

# The Fellrunner Magazine

February 2004



**Inside:**  
2004 Championships Round-up • Ladies' Retrospective  
Champion's Choice • Forty Years Ago  
Athletes' Hearts & ECGs

*Louise Sharp, British and English  
Champion 2003, working hard at  
Anniversary Walk  
(Photo Pete Hartley)*

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# The Fellrunner Magazine

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First of all, a Happy New Year and best wishes for a suitably athletically satisfying 2004 to all FRA members. Having taken some (unfair) stick from a variety of sources about the male-dominated content of the last issue I have attempted to redress the balance this time round by making this very much a ladies' issue. I apologise for my unwitting misogyny and promise to try and keep a more appropriate balance in future but, in my defence, I would like to point out that I'm not totally responsible for the magazine's content as a lot of it is dependent on who sends articles in - over to you, ladies !!

I thought that all the furore about the carrying of suitable clothing/equipment at races had died down but in one respect 2004 got off to a very bad start at Ovenden, where Allan Greenwood quite rightly banned two runners from all of his races in the future - the conditions were Arctic and Allan made it quite clear that he expected all runners to carry full additional body cover. Despite this, two runners slipped through the net and ran in vests and shorts without any additional gear at all; in fact one of them was so stupid and obdurate that, despite having been lent a spare waterproof at registration, he deliberately left it on a wall at the start !! The full body cover rule is not loved by everyone but if that's what is stipulated either by FRA Rules or by the organiser at the start of the race then it **MUST** be observed and enforced to avoid a potentially tragic outcome. It's the same for everyone and a bumbag doesn't weigh much, so please can we all get used to

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taking the gear to all races - that way there should never be a problem.

On another tack entirely I see that one of my least favourite institutions, PST, appears to be flying in the face of commonsense and the FRA Safety Requirements by trying sneakily to sidestep these with the creation of a new category of race - Category D - which will include International and Selection races only and will enable kit requirements at such races to be at the discretion of the organiser. Quite how they can justify this on ethical grounds is beyond me and, I suspect, may well be beyond the sympathy and understanding of the Insurers - see Ross Powell's letter for further details.

Most people will have gathered by now that our bid to host the World Trophy has been rejected in a manner which has, understandably, caused a great deal of resentment and discontent. However, we are going ahead with plans to host the World Masters Championships in 2005, and as there are more "Masters" than anything else in fellrunning at present there are grounds for thinking that this will probably be not only a great success but of much more relevance to the majority of our members.

### **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.

Printed by Walker Design & Print tel: 01484 862121 email: walker.print@zen.co.uk

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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 Sunday 9th May 2004.

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**Please send Advertising Copy to:**

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# Chairman's Chat

from Alan Barlow

It saddens me to have to report that our bid to hold the World Trophy in 2005 was unsuccessful, despite all the hard work from our committee and there seems to be little appetite from the mountain running countries to attend an event in England. However both our committee and those of the other home countries expressed concern at the unfairness of the process in that the World Mountain Running Association do not adhere to their own strict rules in these matters. Both the FRA and PST have written to UK Athletics requesting that they write to IAAF regarding the conduct of WMRA. Whilst this will of course not help us on this occasion it will hopefully lead to a fairer process in future years. This situation is all the more galling when the President of WMRA is a member of the FRA.

On a more positive note it is pleasing that we have obtained the World Masters Championship for 2005 and a committee is working hard to ensure that everything goes well. No doubt many of you will be able to assist with the operation of this event or compete in it.

The 'modernisation' that I mentioned in my last 'chat' seems to be on hold for the time being as UK Sport and Sport England, who fund UK Athletics, have appointed Sir Andrew Foster to conduct a review of its affairs. In the meantime we continue to keep in touch with developments and will advise on progress in the next issue of this magazine.

We have been successful in obtaining a grant under the 'Awards for All' scheme for junior and coach development. If any of you wish to take advantage of this please contact Norman Matthews without delay as these courses have always proved popular and fill up quickly.

I look forward to seeing many of you at forthcoming events and would like to take this opportunity to wish all our members a successful 2004.

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# Calendar Update

## Erratum

Firstly an apology for an error I made in compiling the Calendar. On page 18 in the "Summary of Races" I have mistakenly marked Moel Eilio on May 15th as a British Championship race. It should be Elidir Fawr on May 23rd. Elidir Fawr is given correctly in the Championship sections.

Details of most of the races listed below were received too late to be included in the Calendar itself. Corrections and amendments to the information in the Calendar are also listed. Please note that the update is in chronological order of when the races will NOW take place.

*Margaret Chippendale*

**ADDRESS CHANGE.** Please note that the contact details for Joe Faulkner, organiser of the Great Lakeland 3-Day (16th-18th April) and the Dockray-Hartside Race (19th May) have changed to 3 Larch Close, Penrith, CA11 8UH, with a phone number (mobile) of 07764 532758.

The website details (www.bamptonpo.com) remain the same.

**SAT. MAR 7th. HOLYHEAD MOUNTAIN RACE.** Because of access problems this race has had to be cancelled and will not, therefore, take place on this date.

**SAT. MAR 20th. CHAPELGILL HILL RACE.** AS. 3.00 p.m. 1.5m/1400' from Glenkirk, nr Broughton, Scottish Borders (GR077295). £2 on day. Teams (3) free. PM. Over 15. Records: 18.50 P. Davies 2003; f. 22.10 A. Mudge 2003. Also junior race, 0.5m/150', nominal entry fee. No toilets at this venue. Details: Andrew Spenceley, 103 Mayfield road, Edinburgh, EH9 3AJ. Tel: 0131 667 5740. Email: andy.spenceley@btinternet.com

**SAT. APR 3rd. PENDLE FELL RACE.** AS. This is a Lancashire Fell Championship race, and will also be used to select Lancashire athletes for the Inter-Counties Championship race. All other details unchanged.

**SAT. APR 10th. MIDDLEFELL FELL RACE.** AM. 12.00 noon. 6.6m/1700' from the Screes Inn, Nether Wasdale, Seascale, Cumbria. £4 (includes 'Tatie-pot') to organiser by 10th April or £4.50 on day. PM. Over 18. Records: 47.39 R. Jebb 2002; f. 58.33 L. Sharp 2002. Limited accommodation available at hotel. Details: Rachel Hughes, The Screes, Nether Wasdale, Seascale, Cumbria, CA20 1ET. Tel: 019467 26262. Email: info@thescreesinnwasdale.com

**SUN. APR 18th. WEST NAB FELL RACE.** AS. Please note that the organisers' phone numbers are now 07762426311 and 07709805572. All other details unchanged.

**SAT. MAY 8th. MOUNT FAMINE.** Please note that registration for this race is now NOT at the Scout Hut but at the Hayfield

Recreation Ground, off Valley Road, at GR039869. The race is the same day as the Hayfield May Queen Procession, complete with fair, entertainments, etc. - in fact a good day out for the family.

**SAT. MAY 15th. MOEL EILIO.** AM. Please note that the organisers' email address has changed to: timjayne.caeathro@btopenworld.com All other details unchanged.

**SUN. MAY 16th. FAIRFIELD HORSESHOE FELL RACE.** AM. 1.00 p.m. 9m/3000' from Rydal Hall, Ambleside (GR NY366064). £3.50 on day only. Teams free. ER/LK/NS/PM. Over 18. Records: 75.11 M. Roberts 2000; f. 89.46 J. King 2000. No training on ascent route. Cafe on site. Details: Tony Walker, Fellside, Entry Lane, Kendal, Cumbria, LA9 4NQ. Tel: 01539 724286. Email: watershed@enterprise.net

**WED. MAY 26th SHINING TOR FELL RACE.** Please note that the race will now take place on this date and NOT on 12th May; all other details as in the Calendar. Also please note that this race is now the first race of a new three-race Goyt Valley Series - the other races being Goyt's Moss on 28th July and the inaugural Cat & Fiddle Race, to be held on a date yet to be announced.

**SAT. JUNE 12th. GLAS TULAICHEAN UPHILL RACE.** AS. Contrary to the information given in the Calendar there will be toilet facilities at this venue. All other details unchanged.

**SAT. JUN 26th. CHROME HILL.** BS. 2.30 p.m. 4m/700' from Hollinsclough Primary School (GR065665). £3 on day only. Teams free. LK/PM. Over 14. Records: 27.47 S. Bailey 2003; f. 34.29 E. Batt 1997. Details: Martin Cortvriend, Dol y Caeaw, Llangynhafal, Denbigh, Clwyd, LL16 4LN. Tel: 07880 932832. Email: martin.cortvriend@tiscali.co.uk

**SAT. JULY 3rd. GUTO NYTH BRÂN.** BM. 6.00 p.m. 6m/1300' from Church Street, Bedwas, Caerphilly, Gwent. £3 to organiser or on night. Teams free. PM. Over 18. Records: 37.40 G. Patten 1992; f. 46.26 K. Patten 1992. Safety pins not provided. Details: Phillip Morris, 32 East Avenue, Bedwas, Caerphilly, Gwent, CF83 8AE. Tel: 02920 867735.

**TUES. JULY 6th. 20 BARRIERS RACE.** CS. 7.00 p.m. 5m/500' from Carnforth High School (GR 503702 on OS sheet 97). £4 on night only - includes food. Teams free. LK/PM. Over 16. Records: 30.57 G. Patten 2002; f. 38.08 P. Holland 1998. Changing and shower facilities. Details: David Shinn, 29 Greenways, Over Kellet, Carnforth, Lancashire, LA6 1DE. Tel: 01524 734035. Email: shinny@overkellet.freeserve.co.uk

**SAT. JULY 24th. INTERNATIONAL SNOWDON RACE.** AM. Please note the

organiser has changed to: Jayne Lloyd, Tyddydn Cae, Pontrug, Caernarfon, Gwynedd, LL55 2SW. Tel: 01286 677785. Email: timjayne.caeathro@btopenworld.com Website: eryri.org.uk All other details unchanged.

**THURS. AUG. 5th. DERBYSHIRE CHEVIN FELL RACE.** BS. Please note the change in date from Aug. 4th. All other details unchanged.

**SAT. SEPT 4th. DEVIL'S BEEFTUB HILL RACE.** AS. 12.20 p.m. 2m/750' from Corehead Farm, near Moffat, Scottish Borders (GR073125). £2 on day. Teams (3) free. PM. Over 15. Records: 19.56 J. Wilkinson 1996; f. 26.30 L. Longmore 1996. No toilets at this venue. Details: Willie Gibson, 41 Moat View, Roslin, Midlothian, EH25 9NZ. Tel: 0131 440 2859. Email: willie.gibson@btinternet.com Website: carnethy.com

**SAT. OCT 23rd. THE SCREES FELL RACE.** AS. 2.30 p.m. 5m/1560' from the Screes Inn, Wasdale, Cumbria. £4 pre-entry or £4.50 on day (includes 'Tatie-Pot'). NS/PM. Over 16. Records: 39.24 G. Bland 1997; f. 48.18 J. King 1998. Limited accommodation available. Live music in the Screes Inn in the evening. Details: Rachel Hughes, The Screes Inn, Nether Wasdale, Seascale, Cumbria, CA20 1ET. Tel: 019467 26262. Email: info@thescreesinnwasdale.com

**SAT. OCT 23rd. WOUND WITHER WOOD WELAY WACE.** CL. 11.00 a.m. 12m/1200' in four legs of 3m/300' from the Pie Hall, Denby Dale, West Yorkshire. £8.00 per team pre-entered by Oct. 16th. Junior, mixed, ladies, veterans categories. PM. Special prize for first junior team - combined age under 64 years, no-one over 18. Records: 1.23.09 Pudsey & Bramley 1996; f. 1.33.43 Pudsey & Bramley 1997. Proceeds split between upkeep of Wither Wood and John Taylor Foundation. Entry details: Neil Denby, 13 Greenside, Denby Dale, HD8 8QY. Tel: 01484 861812. Email: neildenby@tiscali.co.uk

**SAT. DEC 11th. ROWBOTHAM'S ROUND ROTHERHAM + 8 STAGE RELAY.** CL. 7 and 8 a.m. for individuals, 8.30 a.m. for relay. 50m starting from Brampton Leisure Centre, Rotherham (GR SE417011 on OS111). Individuals £11 pre-entry before Dec. 4th or £15 on day. Relay teams of 8 £16 pre-entry; no entry on day. LK. Over 18. Records: 6.17.00 C. Parkes 1996; f. 7.44.00 S. Gaytor 1995. Relay prizes to 1st Open, 1st Female and 1st Mixed Teams. Details: Sharon Burton, 27 Slayley View Road, Barlborough, Chesterfield, S43 4UQ. Tel: 01246 812957 (S. Burton) or 01709 878959 (B. Harney). Email: rrrsharon@aol.com Website: hmarston.pwp.blueyonder.co.uk

# Secretary's Corner

Here are some 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.

**ANNUAL GENERAL MEETING – KENDAL,**  
Saturday 9 November 2002.

We said farewell to retiring Committee members Brian Martin and Peter Shields, and I'm sure you'll join me in thanking them for all the work that they've done for us in their capacities as Statistician and Coach, respectively.

We had a few motions this year which did spark off some discussion. I hope that you all agree with the conclusions reached by the meeting, and that the 32 people who were present at the AGM accurately represented you, the membership!!

**Extra Veteran Categories.** This topic had been discussed several times over the year by the Committee, and, acting on the advice of the Championships Subcommittee, we decided that we would report on these extra categories, but would not bestow full formal recognition (medals etc). Neil Goldsmith exercised his option (as any member can) and proposed an AGM motion so that the membership, or, at any rate, 32 of them, could have their say. However, the motion foundered because it sought to restrict individuals to one veteran category, and, although there would be a choice of categories, this wasn't to everybody's taste – despite the fact that it would spread the awards amongst more runners, thereby encouraging more people to enter. The result is that the FRA Committee is now mandated to implement these new categories but only **when the Committee deems that there is meaningful competition within those age bands**. [But see my notes on the December Committee Meeting for more progress on this.]

**National Championship Ruling.** Ever since an incident a long time ago, when a certain young lady, who had won multiple national championships in one particular year, accepted her award at the FRA "Do" adorned with (good grief!!) a Welsh Flag, entrants to the English Championship have been shackled with a rule forbidding them to compete in any other national championship during the same year. You might think that this is petty (and so do I), but, unfortunately, the rule exists, and it prevented Mercia from fielding their best runner in this year's English Championship. Consequently, Mercian Tim Werrett put forward an AGM Motion which sought to rectify this situation, and the FRA Committee put forward another motion in an attempt to more correctly re-structure the rules, but without addressing Mercia's problem. After a lengthy discussion, reason prevailed. The rule has now been amended so that you *can* enter another national championship as an individual, while competing for your English club in the English Championship (but still not as an individual). Hopefully somebody will put forward a motion for next year's AGM which will get rid of this rule altogether.

**Junior Development Fund.** The meeting unanimously agreed that the FRA should transfer suitable amounts annually from the General Fund into the Junior Development Fund.

**World Masters Trophy 2005.** The meeting unanimously backed the FRA's endeavours to organise this event.

The officers and members of the new Committee are detailed in the Handbook, and at the front of this magazine. I'm sure you'll join me in welcoming aboard the new Statistician, Madeleine Watson, and the (hardly new!!) Coach, our old friend Norman Matthews.

**SOME NOTES FROM THE GENERAL DISCUSSION AT THE 2003 AGM**

I have decided to break with tradition, and produce some fuller notes on this important section of the meeting. Hopefully, this may start some discussion through the letters page, but, also, it may encourage more folk to attend the AGM in 2004.

**Long Fell Races.** This year we lost the Ennerdale and the Royal Dockray Helvellyn - in part due to poor attendance and clashes with other events. It was suggested that, in selecting English Championship races, the FRA should aim to target the poorly supported races (e.g. Ennerdale, Wasdale, Duddon) rather than the ones which always attract good numbers (e.g. Borrowdale, Langdale, 3 Peaks), and that the FRA should avoid clashes between English Championships and these races.

This subject was in fact raised at the July 2003 FRA Committee Meeting where it was agreed that we would strive to avoid such clashes. This is not, however, always easy under the present system, and there was a suggestion that Championship races could be pre-published so that race organisers could themselves take evasive action. We will have to wait and see whether this is practicable. There was also a suggestion that the FRA could (occasionally) pay for all entries to a particular race as a promotion.

The Lakeland Classics Championship was discussed as one attempt to revitalise some of the less well-attended Longs. There was also a mention of the possibility of publishing a ranking of fell-runners in these races, as an attempt to prompt runners to enter these races, and improve their performance.

**Championship Races - Toilet Situation etc.** Despite the recommendation in the standard written advice given to Championship race organisers to provide adequate toilet facilities, two 2003 (British & English) Championship races had no facilities whatsoever. Although race organisers who don't, for whatever reason, provide toilets now state this in the Calendar entry, it was felt that the element of choice which a runner might exercise is not always *free* when it comes to a Championship race!!

