben Bourdillon

1. K. Hagley O/40	SWRR	30.47
2. G. Perratt	Axe	31.52
3. R. Finley	Unatt	35.12
4. M. Friggens	Unatt	36.46
5. A. Johnson Lady O/35	CaldV	38.03
6. A. Vallance	Unatt	41.17
6. B. Friend	Unatt	41.17
8. M. Sell O/50	WorcsJ	41.33
9. R. Sowden O/40	WorcsJ	41.43
10. T. Webster	Unatt	42.16

23 finishers

BAMFORD CARNIVAL FELL RACE Derbyshire BS/4.5m/1000ft 16.07.03

1. M. Fowler O/40	Penn	29.04
2. O. Jonson	DkPk	29.29
3. T. Austin	DkPk	29.46
4. P. Winkill	DkPk	30.14
5. S. Maycock	SteelCity	30.29
6. R. Baker	Billericay	30.54
7. M. Crosby	Altr	31.12
8. D. Taylor	Unatt	31.19
9. A. Middleditch	DkPk	31.37
10. M. Hayman	DkPk	31.44

VETERANS O/40

1. (1) M. Fowler	Penn	29.04
2. (13) L. Footit	Bux	32.01
3. (16) T. Greenwood	Penn	32.30

VETERANS O/50

1. (29) T. Hulme	Penn	34.30
2. (31) M. Moorhouse	Matlock	34.31
3. (35) K. Payne	Stubb	34.42

VETERANS O/60

1. (178) R. Banmeister	DkPk	43.32
2. (199) A. Bourne	SheffMoor	46.30
3. (204) J. Norman	DkPk	46.56

LADIES

1. (49) J. Whitehead	DkPk	35.26
2. (78) K. Bryan-Jones	DkPk	36.54
3. (83) J. Griffiths O/40	DkPk	37.08
4. (85) J. Bednall O/40	SheffTri	37.09
5. (86) N. Greaves	Penn	37.09
6. (87) M. Edgerton O/40	Penn	47.09
7. (98) J. Gascoigne O/40	Unatt	38.05
8. (115) J. Mellor	Penn	38.51

232 finishers

SPAR SHELDON FELL RACE Derbyshire BS/4m/527ft 17.07.03

As in previous years, SPAR, through A F Blakemore & Sons, were our main sponsors. This year's entry, at 40, was down on previous years. However, the evening was fine and dry although conditions underfoot were a bit damp due to rain in the afternoon.

First home was Lewis Banton, who was presented with the SPAR perpetual shield. The first lady was Jo Smith.

Ralph Lord

1. L. Banton	Clowne	25.29
2. A. Middleditch	DkPk	26.18
3. D. Taylor	Unatt	26.25
4. L. Footitt O/40	Bux	26.36
5. N. Bassett O/40	StaffsM	26.45
6. R. Ramsdale O/40	Unatt	27.07
7. M. Moorhouse O/50	Bux	28.58
8. A. Renfree O/40	Unatt	29.13
9. W. Treves	Unatt	29.19
10. M. Wilson	Hallam	29.25

VETERANS O/50

1. (7) M. Moorhouse	Bux	28.58
2. (17) R. Hopkinson	DkPk	31.14
3. (22) J. Carrier	Siemens	32.37

VETERANS O/60

1. (24) B. Rogers	NthnV	34.30
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LADIES

1. (13) J. Smith	DkPk	30.10
2. (25) P. Firth-Lee O/50	Unatt	35.46
3. (29) C. Hulley	Unatt	36.15
4. (35) E. Martin	Totley	38.39
5. (37) D. Wilkinson O/50	DkPk	39.51

40 finishers

**INGLEBOROUGH FELL RACE
(INTER-COUNTIES)**

Lancashire

AM/7m/2000ft 19.07.03

1. R. Jebb	Yorks	47.03
2. A. Peace	Yorks	47.21
3. M. Roberts O/40	Cumbria	47.38
4. L. Taggart	Unatt	48.13
5. B. Reynolds	NottsUni	49.05
6. A. Ellis	Chesh	49.07
7. M. Fowler O/40	Chesh	49.18
8. C. Stead	NFR	49.45
9. D. Hope	GtrM/c	49.56
10. W. Smith	Yorks	50.00



Mike Blake leads Dave Ibbotson (237) and Dave Culpin (168) on the climb at Ingleborough (Photo Woodhead)

VETERANS O/50

1. (42) D. Hainsworth	OTL	56.00
2. (43) T. Hesketh	Horw	56.06
3. (47) J. Griffiths	Cumbria	56.32

VETERANS O/60

1. (94) N. Bush	Ilk	62.03
2. (154) P. Robinson	OTL	68.15
3. (215) K. Gresty	Wesham	81.11

LADIES

1. (28) T. Brindley	Carn	53.23
2. (45) L. Sharpe O/35	Cumbria	56.15
3. (62) T. Sloane	Lancs	58.35
4. (65) N. Davies O/35	Cumbria	58.53
5. (69) H. Johnson	Yorks	59.39
6. (85) S. Taylor	Yorks	61.16

237 finishers

THURLSTONE CHASE

South Yorkshire

BS/4.25m/800ft 19.07.03

This race is over paths, tracks and roads. Numbers were down this year both in senior and junior events, this was due to clashes with other events in the area. The race will move back one week earlier next year to its usual weekend. Hopefully, the farmer who cuts the show field will make hay a week earlier!

Thanks to all marshals and helpers without whom no race would take place. Congratulations to winners in both senior and junior races. Apologies to Barnsley Harriers who were second team on the day but the beers went to Penistone FPR. Again it was evident that 70% of field were veterans with 15% over 60.

Bob Innes

1. S. Penney	Chesfld	23.28
2. D. Thompson	OnetoOne	25.20
3. R. South O/40	Holm	25.27
4. R. Wheeler	VallH	25.30
5. R. Kersey O/50	Holm	25.54
6. P. Hinchliffe	Barns	26.06
7. M. Foschi O/50	Penn	26.14
8. J. Bell O/40	DenbyD	26.19
9. S. Walker	Barns	26.22
10. D. Cooper	P'stone	26.26

VETERANS O/60

1. (21) M. Coles	Skyrac	28.53
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LADIES

1. (19) K. Drake O/40	Hfx	28.40
2. (30) J. Mellor	Penn	30.00
3. (41) S. Fielding	Holm	32.35
4. (47) B. Haigh O/50	P'stone	34.24

JUNIORS

Under 16

1. J. Bower	P'stone	15.00
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Under 14

1. H. Russell	Hallam	12.26
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Under 12

1. E. Mutch	P'stone	6.02
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Under 10

1. A. Cutts	Birk	7.17
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MOEL SIABOD

Gwynedd

AM/6.2m/2300ft 19.07.03

This year the weather was mostly dry, with the occasional sunny interval. However, there was a heavy shower at the end for late finishers!

The race was won by last year's winner Dylan Wynn Jones in a time one minute quicker than last year.

The ladies' race was won by Jayne Lloyd.

There was the usual excellent prize list with both the Male and Female winners receiving a pair of Fell Shoes.

The Junior Race (2m/275') was the final counter in the first North Wales Junior Fell Running Championship.

The following are North Wales Junior

Champions for 2003 -

U/12 Boy - Tom Haynes (Eryri), U/14 Boy - Glyn Griffiths (Llandudno), U/12 Girl - Ruth Bunton (Eryri), U/14 Girl - Sara Woodcock (Menai Track and Field).

I would like to thank the following for their support of the race -

Race sponsors - Ultimate Outdoor, Sinclair Power Access, Cobdens Hotel, The Gallery, Surf-Lines, Cotswold, Ellis Brigham.

Race numbers from Running Bear, radios from Valkris Communications.

Landowners/ Occupiers - Garth Farm, Rhos Farm, Forest Enterprise, Plas y Brenin, Bryn Tyrch Hotel, Mike Cousins.

Team Dolly, marshals and everyone who provided assistance on the day.

Full results are available on the Eryri website - www.eryri.org.uk

Ross Powell

1. D Wynn Jones	Eryri	50.07
2. R. Halliday	Eryri	52.08
3. A. Haynes O/40	Eryri	53.14
4. S. Gilliland O/40	BroDys	54.26
5. P. Evans	Eryri	54.55
6. C. Near	Eryri	55.45
7. A. Carruthers O/40	Crawley	56.14
8. C. Jones	Eryri	57.02
9. M. Pickering O/50	Eryri	57.03
10. I. Rowbotham O/40	Hgte	57.12

VETERANS O/50

1. (9) M. Pickering	Eryri	57.03
2. (13) P. Jones	Eryri	58.07
3. (25) T. Hulme	Penn	62.58

VETERANS O/60

1. (33) P. Roberts	Wrex	65.59
2. (50) P. Jones	Presatyn	71.58
3. (59) B. Murphy	Ford	75.01

LADIES

1. (21) J. Lloyd	Eryri	61.43
2. (28) R. Metcalfe	Eryri	64.29
3. (48) A. Williams O/40	Eryri	71.01
4. (49) P. Philips	Eryri	71.12

77 finishers

KINNISIDE TWO TOPS

Cumbria

AS/3m/900ft 19.07.03

Not a single runner from any of our fellow Lakeland clubs bothered to take part. But do we care? It's their loss.....! The Bowness family were victorious in both events. The name of Alan Bowness went on to the "Watson Trophy" for a remarkable ninth time. Alan's love affair with this race started back in 1985 and but for injury and international call-ups, he would have won many more. Young James Bowness is a runner with huge potential. Alan's nephew showed great pace judgement to win the U/14 race in splendid fashion. It was business as usual for Alan as he moved past the early pace setters, Ricky Lightfoot and Martin Amor. His lead was a significant one on the summit of Dent Fell, enabling him to win very cleverly.

Amor just outgunned the precocious Lightfoot on the splash-splash over the River Prwr to the finish. Lightfoot can be pleased with third, and is a future star. At 18, he showed great resolve against the top class senior company.

Jacky Hargreaves dominated the ladies' race finishing a fine 14th overall. Ladies' veteran winner was the consistent Lindsay Buck, who ran very well.

Local man, Bobby Riley, just held off a late charge from Harry Jarrett for the 5th place. Two excellent runs from Veteran 40, Bobby, and Veteran 50, Harry. Joe Richardson was equally impressive in the Vet 60 category.

Many thanks to my CFR clubmates for your continued support.

Irvine Block

1. A. Bowness	CFR	23.27
2. M. Amor	CFR	24.52
3. R. Lightfoot Junior	CFR	25.02
4. B. Taylor	CFR	25.56
5. B. Riley O/40	CFR	26.38
6. H. Jarrett O/50	CFR	27.06
7. A. McGreen	CFR	27.22
8. G. Byers O/40	CFR	27.32
9. N. Cockbain	CFR	27.37
10. R. Mossop	CFR	28.01

VETERANS O/50

1. (6) H. Jarrett	CFR	27.06
2. (11) R. James	CFR	28.15
3. (29) P. Hawley	CFR	33.32

VETERANS O/60

1. (27) J. Richardson	CFR	32.01
2. (40) S. Watson	CFR	37.32

LADIES

1. (14) J. Hargreaves	CFR	28.39
2. (34) I. Buck O/40	CFR	35.22
3. (36) B. Maywood	CFR	35.54
4. (37) C. Watson	CFR	36.04

44 finishers

JUNIORS U/14

1. J. Bowness U/12	CFR	10.46
2. J. Stuart U/12	CFR	11.00
3. D. Hanabury U/14	CFR	11.10
4. L. Amor U/14	CFR	11.18
5. B. Morphet U/14	CFR	11.19

27 finishers

OLDFIELD GALA FELL RACE
West Yorkshire
CS/4m/400ft 20.07.03

This year the race was a stand alone event as the Galas, unfortunately, did not take place. Conditions on the day were good and the winner was Paul Sheard in 23.52, which was just slightly slower than last year's winning time. The first lady was Kirstin Bailey in a time of 29.05, which is a new course record.



Paul Sheard on his way to victory at Oldfield Gala
(Photo Woodhead)



Rob Jebb heads the pack in the initial climb at Kentmere (Photo Pete Hartley)

In the junior race, Grant Cunliffe was first Under 14 and winner of the race. First Under 12 was Oliver Webster. Also in the junior race was Sam Webster, who was missed at the junior race turn point and successful completed the senior race course in a very respectable time of 28.57.

Next year the race will be at the same venue - the Grouse Inn, Harehills Lane, Oldfield - with an 11.00 a.m. start and over a longer course for the senior race.

John Collinson

1. Paul Sheard	P&B	23.52
2. M. Brown O/40	Clay	24.06
3. S. Green	P&B	24.21
4. T. Taylor O/40	Ross	24.32
5. R. Lawrence	Bing	24.48
6. A. Clarke O/40	CaldV	24.52
7. S. McCheaney	P&B	24.59
8. A. Peers U/17	Wirral	25.03
9. J. Hemsley	P&B	25.17
10. L. Kellett	Kghly	25.31

VETERANS O/50

1. (21) K. Robinson	Bing	28.38
2. (24) P. Jagan	Bing	29.08
3. (30) M. Ford	Bing	30.34

VETERANS O/60

1. (36) M. Coles	Skyrac	31.26
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LADIES

1. (23) K. Bailey	Bing	29.05
2. (42) C. Kelly	SpringStr	33.24
3. (51) A. Jebb O/50	Bing	46.23

52 finishers

KENTMERE HORSESHOE
Cumbria
AM/11.9m/3300ft 20.07.03

1. R. Jebb	Bing	91.08
2. J. Jennox	Shettle	94.18
3. T. Austin	DkPk	95.23
4. E. Nash	Kend	97.24
5. I. Greenwood O/40	Clay	97.42
6. P. Carter O/40	StaffsM	97.53
7. S. Freeman O/40	Amble	99.16
8. A. Breaks	CaldV	101.02
9. C. Shuttleworth O/40	Prest	102.31
10. C. Upson	W'lands	105.02

VETERANS O/50

1. (12) D. Spedding	Kesw	106.48
2. (16) N. Pearce	Ilk	103.38
3. (18) D. Schofield	Ross	108.52

VETERANS O/60

1. (62) R. Bell	Amble	120.23
2. (73) R. Clarke	Mand	125.28
3. (86) R. Jaques	Clay	129.57

LADIES

1. (17) A. Priestley	Ilk	108.47
2. (23) L. Sharp	Kesw	110.21
3. (37) H. Thorburn	DkPk	115.00
4. (68) S. Hammond	Tatton	121.56
5. (75) C. Kenny O/40	Amble	128.00
6. A. Astle	Unatt	129.44

140 finishers

DUPONT ROSEBERRY TOPPING RACE
Cleveland
AS/1.5m/715ft 22.07.03

1. J. Blackett	Mand	11.52
2. C. Stead	NFR	12.06
3. I. Ellmore O/40	Scarb	12.39
4. B. Roberts O/40	Mand	12.45
5. P. Wilkin O/40	thirskS	12.58
6. T. Davison O/40	Tod	12.59
7. R. Burke	NMarske	13.08
8. M. Cara O/40	Mand	13.11
9. I. Hodgson	Mand	13.19
10. P. Figg	Quakers	13.38

VETERANS O/50

1. (12) S. Smith	Ripon	14.30
2. (15) T. Ward	Swale	15.24
3. (24) M. Brooks	R&Z	16.05

LADIES

1. (28) C. Pollard O/40	ThirskS	16.24
2. (37) C. Worth O/45	Mand	17.51
3. (38) K. Neesam	NMarske	17.52
4. (45) S. Kemp	NMarske	18.18
5. (51) R. Grandey	Mand	19.44

57 finishers

ROBIN HOOD "MONUMENTAL"
FELL RACE
Derbyshire
BS/5m/865ft 22.07.03

Lovely evening, good pub and cracking course - what more could you want?

Tim Austin, back on form and pushing all the way round this fact course, Phil Winskill hanging on grimly - as he does - well done the pair of you!

An equally good run from the fastest lady, a very young looking Polly Veazy.

Alan Ward

1. T. Austin	DkPk	34.00
2. P. Winskill	DkPk	34.21
3. G. Moffatt	HolmeP	35.35
4. M. Crosby	Altr	35.43
5. L. Footitt O/40	Bux	35.52
6. N. Bassett O/40	StaffsM	36.08
7. D. Taylor	Unatt	36.10
8. S. Bell	DkPk	36.12
9. N. Winfield	Penn	36.55
10. M. Robinson	DkPk	37.01

VETERANS O/50

1. (28) D. Tait	DkPk	39.26
2. (46) P. Pittson	Erewash	41.19
3. (48) A. Ashforth	Hallam	41.38

LADIES

1. (36) P. Veazey	Matlock	39.58
2. (55) H. Thorburn	DkPk	42.17
3. (61) A. Brockington	Unatt	42.33
4. (65) J. Griffiths O/40	DkPk	42.55
5. (69) K. Bryan-Jones	DkPk	43.11

194 finishers

HARROCK HILL RACE 3

Lancashire

BS/5m/900ft 23.07.03

Cool and damp underfoot conditions saw the ladies' record broken for the 2nd time this year, with Lisa Heyes taking another 45 seconds off, and beating 2002 record holder Anne Powell comfortably - although it was a close thing for most of the race. Anne was also below the record set in June.

In the men's race Mark Laithwaite took full advantage of the traffic jam which delayed May and June winner, Paul Muller until, 15 minutes after the start, and recorded his first win since July 2000, after several near-things. At one third of the distance, Mark was well clear, but Tony Smith (who also had traffic problems and was running numberless) pushed him hard late on, finishing just 5 seconds behind.

The series looks to be between Mark and Paul on August 27th, depending on the M6!

Cheers

Andy Quickfall

No results submitted

WIDDOP FELL RACE

West Yorkshire

BM/7m/1200ft 23.07.03

75 finished senior race and 4 finished junior race.

The weather the night before when flagging the route was perfect, if only it could have been like that on the night! It surprises me how many people do not routinely pack some waterproofs in their kit just in case the weather does change as it did.

Despite the weather some good performances were put in and many people seemed to be smiling through it all. George Ehrhardt clipped 10 seconds off the course record.

The Junior race was not as well attended as was hoped but it will be included again, can any Juniors break 20 minutes?

Thanks to Andrew, the staff and regulars at the Pack Horse Inn for supporting this race. The biggest thanks must go to the marshals who endured awful conditions and got very cold, without their efforts the race would not be possible.



Can you spot yourself? The Widdop start from the Packhorse (Photo Pete Hartley)

Apologies to the last three home - I seem to have misplaced your results.

I hope to see you all next year, bring a friend!

Carl Greenwood

1. G. Ehrhardt	Tod	48.12
2. R. Lawrence	Bing	50.04
3. K. Gray	CaldV	51.30
4. C. Shuttleworth O/40	Prest	53.37
5. M. Brown O/40	Clay	54.05
6. S. Hoyle	Ross	54.36
7. M. Corbishley	Ross	55.04
8. R. Griffiths O/40	Holm	55.56
9. S. Whittaker O/40	Clay	56.13
10. A. Carruthers O/40	Crawley	56.28

VETERANS O/50

1. (16) J. Pickup	Clay	59.45
2. (29) K. Whittaker	Sadd	64.41
3. (30) N. Harris	Ross	64.49

VETERANS O/60

1. (54) G. Arnold	Prest	73.57
2. (69) H. Thompson	Clay	83.40

LADIES

1. (18) K. Slater O/45	Settle	60.20
2. (27) A. Johnson O/35	CaldV	63.33
3. (33) L. Whittaker	Sadd	65.39
4. (35) A. Kelly O/40	Clay	66.26
5. (39) L. Crabtree O/40	CaldV	66.56

75 finishers

JUNIOR RACE

1. 1. G. Cunliffe	Ross	20.11
2. P. Wadsworth	Ross	20.16
3. C. Andrew	Ross	20.18
4. A. Kelly	Ross	23.30

MADDY MOSS MASH HILL RACE

Clackmannanshire

AM/6m/2200ft 23.07.03

The busy and popular Wednesday night attracted another impressive crowd of participants this year. 84 runners started the race on what turned out to be a warm but overcast evening, punctuated by bands of low cloud and heavy squalls - not bad for the runners, but appalling for marshals and the finishing crew.

There were no new course records. The existing

marks by Billy and Angela will take a bit of beating in perfect conditions. The tight horse-shoe, presented by the Law - Ben Cleuch - Andrew Gannel, was a bit greasy with poor visibility in places. Nevertheless, the overall times were impressive, with more runners going faster than the previous year - quality in depth!

Perhaps the quality of field had something to do with the age distribution. Only 38% of the field were vets, a marked difference from some hill races where 45-50% vets is often the norm. Perhaps there is new blood out there after all and hill races of the future aren't destined to be the bastion of grey hair and septogenarians! (But the vet and supervet numbers were still impressive) Other grounds for optimism were the 11 unattached runners, one of who finished 4th. There were also 14 female runners, contributing to 16% of the field - again more, I think, than the national average (10%ish?). Another growing trend is for more entrants from non-hill running clubs, perhaps a sign that hill running is attracting wider interest.

We look forward to another MMM in 2004. Thanks to the FRA for their support.

Ron McCraw

1. A. Anthony	Ochil	51.20
2. T. Lenton	Lothian	52.58
3. A. Ward O/40	Carn	54.34
4. M. Shaw O/40	Unatt	55.15
5. I. Lewis	Shettle	56.36
6. M. Johnston	Carn	56.41
7. R. Simpson	Carn	56.43
8. E. Jack	Kirkint	57.18
9. C. Upson	W'lands	58.03
10. D. Simmons	Lothian	58.11

VETERANS O/50

1. (22) A. McGuire	Fife	62.35
2. (32) G. Bryan-Jones	Unatt	65.56
3. (33) R. McInlay	Helensb	65.57

LADIES

1. (43) L. Burt	Fife	71.03
2. (50) F. Thomson	Carnegie	71.48
3. (54) E. Scott	W'lands	73.00
4. (55) S. Lee	Carn	73.21
5. (59) V. Brunton O/40	Bellahoust	75.12

83 finishers

INTERNATIONAL SNOWDON RACE

Gwynedd

AM/10m/3300ft 26.07.03

A mild but drizzly day made running conditions perfect for the staging of the 28th International Snowdon Race. Tim Davies made history when he became the first Welshman to win the race two years in a row. With a time of 1.05.57 he was one minute and twenty four seconds clear of his nearest rival, Simon Bailey of England. Tim reached the summit in a time of 42 minutes and 34 seconds. Ian Holmes finished in third position closely followed by Nick Sharp ensuring that England retained the first team position.

In the ladies section, Dawn Scott, representing Scotland, took the title in a time of 1.25.40, with Helen Johnson of England second and Sharon Taylor, also of England, third. The first vet was Dimitri Vorres. A total of 352 runners finished the race. Full overall and class results are available on the race's website www.snowdonrace.com.

Guest of honour, Mr Giacomo Ciapponi, the Mayor of Morbegno in Italy, started the race. Following participation of Italian runners in the Snowdon race for nearly 25 years, moves are now in place to twin Llanberis with the town of Morbegno. The first three runners in the race have all been invited to compete in the popular Trofeo Vanoni relay race that takes place at Morbegno in October.

Ken Jones

1. T. Davies	Wales	1.05.57
2. S. Bailey	England A	1.06.41
3. I. Holmes	England A	1.07.11
4. N. Sharp	England A	1.07.31
5. S. Gatti	Italy	1.07.50
6. M. Whitfield	England B	1.07.58
7. M. Zanaboni	Italy	1.08.16
8. A. Peace	England A	1.08.39
9. S. Booth	England B	1.09.16
10. A. Bowness	CFR	1.09.20

VETERANS O/40

1. (39) D. Vorres	Griffiths	1.18.51
2. (50) T. Roberts	Unatt	1.21.10
3. (53) R. Jones	NWRRRC	1.22.25

VETERANS O/50

1. (60) M. Pickering	Eryri	1.22.57
2. (77) D. Fletcher	Havant	1.26.50
3. (84) A. Hall	PortsJ	1.28.17

VETERANS O/60

1. (134) P. Roberts	Wrex	1.33.49
2. (155) B. Davies	CroftA	1.35.45
3. (219) P. Jones	Prestatyn	1.45.20

LADIES

1. (70) D. Scott	Scotland	1.25.40
2. (73) H. Johnson	England	1.26.25
3. (75) S. Taylor	England	1.26.39
4. (81) J. Lloyd	Wales	1.27.16
5. (90) S. McBurney	NIreland	1.29.00
6. (101) M. Laney	England	1.30.01
7. (110) T. Minniti	Notts	1.30.51
8. (115) K. Bailey	Bing	1.31.35
9. (119) K. Davison	England	1.31.57
10. (120) A. Walker	Belgrave	1.32.14

353 finishers

TURNSLACK FELL RACE

Lancashire

AM/8m/2000ft 26.07.03

Pathetic is the only way I can describe the turnout – 74 finishers – is it really worth the trouble? It takes hours of one's time to mark out on a race like this and after 26 years, it's a kick in the teeth! Let's face it – I got 69 starters way back in 1978 and it's a cracking course, superb venue and I always get the weather! What's going on?

I say there are too many races in the calendar. The FRA have got to put a stop now! There are just not the runners to go round! Everyone I speak to agrees with me! Just look at my race – 14 miserable senior men – the young ones are not running the fells these days. Sorry for harping on.....!

As for the race itself. I could rename it "The Pensioners' Outing"! The total age of the first three was 140 plus. Well done to Thornton Taylor – he took over the lead at the trig point and never looked back, winning by 25 seconds. For O/55, Tony Hesketh did really well, picking up second place. There were only five ladies with Lynne Clough winning in 19th place overall.

Kevon Shand

1. T. Taylor O/40	Ross	70.41
2. T. Hesketh O/50	Horw	71.06
3. N. Holding O/40	WPenn	73.06
4. S. Clawson	Ross	74.04
5. M. Nuttall	Unatt	74.18
6. R. Litherland	FRA	75.25

7. I. Barnes	Ross	75.34
8. D. Schofield O/50	Ross	75.50
9. G. Kay	Horw	76.09
10. B. Horrocks O/40	Clay	76.19

VETERANS O/60

1. (38) R. Jaques	Clay	88.51
2. (56) A. Buckley	Kesw	95.54
3. (59) G. Arnold	Prest	102.35

VETERANS O/70

1. (74) R. Robinson	Ports	150.17
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LADIES

1. (19) L. Clough	Wigan	80.49
2. (40) L. Whittaker	Sadd	89.14
3. (52) J. Bellis	Bolt	93.42
4. (63) S. McNulty	Radc	105.31
5. (68) S. Middleton	Clay	116.12

74 finishers

BEN RINNES FIVE TOPS HILL RACE

Moray

AL/14m/4900ft 26.07.03

A big thanks must go to Mike Milmo and his dozen capable marshals who ensured the smooth running of this event allowing me the freedom to travel down to the Snowdon race.

The race field was initially spearheaded by reindeer herder, Alan Smith, as far as the water station but once on the main Ben Rinnes climb, 2001 winner, Stewart Whittle, used his climbing prowess to open up a near 1½ minute advantage, which he extended further in the latter part of the race. With Alan dropping back, only Ronnie Gallagher, who already had several long race victories under his belt this season, was able to keep the leader in sight. The meant a veteran first and second.

In the ladies' contest, visiting orienteer, Kirsty Bryan-Jones, was always out in front but behind her, veteran Angela Wood was storming through the field in the later stages to secure second spot.

The biggest cheer of the day was for the remarkable 70-year old, Bill Gauld, who still puts many a young runner to shame.

Last but not least, was local character, Bob "Flash" Longmore who, after scraping through the 10-mile cut-off time with only a few seconds to spare, kept plugging on to entertain the crowd with a cartwheel over the finishing line!

Graeme Bartlett

1. S. Whittle O/40	Carn	2.03.04
2. R. Gallagher O/40	W'lands	2.06.52
3. P. Raistrick	Unatt	2.13.02
4. C. Upson	W'lands	2.16.31
5. A. Smith O/40	Dees	2.19.01
6. M. Higginbottom	Carn	2.19.03
7. A. Keith	HBI	2.21.48
8. K. Robertson	Cosmic	2.22.31
9. M. Flynn O/40	Carn	2.27.09
10. C. Hutt	CityEdin	2.28.54

VETERANS O/50

1. (22) G. Cowie	Moray	2.53.37
2. (33) J. Diffey	P'head	3.13.53
3. (37) R. Longmore	Keith	4.04.30

VETERANS O/70

1. (24) B. Gauld	Carn	2.54.54
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LADIES

1. (12) K. Bryan-Jones	DkPk	2.38.30
2. (18) A. Wood O/40	Carn	2.50.23
3. (21) E. Paterson	Unatt	2.53.35
4. (25) L. Noble O/40	Cosmic	2.58.34
5. (27) K. Atkey	Nairn	3.03.49
6. (31) E. Stewart O/40	Cosmic	3.06.00

37 finishers



The victorious England Ladies team at (or rather, after) Snowdon (Photo Kirstin Bailey)

HOLME MOSS FELL RACE
(English Championship)
West Yorkshire
AL/16m/4000ft 27.07.03

Again selected for the English Fell Running Championships, the Holme Moss Fell Race attracted a good field of 233 runners.

Although not troubling the course record of 2:00.05, Rob Jebb was a comfortable winner followed by Lloyd Taggart and Gary Devine. It was Pudsey & Bramley who had the required strength in depth, taking three of the top six places, and the first and third men's team prizes.

Local athletes were lead by Andy Shaw 15th and 2nd V40, Paul Smith 48th, Rob Kersey 67th, Keith Bamforth 127th and 2nd V60 and Barbara Hoyland 145th and 1st LV45.



Steve Houghton digging in for the last bit at Holme Moss
 (Photo Keith Lodge)

The event enjoyed both fine weather and the enthusiastic support of many Club volunteers. The race was again kindly sponsored by Brooklands Nurseries and held with the kind permission of both Yorkshire Water and United Utilities.

Chris Humphries

1. R. Jebb	Bing	2.11.26
2. L. Taggart	Bux	2.12.24
3. G. Devine	P&B	2.17.51
4. Phil Sheard	P&B	2.18.04
5. A. Ward	DkPk	2.18.44
6. Paul Sheard	P&B	2.20.14
7. T. Werrett	Mercia	2.20.21
8. G. Ehrhardt	Tod	2.20.38
9. J. Hunt	CFR	2.20.44
10. K. Gray	CaldV	2.20.54
11. P. Vale	Mercia	2.21.22
12. M. Denham-Smith	Kesw	2.22.12
13. S. Bottomley	P&B	2.22.40
14. M. Fowler O/40	Penn	2.22.53
15. A. Shaw O/40	Holm	2.23.27
16. D. Overton O/50	Kend	2.24.55
17. S. Macina	P&B	2.25.09
18. J. Hemsley	P&B	2.25.27
19. P. Winskill	DkPk	2.25.33
20. C. Fray O/40	Penn	2.26.00

VETERANS O/40

1. (14) M. Fowler	Penn	2.22.53
2. (15) A. Shaw	Holm	2.23.27
3. (20) C. Fray	Penn	2.26.00
4. (22) N. Wrigley	Horw	2.26.06
5. (29) G. Schofield	Horw	2.28.47

VETERANS O/50

1. (16) D. Overton	Kend	2.24.55
2. (41) K. Carr	Clay	2.36.49
3. (42) D. Tait	DkPk	2.37.07
4. (43) H. Jarrett	CFR	2.37.43
5. (49) N. Pearce	Ilk	2.42.20

VETERANS O/60

1. (128) K. Bamforth	HolmeV	3.10.56
2. (135) D. Gibson	Sadd	3.13.28
3. (142) R. Clarke	Mand	3.15.02
4. (145) D. Lucas	Roch	3.15.49
5. (154) B. Wade	Holm	3.21.26

LADIES

1. (40) L. Sharp	Kesw	2.36.41
2. (126) S. Becconsall O/40	Bing	3.10.12
3. (129) A. Johnson	CaldV	3.11.01
4. (132) S. Malir	Ilk	3.11.43
5. (136) W. Dodds O/50	Clay	3.13.40
6. (146) B. Hoyland O/40	Holm	3.17.18
7. (148) J. Rawlinson O/50	Clay	3.18.13
8. (149) J. Foster	Ilk	3.18.36
9. (150) C. Preston	Kghly	3.20.32
10. (151) S. Budget	Horw	3.20.41

222 finishers

JACK & JILL CHALLENGE

West Sussex

BS/5.5m/1100ft 27.07.03

With a field of over 200 runners taking part in this, the 10th running of the only registered fell race in Sussex, it was possible that the event record of 31 mins 12secs set by John Taylor in Bingley Harriers in 1999 might finally be beaten.

Winner for the last two years, James Baker, set a cracking pace right from the gun leaving the playing fields to start the climb to the Jack & Jill windmills, which give the race its name, with around a 50 metre lead on unattached runner Tony Byrne.

The initial climb to the windmills and the ridgeway of the South Downs at around 300ft saw the field string out with Baker gradually pulling clear away and extending his lead further from Keymer Post on the steep shale covered descent that is known locally as 'The Tank Track'. This path was built to bring tanks up the North scarp of the Downs during World War Two.

A short section of farm track at the base of the Downs saw the runners tackle the scarp again climbing Burnt House Bostal back to Keymer Post at around 300ft once more.

At this point Byrne and Drew Stiles, of local club Burgess Hill Runners, were still just in touch with Baker but Baker's superior speed on the initially long gradual and finally steep descent onto Clayton Playing Fields for the final lap saw him pull well clear to finish in 31min 59sec, missing the course record by 41seconds.

The ladies' race was also very clear cut with the V/35 winner, Caroline Offen, over one minute clear of the first Senior Woman Sheena Shaw and Anne Powis, 2nd V/35 who could not be split crossing the line in 43m41s.

Haywards Heath Harriers look forward to seeing experienced Northern Fell runners coming down to "Soft South" to attack our record on Sunday July 25th 2004.

We can promise a warm welcome, good beer and a harder race than you will expect.

D. Dalziel

1. J. Baker	Chich	31.59
2. T. Byrne	Unatt	34.54
3. D. Stiles	Burgess	35.07
4. A. Donno	Unatt	35.46
5. J. Walker	Unatt	35.59

VETERANS O/40

1. (11) M. McLoughlin	HaywardsH	38.28
2. (17) M. Coupe	Hailsham	38.45
3. (19) M. Townley	Unatt	39.09

VETERANS O/50

1. (10) W. Hill	Crawley	38.01
2. (21) A. Clarke	Worthing	39.18
3. (26) G. Newton	Tadworth	40.07

LADIES

1. (41) C. Offen O/35	Unatt	42.35
2. (48) S. Shaw	Unatt	43.41
3. (49) A. Powis O/35	Unatt	43.41
4. (53) A. Marks O/35	Bing	44.59
5. (61) C. Goldsmith O/35	Unatt	45.58
6. (77) A. Jorgensen O/35	Unatt	47.50

74 finishers

HEART OF THE LAKES RYDAL ROUND

FELL RACE

Cumbria

AM/19m/3000ft 31.07.03

1. B. Cole	RMar	1.20.13
2. G. Devine	P&B	1.20.22
3. D. Hope	P&B	1.22.35
4. J. Deegan	Amble	1.23.15
5. B. Proctor O/40	HelmH	1.23.20
6. Peter Brittleton	Howgill	1.23.55
7. I. Greenwood O/40	Clay	1.25.00
8. P. Carter O/40	StaffsM	1.25.07
9. Paul Brittleton	HelmH	1.27.25
10. N. Spence	Borr	1.27.26

VETERANS O/50

1. (29) N. Bland	Wharfe	1.40.17
2. (30) N. Boller	DkPk	1.41.10
3. (31) L. Sands	Unatt	1.41.41

VETERANS O/60

1. (41) R. Bell	Amble	1.46.16
2. (63) G. Shewar	GtBent	2.04.25
3. (66) D. Clives	WestTri	2.20.22

LADIES

1. M. Laney O/40	Clay	1.37.18
2. S. Wood	Amble	1.38.33
3. K. Slater O/40	Settle	1.41.57
4. G. Sharp O/40	FingL	1.45.21
5. C. Alexander	Unatt	1.53.33

68 finishers

LLANTHONY SHOW HILL RACE

Black Mountains

AS/3.5m/1100ft 02.08.03

This was the second running of this short A race, which we inaugurated last year in response to a request from the organisers of this long established agricultural show in the most easterly valley of the sparsely populated Black Mountains. The show is enthusiastically organised and supported by the mainly hill-farming local folk and the townies from Abergavenny (nine miles down the valley). The hills form a scenic backdrop to the show which takes place in a natural arena in a large field only half a mile from the ruined Augustinian Abbey that is such a tourist attraction. There seems to be no tradition of hill running among the local population. Last year we had two fairly local entrants, and this year just the one who lives on the mountain side and runs to the top and back at 5.30 every morning of the year! Much of the race is visible from the showground, and the MC gives a light-hearted commentary as the contestants climb and

descend the 1000 feet to the Offa's Dyke ridge above the Honddu valley. Following back-breaking bracken-bashing by the organisers' slaves, Alan Petts and Eric Meredith who also marshalled and flagged/deflagged the course, the disappointing field of nine was cheered all the way up and back by the admiring show crowd, who gave Adrian Woods and Birgid Reheusser extra applause for smashing the course records. Adrian took 2³/₄ minutes off Neil Lewis' pioneering time last year, but Birgid in her fellracing (and indeed any sort of racing) debut, skipped up and down in borrowed road-race flats to shear four minutes off the women's best! No doubt she was up at 5.30 the next morning for her daily solo effort to the ridge and back.

The junior race attracted three local lads and Eric's eight-year-old grandson Matt who pipped a thirteen-year-old for second place, ten seconds behind the winner.

Dick Finch

1. A. Woods O/40	Eryri	31.13
2. I. Powell	Westbury	32.49
3. D. Burton O/40	Tarril	35.50
4. J. Darby O/50	MDC	35.57
5. B. Reheusser Lady	Unatt	36.03
6. L. Malarz	Chepstow	36.39
7. R. Day O/50	MDC	37.32
8. S. Woods Lady O/40	Eryri	41.15
9. G. Evans O/50	Blaen	41.15

9 finishers

RHEWL ROUGH RUN

Denbighshire

AS/5.5m/2360ft 02.08.03

A bright, hot, sunny day faced the 56 runners this year. The course, a little shorter due to the country show being cancelled.

Jim Higginbottom fought his way into the lead in the head high bracken on the first climb and the first two battled it out until the long final run off.

Karrie Hewitt, a junior international, took the ladies' prize with nine ladies starting and finishing this year.

Another excellent run was by 8th place, junior Tom Sherringham.

Geoff Gartrell

1. J. Higginbottom	Eryri	35.07
2. A. Smith	Amble	35.46
3. G. MacNeil O/40	Helsby	36.31
4. B. Johnson	Eryri	36.58
5. D. Evans	Eryri	37.19
6. A. Clauge	WCAW	37.22
7. I. Hughes	Shrews	37.32
8. T. Sherringham Jun	Warr	37.43
9. C. Near	Eryri	38.08
10. S. Ellis	Tatten	38.12

VETERANS O/40

1. (3) G. MacNeil	Helsby	36.31
2. (12) G. Jones	Shrews	39.04
3. (13) C. Ashley	Wrex	39.41

VETERANS O/50

1. (20) M. Cortvriend	Macc	42.21
2. (26) T. Helliwell	Unatt	44.04
3. (27) J. Morris	Buckley	44.05

VETERANS O/60

1. (36) J. Thomas	WTri	46.26
2. (46) M. McDonald	NUAC	52.14
3. (48) J. Carson	Eryri	54.23

VETERANS O/70

1. (50) J. Beswick	Helsby	54.38
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LADIES

1. (11) K. Hewitt Jun	Warr	38.21
2. (22) S. Hammond O/35	Tatten	40.55
3. (25) V. Musgrove O/45	Eryri	44.03

56 finishers

BORROWDALE FELL RACE

Cumbria

AL/17m/6500ft 02.08.03

Good weather, a good turnout of runners, a good new route to Bessyboot (no complaints - yet!). All in all a good day!

Many, many thanks again to everyone involved - we couldn't manage without you.

Ann Bland and Pete Barron

1. S. Booth	Borr	2.49.12
2. R. Jebb	Bing	2.51.03
3. B. Bardsley	Borr	2.55.15
4. J. Davies	Borr	2.57.59
5. A. Schofield	Borr	3.00.52
6. S. Stainer	Amble	3.05.38
7. M. Hartell	Macc	3.10.00
8. G. Bland	Borr	3.13.46
9. G. Thorpe	Amble	3.13.54
10. J. Hunt	CFR	3.15.46



*Allan Greenwood nearly home at Borrowdale
(Photo Linda Crabtree)*

VETERANS O/40

1. (20) S. Jackson	Horw	3.34.01
2. (24) L. Warburton	Bowland	3.40.21
3. (27) N. Wharton	Kend	3.45.54

VETERANS O/50

1. (21) D. Spedding	Kesw	3.34.50
2. (37) P. Pittson	Erewash	3.52.05
3. (38) D. Tait	DkPk	3.53.20

VETERANS O/60

1. (56) J. Nuttall	Clay	4.03.35
2. (82) D. Lucas	Roch	4.18.02
3. (109) D. Ashton	Darwen	4.32.30

LADIES

1. (28) N. Davies O/40	Borr	3.46.18
2. (69) C. Kenny O/40	Amble	4.11.04
3. (73) J. Meeks O/40	Kesw	4.13.44
4. (84) T. McQueen	Eryri	4.18.12
5. (89) W. Dodds O/50	Clay	4.20.03
6. (96) S. Clough	Amble	4.26.00

203 finishers

LATRIGG FELL RACE

Cumbria

AS/3m/950ft 03.08.03

The 31st running of The Latrigg Race was held in perfect conditions and attracted a quality field from around the UK as well as an American visitor who seemed a bit bemused by the event! First to the summit was the eventual winner, Ian Holmes, who climbed the 950ft in 12.16.

Keswick AC were out in force and took both the men's and ladies' team prizes.

Many thanks to the marshals and helpers.

Pete Richards

1. I. Holmes	Bing	18.52
2. N. Fish	Amble	18.56
3. R. Jebb	Bing	19.15
4. M. Denham-Smith	Kesw	19.51
5. A. Schofield	Borr	20.23
6. N. Lockwood	Kesw	20.27
7. R. Lightfoot	CFR	20.35
8. S. Freeman O/40	Amble	21.25
9. J. McQueen	Eryri	21.39
10. M. Nuttall	B'burn	22.02

VETERANS O/40

1. (8) S. Freeman	Amble	21.25
2. (11) D. Soles	DkPk	22.18
3. (16) R. Ansell	Tring	22.56

VETERANS O/50

1. (18) M. Litt	CFR	23.21
2. (22) F. Fielding	Penn	24.03
3. (24) A. Davies	Telf	24.19

VETERANS O/60

1. (33) B. Booth	Kesw	26.10
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LADIES

1. (14) A. Brand-Barke O/40	Kesw	22.40
2. (21) S. Taylor	Bing	23.57
3. (23) S. Hodgson	Felland	24.07
4. (39) L. Crabtree O/40	CaldV	27.03

WORSTHORNE MAG 7 FELL RACE

Lancashire

BM/7m/900ft 03.08.03

The race was held in perfect conditions, possibly too hot!

This year's race was slightly down on numbers, but we made up for it in quality. With 96 runners from across the North West and from as far afield as York, Dark Peak & Sarn Helen.

The race was won convincingly by Thornton Taylor V45, leading Andy Stubbs home by 41sec in a time of 42.21min with Garry Wilkinson a close third. This year's times were somewhat slower than in past years, possibly due to the hot day.

John Roche specialist road runner in 5th place was the winning V40 with Eric Richardson in 10th place being the winning Vet50. Geoff Fielding first V55, David Scott first V60, Ross Jaques first V65, with the ever youthful Derek Clutterbuck first V70.

The ladies' race was well contested and ended in a close finish with victory for Helen Thorburn, closely followed by Candice Leah and Dany Robson having a good run into third place.

Special thanks go to all contributors to the race, time keepers, marshals and runners, with particular thanks to the race sponsor Howarth Timber ~ Burnley

Look forward to seeing you all and more next year.

Peter Thompson



Dawn Kenwright, a little heatstruck at Worsthorne Mag
(Photo Steve Bateson)

1. T. Taylor O/40	Ross	42.21
2. A. Stubbs	Clay	43.02
3. G. Wilkinson	Clay	43.36
4. P. Entwistle	Hfx	44.52
5. J. Roche O/40	Clay	45.10
6. B. Hoggan	Acc	45.30
7. B. Walton O.40	Horw	46.00
8. R. Griffiths O/40	Holm	46.35
9. S. Clare	Clay	46.46
10. E. Richardson O/50	Ross	46.56

VETERANS O/50		
1. (10) E. Richardson	Ross	46.56
2. (21) K. Parkinson	Tod	49.58
3. (25) J. Pickup	Clay	50.53

VETERANS O/60		
1. (32) D. Scott	Clay	52.35
2. (41) R. Jaques	Clay	53.48
3. (43) J. Robertshaw	Otley	54.35

LADIES		
1. H. Thorburn	DkPk	50.14
2. C. Leah	Clay	50.35
3. D. Robson	Clay	52.56
4. D. Kenwright O/45	SarnH	53.59
5. A. Barraclough O/35	Clay	57.14
6. J. Commons O/35	Clay	58.02

96 finishers

TRUNCE 7
South Yorkshire
CS/4.25m/550ft 04.08.03

1. S. Penney	24.43
2. J. Cox Vet	25.01
3. S. Marsden	25.33
4. T. Wright	26.11
5. T. Tett Vet	26.13
6. R. Atkinson	26.30
7. A. Meskimmon	26.50
8. M. Law	27.33
9. N. Wallis	27.37
10. A. Shelbourne	27.40
11. S. Storey Vet	27.44
12. R. Greenwood	28.13
13. R. Kersey Vet	28.26
14. D. Wallace Vet	28.56
15. D. Campbell Vet	28.56

LADIES		
1. (26) A. Brockington	30.49	
2. (36) L. Walton	32.10	
3. (47) F. Davies	33.07	
4. (59) P. Goodall Vet	34.46	
5. (63) S. Fielding	35.17	

106 finishers

JUNIOR TRUNCE		
1. E. Mutch	14.51	
2. A. Wilks Girl	16.27	
3. R. Wilks Girl	17.15	
4. J. Rooke	17.52	
5. E. Dent Girl	18.07	

16 finishers

LARA DERBYSHIRE CHEVIN
FELL RACE
Derbyshire

BS/4.5m/800ft 05.08.03

Although the event was affected by a clash with a local Road Race League fixture, there were some fine performances in the annual fell race over the Chevin at Milford.

After the first steep ascent and descent, Belper based Andrew Leck was a clear leader but on the long stretch over the hill, the in-form Bill Speake took the lead and eventually won by nearly two minutes in the fastest time recorded on the course for some years despite the heat.

Belper School maths teacher, Gwen Tresidder took the women's race by a minute over veteran, Dee Brockway, who was holidaying in the country with her family.

David Denton

1. W. Speake	Notts	28.56
2. A. Leck	LancsM	30.51
3. R. Ford	LongE	30.58
4. P. Hands O/40	LeicsCor	31.07
5. D. Stuart	LongE	31.15
6. D. Thornton O/40	SheltStr	32.03
7. N. Lander O/40	Erewash	34.05
8. S. Taylor	Ross	34.24
9. R. Sanby O/40	WPeak	36.16
10. S. Cook O/40	BellHH	36.20

VETERANS O/50		
1. (11) M. Harvey	BellHH	36.21
2. (17) G. Young	Sinfin	39.39
3. (19) J. Thornton	SheltStr	40.02

VETERANS O/60		
1. (25) A. Bourne	StaffsM	42.05
2. (29) M. Edwards	DkPk	43.24
3. (39) K. Brown	BellHH	53.35

LADIES		
1. (18) G. Tressider	Unatt	39.51
2. (23) D. Brockway O/40	Luton	40.41
3. (28) C. Lee	SheltStr	43.09
4. (30) J. Stone O/40	BellHH	43.33
5. (31) S. Butcher O/50	SheltStr	44.15

42 finishers

CROW HILL RACE
West Yorkshire
BS/5m/1000ft 05.08.03

What a superb night for running, and a brilliant turnout of 100 runners. Paul Green made most of the running and had a lead of about half a minute at the top of Crow Hill. However, Karl Gray had him in his sights on the way back and to close to just 3 seconds at the finish was a great achievement. "Who is Paul Green?" I hear you cry. Well, he finished 5th in the National Cross Country championships in 2001 at Durham. "Only fifth?", you may ask. Well, to put it in perspective, Bingley's Royal Marine,

Mark Croasdale, was 11th and British and English fell running champion Ian Holmes placed 81st, exactly three minutes behind Paul.

Well done also to Jo Smith on retaining her title at Crow Hill. Thanks everyone for coming to Mytholmroyd and we hope to see you all again soon.

Allan Greenwood and Linda Crabtree

1. P. Green	Sale	30.58
2. K. Gray	CaldV	31.01
3. J. Hemsley	P&B	31.29
4. W. Ali	Roch	31.55
5. A. Breaks	CaldV	32.21
6. C. Smale	KingHull	32.38
7. R. Lawrence	Bing	32.52
8. G. Bird	Bing	32.56
9. S. Macina	P&B	33.05
10. R. Pattinson	Felland	33.13

VETERANS O/40		
1. (11) P. Blackshaw	Middle	33.23
2. (13) B. Whalley	P&B	33.34
3. (18) P. Clarke	Bing	34.36

VETERANS O/50		
1. (41) G. Breeze	Skyrac	38.19
2. (44) J. Dore	CaldV	38.57
3. (46) K. Parkinson	Tod	39.28

VETERANS O/60		
1. (65) R. Jaques	Clay	43.22
2. (88) P. Duffy	NthnV	48.20
3. (95) T. Finch	Hfx	50.32

VETERANS O/70		
1. J. Escritt	CFR	49.04

LADIES		
1. (35) J. Smith	DkPk	37.26
2. (40) K. Drake O/40	Hfx	38.17
3. (59) C. Waterhouse O/35Hfx		41.20
4. (66) J. Graham O/45	Holm	43.27
5. (670) G. Dewhirst	Radc	43.32

100 finishers

WHITTLE PIKE FELL RACE
Lancashire
AS/4.5m/1400ft 06.08.03

The day was scorching but then, thankfully, cooled for the race. This is a particularly hard, out and out, fellrunners' race so it was good to have a turnout of 96. In many ways the evening was a family and younger runners event.

Wajib Ali, only recently up from junior ranks came second, having finished 4th the night before at Crow Hill. Not far behind in 7th was Under 18 David Shepherd.

Tenth placed Michael Corbishley is another recent junior and further down the field were sisters Heather and Hayley, not yet 18, plus Rossendale's free range egg man dad, George.

Runaway winner of the men's race, Danny Hope, is someone else from a fell running dynasty.

Second placed lady, Karen Slater is starting her own dynasty but was without her two daughters on this occasion, although one was watching prior to the trials at Sedbergh four days later.

Continuing the family theme, ladies' winner Vanessa Peacock was followed home by husband Tony. Another couple were Jon and Julie Underwood from Calder Valley.

The men's team prize was narrowly taken by Preston from home team Rossendale, whilst it was great to see ladies from the YMCA out on the fells and chasing the fell stalwarts of Clayton.

Thanks to all who help make the event a success particularly Ivy and Alyson from Middleton Harriers and Shirley whose presence ensured as many home runners as possible could run.

Nick Harris and Clare Kenny

1. D. Hope	P&B	42.07
2. W. Ali	Roch	45.00
3. C. Shuttleworth O/40	Prest	45.16
4. S. Hoyle	Ross	45.22
5. S. Clawson	Ross	45.38
6. G. Menzies	Prest	46.18
7. D. Shepherd U/18	Settle	46.40
8. L. Dowthwaite O/40	Bowland	46.49
9. A. Life	Clay	46.55
10. R. Litherland	FRA	46.56

VETERANS O/50

1. (13) D. Schofield	Ross	47.58
2. (14) D. Archer	Bury	48.01
3. (21) I. Robinson	Clay	49.51

VETERANS O/60

1. (38) D. Ashton	DarwenD	53.07
2. (47) T. Peacock	Clay	55.11
3. (56) L. Sullivan	Clay	57.52

VETERANS O/70

1. (81) D. Clutterbuck	Roch	65.10
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LADIES

1. (24) V. Peacock O/50	Clay	50.13
2. (27) K. Slater O/45	Settle	51.20
3. (53) J. Shaw	DarwenD	56.44
4. (65) K. Thompson O/45	Clay	59.30
5. (76) H. Corbishley	Ross	63.00

85 finishers

BRADWELL FELL RACE Derbyshire

BS/4.5m/600ft 06.08.03

A hot day fortunately turned into a pleasant evening, giving good race conditions.

Andrew and Mike pushed the pace from early on and despite cycling over from Sheffield, Mike proved the stronger, finishing in the fastest time for a few years. See you at the relays, Jubby!

The ladies' race obviously had a good finish with Kirsty victorious by only five seconds - unfortunately I missed it still being "flat on me back"!

Many thanks to all who took part - see you next year!

Alan Ward

1. M. Jubb	DkPk	26.03
2. A. Thake	Hallam	26.22
3. L. Banton	Clowne	27.33
4. S. Penney	Chestfld	27.45
5. M. Bishop	Hallam	27.48
6. A. Ward	DkPk	28.04
7. G. Moffatt	HolmeP	28.17
8. D. Taylor	Unatt	28.27
9. N. Bassett O/40	StaffsM	28.43
10. S. Marsden	Hallam	28.49

VETERANS O/40

1. (9) N. Bassett	StaffsM	28.43
2. (16) S. Boulby	DenbyD	30.06
3. (18) S. Storey	P'stone	30.49

VETERANS O/50

1. (26) J. Adair	Holm	31.48
2. (34) N. Oxley	Unatt	32.30
3. (39) C. Murdoch	Hallam	33.19

LADIES

1. (43) K. Bryan-Jones	DkPk	33.40
2. (45) E. Lis	Hallam	33.45
3. (52) L. Lacon	Holm	34.29

137 finishers

STEEL FELL RACE Cumbria

AS/3m/1150ft 06.08.03

Once again a bumper field of 28 for this free-to-enter fell race. Maybe next year we'll charge £4.00 and have a mile of road at the start and finish to attract a few hundred - might even qualify as a championship race then!

A welcome visitor was Gary Devine whose first question was "Is it flagged all the way?", obviously intending a gun to tape victory. Ha! Ha!

As it turned out, Gavin Bland led the field to the fell gate and then dropping into his now race pace, he promptly dropped back. Jim then took up the challenge and he and Scoffer were the first to turn at the top with the winner plainly obvious and Gary turned third.

Shaun North turned in fifth but then found out that the Asics Gel 100s are not much good for fell running - he said he'll be back!

First lady was Karen Forster and second was Caroline Watson, who didn't want to run but was forced into it and them promptly twisted her ankle 30 metres from the line.

Andrew Schofield

1. J. Davies	Borr	22.31
2. A. Schofield	Borr	22.44
3. G. Devine	P&B	23.10
4. F. Deegan	Amble	23.37
5. G. Bland	Borr	23.56
6. N. Thompsonj	Kesw	26.20
7. S. North	Boston	26.25
8. D. Bearhop O/40	Carn	27.11
9. M. Cunningham	Borr	27.39
10. T. Harling	Border	27.47

VETERANS O/50

1. (12) J. Downie	Kesw	29.20
2. (15) J. Pollard	Gloss	30.20
3. (17) R. Baker	Amble	31.06

VETERANS O/60

1. (24) S. Watson	CFR	35.29
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VETERANS O/70

1. (23) H. Catlow	CFR	35.18
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LADIES

1. (22) K. Forster	SpecStr	34.28
2. (26) C. Watson	CFR	36.55

28 finishers

CRACKEN EDGE FELL RACE Derbyshire

BM/7m/1450ft 06.08.03

The evening of Wednesday 6 August saw the annual running of the Cracken Edge Fell Race, organised on behalf of the Kinder Mountain Rescue Team. Based on the village of Hayfield, the race always attracts a strong field of runners from near and far, and this year was no exception. Despite the heatwave, 132 runners turned out to run the race, and, with conditions under foot almost perfect, there was an expectation that records might tumble.

And we were not disappointed. Lloyd Taggart won the race in 41:13 - almost one minute inside Nick Leigh's 2002 record. Second man and first male veteran 40 was Malcolm Fowler, also inside the old record in a time of 42:11, and third man was George Ehrhardt. First male veteran 50 was evergreen Tony Hulme, and Pennine took the team prize with Malcolm Fowler and Hayfield locals, Darren Dunn and Nat Winfield.

In the ladies' race Helen Berry was first, Hayfield local Naomi Greaves was second and third place saw a tie at 55:07 between two more Hayfield

locals - first lady veteran 40 Mary Edgerton and Jane Mellor. First lady veteran 50 was Alexis Dinsmor.

The organiser would like to thank Simon Ramwell and Andy Slack for their help in the start fields, all the various members of Pennine Fell Runners and Knott Fell Runners for their valuable assistance, Alison and Dee for the speedy results calculation, and the members of Kinder Mountain Rescue Team for marshalling and safety cover.

And, of course, the Kinder Mountain Rescue Team would like to thank all the runners who took part in this event for their support.

Alan Brentnall

1. L. Taggart	Bux	41.13
2. M. Fowler O/40	Penn	42.11
3. G. Ehrhardt	Tod	44.12
4. A. Johnson	Macc	44.30
5. D. Dunn	Penn	45.18
6. T. Plant	DerbyTri	45.31
7. N. Winfield	Penn	46.59
8. N. Peach O/40	Sale	47.23
9. C. Rowe O/40	Matlock	47.36
10. S. Entwisle O/40	Penn	47.37

VETERANS O/50

1. (13) T. Hulme	Penn	50.07
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LADIES

1. (27) H. Berry	Holm	52.17
2. (33) N. Greaves	Penn	53.03
3. M. Edgerton O/40	Penn	55.07
4. (49) J. Mellor	Penn	55.07
5. (59) J. Gardner O/40	Bux	56.26

132 finishers

LANGDALE END Cleveland

BM/6m/1400ft 07.08.03

1. R. Wilson	Scarb	38.20
2. J. Blackett	Mand	38.37
3. S. Smith O/50	Ripon	44.10
4. C. Wright O/40	Mand	44.29
5. K. Geldert	Hgte	44.32
6. S. Backhouse O/40	Scarb	44.36
7. J. Winder O/50	Scarb	45.18
8. M. Lansell O/40	Scarb	46.29
9. R. Maw O/40	Scarb	46.46
10. C. Knapp O/40	Loftus	47.00

LADIES

1. (24) C. Pollard O/40	ThirskS	50.46
2. (31) C. Wilson	Acorn	58.25
3. (34) R. Haslam	Scarb	58.46
4. (35) J. Clayton	Scarb	59.05
5. (36) S. Jemson O/50	NMarske	59.06

54 finishers

SEVEN SEVENS Mourne Mountains

AL/18.9m/8775ft 08.08.03

1. B. Ervine	Ballyd	4.25.09
2. S. Cunningham	N'castle	4.42.24
3. C. Upson O/40	W'lands	4.42.56
4. P. Mahon	Setanta	5.27.44
5. R. Cowen	Willowf	5.50.36
6. W. Marks	ACKC	5.54.36
7. P. Malon	BARF	5.56.49
8. M. Alexander	Ballym	5.59.14
9. R. Donaldson	ACKC	5.59.30
10. C. Coffey	Unatt	6.01.04

VETERANS O/40

1. (3) C. Upson	W'lands	4.42.56
2. (18) I. MacKay	HBT	7.08.21
3. (23) T. Wilson	BARF	7.37.25

VETERANS O/50

1. (11) M. Barton	ACKC	6.05.30
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2. (12) H. Teggarty	Unatt	6.07.22
3. (13) F. Hammond	BARF	6.22.00

LADIES

1. (27) N. Phillips	IMRA	7.52.27
2. (28) M. Cloonan	IMRA	8.02.00
3. (32) M. Elliot	LunchTleg	9.33.05

ARNCLIFFE GALA FELL RACE North Yorkshire AS/1.8m/443ft 09.08.03

Excellent weather, excellent day. Notable reduced (very) junior entries. Ran U/14 and U/17 with seniors and it should be mentioned that David Shepherd, U/17, finished third in a strong open field.

T. McKenzie

1. G. Hull	11.23
2. A. Bush	11.37
3. D. Shepherd U/17	12.15
4. M. Hill	12.26
5. C. Urnston O/40	12.35
6. R. Griffiths	12.48
7. S. Carr	13.00
8. M. Baldwin	13.06
9. B. Whitfield	13.20
10. D. Askwith	13.28
11. R. Gibson	13.42
12. J. Singleton	13.48
13. N. Bush	13.56
14. C. Hodgson	13.58
15. R. Johnson	13.59

41 finishers

THE ROUND HILL West Yorkshire CM/9m/1125ft 10.08.03

A great turnout for the inaugural round hill fell race, the route took runners on a fast 9 mile course of tracks and undulating moorland, Andrew Robertshaw pulled off a fantastic win to set the first course record and take the round hill trophy.

Robertshaw was at the head of affairs throughout the race closely followed by Jonathan Ingram and



Andrew Robertshaw enjoying being in the lead at Round Hill
(Photo Emma Payne)

local runner Jason Hemsley. He quickly gained a large break away from the chasing bunch despite falling on wet rock at a crucial part of the course. Robertshaw crossed the line in 56.16, with a 36 second lead over Ingram who crossed the line in 56.52, with Hemsley just behind in 57.07 to take third place.