It was suggested that the Championships Subcommittee should not be selecting races which stated that there were no toilet facilities. It was also suggested that the FRA should attempt to broker a deal with a supplier of portaloos to provide a discounted service for organisers.

There were also suggestions that other facilities which became inadequate due to the sheer numbers involved in a Championship race (parking, stiles etc) should also be addressed - even if this means altering the course of the race.

**Responsibilities.** Race organisers are *legally* responsible for the safety of the runners who take part in their races, and yet we all seem to be in agreement that, as runners, we should each be responsible for ourselves. This dilemma frequently provokes discussion – what can we really do about the situation?

The possibility of using tick boxes on entry forms was suggested - to specifically remind runners of their own responsibilities. What are your suggestions? The more openly this particular subject is discussed the better!!

**COMMITTEE MEETING - KENDAL**, Sunday 7 December, 2003.

The FRA radios are to be replaced this year. Race organisers are to be reminded through this magazine, and through the Calendar, that these are available to make the monitoring of fell races easier. We would like to see these radios used more often.

The FRA has received a lottery grant for £4979 for Junior and Coach development.

The 2004 British Fell & Hill Relay will be held on Saturday 16 October in Hayfield, and this is to be organised jointly by Pennine Fell Runners and Knott Fell Runners. Full details will be provided in the usual way.

It is hoped to expand 2004 Junior Home International to incorporate both a Senior and a Masters race. This should provide a useful dry run for the following year's World Masters event, the organisation for which is now well under way.

Following on from the Extra Veteran Categories debate at the AGM, the Committee concluded that completion of the particular championship criteria alone is sufficient to provide "meaningful competition". So, assuming that we will have an MV55 category, then, if only one MV55 completes the English Championship, he will get a gold medal. But all you other MV55s aren't going to let that happen. Are you?

Please note that these extra categories won't come into effect until January 2005. Which specific extra categories are to be adopted, what the implications are for teams, and whether there will be any limits regarding eligibility for different veteran categories are all issues that are still to be decided.

The Championship Subcommittee have agreed not to select races which declare that they have no toilets. They would, however, like to remind race organisers that the FRA is prepared to provide funding for portable toilets where there are financial difficulties – although it is considered that the extra entry fees available in a championship race would normally cover such extra expenditure.

*Alan Brentnall*  
Secretary

# Naturist Fellrunning

*Following the recent correspondence on this interesting sub-sect of our sport I was sent the following piece from a perfectly respectable orienteering magazine. Clearly the hot Spanish sun has effects we in the damp and cold of an English winter can only dream of!!*

**Naturalistic-O : Farra-O Convention : May 17, 2003**  
By Eduard Garcia

You all know how it feels when you are running, challenging the forest, holding a map and compass – the sensation of freedom, the good vibrations when you do not lose seconds and make no mistakes. This is the orienteering that we all enjoy. But, have you ever tried doing this completely NAKED?

This is exactly what we wanted to test with the members of a young Spanish club called *Farra-O*, which means something like "Party-O." There is Foot-O, Ski-O, MTBO, Trail-O ... so, why not Naturalistic-O?

The second weekend of May saw the last competitions of the present Spanish league, hosted in Guardamar, the same terrain used in JWOC 2002 for Short Distance. It consists of



*They do things differently abroad*

sandy forest with dunes and is close to the beach. The *Farra-O* group took advantage of the particularly hot weather and of a naturalistic beach in the middle of the map ... and, on Saturday afternoon, they organized a Naturalistic-O competition – the first ever, as far as we know (though only for members of the club and their friends).

It consisted of a quick Sprint, which started and ended at the naturalistic beach. The organizers and competitors had to be undressed before, during and after the race ... unless they wanted to be disqualified. The only clothes allowed were a pair of socks and shoes – and, of course, a map and compass!

Before the race, some competitors were a little afraid of a line of deep bushes that formerly separated the beach from the forest in this terrain, because no protection was allowed for the delicate parts of the body that could be injured while crossing at high speed ... but, at the end, there were no motives to be afraid of.

Eight runners ended the competition while the rest of the nude audience was there sunbathing on the beach, watching the competitors look for controls. The competition was called: "The Unofficial Spanish Championship in Naturalistic-O." The winner needed 5:19 to complete a 960-m event with 6 controls.

To end, we encourage all orienteers to try this kind of orienteering: freedom plus freedom! The *Farra-O* club is thinking about new editions at another naturalistic beach or in a naturalistic village in Catalunya. We hope to see all of all of you there!

# WORLD MASTERS SAUZE D'OULX, ITALY : 2004

UPHILL ONLY TRIALS  
SAT 31st JULY @ 13-00hrs

VENUE:- Scotgate Caravan Park, Braithwaite

COURSE:- Grisedale Pike Summit from Braithwaite, Coledale Hause and back to Grisedale Pike.

LENGTH:- approx. 8.4k

HEIGHT:- approx 950mtrs

All age categories will start together. Ladies starting 10 mins. before the men

REGISTRATION:- from 11.45am

ENTRY FEE:- £3.00

SMALL PRIZE FOR EACH AGE GROUP  
WINNER

ENGLAND TEAMS WILL COMPRISE:-

MEN	LADIES	
V40	V35	Teams will consist of three runners and, if numbers are sufficient, four runners.
V45	V40	
V50	V45	
V55	V50	
V60	V55	
V65	V60	
V70		

Selection will be first three to cross the line on the day. Runners who have a birthday after the Trial and before the Worlds will be eligible to be selected for their correct age group at the Worlds but will count at their own age group for the Trial race. For men turning 40 after the Trial race and before the Worlds and ladies turning 35 after the Trial race and before the Worlds entries will be accepted at the Trial for selection purposes but they will not be eligible for a prize.

ENQUIRIES:-

H. Jarrett Tel: 01946811727

Email : Jarrett@tiscali.co.uk

## WORLD TROPHY, ITALY – UPHILL ONLY

TRIALS:- Sat 14th August from Braithwaite

COURSE :- Same as the Masters

START:- 13.00 hrs

SELECTION:- As stated in the FRA Fixture calendar.

ENQUIRIES:- Barry Johnson

Tel: - 01900 823961

# Fell & Hill Running PST Notes

from Ian Taylor

Was 2003 a successful year for you? For us as a PST, our most obvious signs of success were the various British Championships – Senior, Junior and Relay. In particular many of the senior category results remained undecided until the last race. Of course our role is to co-ordinate the events with all the hard work (and any profit!) going to local clubs and individuals. We look forward to the 2004 Championships, now set out more clearly in the FRA calendar. In regard to past Championships we thank especially our outgoing statistician, Brian Martin, for his untiring efforts to produce updated points after each event, check eligibility and keep clubs informed of their team positions.

Another sign of success at a UK level was the silver medal gained by Angela Mudge in the European Mountain Running Championship, leading home the ladies' team to third place. Individual UK regions deservedly can be pleased with their World Trophy successes with individual gold, silver and bronze medals and team gold and two silver medals.

Of more significance in the longer term may be the IAAF's inclusion of mountain running as one of its recognised disciplines. In the shorter term it may increase our profile, we can make a case for support within individual countries and encourage more to take part in the World Trophy or European Championship. In the case of the latter, the mountain event in Poland had more countries represented than the senior events of the recent European Cross-country Championship in Edinburgh. In the longer term the World Trophy could become a Championship with more direct IAAF input. I guess we would have very mixed feelings about that – it would be good for the profile of mountain running but would mean that a much smaller number of UK athletes had opportunities to compete at world level. In the recent World Trophy UK teams made up of the best from each region would only have changed one medal position with UK junior men getting a bronze medal instead of the Scottish fourth place. We would still have to improve considerably to shift the Italians' winning streak, built on high class individual performances and strength in depth.

In recognition of the IAAF change the PST is proposing that we change our name to Mountain Running PST to reflect the general term used rather than 'fell' as used in some parts of England. It does not reflect any change in emphasis in the kind of running we promote any more than the FRA's title suggests that they only encourage fell races as distinct from the many races that climb hills, moors or moorlands. Over the past year we have also made recommendations on junior distance and height rules, considered a possible Grand Prix series, made representations on the selection processes carried out by WMRA and EAA for their representative events and looked at kit rules for our own selection and home international events.

In 2004 the UKA's modernisation scheme may at last happen. While its concerns may seem very far removed from those of fell runners, the creation of English hubs may move the centre of activity away from the regions. If athlete registrations move to the hubs from the regions the FRA could potentially lose 10% of the income that it currently receives from the English regions. The FRA along with the PST (possibly renamed under modernisation as a technical commission) will have to be pro-active in making the case for increased rather than reduced support for all our athletic activities.

Best wishes for your running on mountains (or fells, hills, moorlands, ...) in 2004.



# 'Are You Getting Enough Protein?'

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Like most cyclists you've probably neglected this vitally important nutrient in your diet. You probably think that you get enough protein from three meals a day to provide your body with all its muscle building requirements, if that's what you think, you are sadly wrong.

These days most competing cyclists are aware of the importance of carbohydrates in supplying muscle energy but are not aware of the importance of protein in building muscle and preventing muscle breakdown.

So if you use energy supplements but still fade during races, or still find it difficult to recover after a race, then there's a good chance it's because you've neglected to feed your muscles with their most important building blocks - **Protein!**

And if you neglect your muscles they'll let you down and that's no good to any athlete.

Remember your muscles are your powerhouse, your body engine.

With the exception of water, protein is the most important nutritional component in our diet.

## How Much Do You Need?

If you are a male athlete weighing 70 kilos you need at least 100 grams of protein per day (90 grams to maintain the status quo and 10 grams to replace muscle breakdown). If you are female slightly less.

But you have to bear in mind that protein cannot be stored by the body and that it can only absorb roughly 25 grams at any one sitting (approx every 3 hours). Then it becomes obvious, if you are a serious competitor aiming to be at your best, even if you eat three meals a day and if each meal contains the full 25 grams, you will still be well short of the optimum.

## '...Only Whey® Will Make Sure You Are!'

### Consider this scenario:

If you are like most cyclists, you start the day with a breakfast consisting of cereals, toast, or porridge. That's fine for carbs but almost protein free. This means that the last time your body saw protein was at yesterday's evening meal and it will not see any more until midday (almost 18 hours without). Then if both your other meals contain the requisite 25 grams you've got just 50 grams in during the day. Maybe that's OK for watching telly or listening to radio one but it's sure as hell no good for winning races.

That's not all - there's protein quality. A protein needs to be 'complete' before it can be efficiently used to build muscle, this is not usually the case with most single source proteins. A complete protein means that all the essential amino acids must be present and in the right proportions.

But before we get too deep into the technicals help is at hand.

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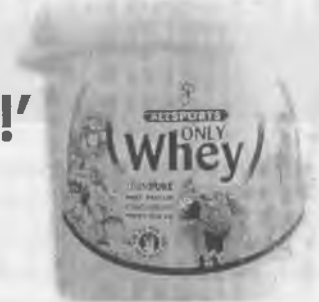
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. . . Zac Carr.



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# European Mountain Running Championships 2004

The European Mountain Running Championships (up and down) will be held in Poland on Sunday 4th July. The team manager for the British team is Adrian Woods.

The selection committee comprises Adrian Woods, Chris Robison, Alan Barlow and Brian Martin and will be chaired by Sarah Rowell.

The course has yet to be finalised, the event will be held at an altitude of 700m. It is a lap course. Men 4 laps, 11.8km and a total of 660m climb/descent. Women 3 laps, 8.9km and a total of 490m climb/descent.

The trial race for the championships will be held on Sunday 6 June, near Peebles in South Scotland. The course designer is Martin Hyman, who may be contacted on [martinhyman@clara.co.uk](mailto:martinhyman@clara.co.uk), with queries about the course, all other queries should be addressed to Sarah.

The selection meeting will take place immediately following the trial. The first two finishers in each trial race will be automatically selected for the GB/NI team. The further two places will be determined by the selection panel with greatest emphasis on performances in the trial race. Subject to early season fitness and availability, the selectors may pre-select one male and one female athlete. The purpose of such is to assist the preparation of likely medal contenders.

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

The selectors and UK Athletics are committed to sending the best possible mountain running team to the European Championships. The selectors reserve the right, where performance standards are not considered sufficient, to not select a full team.

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

*Sarah Rowell*

*Email : [saz@srowell.demon.co.uk](mailto:saz@srowell.demon.co.uk)*

*Tel : 0113 2754459*

# Ken Jones & the Snowdon Race

from Jayne Lloyd

As many of you will know by now, Ken Jones has retired as organiser of the Snowdon race. He has devoted nearly thirty years of his life to the event and is a well known and respected member of the running world.

The idea for the race sprang from a conversation with local runner, Brian Timms. Brian told Ken how he travelled up to the Lakes most weekends to fell races since there was nothing of that sort here in Wales. Ken set about organising a race up Snowdon and then, in July 1976, a group of runners set off from outside Pete's Eats on the first Snowdon Race. Junior runners (some as young as 6!) went to Halfway House; they were made of stern stuff back then! My husband Tim was 7, his mother happily waved him off secure in the knowledge that his bum bag was full of Mars Bars so he'd be OK! Tim's Dad was running the race as he has done every year since. Little did they know that this was to become the International race that we see today.

The idea to invite runners from abroad came from Ricky Wilde who won the race in 1977 and 1978. Ken launched himself into this new challenge and, in 1980, a team of Italians joined an ever improving field. Five years later the legendary Kenny Stuart set a new course record of one hour two minutes and twenty nine seconds. It has to be said that he wasn't the first to the top, Robbie Bryson reached the summit in thirty nine minutes and forty seven seconds. Both of these records still stand today, Mark Kinch being the only other runner to crack the 1.03 mark.

In 1996, Snowdon was chosen as the European Trophy race. The people of Llanberis were immensely proud of this and turned out in force to cheer the International teams as they paraded through the village the night before the event. As the home nation, the Welsh team led the parade and Simon Forster turned to us all saying, "Make the most of this, it's the only time we'll ever lead an international field!". Thanks for that Simon.

The women's field has also been very competitive. Carol Greenwood holds the record, having completed the course in an amazing one hour twelve minutes and forty eight seconds. No other woman has completed the course in less than an hour and a quarter.

Ken's hard work and enthusiasm for the sport have taken the race from strength to strength. He continued to work at it even when terribly ill. We all owe a debt of gratitude to him and others like him who have given their time so that we can run up and down mountains.

The Race Committee have placed an enormous amount of trust in me to develop the race and I really want to do a good job. Stepping into Ken's shoes won't be easy, he is a tough act to follow but he is being really supportive of my efforts so far. However, things move forward and I am full of ideas as to how the race can move forward too. I have sought and been offered lots of advice from people as to how the race can progress. Most of these have concerned the runners (better prizes, more prizes, spot prizes, prizes for the worst feet....) but I am also keen to offer more to the spectators and to reinstate the junior races (Mars Bars optional). If anyone has any thoughts on this, I am only too willing to consider them. I can be contacted on [jayne@snowdonrace.com](mailto:jayne@snowdonrace.com).

This year marks the 25th anniversary of the Italians' participation in the race and will also see Llanberis officially twinned with the Italian town of Morbegno. These events will obviously be a major part of the Race weekend and should make for a good event. All of the runners that I have spoken to about my new job have recommended a decent post-race party (funny that). Well, I'll have to see what I can do.....

# 2004 Championships roundup from Jon Broxap

*Once again we start the year with a summary of the British and English Championships Races, hopefully giving you all the information you need to plan your campaign.*

## **Saturday 6th March. English Championship. Noon Stone Fell Race. AM. 9m./2300ft. 12.00hrs.**

A typical Pennine trog - let's hope the weather is kinder than the last time it was a Championship race!

Parking : is very limited around the pub - PLEASE CAR SHARE.

Pre-entry only - NO EOD - by 28th February. £4 payable to A.Horsfall - includes the legendary " Top Brinks Chip Butty".

Entry forms : available on [www.todharriers.co.uk](http://www.todharriers.co.uk).

Registration : is at the Top Brink Inn GR95636 OS Leisure Map 21 South Pennines.

Course : - NO TRAINING OVER THE COURSE AT ALL!!

The race starts from Mankinholes Youth Hostel with a brief road section followed by a few hundred yards up a walled lane which quickly leads to the foot of the first steep climb to the summit of Coldwell Hill GR 964225. A short run along the skyline and a sharp descent to London Road takes you to the start of the second climb up to the prominent landmark of Stoodley Pike Monument GR 973242. From here a long running descent leads you to Withinns Clough reservoir and the end of the first flagged section. (Do Tod Harriers spend those long winter nights making flags??!!)



*Mike Fryer amid typical Noon Stone scenery  
(Photo Pete Hartley)*

The next part of the race covers some rough moorland typical of the South Pennines and includes three checkpoints 1. The Two Lads GR904221 2. Little Holder Stones GR969214 3. Rain Gauge GR955215 After visiting the Rain Gauge the final flagged section should be followed to Langfield Edge and into Black Clough GR 956223. From here a short, steep climb provides the sting in the tail on the way back to the first summit, Coldwell Hill. It's all downhill from here as you retrace your steps to the finish.

Map : OS Leisure Map 21 South Pennines.

Records: 63.57 Andy Wrench 1994 80.35 Trish Sloan 1995

2003 results on [www.todharriers.co.uk](http://www.todharriers.co.uk)

Prize giving : in pub as soon as possible after race.

## **Saturday 3rd April. British Championship. Donard Commedagh. AM. 6.4m/3000'. 12.00 noon.**

Many championship contenders will be familiar with this race as it was a British Championship event in 1997 and 1999. For those who have competed only in the Slieve Donard Race, a British Championship counter in 2000, it is worth noting that the climb of Donard is via the quarry and not via the Black Stairs rock steps.

This year there are a few intended changes and improvements to the course at the start and through the forest but the route on the open mountain remains unchanged.

Firstly the start and finish will be at the open area to the south of Donard car park rather than on the playing field beside it. The playing field section has been removed and the start is about 200m closer to the hill, to avoid any conflict with the weekly car boot sale! Secondly, as the forest has matured it is intended to take a more direct route through the trees and remove the dog legs on the forest road on both the outward and return route. This has yet to be finalised, so check the details on the day.

Course Description: The course initially climbs through Donard Forest on a mixture of forest road, track and small path directly through the trees to a granite quarry and checkpoint 1. From the quarry the main climb to the summit of Slieve Donard is next - almost 2000ft in 2km. Underfoot the ground is mostly heather turning to grass and patches of boulders as it steepens towards the summit. You will first see the lesser cairn, which is 250 metres before and 100ft below the checkpoint (2) at the large summit cairn, beside the Tower at the corner of the Mourne Wall. From here to Slieve Commedagh is around 1.6km with a 900ft descent to the col and a 600ft climb. No navigational problems here as the Mourne Wall is followed right to the checkpoint (3) at the Tower built into the wall on top of Commedagh. The next checkpoint (4) at the cairn on Commedagh is just 300 metres across the flattish summit. It is a short run along the top edge of the Pot of Pulgarve to the next checkpoint (5) at the cairn on Shanslieve -700 metres with 250ft descent. The route is then down hill all the way to the finish at sea level - almost 2,200ft of descent in 4km. The section to the checkpoint (6) at a stile on the edge of the forest is a mixture of grass and short heather with stony patches, becoming steeper with some rock approaching the forest. Take care on this descent if conditions are misty; you will need a compass bearing as the ridge is both broad and deceptive. A firebreak leads to a forest road, then small paths through the trees lead down into Donard Park and the finish.

Records: 63.29 Ian Holmes 1999 72.51 Angela Mudge 1999

### Checkpoints

Start and Finish: Donard Park	373305
1. Quarry	370292
2. Summit Cairn - Slieve Donard	357277
3. Tower - Slieve Commedagh	343284
4. Cairn - Slieve Commedagh	346286
5. Cairn - Shanslieve	347291
6. Stile - Edge of Forest	362296

Race Information. The Race : will be based in Donard Park at the South end of Newcastle, with adjacent car parking, and toilets .

Registration : will be from 10.00 am for the 12.00 noon start.

Entry form : with £5 fee by Friday 26 March. Late entries are permitted but are not guaranteed any finisher's gifts etc.

Photocopies of the entry form are acceptable. Competitors must carry full body waterproof cover, map, compass and whistle in accordance with FRA rules. Checkpoints must be visited in the order listed. Retirements must be reported to race officials at the finish. Competitors are recommended to consult the Mourne 1:25,000 Map. An optional meal is available (order in advance with entry) at the prize giving which will be held in a venue close to Donard Park at 4 pm. Details on the entry form. Race Secretary : Simon Taylor, 52 Bladon Drive, Belfast BT9 5JN Telephone : 028 9028 0790 Email: [simon@sr-taylor.co.uk](mailto:simon@sr-taylor.co.uk) Web : [www.nimra.org.uk](http://www.nimra.org.uk)

Accommodation : There are plenty of B&Bs, guest houses and self catering cottages in the region, with Newcastle the main centre. Newcastle has a Youth Hostel and there is a well appointed campsite at Tollymore Forest Park. Details are available from

Tourist information offices:-

Newcastle	Newry
Central Promenade	Town Hall
Newcastle	Newry
Co Down	Co Down
BT33 0AA	BT35 6HR
tel: 028 4372 2222	028 3026 8877
fax: 028 4372 2400	028 3026 8833
e-mail: newcastle@nitc.net	

Tollymore Campsite 028 4372 2428  
 Newcastle YH 028 4372 2133

Websites [www.kingdomsofdown.com](http://www.kingdomsofdown.com)  
[www.visitcoastofdown.com](http://www.visitcoastofdown.com)  
 E-mail [info@kingdomsofdown.com](mailto:info@kingdomsofdown.com)

**Travel**

You can travel to Belfast and Larne by ferry from Stranraer, Cairnryan, Troon and Heysham.

Also Dublin/Dun Laoghaire from Holyhead.

Stena, P&O and Seacat all operate services and it is often worth shopping around for special offers.

P&O	0870 24 24 777	<a href="http://www.poirishsea.com">www.poirishsea.com</a>
Stena	08705 70 70 70	<a href="http://www.stenaline.co.uk">www.stenaline.co.uk</a>
Seacat	08705 523 523	<a href="http://www.seacat.co.uk">www.seacat.co.uk</a>

By air you can travel to Belfast City and International airports. Easyjet fly to Belfast International.

Map : The Mourne Country Outdoor Pursuits Map is published by Ordnance Survey Northern Ireland : 028 9025 5755 : Fax 028 9025 5700

**Sunday 25th April. English Championship. Three Peaks. AL. 24m/4500'. 10.00 a.m.**

Some question its A category status but there's no doubting the prestige of the Peaks, especially in this its 50th edition. To virginal Peakers - do not be lulled into thinking it's nowt but a trail race with three big hills in!

Parking : is on the Playing Fields in Horton near settle GR805727. A small fee is charged which is donated to village sports clubs. Cheaper than YDNP car park 200m away where you will find public toilets.

Entry : on official form only available now from organiser on receipt of SAE - £8. Closing date is 24th March or when 600 limit is reached - do it now!

Registration : is from a marquee on the Playing Field. Allow plenty of time as the sportident system is being used and you need to be tagged.

Substitution within Club only is allowed up to 09.30hrs. - fee £2

**Course:** Start from Playing Field GR805727

The race starts with a short road section through Horton village before turning left into Pen-y-Ghent lane which climbs to the shooting hut at GR823743. Pen-y-Ghent (Cpt.1) is climbed by a recently laid path from here which is retraced back to the shooting hut - you can easily gauge how far you are behind already here! A flagged section via Sell Gill has to be followed on to the Pennine Way which is taken till you pick up tracks west to reach the B6479 via Nether Lodge and Lodge Hall. The temptation of running this section too fast has caused many runners to regret it as they struggle up Ingleborough - you have been warned! Turn right onto the road and take it to Ribbleshead road junction where you will have the dubious pleasure of having your position broadcast to the watching hordes - try and look good. Drinks station here. Follow the Dales Way path alongside the railway viaduct to a bridge at 757803, cut under the railway and after a river crossing skirt dry stone walls to climb Whernside on ever steepening ground (Cpt2). Take the south ridge on a path that has much erosion control work done on it to pick up the farm road at GR738790 which is taken to the B6255 at Chapel le Dale. Turn left up the road past the Hill Inn, resisting pinching a pint from the spectators lining the road, and then right onto the Ingleborough path. There is a Cpt. and



*Climbing Pen-y-Ghent in heavy rain at the Three Peaks (Photo Pete Hartley)*

drinks station here. The main tourist path is climbed over setts to the stile at the foot of the Swines Tail. Most people here traverse right on a small trod through rough scree to the summit plateau. Alternatively stick to the tourist path through a stile to reach the tapes on the plateau that take you to the trig point on Ingleborough. You should then follow tapes again to the start of the descent path on the col between Ingleborough and Simon Fell. Recent erosion control work makes this path hard work to begin with but it gets better lower down, crossing duck boards in places to Sulber Nick. Horton can now seem a long way away if you went too fast early on or you can begin to enjoy the gentle runnable descent - you had the choice! A flagged section leads you off the main path, which goes via the station, over drumlins to the road which is taken right to the finish.

Mike Short caught Colin Donnelly on this very last bit over these fields so concentrate or you will lose precious places. Your time will be posted on a board by the finish where the prize giving also takes place.

Records : Andy Peace 2.46.03 1996 : Sarah Rowell 3.16.17 1996  
Map : OL 2 Yorkshire Dales Western area

Accommodation : Campsite in Horton . Youth hostels at Stainforth and Ingleton. TIC Horton. Settle.

**Sunday 23rd May. British Championship. Elidir Fawr. AS. 5m/2800'. 2.00 p.m.**

Venue : The race takes place from Nant Peris, near Llanberis, in Snowdonia, North Wales. (Grid Ref - SH1606583).

Parking : This will be in the National Park car Park nearby (100m). There is no charge for parking. Please park as directed. Toilets are available here. No parking for runners in the Vaynol Arms Pub car park. Do not park on the road.

Registration : This will be in a marquee in the field across the road from the Pub. No changing facilities. No showers, stream nearby. Start time 2.00pm. Entry fee £3.50p (enter on day). Entry fee includes soup.

Course : The start is on the road outside the pub. From here run 100m along the main road towards Llanberis. Then turn right on to a minor surfaced road. Continue up this road to its end (approx 500m). Pass through a gate, follow the track until you cross a small ditch then cut diagonally across the field heading for a stile at the top of the field. Cross the stile and up a rocky path, through a gate and continue up to a footbridge. The corners on the path can be short cut if necessary. Cross the footbridge and then the serious climbing begins. Follow the path up to the next stile. Cross the stile. You can then either go direct for the summit (can be boggy at first) or follow the wall initially and then bear for the summit. It is a relentless climb mostly following a path. Near the summit the path peters out and you will need to scramble over

rocks (checkpoint 1 GR 612613). Note that the summit is at the east end of the ridge. From the summit scramble over the rocks in an east north easterly direction until you reach an indistinct path. Follow this path over Bwlch y Marchlyn and around the head of the valley (Bwlch y Brecan). Do not climb Mynydd Perfydd. Continue around the head of the valley until you reach the foot of Foel Goch



*Jonny Bland trying hard to catch John Wilkinson at Elidir Fawr (Photo Pete Hartley)*

(checkpoint 2 GR 626613). Do not climb Foel Goch but bear off on a sheep track towards Nant Peris. Continue along this path until you can see a fence. (Not shown on OS map). Head for the fence corner. Then follow the fence along the ridge (Esgair y Ceunant). You can run either side of the fence. Continue until you reach a stile crossing a wall towards the end of the ridge (checkpoint 3 GR 616597). From here continue along the ridge and eventually cut down to the valley bottom heading for a ruin. Do not leave the ridge too soon or you will encounter rough and rocky terrain. Run down the path through a gate (checkpoint 4 GR 609595). From here continue down the path and return to Nant Peris the reverse of the way you went up. About 50m before reaching the main road turn left into the field through a gate, cross the stream and then sprint 50m to the finish.

Map : Refer OS 1: 50,000 Caernarfon and Bangor Sheet 115, OS 1: 25,000 Snowdon - Outdoor Leisure 17, Harvey 1 : 25,000 Snowdonia West.

Prize Giving : This will take place as soon as possible after 4.00pm in the marquee.

2003 Times :

Male - 1st - 56.25, 1st O/40 - 59.44, 1st O/50 - 65.22,

1st O/60 - 71.43.

Female - 1st - 67.25, 1st O/40 - 67.25, 1st O/50 - 83.03,

1st O/60 - 105.00.

Records :

Male : 50.22 R. Jebb 1999. Female : 59.28 M. Angharad 1995.

Accommodation : Camping (with showers) is available on the registration field (tel 01286 880494). There are youth Hostels at Llanberis and Pen y Pass.

For other accommodation contact Llanberis Tourist information office tel 01286 870765. Useful website North Wales Tourism [www.nwt.co.uk](http://www.nwt.co.uk).

For further details contact Mike Blake on 01286 831115, or check the Eryri Harriers website on [www.eryri.org.uk](http://www.eryri.org.uk).

## Saturday 19th June. English Championship. Buckden Pike. AS. 4m/1500'. 2.30 p.m. (Ladies 3.00 p.m.)

Proceeds from this race will be donated to Macmillan Nurses and Marie Curie cancer care charities in memory of our friend Mike Rose who sadly lost his brave battle with this horrible disease just before last year's Buckden Pike Race.

Buckden is a tiny village nestling in Upper Wharfedale at GR 942774 on OS Outdoor Leisure Map30. There is a pay and display car park with toilets, a post office/village shop, a café and a pub. The village comes alive on gala day and the locals love to welcome the fellrunners to do battle on the Pike. The gala is a typical Dales affair with music, teas, stalls and sheep show. The Buck Inn is at the centre of the village with real ales and food served all day.

Parking : in Buckden village is restricted. Though there is a pay and display car park, we anticipate a big entry for the English champs race so it would be wise to car share where possible and please park as directed.

We may have the use of some farmland.

Registration : will be at Buckden House Outdoor Centre (down the lane to the right of the Buck Inn) where there are toilets, changing facilities and showers available. We have to pay for the use of this facility so a small donation at registration from runners wanting showers and changing would be appreciated.

The race will start next to Buckden village green GR942774 and finish on the gala field opposite the car park.

The present course was designed by Pete Jebb, who together with his wife Anne (yes, they are Rob's M&D) organised the Buckden Pike race for 20 years. He was asked to organise a race by the Gala Committee after winning the 60 mile long Fellsman Hike in 1981.

The race will start next to the village green and after passing through the car park to a large gate, turn sharp right, through gates to cross Buckden Beck. At this point some of you will say - "Eh? We're not going up that, are we?" as the incredibly steep climb suddenly looms in front of you.

Yes, straight up, aiming for the craggy limestone escarpment and up to a wall. Through a gate and head straight up (into a shallow gully) and over some rough ground. Notice the wall over to your right. During the race, apart from the very last descent, you will ALWAYS have the wall on your RIGHT. Keep climbing, to pass through a wall stile- this is the start of a loop to the summit. Bear right here and climb on a good trod with the wall on your right,



*One of the many challenges at Buckden Pike  
(Photo Pete Hartley)*

passing through broken walls. Soon at a wall corner with the memorial cross over the other side -well worth a look\*) turn 90 degrees and keep alongside the wall to reach Buckden Gavel. The race does not visit the summit trig point (2320ft) visible over a wall ahead. Turn left and begin your descent on a well worn green path leaving the wall side for a short while. Then comes the bit you need to recce: Soon you will rejoin the wall and the ground to the left -south-drops away steeply to old leadmines and tipplings. Leave the good path here and head sharply down the gully to cross walls and the beck at the mine spoils.

Now follow the yellow marker posts, contouring south westerly on the Starbottom path, climbing steadily to reach a wall. Keep this on your right till you reach the stile crossed earlier. Retracing your steps descend to Buckden Beck. Once through the car park gate turn sharp right along the treeline to jump a low wall at the road. Finish will be across the road on the gala field.

\* The memorial cross is described by Mike Harding in his book "Walking the Dales" as one of the saddest sights in the Dales.

On January 30th 1942 a Wellington bomber, with six Polish crew was returning to RAF Bramcote in Warwickshire when, in a blizzard, it clipped the top of the 6ft high wall and crashed on to the hillside below Buckden Gavel. Josef Fusniak crawled from the wreckage to find only one other survivor, Jan Sadowski, who was terribly injured.

The radio was dead so Josef shared the remaining rations and set off crawling with a parachute wrapped around him to keep warm in the blizzard. He followed fox tracks reckoning that they went into villages at night for food eventually collapsing near to the White Lion Inn at Cray.

The landlord's daughter ran to fetch her father who took Josef into the warmth of the pub where he had to convince them that he was not German. Sadly bad weather hampered a search that night and when the aircraft was found in the morning his crew mate was dead.

In 1973 Josef returned to build the memorial cross to his friends - in the base are some aircraft remains and a bronze fox's head. Josef is now 81 and foxes visit the garden of his home in Kent at night.

Prize giving : will be at approx.16.00hrs on the Gala Field.

Race records :30.51 Colin Donnelly 1988 36.32 Carol Greenwood 1993

2003 Results :

M Ian Holmes 33.37 V40 Andy Cutt 43.53 V50 Mike Walsh 38.52 V60 Pete Jepson 46.32 F Wendy Barnes 44.07

Accommodation : Loads in the Dale.