First lady across the line was Helen Johnson, first V40 Male was Robert Glover, first V50 Male was Ray Marlow, first V60 Male was Phil Robinson.

Thanks to all Otley AC helpers who ensured the smooth running of the event and thanks to all competitors for participating in the 'unknown' first year. Full results on the club website www.otleyac.co.uk.

Emma Payne

1. A. Robertshaw	Otley	56.16
2. J. Ingram	Sadd	56.52
3. J. Hemsley	P&B	57.07
4. R. Patterson	Felland	62.25
5. R. Glover O/40	Tod	62.25
6. B. Whalley O/40	P&B	63.34
7. D. Asquith O/40	Skyrac	64.27
8. S. Storey O/40	P'stone	65.03
9. A. Cutts	VallStr	65.36
10. J. Armitstead O/40	Otley	65.30

THE FOREST BURN RUN Northumberland BS/3.5m/500ft 10.08.03

Poor turnout with only 21 runners, probably down to the heavy rain in the morning. However, nice sunshine for the race and those who competed enjoyed the event and the Forest Burn Country Show.

Jeff Ross was first, followed by local lad, Brian Robson, then Bill Lawrence third. Jane Walker was first lady.

Peter Reed

1. J. Ross	NFR	24.53
2. B. Robson	Unatt	26.01
3. W. Lawrence O/40	NFR	26.37
4. P. Graham O/50	Tyne	27.13
5. G. McWilliams	NFR	28.05
6. M. Graham	LowFell	28.34
7. G. Wilkinson	NFR	29.30
8. G. Adamson O/50	NSP	29.32
9. W. Doidge O/50	LowFell	29.35
10. J. Walker Lady Vet	NFR	29.37

19 finishers

THE GIANT'S, WITHENS AND WINDMILLS RACE West Yorkshire BS/5m/1000ft 12.08.03

Thanks everyone for coming to the Giant's Withens and Windmills fell race. I do hope you enjoyed the event, a lovely route on a perfect evening, sunny and warm with the beautifully picturesque reservoir still as a millpond. Karl and Jo set new record times which will go in the fellrunners' calendar next season.

The circuit to The Giant's Tooth and around the hilly woodland trail is exactly the same as our annual three miles New Year's Day run, though returning over the reservoir embankment as the Under 16 juniors did.

Why not make a note to start 2004 off with that one next year?!?!?

Thanks to all who helped, with registration, timing, marshalling and our Mums and my Dad on refreshments. Particular thanks to all of you who made a long journey to get here for a 7-00 start. I delayed the senior race by 15 minutes, which should have helped a little. Next year,

both the Crow Hill race and this one will start at 7-30pm.

Allan Greenwood and Linda Crabtree.

1. K. Gray	CaldV	30.06
2. A. Smith	Amble	31.00
3. J. Hemsley	P&B	31.22
4. A. Haynes O/40	Eryri	31.47
5. G. Bird	Bing	31.52
6. N. Ashcroft	Amble	31.59
7. R. Bradbury	Bing	32.09
8. D. Foster	Otley	32.18
9. A. Wardman O/40	CaldV	32.23
10. R. Pattinson	Felland	32.38

VETERANS O/40

1. (4) A. Haynes	Eryri	31.47
2. (9) A. Wardman	CaldV	32.23
3. (12) B. Whalley	P&B	32.56

VETERANS O/50

1. (27) R. Hall	Hfx	36.31
2. (32) P. Bates	Leeds	36.55
3. (35) L. Sands	Unatt	37.43

VETERANS O/60

1. (76) D. Simpson	Prest	42.41
2. (77) G. Arnold	Prest	43.22
3. (88) T. West	Radc	45.03

LADIES

1. (25) J. Smith	DkPk	36.02
2. (33) K. Drake O/40	Hfx	37.04
3. (36) S. Clough	Sadd	37.44
4. (40) C. Kenny O/40	Amble	38.22
5. (44) C. Waterhouse O/35	Hfx	38.39

102 finishers

DENIS STITT MEMORIAL RACE West Yorkshire BS/5m/850ft 14.08.03

1. T. Austin	DkPk	29.22
2. J. Heywood	Holm	30.08
3. A. Shaw O/40	Holm	30.51
4. J. Rank	Holm O/40	31.20
5. A. Carruthers O/40	Crawley	32.10
6. S. Boulby O/40	DenbyD	33.11
7. R. Griffiths O/40	Holm	33.17
8. P. Smith	Holm	33.20
9. M. Law	Barns	33.32
10. D. Shaw O/40	Holm	33.40

VETERANS O/50

1. (19) R. McArthur	Melth	34.44
2. (23) F. Fielding	P'stone	35.17
3. (32) G. Breeze		37.00

VETERANS O/60

1. (39) K. Bamforth	Holm	38.33
2. (40) B. Buckley	Gloss	38.37
3. (57) G. Evans	Hallam	45.12

LADIES

1. (24) W. Barnes	Barns	35.22
2. (26) H. Berry	Holm	35.42
3. (28) K. Drake O/40	Hfx	36.18
4. (34) J. Shotter O/40	Holm	37.27
5. (44) J. Seymour	Hallam	39.29

62 finishers

LURIG CHALLENGE Country Antrim AS/3.5m/1200ft 16.08.03

The quiet village of Cushendall in the heart of the Glens of Antrim was the setting for the 12th annual Lurig Challenge Run. As part of the "Heart of the Glens Festivals" and in association with NIMRA, this was included as one of their championship races.

Lurig mountain rises to 1200 ft and the distance to the flag at the summit is a mere 3.5 miles of breathtaking views, steep inclines and very warm conditions. Neil Carty took command from the

gun and with a clear lead at the top kept the pressure on coming home to the cheers of a record crowd in the village. Andy Gregg took runner-up spot with David McNeilly eight seconds in arrears.

Sharon McBurney dominated the ladies' race knocking 37 seconds off the ladies' record in a new time of 36.56. Local runner, Anne McDonnell, claimed second place.

A young local runner, Stephen McKeegan, at just 17 years, finished first junior and 6th overall in an excellent time.

Gerard McAlister

1. N. Carty	NBelf	27.56
2. A. Gregg	Larne	30.41
3. D. McNeilly	Ballyd	30.49
4. M. Alexander	Ballym	31.09
5. A. Brennan	Ballym	31.11
6. S. McKeegan U/20	Unatt	31.33
7. J. Brown O/40	BARF	31.36
8. M. McManus	Larne	31.41
9. J. McCoy U/20	MidUlls	31.42
10. B. MacKay O/50	Albert	32.07

VETERANS O/40

1. (7) J. Brown	BARF	31.36
2. (15) S. Elliot	Notts	35.06
3. (23) G. McAlister	Unatt	36.41

VETERANS O/50

1. (10) B. McKay	Albert	32.07
2. (28) F. Hammond	BARF	37.13
3. (31) B. Magee	Larne	38.25

VETERANS O/60

1. (60) D. Turnbull	W'lands	43.06
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LADIES

1. (26) S. McBurney	Ballym	36.56
2. (53) A. McDonnell O/35	Unatt	41.59
3. (56) M. Elliott O/35	LunchLeg	42.11
4. (65) C. Morrow Jun	Unatt	46.28
5. (74) A. McKendry O/35	Unatt	49.09
6. (76) M. McAlister	Unatt	49.33

90 finishers

STICKLEPATH HORSESHOE

Devon

BM/9.6m/1700ft 16.08.03

Devon local Kevin Hagley was in a class of his own on Saturday 16th August when he won the annual Sticklepath Horseshoe Race, beating off competitors from around the country.

The race started in the Sticklepath Flower Show field and toured the source of the Taw Valley, crossing Belstone and Steeperton Tors before returning via Cawsand Beacon, nearly 10 miles and climbing 1700 ft in total.

Kevin had left his competitors by the first check point, but nonetheless notable performances were achieved by Marcus Byron who had travelled from Tynedale in the North East (2nd overall) and Martin Courtvriend (3rd overall). First lady was Gill Evans and notable performances from locals were Wendy Gibb, Rachel Short and Paul Bartlett.

The event goes from strength to strength and there are plans for the village to donate a special challenge trophy in time for next year's event.

Thanks to marshals Tim Butler, Mike Savage, Peter Williams, Rob Champion and David Stallion. Thanks also to the Taw River Inn for sponsoring prizes.

Phil Haygarth, Organizer

1. K. Hagley O/40	SWRR	1.16.16
2. M. Bryon	Tyne	1.28.27
3. M. Courtvriend O/50	Macc	1.33.31
4. P. Bartlett	Unatt	1.33.52

5. H. Lock	Unatt	1.37.36
6. B. Kohler O/40	Dartmoor	1.40.09
7. S. Oliver	Unatt	1.40.51
8. G. Evans Lady O/40	Shepshed	1.41.00
9. M. Mitchell O/40	Truro	1.43.40
10. T. Gent	Exmth	1.43.41

TAP O'NOTH HILL RACE

Aberdeenshire

BM/7m/1407ft 16.08.03

We've had no rain up here in the North East of Scotland for several weeks now but that hasn't stopped the gorse and broom from going absolutely mad. I hadn't been the race course for a while and when I did eventually go around I had to cut my way through in places! Next year I have plans to get the Forestry Commission machinery around the course and cut the undergrowth back a bit. Still, back to the race and there was quite a lot of indecision about what shoes to wear this year as being so dry you could easily get away with road race flats as an alternative to Walsh's or the like. In the end I think it was about a 50/50 split.

The weather was fine at about 21 degrees C, a lot cooler of late but still quite warm.

On the off and as usual the runners predispositioned with cloven feet and little horns growing out of their heads were soon in the front heading up the steep climb. First to the top was ex Scottish International Dave Armitage, fresh back from a knee operation. This told on the way down as the disengage brain aspect of freefall downhill was obviously playing on his mind. By the end of the race Dave had dropped to 4th but very respectable considering.

As the runners came back from the run, some of them looked as if they had been in a battle what with blood spots on their thighs from being pierced with the gorse as they went at full tilt down the tracks. I must remember to get the tracks cleared better next year!

Overall not a bad turn out with 31 runners, all of who returned with no major injuries sustained apart from the race winner, Jeremy Whittet who picked up a really bad blister that needed treatment at the finish.

That's it for this year, looking forward to next year already. Maybe see you on Saturday 21 August 2004!

Simon Beeson

1. J. Whittet O/40	Keith	54.42
2. C. Pryce	Cosmics	55.09
3. D. Hirst O/40	Deeside	56.28
4. D. Armitage O/40	Cosmics	56.47
5. P. Thorn O/40	Unatt	57.09
6. D. Guy O/40	GrampO	58.26
7. F. Barron	Keith	59.05
8. G. Angus	Keith	59.17
9. J. Williamson	Garioch	59.37
10. A. Jermieson O/40	Cosmics	60.19

31 finishers

BRADBOURNE VILLAGE FELL RACE

Derbyshire

CM/6.2m/600ft 17.08.03

After Nick Bassett took the field through the speedy downhill opening section of the race, Andrew Wright took command and was never headed in the seventh running of the event that was first run on the day of Princess Diana's untimely death.

Having the run of his life, Chris Rowe also took Nick's scalp for the first time in his career.

David R Denton

1. A. Wright	Tamworth	33.07
2. C. Rowe O/40	Matlock	33.57
3. N. Bassett O/40	StaffsM	34.46
4. C. Holmes	Unatt	35.48
5. R. Atkin O/40	Matlock	35.53
6. K. Holt O/50	Birchf	36.33
7. C. Borderick	Hinckley	37.13
8. A. Hands	Unatt	37.37
9. M. Lea	Matlock	37.39
10. R. Martin	Matlock	38.01

VETERANS O/50

1. (6) K. Holt	Birchf	36.33
2. (13) R. Marlow	DkPk	38.49
3. (16) M. Round	SuttAsh	40.27

VETERANS O/60

1. (40) F. Makin	HolmeP	46.34
2. (47) M. Edwards	DkPk	49.18
3. (51) C. Scattergood	HattD	49.57

LADIES

1. (28) A. Heading	MillM	43.13
2. (35) E. Brown	P&B	44.37
3. (37) L. Saucikouaite	KARC	
	Lithuania	45.14
4. (38) S. Klotschkow	LongE	45.20
5. (44) J. Sullivan	Unatt	48.20

65 finishers

LAKELAND COUNTRY FAIR OPEN

FELL RACE

Cumbria

AM/6.5m/2350ft 17.08.03

1. N. Fish	Amble	54.56
2. B. Proctor O/40	HelmH	58.15
3. A. Breaks	CaldV	58.23
4. E. Nash	Kend	59.01
5. C. Doyle	Traff	59.14
6. S. Freeman O/40	Amble	60.08
7. D. Taylor	Unatt	60.54
8. C. Ulpson O/40	W'lands	61.25
9. N. Ashcroft	Amble	61.33
10. T. Jones O/40	Eryri	62.19

VETERANS O/50

1. (11) R. James	CFR	62.30
2. (16) D. Spedding	Kesw	64.14
3. (26) B. Scholes	Settle	68.40

VETERANS O/60

1. (66) J. Garbarino	AchR	91.56
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LADIES

1. (21) N. Davies O/40	Borr	66.21
2. (52) S. Harding O/40	Bowland	77.21
3. (54) N. Goffe O/40	BCombe	77.43
4. (56) C. Preston	Kghly	81.08
5. V. Gill O/40	BCR	85.24

70 finishers

SOURTON TOR RACE

Devon

AS/2m/650ft 17.08.03

Kevin Hagley won the second Sourton Tor race and takes the challenge trophy donated by John Hockridge for the next 12 months. Kevin, winner of the Sticklepath Horseshoe race the previous day, put in an excellent performance and was in a class of his own, narrowly missing the record of 11.09 set by Nigel Jenkins in 2002. Gill Evans, travelling from Leicester, set a new female record time of 16.02. In contrast to last year, the event took place in pleasant conditions and spectators were able to watch progress from the church to the top. Thanks to Anne Russell and Anne Haygarth for timekeeping, Roger Alford and John Hockridge for marshalling the course and to Geraldine and Jack Dury for donating prizes. Judy Maund of Worcester won a bottle of wine for being closest to guessing organizer Phil Haygarth's time of 17.09.

Proceeds from the event will be returned to the village and there is a call for more support from local competitors for next year's event.

Phil Haygarth

1. K. Hagley O/40	SWRR	11.36
2. R. Chamberlain	SriChin	12.50
3. S. Turk	Shrews	13.03
4. M. Courtvriend O/50	Macc	14.05
5. A. Howarth O/40	Clay	14.45
6. G. Evans Lady O/40	Shepshed	16.02
7. P. Haygarth	Kend	17.09
8. J. Maund Lady	Worc	17.28

FOX & HOUNDS

North Yorkshire

BM/9m/1500ft 19.08.03

1. J. Rodgers	Elhull	69.31
2. R. Wilson	Scarb	69.31
3. B. Roberts	Mand	69.55
4. A. Carruthers O/40	Crawley	71.11
5. F. Smith O/40	Saltw	71.31
6. C. Mustill O/40	Mand	72.01
7. C. Wright O/40	Mand	72.52
8. S. Deakin	Unatt	73.42
9. I. Ellmore O/40	Scarb	73.43
10. R. Bailey O/40	Mand	73.45

VETERANS O/50

1. (12) J. Winder	Scarb	73.56
2. (13) B. Mitchell	Mand	74.15
3. (14) S. Smith	Ripon	74.52

LADIES

1. (33) C. Pollard O/40	ThirskS	85.57
2. (42) S. Gaytor	NMarske	88.50
3. (47) K. Neesam	NMarske	89.59
4. (51) C. Worth O/45	Mand	90.24
5. (59) J. Clayton	Scarb	95.42

70 finishers

ROUND LATRIGG

Cumbria

BS/5.5m/800ft 20.08.03

Not quite a record turnout and no records were broken although Alan Bowness was short by five seconds of his own record. Some keenly contested sprint finishes. CFR took the men's team prize with Keswick taking the ladies' honours. Thanks as ever to all the marshals and helpers.

Lyn Thompson

1. A. Bowness	CFR	29.53
2. S. Freeman O/40	Amble	32.31
3. D. Morris	CFR	32.32
4. D. Troman	Kesw	32.49
5. M. Denham-Smith	Kesw	32.52
6. B. Thompson O/40	CFR	33.11
7. N. Lockwood	Kesw	33.12
8. P. Blackshaw O/40	Milton	33.34
9. R. Barrett O/40	Skip	33.36
10. S. Bennett	Eden	33.37

VETERANS O/50

1. (21) R. James	CFR	36.16
2. (61) P. Gilchrist	Kesw	42.17
3. (64) S. Jones	Kesw	42.28

VETERANS O/60

1. (67) P. Taylor	Border	42.54
2. (80) A. Buckley	Kesw	45.11
3. (82) W. Metcalfe	Basil	45.23

VETERANS O/70

1. (101) R. Strachan	Kesw	53.51
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LADIES

1. (31) B. Blakeman	Sunday	37.26
2. (33) N. Davies O/40	Borr	37.57
3. (38) K. Beaty	CFR	38.34
4. (62) J. Ryall	Tyne	42.21
5. (75) P. Richards O/50	Kesw	43.52

105 finishers

PILGRIMS CROSS FELL RACE

Lancashire

20.08.03

Despite not being originally in the calendar 83 runners started, 36 of whom had run in the Whittle Pike race, first in the series. After the two races the top ten included 2 ladies, one under 18, 2 over 40 and 2 over 50.

Thank you all for coming and apologies for the lack of flags at the end which had been 'removed'. We also had a chronic shortage of marshals, something we will try and put right for 2004.

It was a golden oldies evening with over 45s winning the ladies, Karen Slater and the men's, I'hornton Taylor from home club Rossendale. They both won by about a minute from second placed Vanessa Peacock and Martin Lee.

Clayton and Rossendale took the men's and ladies' team prizes.

It is good to see some newish runners doing well and Donna Allen, 3rd lady has worked hard on the circuit this summer. Lee Athersmith is a new name to me and claimed a very creditable 4th.

Having marshalled and not run this race for years I led the flaggers round a slightly longer route than usual by about 300yds and 100ft, so this year's winning times now stand as a new record and as we feel that it was a slightly improved course we will use it again next year.

Nick Harris (and Clare Kenny)

1. T. Taylor O/40	Ross	41.56
2. M. Lee	Ross	43.00
3. C. Seddon	Horw	43.05
4. L. Athersmith	Settle	44.09
5. S. Hoyle	Ross	44.24
6. S. Clare	Clay	44.49
7. B. Lonsdale	Settle	45.04
8. L. Dowthwaite O/40	Bowland	45.19
9. B. Shaw	DarwenD	45.35
10. B. Horrocks O/40	Clay	45.47

VETERANS O/50

1. (11) D. Archer	Bury	45.50
2. (22) D. Schofield	Ross	47.59
3. (26) K. Taylor	Ross	48.58

VETERANS O/60

1. (34) D. Ashton	DarwenD	51.49
2. (46) L. Sullivan	Clay	53.56
3. (59) T. Peacock	Clay	57.28

LADIES

1. (25) K. Slater O/45	Settle	48.30
2. (29) V. Peacock O/50	Clay	49.29
3. (43) D. Allen	Bury	53.34
4. (48) J. Shaw	DarwenD	54.13
5. (61) K. Thompson O/45	Clay	57.56
6. (65) H. Corbishley	Ross	59.17

82 finishers

ECCLES PIKE

Derbyshire

BS/3.5m/650ft 20.08.03

Nearby road works meant that the start was delayed by 15 minutes to give time for late arrivals. The field was very patient and a record entry of 78 runners set off on this short but demanding Derbyshire race. The two principle contenders, Llyord Taggart, winner the last time he ran in 1998 and Malcolm Fowler, the winner for the past three years were soon battling it out at the front.

Taggart soon established a lead and was never headed as he won the race in a comfortable 20:11. Fowler maintained his second place, finishing in a time of 21:49. Mark Hartwell was 3rd.



Naomi Greaves opening a gap on her way to winning Eccles Pike (Photo Mark Whelan)

First Lady was Naomi Greaves in 26:15. Both junior winners recorded excellent times. Thomas Wild finished 7th overall in 23:54 and Rowena Evans finished in 31:30.

Once again, thanks is given to the Navigation Inn for playing host and to members of Goyt Valley Striders for the organisation and work on the night.

Mark Whelan

1. L. Taggart	Bux	20.11
2. M. Fowler O/40	Penn	21.49
3. M. Hartell	Macc	22.30
4. N. Winfield	Penn	22.49
6. C. Fray O/40	Penn	23.20
7. T. Wild	Macc	23.54
8. B. Blythe O/50	Macc	24.01
9. A. Anastasi	Gloss	24.23
10. A. Howie O/40	Penn	24.37

VETERANS O/50

1. (8) B. Blythe	Macc	24.01
2. (12) A. Brentnall	Penn	24.50
3. (13) F. Fioelding	Penn	25.01

VETERANS O/60

1. (38) B. Buckley	Gloss	27.29
2. (69) P. Duffy	NthnV	33.17
3. (74) B. Stephenson	Stock	39.33

LADIES

1. (26) N. Greaves	Penn	26.15
2. (29) J. Mellor	Penn	26.35
3. (32) M. Edgerton O/40	Penn	26.54
4. (39) K. Harvey O/40	Altr	27.36
5. (49) J. Gardner O/40	Bux	28.40
6. (52) K. Cooper	FRA	28.53

76 finishers

PILSLEY FELL RACE

Derbyshire

BS/5.5m/750ft 21.08.03

There was an excellent turnout of 120 runners for this race through Chatsworth Deer Park, the route enjoying excellent sweeping views of Chatsworth House and gardens across the Derwent. The route also passes The Old Mill,

The Weirs, Cedar Bank and The Ride. The pub in Pilsley village is the starting point for the race and village green the finishing line but the visual climax is to arrive at the skyline and see the vista across the valley to the Cascade in Chatsworth House Garden.

Despite previous years' excellence in way marking and marshalling, this year's competitors lost the route near to the end, probably due to the route marking being in yellow and black hazard tape - we've learned that red and white is more visible against grass! However, the winner, Tim Austin, was not unduly affected as his alternative route did involve the crest over the golf course!

Thanks to Chatsworth House Trust and Interior Landscapes for prizes.

Zoe Wareham

1. T. Austin	DkPk	38.08
2. M. Fowler O/40	Penn	36.42
3. S. Marsden	Hallam	37.04
4. L. Banton	Clowne	37.08
5. A. Ward	DkPk	37.19
6. S. Gregory	HolmeP	37.41
7. D. Taylor	Unatt	38.09
8. A. White	Hallam	38.10
9. C. Rowe O/40	Matlock	38.27
10. P. Wright O/40	HattD	38.53

VETERANS O/50

1. (340) N. Boler	DkPk	43.11
2. (36) R. Marlow	DkPk	43.19
3. (40) N. Oxley	Unatt	44.27

VETERANS O/60

1. G. Richardson	Clowne	62.33
2. (120) M. Roberts	Bing	82.52

VETERANS O/70

1. (71) B. Rogers	NthnV	49.45
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LADIES

1. (32) K. Davison	DkPk	42.54
2. (45) A. Brockington	Unatt	46.15
3. (56) K. Bryan-Jones	DkPk	46.55
4. (73) L. Germon	Unatt	50.13
5. (79) J. Welborn O/50	P'stone	51.10

120 finishers

BECA RACE Pembrokeshire BS/5m/1050ft 23.08.03

On one of the warmest Bank Holiday Saturdays for many years, a large crowd of spectators turned out to cheer home the 72 runners in this year's Ras Beca. This was a 30% increase on last year's turnout and brought a welcome smile to the Secretary's face as, at 12 p.m. on race day, there was only one entry on the books! No records were broken, probably due to the extreme heat.

The one mile children's race was also well attended with a total of 48 youngsters taking part.

Comments from competitors after the race were very favourable with almost everyone having enjoyed a tough, hot, hard race. Hopefully we'll see everyone next year.

John S Evans

1. A. Abbot	SarnH	36.08
2. I. Williams	Trots	37.13
3. D. Astins	PembT	37.48
4. D. John	Trots	37.50
5. T. Durant	Unatt	37.58
6. A. Jones	Unatt	38.03
7. K. Jones	Unatt	40.05
8. E. Williams	Trots	40.25
9. G. Czech	Unatt	40.37
10. D. Jones O/40	Trots	41.27

VETERANS O/40

1. (10) D. Jones	Trots	41.27
2. (15) G. Oldrid	Aber	42.39
3. (17) A. Williams	SarnH	43.56

VETERANS O/50

1. (21) P. Foole	Aber	44.26
2. (27) C. Evans	Aber	46.19
3. (31) L. Rees	SarnH	47.37

LADIES

1. (19) R. Ace	PembT	44.04
2. (25) E. Jones	PembT	44.58
3. (32) C. Davies	PembT	47.56
4. (33) N. Jones	PembT	48.35
5. (35) N. Taylor	PembT	48.55

72 finishers

BURNSALL CLASSIC FELL RACE North Yorkshire AS/1.5m/900ft 23.08.03

A very strong field, including 5 former winners, perfect conditions, a brilliant day of light winds and sunshine, had usual exciting racing in the best Burnsall traditions.

Robert Hope moving on from last year's win, won again, joining the prestigious ranks of multiple winners including Andy Peace, Ian Holmes, Steve Hawkins, and of course the legendary names of Wild, Watson, Hodgson, Weeks, Short and Humphreys.



Rob Hope flying down the descent to win Burnsall
(Photo Kirstin Bailey)

Rob Jebb lead at the top and looked all set for his first Senior win at Burnsall, but the former Junior winner was overtaken as the land eased from steep fell to rough pasture and the village approached.

Rob Hope has become the new man to beat, and although the time was good it was well outside the Ricky Wild time of 12.48.

Will this ever be beaten? Mick Hawkins thinks we will struggle, brother Steve thinks that the good summer hasn't helped as the heather is hiding the path along the skyline. Let's see what happens next year, someone is going to do it.

James Maxfield

1. R. Hope	P&B	13.51
2. R. Jebb	Bing	13.55
3. I. Holmes	Bing	13.57
4. A. Peace	Bing	14.07
5. G. Devine	P&B	15.20
6. G. Ehrhardt	Tod	15.37
7. A. Shaw O/40	Holm	15.44
8. C. Moses	Bing	16.15
9. P. Smith	Holm	16.49
10. A. Wood	Bing	16.53

VETERANS O/40

1. (7) A. Shaw	Holm	15.44
2. (12) P. Clarke	Bing	17.03
3. (14) M. Speight O/40	Unatt	17.37

VETERANS O/50

1. N. Pearce	ilk	17.47
2. L. Sands	Unatt	19.19
3. K. Robinson	Bing	19.56

LADIES

1. S. Hodgson O/40	Felland	19.14
2. A. Crane O/40	ilk	19.23
3. J. Smith O/40	Skip	20.49
4. K. Chown O/40	Skip	21.07
5. C. Duffield	Skip	23.08

149 finishers

CHIPPING SHOW FELL RACE Lancashire AM/8m/2000ft 23.08.03

1. D. Hope	P&B	1.06.15
2. I. Greenwood O/40	Clay	1.08.42
3. T. Taylor O/40	Ross	1.08.59
4. G. Schofield O/40	Horw	1.09.29
5. B. Bolland	Horw	1.12.03
6. C. Reade	Bowland	1.12.32
7. M. Chippendale	Bowland	1.12.39
8. G. Gough O/40	Clay	1.12.43
9. W. Sullivan	Clay	1.13.46
10. T. Cornthwaite	B'burn	1.14.09

VETERANS O/50

1. (13) K. Carr	Clay	1.15.56
2. (14) J. Holt	Clay	1.16.11
3. (21) R. Durrant	RustStr	1.18.42

VETERANS O/60

1. (51) D. Gibson	Sadd	1.28.47
2. (53) T. Peacock	Clay	1.29.09
3. (72) M. Coles	Skyrace	1.33.37

LADIES

1. (16) T. Sloan	Salf	1.17.14
2. (32) S. Newman O/40	CaldV	1.22.01
3. (58) C. Kenny O/40	Amble	1.30.29
4. (59) J. Robinson O/40	Garst	1.30.50
5. (62) S. Gorman	Horw	1.31.34

94 finishers

THE NEW GREEN BELL FELL RACE Cumbria AM/8m/2000ft 23.08.03

The revised course which included the summits of Hooksay and Randygill top, as well as Green Bell, made for a circuit of Weasdale in the Howgills. It seemed to go down well with all who took part.

The race was dominated by the brothers Symonds, closely followed by the brothers Brittleton. The unusual damp afternoon for this summer rather spoiled the après race and very nearly had a hand in undoing the collation of the times and results!

A big thanks to all those who helped on the day - a good job that so many Howgill Harriers were injured at the time!

Fraser Livesey

1. A. Symonds	Kend	57.20
2. J. Symonds	Kend	57.46
3. P. Brittleton	HelmH	60.01
4. W. Proctor O/40	HelmH	61.21
5. P. Brittleton	Howgill	62.20
6. S. Freeman O/40	Amble	62.49
7. S. Murdoch O/40	Bord	63.25
8. K. Hagley O/40	SWRR	63.44
9. C. Upson O/40	W'lands	65.22
10. C. Speight O/40	Amble	65.42

VETERANS O/50

1. (21) W. Helliwell	Unatt	77.48
2. (26) P. Hall	Middles	82.05
3. (27) J. Taylor	Unatt	82.19

LADIES

1. (23) D. Thompson O/40	EdenR	81.17
2. (30) K. Richardson O/40	Otley	88.19
3. (32) J. Taylor O/40	Unatt	90.00

36 finishers

GOODRICH FELL RACE Forest of Dean BM/6.5m/1250ft 23.08.03

The 25th running of the Goodrich Fell race was well attended and especially pleasing to see youngsters supporting the Cubs race for Under 13's.

With temperatures exceeding 80 Fahrenheit combined with high humidity the course records were never going to be threatened. The local farmer also made sure of this by growing sugar beet at the start and finish of the course!

Billy Nock won comfortably making 3 wins from 3 visits to the event and helped his club, Halesowen, to the team prize to boot. Nock finished over 2 minutes shy of his 1999 record.

Under 20 triathlete, Kate Goodhead, won the women's section by 2 minutes finishing 8th overall but two minutes short of Sally Newman's record but certainly a talent for the future.