Skipton TIC 01756 792809 or [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk)

### **Saturday 10th July. British Championship. Melantee. AS. 3.5m/1500'. 2.00 p.m. - Ladies may have a separate start at 1.00 p.m.**

You either hate or love this one!! It has one of, if not the, steepest descent of any race - I swear that you can't see the bottom when you turn, it's so convex.

The race starts and finishes in Claggan Park, the same as the Ben. G R 120743 OS 41 Ben Nevis. Turn right off the Inverness road opposite the distillery. There is a car park adjacent to the Park but this fills up pretty quickly. Some limited parking is available on the road outside the Park or at the Glen Nevis Visitor Centre, approx. 3/4 mile from the race start. Both car parks are free.

Registration is on the Park - entry on the day only - £3. Teams free.

Juniors from 12.00hrs -12.50hrs : main race starts at 13.00.

Claggan Park has limited changing for male and female plus shower facilities.

#### **Course**

The race starts with a lap of Claggan Park, exiting via the east gate. This takes you onto the road for 30mtrs. Before turning left through a farm gate to run up what we call the old road - a road surface with grassy verges and with grass growing through much of the road as well. It's possible to avoid running on tarmac most of the way. The road climbs gradually for approx. 1/2 mile at which point it ends and the route changes to a faint single track, which winds its way through grassy bog. I have never known the bogs to dry out even after a good spell of weather, so be prepared to get



Steeply up the grass at Melantee

muddy and keep those shoe laces tight. The track rises gradually, bringing you to a burn crossing - up to this point the running is good with no real climbing to speak of. After crossing the burn you find yourself at the bottom of the main climb which is steep and unrelenting but grassy underfoot. At the top of the first climb you cross over a burn, there is a natural crossing point so no need to get any wetter. You then have a short, steep climb to the summit marshal on Creag a'Chail GR138742 - this is the turning point. (You don't actually summit Melantee). From Creag a'Chail it's straight into the descent - for all you descenders out there it's a dream, for the non descenders it's your worst nightmare - seriously steep descending all the way back via the ascent route! In dry conditions it's an enjoyable descent on a grassy surface, in the wet it's an ice rink - forward somersalts and bum slides all over the place. If you have anything left after that, then it's a blast back along the old road, into the park via the east gate and an anticlockwise lap of the track to finish. Enjoy!

Records : Gavin Bland 27.48 (1999) Angela Mudge 33.44(1999)

2003 results and other info can be found on [www.lochaberac.co.uk](http://www.lochaberac.co.uk).

Prize giving : as soon after the race as possible.

Accommodation : Fort William is a major holiday destination and there is an abundance of b&b accommodation available.

Campsite : Glen Nevis Caravan and Camping Site 01397 702191

Youth Hostel : Glen Nevis 01397 702336

Achintee Bunkhouse 01397

Fort William Tourist Information Centre: 01397 703781

### **Sunday 18th July. British/English Championship. Kentmere Horseshoe. AM. 11.9m/3300'. 1.00 p.m.**

A Lakeland Classic which was notorious for bad weather when it was held at Easter - winter wasn't over until Kentmere was over!!

Parking : in field opposite Pumble Syke as directed - please car share.

Toilets : will be provided on the parking field but no changing is available.

EOD only- £4. Registration is in the Village Hall. The sportident system of timing will be used - registration therefore takes a bit longer than usual, so give yourself plenty of time to be tagged.

Refreshments : will be available at a small charge.

Course : A clockwise circuit.

Start : is on the road below the Village Hall.

The race starts up the road past the church and climbs the Garburn Pass track for a mile before heading right on a small path up the gully below Buck Crag. From the top of the gully follow a narrow but distinct track crossing a fence just after a boggy area. The path picks up the wall that comes up from the top of the Garburn and this is followed to the corner at GR436060. Take the path which climbs Yoke till it levels out and then pick up the narrow path that skirts Yoke to the west, this leads you to the col between Yoke and

Ill Bell, which is climbed (Cpt.1 GR 436077)

A steep descent drops you quickly to the col between Ill Bell and Froswick, which is also skirted to the west across scree in Blue Gill.

The path up the broad south ridge of Thornthwaite Crag is climbed but not taken to the summit - the Beacon - but you cut round the top of a steep gill and head north across an area of indistinct flat ground aiming for the wall corner at GR437103. Take care - it is easy to wander here!

The wall is followed on its right side to the summit of High Street (GR441110- trig point Cpt2). Turn round and head south along the wall for 800m and then trend left till you pick up the Mardale Ill Bell path. MIB is traversed on its west side on a narrow but distinct path which joins the main path which is taken to Nan Bield Pass - wall shelter. Continue on the path that ascends Harter Fell but after 200m take the path to the right that eventually leads you onto the Knowe, the south ridge of Harter Fell.

A fence, which soon turns into a dry stone wall (magic?), is followed on your left into the muddy col below Kentmere Pike. The final short climb takes you to the summit of Kentmere Pike (Cpt.3) - if you arrive at the trig point you've gone wrong - you should be on the other side of the wall! Continue down the wall, avoiding some small but deep and muddy pools, for about 800m when you have a choice - either continue down the main path to its junction at GR469072 or take a less obvious path from here aiming for the steep ladder stile over the wall at GR469068. This is another bit where people have been known to wander - Shipman Knotts is not en route! From the stile a good path, which is grassy at first but quite rough later, is followed to Hallowbank. That sounds easy but care should be taken to take the definite right turn and not to carry on into the back of Brockstones Farm - the farmer has understandably got a bit vexed in the past as runners pour through his back garden. From Hallowbank follow the flagged route via Low Lane and Rook Howe back to the Church. Turn left down the road to finish in the parking field.

Records : Mark Roberts 1.24.13(1996) Trish Calder 1.43.47 (1992)

2003 Results : R Jebb 91.08 O40 Ian Greenwood 97.42

O50 Sped 106.48 L Andrea Priestly 108.47

Maps : Harveys Eastern Lakes ,OS90 Penrith and Keswick and all but High Street bit on OL7 English Lakes South-eastern area.

Prize giving : outside Village Hall about 15.30 hrs.

Accommodation : Limited b&b in the valley but plenty in Staveley and Windermere. Camping at Ashes Lane 478953 - access from A591 or Limefitt Park 417032. Good food and real ale at Eagle and Child, Staveley (beer garden by river) and The Watermill, Ings.



The first climb up the Garburn Track at Kentmere (Photo Pete Hartley)

## Saturday 7th August. British/English Championship. Borrowdale Fell Race. AL. 17m/6500'. 11.00 a.m.

Understandably many people's favourite long race, Borrowdale is a true Lakeland classic which will always be synonymous with the Blands. Will this be the year that Uncle Billy's 23-year old record finally falls to Simon Booth or will someone else snatch it from him? No-one else has appeared yet with his singlemindedness. Billy tips Nick Sharpe - should be a good race.

Parking : is in fields by the Village Institute. Turn down the lane opposite the Post Office in Rosthwaite just before the B5289 narrows.

Registration : is in a marquee in the small field opposite the Scafell Hotel.

Entry : on the day only - £4. Teams free.

Course : The race starts in the road by the hotel drive and takes lanes and tracks round to Stonethwaite - follow the purple train. From Stonethwaite a new - last year - route is taken up Stanger Gill to avoid the traditional stone shoot with its exciting rockfalls. From the top of Stanger Gill an intricate series of trods around lumps and bumps and small crags to the summit of Bessyboot (Cpt.1 GR257125). A path made by 30 years of fellrunners heads off past Tarn At Leaves, traverses the top of Wolf Gill and climbs Glaramara (Cpt.2 GR248105) via Combe Door. Take the main ridge path towards Allan Crag as far as High House Tarns where a grassy ledge is picked up to skirt Allan Crag to the west and traverse round to the Esk Hause shelter (Cpt3.GR235082).

It's been grassy up to now - the rocky stuff starts now as the tourist hordes are passed en route to Scafell Pike (Cpt4. GR216072). Back-track to the col below the summit - the corner can be cut - and descend to the Corridor Route, above Piers Gill, which is taken all the way to Sty Head.

Great Gable (Cpt.5 GR 212103) now looms above but at least it's no longer "2 up, 3 down" thanks to recent path work. Descend to Windy Gap and cut below the summit of Green Gable, following fence posts down to Gillercomb Head. Honister Pass (Cpt.6) is your next objective and there is plenty of scope now to go walkabouts. The optimum route traverses Brandreth to the east and Grey Knotts to the west picking up a grassy gully to drop into the back of the quarry on the last bit of the tramway.

Only one climb left and what a beast - many a good race has been ruined as Dale Head (Cpt.7 GR224154) reaps revenge for a reckless early pace. There again you could jog past loads of people suffering but be prepared to receive the verbals! Discover the downhill legs for the steep drop to Dale Head Tarn - a loop to the right is favourite and on into Rigghead Quarries and Tongue Gill. Flags are picked up in the intake fields and followed back to the finish by the marquee but don't forget to hang a right and left by the farm. The finish IS uphill - it's not just knackered legs and the mind playing games.

The marquee has now reverted to a beer tent for your enjoyment. Tea, sandwiches and cakes are also available in the Village Institute - you have to walk past it to get to your car!

Records :

Billy Bland 2.34.38 (1981) Menna Angharad 3.14.36 (1997)

Maps : Harveys Central Lakeland, OS 90 Penrith and Keswick or both OL4 English Lakes (NW) and OL6 English Lakes (SW) both of which are needed as the race straddles the join!

Prize giving : by the finish asap after finish! First prize is a weekend for two at the Scafell Hotel but is not often claimed as the Borrowdale lads always win. The other prizes are always good, thanks to generous help from Neil Rathbone of Rathbone of Keswick.

One of - if not the - highlights of the weekend is the Fell Race Dance in the marquee. Thanks to the very generous sponsorship of Miles Jessop of the Scafell Hotel you can completely trash your legs bopping away to the steel band. Lattig the next day should complete the job.

Accommodation : There are loads of B&B spots in the valley and there is, of course, the Scafell.

Campsites at Stonethwaite, Seatoller and Grange. Youth hostels at Longthwaite, Barrow House and Keswick.

TIC Keswick 017687 72645

Borrowdale Fellrunners website ([www.borrowdalefellrunners.co.uk](http://www.borrowdalefellrunners.co.uk)) has piccies of last year's race and more information.

### **Sunday 5th September. English Championship. Shelf Moor. AS. 5.9m/1500'. 2.00 p.m.**

A real Peak District classic - with another dodgy distance a la Kentmere!!

Parking : is very limited near the start- only 30 cars parked roadside but only one minute to registration.

Manor Park car park takes 100 cars - 10 mins to registration. Victoria Street car parks - both opposite and behind TIC - take 100 cars each and are both 15 mins. from registration. EOD only.

Registration : is at the end of Shepley Street, Old Glossop GR046948. Travelling towards Sheffield on the A57 Snake road from the centre of Glossop, turn left on Manor Park Road (signed on the day). Follow Manor Park Road over a small bridge and sharp right into Shepley Street.

Toilets : are available but no changing.

Refreshments : will be available at a small charge.

#### **Course**

Start is 10 mins. from registration along the Mossy Lea track at the first closed gate GR053950. Do not warm up in the field beyond the gate as it will contain sheep or cows that do not wish to be disturbed. Use the loos provided near registration, not the dry stone walls.

Finish is at the junction of Shepley Street and the Mossy Lea track near registration.

Andy Trigg describes the race:

*"This is my local favourite. It's been a Championship race twice and to me has a bit of everything. The start is very fast along the Mossy Lea path from Old Glossop for a good mile of rough track before a sharp left turn starts the climb to James' Thorn, which is a killer, mainly because it's one of those rough but runnable ones which goes up steep steps. There follows about half a mile of muddy, boggy moor before you reach the trig point. From here it's a very rough mile over deep peat groughs before beginning a long steady descent to the finish which gets faster and faster, eventually bringing you back to the Mossy Lea track. I've run the race 12 times and trained over it hundreds! It's a real Peak District classic and Colin Donnelly's record of 30.45 is going to last a long time*



*Approaching the summit at Shelf Moor  
(Photo Pete Hartley)*

*(Incidentally he set the record the day after winning the Blackstone Edge race to secure the British Championship for that year). He also rated it as one of the best courses he had ever run. So if you fancy a real tough Peak District race - this could be the one!"*

Map : Outdoor Leisure 1 The Peak District- Dark Peak Area

Records :

Colin Donnelly 39.45(1989) Carol Greenwood 47.17 (1986)

2003 Results :

1st Simon Bailey 42.28 V40 Graham Schofield 47.21

V50 Reg Clucas 49.05 V60 Peter Duffy 70.36

1st Lady Natalie White 53.28 LV40 Theresa Wall 82.30

Prize giving : at 15.30 hrs at registration.

Accommodation : Glossop is a lively Peak District town with plenty of local accommodation- TIC for listings 01457 855920.

### **Saturday 25th September. British Championship. Two Breweries. AL. 18m/4900'. 12.00 noon.**

2004 is the 21st Anniversary of this deceptively hard race. It's in the Three Peaks mould and unusual in that it's an end to end course but instantly attractive to hill runners as it links two breweries. The birthday bash promises to be a good do!!

Entries : on an official form only by 18th September - on website. [www.twobreweries.org.uk](http://www.twobreweries.org.uk) No EOD.

Transport : from the finish at Broughton Brewery GR111360 to Traquair is available if pre-booked.

Registration : is at Traquair House GR875285

The race : starts at the Bear gates which were closed by the 5th Earl in 1745 after wishing his guest Bonny Prince Charlie a safe journey, with a promise that they would not be opened till the Stuarts were restored to the throne. They have remained closed ever since. After a short road section up the B7063 towards Howford farm the route turns off to the southwest climbing alongside the forest over Greiton Hill to the summit of Birkscairn Hill (GR276332 Cpt.1). From here a steep drop into upper Glensax is followed by an equally steep climb up to Cpt 2 - Hundlehope Heights. A climbing traverse of Brown Hill is relieved by the short drop to the col at GR235332 from where it is but a short climb to Stob Law GR231332 (Cpt 3). Cpt 4. is the road crossing near Hallmanor Cottages in the Manor valley GR207342 which is reached via Glenrath.

From here a climbing forest track is taken on to the ridge, near Dead Wife's Grave, which climbs along the edge of the forest to Whitelaw Hill (GR193356 Cpt 5). A deadline regains the track which is followed via Lour and Derwyk Mill to the B712 which is followed north till you turn left onto another track which leads to Cpt.6, a track junction in the grounds of Stobo Castle at GR 370168. A track through the forest skirting Trahenna then takes you to the reservoir feeding Weston Burn, from where it is a steep climb up the ridge to the summit of Trahenna Hill (GR136374 Cpt.7). Skirt the head of the Mint Burn to gain the south ridge of Trahenna Hill which is descended to Ratchill (GR117364 Cpt.8). You can then almost throw a brick at the Brewery but unfortunately you can't straight line it - turn north into Broughton village and then south down the A701 for a few hundred yards to the Brewery and the first of several bottles of Greenmantle.

Records : John Taylor 2.33.57 (1992) Angela Mudge 2.53.56 2000

2003 Winners : 1st & 1st V40 Colin Donnelly 2.51.04

V50 M Hulme 3.18.17 1st L Kate Jenkins 3.21.21

Prize giving : at Broughton Brewery 16.00ish

Race ceilidh : in Broughton Village Hall in the evening.

Map : two maps are needed - OS72 Peebles & Galashiels or OL44 Tweed Valley cover the east of the race and OS72 Upper Clyde Valley the west.

Accommodation : [www.visitscotland.com](http://www.visitscotland.com) 08452255121

TIC Peebles 08706080404 - [info@scot-borders.co.uk](mailto:info@scot-borders.co.uk)



# A Ladies' Retrospective

To put the balance right after last edition's largely male Retrospective I asked five extremely notable lady fellrunners if they would be so kind as to contribute an article on their running careers from a female perspective, bearing in mind the unfair strictures placed on lady athletes in the early days and the undoubted tendency of some male runners, even today, to come over all misogynist at the sight of a lady on the hills. The comment I still treasure as an appalling gem of its kind (and which has appeared in these pages before) is the remark hurled at a group of Pennine Ladies as they flashed downhill past a group of elderly gentlemen walkers - "Shouldn't you all be out shopping !!!?" It is a tribute to the determination and ability of female runners that these attitudes are fast disappearing and that the Danielle Walkers of this world will hopefully develop their athletic prowess unfettered by the chains of repressive regulations, official disapproval and male prejudice. Joan Glass, Pauline Stuart, Vanessa Peacock and Sarah Rowell provide a more or less chronological sequence, while Helene Diamantides provides a piece from the perspective of the long-distance expert. I would like to thank all of them for taking the time and trouble to provide the pieces which follow.

## Joan Glass

My love of the outdoors began aged two, when I was evacuated from Liverpool to the Lake District but I never considered myself an athlete, though as a child was forever playing outdoors. I didn't own a bike but used to go to my cousin's every Sunday and ride his until he bought a new bike for racing and I wasn't allowed near it. However, my 'playing out' as we Liverpool kids would say, was severely curtailed in 1953 when at the age of 14, after practising for inter-school sports and being selected to run in the 400yds and 100yd hurdles, three days later, when I should have been competing, I was wheeled to the local hospital very ill and eventually diagnosed with osteomyelitis of the pelvis resulting in three months' hospitalisation. However, this cloud had two silver linings, one a month's convalescence in the Lake District which was great, it reacquainted me with mountains; the other, my mum spent £5 on a secondhand bike for me which made the three month stay in hospital almost worthwhile!! It was a black "sit-up-and-beg" with no gears but was my treasured possession and became my means of escape out of Liverpool and into North Wales via the Mersey tunnel. There was only one tunnel at the time and you had to keep pedalling or else!!

I loved my bike and cycled every Sunday and bought myself a racer when I was 18. It was the result of a bike mishap in Wales that basically altered the course of my life, some Liverpool lads came to our rescue and told us about a club they belonged to and invited us to join; we did.

About this time I had considered joining the police force; my father was a police officer and I thought it was what I would like to do, but because I was still attending outpatients for check-ups on my hip had doubts if I would be considered 100% fit. My consultant said I would probably be fine, wouldn't have

real problems until I was older, but by the time it was resolved, I had tasted weekends in the hills so ambitions for the police went out of the window! Dad's days off were never guaranteed.

It was the club, The Liverpool Area club of the YHA, that really got me into walking in the mountains and where I met my husband Dennis (I had left running behind at school). I wasn't interested in climbing, I just wanted to be on the tops, along the ridges and savouring the wonderful views. In 1961 Dennis restarted a marathon walk from Llangollen YH finishing at Maeshafn YH using roads and the Clwydian hills, not a true marathon distance but about 25-26 miles. There was also an event of about 12 miles in the Berwyns, The Boots and Saddles, a walking v cycling event, the cyclists in those days likely members of the Roughstuff Fellowship with their cyclo cross bikes, a far cry from to-day's mountain bikes. The marathon walk, in which I took part was a fast walk with a bit of a run downhill, at least it was, until the year George Rhodes and the legendary Eric Beard took part and they ran all the route!! That was an eye opener, and the competition moved up a gear.

We married in 1962 and a year later moved to Maeshafn YH when I became warden and Dennis kept his 'proper' job; we then moved in December 1964 to Llanberis as joint wardens, where we became more acquainted with Eric Beard, Dennis providing back-up for him, along with Chris Brasher, when he completed his run in 1969 from Llanfairfechan in North Wales to Swansea, known as the high level route. Regrettably we only knew Eric for a short period before he was tragically killed, he was a unique person and made a lasting impression. I never have a honey booty without thinking of Eric and it was he who made us more aware of running on the hills, but we didn't know of any races.

The FRA was formed in 1970 and in



Joan nearing the finish at Snowdon  
(Photo Joan Glass)

1971 the Welsh 1000 metres was organised by Dr Ieuan Jones of Bangor. This was to be my inspiration. Dennis entered in the mountaineering section along with friends from Liverpool, including Brian Timms who was now living in north Wales. They persuaded me to enter the following year in the lady mountaineering section, which started from Ogwen, as opposed to Aber for the men!! We had to wear full mountaineering gear and carry a 10lb weight in our rucksacks, I topped my weight up with oranges which I eagerly distributed on the summit. To my immense surprise I won, so the following year, without so much as a training run, just hard walks (now had three children and a busy hostel to manage) won again, and the following

year also. But I still wasn't running as regularly as today's competitors, doing virtually nothing other than the 1000 metres, Boots and Saddles, and the LAC marathon, which had all almost become running events. We persuaded a few local people who had started running, Malcolm Jones, Guto Parry, the late Bob (bach) Roberts and others to take part in the marathon and Boots and Saddles and for most of us training was simply getting fit a couple of weeks prior to each event! It was very hit and miss. Footwear was a problem, we initially wore padded canvas baseball boots, fell racing shoes were not to be had locally, so Dennis and I started selling running shoes for Chris Brasher, who had opened the Sweat Shop in London and we continued to do so until fell running became popular in North Wales and local shops acquired stock.

In 1972 we joined the FRA and consequently received a calendar of races up and down the country and because there was no running club locally we joined Wrexham Athletic Club. In 1975 The Ben Nevis race was targeted by Dennis and Brian Timms, and when they were accepted Dennis noticed there was a ladies' record and suggested I had a go at it, not realising that the hardest part of breaking the record was to be persuading the Ben Nevis Committee to allow me to run - it was a men only race!! After much correspondence it was finally agreed by the committee in Fort William that I could run, not with the men but I could start one minute later. I was the only woman, (embarrassing, a solitary figure in the middle of the field, waiting for the minute to pass) but I set off and achieved the objective, which because it was a 'walking' record wasn't difficult. The following year, 1976, a few more ladies took part, but again we were obliged to start one minute after the men and to cut the wording "Ben Nevis Race" from our numbers (not without indignant protests to the officials). I managed to break my own record by 10 mins and won in a time of 2hrs 7mins, good enough on the day, but by today's standards not a good time, I've since done it faster, but I console myself with the fact that my 'training' was just a couple of runs a week! It was 1980 before women received an official entry from the Ben Nevis Race Association and, as luck would have it, due to extreme weather that year, the race was cancelled. From 1976 until 1980 women could not officially take part in the race, but could run after the men, literally!!

In Llanberis Ken Jones was interested in starting a race up Snowdon and the first Snowdon Race took place in July 1976. I entered but was injured four days before the race so couldn't run. Brigitte Hogge won the ladies. I managed to win

in the next three Snowdon races 1977-79. But by 1979 I was just weeks away from my 40th birthday, the competition was getting hot with Pauline Howarth, who was living locally and was extremely fit, close on my heels.

Because there were hardly any races in North Wales we travelled when we could to the Lakes (not as often as I would have liked due to working weekends!) but the women were not allowed to compete in some of the longer distances, Ennerdale Horseshoe and Wasdale were two notable races where we had to make do with a much shorter route, until we started nagging that we could go the distance like the men!! I personally much preferred the longer routes, stamina as opposed to speed being my strength.

There became a need for a running cub in our area, so in 1977 Eryri Harriers was formed with Dennis and me amongst the founder members, and slowly but surely more races began to be held locally, including the Moel Eilio race that we instigated and organised from the hostel in Llanberis.

I competed in the 2-day Karrimor events, first in 1975 and '76 in class B with Carol Walker, Lakes and Galloway (no we weren't put off by the terrain or the weather!!) '77 Howgills Class B with Brigitte, '78 Peebles A class with Janet Sutcliffe (and a broken rib). But in 1979 Brigitte and I decided to do the elite class, it was held in the Rhinogs, a totally different 'playing field' to the previous two courses, it was two hard but immensely enjoyable days and we made it.

Marathon running was now becoming popular and in August 1980 there was an international Ladies' marathon held in London organised by Avon; it was a great event, and a good test for the first London Marathon the following April that I also did. Training schedules were now great topics of conversation, as was weekly mileage, and although I did try to have a pattern to my training and increase my mileage, the hip had other ideas and I basically ran when I could.

So, as luck would have it, when more races began appearing on the calendar the hip became more troublesome. In 1981 the Liverpool surgeon whom I had seen for 27 years retired and on my last visit told me I would need a replacement, and slowly but surely the running days became less frequent and the rest days more. It was incredibly frustrating setting off for a run only to have to pack in, tears never far away, but I did manage to run the Snowdon in 1982 and finish 2nd

Eventually in November 1984 I had a total hip replacement which was a

tremendous success. I had mobility I hadn't had for years and no pain. I was told I shouldn't run but said I couldn't promise that and the surgeon, although not condoning my running, saw my point of view. I was only 45 years old, categorised a super vet in the running world, but a young adult in medical terms (very confusing) and told the hip had a life of 10 years, which seemed eternity then.

After the replacement I did the Snowdon race the following July, it was fantastic to be part of it again, and my first triathlon at Plas-y-Brennin, Canoeing, cycling, and running up and down Moel Siabod, a brilliant day. It was the first time for a few years that I had actually been on the go for three hours plus and I thoroughly enjoyed myself and vowed that I would do 10, by which time the hip would be ready for renewing!! I was able to enter more races and events again, winning age group awards and I represented Wales in cross country for over 50's but it was actually being able to take part that was more important to me now, I had really missed the camaraderie and the fun. The hip lasted more than 10 years in fact it lasted 17. Unfortunately it needed revising two years ago and it was a major job, with lots of bone grafting to the pelvis being necessary and I was warned it is never as good second time, and that seems to be the case.

Unfortunately, running is not an option now but, as they say, what goes round comes around, so it's back to the bike and I did the Wild Wales Challenge in the hills around Snowdonia last summer, a great day out, I was almost as shattered as I used to be after a long run in the hills.

I feel so lucky and privileged to have experienced the joys and fun of fell running in the early days, would loved to have been younger when I started and not had a 'gammy' hip, but I have some fantastic memories and photos and was given the chance to meet some really great people from all walks of life, many of whom I still have contact with.

## Pauline Stuart

I was first introduced to fell running back in 1974 whilst working at Wasdale Youth Hostel. The sight of a hairy-legged farmer (Joss) and an equally shaggy dog, both bounding along with grace and speed over the lower slopes of Yewbarrow in pursuit of sheep, was all the inspiration I needed to sample the delights myself. The following months saw me venturing beyond the boundaries of the Wasdale Valley, thoroughly hooked on long steady runs over the tops. My only knowledge of speedwork

was purely incidental, breakneck descents of Whinrigg were accomplished solely so as not to incur the wrath of the warden by being late back for work. The summer passed far too quickly and it was time to swap wardening for nursing, and the fells for the dingy back streets of Liverpool. I was soon to learn that running was not always a pleasurable experience. Just a couple of night time excursions along the Docklands and a scary encounter in Sefton Park persuaded me that cycling was a much safer option, although the dual carriageways between Southport and Liverpool were not without hazard!

Eventually the lure of the Lakes proved too strong and I returned to YHA in 1977. A taunt of "you'd never make it round Fairfield" was enough to land me on the start line of the inaugural ladies' Fairfield Race with some exceedingly fit looking individuals sporting Bolton and Sale Harrier vests, the majority of whom were from a background of road or track. The start was a blur but maybe due to my past experience of descending, I ended up in front.

Over the next couple of years more organisers held women's races in conjunction with the men's or with short alternatives to the longer Lakeland 'Classics'. These were very friendly affairs



Pauline Stuart at Ennerdale in 1984  
(Photo Pete Hartley)

with often only 5 or 6 of us running most of the way together, although possibly the reason that some of us didn't really know where we were going had some bearing on this.

By the beginning of 1980 the likes of Ros

Coates, Fiona Wild and Rosie Naish appeared on the scene along with Sue Parkin and other leading lights from the orienteering world, which led to the races becoming more competitive. A ladies championship had been introduced and there was also the opportunity to compete over the full distance at Ennerdale, Wasdale, Borrowdale etc., which proved to my advantage. These were easily my favourite races, my strength and stamina more than compensating for my lack of speed. Over the years I ran them in every conceivable condition from heat wave to hail and snow, dense mist to crystal clear skies, each posing a new challenge. My success in these was in no small way due to Tom Sykes, who had the uncanny knack of appearing out of the mist at the most opportune moments and heroically navigating me unerringly through the checkpoints. Thank you Tom!

After a couple of years sidelined by injury and operations I had another crack at the British championship in 1984. Looking back at my diaries confirms Ken's view that I was very laidback about training (actually he used the word lazy, but I refute that!). Running just happened to be the quickest, most convenient way to get to work with the route through Brundholme woods on the lower slopes of Latrigg always a delight. Mileage was low, around 25-30 miles a week although my frequent racing schedule upped the tempo and miles a little more. I competed in 29 races, my only defeats being at the hands (feet) of Carol Haigh at Saddleworth, who sped past me on the road as if I was standing still, and Ann Curtis at the Edinburgh 7 Hills. Fast times were never an issue, I was usually content to do just enough to win and I guess the only time I gave myself a hiding was the Ben Nevis race. After overhearing a nice gentleman doubting my speedy credentials with a less than favourable comment, I found to my surprise I had a very competitive edge and took more delight in trouncing him than breaking the record.

I continued to enjoy running throughout 1985, managed to retain the championship although I competed far less, and reached the dizzy heights of the World Cup in San Vigilio. Unfortunately it coincided with being eight weeks pregnant and very sick, although at the time I put it down to a combination of a bug, travel sickness and nerves. As John Disley and Chris Brasher had kindly sponsored my trip I was really disappointed to finish 8th, as I would have loved to have justified their faith in me with a much better position. My only regret was that I never had the opportunity again to compete at that level whilst fully fit. Still, I hear the

World Vets championships are in Keswick in 2005 so perhaps if someone would goad me.....!

## Vanessa Peacock

I started running shortly after meeting my husband, Tony.

I used to go along to watch and support him at his fell races and was very soon in awe of the leaders and the speed at which they completed the course. I was used to walking over the hills and taking a considerably longer time. It wasn't long however, before I became bored with standing around watching and wanted to become part of the scene, so I joined Clayton-le-Moors Harriers.

I had a few practice runs before hand just to make sure I could run and then went along to a Tuesday night training meet. Fortunately, one of the few women members at the time, Judith Hindle, took me under her wing until I felt I could go out with the group.

When I started running there was no structured training in Clayton Harriers. You just turned up on a Tuesday evening, tagged on the back of a group and tried to stay with them. I was lucky in that Tony was also in the group and I knew that he would keep a watchful eye on me if I was struggling. There was a wide spread of abilities and as I had joined in the winter we were running on the road. The routes took us down the byways and back streets of Clayton, Accrington and Great Harwood, and along with many others I hadn't a clue where we were, or where we were going. However, it was usual practice to re-group at strategic points eg. at a junction, or at the top of a hill, so, although it did happen, it was quite rare for anyone to go astray.

In the early days training was usually always with men because there was often only one other woman as well as myself. As the number of women increased, a couple of Clayton ladies attempted to raise enthusiasm by suggesting that we hold 'ladies only' training sessions. These would be held every Thursday evening and at a different lady member's house each week. As well as the opportunity for a 'less intimidating' training run, the variety of venues and the chance of tea and gossip afterwards, were seen as great plus points. The formula obviously works because the meets are still held every week, ten years after the idea was first put forward. This success sparked the creation of regular Thursday night training sessions by other groups within Clayton Harriers. These usually had a more structured format eg. speed sessions, and over the years I have tried to attend these as well as retaining contact with the other ladies.

In 1983 Tony had entered the Coniston fell race. We were staying in the Lakes with another couple from Clayton, Peter and Linda Lord and Pete said that if I wanted to try the race, I could run at the back with him. I must admit I soon left Pete behind, but later, on nearing the summit of the Old Man, the only other person in sight was another lady, Ann Bland. As much in fear as anything else I tried to keep Ann in sight as I had only a vague idea of the route, but I managed to hang on and fortunately got back safe and sound.

It wasn't long before I started winning prizes, mainly because there were so few women running that if you managed to complete the course you were almost assured of a prize. Prizes were a lot different then. There was not the proliferation of fancy running gear that we see today and many local races were sponsored by shops and other businesses. Women's prizes were often of a sexist nature and pots, pans and tea services were often on the list.



Vanessa at Witches' Clough in 1990  
(Photo Pete Hartley)

In the 1980s most people did the long category 'A' races; Ennerdale and Wasdale drew reasonably sized fields and the Three Peaks Race was often oversubscribed. Today, they seem to have lost their popularity and the cancellation of this year's Ennerdale confirms the trend. The fact that the average age of competitors in fell races is increasing may explain why numbers in long races are decreasing, but it seems that younger runners lack the confidence to enter these races.

This seems a shame to me because it was only a few years before I started running that women, being of the 'weaker sex', were not allowed to compete in long races. Now, through the impact of long distance specialists like Wendy Dodds, women have proved that they lack nothing with regard to stamina.

During the 1980s the club continued its tradition of organising a number of weekend, 'out and back' runs. One of the more popular ones involved running from Malham to Hawes, or Dent, staying at the Youth Hostel on the Saturday night. Again, there was only a couple of women with a group of men, but it was never a problem. They just kept the jokes a bit cleaner when we were within earshot. One year, as we were heading towards Dent at the end of a long day, someone said, "Has everyone been up Great Knoutberry?". I answered that I hadn't, but would quite like to go. I'm sure that had I not been a woman nobody would have gone, but they all gallantly put in the extra effort and I'm still reminded from time-to-time of how they suffered on my behalf.

I had a break from running for nearly three years when I was forty, caused by a couple of stress fractures in my foot and I may not have returned had it not been for the tragic death of Judith Taylor in the Kentmere Race. Clayton Harriers organised a memorial race for Judith on Pendle Hill. Running in the race re-kindled my interest in racing but I later found that I had lost confidence in competing in long races, especially those involving orienteering skills.