Martin Green

1. B. Nock O/40	Hales	39.51
2. K. Harding O/40	Tring	43.38
3. C. Harris	Hales	45.06
4. C. Flower	MDC	45.59
5. K. Willis O/40	Chelt	47.27
6. D. Wilcox O/40	Worces	47.30
7. P. Hands O/40	LeicCor	47.31
8. N. Dukes	LesCroup	48.08
9. K. Goodhead Lady U/20	Glouc	48.48
10. S. Blease O/40	Brychein	49.05

VETERANS O/50

1. (11) R. Britton	StaffsM	49.24
2. (16) S. Harrington	HerefC	51.10
3. (21) J. Hargreaves	GWR	52.10

VETERANS O/60

1 (23) K. Buckle	Chelt	52.28
2. (44) M. Stone	Unatt	60.17
3. (49) I. Turnbull	FOD	65.18

LADIES

1. (9) K. Goodhead U/20	Glouc	48.48
2. (15) L. Whiley O/40	Reading	50.49
3. (20) A. Nixon O/45	FOD	51.56
4. (24) S. Colicott	Kenilw	52.34
5. (32) A. Cooke O/40	HerefC	55.46

58 finishers

JUNIOR RACE - 3.5m/600ft

1. G. Reynolds	FOD	29.08
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MINORS RACE 1.1m/250ft

1. R. de Champs	FOD	9.47
2. J. Flynn	Wreake	11.23
3. K. Smith	FOD	11.28

DARK & WHITE MM CHALLENGE Derbyshire MM 24.08.03

Fine and dry conditions awaited the entrants for second MM Challenge of the year in the White Peak to the south of Hope. Run on a "score" event basis over a three hour period in some challenging terrain, a wide variety of routes were taken between strategically placed controls; well done to Alan Ward with a superb score of 258 out of a possible 355 points. Other very noteworthy scores from Dan Parker 225 (1st Male Vet) and Kirsty Bryan-Jones (1st Female) 175 points.

More of these Dark & White MM Challenges to come next year - much more than just a fell run and great training for KIMM/LAMM etc.

Adrian Boyes

1. A. Ward	DkPk	258 pts
2. D. Parker Vet	MDOC	225 pts
3. S. Ross	DVO	205 pts
4. G. Tiffany/R. Glover Vets	PudseyP	201 pts
5. T. Austin	DkPk	200 pts
6. G. Crowley	DkPk	195 pts
7. D. Tait Vet	DkPk	190 pts
7. C. Adams	SYO	190 pts
9. A. Bell Vet	DkPk	180 pts
9. M. Sleath Vet	WPeak	180 pts

LADIES

1. K. Bryan-Jones	DkPk	175 pts
2. K. Parker Vet	MDOC	170 pts
3. K. Ruffell	FRA	147 pts

GRASMERE SENIOR GUIDES RACE Cumbria

AS/1.5m/900ft 24.08.03

1. I. Holmes	Bing	13.35
2. R. Hope	P&B	13.48
3. R. Jebb	Bing	13.54
4. N. Sharp	Amble	14.01
5. A. Peace	Bing	14.47
6. N. Fish	Amble	15.01
7. G. Devine	P&B	15.20
8. C. Doyle	Traff	15.29
9. R. Lightfoot	CFR	15.53
10. B. Lonsdale	Settle	15.55

VETERANS

1. (12) A. Beaty	CFR	16.57
2. (13) R. James	CFR	16.58
3. (14) F. Smith	Saltw	17.04
4. (15) K. Wood	Saltw	17.09
5. (17) S. Carr	Kend	17.17

LADIES

1. (20) S. Wood	Amble	17.37
2. (28) H. Sedgwick	Ilk	18.34
3. (29) K. Beaty	CFR	18.40
4. (43) S. Taylor	Bing	20.14

85 finishers

THE NAB FELL RACE Derbyshire

AS/4m/750ft 24.08.03

1. M. Hayman	DkPk	21.19
2. G. Oldfield	P&B	21.43
3. J. Jackson	Salf	22.59
4. N. Winfield	Penn	23.21
5. M. Foschi O/50	Penn	23.31
6. A. O'Keefe O/40	Unatt	24.19
7. F. Fielding O/50	Penn	24.54
8. L. Clough Lady	WiganP	24.55
9. M. Birchall	Unatt	25.21
10. A. Clough O/40	WiganP	25.41

LADIES

1. (8) L. Clough	WiganP	24.55
2. (17) K. Roberts	Helsby	28.38
3. (22) A. Watmore O/50	DkPk	31.14

30 finishers

MOEL FAMMAU Flintshire

AS/4m/1237ft 25.08.03

The day of the Moel Famau annual race, August Bank Holiday, dawned clear and bright but considerably fresher than the norm for August 2003. The race begins in the village of Cilcain at 1.00p.m. and runners race to the top of Moel Famau (Mother's Mountain) which at 1818 feet (554 metres) is the highest point on the Clwydian Hills. Runners then return to the village via the same route, in total, a distance of just under 4 miles.

The overall winner, Paul Howarth aged 25 from Indianapolis, USA, currently staying in Neston was the first runner to reach the summit and kept his lead. Paul first ran the race as a 16 year old when last visiting Wales and decided to return to compete again. He was delighted with his success but handled the trophy only briefly to have his photograph taken before leaving it for next year's competitors. This year 115 runners entered the race bettering last year's total by eleven. 60% of the competitors were aged over 40, and only 10 out of the 115 were ladies, despite having a new trophy this year, for the first local lady veteran. The course was changed slightly last year eliminating two stiles at the beginning of the race which caused bottlenecks of runners anxious to begin their ascent. As this proved popular with the runners this year remained the same. All competitors returned safely, despite an attack of asthma for which a female competitor gave assistance thereby dropping back a few places. One female runner who had requested runner number 118 dropped out early in the race. Race organisers, Cilcain Show Committee, were very grateful for the usual vigilant watch and assistance given by NEWSAR.

Jane Scholes

1. P. Howarth	29.55
2. T. Higginbottom	30.42
3. G. Rees Williams	30.58
4. D. Sargent	31.11
5. J. Mellor	31.42
6. K. Hawitt Lady Jun	32.20
7. C. Jones	32.56
8. T. Hulme O/50	33.14
9. J. Montgomery O/40	33.23
10. S. Burthem O/40	33.35

VETERANS O/50

1. (8) T. Hulme	33.14
2. (15) A. Duncan	34.19
3. (29) M. Potter	36.52

LADIES

1. (6) K. Hawitt Jun	32.20
2. (46) V. Musgrove O/40	38.14
3. (51) E. Kelly	38.50
4. (59) K. Forster O/40	40.28
5. (74) C. Pritchard O/40	42.56

113 finishers

BARRELL INN FELL RACE Derbyshire BM/6m/1000ft 26.08.03

The race which forms part of Eyam's carnival week saw a growing field of 141 runners leave the playing field at 6:30pm.

The first mile or so sends the runners up up up to the edge of Eyam moor and past the sponsors pub, The Barrell Inn, from where on a clear day it is possible to see five counties. However little time for sightseeing, so after a quick slurp at the drinks station its back round to the edge of the moor and a gentle run down a lovely track with more beautiful views (if you're brave enough to

not look where you're going). Then it's a sharp right and a run right across the moor with an even sharper climb at the end. This is where the men are really sorted out from the boys. Coming back into the village down a steep track through a woodland setting there's one last small climb before returning to the sports field for the finish.

This year saw last year's champion, Malcolm Fowler, beaten into second place by Lloyd Taggart with a superb time of 40:15, some time ahead of the last man home in 89:06.

The race isn't just about the front runners, we had a lot of first time fellers this year with 11, and with spot prizes donated by local businesses there were quite a few winners.

Neale Vanstone

1. L. Taggart	Bux	40.15
2. M. Fowler Vet	Penn	40.39
3. L. Footitt Vet	Bux	43.30
4. D. Taylor	Unatt	43.57
5. C. Rowe Vet	Matlock	44.08
6. N. Bassett Vet	StaffsM	44.11
7. D. Walsh Vet	Unatt	46.08
8. I. Warhurst O/40	Penn	46.18
9. S. Barker	Macc	46.33
10. K. McGrath Vet	DkPk	46.42

LADIES

1. (16) L. Sharpe	Kesw	47.30
2. (30) K. Davison	DkPk	49.23
3. (42) N. Greaves	Penn	50.50
4. (44) H. Thorburn	DkPk	50.57
5. (52) A. Brockington	Unatt	52.06

140 finishers

HARROCK HILL RACE

Lancashire

BS/5m/900ft 27.08.03

A record turnout of 97 enjoyed perfect conditions, apart from a larger than usual herd of frisky bullocks - which made life interesting for some for a short while. Paul Muller and Mark Laithwaite were together until half way round, when Paul changed gear and motored away to break the course record. Congrats to him for this, and also for his win over the series. The ladies series prize was won by Fiona Benn from Southport.

Thanks to all the marshalls, and to Chris Lyon for sponsoring all the individual (edible!) race prizes.

Hope everybody enjoyed the race. We did our best to trim the vegetation and keep the bullocks at bay. There will be another race series next summer.

Cheers

Andy Quickfall

1. P. Muller O/40	Horw	31.06
2. M. Laithwaite	WiganP	32.06
3. C. Rigby	Horw	32.30
4. C. Seddon	Horw	32.37
5. A. Smith	Amble	32.46
6. S. Barlow O/40	Horw	33.16
7. L. Passco	Bowland	33.36
8. C. Urmston O/40	Clay	34.12
9. B. Bolland	Horw	34.19
10. R. Bowker O/40	S'portW	34.22

VETERANS O/50

1. (17) T. Hesketh	Horw	35.48
2. (31) A. Turnbull	WiganP	38.27
3. (39) M. Crook	Horw	39.32

LADIES

1. (37) F. Benn	S'portW	39.22
2. (45) S. Budgett O/40	Horw	40.07
3. (48) G. Bacon	WiganP	40.34
4. (53) D. Atkins	Chor	41.51
5. (62) N. Fellowes	Eryri	43.30

97 finishers

PENDLETON FELL RACE

Lancashire

AS/5m/1500ft 30.08.03



Mark Nutter concentrating hard at Pendleton
(Photo Pete Hartley)

Good conditions once again for the Pendleton Fell Race saw 139 runners taking on the tough five mile course.

A good race up front saw the in form George Ehrhardt just holding off Danny Hope. In fifth position, Mike Wallis took the V40 honours, Derek Schofield V50 and Norman Bush V60. An excellent 21st position overall saw Anne Buckley taking the ladies' race with Vanessa Peacock first V40 in second place.

The long standing records of Kevin Capper and Carol Greenwood remained intact but since F & M the course has become slower. Fewer sheep on the fell has meant a more lush growth of the rough grass, not good for runner progress but good for the moorland flora and fauna. I noticed a number of skylarks for the first time as I flagged the course on the Friday night.

The race showed a profit of £82 which is being donated to a local charity.

Roger Dewhurst

1. G. Ehrhardt	Tod	33.58
2. D. Hope	P&B	34.07
3. R. Little	Mercia	35.14
4. M. Croasdale	Bing	35.20
5. M. Wallis O/40	Clay	36.11
6. A. Smith	Amble	36.32
7. B. Cole	RoyalMar	37.06
8. M. Podmore	Clay	37.14
9. W. Sullivan	Clay	37.20
10. A. Stubbs	Clay	37.21

VETERANS O/40

1. (5) M. Wallis	Clay	36.11
2. (11) A. Pickles	Settle	37.37
3. (12) T. Taylor	Ross	37.52

VETERANS O/50

1. (23) D. Schofield	Ross	39.39
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2. (34) P. Booth	Clay	40.53
3. (38) G. Newsam	Clay	41.06

VETERANS O/60

1. (52) N. Bush	Ilk	43.23
2. (63) D. Ashton	Darwen	44.57
3. (78) T. Peacock	Clay	46.38

LADIES

1. (21) A. Buckley	Salf	39.32
2. (44) V. Peacock O/40	Clay	42.00
3. (45) K. Slater O/40	Settle	42.27
4. (85) J. Shaw	Darwen	47.55
5. (87) A. Kelly O/40	Clay	48.31
6. (93) J. Commons	Clay	49.20

138 finishers

DUFTON FELL RACE

Cumbria

AS/2m/1578ft 30.08.03

Very good race this year with both seniors and juniors. New record for Craig Roberts as the race is longer now.

J. Elliott

1. C. Roberts	Kend	25.05
2. Peter Brittleton	Howgill	26.07
3. Paul Brittleton	HelmH	26.55
4. S. Addison	Unatt	28.20
5. A. Labram	Eden	28.37
6. M. Addison	HelmH	29.26
7. P. Orr	Prest	29.38
8. P. Toson	Kend	29.42

TOUR OF NORLAND MOOR

West Yorkshire

CM/7.4m/800ft 31.08.03

Now in its second year, the Tour of Norland Moor follows a fast one lap circuit on well defined paths and bridleways, and was specifically designed to pit the talents of the road runner against the fell runner. The route is totally runnable, and conditions underfoot suitable enough to tempt the road runner out onto the moors. Classed as a 7 miler, the route is



Andy Whitworth approaching the line to win Norland Moor
(Photo Martin Haigh/Heath Riley)

actually slightly over that distance at around 7.4 miles.

New course records were set this year - Andy Whitworth knocked 47 seconds off last year's winning time, set by Phil Grimes, to win in 43.00. The ladies' race was won by Kath Drake, who knocked over 5 minutes off Linda Crabtree's previous time to win in 51.11.

The fast times and scenic nature of this race are sure to see it grow in popularity year on year. 68 runners completed the race this year compared with last year's 41 runners.

1. A. Whitworth	Meltham	43.00
2. M. Crosby	Altr	43.26
3. A. Breaks	CaldV	43.38
4. A. Clarke O/40	CaldV	44.25
5. S. Gregory	HolmeP	44.53
6. P. Grimes O/40	Hfx	45.13
7. A. Carruthers O/40	Crawley	46.39
8. R. Griffiths O/40	Holm	46.47
9. R. Barker	Hfx	46.54
10. D. Asquith O/40	Skyrac	46.54

VETERANS O/50

1. (16) J. Pickup	Clay	49.17
2. (21) K. Midgley	Hfx	50.03
3. (22) R. Hall	Hfx	50.10

VETERANS O/60

1. (31) M. Coles	Skyrac	53.29
2. (42) T. Cock	Holm	56.01
3. (55) T. Finch	Hfx	62.41

LADIES

1. (24) K. Drake O/40	Hfx	51.11
2. (38) L. Whittaker	Sadd	55.27
3. (47) S. Iannelli	Hfx	57.48
4. (49) R. Miller	Meltham	58.24

67 finishers

FESTIVAL OF HILL RUNNING Borders 08.03

A cool day with some sun and the odd Scottish midgy puting in an appearance. The Long Race (L) should have been 55-60 minutes, but Mr Rigby once again confounded the Organiser by decimating what should have been a stiff test of speed and endurance.

Other notable performances came from Jen Rae, who produced a fine run over an uneven course to show she has returned from injury. Being true Scots, most runners opted for the longer run to get value for money!

Peter Baxter

1. M. Rigby O/40	Cosmics	49.09
2. J. MacAllister	Unatt	50.46
3. A. Ward O/40	Carn	51.27
4. D. Crowe O/40	Shettle	52.18
5. A. Smith O/40	Deeside	53.26
6. J. Taylor	Clay	54.02
7. B. Smith	StdLife	54.07
8. M. Hulme O/50	Corsto	55.44
9. C. Hutt	CEdin	57.01
10. J. Blair-Fish O/50	Carn	58.11

LADIES

1. (11) J. Rae	Cosmics	59.27
2. (18) M. Sheil Junior	Carn	63.21
3. (22) T. Brown	Unatt	71.25

35 finishers

COCK HOWE AND BEYOND Cleveland BM/7m/1500ft 02.09.03

1. A. Burt	Acorn	40.59
2. R. Campbell	Ely	41.23
3. R. Wilson	Scarb	41.40
4. M. Burn O/40	ThirskS	42.09

5. I. Rowbotham O/40	Hgte	42.23
6. A. Normandale O/40	Acorn	43.00
7. P. Wilkin O/40	ThirskS	43.10
8. I. Ellmore O/40	Scarb	43.30
9. P. Kelly O/40	Darling	43.35
10. P. Figg	Quakers	43.40

VETERANS O/50

1. (12) S. Smith	Ripon	44.11
2. (18) T. Ward	Swale	45.41
3. (29) M. Hetherton	Acron	48.20

LADIES

1. (27) A. Raw O/40	Darling	47.41
2. (43) C. Wilson	Acorn	50.42
3. (45) A. Hayward O/40	ThirskS	50.46
4. (50) S. Gaytor	NMarske	51.28
5. (52) K. Neesam	NMarske	52.09

99 finishers

ILKLEY INCLINE UPHILL RACE West Yorkshire CS/1m/560ft 03.09.03

This year's "Ilkley Incline" fell race organised by Ilkley Harriers was preceded by a "Junior Sprint Fell Relay" for the first time. Some 40 children in 10 teams raced round the hilly? mile fell circuit and the action was fast and furious, and very exciting as everyone cheered on their teams. For the older children (11-15) the first girls' team was Ilkley Harriers (Catherine Hebbert, Emily Wood, Ruth Kitchen, and Kirsty Lawrence, in 17:21); the first boys' team was Wharfedale Whippets (Nathan Procter, Roam Hamilton, Gregory Selman, and Alex Sinclair, in 14:29), and the first mixed team was also Wharfedale (Liam Selman, Leah Stubbington, Rebecca Throup, and Thomas Sessford, in 14:14 - first team overall). For the younger children, the first girls' team was Fiona Jordan, Alex Wood, Emma



Ilkley lady winner Nicky Kime - any other comment would be taken the wrong way
(Photo Paul Wood)

Davidson, and Emily Kerr, in 15:42; first boys' team was Josh Crane, Kieran Roebuck, Calum Kerr, and Bradley Chapman, all of Ilkley, in 17:08; and first mixed team was Wharfedale Harriers' Harry Sessford, Catherine Pearson, Emily Throup, and Keiran Thompson, in 12:50.

Paul Wood

1. I. Fisher	Otley	7.32
2. J. Moon	P&B	7.52
3. T. Ashelford	Ilk	7.55
4. J. Hemsley	P&B	8.09
5. J. Mawson	Otley	8.18
6. B. Hamilton O/40	Wharfe	8.22
7. R. Barrett	Skip	8.27
8. G. Bailey	PudseyP	8.42
9. E. Welsh	Ilk	8.48
10. E. Irving O/40	Ilk	8.51

LADIES

1. (16) N. Kime	Ilk	9.58
2. (18) A. Crane O/40	Ilk	10.04
3. (19) K. Bailey	Bing	10.06

31 finishers

HADES HILL RACE Lancashire BS/5m/1200ft 04.09.03

1. J. Ingram	Sadd	31.39
2. M. Nuttall	B'burn	33.01
3. S. Gregory	HomeP	33.04
4. T. Taylor O/40	Ross	33.10
5. L. Passco	Bowland	33.16
6. W. Ali	Roch	34.11
7. M. Corbishley	Ross	34.31
8. K. Gaskell O/40	Horw	34.37
9. G. Menzies	Prest	34.39
10. P. Clarke O/40	Bing	34.41

VETERANS O/50

1. (20) D. Archer	Bury	35.58
2. (23) D. Schofield	Ross	36.27
3. (33) B. Waterhouse	Sadd	37.23

VETERANS O/60

1. (73) G. Navan	Ross	43.02
2. (93) G. Royle	Sadd	46.09
3. (96) G. Arnold	Prest	47.02

LADIES

1. (44) K. Drake O/40	Hfx	39.18
2. (57) C. Waterhouse	Hfx	41.19
3. (83) C. Hancock	Radc	44.16
4. (84) J. Graham O/40	Holm	44.38
5. (91) H. Corbishley	Ross	46.03
6. (97) C. Heginbotham O/40	Sadd	47.15

120 finishers

GREAT LONGSTONE CHASE Derbyshire BS/5m/1200ft 05.09.03

1. M. Fowler O/40	Penn	28.19
2. R. Patton	DkPk	28.31
3. P. Winskill	DkPk	29.05
4. A. Wright	Tamworth	29.20
5. D. Taylor	Unatt	29.59
6. A. Middleditch	DkPk	30.18
7. N. Bassett O/40	StaffsM	30.35
8. T. Wild	Macc	30.57
9. R. Hall	ThirskS	30.59
10. N. Winfield	Penn	31.15

VETERANS O/50

1. (15) G. Morson	Bux	31.56
2. (18) M. Cortvriend	Macc	32.13
3. (27) S. Brisder	Matlock	33.14

VETERANS O/70

1. (80) B. Rogers	NthnV	39.08
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LADIES

1. (37) S. Hodgson	Felland	34.21
2. (43) A. Brockington	Unatt	35.11
3. (56) A. Hall O/40	ThirskS	36.47
4. (58) J. Griffith O/40	Unatt	36.59
5. (67) W. Higginbottom O/35	Bux	37.26

124 finishers

**GRISEDAL HORSESHOE –
DEREK PRICE MEMORIAL RACE****Cumbria
AM/10m/5000ft 06.09.03**

This year's race attracted 128 entrants, with 124 completing the course. For most part the weather was very warm with little or no wind, conditions underfoot being very dry, hardly surprising after the hot summer that we have enjoyed.

Unfortunately for some of the later finishers they were subjected to some heavy rain and in some cases also hailstones.

The race was dominated by the Davies brothers Andrew and Phil, with Phil eventually prevailing. A fine run by Vanessa Peacock seeming to defy the years saw her finish in 29th position as first lady. Equally the same can be said for Don Ashton finishing in 47th place and first over 60. This year we had three finishers in the over 70s category, with Jack Escrit first home followed by Harry Catlow and Brian Leathley, a remarkable achievement by all three and a source of inspiration to us all.

Alan Kenny

1. P. Davies	Borr	1.47.00
2. A. Davies O/40	Borr	1.49.02
3. S. Stainer	Amble	1.53.06
4. D. Hope	P&B	1.54.56
5. D. Birch	Kesw	1.58.51
6. G. Bland	Borr	2.01.26
7. D. Golding	Amble	2.01.26
8. S. Hoyle	Ross	2.02.57
9. M. Robinson	DkPk	2.04.55
10. D. Duxbury	Amble	2.05.03

VETERANS O/40

1. (2) A. Davies	Borr	1.49.02
2. (11) C. Valentine	Kesw	2.06.10
3. (14) R. Owen	Eryri	2.07.37

VETERANS O/50

1. (15) P. McWade	Clay	2.07.42
2. (20) D. Spedding	Kesw	2.11.18
3. (22) J. Griffiths	Ramsey	2.11.50

VETERANS O/60

1. (47) D. Ashton	Darwen	2.22.26
2. (68) T. Peacock	Clay	2.32.21
3. (93) D. Gibson	Sadd	2.44.03

LADIES

1. (29) V. Peacock O/50	Clay	2.15.01
2. (45) J. Lee	Unatt	2.20.44
3. (48) I. Cowell	Kesw	2.23.17
4. (74) K. Thompson O/45	Clay	2.35.44
5. (79) R. Cash	EdenV	2.37.41

124 finishers

**MOUNT SKIP FELL RACE
West Yorkshire****BS/4.5m/1000ft 06.09.03**

A nice sunny afternoon for this low key village gala fell race.

Pudsey & Bramley had a clean sweep of the team prize with Paul Sheard, Jason Hemsley and Stefan Macina first three home.

A big thank you to all the marshals and helpers.

Steve Cavell

1. Paul Sheard	P&B	30.33
2. J. Hemsley	P&B	30.39
3. S. Macina	P&B	31.48
4. T. Taylor O/40	Ross	31.58
5. C. Miller	Hgte	32.19
6. R. Pattinson	PudseyP	32.27

VETERANS O/40

1. (4) T. Taylor	Ross	31.58
2. (8) A. Carruthers	Crawley	32.59
3. (9) B. Whalley	P&B	33.56

VETERANS O/50

1. (16) P. Lyons	Ross	36.42
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LADIES

1. (13) A. Buckley	Salf	34.27
2. (22) K. Mather O/40	Sadd	38.09
3. (38) J. Scarfe O/40	CaldV	44.02

52 finishers

**BEN NEVIS RACE
Invernesshire****AM/10m/4400ft 06.09.03**

1. R. Jebb	1.29.32
2. S. Booth	1.30.09
3. J. Duncan	1.30.45
4. I. Holmes	1.33.30
5. J. Lennox	1.33.40
6. A. Peace	1.34.08
7. D. Rodgers	1.36.07
8. T. Austin	1.36.12
9. D. Jones	1.40.46
10. P. Kennedy	1.41.02

VETERANS O/40

1. (11) S. Jackson	1.42.10
2. (14) R. Gallagher	1.42.39
3. (19) J. Rank	1.44.20

VETERANS O/50

1. (29) R. Whitfield	1.46.58
2. (47) K. Carr	1.52.59
3. (65) J. Holt	1.56.08

LADIES

1. (58) K. Davison	1.55.05
2. (71) D. Scott	1.57.52
3. (75) S. Taylor	1.58.32
4. (112) S. Rowell	2.03.45
5. (119) K. Slater	2.05.27
6. (135) H. Winskill	2.07.32

271 finishers

**LONGSHAW SHEEPDOG TRIALS
FELL RACE
Derbyshire****CS/5.5m/650ft 06.09.03**

Some country shows have been criticised for using a new fell race to simply attract income. However, most of us would feel happy at the thought of helping the survival of such bastions of country life. Longshaw is the oldest sheepdog trials in the world, dating back to 1898 and they didn't exactly fleece (pun intended!) the runners, charging 50p for entry!

This new course covers 5 miles of varied terrain, including woods, rocky paths and the occasional bit of bog. There is 500 feet of climb. The runners were universally in praise of the variety of the course. The start field could be seen from the majority of the course and conversely the spectators could follow their nearest and dearest through binoculars.

The winners received impressive trophies and there were plenty of prizes for those further down the field, including one for the muddiest finisher. We all look forward to the same event next year.

D. Moseley

1. P. Winskill	DkPk	38.53
2. R. Patton	DkPk	40.09
3. J. Heap	Hallam	41.15
4. A. White	Hallam	41.37
5. B. Goodison O/40	Holm	42.03
6. S. Storey O/40	P'stone	44.39
7. R. Hutton O/40	DkPk	44.55
8. K. McGrath O/40	DkPk	45.47
9. J. Turner	Sheff	47.21
10. D. Sykes	Unatt	47.25

VETERANS O/50

1. (15) C. Murdoch	Hallam	49.43
2. (20) M. Seddon	Unatt	52.46
3. (28) D. Moseley	DkPk	54.53

VETERANS O/60

1. (38) T. Tovey	Barns	64.21
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LADIES

1. (24) J. Gascoigne O/40	Unatt	53.35
2. (28) A. Shepherd	DkPk	54.53
3. (34) H. Musson	DkPk	59.38

45 finishers

**THE NEW BULLOCK SMITHY
Cheshire****BL/56m/7000ft 06/07.09.03**

A VIEW OF MARS!

A most unusual thing happened to the 28th Bullock Smithy Hike – it rained first thing on the Saturday morning, giving fears of a lower entry. Not so. The sun came out and the entries rose to 210 with 190 starters who, on hearing the crash of the hammer on the traditional anvil by Venture Scout Leader Stephen Holt, made their way from Devonshire Park, Hazel Grove for a long 56 mile run or walk in Derbyshire. Event Organizer, Peter Wood, in presenting the final instructions, said it was Stephen's idea to change the concluding stages of the route some three years ago and as he was not only starting the event, he was also competing himself, his fellow 190 participants may like to have a word with him, during the event, about the changes!

The weather forecaster's prediction of abysmal weather, particularly on the Sunday morning, thankfully, proved inaccurate. Conditions, both underfoot and weather, were excellent, although some did experience one heavy shower but any discomfort was soon forgotten in the cool evening and clear night illuminated by a bright moon and Mars.

As in past years, there was strong local North West and Yorkshire support but many entrants travelled long distances from various parts of the UK, from Kent to Edinburgh and the Isle of Man. One, Scott West came from California, USA although at present he is working in Nottingham. Another, Ben Lepper from New Zealand carried a small recorder and a large microphone around recording views from other walkers. Ben is working with radio Brighton. Both finished. Regular entrant George Matuszewski with mascot "Jogging Joe" turned up. Another regular Peter Cooke entered but didn't turn up. Apparently he had broken his little toe *in the kitchen!* So his dad, Brian, was ordered to represent the Cooke family but unfortunately he had to retire.

Our thanks go to all the entrants for their support, to the land and property owners, to the sponsors, and to the wonderful army of helpers on the check points, control desk, transport in the kitchen etc and to Stephen (again) and Cherry (they are getting married in two weeks) for presenting the trophies and certificates. Without your enthusiastic support there would not be a Bullock Smithy event. Congratulations to all those who completed the route which passed through 13 checkpoints at Bowstones, Chinley,



Julian Brown and Mark McDermott looking far too relaxed at Earl Sterndale on the Bullock Smithy (Photo John Corfield)

Edale Cross, Edale, Castleton, Peak Forest, Millers Dale, Chelmorton, Earl Sterndale, Brand Top, Cumberland Cottage, Walker Barn and Whiteley Green returning to Hazel Grove within the 24hour time limit. Commiserations go to the 51 who retired.

There is, of course, always next year, the 4/5th September 2004 when we will be delighted to see your happy smiling faces again!

Peter Wood, John Feist & John Corfield

1. T. Okell	9.30.00
2. M. McDermott	10.08.00
2. J. Brown	10.08.00
4. P. Creasey	10.21.00
5. P. Rushworth	10.26.00
5. S. Temple	10.26.00
7. M. White	10.40.00
8. D. Tucker	11.18.00
9. M. Bradbury	11.27.00
10. T. Adamski	11.30.00

LADIES

1. (21) D. Harrison	12.55.00
2. (22) L. Batt	13.16.00
3. (24) L. Bell	13.41.00
3. (24) K. Turner	13.41.00

SHELF MOOR FELL RACE

Derbyshire

AS/5.9m/1500ft 07.09.03

The runners enjoyed near perfect racing conditions on the classic Peak District course to the Shelf Stones trig point. The turnout was smaller than usual mainly due to a congested fixture list, but was nevertheless well-formed.

Top runners Simon Bailey Natalie White took the honours. Bailey was soon into the lead and never looked challenged, pulling out a lead of over a minute by the finish. Second place George Ehrhardt ran two races on the day, the first being along the track to get to the start of the main race before the gun went. He made it with seconds to spare, and even had time to change into his running kit. He then managed an excellent second place, over a minute and a half up on Mark Hayman in third.

Natalie White, looking very relaxed, was first lady in nineteenth place overall well ahead of Pauline Miller and Theresa Wall in second and third.

Thanks to Firth Rixon for use of their yard for registration, to Glossopdale Harriers for doing all they do to make the race happen, and of course to all the runners (without whom....).