The biggest change I have noticed is the increase in the number of women running generally, but also the number competing in races. In this there seems to be a disparity between men and women, at the same time as the average age of male fell runners is increasing, there appears to be an increase in the number of younger women competing. Perhaps the fact that there are more local races in the calendar has had some influence, but young women appear more inclined to take up running than young men.

I have always enjoyed running alongside

men and have never found it a problem. I am very grateful for the fact that most men have given me a lot of encouragement and continue to do so, before, during and after races. I also use certain male runners as markers and know that I am doing alright if I can keep up with them. It's not often possible to do this with other women because the smaller number means that you do not often run along side them, but I can think of a couple of exceptions! Occasionally some men do a double take when they realise that it's a woman coming up along side them, but this doesn't bother me, in fact it usually makes me smile. I have only once been cut up running into the finishing tunnel. A fellow club member pushed in front of me just before the line and he has never stopped apologising since then! My attitude has always been that if you can sprint to the finishing line then good luck to you.

The advent of 'running fashion gear' has made it is also a lot easier for women to look attractive when running and has provided a whole new shopping opportunity. Perhaps this also has had an influence on the increased numbers.

I don't know how much longer I will continue to run, but I am very grateful for having had the opportunity to participate in the sport. I have made a lot of friends and feel that you couldn't meet a better bunch of people than fell runners.

## Sarah Rowell

My first ever proper fell race – well none that makes the calendar was Box Hill in 1989 (it's south of London) – this was run in Ron Hill fell shoes. After winning I can remember the second placed woman, Angela (now Brand-Barker) asking, "Who the hell are you?" (Angela had that summer finished pretty high up in the World Trophy).

Who the hell was I? Some-one who had run 2.28 for a marathon and 33 min for 10km, but due to back/leg problems could no longer run on the roads, so turned to the surface I had always liked running on, hills and mud – something that was helped by moving that year from Eastbourne to Leeds where I have been ever since. I must have seemed a bit of a strange creature to most who ran on the fells, as I still had a serious runner mentality, which for me meant turning up at races, keeping myself to myself, running as hard as possible and maybe smiling a little afterwards...

Early on my main focus was on the World Trophy, so the races I did were aimed at that (i.e. very few long or really rough 'proper' fell races). 1989 also saw



Sarah at the 1993 World Cup at Gap  
(Photo Allan Greenwood)

me coming back from a bout of overtraining problems, which meant once I could train properly again (80 plus miles a week) I added the early season goal of the 3 Peaks – a race which suited my strengths and in the early 90s was still massively oversubscribed and seen as one to win.

The 1992 version is one of my racing highlights, not the fastest time I have done, but the conditions that day were not great- Fergy won in 3.01, I was 16. in 3.19. Other personal favourites – the Seven Sisters has to be the one (OK I know it is not a true fell race, but it's 26 miles off-road, with hills, and to date only one man has ever run faster than I did in 1996), finishing 2nd in the World Trophy in 1992, winning the British and English double in 1995 and not losing a race, and getting round Wasdale in the mist.....also any race record that stands the test of time and others trying to beat it.

A typical week's training –  
1992 pre 3 Peaks

Sun – 20 miles with Valley Striders followed straight away by 30 mins on turbo.

Mon – am 6 miles  
pm 6 miles

Tue - am 6 miles  
pm 10 miles fartlek with group (the Leeds City lot, Veronique Marot, Angie Hulley, etc.)

Wed - am 12 miles  
pm – weights session

Thur- am 6 miles steady  
pm track session 20 x 200m, 30 sec recovery

Fri - 6 miles easy plus leg weights

Sat - Calder Valley fell race – 15 miles, 1st woman, 21st overall in 2.13 (next day was a 3 hour recce of part of Howarth Hobble with Colin Valentine)

Looking back I guess I did quite a bit, and certainly was more likely to overtrain and race tired than do too little – the 1995 World in Edinburgh being a case in point, when the cross-country-like nature of the course should have suited me. I won the trial comfortably, but relatively bombed in the event, finishing my lowest ever and outside the top 10. It was the year that I also did the British and English championships for the first time and showed that for me anyway you can't do everything. Something which I still firmly believe, particularly for those who want to try and do well on the mountain running circuit - it's not just fell running abroad. Certainly in my early days on the fells I did not change my training from when running on the road/cross-country. In retrospect, given I was always weaker going uphill compared to down, I probably could have done with more hill work or used the bike more.

When I first came to Leeds I joined Leeds City, but soon afterwards switched to Pudsey, mainly to take part in the various relays. For a while we had a pretty unbeatable ladies team, with six internationals even navigation legs were not a problem as we had Yvette Haig (who also had to help out the boys' team at times..).

Since 1997, while I have continued to train (it is, however, true that as you get older you cannot do as much as you used to), I have not always had the same drive to race, which I guess means in a way it's more fun and much less intense for me (that's the theory anyway). By 1998 the back /leg problems that had originally prevented me running on the road were affecting my ability to run over rough stuff (never great at the best of times) and causing me ankle/foot problems, which meant long days out on the bike rather than running.

After a back operation in 1999 I've mixed what I do a lot more, both in racing and training. I've tried to do more of the classic races that I had not run before, as well as some adventure racing

and mountain marathons (the challenges here being keeping warm and not getting lost).

Dave asked me to give a female perspective on this – personally I have never felt any antagonism towards me as a runner, but then maybe that's cos I tended to walk around with a serious, scary looking face before races. There are certain men who will work extra hard to ensure they do not get beaten by a woman and have to prove that they are able to beat them, but if you have had a good run most will recognise what you have achieved. (One of my own personal disappointments was not managing to catch Shane Green on the run in at Shuc a Choin one year...).

Changing and showers can sometimes be a problem, but I have found that the men tend not to mind sharing their shower with you and you just have to get used to lack of modesty when taking a pee (or learn to do it standing up like one well known female runner).

My only real gripe? Prizes, and certainly in championship races – to me these should be equal for the first three male and female runners, even if the men's has greater depth.

The future? Trying to keep running as long as my body will allow and doing the odd race when the mood takes.

## Helene Diamantides

Oh dear; asked to do a retrospective I found myself wondering if it was because, like an autobiography, I was



Helene at the 1997 World Cup at Upice  
(Photo Allan Greenwood)

long in both tooth and distance travelled. Anyway, for all those with nothing better to do than dwell in the past.....

I was fortunate to be introduced to hill running in the 80's. Fortunate because it was a time when it was fine to see how hard, how long and how far you could push yourself and the boundaries of hill achievements without having to pay to enter an adventure race. The adventures were all self-generated and with the active crowd of Martin Stone, Jon Broxap, Adrian Belton, and Mark McDermott it was normal to get involved with the ultras.

Women such as Alison Wright and Elaine Wright (no relation) were doing ultras with their scouting groups and became some of the youngest to complete the Bob Graham round. With Elaine, Nicky Lavery (Hough) and Julia Laverack, Ambleside ladies won the first ever women's British Championship. The problem at the time was how to encourage more women into the sport when we were in a vicious circle. There were not enough women entered in races to justify the organizers funding prizes to 3rd place. Certainly the introduction of the championships and increased depth of the prizes has contributed to clubs encouraging female participation. Most women are paralyzed by their own fear that their failure would be revealed and team events have had a significant role in introducing women to the sport from mountaineering and road running backgrounds.

I started hill running when Vanessa Brindle dominated the sport; Stephanie Quirk and Angela Brand-Barker were established as hill women of stature and it was only just being accepted that women should run the long courses with the men. Strong minded and strong willed, others also showed that hill running courses could be completed without harming the delicate female constitution - Ros Coates competed in the Scottish Island Three Peaks race as the first female runner to do so. Legend has it that she smoked and drank her way round with a lot less hardship than many of the men.

Finding their feet in their own right, many of the women found that longer was better. Betty Hall set the standard on the West Highland Way race by ranking second and consuming a 1/2 pint of bitter at the King's House. Ann Stentiford was destroying men's records on the 24 hour events, and Sarah Rowell showed that women could win races outright.

Races abroad were just taking off. Mt

Cameroon, Mt Kinabalu, and the Hoggar 100mile "Super Marathon" in the Algerian Sahara, were three that I did one year. There was never any question of a short course for the women. Prize money was hidden away so as not to lose the "amateur" status, although in reality, it rarely covered one's costs.

The OS trial and the World Cup remain the only short course races for women that I am aware of. The Mountain Trial Association have clear ideals on this as they explained when I wrote a few years ago requesting to be allowed to compete in the longer event.

The World Cup appears to have no rationale behind the shortened event. Ann Buckley challenged this with a comprehensive questionnaire to all participating female athletes and was told that the transition for girls to women would be too difficult for budding successful athletes. What then of the junior men to Open courses??

The short course separation for men and women in the British Championships is interesting. It has been a success. The women can see each other to race properly, are not unfairly penalized for queues at stiles or narrow pathways and the improved course times often reflect this. The key here is the course is not shortened, the course is not in some way "made easier", the competition has simply been made fairer...and, well, more competitive... not less so.

I do remember my first Edale Skyline when the short course, previously compulsory for women, was an "option". Some ladies took it. Indeed, it was unusual for there to be more than a handful of ladies on the start line of the long courses. Most of us came from a mountaineering background and so felt secure on the fells in the company of lots of beards. As Muriel Gray facetiously pointed out in her book - one needed facial hair to be accepted on the fells in the bad old days. Failing that, hairy legs and armpits would conform to the requisite stereotype! Then Jackie Hargreaves turned up and not only showed the world that beautiful women could run faster than a lot of the guys, but she could also do it without smudging her lipstick.

Such revelations. I took to running with earrings simply to avoid being mistaken for "a chap" - didn't work incidentally. Clothing for women is another area to have changed significantly. On my first very hot Wasdale I removed my vest mid-race to compete in a lurid turquoise crop top. A very kind Rossendale gentleman was offended by this and took off his

vest so I could wear it. I was so embarrassed that I had obviously dressed indecently that I actually put it on. It was too big and too scratchy and I ended up carrying it all the way round with me. Tights were something you wore under shorts to hold them up (they were always too big and being made of early Helly Hansen material, would sag and drag under the weight of water and mud accumulated at the ankles) and to hide the convenient little pouch necessary to men. I never seemed to find women's thermal tights. So the first sight of Alison Wright in shiny turquoise lycra verged on the obscene. She had spent the summer orienteering in the Scandeweigan countries and come back with this new and risqué kit.

The changes made in the late 80's and 90's don't only relate to stereotypes. Claire Crofts and particularly Carol Greenwood introduced the concept of structured training to us lesser mortals left trailing in their wake.

The greatest impression I had made on me was watching the first world cup at Keswick. I had always raced before, never watched. The men were RUNNING up the hills. Then the leading ladies did the same. I pondered why I couldn't if they could, and returned to work harder than before. Motivation was added from two sources. Firstly I was known (as a result of my long slow wanderings across the fells) as "the carhorse". Secondly, watching women come into hill running internationals from the road and cross-country because it was/is seen to be an "easy" international vest was irritating. These girls were representing my sport and me and I had never seen them before. The standards shot up when good all rounders like Beverly Redfern and Trish Calder turned out and dominated the scene for a few years. My motivation changed and I moved from the long stuff to the internationals - just to see if I could. I discovered the benefits of real training and I had the fortune to meet Martin Hyman who didn't think my training and running ambitions too unusual. His sound advice on what would work for me and the way that I liked to run, rather than on standard coaching ideals, was unorthodox and as effective as he remains today.

I hope to be out on the fells into my 70's. I want to see the super vets category extended to women and I want to be racing for the next 20 years. I don't think that is unreasonable or unrealistic, as a love for the hills never really ever goes away. Shame the bits don't always hold together.

# Dr Martyn's Problem Page

*I have been asked to focus more on ladies problems in this particular edition of the magazine. Initially I was aghast at the prospect, saying I would need several whole editions not just a mere page but as I looked more closely into the issues my position mellowed. I discovered that by and large women only have one problem – men.*

## A wee problem

Dear Dr Martyn,

Please help for I am at my wits' end. My husband has asked me to show my future daughter-in-law how to clean a pair of Walshes. What my husband doesn't know is that I have trained our dogs to wee on his Walshes after every run. The effect of this slightly acidic low pressure jetting renders a most effective clean although leaving a slight odour. (Countered by the occasional plunge in the sheep dip). What am I to do as I fear my secret will be out?

Ethel

Dear Ethel

Don't panic, what they don't know can't hurt them. Tell your daughter-in-law the truth and get her a puppy of her own.

## Younger model

Dr Martyn,

My husband and I are both 54 and have been happily married for over 30 years. But he has recently started going for runs on his own and I have discovered that he is having an affair with an 18 year old bimbo from our club, what should I do?

Mrs X

X

I would suggest getting an 18 year old toy boy and remember the basic mathematical principle that "18 goes into 54 a lot more times than 54 goes into 18".

## Wine is fine

Dr Martyn

I have recently started dating a young fell runner but I am concerned about where the relationship is heading as he still only seems to be interested in running up hills and having fun.

Sally Single

Sally

Sally you must remember that fell runners are like a fine wine. They start out as grapes, vibrant, fruity and full bodied, but it's a woman's job to stomp on them, and then keep them in the dark until they mature. And hopefully they'll turn out to be something you would like to have dinner with.

## Technical Support

Dr Martyn

I know it's not truly your remit but I need some advice on a software problem that I am having. Last year I upgraded from Felling Running Boyfriend 5.0 to Fell Running Husband 1.0. Since the change our accounting software has malfunctioned, severely limiting access to wardrobe, flowers, nights out and jewellery - applications that operated flawlessly under FRB 5.0. No mention of this phenomenon was included in the product brochure. In addition, FRH 1.0 appears to have uninstalled many other valuable programs such as RunningTogether 2 and Letssharethechores® 4. Additionally Conversation 8.0 no longer runs, and invariably crashes the system and, more worryingly still, I can now only get PassionXXX to function once a week. I've tried running the Nagging 5.3 utility to fix FRH 1.0, but this all-purpose utility is of limited effectiveness. Can you please help?

Desperate Wife

Dear Desperate Wife:

This is a very common problem which many women complain about, but is mostly due to a fundamental misconception. Many people upgrade from FRB 5.0 to FRH1.0 with no idea that FRB 5.0 is merely an ENTERTAINMENT PACKAGE. However, FRH 1.0 is an OPERATING SYSTEM and was designed by its Creator to run as few applications as possible. Further, you cannot downgrade from FRH 1.0 and return to FRB 5.0, because FRH 1.0 is not designed to do this. Hidden operating files within your system would cause FRB 5.0 to emulate FRH 1.0, so nothing is gained. Any new program files can only be installed once per year, as FRH 1.0 has severely limited memory. Error messages are common, and a normal part of FRH 1.0. In desperation to play some of their "old time" applications, or to get new applications to work, some women have tried to install FRB 6.0, or even the more radical solution of FRH 2.0. However, these women invariably end up with more problems than encountered with FRH 1.0. Look in your manual under "Warnings: Divorce/Child Support". You will notice that this program runs very

poorly, and comes bundled with HeartBreak 1.3. I recommend you keep FRH 1.0, and just learn the quirks of this strange and illogical system. I would also strongly recommend that you read the entire section regarding General Partnership Faults (GPFs). This is a wonderful feature of FRH 1.0, secretly installed by the parent company as an integral part of the operating system. FRH 1.0 must inherently assume all responsibility for all faults and problems, regardless of root cause. To activate this great feature enter the command: "C:\I THOUGHT YOU LOVED ME" Sometimes Tears 6.2 must be run simultaneously while entering the command. FRH 1.0 should then auto-run applications Apologize 12.3 and Flowers/Chocolates 7.8. However avoid excessive use of this feature. Overuse can create additional and more serious GPFs, and ultimately you may have to give a C:\I APPOLOGIZE command before the system will return to normal operations. Overuse can also cause FRH 1.0 to default to GrumpySilence 2.5, files that are very hard to delete. Just remember, the system will run smoothly, and take the blame for all GPFs, but because of this fine feature it can only intermittently run all the applications FRB 5.0 ran. FRH 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. Consider buying additional software to improve performance. I would recommend HotFood 3.0, Lingerie 5.3, and Patience 10.1. Used in conjunction and moderation, these utilities can really help keep FRH 1.0 running smoothly. After several years of use, FRH 1.0 will become familiar and you will find many valuable embedded features such as FixesBrokenThings 2.1, Snuggling 4.2, and Howtouseacompass 3. In summary I would recommend staying with FRH 1.0 for the foreseeable future, for despite all its problems it is probably just about the best product available at the moment. However keep an eye on developments in the advanced Vibration software range as once the range successfully embeds a Carfix and SpiderKill capability it is likely that FRH 1.0 will be replaced entirely.

## Small feet

Dear Dr Martyn,

I heard on the radio the other day that women have smaller feet than men in overall size, obviously, but also that the ratio of foot length to height is different. Why is this the case?

Mrs Miss

Miss,

It is one of those strange evolutionary things that has evolved slowly over many years and has enabled women to stand closer to the sink but still retain sufficient height for standard size base units.

**"Have a great day out in the  
Yorkshire Dales..."**

**and all for a good cause...**

## **The 23rd Buckden Pike Fell Race**

**Saturday 19th June at 2-30pm**

**from Buckden Village Green, North Yorkshire (GR 942 774)**

4 miles of pure fell running with 1500 feet of  
climb and descent  
in conjunction with the Buckden Village Gala  
(teas, stalls, music, sheep show etc)

A grand day for all the family in beautiful  
Upper Wharfedale

---

**Proceeds from the race will be donated  
to MacMillan Nurses and  
Marie Curie cancer care charities, in  
memory of our dear friend Mike Rose**

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Details; (course map available) SAE please;  
Buckden Pike Race, 1 Royd Avenue, Ainley Top,  
Huddersfield, HD3 3RY



*Mike Rose pictured at Buttermere  
by Peter Hartley*



# British Relay 2003 Report from Mike Day

Back in early 2002, after an enjoyable meal and plenty of good wine, Richard, my brother, let slip that the FRA committee had agreed to the relays coming south to Shropshire and that he wanted me to co-organise it with him along with the help of our Mercia team mates.

A few months later, panic struck as the reality of what I had agreed to do that evening began to sink in. Although I had organised the Long Mynd Valleys race for 13 years, including twice when it had been a championship event I realised I hadn't even been to a fell running relay event let alone the FRA relays! A visit to the 2002 event in the Langdales was a wonderful eye opener. The sheer complex logistics of the event were brought home.

For such a large event, adequate car parking, a good race HQ near the start and finish, plenty of helpers and permission from the land owners were prerequisites before even beginning to think about course planning. We were fortunate to be able to secure permission to use Church Stretton school and gain the support of the local National Trust Warden for the event. Mercia's committee agreed that we would only enter one team in the event and put the club members' efforts into ensuring there were plenty of helpers both before and on the day of the event. With these key building blocks in place we were then able to turn our attention to course planning.

The extent of the runnability of areas like the Long Mynd is determined by the height of the bracken. In February when the Long Mynd Valleys race is held the bracken is dead, whereas in October it is only just beginning to subside. Other factors that needed to be borne in mind was ensuring the courses could be easily marshalled, that there wouldn't be too many bottlenecks and that incoming runners wouldn't impede outgoing runners, etc.

In the end we were generally pleased with the courses but would have liked to cut out some of the longish run-ins on legs 2 and 3. We wanted to keep clear of the Carding Mill valley for the start and finish as it is a popular area for walkers and visitors. There is a large golf course on the top of the Long Mynd above Church Stretton, which cannot be crossed, and both these factors affected the course planning on these two legs. Much credit must go to Dave Jones our race controller. Dave vetted all the courses and provided us with much advice, wisdom and encouragement both before the event and on the day.

It became clear that our initial plans to use the school field for the start and finish were not practical and also not favoured by the police who were concerned about runners crossing the road. We were very fortunate to secure the support of the Well Well Well company to use their field for the

start, finish and changeover and this worked out well.

We knew the navigational leg would be the decider and we were proved right. We deliberately tried to make the actual checkpoints relatively easy to find but placed an emphasis on route choice, giving several options between them. Whoever picked the correct combination was going to be the winner. Gary Devine and Jason Helmsley pulled Pudsey and Bramley up from 5th to first place with a 34 second lead ahead of Salford and despite a strong challenge from Mercia's Mike Bouldstridge on the last leg, Rob Hope maintained pole position for the Yorkshire Club. Similarly in the Vets and Women's class it was the navigational leg which proved the decider with Mark Seddon and Phil Dewhurst of Horwich in the vets and a superb run by Helen Winskill and Jenny Whitehead from Dark Peak setting up their clubs to win the respective classes.

The six weeks leading up to the race were probably the most hectic in both Richard's and my lives. The race organisation absorbed a huge amount of our time each evening and weekends and for my part it didn't help having a four month old baby keeping my wife and me awake at night, plus a major part in a local amateur production the previous weekend!

However, our experience of organising previous events, carrying out a detailed risk appraisal of what could go wrong, attention to detail and our combined project management skills from our professional lives carried us through. Having demonstrated that there is some good fell running terrain outside the more recognised areas we hope you will come back to Shropshire to sample some of the many other races that are held here throughout the year.

And so we pass over our baton to Pennine, who are organising next year's event in the Peak District.



*Eager anticipation from Naomi Greaves and Jane Mellor at the British Relays  
(Photo John Chippendale)*

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[www.manxmountainmarathon.co.uk](http://www.manxmountainmarathon.co.uk)

Supported by the Isle of Man Department of Tourism & Leisure

# British Fell Relays 2004

Saturday 16th October

Kinder Reservoir - Hayfield - Peak District

This year's Relay will be produced by Pennine Fell Runners and Knott Fell Runners and will be organised by Alan Brentnall and Dave Jones of Pennine Fell Runners.

The format will be the tried and tested one which has evolved over the last few years, namely four legs with the first and fourth being relatively short solo blasts, the second being a longer and more complicated pairs leg and the third being a pairs navigation leg which will remain undisclosed to the runners until 100 yards after they've set off.

There will be three categories - Men's Open; Men's Veteran Over 40; Ladies.

Runners who know the area may be relieved to know that we have deliberately avoided using the top of the Kinder plateau, except for part of the navigation leg, and have concentrated on the more varied terrain to the west and south-west of the plateau itself, thus producing more interesting and runnable routes. These will include footpaths, tracks and open moor with climbs which are at times sustained and at times steep, so there should be something for everybody. We would like to acknowledge at this point the positive input of the National Trust in assisting us in the creation of these routes over a very sensitive area and one which sees a lot of usage throughout the year - we hope you like the result!!



The venue for the event is Hayfield, a relatively small village boasting no fewer than seven pubs, which lies just to the west of Kinder itself and from where a lane heads east for a mile towards the Kinder Massif to the actual event centre at Kinder Reservoir. Part way along this lane will be the event parking (and public toilets) and competitors will walk the remaining two-thirds of a mile to the Reservoir. We have been very fortunate, thanks to the generosity of United Utilities PLC, in obtaining the use of the reservoir site for the event. It is large enough to house a refreshment tent (which will be serving food all day), a changing and gear storage tent, Mountain Rescue/First Aid facilities, additional Portaloos facilities, registration and results and space for the retail outlets of Pete Bland Sports and Running Bear, both of whom are sponsoring the event. The routes will all start and finish on the Reservoir embankment and hence will go straight onto open country, while from the top of the Reservoir Dam itself spectators/support teams can see large sections of all the routes - providing it isn't thick mist and driving rain on the day!!

An advance warning - we intend to be very strict indeed on equipment. Whatever the weather, all runners **must** carry items a) to d) inclusive in Section 9 of the Safety Requirements for Fell Races (page 10 of the 2004 FRA Calendar) and these must be carried in the runner's own bumbag. Kit will be checked at the start of each leg and any runner deficient in equipment will be instantly disqualified along with his/her team.

Hayfield is a very pleasant place, even in October, with lots of scope for running, walking and biking and some people will have made fairly long journeys to get there, so we have attempted to make the event suitable for those who might like to make a full weekend of it - there is quite a lot of accommodation available in and around the village, as well as at the campsite which adjoins the parking fields, and details of this will be sent to competing clubs in their package in September. The Prizegiving will be held at 5.00 p.m. in the largest pub in Hayfield, the Royal, which is in the centre of the village, and there will be a live rock 'n roll band on in the same pub later in the evening, thus giving lots of scope for the extroverts among you to enjoy yourselves.

There will be a limit of 100 teams. Entry forms will be published in the June edition of "The Fellrunner" and must be returned by 31st August and at the beginning of September information packages will be sent out to all competing Clubs, containing directions to the venue and details of parking; a plan of the venue; a plan of the event centre; maps of legs one, two and four; a declaration form listing the runners in each team (to be completed before registration on the day of the event and handed in at registration) and an accommodation list.

## FRA International Committee

Applications are invited for two positions on the FRA International Committee. The people appointed will be involved in the team selection and in assisting the team managers for the England Mountain Running Teams. Please forward applications in writing outlining relevant experience/qualifications to Alan Barlow, 12 Redcar Close, Hazel Grove, Stockport, SK7 4SQ. If you would like an informal chat to discuss the requirements of the position before you apply, please telephone either Alan on 0161 483 9330 or Mark Kinch on 01270 873290

# FROM DOOM TO BOOM: LAKELAND CLASSICS 2003

by Graham Breeze

## The Spirit Of Friendship

Fellrunners are considerate and sensitive people.

As I was zooming along in the 2003 Wasdale a runner alongside me cheerily suggested that the Lakeland Classics series had led to the premature death of both the Dockray Helvellyn and Ennerdale races. It was reflecting on his kind thought that caused my subsequent slow time.

Certainly the news last June that two of the four SuperLong races that make up the Lakeland Classics series had been cancelled, albeit for different reasons, was depressing to Brian Martin and me and hopefully all fellrunners, particularly since the series had been devised to raise the profile and help to ensure the survival of the arduous Lakeland races now experiencing small entries. The series had also added an extra element of competition for runners and promoted the concept of a group of races that could be accurately described as "Lakeland classics". The cancellations were particularly ironic since many runners who had been unaware of the 2002 series because of the deliberately low profile launch had contacted the organisers early in 2003 to assure them of their support.



The author using a rock for support at Rivoct Edge  
(Photo Woodhead)

## Plan "B"

To be eligible for the series runners have to complete three races in total: either three SuperLong events or two SuperLong and one Long event. The bias is towards the former group because these races, particularly Ennerdale Horseshoe and Wasdale, need support whereas the heaving masses will always turn up for races such as the Langdale Horseshoe. However after the cancellations the organisers decided that for runners to have to run both of the only two remaining SuperLong races to qualify in 2003 was restrictive and so Borrowdale was temporarily promoted to SuperLong status. Some observers have commented that because the record time for Borrowdale (2.34.38 Billy Bland 1981) is higher than that of Dockray Helvellyn (2.24.12 Gavin Bland 1999) Borrowdale should always have been categorised as a SuperLong race but other criteria (e.g. size of entry, location and calendar date) had underpinned the organisers' original decision.

So to retain the balance of the 2003 series Plan "B" promoted Borrowdale to SuperLong status.

## Outcome

"From Doom to Boom" was the famous NME headline in 1959 when Jerry Lee Lewis returned to the Top 20 (*aficionados* will remember it was with *High School Confidential*) after being vilified and suffering a career hiccup following his third marriage at the age of 22 to his 13-year-old second cousin. Well, they do things differently in Mississippi.

At the end of the 2003 series which had started with the loss of two of the SuperLong races Brian and I felt we also had cause to celebrate because the outcome was that 34 runners (32 male, 2 female) completed at least three qualifying races from the five available, which compared favourably with 38 runners (36 male, 2 female) in 2002 when seven events were available. If the 12 runners who had already completed two of the far tougher SuperLong events had turned up for either of the easier Three Shires or Langdale Horseshoe races then the number completing the series could have been as high as 46.

The age category breakdown of the 32 men completing the series was:

Open	11	M50	7
V40	12	V60	2

There was one Open and one V50 woman.

## Trophy & Category Winners

### Slate Trophies

Male Trophy	Rob Jebb	Bingley
Female Trophy	Wendy Dodds	Clayton-le-Moors
Team Trophy		Ambleside

Rob did not complete the series in 2002, which was won by Jonny Bland (Borrowdale) and the organisers were pleased that Rob had not been diverted away from his campaign to success in the 2003 British Championship. Wendy won the series again although the 32 points margin of her victory was comfortably wider than in 2002 when she won by only 2 points. Ambleside improved on their runner-up place to Borrowdale in 2002 to win the Team Trophy. The Team prize and winners for the Open, MV40 and MV50 categories were only decided at the last race in the series at the Langdale Horseshoe.

### Bentham Pottery "Lakeland Classics 2003" Mugs

First Male	Rob Jebb	Bingley
Second	Andrew Schofield	Borrowdale
Third	Mark Hartell	Macclesfield
MV40 & 5th Overall	Julian Rank	Holmfirth
MV50 & 9th Overall	Phil Clark	Kendal
MV60 & 24th Overall	Dennis Lucas	Rochdale
First Female & 23rd Overall	Wendy Dodds	Clayton-le-Moors
Second & 32nd Overall	Jane Leather	Ilkley

Team Counter Prize Gary Thorpe Ambleside  
& 6th Overall

Series Prize Mike Robinson Dark Peak  
& 7th Overall

Andrew Schofield improved from 3rd in 2002 to runner up. The three male veteran prizes went to new winners and Phil Clark who was 9th overall and first MV50 was only just ahead of rival V50s Dave Spedding (Keswick) and Dave Tait (Dark Peak) who were respectively 10th and 11th overall. Mugs are given to any member of the winning team who completes the series as an individual and Gary Thorpe finished all 3 SuperLong races + Three Shires. A mug has also been awarded to the runner with the highest score who completed all the races (5 runners achieved this) and that was Mike Robinson.

The final tables for 2003 are available on [www.skyrac.org.uk](http://www.skyrac.org.uk) or from the organisers. It is hoped that the Ambleside AC website will also carry updated results for the 2004 series.

#### Raison D'Etre

The Lakeland Classics was conceived to entice people back to the long classics of Lakeland fellrunning. The reasons why runners choose a particular race are myriad and who can account for 400 runners choosing to join a Championship crocodile at Pen Y Ghent on 7th June last year in preference to the joy of the Ennerdale Horseshoe? If doing a "sub-3" for a marathon establishes one's credentials as a serious roadrunner then surely the same applies to completing Wasdale? No one ever says, "Yes. Yes! I know you've done Wasdale but how did you get on in the gala race?"

#### Wasdale

In 2003 the Wasdale race was held in wonderful conditions and it appears that entries may be recovering as shown below:

Year	Number of Entries	Number of Finishers	%
1998	81	62	77
1999	72	51	71
2000	36	25	69
2002	65	54	83
2003	68	53	78

#### Ennerdale Horseshoe

The Ennerdale race has had a more uneven recent history with 33 finishers in 1999, 207 finishers in 2000 because of English Championship status which may have contributed to the low number at Wasdale that year, cancellation in 2001 (F&M), 30 finishers in 2002 and cancellation in 2003.

#### "Take Along A Friend"

Although the highlight of the FRA Presentation Evening is the award of British and English Championship medals and trophies, the Lakeland Classics organisers were gratified that the FRA gave them the opportunity to raise the profile of the series by presenting their awards during the evening. They were particularly delighted with the remarks made by Rob Jebb, the new British Champion, to the effect that the Super Long races that make up the Lakeland Classics lie at the heart of fellrunning and everyone should resolve to compete in at least one in 2004 and, as Rob said, "take along a friend."

#### Conclusion, A Thank You and 2004

After the uncertainty of June 2003 Brian and I are delighted with the outcome of the second series and the response from runners. The series receives no income from race entries and so we again record our thanks to Selwyn Wright for contributing proceeds from the Three Shires race towards the cost of the prizes. Selwyn also played an important role in developing the original idea of the series.

The Calendar contains details of the 2004 races and the organisers will be pleased (via 01943 874046 or [Breezeuplands@aol.com](mailto:Breezeuplands@aol.com) and 017684 84156 or [brian\\_martin16@btopenworld.com](mailto:brian_martin16@btopenworld.com)) to receive any comments on how to improve Lakeland Classics 2004 and beyond.

## A Fell-runner's lament

by Peter Travis

Why am I here in such dreadful weather,  
unstable boulders, bloody heather?  
And heavy rain, an understatement,  
how I wish for its abatement.

I started off quite well enough  
until that sordid (sodding!) peaty grough.  
And then the cloud - its dense developing  
dimness, greyness all-enveloping.

"Use the compass," so I was told,  
unfortunately directions seem  
to be on hold!

On and on and all alone,  
penance for past sins so I can atone.

Checkpoint missed, how far to go?  
Perhaps as well I do not know.  
Streams to cross, cloughs to climb,  
will I make it in the time?

At last salvation looms in sight,  
strike for home with all my might.  
"You've missed two checkpoints  
in between,"  
unlucky for some my number - 13!!

## Video Review

### The English Fell Running Championships 2003

£14, inc. p. & p., from Peter Thompson, PWT Productions, 1 Castle View, Sedgwick, Kendal, LA8 0JL. (Please make cheques payable to Peter Thompson.) Also available from Pete Bland Sports.

This latest addition to the annual championship series maintains the high standard of previous ones. The races covered are the Lad's Leap, Anniversary Waltz, Pen-y-Ghent, Skiddaw, Holme Moss and the Langdale Horseshoe, and the action is again interspersed with numerous short interviews with runners and race organisers. It is dedicated to the memory of Mike Rose, who did so much for our sport, and is highly recommended.