1. S. Bailey	StaffsM	42.28
2. G. Ehrhardt	Tod	43.48
3. M. Hayman	DkPk	45.22
4. P. Winskill	DkPk	47.10
5. G. Schofield O/40	Horw	47.21
6. N. Bassett O/40	StaffsM	48.14
7. A. Jones O/40	Unatt	48.52
8. R. Clucas O/50	Unatt	49.05
9. P. Smith	Holm	49.25
10. N. Winfield	Penn	49.59

VETERANS O/60

1. P. Duffy	NthnV	70.36
2. B. Thackery	DkPk	72.38

LADIES

1. N. White	Holm	53.28
2. P. Miller	Unatt	73.07
3. T. Wall O/40	P'stone	82.30

TRUNCE 9

South Yorkshire

CS/4.25m/550ft 08.09.03

1. S. Marsden	25.07
2. A. Middleditch	25.49
3. J. Cox Vet	25.54
4. S. Penney	26.18
5. P. Hodges	27.00
6. A. Meskimmon	27.05
7. S. Storey Vet	27.09
8. R. Greenwood	27.12
9. P. Smith	27.38
10. R. South Vet	27.42
11. D. Shaw Vet	27.44
12. J. Bell Vet	28.13
13. D. Walsh	28.15
14. R. Wheeler	28.22
15. R. Kersey Vet	28.40

LADIES

1. (52) L. Walton	32.50
2. (58) C. Mosey Vet	33.03
3. (66) J. Wilson	33.46
4. (68) J. Johnson Vet	33.54
5. (69) L. Bland	34.05

135 finishers

LYME PARK CHAMPIONSHIP

Cheshire

May/June 2003

The Championship, decided on a simple points basis from the Vanessa Chappell Race, the Kettlehulme Race and the Boar's Head Race was largely a matter of unfinished business for Malcolm Fowler. Unable to complete the series last year because of work commitments, Malcolm made quite sure of it this year by the simple tactic of winning all three races outright – quite an achievement!! There then followed quite a points gap to runner-up Colin Fray, but the next few placings were very close together indeed. Barry Blyth took the first V50 spot with 30 points and the evergreen Barry Thackery collected the V60 with 345 points. In the ladies' event Liz Batt was a very clear winner with 141 points from the 262 points of Estelle Maguire. Angela Leonard got the V40 place, Chrys Jackson won the LV50 category and Beryl Normansell claimed the LV60.

At the prizegiving the two tankards donated by Dale Gartley and Doreen Madden were very much appreciated (as was the beer which formed the rest of the prizes!) especially when it was noticed that they were instant collector's items due to the fact that they both read "Lyme Park Championship 1903". One can imagine Malcolm in years to come – "Eeh lad, I won that when I were a mere nipper of a hundred and forty".

Dave Jones

1. M. Fowler O/40	Penn	3pts
2. C. Fray O/40	Penn	29pts
3. B. Blyth O/50	Macc	30pts
4. L. Best O/50	Stock	33pts
5. B. Gregory O/40	Stock	38pts
6. D. Keeling O/40	Traff	39pts
7. V. Booth	Traff	41pts
8. R. Taylor O/50	Penn	45pts
9. M. Cortvriend O/50	Macc	75pts
10. A. Howie O/40	Penn	81pts

VETERANS O/60

1. B. Thackery	DkPk	345pts
----------------	------	--------

LADIES

1. L. Batt	Bux	141pts
2. E. Maguire	Stock	262pts
3. A. Leonard O/40	M/cYMCA	340pts
4. B. Normansell O/60	Stock	402pts
5. C. Jackson O/50	Unatt	414pts

SHROPSHIRE HILL WINTER SERIES

2003-04

1. R. Lamb	Mercia	305 pts
2. P. Devine-Wright	Owls	302 pts
3. I. Hughes	Shrews	301 pts
4. P. Vale	Mercia	297 pts
5. A. Carruthers O/40	Crawley	297 pts
6. J. Loxam	Stock	293 pts
7. A. Yapp	Mercia	292 pts
8. D. Coley	Telf	282 pts
9. A. Smith O/40	Telf	277 pts
10. S. Jones	Wrex	273 pts

VETERANS O/50

1. (16) B. Dredge	Mercia	263 pts
2. (27) M. Blake	Eryri	246 pts
3. (30) G. Spencer	Mercia	238 pts

VETERANS O/60

1. (39) M. Edwards	DkPk	200 pts
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LADIES

1. (22) V. Musgrove O/40	Eryri	255 pts
2. (32) G. Harris	Mercia	229 pts
3. (37) A. Lewis	Telf	210 pts
4. (41) A. Goodall	Mercia	195 pts
5. (42) H. MacDonald-Jones	Newport	194 pts

O/40

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Tucked away in the Calendar are a multitude of races which will never acquire the status of the Borrowdale or Burnsall but which nevertheless are little unsung gems with their own bands of devotees faithfully turning up year after year. Some of them have their own charming idiosyncracies and the Winkle Trout Race is one of these. It goes from a delightful miniature showfield nestling in a pretty valley tucked away in a bend of the River Dane and while the race route is pleasant and varied enough it is the fact that EVERY runner receives a large, fresh trout on completion of the race that makes it memorable – where else can you do a race and be rewarded by being donated your tea ?!! Long may it continue.

The Winkle Trout Race

by Alan Weeks

Nestling in the valley of the river Dane in the South-West corner of the Peak District lies the picturesque village of Winkle. Much of the village used to be part of the Swythamley Estate including the village pub, the "Ship Inn" - so named after the Nimrod which was the vessel that carried Shackleton and Sir Philip Brocklehurst, the last incumbent of the estate, to the Antarctic. At its height the Estate held a garden party every year for the tenants, with games for the children.

After the Second World War a garden party used to take place at the Jennison's who lived at "the big house" in Winkle, Mellor Knowl. Games for the local children were a feature of this event. The garden party grew and became a fete and the venue varied; sometimes taking place in the village school and at other times at various farms around the village. The Fell Run began in those days as a race for locals from the village. It went across the River Dane to Hanging Stone (an enormous outcrop of rock at the end of a ridge on the opposite hillside) and back again.

By the late 1980s the Village Fete, like many other Peak District events, began to attract people from outside the village. People who enjoyed visiting this beautiful area found that the annual fete also made a most enjoyable day out. More and more effort was put into the event which grew more varied until it became what it is today. We still have the traditional fete with teas and games but we have added a variety of other attractions. These have included vintage cars, tractors and motorbikes, fishing competitions, coconut shy, brass band and more lately a fairground barrel organ.

The Fell Run has also developed apace. The route became longer, fording the river Dane and continuing upstream along the valley towards Gradbach, and then returning through the edge of the Roaches estate and down past Hanging Stone. A most beautiful – 4.7 mile - route if only the runners had time to admire the scenery. The local fish farm (Danebridge Fisheries) started to sponsor the race, initiating the award of a fresh trout to all the finishers so that the race became known as the Winkle Trout Run. The fresh trout remains to this day a unique award for runners.

The race has become more and more popular and various local running clubs have now put it in their annual race calendars. Always falling on the Saturday after the Spring Bank Holiday next year's event will be on June 5th, 2004.

In 2003, we had a record turnout of 193 runners, more than doubling our previous highest number. It seems that people were really keen to run the race this year. Two runners only managed to register after the race had started; one crossing the finishing line with a £5 note in his hand instead of his race number. The Trout Farm was kept extraordinarily busy. They had only prepared 120 trout for the runners beforehand so there was a last minute rush to get more done but nobody who wanted one left without a trout. Indeed as usual many people bought extra.



Mine's bigger than yours !!, Rachel Pleeth and Malcolm Fowler at Winkle Trout 2000

CELTIC CORNER

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

Isle of Man - Richie Stevenson

Teams representing the Isle of Man have competed at Knockdhu and Snowdon this Summer and have performed reasonably well. We have only a fairly small squad of runners to pick teams from and although there is a great deal of enthusiasm we still have a fair way to go although the standard is rising every year.

Efforts are being made to send a team to the Junior International in Edinburgh in October. If this is successful it could well lead to more juniors tackling the Manx fells as the chance of international recognition would be a real incentive.

Former Great Britain race walking International Murray Lambden has introduced and developed a web site on the Island over the past few years dedicated to all athletics disciplines, including fell running. The site, called manxathletics.com, has had a big impact on our sport with lots of information available including race previews and reports and all the latest news. There is a comprehensive fell running page covering all our races which is slowly but surely being up-graded by Murray who is a tireless worker for athletics.

The Manx Mountain Marathon came on-line in 2002, manxmountainmarathon.co.uk, providing information on the Easter classic although again the site needs to be up-graded to a higher standard. Our first aim was to just get the site on-line and now we have achieved our first goal we can progress.

The 2003 season is rapidly drawing to a close with September's Raas Chreg Ny Baa the final league counter, one of eleven fell races the MMMO promote every year - although there is no time for reflection as we move quickly into the 3 race Winter Hill League which runs from October to December. This series was originally organised by another local club who dropped it when numbers kept falling. After a few years break the MMMO decided to revive it. After much thought it was decided that the only way to encourage non-fell runners to sample the rough stuff was to make the courses short, well marked and over sporting but not too difficult terrain. The policy has been a great success with entries growing every year and it is now the best supported senior series of any athletics discipline on the Island. The emphasis is placed on having a good blast over courses no longer than 3 miles with refreshments provided after the race which has proven very popular with everyone. Another innovation introduced two years ago was to base final league positions on accumulated time resulting in some great racing right down to the back of the field as everyone fights for every second.

Northern Ireland - Ian Taylor

When you read this the World Tropy will be long past, but I write this 6000 feet up in Washington State, helping one NI team member prepare for the event - at least that's my excuse to be here. The highlight of the season was Newcastle AC winning the British Championship Team Vet title after a close fought battle right to the last race. Well done also to Robbie Bryson in second place in the individual event. Newcastle's strength in depth is shown by their 4th place in the open team places.

Our own Championship was won by Deon McNeilly, with Neil Carty second and David McNeilly third. Our ladies' section was won by newcomer Sharon McBurney, one whose potential can be developed still further. Her lead in the Snowdon race at the summit is evidence of that.

This year a record 30+ runners completed the Championship, much of this due to changing to a 5 out of 9 series, giving runners more scope to choose races or still finish if they are out injured for part of the season. Apologies for this brief report - I must get back to the Washington mountains.

Scotland (SAHC) - Martin Hyman

Alpine Training

At the beginning of July a group of 22 Scottish hill runners, 13 Juniors and 9 adults, travelled to the beautiful little town of Rauris in the Austrian Alps, for a week's training. From the flower-bedecked balconies of our homely hotel there were stunning views of snow capped ten thousand foot mountains. Although scottishathletics, has organised a number of warm weather training camps for Track and Field athletes, this was the first venture of its kind for Hill Runners.

The training was mainly longer runs on tracks and footpaths through the woods and meadows of the mountainsides but we also carried out two speed sessions on the valley floor. The week culminated in the Heimalm Lauf, a race starting through the main street of Rauris, and ending at a cable car station half way up a mountain. There was a shorter version starting at half way for the younger runners. Almost everyone won a trophy. There was plenty to do when not running - sauna and table tennis in our hotel, crazy golf and a swimming pool a stone's throw away.

The total cost of the trip was just over £400 a head. All the juniors paid less than this and some paid only a small proportion. The rest was subsidised by a £1000 grant from scottishathletics, £800 from the Ben Nevis Race Association and from other generous sponsors.

Junior Home International

Arrangements are well in hand for this year's event, which will be held on October 12th, in the Pentland Hills just south of the Edinburgh By-pass. The courses are visible to spectators in the start / Finish area for much of their length. The going includes some man made tracks, but a lot is on grassy sheep paths. There are some steep climbs and descents. Besides the International Races at u16 and u18 the event also doubles as an open British and Irish Champs at u14, u16 and u18.

The courses are being tried out at the Scottish Junior Championships and selection races.

Scottish Senior Championships

This year we tried out a Championships based on two results from a three race series: Short, medium and long. The winners were:

Senior Lady	Helen Murray	Lothian
Vet Lady (o40)	Helen Murray	Lothian
Senior Man	Graham Bartlett	Forres / Carnethy
Vet Man	Stewart Whitlie	Carnethy
(Joint winners)	Ronnie Gallagher	Westerlands

World Vets

Keith Burns, the secretary of Scottish Hill Runners, has had remarkable success in encouraging British and Irish Hill runners to enter the World Vets Championships in the Black Forest, on September 27th. By publishing details of flights and accommodation as well as maps etc. he has recruited a group of 89 Scots, English, Irish and Welsh athletes to support the event.

Scotland (SHR) - Keith Burns

We have completed the first staging of two separate Scottish hill racing championships, the minimalist two-from-three championship sponsored by Scottish Athletics in recognition of the arduous demands of the super-athletes' race programme, and the traditional four-from-six Scottish Hill Runners Championship (in response to the preference of most hill runners). Both were well supported and time will tell whether there continues to be a demand for both. The experiment continues.

The season has seen continuing evidence of reduced race fields, so much so that some of our races need protection as endangered species. Their loss would be a tragedy and we all need to consider what to do about this. Or should we do anything? I think we should when races like Durisdeer and the Two Breweries are suffering from lack of adequate support.

On the international scene Angela Mudge has consolidated her training for Alaska with an impressive first European victory in the Pike's Peak Race (and fourth overall to boot). She joins Lyn Wilson, Tracy Brindley and Helene Diamantides to make up an all-Carnethy Scottish senior women's team for Alaska. The late inclusion of Graeme Bartlett and David Rodgers eventually completed SAL's budget-damaged senior men's pair of Bobby Quinn and Andrew Lemoncello. The juniors are represented by junior men Ian Donnan, Jon Newsom, Kyle Greig and Graeme Bee; junior woman - Sarah Blake. This is a curious approach to team construction, with junior men one over and junior women two under (with the perverse exclusion of Marbeth Shiell - but that's the selectors' prerogative). Angela, Tracy and Helene also contributed to the British Women's team bronze medal at the European Championships, with Angela securing an individual silver.

Scotland will be well represented at the World Masters (Yets to you) in the Black Forest, where the Scots form part of an all UK-group of over 90 runners at this copy date.

This report wouldn't be complete without an update on trouble at the Scottish Athletics Ltd mill. The announcement by SAL of an incomplete senior men's team for Alaska because of a budget shortfall caused such an outcry that the selectors and administration had a re-think and launched an appeal (successful) for external donations. Two more entirely deserving contenders then found themselves bolted on to make up a full Scottish squad. It was a pity they didn't also correct their decision to send an incomplete junior women's team (at least to this copy date) - if it was just budget problems a further appeal to clubs and supporters would have amply filled in the shortfall. There's still time to relent at the eleventh hour - - .

Shortly after this controversy Scottish Athletics had their AGM angstfest at which the Board of Management try to frustrate their members in novel ways. This time, they proposed a round of subscription increases for club members alongside attractive reduced subscription levels for non-club members. This preposterous incentive for athletes to save money by not joining their local club was soundly defeated by the very clubs that the proposals had smacked in the teeth. If SAL's unbudgeted bill for VAT defaulting was not enough, this failure to increase the income from clubs has now precipitated an even bigger hole in their financial plan. Amazingly, the Board of Management, instead of saying, "Sorry, we wuz wrong" - blamed the clubs for not understanding how important it was that they should be allowed to extract more money from the clubs without any commensurate improvement in services. One day, Scottish Athletics might understand who their customers are, but the signs are still not good. One promising development is that many mainstream athletics clubs are now beginning to join the revolt against escalating membership fees.

Once again, no-one was prepared to be elected to SAL's Hill Running Commission (the Coaching Commission and Project Director have recently resigned as well). Martin Hyman will continue to stand in the breach as acting convenor with his team of helpers. He is the one member of the Board of Management to speak up about his Board's failure to listen to the clubs.

Meanwhile, the acting Hill Running Commission continues to orchestrate a fine series of events for juniors and seniors. This is reported in detail elsewhere.

It is very disappointing that we failed to find a club to host the FRA Relays next year and we need to do better to keep our end up.

Scottish Hill Runners 2003 Championship

In the four-from-six-format open Scottish Hill Runners Championship, the overall winner was Phil Davis of Borrowdale.

The series took place in parallel with the Scottish Athletics Ltd. two-from-three championship which is confined to members of SAL. Scottish Athletics Ltd. believe that only they have authority to organise national championships. Scottish Hill Runners continue to test this assertion by hosting their own championship which is open to all who are Scottish by birth, residence, or first claim Scottish club.

SCOTTISH HILL RUNNERS CHAMPIONSHIP 2003

Best four races from six

Total
(best from each distance)
(plus one other)

Senior Men

				Points
1	Phil Davies	M20	Borrowdale	84
2	Tim Lenton	M20	Lothian	69
3	Ronnie Gallagher	M40	Westerlands	65
4	Adam Ward	M40	Carnethy	59
5	Brian Marshall	M20	HELP	58

Veteran Men (O/40)

1	Ronnie Gallagher	M40	Westerlands	80
2	Adam Ward	M40	Carnethy	78
3	Adrian Davis	M40	Fife	72
4	Alan Smith	M40	Deeside	67
5	John Hepburn	M40	Lochaber	61

Veteran Men (O/50)

1	John Blair-Fish	M50	Carnethy	84
2	Martin Hulme	M50	Corstorphine	78
3	Alex McGuire	M50	Fife	77
4	Murdo Macleod	M50	Westerlands	71
5	Keith Burns	M60	Carnethy	58

Veteran Men (O/60)

1	Keith Burns	M60	Carnethy	42
2	Charlie Love	M60	Dundee	40
3	Golin Pritchard	M60	Carnethy	30

Senior Women

			Points
1	Jill Tait	Carnethy	77
2	Dawn Scott	Lochaber	74
3	Heleh Murray	Lothian	69
4	Elsbeth Scott	Westerlands	61
5	Kate Kitchin	Lothian	60

Veteran Women (O/40)

1	Heleh Murray	Lothian	44
2	Lois Noble	Cosmic	35
3	Lindley Knox	Teviotdale	22
4	Pat McLaughlin	Westerlands	15

Men's Team

1	Carnethy HRC	44
2	Westerlands CCC	32
3	Shetleston H	22
4	Ochil HR	20
5	EZ Carnegie	17

Women's Team

1	Carnethy HRC	44
2	Lochaber AC	20
3	Hunters Bog Trotters	17
4	Cosmic HB	11
5	Highland HR	9

Wales - John Sweeting

If it ain't broke...

Two years ago a resolution was passed at the FRA AGM to initiate discussion within fell-running about the future organisation of the sport at a UK level. Opinions of varying degrees of radicalism were proposed, but the discussion never got underway, and the subject has since gone a bit quiet. However, the events at this year's Waun Fach race, where ten entrants were "disqualified" for refusing to carry the required kit (Rule 9), has re-opened, for me at least, the need to sort out some of the anomalies left over from the re-

organisation of fell-running, in particular when the FRA became responsible only for England.

A brief account of Waun Fach 2003. The race was being used as the Welsh selection race for the World Trophy, and the World Masters. It is a category A medium race insured via the FRA and advertised in the 2003 Calendar. It took place on about the hottest day of the year, and was therefore a case where the kit rule would seem most inappropriate, especially to elite athletes from road and cross country who only rarely do fell races. Two days before the race, it was suggested to me that the race could be run under AAW rules, which had not at that point accepted the revised Rule 9.

I disagreed, and made the kit requirement clear to athletes when entering the race. Ten entrants, having signed the entry forms, decided not to carry the kit and were told at the start to do so or withdraw from the race. They returned their numbers and then ran "informally". I wrote a detailed race report, which was circulated to AAW, FRA, PST, and WFRA, but did not specifically ask for disciplinary action to be taken.

Points for discussion:

- I offered the 10 athletes the choice – either withdraw or be disqualified. Subsequently, I returned their entry fees. Does this mean they weren't technically disqualified, so disciplinary action couldn't be taken under Rule 9?
- The 10 athletes all broke FRA Competition Rule 7 ("no runner may take part in any fell race without having entered the race in accordance with the rules and procedures"). However, as organiser, I didn't realise this until it was pointed out after the race, so didn't explain this to the athletes. I would therefore regard this as my mistake, not theirs.
- If disciplinary action was justified, who would take it – the AAW, which perhaps has jurisdiction for races in Wales; the WFRA which as a subcommittee of the AAW may have the

responsibility; or the FRA, under whose rules the event took place, but which only has responsibility for fell-running in England?

The suggestion that the race be run under AAW rules. Is this a valid loophole? Is it even valid? It's often been discussed, and a number of races have been "covered" in this way, but does the AAW race permit scheme really satisfy the insurance company's criteria for fell races?

- FRA rules. As far as I can discover, Rule 9 was revised by the FRA Committee, without input from the other 3 UK fell-running bodies. I was happy to accept the new rule, as I regard the FRA as the "centre of expertise" for fell-running in the UK, and having advertised my race in the calendar felt this committed me to adopt the rules anyway. But it's not a perfect arrangement!

- The PST. Is this evolving into a more democratic body? The current Welsh representative on the PST was nominated by the WFRA, and confirmed by the AAW. Could/should this be the body (re-titled UKFRA) to take responsibility for safety and competition rules, etc?

Competition and organisation

On a general level, what Waun Fach 2003 has illustrated for me is that fell-running divides into two distinct areas – competition and organisation. Competition takes place at all levels, individual, club, regional, etc and fits in (reasonably) happily to a general athletics structure of clubs, regions, etc. However, organisation is a specialist area – safety rules, etc need to be decided by fell-runners, not general athletics bodies. In addition, there is no logic in having different safety rules for different countries within the UK – they should be decided by a UK body with input from each country – the PST/UKFRA?

Glentress Duathlon Decider gives thrilling finish from Peter Baxter

The final event of the three-race Glentress Duathlon was decided at the last race in March, with a thrilling finish to the event. Two of the three overall trophies were in the balance until completion of the long race. This race attracted even more starters than the previous two races, with over seventy entrants, either solo or in two person teams. Ages varied from teens to pensionable participants, with all completing the course in respectable times.

The Overall race was eventually won by Ian Wellock, winner of the first two races, although he could not hold off Mark Rigby (third in the first race), who pipped him at the post to take first place in the long race. Andrew Wardman took second overall with Alasdair Anthony taking third spot.

The Vets' trophy was decided on the day with Mark Rigby taking the long race and David Duncan (Ochils Hillrunners) achieving overall Series honours. Ewan Gowrie was leading the overall series after two races, but decided not to contest the long as he was running for his son Nick, who was too young to complete the long hill run.

Although there was a substantial increase in the number of ladies taking part as the series progressed, Selkirk Lady Suzanne Gilchrist (Peebles Cycling Club) took the trophy due to earlier performances. The race was won on the day by Lyn Wilson, who was third off the bike but showed her international hillrunning credentials by taking the race in the running section.

The trophies were presented by Keith Walter, the local jeweller, who had sponsored the event, with liquid libations to the prize winners supplied with Villeneuve wines. The Peebles Cycle Club marshals benefited by a donation of beer from the Sponsors. The Organisers would like to thank Forest Enterprise for the support given, including use of premises. The 03-04 event will again be hosted by TheHubinthe Forest (a Cafe/MIB centre at Glentress)

The 03/04 series will take place again over the winter period, attracting more people in one of the quieter spells of tourist activity in the Scottish Borders. Glentress is seen as one of the best MTB centres in the UK, and has hosted a number of hillrunning events, making it the ideal UK centre for an event of this type. Going by the increased enthusiasm, entries are restricted and should go fast. The Organisers are running a "pairing" service for runners who are too sensible to put their legs astride serious bits of metal. Contact peterbaxter@msn.com

Long Race

Men: 1st Mark Rigby (Vet, Cosmic Hillrunners), 2nd Ian Wellock (Edinburgh), 3rd Andrew Wardman (The Hub)

Vets: 1st Mark Rigby 2nd Stuart Whittle (6th) 3rd Pete Laing (17th)

Ladies: 1st Lyn Wilson (21st), 2nd Nicola Davies (25th), 3rd Caroline Wallace (34th)

1st Team: (3rd) Scott Macrae and Martin Gore

Overall Quaich Winners

1st Ian Wellock (Edinburgh), 2nd Andrew Wardman (The Hub) 3rd Tom Welsh

Veteran: David Duncan, Lady: Suzanne Gilchrist

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19th World Mountain Running Trophy - Girdwood, Alaska

September 20th / 21st 2003

from Barry Johnson

The results for the England team in the World Mountain Running Trophy in Alaska were the best for many years. The very first race gave England an excellent start with an outstanding run and a gold medal for Karrie Hawitt in the Junior Women's event. She was a clear winner by 24 seconds from Tarkan Bozkurt of Turkey, with Mateja of Slovenia a further 12 seconds behind. Rachael Thompson, a newcomer on the mountain running scene, secured the silver team medal with a fine performance and 8th position. Katie Ingram finished in a creditable 23rd.

The Junior Men's event resulted in a 7th overall position for England in the team category with Mark Buckingham in 13th, Chris Doyle in 21st and Stuart Hunn in 30th as the counters. Robert Little was below par on the day in 49th after winning the trial race.

The England team were 6th team of 15 in the Senior Women's event. Out of 64 runners, Andrea Priestley ran well to finish 13th. There were good performances from Anne Buckley in 22nd, Natalie White in 30th and Lou Sharp in 33rd.

Outstanding performances in the intensely competitive Senior Men's event resulted in a magnificent 2nd position for the men's team. Andrew Jones was 4th, 14 seconds outside the medals. Simon Bailey (11th), Lloyd Taggart (12th) and Simon Booth (21st) completed the silver medal team. Serious blisters on the descent affected what would have been a much higher position for Andrew Symonds (45th). Mark Roberts finished 77th. The overall result in the Senior Men's event represented a world class performance by the England team. The four counters achieved a combined time of 3 hours 34 minutes 43 seconds against the winning Italian combined time of 3 hours 29 minutes 41 seconds, with the German team three minutes adrift of England.

A final tally of one gold and two silver medals put England high in the medal table.



Karrie Hawitt approaching the end of her quest for gold
(Photo Norman Matthews)

RESULTS

(Full results can be found on www.WMRT2003.org)

SENIOR MEN

ENG (2)

4	Andrew Jones	0:52:10.1
11	Simon Bailey	0:53:56.1
12	Lloyd Taggart	0:54:05.5
21	Simon Booth	0:54:32.3
(45)	Andrew Symonds	0:57:16.3
(77)	Mark Roberts	1:01:19.6

SENIOR WOMEN

ENG (6)

13	Andrea Priestley	43:06:00
22	Anne Buckley	43:46:00
30	Natalie White	44:59:00
(33)	Louise Sharp	45:00:00

JUNIOR MEN

ENG (7)

13	Mark Buckingham	38:31:00
21	Christopher Doyle	39:00:00
30	Stuart Hunn	39:30:00
(49)	Robert Little	43:29:00

JUNIOR WOMEN

(Congratulations, Karrie !!)

ENG (2)

1	Karissa Hawitt	17:24
8	Rachael Thompson	18:50
(23)	Katherine Ingram	19:50

!! Definitely the
"White" stuff !!



She used to drink fourteen pints and love Rum
& Raisin Cornettos.

Now she hates milk and is teetotal -
so crack open the pineapple juice and wish Natalie
a happy 21st birthday on 13th November.

YORKSHIRE'S GOLDEN DAY OUT

A review by Dave Woodhead, Yorkshire co-ordinator.

The 6th running of the Inter County Fell Running Championships proved to be a golden day out for the white rose lads & lasses, at Ingleton over the final peak of the famous 3 Peaks race, Ingleborough, the men's team collected team gold medals easily beating the other county contenders yet again.

28 year old, Robert Jebb became the 4th Yorkshire winner of the Inter Counties, hence collecting individual gold, while 34 year old postman Andy Peace collected individual silver medal. The other Yorkshire individual winners were, 1998, Andrew Pearson at Arrant Haw, Sedbergh; 2000, Siggy Gould at Moel Eilio, North Wales and 2002, Robert Hope at Turnslack, Lancashire. Rob and Andy were impressively backed up by new fledgling Will Smith, 7th and Robin Lawrence, 13th, to again show the white rose blooms on the fells.



Andy Peace - 2nd at Ingleborough
(Photo Woodhead)

Bingley's Helen Johnson, 36, led the Yorkshire ladies home on the same rugged 7 mile course taking 4th place, behind winner Tracey Brindley, who in hindsight should have entered the Inter Counties; which gave gold to Lou Sharp. Yorkshire have never won the individual title, but have won individual silver 3 times with 1998, Victoria Wilkinson; 1999 & 2000, Helen Johnson and a bronze through Tracey Ambler, 2000. Helen was ably backed up by 23 year old Sharon Taylor, 5th, and fledglings Wendy Barnes 9th and Sue Becconsall, 18th, to take team silver just 2 points behind Cumbria.

North Yorkshire and the month of June, also hosted the 26th annual Senior Yorkshire championships at Pen Y Ghent for the 2nd time, and the 8th annual Junior championships which were held at Settle Hills, both these races also being incorporated in the FRA English championships.

With the temperature soaring, eightyfive ladies toed the Gala field start line; on their return Natalie White, Holmfirth collected the perpetual trophy and gold medal with Karen Davison, Dark Peak, silver and Sharon Taylor the bronze, with much battling before the final outcome. Bingley Harriers won the team gold again, with Sharon Taylor, Pauline Munro and Sue Becconsall. Natalie White is the only athlete to have her name engraved on all the Yorkshire perpetual trophies, having worked her way through all the age groups, an outstanding achievement. The records show, 1996 - Under 14 Champion; 1997 - Under 16 Champion; 1999 - Under 18 Champion; 2000 - Under 18 Champion; 2002 - Inter Ladies Champion; 2003 - Senior Champion, and still only 20. (Happy 21st on 14th November by the way.)

Out of the 400 plus starters Ian Holmes won the Yorkshire title for the 4th time from Andy Peace, silver and Robert Jebb, bronze, and with all running for Bingley the team gold was a formality. Ian first won the title in 1994 at Kettlewell, the others being 2000, at Burnall and 2001 (foot & mouth year) at Withins Skyline. Will he surpass the Yorkshire legend Bob Whitfield's 5 championship titles?

Many thanks to Walks Worldwide a unique specialist travel company offering walking holidays to suit the needs of all ages owned by Mike Wynne & Annie Carrington of High Bentham who sponsored the senior championships.

Andy Peace also acquired a GB team vest for the European Uphill Mountain Running Championships, while Sharon Taylor and Karen Davison had the distinction of claiming their first England vests at the Snowdon International race. Sharon finished 3rd here, and along with past winner, Helen Johnson, 2nd helped England ladies to team victory. Bingley's Holmes 3rd, Matt Whitfield 6th and Peace 8th all ran in the England strip, while Bradford born, Mark Rigby 11th, ran in the blue and white of Scotland. Mark has just clinched the British veteran 40 title. Champion here is BT engineer Rob Jebb who finished a tactical 4th in the Brecon Beacons race, which after a 1st and two 2nd places gave him the title after twice being runner-up previously. "I've always wanted to win it. It's a major ambition achieved, now for a hat-trick of wins in the 3 Peaks Cyclo Cross, at the end of September," said an elated Rob. Ian Holmes took British championship bronze medal, while Bingley ladies retained the team trophy, showing Yorkshire have many a golden day out.

SENIOR MEN

GOLD	IAN HOLMES	BINGLEY
SILVER	ANDY PEACE	BINGLEY
BRONZE	ROBERT JEBB	BINGLEY

MEN'S TEAM

GOLD ONLY	BINGLEY	AS ABOVE
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SENIOR LADIES

GOLD	NATALIE WHITE	HOLMFIRTH
SILVER	KAREN DAVISON	DARK PEAK FR
BRONZE	SHARON TAYLOR	BINGLEY

LADIES' TEAM

GOLD ONLY	BINGLEY	SHARON TAYLOR, PAULINE MUNRO & SUE BECCONSALL
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A SECURE FUTURE

Yorkshire's future is very safe with a healthy crop of youngsters flourishing and now with the new Under 12 Championships the athletes have even more to aspire to. Anthony Shepherd and Settle Harriers provided excellent courses for the juniors over Peat Craggs and Attermire from the rugby club, which made for superb viewing. Ben Hodgkiss of Skipton AC collected the first ever gold medal in the new under 12 age group, and he was awarded the very special perpetual trophy in the memory of John Taylor, whose parents Antoni and June did the presentation. The stained glass window style trophy was originally intended for John's Run, but it was felt more fitting and poignant that it be used in this way, to mark his memory. The trophy inscription reads:-

Under 12 Boys Championship Trophy.

This trophy was donated by Antoni & June in memory of their son John Taylor, a G.B. & England International who tragically died in 2002. A Yorkshire man through and through His spirit lives on.

Sam Adnett, another resident of Long Preston and Skipton AC took silver, with Halifax' Ben Page the bronze. Emily Dent with race number 1, won the new girls' trophy donated by Scotland's Mountain Running Champion Angela Mudge, who actually won this trophy when finishing second in the European Mountain Running Championships. Ludlow's Cerian Lancaster, born in Leeds, took silver, with Hallamshire's Alice Cullen the bronze from 35 runners. To qualify for a medal in the under 12's all competitors must be 10 years of age on the day or over, as per FRA rules.

Yorkshire boys dominated the under 14 English championship race with 7 in the first 9 with Holmfirth's Max Jones winning with Skipton's, John Pawson and James Mountain gaining silver and bronze. The colours of Scarborough took the under 14 girls' gold with Alex Wheatman, Helen Naylor silver and Lauren Figg bronze, again 30 competed.

Twice under 14 champ, Alistair Brownlee won the under 16 title from David Shepherd (organiser's son) and Daniel Walmsley. Last year's under 16 bronze medallist Zoe Storr, became champion, from last year's under 14 champion Katharine Woodhead, both Holmfirth. Lucy Griffiths in the under 18's made it 5 golds for the Holmfirth club, after silver last year, with Sheryl Slater now occupying that position. Winning his 4th Yorkshire title, Mark Buckingham had Stuart Hunn, the 2001 & 2002 under 16 champion chasing. Stuart also finished 2nd running for England in the Black Forest Mountain Running Teenage Games in the Berglauf race, Germany, where individual winner was England vested, 15 year old, Alistair Brownlee.

However Yorkshire seems still to lack under 18's and intermediates / U20 lads and lasses in the championship with only one, James Carter, a former under 18 title holder, taking the inter trophy and gold medal.

A special mention must go to Hilary and Norman Berry for their undying support and encouragement, which enables these championships to run so smoothly, in fact you could say they put the 'Y' into Yorkshire.

2004 will see West Nab, in the Holmfirth area on Sunday 18th April, host the Junior & Inter Championships, while the seniors will compete at the renowned 3 Peaks race a week later on Sunday 25th April for Yorkshire championship medals. The Peaks will be celebrating its golden 50th anniversary in 2004, with special celebrations in hand to mark the occasion. Both these races will also be English championship events in their age groups.

UNDER 12 GIRLS

GOLD	EMILY DENT	HOLMFIRTH
SILVER	CERIAN LANCASTER	LUDLOW
BRONZE	ALICE CULLEN	HALLAMSHIRE

UNDER 12 BOYS

GOLD	BEN HODGKISS	SKIPTON AC
SILVER	SAMUEL ADNETT	SKIPTON AC
BRONZE	BEN PAGE	HALIFAX

UNDER 14 GIRLS

GOLD	ALEX WHEATMAN	SCARBOROUGH
SILVER	HELEN NAYLOR	SKIPTON AC
BRONZE	LAUREN FIGG	HOLMFIRTH

UNDER 14 BOYS

GOLD	MAX JONES	HOLMFIRTH
SILVER	JON PAWSON	SKIPTON AC
BRONZE	JAMES MOUNTAIN	SKIPTON AC

UNDER 16 GIRLS

GOLD	ZOE STORR	HOLMFIRTH
SILVER	KATHARINE WOODHEAD	HOLMFIRTH

UNDER 16 BOYS

GOLD	ALISTAIR BROWNLEE	BINGLEY
SILVER	DAVID SHEPHERD	SETTLE
BRONZE	DANIEL WALMSLEY	SKIPTON AC

UNDER 18 GIRLS

GOLD	LUCY GRIFFITHS	HOLMFIRTH
SILVER	SHERYL SLATER	SKIPTON AC

UNDER 18 BOYS

GOLD	MARK BUCKINGHAM	HOLMFIRTH
SILVER	STUART HUNN	SKIPTON AC

INTERMEDIATE MEN

GOLD	JAMES CARTER	HORWICH RMI
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Other medals were available, but unfortunately we had no competitors taking up the challenge, maybe next year!

Stop Press : As this piece was nearing completion news came in of a golden Yorkshire day out at Ben Nevis – Rob Jebb won his first-ever Nevis race with Ian Holmes in 4th and Andy Peace in 6th to ensure that Bingley won the team prize. Golden oldie Bob Whitfield won the over-50's, 22 years after winning the race outright and hard on the heels of Lady winner Kate Beattie (unfortunately not a tykess) came Karen Davison (2nd), Sharon Taylor (4th), Sarah Rowell (5th) and Karen Slater (6th). It must be the Barnsley Bitter !!

We don't have many accounts of the Paddy Buckley Round, one reason being that there don't seem to be that many attempts at it, so Martin's article helps to shed a little light on one of the more mysterious events in our sport.

A Close Run Thing

by Martin White

The Paddy Buckley Round is a daunting tour of the high ground of Snowdonia, covering 61 miles, taking in 47 distinct mountain tops and climbing nearly 28,000 feet. It is 1.9 miles and 2400 feet more than the Bob Graham Round, and traverses more continuously difficult ground, so it is considered to be a good hour longer than the Bob. This no accident. Its creator, Paddy Buckley, designed it to give those who had completed the Bob something to which they must lift their sights. I ran the Bob in 1995, but since then two small children, Heather(5) and Nicholas(3) have realigned my sights entirely. Then this spring, my friend Nigel and I ran 40 miles to celebrate our 40th birthdays. The day went so well that I began to dream of the Paddy. Eventually, I broached the subject with my wife Lucy, who agreed that it would be "all right" - an agreement she later regretted as I became obsessed.

I studied the times of previous attempts, considering every possible starting point and time of day. I picked the night of the full moon nearest to mid-summer's day and assembled a team of supporters, some faithful friends and some tremendously experienced fell running folk. I was certain of one thing - I would need good weather.

The morning of Saturday June 13 was bright and sunny. I started at Bwlch Gwernog, near Aberglaslyn, reasoning that I would enjoy the mile of tarmac lane as a warm up before the first big climb, and that my finish would be all downhill. As we drove the last few miles through the Gwynant valley, the mountains looked fantastic, and the valleys green and beautiful. 9:30 was approaching fast. Heather and I walked for a few moments up the path that I hoped to descend before 9:30 the following morning. From a gate on the edge of the hillside, we looked up to Cnicht which would be my last peak. The weather was going to be hot. Lucy applied a final coat of sun cream, and I smeared the Vaseline. Now, there was nowhere to hide. It was time to put my feet where my mouth was. Lucy counted down the seconds, and I was off.

The first mile of road was cool and shady, and I felt good. With John, Damian, Steve and Pete at my side, I was in safe hands. We followed a path up through some lovely woods, the sunlight slanting through the leaves, mixing with the dappled shadows. Soon we came out into the open, into the full force of the sun. We could see the first summit, Bryn Banog, straight up a steep grassy hillside. It didn't seem too far away, but it was hard to know how fast to move. I felt that I must be on or ahead of schedule at the top, but I also knew that going too fast too soon was the surest way to scupper my chances completely. I was tense and found it hard to relax mentally or physically. The top came, and I was a few minutes up. Fantastic! That made me happy.

Now I could relax, and slow down. I enjoyed running down to the col, towards a very steep looking face up to Moel Hebog. Largely made of broken rock, it had a narrow grassy tongue flickering upwards. When the angle eventually eased, I suddenly noticed the spectacular view. To the West, we could see Cardigan Bay shining blue, the humps of the Lleyn peninsula rising up like the backs of giant dolphins breaking the surface, the Menai Straights and Anglesey. To the North was Snowdon, looking big, with the sombre dark bulk of the Glyders behind. The lakes in the Gwynant valley sparkled. Finally, to the East we could see the Boundary ridge and the Moelwyns, where I should be tomorrow morning. I hardly dared look that way.

The descent was steep, but I'd been practising descents like this

and felt very comfortable. It's great not carrying a sac. Moel yr Ogof was rocky and fun. Sixteen minutes up now, I was cruising and enjoying myself. John led us skilfully over the next lump, Y Gyrn. There was certainly nothing resembling a path through the deep heather. A long grassy ridge rose to Trum y Ddysgl and Mynydd Drws y Coed. The sharp crest between these looked fantastic from below. Arriving at the top was dramatic. From a world of friendly grassy slopes, the North face suddenly falls away vertically. We tiptoed cautiously to the edge to peer down into the impressive corrie below, and agreed that it would be a great place to camp.

An interesting rocky ridge led to Y Garn. We skipped down the steep descent before struggling across tussocky bog which finally led to a good forest track. We arrived at Pont Cae'r Gors 22 minutes up, surprising the next team of helpers who weren't ready. I sat down on the grass for a moment or two, had a long drink and another thick coat of sun cream, and was off. Now I had with me Richard, a veteran of all three 24-hour rounds, Julian and Brian, all of them heavily laden with water and wine gums. The way up Craig Wen is indistinct, with several false summits, so it is hard to judge progress. I thought we must be moving well because Brian, who normally moves effortlessly, was breathing hard and strangely silent!

I have never been up Yr Aran before. Although dwarfed by its neighbours to the North, it is an interesting isolated mountain, and it looks great from Llyn Gwynant. The descent was very steep, but Richard led me down a lovely line, finding a grassy tongue most of the way. The climb up Cribau Tregalan follows a stone staircase which leads to a fine final ridge rising to Snowdon itself. My family had been planning to take the mountain railway up Snowdon. I could see a crowd of ants on the summit, and waved hopefully. I was delighted when some of the ants waved back – it was clearly them! I arrived moments later. Heather was excited, but Nicholas was completely bewildered. We had a hug, and took the obligatory photographs.

Running down the path towards Crib y Ddysgl felt strange. We had seen very few people all day, but suddenly there were hundreds of people around. I find bizarre the wide selection of attire and footwear that some people deem fit for climbing Snowdon, but they probably think nothing but shorts and running shoes to be equally unsuitable. While Richard led me perfectly down the path over the top of Cloggy, a helicopter was rescuing a climber in difficulty. Nicholas had a grandstand view of this from the train on the way down, which was the high point of the weekend for him! Meanwhile, powered by more wine gums, we easily reached the top of Moel Cynghorion. It was a beautiful, hot, summer's afternoon. We paused for a moment on the top of Foel Gron to look at the Llanberis valley below and the wonderful wider views beyond, and to study the route up Elidir Fach through the Llanberis slate quarries. It looked straightforward enough. We took the pimple of Foel Gron in our stride, and surprisingly soon reached the cairn on top of Moel Elio. The grassy descent is simple, and Richard set a lovely economical pace that covered the ground without using any energy. I felt great as I reached the change-over in Llanberis, 1 hour and 7 minutes ahead of schedule, catching my poor helpers unprepared again. I sat in a chair with Heather, eating crisps and drinking water, while Nigel and Geoff frantically tied their shoes and stuffed their rucksacs with enough water to float the ark.

Off we went, heading for the ramps in the quarries. Up a bit, then along a bit, and then along bit more... I knew that things weren't right because there was suddenly a lot of bewildered looking around and consulting of maps. We'd only gone a few hundred yards wrong, and were soon back on course at the foot of the steep ramps. Geoff and Nigel ran those few hundred nearly flat yards almost without noticing, but I'd been going 8 hours already and found it hard, both physically and mentally. It seemed silly to feel bad about losing 7 minutes

when I still had an hour in hand, and I was surprised at how it affected my mental state. As we climbed the ramps, I withdrew into myself. The top of Elidir Fach took a long time to come. I perked up on the climb to Elidir Fawr, and enjoyed both the rocky ridge at the summit, and the fall and rise leading to Mynydd Perfedd. The climb up Foel Goch looked dauntingly steep, but the top was well worth the effort. Geoff and I paused to savour a fantastic view over Bethesda to Anglesey, against a backdrop of sparkling sea.

I ran down from Y Garn to the lake, and then struggled up the loose path beyond while Geoff fed me with fruit pastilles. The boulders on top of Glyder Fawr were bone dry, and we crossed them easily. From the top of Glyder Fach, with the sun now low, the west face of Tryfan appeared beautifully lit. In contrast, the loose path down to Bwlch Tryfan was ghastly, even more ghastly than I remember, and it was impossible to find a rhythm. I relished the scramble up Tryfan, pretending that I was still a climber, and enjoying using my arms for a change. The descent down Tryfan is long, steep and awkward, but to my surprise I found a rhythm, and enjoyed it.

I trotted up to the car at Glan Dena at nearly 10 pm, still an hour up, happy but hungry. Lucy handed me a vastly welcome mug of tea, and a bowl of pasta generously garnished with live midges. The scene, if captured on film, would have been either hilarious or evidence that dark Celtic cults still thrive. To keep the midges at bay, I swiftly donned a ridiculous selection of clothing including Nicholas' hat. Due to the powerfully repellent odour of 12 hours' dried sweat, the midges didn't bother me much. I sat serenely on my camp chair in the semi-darkness like an arch druid, surrounded by a worshipping tribe performing hallowed body slapping dances whilst feeding me strange, rich substances – Ambrosia and tinned peaches.

Time to go. Nigel and I were alone on this leg. We set off up the relatively gentle path by a stream, which steepened when we turned up the mountain ridge. Dusk was falling, it was cool but not cold. Now I felt great, and climbed strongly. As we reached the top of Pen Yr Ole Wen, a huge orange moon lifted itself slowly from the misty distance behind us. At last at 11:30 pm, I put a shirt on. I don't usually set off up a mountain at dusk, but that is one of the great things about events like this. It forces you outside your normal habits, and this night was memorable and special. It was never really dark. We moved well over Carnedd Dafydd, although we lost a few minutes. I had chosen this part for night time because I thought that I'd be able to run these high mountain ridges in the moonlight. I couldn't, due to the combination of terrain, visibility and fatigue.

At the top of Carnedd Llewelyn we turned Eastwards. The moon was bright and low, and the moonshine was reflecting strongly in the calm Ffynnon Llugwy Reservoir. Nigel lamented the fact that he hadn't brought a "moon visor"! We reached the top of Pen yr Helgi Du with ease, and descended well. The Western aspect of Pen Llithrig y Wrach was in dark shadow and loomed sinisterly above us from the col, but we were enjoying our night out and the top soon came. Now we turned due South, and aimed at the unmistakable silhouette of Moel Siabod 5 miles away. The good path suddenly stopped, and we began to struggle down the difficult broken hillside. A leat divides the steep mountainside from the shallower peaty moorland. We found the gate and bridge over it perfectly, but a few yards later we were floundering around in waist deep heather and falling in the drainage channels. The vague path was so indistinct that we could not stick to its line. Time and again we fell or tripped, and had to re-locate back to the track. I thought that I had allowed plenty of time for this bit, but progress was at snails pace – although snails don't fall over so often. We lost a lot of time. It was frustrating, but strangely not demoralising like making a navigational mistake.

At last we saw the car lights and could hear Lucy calling. We floundered over the last of the moorland and onto the road.

As I sat in the chair at Plas-y-Brenin eating pasta and drinking tea again, Lucy gave me a little hug. With her eyes sparkling in the moonlight she said, "You're going to make it now, aren't you lover?". I had been thinking that I would make it for hours now, but it was very re-assuring that the careful, conservative Lucy thought so too. I hadn't registered that I was now only 15 minutes up. I greeted my new helpers, Chris and his brother Julian. Off we went by torchlight, up a path through the woods which soon opened onto the hillside above. I am yet to meet someone who likes this way up Moel Siabod. It drags on and on, and I began to wonder whether we would ever get to the top. Eventually it came. It was now 3:30, and getting light. Overnight, clouds had rolled their tortuous way up the Gwynant valley from the sea, and were now spilling over the col below and threatening to engulf the low peaks that we were about to traverse. I began to worry. I was no longer moving comfortably or fluidly, and by the time we reached the top of Y Cribau, I had lost all my spare time, and was back "on schedule".



*The agony and the ecstasy - Martin at the end of the Round
(Photo White collection)*

The next section was hard. The path twisted and turned and rose and fell over humps and hollows, and was very wet underfoot. I kept sinking into the gloopy bog up to my shins, then pulling my foot out with an energy sapping "thhhhlch" noise. My stomach was uncomfortable. I wanted to eat, but could only manage one crisp. And I was tired, not so much physically tired as sleepy - little wonder at 5 am really. I was struggling, and over the next few peaks I lost time consistently. Far, far, far away I could see Allt Fawr, which stands distinctly out to the East of the ridgeline that we were now following. "How long have we got to get there?" I asked. "About 40 minutes", Chris replied. 40 minutes! I couldn't possibly get there in 40 minutes! It looked more like an hour and 40 minutes away. Although I only took 49, my spirits sank lower and lower as I fell more and more behind. Now I was more than half an hour down. I began to wrestle with the idea that I wasn't going to make it in 24 hours. I made all sorts of laborious mental calculations to work out how late I was likely to be. My schedule was for 23 hours 50 minutes, so there were 10 minutes in hand there. I also knew that I'd padded the time for the final descent off Cnicht. I'd allowed 40, but reckoned I could do it in 34 at a push. But that still left about 20 minutes

to find. Where from? I thought of Lucy's excitement and faith in me, and thought about what I would have to say to her. It was a very disappointing thought. I expressed my doubts. "You're just 5% not fit enough", said Chris. What an insult! How dare he! Goaded into action, I knew that to make it I would have to "go for it", but there were still 3 hours to go. I didn't know whether I could sustain "going for it" for that long - that's as long as a Marathon, and you don't go for that from the start line! I decided that I'd better at least try. Better to fail having done my best than not to have tried.

Now the sun was up, bright and warm, and it perked me up. Chris and Julian were revelling in the beautiful morning and the cloud inversion. I wasn't really paying attention to the views anymore. I dug in, and managed to stop the rot, passing through the quarries at Cwmorthin and arriving at the top of Moel yr Hydd without losing more time. I tried and tried and tried along the traverse path to the col below Moelwyn Bach, running where I didn't think I could. I found something from somewhere up the steep climb to the top, and Chris told me that I'd gained 2 minutes. That was a crucial moment. I couldn't try any harder, but at least I was now gaining. Now it was exciting. I went well over Ysgafn to Moelwyn Mawr, and saved 4 more minutes. Chris navigated brilliantly over the next tricky section. We had lost our way here on his round when I was navigating, so I'd allowed plenty of time. Sooner than I expected or hoped we suddenly arrived at the little dam of Lyn Cwm-y-foel at the foot of Cnicht, and faced the last climb. Chris and Julian say that I climbed incredibly fast. It's the steepest climb of the whole round (or maybe it just seemed that way...) All I can remember is scurrying up like a rodent, pulling at

the grass with my hands, unable to stand straight and tall. Goodness knows what it looked like.

I reached the summit with 30 minutes left, and simply flew. I've never tried so hard at anything. Chris was shouting at me to run faster. I was almost crying as I ran, with a combination of pain and emotion. I still didn't know whether I could make it in time. The path is good, but it twists and turns so that you can't see very far ahead. It's hard to judge where you are. I saw a gate, seemingly at the edge of the hillside, surely the one that I'd been to with Heather nearly 24 hours ago. But no, it was different, and there was yet more hillside beyond. Then I saw Lucy and Heather only 200 yards away at another gate. At last, I knew I would do it, and then I did start crying. Chris held Heather's hand as we ran down the last 300 yards all together, passing Brian and Nicholas, and reaching Nigel who was the finish judge with 3½ minutes to spare. I crossed the line and collapsed onto a patch of grass in the sunlight, sobbing, writhing, exhausted, elated. People came and hugged me. Heather and Nicholas wanted to know why I was crying. I wanted to know why I was crying. Lucy came, and I could look at her and say "Yes, I am going to make it, lover".

AGEING TO WIN

by Graham Breeze

*For when the One Great Scorer comes
To write against your name,
He marks-not that you won or lost-
But how you played the game.*

Well that may be the way in American Football but for sure Grantland Rice was no fell-runner. Do fell-runners really throw themselves off the edge of crags, run at a berserk pace down rocky paths risking life and limb, stride manfully over ground littered with rabbit holes risking broken legs: just to come second?

Of course being true subscribers to the amateur Corinthian ideal we often loudly say, with appropriate insouciance, "Well, it's only a fell race" but when we see some nonchalant English Champion saunter to the start line do our hearts beat faster at the prospect of engaging some titan of the sport, or sink into the Slough of Despond knowing that there will be no prize that day?

Fell running is increasingly a sport for very grown up men and it is interesting to observe behavioural changes as age category thresholds are passed. Those who for years have been content to plod along in the middle of the field protesting that fell-running is just a bit of fun and not to be taken too seriously suddenly lose half a stone, step up to 80 miles a week and exude bemusement when a casual enquiry elicits that they have just passed a 40th, 50th or 60th birthday: and are now prize contenders! Those erstwhile wallflowers of the fells suddenly display a comprehensive knowledge of all the English & British Championship events and the subtleties of the points system.

And if on the start line the familiar faces of runners you know to be over 60 are missing, then a glance at the prize list will probably explain why.

Local races with traditionally small fields previously disdained as "Mickey Mouse" events suddenly become magnetically more attractive than the rigours of the arduous classics of the sport and entry is justified with a throw away, "Oh! I just felt like doing a low key event for a change" with an unsaid "and you should see the vets prize list!"

Remembering birthdays is not something real men will readily admit to (even if, as they age, they actually can) but the window of opportunity between a runner passing a category threshold and a faster but slightly younger rival achieving the same age remains open for those prizes to be scooped up for only a tantalisingly short time. Better to make caring, solicitous enquiries about the exact age of arch rivals than run your heart out, believe a prize is within your grasp, only for someone's recent birthday to spoil your day.

And let it be noted that it is not just geriatric age category winners who, facing the twilight of their running careers, seize on every victory as possibly their last because even elite athletes after the finish have been observed in unedifying squabbles about rivals taking short cuts, missing a checkpoint or not knowing where they were going until the finish tunnel was in sight when they surged past the complaining pathfinder.

*Old men forget: yet all shall be forgot,
But he'll remember with advantages
What feats he did that day.*

And so one remembers and recounts repeatedly to any audience - willing or unwilling - those races where you were only one place from a prize, "unlucky" might be a word one hears; but no-one recalls where the Walsh was on the other foot and you got the prize by the length of a lace.

Similarly selective is the information one imparts at the next club training session as one laconically mentions, following the never stated but heavily hinted, "Ask me! Ask me!", one's latest victory. One does not have to say after success in some minor classic that everyone has heard of and should therefore be impressed by (as distinct from those races in which success is met not with awe but

"Where on earth is that?" or, "Is that in the Calendar?") that umpteen other fell races were held on the same day and all the serious runners were at a Championship event does one? After all, as the saying, accompanied by a shrug of the shoulders, goes, one can only beat those who join you on the start line.

This writer once won outright an uphill only road race from *Bourg D'Oisans* up the famous 21 hairpins to *l'Alpe d'Huez*, which also included cyclists. Skyrac members were fully informed in an understated but effusive report of this victory over the French and in particular of the dozen cyclists who were passed *en route* by the gritty British fell-runner. No one in the audience, I believe "awestruck" would be *le mot juste*, ever discovered that there were only six runners in the race. This was because the story teller moved swiftly on to describe the generous First Prize which included a not unexpected rucksack, drinking bottle, Power Bar, etc but also a French prophylactic from which one may infer that vertical sporting success in France is normally celebrated in later horizontal exertion.

Economy with the truth is not the exclusive preserve of those who actually win prizes. As Skyrac's John Forsyth has said, "Who has not basked in the admiration of their children, or even better their grandchildren, when one has returned from a race with a spot prize or the standard issue T-shirt?" Given those proud faces and shrieks of, "Daddy has won a prize!" it would be cruel, would it not, to undermine such innocent delight?

The essence of sport is that it is ludicrous. In the real world it cannot be important although to its adherents it matters and to those who seek to win it matters a lot. It has been said that winning is everything and the only ones who remember you when you come second are you wife and your dog: although I do not have a dog and I am really not at all sure about my wife.

THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

So far this year we have had two successful runs over this delectable route.

First through was Roger Beaumeister, M60, Dark Peak, in May and then Mike Lamb, also M60 'unattached', in June. Congratulations to both of them; they have proved that the 60s category is very much alive and kicking. Only one more v/60 to go and they will be level pegging with v/50s. This is pre-copydate, and maybe the final total for 2003 will be higher. Currently lying at 39, of which only three are women, it is still a touch elite and it would be good to top 40 this year, so come and join us. With large numbers of vets reportedly in fell races we should be able to tap into the talent soon.

I am a little mystified as to why I respond to so many requests for information and have few completing the challenge. It's not that hard! (Perhaps some 'just do it', being put off by the requirements of pacers and of raising charity money.) Those runners apart, I would like to know of genuine timed out attempts as Charity Money, so long as I have the receipt, is always held over in the name of the runner against the possibility of a second shot at it. We are still enjoying the best summer for decades; a little hot now and again, but cool enough on the ridges and the terrain has been in great shape. What more can a fell runner ask?

There is still time to complete the run and collect a tankard at the Presentation Dinner in Wasdale on November 8th - always an informal, convivial evening, with the option of a local walk with Joss on Sunday morning.

Information: Monica Shone, Sun y Gwynt, Penmynydd,
Llanfairpwll, Isle of Anglesey. LL61 5BX
SAE please.

Or by e-mail: mandc@gwyntog.freeserve.co.uk
(Please add postal address and phone number to e-mails).

JOHN TAYLOR FOUNDATION FOR YOUNG ATHLETES

by Morgan Williams

After some months of preparatory work, the John Taylor Foundation for Young Athletes was formally established by the signing of a trust deed on the evening of 7th June 2003, after the Pen y Ghent race.

The trustees of the Foundation, and their associated clubs are:

- Kirstin Bailey (Bingley Harriers)
- Dave Hodgson (Fellandale)
- Chris Carriss (Bingley Harriers)
- Roger Bradley (Holmfirth Harriers)
- Sue Beconsall (Bingley Harriers)
- Morgan Williams (Ilkley Harriers)

In addition to the six trustees who are responsible for the conduct of the Foundation, the trustees have constituted a Grant Advisory Committee the purpose of which is to provide a body of experienced individuals to provide advice, guidance, assistance and recommendations to the trustees in connection with applications for financial assistance made to the Foundation. The members of the Grant Advisory Committee are:

- Sarah Rowell (Pudsey and Bramley Athletic Club)
- Chris Beadle (Holmfirth Harriers)
- Wendy Dodds (Clayton Le Moors Harriers)
- Mick Hawkins (Bingley Harriers)
- Pete Bland (Kendal Athletic Club)

The trustees have made an application to the Charity Commission to have the Foundation registered as a charity and discussions are ongoing with the Charity Commission to secure the registration. This may take some time yet.

The trust deed confirms that the trustees must apply the income of the Foundation in furthering the following objects:

- (a) the provision of financial assistance to young amateur athletes (or any organisation responsible in any way for the care or development of young amateur athletes) in the United Kingdom to allow them to pursue opportunities for the further development of their athletic career;
- (b) the creation of an awareness of the condition of cardiomyopathy in athletes in the United Kingdom; and
- (c) the creation of an awareness of the benefits to athletes in the United Kingdom of regular screening and monitoring for heart related conditions (including the provision of financial assistance for amateur athletes who wish to have access to such screening and monitoring but who are unable for reasons of financial hardship to obtain such access).

The medical aspects of the objects of the Foundation are very important. John Taylor died of a particular heart condition of which he was completely unaware. John was an international athlete and represented his country on numerous occasions and one might find it surprising that there is such an absence of screening and monitoring for cardiomyopathy and other similar conditions for athletes

running at that level. Kirstin Bailey is in touch with other charitable organisations involved in raising awareness and is also having ongoing discussions with UK Athletics about awareness issues. The Foundation hopes to be launching an awareness campaign later this year with the assistance of UK Athletics.

The running community (and the fell running community in particular) has been very generous in responding to the creation of the Foundation and a sum of over £10,000 has been raised since John's death. The trustees are conscious that they must be seen to apply some of that income in furthering the objects of the Foundation and the trustees are hoping to see a steady stream of applications for financial assistance. The trustees are aware of the need to "advertise" the existence of the Foundation and its objects to stimulate applications. Writing this update is one part of that exercise and further updates will follow in future editions.

Applications were received by the trustees in connection with the World Championship of Mountain Running to be held in Alaska in mid-September 2003. One global application was received from Barry Johnson, the England Team Manager, on behalf of the England Junior Team (3 junior women and 4 junior men) and separately from 3 young senior athletes who were selected for the England Senior Team.

With input from the Grant Advisory Committee, and having regard to the Foundation's financial position and its other immediate plans, the following financial awards were made in connection with the World Championships:

• the England Junior Team	£1400.00
• Natalie White	£100.00
• Andrew Symonds	£100.00
• Simon Bailey	£100.00

A report of this type is not the place to explore the reasons why these athletes have not been "centrally funded" to attend the World Championships. Suffice it to say that the trustees are very happy that the generosity of the running community as a whole has put them in a position to make these awards and assist the relevant athletes to attend the World Championships. Bearing in mind that John Taylor ran for England at this level, it is fitting that the first allocation of funds by the trustees of the Foundation should be made in this way.

In future updates, the criteria the trustees will adopt for considering applications for financial assistance will be outlined in greater detail. At this stage, it is worth saying that the trustees will welcome all applications and would hope to see applications from young athletes operating at a less elite level than those selected to run in the World Championships.

The Foundation has a website (www.iohntaylorfoundation.org.uk) which continues to develop.

Enquiries can be made to Kirstin Bailey at anyone@iohntaylorfoundation.org.uk.

THE SUPER 70s

by Bill Smith

The FRA was formed in 1970 and the first official amateur championship was launched two years later. The possibility of also promoting both a veterans' (0/40) and a superveterans' (0/50) championship was discussed as early as 1971 but it did not materialise until eight years later, following a suggestion by the late Peter Brooks (Lochaber) at the AGM in April, held after the Pendle Fell Race. Peter had come into fell running from cycle racing in which veterans' championships were already being promoted and he thought they could work equally well in our sport. In that first championship season of 1979, Peter finished 3rd in the 0/40s behind Harry Blenkinsop (Kendal) and Jos Naylor (CFR), with the latter's long-distance rival, Alan Heaton (Clayton), taking the 0/50s' award. The ladies' open championship was inaugurated that same year, with an 0/40s' competition being introduced in 1991 and an 0/50s' last year.

The only 0/60 veteran competing during the '70s was Stan Bradshaw (Clayton), who was widely regarded with awe and admiration - as, indeed, he still is. However, with the steady increase in fell race entries over the years, and particularly since the start of the jogging boom in the early '80s, a few more 0/60s began to infiltrate our sport, while older fell runners like Eric Mitchell (DPFR) also attained that worthy status. By 1991 there were a sufficient number competing to warrant the launching of an English 0/60s' championship, with a British championship being added nine years later. The former was confined to short and medium races only but in the Millennium Year long races were also deemed suitable for this age group in both the British and English contests.

There is now a growing number of 0/70 veterans taking part in our sport, sufficient surely to justify the introduction of an 0/70s' championship. However, the question of whether or not long races should be included for this age group is a debatable one and not viewed with favour by most 0/70s. One objection is that many of them would be timed out, while it could also prove inconvenient - especially in bad weather - for marshals, who would have to man their checkpoints for longer. Dave Hodgson (Fellandale), who has been fell racing since the 1950s, suggests that racing for over 12 miles "could place too much stress on 0/70 hearts and lungs." However, 80-year-old Eric Mitchell recalls having had good runs in such events as the Borrowdale and Marsden-Edale and feels that he was quite comfortable in long races till he was 75. Brian Leathley (Clayton) is also in favour of long races being included but thinks that 0/70s should have an earlier start time, while Barry Thackery (DPFR) quoted another runner's idea that a 15 or

16 mile limit could be imposed for 0/70 championship races, Barry himself seeing this as "a good compromise."

One other point worth mentioning is that many 0/70s are concerned that some race organisers do not recognise their age group when it comes to prizegiving, though this may possibly be due to inadequate sponsorship.

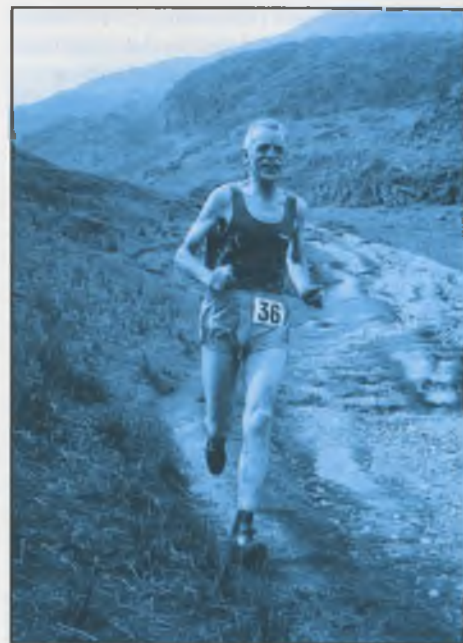
There follows a representative selection of profiles of 0/70 runners plus a few who have now outgrown that age group:

Tony Ball (Clayton), born 3 February, 1930, began entering road races in 1973 and progressed to fell racing two years later. He has mainly confined himself to medium events and has run 24 consecutive Snowdon races. Tony reckons he has entered a total of 350 fell races and he has won veterans' prizes in all the age categories, most recent being the Jack Riley Memorial Trophy at this year's Pendle Fell Race. He set a new 0/55 record at Rivington Pike in 1992 but nowadays does no running training at all, completing races off a mixture of 10 miles' cycling on weekdays and fellwalking most Sundays.

Gordon Booth (Longwood), b. 6.5.32, took up general mountaineering at the age of 25 and has been involved on-and-off up to the present. His first fell race was the 1989 Pendle Half Tour in which he was the first 0/50 and he has since won many prizes in both the 0/50 and 0/60 categories, his best season being 1996 when he won eight consecutive 0/60 prizes in a little over two months, including a new age record for the Mallerstang Yomp. He has never contested the championship as, not having a car, he has been unable to reach all the events.

Gordon currently trains up to 25 mpw on the moors above Hebden and Grassington in Wharfedale and until a few years ago also did speed sessions of 200m and 800m reps. He completed his collection of Munros on the day after his 70th birthday, bagging his last three summits in Glen Shiel between 8.00 a.m. and 11.30 a.m., while in May this year he backpacked the Scottish Coast-to-Coast Walk from Oban to St. Cyrus in 11 days.

Stan Bradshaw (Clayton), b. 26.5.12, shouldn't really need any introduction as he is a living legend in our sport and has already been profiled three times in *The Fellrunner* over the years, most recently in the June, 2002 issue. Originally a Non-League footballer, he began running in 1928 and 65 years later was still winning cross-country championships at the age of 81, following a hip-replacement operation the previous year. To recount here the details of his many fell running and mountaineering exploits should not be necessary. Now 91, Stan manned his usual Churn Clough Reservoir checkpoint at this year's Pendle Half Tour and still gets out to



Harry Catlow at the Coniston race
(Photo Bill Smith)

races with his wife Ida and widowed sister Jenny.

Harry Catlow (CFR), b. 2.5.32, has also been profiled in *The Fellrunner* before (February, 1998), after having won the 1997 0/60 championship and finished 4th the previous year. He had been a keen cycle-tourist for many years and began road running in 1984, entering his first fell race, the Benson Knott at Kendal, eleven years later. A prolific prizewinner as both an 0/60 and 0/70, Harry is also a regular racer, his annual totals for recent years reading: 1998 - 39 races, 1999 - 43, 2000 - 43, 2001 - 19 (F&M year) and 2002 - 34. He generally trains twice a week for about an hour, utilising the wooded heights of Arnside Knott and Beetham Fell and neighbouring Haverbrack near his home at Storth on the Kent Estuary: "I don't check the distance," he says, "I just go out and enjoy it."



Derek Clutterbuck (106) at the Wardle Skyline
(Photo Bill Smith)

Derek Clutterbuck (Rochdale), b. 18.3.31, made his fell racing debut in the 1980 Gale Fell Race, though he had been climbing and fellwalking for many years prior to this. He had made a complete traverse of the Black Cuillin Ridge in 1950 and had covered such classic walking routes as the Scottish 4,000s, Lakes 3,000s, Welsh 3,000s and the Derwent Watershed as a member of the Rucksack Club. He was also the first recorded climber in Tonacliffe Quarry near his home in Whitworth, Lancashire. Derek has won many prizes in all categories from 0/50 upwards and organises his local Hades Hill Race. He runs about 5 hours per week, including races, and trains on the neighbouring moors. He likes to compete on a regular basis and did 38 races last year and 26 up to the end of July this year.



Jack Escritt (8) at High Brown Knoll
(Photo Bill Smith)

Jack Escritt (CFR), b. 20.6.33, began fell running in 1995, aged 62, encouraged by his Gritstone Clubmate, the late Mike Rose. His love of the hills had begun some 40 years earlier when he'd been working for the Ordnance Survey at Lancaster and by 1991 he had bagged all the Munros and Tops. Prior to mountaineering, he had been involved in rugby and cycling but later dedicated himself to Dinghy Sailing and then to bigger boats, 1969-83, both on a competitive scale in which he enjoyed some success in open races and veterans' events. His most recent pastime has been Crown Green Bowling. Jack had run 16 fell races up to the end of July and is aiming for a total of 30 this year. Living at Leeds, he trains lightly during the summer, including a 5 mile circuit on Otley Chevin twice a week, "pushing hard on the climbs on one session," and also does a run of around 7/10 miles with his CFR clubmate John Ely (who has just turned 60) from Grassington. Other circuits take in Blubberhouses Moor and Thruscross Reservoir. In 1999, he completed the Jos Naylor Challenge from Pooley Bridge to Greendale. Jack believes in putting something back into the sport and

marshals on Ingleborough for the Three Peaks Race and at Angle Tarn for the Ian Hodgson Relay.

Bill Fielding (Fellandale), b. 21.12.27, was a member of the British League of Racing Cyclists - "an outlaw body" - during his early 20s and still enjoys cycling today. He began fell racing in 1978, aged 50, and has since won many prizes in the various age categories. He was runner-up in the 1982 0/50s championship, 4th in 1983 and 6th in both 1984 and '85. Bill's training in recent years, "has balanced jogging, walking and cycling." He says, "I never exceed the 30 mile limit in a week and put in a weekly speed session of 4x100 yards, averaging 20 seconds per lap. I do all my training in my local park in Leeds. After having a flu jab last winter, I contracted six doses of flu over a six week period and for the last six months have been in and out of hospital. However, I've started to pull around over the past month and am now able to train again. I've had 25 glorious years of fell running and, even though now past my 'sell-by' date, hope to continue in the sport."

Bill Gauld (Carnethy), b. 20.2.33, has been orienteering since 1962 when the sport was first introduced into Scotland and has finished 2nd M55 and 3rd M60 in the World Veteran Championships, also winning on one occasion when the event was declared void. He has additionally participated in downhill skiing and badminton, though not competitively, and ran his first hill race, the Ben Nevis, in 1968. He achieved a hat-trick of British 0/50 championship titles in 1985-86-87 and also won the 65-69 age group at the World Mountain Racing Championships in Poland, 2001, finishing 2nd in Austria last year. He was outright winner of the 1990 Seven Hills of Edinburgh race at the age of 57 and two years later ran his fastest time on Jura, 3.5 1.00, "before an unidentified virus nearly wiped me out at the age of 60." Living in Edinburgh, Bill trains on Arthur's Seat, Blackford Hill and the Pentlands: "I try not to run on roads apart from the Seven Hills race in which I wear a pair of ancient Nikes with a proper midsole, which they no longer make." In preparation for the World Veterans' Championships over the past two years, he has spent holidays in the Pyrenees (200km with 16,000m ascent) and the French Maritime Alps (150km with 14,000m ascent) respectively, each being taken a fortnight before the event. Bill is not a long-distance man, his longest race having been the Ennerdale Horseshoe, though he has also completed 16 Mountain Trials and run the 40 mile Kepler Trail in New Zealand in around 11 hours, including stops for coffee and photography.

Colin Henson (DPRF), b. 18.5.33, was a keen cyclist from 1948 to '68, including touring, time trials and road racing. As an 0/60 fell runner, he has placed 3rd in the English championship three times, 1994-95-96, joint 2nd in 1997 and 4th in 1998, besides having won many 0/60 prizes in

races. He completed the Bob Graham Round in 1990, aged 57, and the Jos Naylor Challenge three years later, and also completed all the summits in Wainwright's Northern Fells guide in 1998, the Central Fells in 1999 and the North Western Fells in the Millennium year to celebrate birthdays and raise money for charities. Colin trains 30 mpw from his home near Bakewell in the White Peak and on Wednesday evenings joins his Dark Peak clubmates for an 8 or 10-miler. Another Dark Peak club run covers 15 miles over Kinder, Bleaklow and Black Hill.



Dave Hodgson on the old descent route of the Fairfield Horseshoe
(Photo Bill Smith)

Dave Hodgson (Fellandale), b. 4.2.32, played football as a youth and began his long cross-country career at the age of 17. In 1955 he began fellwalking, which inspired him to enter the Burnsall Fell Race that same year, in which he finished 3rd. He had, however, been competing at Harden Moss since 1953, also placing 3rd here on his debut, but had considered this to be a cross-country course. He triumphed here in both 1954 and '55 and at Burnsall in 1958 and '60, where he also achieved five 2nd placings and two more 3rds upto 1967. During the early '60s, he was runner-up in the Three Peaks Race on four occasions and came 4th in the 1964 Ben Nevis Race. A prolific winner of veterans' prizes, Dave won the 1993 0/60 championship, his performances that year also placing him 5th in the English 0/50s. Living in Leeds, he says: "Most of my training has been cross-country and road-based but I have also included hill reps and a good deal of interval speed work. I usually ran six days a week and at least three sessions would be hard. However, since Spring, 2002, my running has been restricted by both knee trouble and a hernia operation and I can no longer handle climbs and descents." He is, however, still able to run cross-country and won the Yorkshire 0/70s' championship last year and has triumphed in the Leeds District League on several occasions. Dave

has also put a tremendous amount of time and effort back into our sport, serving ten years in various official capacities for the FRA and 22 years for the Three Peaks Race Association, along with his wife Shirley, with whom he also organises the Ian Hodgson Relay.

Brian Leathley (Clayton), b. 3.7.31, went to the same Leeds High School as Jack Escritt and, like Jack, began playing rugby there, later becoming a member of the Old Boys team for 20 years. He had also kept himself fit with training runs on the road and



Brian Leathley at Fiensdale
(Photo Bill Smith)

began road racing in 1985, two days before his 54th birthday. His first fell race was the 1987 Haworth Hobble, partnered by Clayton Harrier Will Grindley, and as he settled into the sport, he began winning veterans' prizes regularly right up into his 70s. He finished 2nd in the 1994 0/60s' championship and 4th in both 1993 and '95, but undoubtedly his finest performances have been in long-distance fell running. In 1998, at the age of 66 - and at his fourth attempt - Brian became the oldest man to complete the Bob Graham Round (thereby relieving Stan Bradshaw of this distinction) and he has also completed the Jos Naylor Challenge both as an 0/65 and as an 0/70. "Long runs were always part of my training upto two years ago," he says, "and I was always a regular at the Clayton Tuesday night speed sessions, though at the moment I am doing very little speed work." Living at Reedley, near Burnley, he goes to Pendle for fell training and also uses the cross-country section of the Pendle Way from Reedley to Newchurch. Since turning 70, Brian has cut down his racing to around six or eight events a year but is now looking forward to the 50th Three Peaks Race next April: "I will certainly get myself in shape for that!"

Alex Menarry (Carnethy), b. 8.12.32, played rugby at school and now does a fair amount of cycle-touring, both in Britain and abroad. He began fell running in 1971 and now generally likes to compete in

southern Scotland, including Carnethy, Tinto and the Pentlands Skyline, also Lordstones on the North Yorks Moors. Living in Darlington, his usual training consists of 30/40 miles of road-running, interspersed with occasional trips to the Lakes, Dales and local moors. However, having entered this year's World Masters' Championships in the Black Forest, he has increased his weekly mileage to 40/50, aiming to peak for the end of September, including hill reps and the climb from Ambleside to Hart Crag "as a near-assimilation of the Black Forest course." Alex has been on holidays with his Carnethy clubmates to Skye, Norway, Iceland and the Pyrenees for long "journey runs," carrying the minimum of equipment, and three years ago he completed the Jos Naylor Challenge. He has recently been doing well in the mixed veterans' category of the Karrimor "C" class, as well as collecting a few prizes in normal fell races.

Eric Mitchell (DPR), b. 27.10.23, was originally a racing cyclist, competing in international events from 1946 to 1950, then ten years later switching to motor cycling as a trials rider for ten years. He was then encouraged by Ted Dance of the Rucksack Club to take up fell running and I first met him when we were both doing a reccie for the inaugural Edale Skyline race in 1974 (which I eventually attended as a spectator due to injury!) and his daughter Lynne also completed that race. He always preferred the longer races like the High Peak Marathon and the Marsden-Edale Trog and became a member of the Bob Graham Club in 1976. He won many vets' prizes as an 0/50, 0/60 and 0/70 and also rode in the Three Peaks Cyclo-Cross, setting new records as both an 0/60 and 0/70. Having just reached the age of 80, Eric now confines himself to cycling and walking, never having got back into running after the Foot and Mouth outbreak of 2001. When he was competing, however, he



Eric Mitchell on his way to Pen-y-Ghent in
the Three Peaks
(Photo Bill Smith)

trained over 50/60 mpw, including both running and walking, his home at Buxton being handy for excursions into both the White and Dark Peak, and particularly Combs Moss and the hills around the Goyt valley.

John Newby (Todmorden), b. 5.5.32, joined the Merchant Navy when he was 16 but in 1962 became addicted to "large, fast motorcycles from which I have earned my living for the past 40 years." He came into fell running from walking in 1986 and has won a number of 0/60 prizes including Jura, Cader Idris and 'eggs Nose three years on the trot, while in the championship he finished 7th in 1993 and 6th in '95. However, John enjoys mountain marathons most of all and has done about 56 altogether, some solo but mainly partnered by his clubmate Brian Hargreaves, who is also now 0/70: "I get a lot of pleasure from this type of event, walking, jogging and, if we're feeling competitive, running, with the added interest of navigating in some of the wildest areas of Britain." Two attempts at the Bob Graham Round both terminated at Wasdale, one clockwise, the other anticlockwise. John lives at Lumbutts, near Todmorden, with Stoodley Pike dominating the moorland skyline above, so he doesn't lack for training terrain. "I had a mini-stroke in 2002," he explains, "and for six months, while having numerous varied tests, did no running at all, but my doctor then told me it would be okay to start again as long as I didn't do anything competitive. However, I got back into it this year and up to the end of July had done 17 events, most of them on the road but also including the Lowe-Alpine, Saunders and Capricorn mountain marathons."

Jim Niblett (Horwich), b. 4.4.22, worked down a coal pit for his first job, aged 15, and later grafted in a nearby quarry breaking stone with a 14lb hammer on piece work: "I weighed 11 stone and was very strong, breaking up 60 tons a day at 5p a ton. I volunteered for the Royal Marines in 1942 and did my training at Lymington in Devon, and afterwards commanded a Landing Craft at Normandy on D-Day. It was child's play to me in the Commandos as I was so strong and fit. I would have liked to have made a career of it but as I had an invalid mother, came out in 1946 to go back down the mines." Jim now took up Wrestling and won all the Northern welterweight titles, including an Olympics trial, also the Lancashire middleweight title in which he was giving away a stone to his rivals. After four years as an amateur, he was advised to turn professional, which he did, and continued in this sport till he was around 35. Nine years earlier, in 1948, he had also begun running on the West Pennine Moors near his home and, with encouragement from a Dutch lady friend, eventually began to compete in Continental hill races, mainly uphill-only events but also including the Sierre Zinal. He joined Horwich RMI Harriers in 1979 and became a prolific racer all over Britain, from Chew Valley and

Borrowdale to Snowdon, Goatfell and Ben Nevis, completing upto 70 races per season. For years he has been going on holiday to Tenerife over the Christmas and New Year period and getting in some good hill training there. Jim still looks lean and fit at 81 and continues to run regularly.

Jack Riley (Clayton), 1922-2002, served for 4 years with the Royal Marine Engineers upto 1946 and on being demobbed joined Nelson Wheelers and became an outstanding racing cyclist, his victories including the Manchester 100- miler, though he also rode in time trials and hill climbs. He eventually gave up cycling while raising a family with his wife Betty but then joined Burnley Mountaineering Club which in time led him to enter the 1978 Karrimor with his mate Charlie Hidchen, this in turn leading him into fell running in general. In later years he also took part in LDWA events which he particularly enjoyed. The Northeast Lancashire moors rise up all about his old home at Cliviger, near Burnley, and his favourite training run took in neighbouring Thievey Pike. The Pendle Fell Race is now promoted as a memorial event for this dedicated club man. (Note: Most of this material on Jack has been drawn from Dave Woodhead's profile of him in *Cornpass Sport*: August, 1989.)

Alan Robinson (Horwich), b. 20.10.27, was keen on both football and wrestling as a young man and also began running at the age of 18. When he became self-employed in 1952, however, he found he could not spare the time for running, so had to pack it in. He had a serious accident in 1973 which left him unable to walk properly and the doctor told him he'd never be able to do heavy work again. Alan proved him wrong by not only returning to heavy work, which he continued to do till he was 65, but also taking up running again - this time, fell running. His racing programme has been limited, however, by the fact that he carried on working afternoons till he'd turned 70, though he still managed to pick up several veterans' prizes and set an 0/65 record for his local race up Rivington Pike in 1997 plus 0/70 records in both 1998 and '99. In recent years, he has contented himself with around six races per year.

Don Talbot (Clayton), b. 16.8.31, joined Clayton-le-Moors Harriers in 1946 and has been running ever since. Other sports and pastimes in which he has been involved are climbing, caving, skiing, swimming and, as a young man, gymnastics. A good long-distance man, Don completed the Bob Graham Round in 1971 and the Jos Naylor Challenge twenty years later, aged 60. He has also been on many of the long Rucksack Club walks, some of them exceeding 100 miles, and partnered by fellow-Rucksacker Ted Dance has won several veterans' prizes in the Karrimor Elite and A Classes, also individual 0/50 and 0/60 awards in the Lake District Mountain Trial, which he has completed 24 times. Don's training areas have varied over the years but he has probably used

Pendle more than any other, with the Yorkshire Dales and Bleasdale fells of Bowland also being regularly visited. His weekly mileages have covered from 40 to 70 miles and he has always favoured LSD (long, slow distance): "I would just go out running or walking the fells for sheer enjoyment, with no structural plan." In 1999 he completed the Tour of Mont Blanc but somehow picked up a virus, possibly resulted in him having an irregular heart beat, requiring the insertion of a pacemaker: "I still get out walking, cycling and some running but my reduced powers of recuperation prevent me from doing too much too hard."



Barry Thackeray at the Wardle Skyline
(Photo Bill Smith)

Barry Thackeray (DPIR), b. 8.7.33, competed in track and cross-country races during his teens and early 20s and began fell running in 1980 at the age of 47, gaining membership of the Bob Graham Club the following year. He has produced consistently outstanding performances over the years, winning many prizes in the various age categories and achieving some good results in the annual championships: 1984: 4th British 0/50, 1985: 4th British 0/50, 1986: 5th English 0/50, 1988: 3rd English 0/50, 1989: 4th British & English 0/50, 1990: 2nd British & English 0/50, 1991: 5th British 0/50, 1994: 1st 0/60, 1995: 2nd 0/60, 2000: 4th British 0/60. Barry presently likes to compete four or five times a month during the main season, April to October, but doesn't race so often during the winter. Living near Stockport, he trains 35 to 45 mpw, mainly on the canal towpaths near home but also occasionally in Lyme Park or the Peak District. He rarely does any speed work, preferring to rely on regular racing to maintain sharpness.

LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

**Mark McDermott -
holder of the Lakes
24 hr Fell Record
1988-97
and Himalayan
Mountaineer
will be giving an
illustrated talk on his
Ascent of Everest**

THE UPS AND DOWNS OF EVEREST WITHOUT OXYGEN

**at about 8.30 pm,
following the AGM of the
LDMTA which is to be
held on Friday evening,
21st November, at the
King's Head Hotel,
Thirlspot, Nr. Keswick**

**EVERYONE WELCOME
NO CHARGE**

Believe it or not.....

but a certain member of
Pudding & Bramble (who
wishes to remain
anonymous, so we will
simply refer to him as
Pa.l Sh..rd) is trying to
keep very quiet about
the fact that

HE WILL BE 40

ON 17th DECEMBER !!

FEELING TIRED ?

by Norman Matthews

There is no doubt that as you improve as a runner, you actually feel more tired than you did as a jogger. Considering that you are fitter now than you were in the early days, it possibly begs you to ask the question, why ?

Well, as you become fitter and more committed to your training, you readily accept higher mileage and higher levels of intensity. In fact you begin to accept the discomfort factor as 'par for the course'. Speak to any quality runner who is putting in high mileage and they will admit to feeling tired for most of the time. The problem you may have is deciding whether it's normal for you to feel this way, or are you going over the top, (overtraining syndrome or virus phobia) or even having thoughts of iron deficiency, or not eating enough. So how do you put your mind at rest ? The following guidelines may help.

If your morning pulse is stable, and the lethargy subsides after 15 minutes of running, and your *quality sessions are consistent with a gradual progression*, then you have probably got general training tiredness.

Informed athletes with heart rate monitors know that if they replicated a particular session - either running or on a fixed turbo trainer - regularly over a period of time with carefully recorded times and HR readings, their heart rates would come down with the same times as they got fitter - as long as all the situational variables are the same. If however your HR goes up by six to eight beats you may just have a problem.

To double check on the condition, and to ensure that you are not over training, there are other detailed aspects of your training and behaviour which can be checked.

Check out - subjectively - your current mood, if you feel more irritable than usual, more inclined to be defiant or obstinate, that's not a good sign if all other business and social factors are ok.

If you find it difficult to concentrate during a hard session or feel depressed, these are all signs to look for in the early stages of over training. *(One of the problems of identifying OTS is that the signs and symptoms are very similar to clinical depression!)*

Some signs of over training can be missed if you are not looking in the right direction. Rapid appearance of a cold sore after a hard session can to some athletes be a timely reminder to ease back.

Sweating more than usual after a hard session, and feeling the chill soon after can be an early sign of pending trouble. Certainly those athletes who have a loss of appetite or who are having disturbed sleep should have some cause for concern.

For those who wear a heart monitor, the sign to watch for is the time it takes for your pulse to return to normal resting after a hard session. It pays to keep the strap on for as long as you can, and occasionally put it back on after your shower for up to two hours to see how long it takes to settle right back and note it in your diary!

Those athletes who regularly wear monitors and who are conversant with the various readings before, during and after training are in a far better position to spot any early signs of over training.

If all else fails and you are still not sure, then you can go all technical and do the Rusko test.

To perform Rusko's test, you simply lie quietly for 10 minutes at the same time every day while monitoring your heart rate, which should stay constant during the 10-minute period. You then stand up and check your heart rate exactly 15 seconds after standing, and then again during the period 90-120 seconds after standing (a heart monitor works best for this, although you could also manually count your heart beats between 12 and 18 seconds after

standing up and again between 90 and 120 seconds after standing - and then multiply the number of counted beats by 10 in the first case and two in the second situation to obtain the respective pulse rates). If you use a heart monitor, you should determine AVERAGE heart rate during the period 90-120 seconds after standing up; for example, if your heart rate is 92 beats per minute 90 seconds after standing and 88 beats per minute 30 seconds later, the average 120-second heart rate would be 90.

Rusko found that when an athlete is not on the verge of overtraining, the resting, 15-second, and 120-second heart rates are remarkably constant from day to day. For example, an athlete's heart rate might be 60 beats per minute at rest but climb to 95 beats per minute 15 seconds after standing up and then drop to 80 beats per minute 90-120 seconds after standing up - day after day.

However, athletes often develop higher than usual standing heart rates shortly before they descend into the overtrained condition, according to Rusko. Usually, the most severe changes are in the 90 to 120-second heart rates, which increased by more than 10 beats per minute (from 80 to 90-95). This rise in heart rate wasn't sudden, however; it often took place over a period of about four weeks, giving athletes ample time to ease back on their training. If you are wondering how this elevation in heartrate can predict OTS, bear in mind that pulse rate is controlled by the nervous system, and the nervous system is one of the first three systems to show signs of overtraining. Thus, nervous system irregularities show up as changes in heart rate, which you can monitor quite easily, without the need for expensive endocrine or immune-system tests.

If you feel that this procedure is too long winded then the old saying of 'Prevention is better than the cure' certainly applies here.

PREVENTION.

- Try hard not to increase your mileage by more than 10% a week (it can be more if you have been running consistently at a high level and dropped down for a cold).
- Make a concerted effort to intersperse the hard sessions with good recovery runs. *(Don't think that the recovery runs have to be at jogging pace, somewhere in the region of 70 - 75% of Max HR can be a recovery run.)*
- Always take a day off per week or go cross training for a swim or cycle.
- Once every six-weeks ease back on the intense sessions and reduce overall mileage - have an *easier* week.
- Don't diet during a heavy training period; keep the calories well balanced for your energy use.
- Try to find some time during the day to relax completely.
- Getting enough sleep is another aspect that is occasionally overlooked - 6 hours is fine for those ordinary folk who have adjusted over the years, but if you add athletic mileage and energy expenditure on top of a forty hour week job, then six hours is not enough.
- Don't do all your training with a partner who is of a higher standard.
- Try to be realistic with what you expect from your training, if in doubt ask for advice from a coach or other experienced elite athlete.

There is no doubt that those highly motivated athletes who live for running, can at times put their health in jeopardy by an over zealous approach to their training, and great care should be taken in having a balanced progressive schedule that takes account of the high intensities by matching them with sufficient recovery running to allow the body adequate time to recuperate.

Lakes 24 from Chris Upson

Background - 24-hr Hill Challenges

Bob Graham has a lot to answer for. In 1932, Mr Graham made a name for himself by completing a round of 42 tops in the Lakes within 24 hours. This route would not be repeated for 28 years, but today represents the benchmark 24 hour challenge for any reasonably fit hill runner. The BGR has now seen around 1200 repeats.

The Scottish equivalent to the BGR is the Ramsay Round, established by Charlie Ramsay in 1978. This tackles 23 or 24 Munros around Glen Nevis. The Ramsay travels through far rougher terrain, and has seen less than 100 repeats.

Both the Bob Graham and the Ramsay started life by asking the question "How many peaks can I climb in 24 hours?"

In the Lakes, this question has been answered by extending the Bob Graham to include ever more tops. The current record stands at 77 tops by Mark Hartell in 1997.

In Scotland, the challenge has been to tackle the maximum number of Munros in 24 hours. Popular wisdom was that Glen Nevis was the place to pick up large numbers, and in 1987 Martin Stone added the two Munros south of Loch Ossian to Ramsay to increase the 24-hr record to 26.

The following year (1988) Jon Broxap challenged conventional wisdom by plotting an audacious route around the Glen Shiel / Glen Affric Munros. Paced by top calibre hill runners, including Mark Rigby and John Blair-fish, Jon recorded a phenomenal round of 28 Munros starting and finishing at the Cluanie Inn.

In 1991, Adrian Belton tried to increase the 24-hr Munro record with a Ramsay extension towards the Ben Alder group. The team managed to pick up an additional 5 hills whilst by-passing Beinn na Lap, thereby matching the Broxap tally of 28.

Saturation Point

Has saturation point been reached on these big rounds?

The Scottish Munro challenge has not progressed since the Broxap and Belton 28-Munro rounds in 1988 and 1991 respectively. No one has yet managed to repeat or extend either of these rounds. So the answer to how many Munros can be climbed in 24-hrs would appear to be a categorical 28. However with the SMC around things are never that simple. In 1997 the SMC had a new copy of the Tables to promote, so randomly promoted eight 3,000' tops to Munro status to give extra value for money. They also demoted Sgor an Iubhair (Mamores). Since Sgurr na Carnach (Kintail) was promoted, this opened up clear water between Broxap and Belton without Jon having to leave his armchair. The Broxap tally was now 29, and Belton was on 27. Such are the vagaries of collecting Munros.

In fairness, the Broxap route is a considerably bigger undertaking with at least 4,000ft more ascent over a similar distance, compared with the Belton route. Both of these rounds are phenomenal achievements that have not yet been repeated.

In the Lakes the emphasis has always been on adding more and more tops to the basic Bob Graham round. During the 1970s, Joss Naylor spent his time adding more and more tops to the basic BGR, and reached 72 tops in 1975. This tally was increased to 77 by Mark Hartell in 1997.

Mark Hartell's set of 77 tops will be a tough challenge to beat. However the tops in the Lakes do not need any height or re-ascent qualification. So the list of tops is somewhat arbitrary in terms of what warrants inclusion as a separate summit. For example Coomb Height on the Hartell round has only about 3m of re-ascent, and Watson's Dodd has around 10m re-ascent.

The Lakes maximum number of peaks record therefore includes a large number of fairly insignificant tops, that help to boost the numbers.

All this arbitrariness and goal post shifting got me thinking as what is the maximum number of tops that has ever been climbed in 24 hours with a given level of vertical independence or drop.

Clearly if you choose 8000m as your drop then the answer is one, since there is only one hill with this much vertical independence. But what happens if you choose a drop figure of 150m?

The Marilyn Factor

British hills with 150m drop are known as Marilyns, and are described in the book "The Relative Hills of Britain". If a hill does not meet the 150m drop criterion then tough, it's not a Marilyn. This criterion immediately gets rid of any "soft touch" hills. For example, the whole of the Dodds ridge to Clough Head is chucked out straight away.

If you apply the Marilyn (150m drop) criterion to the big rounds carried out so far you get the following totals:

- Broxap 19
- Belton 18
- Hartell 16
- Ramsay 15
- Bob Graham 12

So of Broxap's 29 Munros, only 19 of them have the full 150m drop. Clearly all these rounds pick up other hills apart from the Marilyns, but I got to wondering, if you optimised your route to only target Marilyns, would it be possible to climb 24 in 24 hours.

I wasn't the only person to think of this. Rob Woodall had looked at the problem in theory, and Chris Pearson had already had 4 or 5 unsuccessful attempts. If I wanted to be the first person to do the 24 in 24 hours, I would have to get my act together.

Planning the Route

The 24/24 challenge is not only a physical one. It also involves working out a route of 24 hills that might be linkable on foot. This is not a trivial problem. There are around 1300 Marilyns on the British mainland. If you consider each hill in turn, and then (for example) consider its 4 nearest neighbours, and the next hill's four nearest neighbours, and so on till you've picked 24 hills, you will have to consider 9.1×10^{16} route choices. If you spend 5 seconds looking at each route, it would take 15 billion years to check all the options, i.e. the same age as the universe. Seeing as I was plotting the route in my spare time at work, I didn't really have this long.

I quickly whittled down the route choices by selecting the Lakes. The Lakes has the advantage of good surfaces and plenty of paths. Eventually I found a route of 24 hills that might be just about possible for someone of my ability. I would call the route "Lakes24". The stats were coming out only slightly higher than the BGR, but I was deliberately underestimating so that I wouldn't get put off.

Spring 2002 was spent recyng 8 or 9 hour sections with Kate. At the end of each stage I was shattered and couldn't imagine continuing for another 16 hours or so. It was during this time that two attempts were made at linking Pillar to High Stile before deciding this was a thoroughly bad and dangerous idea. Pillar and High Stile were subsequently deleted from the list and replaced with Baystones and Harter Fell (Eskdale). This route switch turned out to be the key for success.

Kate and I made an abortive attempt at Lakes24 in June 2002. We started at 1am, but abandoned the idea after 2 hills in torrential rain and low cloud. This only made me more determined for next time.

Training for the Route

I pulled my hamstring training for London Marathon 2003, but managed to hobble round in 3:13 thinking the road miles and sufferance would do me good. Two weeks later I did the Yorkshire Three Peaks race. And on the run up to Lakes24, I did The

Scottish Islands Peaks Race, Jura Fell Race and Duddon Long on consecutive weekends. I thought if that's not enough miles, I don't know what is.

I was now as ready as I could be.



Chris with part of the route behind him
(Photo Chris Upson)

Lakes24 ~ 14/15 June 2003

My Dad watched me disappear up Hallin Fell from Martindale Hause at 5am on 14th June 2003. Cool clear weather. Ideal for running. Things were looking more promising than last year.

I made good progress over Place Fell, High Street and Stony Cove Pike, and was about 1.5 hrs ahead of schedule at the A592. I was keen to build up some margin on the early sections. I knew I would need it later. After bagging the outlying Baystones, I jogged up the road to Kirkstone Pass for the first quick foodstop. 08:26.

The next stretch was over Red Screes, Fairfield, St Sunday Crag, Helvellyn and Seat Sandal. It was a glorious morning and I thoroughly enjoyed this section. At St Sunday Crag I was 8 hills down in 5 hours and pleased with how easy I was finding it. But then at the outflow of Grisedale Tarn I fell in a quagmire thinking it was solid. My shoes were filled with slimey mud. The grit in my shoes would later on turn my feet to an excruciating mass of blisters.

I reached the top of Helvellyn at 11:07 and it was getting warm. I begged a drink of water and vaguely waved at the Scafell hills in the dim distance to explain what I doing. I couldn't be bothered to explain what a Marilyn was.

Down at the Travellers Rest near Grasmere I met up with support team, Micky and Claire, for the first time. I was starting to feel the heat. This is where I made my first mistake. I should have changed my socks, but I wanted to keep moving.

It was uncomfortably warm as I jogged down the main road towards Loughrigg. Hordes of ordinary walkers were out sunning themselves and enjoying a leisurely ramble. I grimly ploughed through their midst. On the descent my legs were hurting for the first time. Not a good sign. I was worried my quads would pack up long before the end.

At Elterwater the support car was waiting outside the Britannia Inn. The place was mobbed. I felt like a freak in front of these folk who knew how to relax.

I was feeling ropery in the heat, but managed to catch some shade leaving Elterwater before being exposed to the glare of the sun again on Lingmoor. The time at the summit was 13:59:59. 9 hours, 12 hills. So far so good.

Blea Tarn was the nominal halfway point. But I knew the 2nd half of the route had bigger climbs and rougher hills. Not to mention fatigue and darkness would be kicking in later on.

Micky accompanied me up Pike o'Blisco. This helped me to relax and took the pressure off me for a while. A pleasant run off to Cockley Beck followed for the next drink stop in some much needed shade. Harter Fell I find tough since it's heading in the wrong direction. Micky nobly agreed to come up this one too, but I dropped him on the final summit slopes and pulled away on the descent. Claire was waiting at Hard Knott Pass where I took 15 minutes to get my head round the next stage.

Hard Knott summit was reached in a further 15 minutes followed by the daunting approach to Scafell Pike. I took a super-direct line up from Great Moss to the summit, topping out at 19:27. Now for the Corridor Route. Familiar ground but the pain in my feet welling up. Jarring pain on every footstrike. Fantastic evening light as I moved over Great Gable and Kirk Fell before picking up Moses Trod to Honister. The discomfort in my feet making running difficult now. Dark and midgy and Honister. Finally changed my shoes and socks. But too late. The damage was done.

Micky joined me for the pleasant stage over Dale Head and Robinson. A glorious red moon turning to orange and milky white. Vaguely trying to catch some Bob Graham headtorches in front. The descent from Robinson is steep but efficient, with a final grass precipice to Newlands Hause.

Here Micky dropped out and I was back on my own faced with a 600m+ ascent of Grasmoor in the dark with burning feet. Just when I thought things couldn't get worse I realised the hill was plastered in deep bracken just to add to the fun. An awkward traverse and descent to cross Sail Beck was followed by a brutal slog up Wandope.

Here I lost all sense of time and perspective. I was grinding to a halt. On Grasmoor I tried to up the tempo, but once again the feet were making running difficult. I got my act back together on Grisedale Pike and really attacked the descent to Whinlatter. I knew if I could pick up time I would be fine.

But then disaster struck. Mistake no.2. I hit the forest at Whinlatter and had a total mental block. Left then right? Right then left? I had no idea. I tried to shortcut to the road by a burn, but immediately ended up thrashing through forest in the dark. 5 or 10 minutes were lost before I found the road, and much energy and composure.

I was so furious at Whinlatter I stormed up the hill without stopping and promptly got completely lost in the labyrinth of paths and forest tracks, none of which are signed to Lord's Seat. I reached the summit at 03:52. My margin had vanished. It was down to the wire.

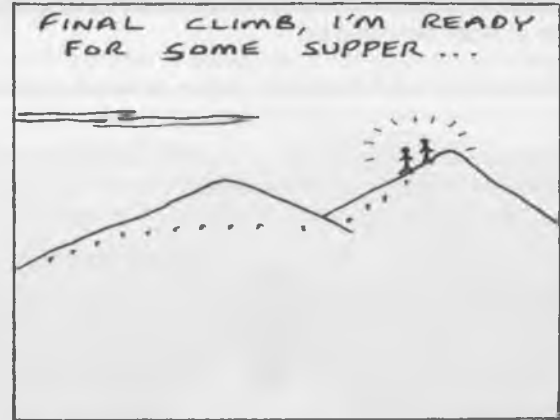
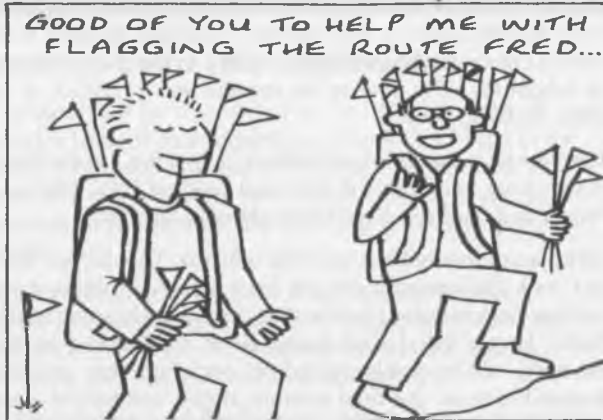
The descent off Lord's Seat takes you through some hideous bog before you can reach the forest track steeply dropping to Swan Hotel. I had more or less given up now. So far ahead, and now I thought I'd blown it. I reached the road and told Micky I'd had enough. I thought it was about 4:30. I had no intention of doing Swinside outside the 24 hours.

I looked at my watch. The time was 4:14. I couldn't believe it. A reprieve! I jettisoned my bum bag and started sprinting towards Braithwaite. There would be only one outcome now.

I felt no pain or discomfort. The road rolled by under my feet. I dived through the caravan park and was at the base of the hill with 20 minutes left. A quick hurdle of the rusty barbed wire fence, and thrash up through the undergrowth and there I was at the summit. The journey was finished. The time? 23:49:40.

Statistics: 70 miles / 29,200ft.

FELLRUNNING FRED by Anna Colstranz



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Dr Martyn's Problem Page

What a traumatic few months; I very nearly didn't get to write this month's edition as shortly after last month's edition came out I was attacked in my own house. On my return home from the pub, as I entered my kitchen I was attacked by someone with one of my own pans. When the police arrived I was still unconscious, although the only thing stolen was my wife, as nothing else was missing. My recovery was slow, the lacerations to my head and upper body not proving too difficult, but the surgical removal of a small steel milk pan from the lower section of the colon is quite a delicate and lengthy procedure. Suffice to say everything is back to normal although my fondness for a milky drink before bed-time has gone. The police have been unable to find my wife, despite me following their guidelines and giving her a bracelet with our post-code on. They seem as baffled as I am by the whole affair. Anyway, enough of my woes, I should be attending to your problems!

A word of warning

Dear Dr Martyn,

A quick word of warning to your readers. I recently bought a pair of thermal underpants with a protective wind panel. What a good idea I thought, but imagine my dismay on opening the packet to find the panel was at the front. I took them straight back and was appalled to discover that they all had the same fault. As I said to the bloke in the shop, "That's the problem with having most things made overseas".

Airy Rear

Airy

I can understand your disappointment but I think you are wrong to blame overseas manufacture. I am fairly certain that foreigners are anatomically the same as us, and so would also want the panel at the back. I think it must be a simple design fault.

The shame of it all.

Dear Dr Martyn,

I am sorry to be writing yet again but I am at my wits' end. You will recall I was worried about our Rocky taking up with a Southern lass. Well a couple of weeks back he announces that they are getting engaged. Now, she seems a fairly decent sort to me but they explained that it was important that I meet her parents. What a weekend, they have a second property in the Lakes you know, so we thought it would be a good idea to meet up in the Lakes. I emptied the tools out of the back of the van and chucked in the mattress from the spare room. I have seen more expensive van conversions but I thought it would do for me and Ethel. The girl's folks were keen runners I was told and they invited me out for a run with them in the afternoon and then a meal in the evening. It sounded good to me and I looked forward to a blast out from Keswick. Well it turned out their idea of a run was up the A66 to Penruddock and back. The shame of it all, I wore off the studs on my new Walshes, and was spotted by two of the young lads in the club whilst jogging with Julian and Glynis, who were resplendent in matching attire. Julian had also driven the route in the morning and for some reason had placed water bottles right next to perfectly good streams. It turns out they didn't like fell running and had in fact previously complained to the Fell Runner about a race they had entered. (June 2001). To top it all the restaurant only served beer in bottles and didn't allow ferrets on the premises. What can I do? The wedding is now only 6 months away and when the lads from the club meet them, I will be

kicked out of the club for sure. Rule 17a "any action, activity or association that prejudices the good name of the club etc."

Yours in desperation

Jed Steel (RHNFR)

Dear Jed,

Trying times indeed! The course of true love is often a difficult path and I fear you must support Rocky through difficult times as your father once supported you. (Oct 2002), but all is not lost. You must adopt the same resilience as our religious brethren who call so persistently at our doors. I sense there is still hope to convert Julian and Glynis to the true path, but progress slowly. Invite them out for a road run, but throw in a few soft verges along the way – obviously do it a long way from home and at night. Slowly put in detours along tracks, etc and I am certain by the time of the wedding you will have them giving a creditable performance in Rocky's wedding day morning club run.

Loss of liberty

Dr Martyn,

I read with dismay of the Government's plans to erode our freedom and liberty by the introduction of a compulsory ID Card scheme. And to top it all they want to charge us £40 for it. Enough is enough I say.

Fred Dom

Fred

I am with you on this one, I am not giving up my freedom and liberty until the price is down below a tenner.

Dr Martyn,

What's the big deal about getting all primary school classes down to under 30, when I was a lad you left primary school at 11.

Bob

Don't you think ignoranus is a much better spelling of ignoramus. Producing a much more descriptive and suitable noun.

FRA Special Award

The FRA has, on occasions, presented an award to recognise outstanding contributions to the sport – these are not necessarily sporting achievements.

Any nominations to be sent to Brett Weeden, 32 Kirkgate, Silsden, Keighley, BD20 0AL. Email: brett@phreakware.co.uk

SNOWDON TO PUMLUMON

- A challenge accomplished solo on 24/25 May 2003.

by Yiannis Tridimas

According to legend Yr Wyddfa (Snowdon), Cadair Idris and Pumlumon are the three chief mountains of Wales. They are lined up in more or less a straight line from north to mid-Wales. A couple of years ago I got the idea of a linear run joining all three of them. As those who like to indulge in long distance events know, the best part of such challenges is the reconnaissance stage. I spent many happy hours sorting out the route, and in the process visiting Pumlumon for the first time. I decided to include only the largest hills along the way and avoided roads as much as possible although a few miles of tarmac had to be allowed in.

I made a solo attempt on 21st April 2003, which for a number of reasons ended at Cadair Idris after about 21 hours. I then went back and refined parts of the route and decided on the next attempt date as Saturday the 24th May.

On Friday I stayed at Nant-y-moch overnight and was joined in the morning by Wayne and his fledgling fellrunner son Karl. Wayne provided transport to the start. I left food and drinks at four road crossings and arrived at Pen-y-pass just in time for a mid-day start. Wayne was to stay in the area and do spot checks wherever he chose but was under oath not to be at road crossings as this could tempt a weak and battered me into giving up easily. This way I would have to get to Nant-y-moch to my van come what may. As Wynn Cliff put it....."NO offers of lifts unless it's to recover your body or remove it to hospital".

Although I had the benefit of fully supported challenges in the past, I have in recent years developed a liking for solo attempts. Carrying a light sack with some food and drink and essential gear I set off up Snowdon expecting the whole thing to take me well over 24 hours but secretly hoping to be able to do sub-24 hours between the tops of Snowdon and Pumlumon. The weather was fairly mild and overcast and the tops shrouded in cloud. Rain soon came and it became a deluge as I was descending towards Nant Gwynant. At the top of Cnicht I met Wayne and Karl. This and the next two hills were clear but rain showers continued through the day. The ground was heavy with water.



Yiannis and Karl on the summit of Cnicht
(Photo Yiannis Tridimas)

I find runnable stretches hard and the long slog between Manod Mawr and Arenig Fawr seemed endless. Most of the route is on open fell or on rights of way but the temptation for a couple of

shortcuts through private land could not be entirely resisted. As I was taking one of those shortcuts on approaching Arenig Fawr, close to a farm, the farmer appeared leading his flock of a few hundred sheep and with all his dogs in attendance. I ducked down and sat there for about five minutes taking an enforced rest. This was then followed by a sprint to rejoin the path as soon as the farmer was a safe distance away.

Arenig Fawr was clear for a while but as I started ascending the cloud came down. Two figures appeared hurrying along a contour below the cloud line. I found out later it was Wayne and Karl, who were skirting round the mountain below some crags on their way to the top to meet me. I got to the trig point before they did and we never met. At the next road crossing I had a sit down meal of hot soup from my flask deposited there. I put on an extra layer and headed up the path to the Arans, which were under thick cloud. It was quite dark and drizzling. I chose this as the night section since it is fairly straightforward to navigate although it can be quite slow in the dark due to the large amount of rock and a very boggy descent towards Glasgwm.

I had a brief meeting with Wayne at the road before ascending Maen Du - the steepest of all the climbs. Daybreak came just before the next hill. My progress up Cadair Idris was quite good and I was in good spirits. The mist on the top was thick and my only concern was finding the gully on the precipitous south side of the big mountain for a swift descent. It all went to plan and soon I was starting the climb up Tarren-y-Gesail thirteen minutes behind my schedule. The long trek through sheltered forest tracks was followed by pretty stormy weather at the top of this little known hill, which on a clear day gives beautiful views of the surrounding valleys. Its smaller neighbour, Tarren Hendre, attracts more attention probably because Tarren-y-Gesail is completely surrounded by pine forests that almost forbid access to its lofty summit. On the way down to Dyfi valley I paused briefly to call home on my mobile. One hill to go but a very long way away! At the road I met Wayne and Karl and after picking up food and drink I ran through the town of Machynlleth. There is no other crossing of Afon Dyfi for miles. At the outskirts of the town I left the tarmac road and headed for the high level hill route, which involves more distance and climb than a country lane running parallel to it. It is a beautiful path through meadows and hills but now, much to my dislike, the sun was out and it felt quite hot at times. I splashed through puddles on the path to cool down and persevered. I looked at my watch as the 24 hours was up - there was still some way to go. On and on I pushed and eventually I crossed Afon Hengwm, thigh deep and pleasantly cool, to start the ascent of Pumlumon Fawr. I expected to find Wayne at the top but when I got there I was the only one on the whole mountain. The descent to Nant-y-Moch was easy underfoot, mostly on soft grass. I got to the dam quicker than I did when I reccied it some time ago.

I found this challenge to be one of the hardest ones I have done, harder than the Ramsey round I did last year. The Ramsey round has lots of hills, many of them quite rough underfoot. This challenge has fewer hills with long runnable distances in between. I must say that I prefer the first. As far as scenic beauty goes though, the Snowdon to Pumlumon route is unrivalled.

Times: Pen-y-pass to Nant-y-moch: 27:09; Snowdon to Pumlumon: 25:28

Distance: 78 miles; climb: 22,500 feet.

Rest: Approximately 20 minutes in total was spent in picking up and consuming food and drink at four road crossings.

Hills: Snowdon, Cnicht, Moelwyn Mawr, Manod Mawr, Arenig Fawr, Aran Fawddwy, Glasgwm, Maen Du, Waun Fawr, Cadair Idris (Pen y Gadair), Tarren y Gesail, Pen Pumlumon Fawr.

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FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

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 next month or so, a panel of long distance 'enthusiasts' will examine 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: m.martin@sportident.co.uk*

BOB GRAHAM ROUND UPDATE

Brian Covell reports that so far there are 27 new members in 2003, six of whom are ladies.

Andrew Schofield (Scoff) recorded a very fine time of 17hrs 1minute, making his round the second fastest on joining the BG Club, and the 4th fastest ever. On a near perfect day he was paced by a who's who of fell racing, mostly members of Borrowdale AC. He set off at a furious pace, reaching Threlkeld in 2hrs 35mins. As he was by now 22 minutes behind Billy Bland's 13hrs 53mins schedule, Scoff concluded wisely that he wasn't on for a record! However, he did move very swiftly throughout the day completing the Helvellyn ridge in 2hrs 53mins and the Langdale/Scafell section in 4hrs 26mins. Scoff's wheels finally came off at Honister and it proved a bit of a survival exercise from there to the finish. However, this was a top performance and the fastest round for a few years. Only Stuart Bland has completed a first round faster in 14hrs 56mins and Mark Hartell has completed a second BG in 14hrs 54mins.

Rob Blyth - Not many solo-unsupported rounds take place and this makes Rob's attempt noteworthy. Rob writes "I completed a solo-unsupported BG on 9th/10th August in 23:34. I was on a 22-hour schedule but got confused in the clag at Steeple and when I saw it in a patch of sunlight from Gable I wasn't sure any more if I had been to Steeple or the promontory off Mirk Cove, which also has a cairn (tired and confused state of mind). I decided I had to go back to be sure, so I did that and that put me back to a 23 schedule, which once I knew by Dale Head that I'd be over 23 and under 24 I just relaxed and didn't run much on the road to save my legs. I really enjoyed it, especially the night section alone. I hadn't reccied anything after Scafell Pike and this certainly cost me a lot of time. Still one to do again now I know it."

WELSH CLASSICAL ROUND UPDATE

Paddy Buckley is custodian of the records for this round of Snowdonia that he created in the 1980's and he reports "I know of only 3 people to have completed the Welsh Round this year making a total of 45 completions. The first of 2003 was Martin White who lives in Winchester and so may be the southern-most to do the Round. He sensibly chose to start at Bwlch Gwernog, making his first objective the biggest climb of the Round, from 26 feet above sea level at Aberglaslyn to Moel Hebog at 2566 feet. He had a nail-biting descent of Cnicht to finish in 23hrs 54mins on June 15th. A Dark Peak attempt on July 11/12th was also successful when Bob Berzins, at his third attempt, finished

in 23hrs 37mins, with team mate Gavin Williams coming in ten minutes later. This pair started at Aberglaslyn at 6.55pm thus tackling Snowdon and Elidir Fach in the dark, a strategy which has much to commend it". Please contact Paddy Buckley at paddy.buckley@lineone.net if you have been omitted from this year's round up.

CHARLIE RAMSAY ROUND UPDATE

Jon Broxap has been keeping a list of successful rounds. Since the route was first established by Charlie Ramsay in 1978 only 31 stalwarts have managed to complete the round within 24 hours while many more have failed in bad weather. Jon knows of only one person to complete the round this year. Charlie Ramsay invited friends and those who have completed the round to join him for a drink in Fort William in July to celebrate the 25th anniversary of his first completion of the Ramsay Round. If you have been missed off this year's round-up please contact Jon Broxap - jon@dbroxap.freemove.co.uk so that he can add you to the list.

John Fleetwood - It has been a remarkable year for John who on 5th July completed the Ramsay Round and added this success to his recent winter and spring solo-unsupported completions of Tranter's Round. John writes "Although supported, I actually ran nearly all of the way over the Mamores to Ben na Lap, Stob Ban and from Aonach Mor col to the finish on my own. I only finished with 7 minutes to spare due to a painful knee stopping me from running properly in the middle section and dark and mist on Aonach Mor toward the end. Despite a few falls in my ancient Walshes, chosen for comfort not grip, I slithered down the Red Burn to end up at the youth hostel just the right side of 24 hours (23hrs 53mins).

HADRIAN'S WALL FOOTPATH - CHRIS DAVIES & MIKE ELWELL

Chris and Mike, both members of Saddleworth Runners ran the newly opened Hadrian's Wall footpath (84 miles) from Wallend to Bowness-on-Solway on Saturday, 12th July. Chris says that the route is "not a fell run by any means, mostly very flat, and lots of it very dull indeed. We set off at 2.00am. My time was much, much slower than I had planned, but we ended up running together until the last 7 miles. But at age 60, Mike is a super, super vet, so not bad. Anyway, times for someone to beat comfortably". Chris who is an MEP completed the route in 19hrs 39mins and Mike followed him in 21 minutes later.

LAKES24 – CHRIS UPSON

On 14th/15th June Chris created an ambitious new challenge in the Lakes and has named it Lakes24. The challenge was to bag 24 Marilyns (hills with a drop of at least 150m on all sides, as described in 'The Relative Hills of Britain') in 24 hours.

The previous record for Marilyns completed in a 24-hr period was 19 by Jon Broxap in 1988 at Glen Shiel when he set the existing 24-hour Munros record. You can read all about the 70-mile route with 29,200ft of climb in Chris' article elsewhere in the magazine.

BRIAN DAVISON – SMC HUT CHALLENGE

This is an interesting story and its great to know that people can tinker with and dream of completing a challenge for years before it comes to fruition. Brian is based in Lancaster and regards himself as a climber who does some running to

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keep fit for winter climbing. He is a member of the Scottish Mountaineering Club (SMC). In the 1995 SMC journal Alex Keith wrote an article about a run he did linking all of the SMC huts in the following order - Raeburn Hut near Laggan, Lagangarbh Hut in Glencoe, CIC Hut on Ben Nevis and the Ling Hut in Torridon. He spent a night in each but took two days to cover the 73 miles from the CIC to the Ling and spent that night in the Cluanie Inn in Glenshiel. This made Brian think about doing the run but reaching a different hut every night, which would obviously reduce his time by a day and involve a long day getting to the Ling Hut. He decided this was to be a long-term project and so in 1998 he and Nick Hewitt completed a circular route of all the Fell & Rock huts in the Lake District. Their 50-mile route with about 20,000ft ascent/descent took them 20 hours and they visited Beetham Cottage near Brothers Water, Raw Head in Langdale, Brackenclose in Wasdale, Birkness on Buttermere and The Salving House in Borrowdale.

The following year (1999) Brian did an unsupported Bob Graham but then lost some motivation for the SMC Hut Challenge when in the same year the SMC purchased a 5th hut, the Naismith Hut at Elphin north of Ullapool, which would considerably extend the run. However in October last year Brian set about linking the SMC huts on mountain bike and although he couldn't follow the exact route he would if he was to run between the huts it gave him an idea of how feasible the undertaking was. The second day between the Ling and Raeburn huts turned into an 18 hour, 140 mile epic ride, half on and half off road.

In May this year Brian had a go at running the route going from north to south starting at Naismith Hut in Elphin.

The days would be as follows:

Naismith Hut in Elphin

To Ling Hut in Torridon, about 50 miles.

To Raeburn Hut near Laggan about 85 miles

To CIC Hut on Ben Nevis about 40 miles

To Lagangarbh Hut in Glencoe about 15 miles.

He was unsupported, the idea being to take two days' supplies and re-supply for the second half of the route at the Raeburn Hut after the long day. The first attempt failed at Fort Augustus. In June Brian made a 2nd successful attempt and this time he was completely on his own. Brian writes *"I left a car at the Raeburn Hut and hitched to Elphin and started running. I had food for two days' running and a meal to prepare and eat at the Ling hut and I'd get my re-supply when I reached the Raeburn hut after two days. I did buy some soup and tea at Fort Augustus but as I didn't know when I'd be passing through places I couldn't rely on picking up supplies while travelling so anything gained en route was a bonus. The long 2nd day took me a full 24 hours to the Raeburn. I reached the CIC on the 3rd day and had a nice gentle walk to Lagangarbh in Glencoe on the 4th day and then hitched back to my car at the Raeburn and drove home. The mileages are only rough estimates but it came to about 200 miles over 4 days. I don't know how much altitude gain/loss was involved."*

SPORTident SCOTTISH 4000 DUATHLON

This event is held every two years and because of its severity and long stages without support, the event is only open to very strong duathletes with proven Elite MM experience and good mountain skills. The route crosses all the 4000 foot peaks in Scotland, is 32m/13400' on foot and 61 miles by

road bike from Glen Nevis in Lochaber to Glenmore in the Cairngorms. The route starts in Glen Nevis and begins with the ascent of Ben Nevis, Carn Mor Dearg, Aonach Beag and Aonach Mor. After dropping off the mountains, the competitors then continue for 60 miles by road bike to Glen Feshie. The final section is twenty-one miles across the Cairngorm plateau, taking in Cairn Toul, Angel's Peak, Braeriach, Ben Macdui and Cairngorm. The record is 11 hours 35 minutes 59 seconds by Jim Davies in June 2001.

The race was held this year on Saturday 19th July and there were 26 starters. Competitors were allowed to start on the hour between 4am and 7am and this allowed the steadier competitors a longer period to complete the race. The idea is that everyone should finish at Glenmore between 18:00 - 22:30 hrs. The weather on the Ben was grotty and even the top competitors were making navigation errors as they crossed the Aonachs. Descending Aonach Mor to Nevis Range competitors had the choice of running the descent or using a mountain bike they had positioned the previous night at the top of the specially created precipitous mountain bike descent route. Competition on the 60-mile biking section to the Cairngorms was intense, as the top competitors tried to regain places lost through poor navigation on the Lochaber peaks.

The weather improved steadily throughout the day and it was a magnificent afternoon/evening in the Cairngorms. However, at above 3000 feet the mist was down and after a long and featureless section into the mountains from Glen Feshie a number of competitors who maybe should have known better, arrived at their first Cairngorm summit to find the electronic timing box informing them that they were on Angel's Peak and not Cairn Toul, some 600M to the east. A dogleg was required to visit Cairn Toul and this cost them places. Jonathan Whitaker was out in front and making all the right route choices. He consistently increased his lead on the way to every Cairngorm summit and finally won the race in 12hrs 8mins, beating Paul Deegan of Kendal by about 40 minutes. This was a great performance as the conditions were a little slower than in 2001.

The ladies' race was hard fought battle, although Sarah Wingrove set off at 5am and Liz Cowell at 6am so neither of them ever knew precisely how well the other was performing. Sarah won the ladies' race and was placed 6th overall in a time of 13hrs 29mins, which reduced the record by almost 50 minutes and was 70 minutes quicker than her 2001 time. She climbed from the Lharig Ghru to the summit of Ben Macdui in an amazing 39mins 56secs, more than 5 minutes quicker than the fastest man and as quickly as Jim Davies in 2001. Liz Cowell was second lady, also in a very good time of 13hrs 48min and this improved her 2001 time by 30 minutes. Of the 22 out of 26 who completed the race, 4 of the competitors were ladies and the ladies improved their times very significantly while the men's times in general were slower than in 2001.

Everyone was home by 10pm and we all enjoyed some refreshments, a chat and the prize giving in the bar at Glenmore Lodge. For more details visit www.scottish4000.com.

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