Bill Smith



## MODULO ISCRIZIONE / ENTRY FORM WORLD MASTERS 28.8.2004

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**Via fax al / Send a fax to:** Comune di Sauze d'Oulx 39 0122 85.89.20  
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La quota d'iscrizione (solo in Euro) va versata al momento del ritiro della documentazione a Sauze d'Oulx.

Entry fee (only in Euro) must be paid at picking up the start data in Sauze d'Oulx.

Nome / Name \_\_\_\_\_ Cognome / Surname \_\_\_\_\_

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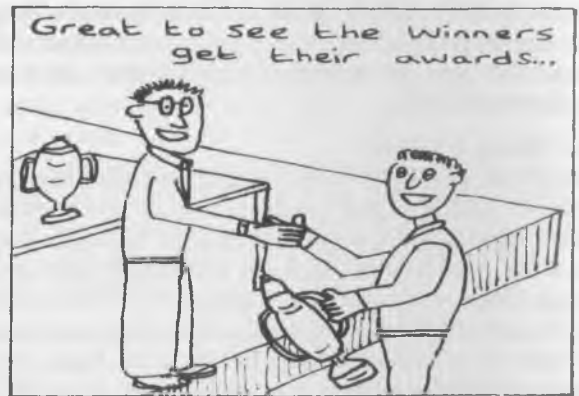
Firmando il presente modulo di iscrizione dichiaro di attenermi ai regolamenti e alle istruzioni del WMRA Masters Sauze d'Oulx del 28.08.2004 e che sono fisicamente idoneo a partecipare a detto evento.  
By signing this entry form I declare that I agree to comply with rules and instructions of WMRA-Masters Sauze d'Oulx, 28.08.2004 and I am physically fit enough to compete in this event.

Ai sensi della normativa sul trattamento dei dati personali Legge 679/96 e successive integrazioni e modificazioni, consento il trattamento e la divulgazione degli stessi nella misura necessaria per il perseguimento degli scopi statutari e per gli obblighi previsti dalla legge.  
Following the Italian Privacy Policy nr 679/96 and further modifications and supplements, I authorized the treatment and divulgation of my personal details just for company constitutional purposes and law requirements.

Accetto / I agree \_\_\_\_\_ Firma / Signature \_\_\_\_\_

CLASSE MASCHILE M / MEN				CLASSE FEMMINILE F / WOMEN											
M 45	<input type="checkbox"/>	M 55	<input type="checkbox"/>	M 65	<input type="checkbox"/>	F 35	<input type="checkbox"/>	F 45	<input type="checkbox"/>	F 55	<input type="checkbox"/>	F 65	<input type="checkbox"/>		
M 40	<input type="checkbox"/>	M 50	<input type="checkbox"/>	M 60	<input type="checkbox"/>	M 70	<input type="checkbox"/>	F 40	<input type="checkbox"/>	F 50	<input type="checkbox"/>	F 60	<input type="checkbox"/>	F 70	<input type="checkbox"/>

Fallrunning Fred by Anne Colstrane



# The 20th Open Screentone Calderdale Way Relay

by Linda Crabtree

On a splendid, sunny but very chilly winter's day, the 20th open Screentone Calderdale Way Relay was deemed a success with 97 teams finishing from a capacity entry of 100.

Pudsey and Bramley won for the seventh occasion, though – due to persistent torrential overnight rain and a lengthy extension of the sixth and final section to avoid a dangerous road crossing – in the slowest ever winning time.

Gary Devine and Philip Sheard had established a good lead by the end of the first section from Copley to Cragg Vale. By the end of the second leg, over Langfield Common to Stoodley Pike, Mankinholes and Todmorden, Paul Sheard and Steve Bottomley had widened the gap to around four and a half minutes, though Ian Holmes and Matt Whitfield of Bingley were moving well, having overhauled Rossendale and Clayton at Lumbutts to hand over in second place.

Bingley chased hard all day but the Pudsey men had set their stall out to win and by the end of leg five had a lead of more than ten minutes over the rest. As Rob Hope and Jamie Noon prepared to run the glory leg from Shelf Hall Park, it was clear to everyone around that barring incident or accident, victory for Pudsey was just about in the bag, though Bingley's Stewart MacDonald and Jon Cordingley must be applauded for their very fine run, cutting the Pudsey time advantage almost in half.



Settle Harriers splashing their way along leg 2  
(Photo Pete Hartley)

Rob and Jamie arrived at Copley to seal Pudsey's day-long dominance in 6 hours 5 minutes and 51 seconds.

Bingley came home in 6-11-15 with Salford Harriers third in 6-17-43. Clayton finished fourth in 6-18-09 (see notes later on) while Clayton veterans pulled through to overhaul Horwich vets in the final stages after a splendid fifth leg by J Roche and P Hall with a time over two minutes faster than their Open team.

A new category for this year was for the first "B" team, always well contested as there are so many clubs with multiple entries. This award was won by, step forward, Clayton le Moors "B", 17th overall in 6-57-34

Clayton le Moors won the women's title, though it was a bit of a close run thing with the first three teams finishing inside a minute and only four places apart. Clayton's winning time was 7-52-42, with Holmfirth Harriers second just 16 seconds behind and Bingley Harriers on 7-53-38.

The mixed section was won by Ilkley Harriers whose early section runners had many spectators fooled into thinking they were a women's team, seven minutes ahead of Clayton's women after leg two. Ilkley finished in 24th position in 7-13-41.

The first Calderdale club to finish were Calder Valley fellrunners, beating Todmorden Harriers by just one place and three minutes in 6-46-34.

We would like to thank leg 2 runners who stuck to the marked section on the descent from Stoodley Pike monument, put in place after concerns of erosion by English Heritage Trust. Nobody complained about the extra mile or so near the end of leg six - avoiding a dangerous road crossing - and this will become the norm for future events.

Special awards were presented this year to mark the 20th running of the relay as an Open event. Wendy Dodds of Clayton le Moors and Denby Dale's Ralph Barker were the only runners we are aware of who have competed in all twenty relays. Commemorative medals were awarded to both runners, as well as to members of Halifax Harriers, John & Linda Keighley, Eric North, John Williams, Richard Aspinall, Brian

Burgin, Christine Galloway, and Keith Midgley (all of whom have been involved in staging it each year since the events' instigation), and to the present organiser, Linda Crabtree.

A couple of gripes, I'm afraid, concerning parking at Copley and short cutting. Both are serious issues and could cause problems in securing the future of the event.

Copley residents take a dim view of people slamming car doors and talking loudly at 7a.m. on a Sunday morning. We have secured free car parking in a transport company yard on the main road, a few minutes walk from race headquarters. Please use it in future.

Again, we have had complaints about short-cutting. Runners deviating from the defined Calderdale Way footpath are going to upset land owners whose goodwill we rely on in organising the event. Besides, it is cheating, which goes against the grain of fell running in general.

Clayton le Moors Harriers reported that Salford Harriers had taken a short cut on leg 5, which gave them an advantage. This was reported to officials at the end of that section, but was not relayed to headquarters until much later in the day, and after the prizegiving.

After speaking to one of the Salford team members concerned (by telephone) who denied the claim, I am afraid it is simply one team's word against the other and, unfortunately (for Clayton) at the time of writing, it appears as though the result will stand.

Regrettably we cannot have marshals at every twist and turn along the route and we have to rely on you all to play fair and follow the route.

To the Clayton lads, I say, I am truly sorry if you feel hard done by but come back next year and win the race, fair and square. If it's any consolation, your club won the first women's, first veteran's and first "B" team awards.

Thanks to all the marshals, helpers and pie and peas ladies, to our sponsors, Screentone Printing, who provided the unique coasters, saving us a small fortune, and to Pete Bland Sports who provided the essential waterproof numbers. We hope to see you all again for the 21st Open Calderdale Way Relay.

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Please enclose an SAE - early booking advisable.





# Grass Routes 2003 Series

by Angela Scott

Thanks to Allan Greenwood and Linda Crabtree

I've run a few fell races over the years, collecting the odd vet prize here and there. Most famous result - first Lady vet 35 in 1992 at Darren Jones Clougha Pike, results appeared in the Daily Telegraph! My first ever-fell race was Widdop in 1991; I enjoyed it so much I decided to run that race every year no matter where in the country I was living. I completed the race consecutively ten times until foot and mouth put a stop to the race in 2001. I was now beginning to look for an excuse to stop running and thankfully Foot and Mouth gave me a very good reason. Not enough training and too much real ale were holding me back so I prematurely stopped running. Late in December 2002 when the FRA Calendar arrived and my feet were itchy, I was attracted to Allan and Linda's Grass Routes competition. A series of 10 races beginning early January and ending in October, pick your best 6 races from the 10 on offer.

The distance travelled to the seven races I completed was somewhere in the region of 630 miles, running a total of 41.5 miles and climbing 6950ft. Whenever I turned up for a race you can be sure my running partner of the last 13 years, Carole, was also there. We ran in all the elements, having driven on ungritted icy roads for the first couple of races and arriving last minute for the start. It became a bit of a joke towards the end of the series when we would ring Allan or Linda about 10 minutes before the start and ask them to delay the race start as we were stuck in traffic! (Somehow couldn't blame snow in July!)

The series itself was a true personal challenge, I hadn't run a race for well over two years and had forgotten how fast they could be. I was completely out of shape and overweight, coming next to last in the first very snowy race and last in the second extremely icy race. Allan very diplomatically told me the next race was fast and furious, was he hinting to me that I might be out of my league? Luckily for him I was away for the weekend so he could pack away the course early this time, after-all I was to blame for late presentations at the first two races!

Next race for me came in June, Waugh's Well, I had run this before many years ago but I'm sure it wasn't this long, seemed to go on and on and the descent caused a few problems as I had the wrong shoes on, but guess what - I wasn't last, one or two finished behind me!

Midsummer Madness series produced my 4th race; Wicken Hill Whizz and I was beginning to feel and remember what fell running was about, being a stone lighter helped! Earlier that day Carole and myself had been shopping and discussed what shoes we were wearing that night, a few onlookers in the store eyed us both up and down and thought, "Couple of tarts, bound to wear red!" Little did they know we were thinking - fell or off road?

Due to family holiday commitments I managed to miss the next two races. Then, came Hades Hill, what a battle! Carole, Peter Knox and myself fought this one out and finished in that order. This was meant to be the last evening race in the fell running calendar, but Andy O'Sullivan informed all before the start of the race that the last midweek race would be held next week near Littleborough. Off we went again to this neck of the woods and completed this race for Cancer Research. Carole's friend and colleague at work, Linda, undergoing treatment for cancer, received my signed T Shirt. Thinking we were free of races for a month, Andy advertised Ron Hill's 65th Birthday Run from Littleborough, only a mere 100 miles round trip away! Great to see Peter Knox again, this time I finished ahead of Peter and Ron Hill. Race 9 - what a great run I had, helped only by the fact the first half was flagged, navigational skills were required for the remainder, I was now running like a fell runner, or hanging on for dear life as I didn't want to get lost. I finished not only in a respectable position but also with a Titleist Golf Ball in my bum bag! (No point running past a golf course without picking up the odd golf ball - I'd lost a few the day before!)

Race 10, October 26, Race you to the Summit, and "Happy Birthday" to Carole sung by all starters. The series was telling on me, I was completely knackered, I couldn't run any faster if I'd tried, but at last I completed the race and reflected on the series: Don't give up on running, there's always a race for you to try, I thoroughly enjoyed the challenge and it gave me the chance to prove myself: it definitely is not the winning but the taking part that makes it worthwhile, I finished 1st Lady V 45 and 4th Lady overall and I have Allan, Linda and Carole to thank for making it possible. Next year will there be a fell challenge closer to home?

## Lost Property and Unclaimed Prizes: Ian Hodgson Mountain Relay

This year we seemed to accumulate more lost property than usual and despite a notice in the results sheet we still have several unclaimed items that were left at the Hartsop take-over: Blue Nike over trousers; Red/Green wool hat; Navy blue Adidas track suit bottoms; Navy blue Lifa top; Pair black gloves; Next stainless steel insulated cup. All these items are in good condition, not the usual rubbish left over at fell races!!

In addition we have three prizes that were not collected, so if anyone was a member of a prize winning team and did not collect their prize please contact us on 0113 2585586 or e-mail: dkshodgson@nascr.net

Dave/Shirley Hodgson

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# RESULTS

FROM

## AUGUST TO JANUARY



*Messrs Doyle and Helmsley enjoying some muddy competition at the Stoop (Photo Dave Brett)*

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**DAVE WEATHERHEAD & BARBARA CARNEY**

**CRAIG Y RHIW HILL RUN**  
**Shropshire**  
**BS/5m/1000ft 16.08.03**

The slightly altered course which took runners around in the opposite direction than of old, proved a great success. Entries remained consistent and everyone enjoyed the lovely summer's day local fete.

*Doug Morris*

1. I Hughes	Shrews	30.00
2. M. Foschi O/50	Penn	31.08
3. C. Ashley O/40	Wrex	31.18
4. O. Blake	Oswestry	31.43
5. J. Montgomery O/40	Buckley	32.21
6. S. Jones	Wrex	32.51
7. J. Kardasz o/40	FRA	33.12
8. S. Sharp	Buckley	33.51
9. P. Roberts O/60	Wrex	34.06
10. N. Jones O/40	Shrews	34.12

**LADIES**

1. (26) S. Montgomery O/35	Buckley	42.14
2. (31) S. Greaves O/45	Oswestry	44.16
3. (35) T Swaine O/45	Tatten	46.41

**40 finishers**

**TEGGS NOSE FELL RACE**  
**Cheshire**  
**BM/6.5m/1100ft 16.08.03**

1. L. Taggart	Bux	46.23
2. M. Fowler O/40	Penn	46.35
3. N. Holding O/40	W Penn	53.09
4. R. Murray O/40	Macc	53.32
5. L. Footitt O/40	Bux	53.56
6. P. Nicol	Altr	54.30
7. N. Winfield	Penn	54.55
8. S. Storey O/40	P'stone	54.57
9. D. Gartley O/40	Horw	55.50
10. J. Breytenback	Strat	56.03

**VETERANS O/50**

1. (15) T. Longman	Macc	57.54
2. (30) J. Carrier	Siemens	63.21
3. (32) G. Large	Nthn V	63.49

**VETERANS O/60**

1. (64) M. Edwards	DkPk	78.00
--------------------	------	-------

**LADIES**

1. (28) J. Mellor	Penn	63.04
2. (33) A. Carr	Macc	63.53
3. (35) J. Hatton	Unatt	64.34
4. (38) E. McGuire	Stock	65.00
5. (66) S. Charman O/40	Helsby	80.55

**73 finishers**

**GYRN GALLOP**  
**Shropshire**  
**BM/7m/1200ft 23.08.03**

Entries again stood up to last year's event and on a beautiful summer's day everyone enjoyed this great run up and down the Gyrn Mountain which is, of course, the mountain featured in the film "The Man who went up the Hill and came down a Mountain". The little village fete also benefited from the presence of the runners and their families.

*Doug Morris*

1. S. Gilliland O/40	Brodysynni	44.40
2. S. Ellis	Tatten	45.09
3. H. Jones O/40	Newtown	47.01
4. E. Davies O/40	Mercia	47.45
5. C. Ashley O/40	Wrex	48.08
6. R. Kerr	ShropShuff	49.25
7. J. Kardasz O/40	FRA	50.01
8. V. Griffiths	Newtown	50.18
9. S. Jones O/40	Eryri	50.27
10. D. Owen O/50	Shrews	52.16

**VETERANS O/50**

1. (10) D. Owen	Shrews	52.16
2. (14) R. Gilks	Welling	53.30
3. (16) J. Ratcliffe	Tatten	53.41

**VETERANS O/60**

1. (12) E. Davies	Eryri	53.20
2. (25) P. Norman	Wrex	58.45
3. (31) D. Parsons	Wrex	63.27

**LADIES**

1. (15) J. Bailey	W Chesh	53.32
2. (20) V. Musgrove O/40	Eryri	54.18
3. (29) J. Jeffries O/40	Oswestry	60.10

**43 finishers**

**FALSTONE FALCON**  
**Northumberland**  
**CS/5m/500ft 23.08.03**

Apologies to those who thought PM meant a continuous line of red and white tape. Granted, some markers at track junctions might not have been too obvious – it will be rectified next year. However, in spite of not seeing all of the 108 pieces of tape strung out over the course, Neil Wilkinson stormed home in 38 minutes, whilst Louise Wilkinson using a bit of LK was first lady.

Even though the race was delayed for half an hour to accommodate other events, apparently there was an altercation between fell runners and trail hounds. Maybe we'll put down an aniseed trail for runners to follow next year.

*Mike Sanderson*

1. N. Wilkinson	Salif	38.00
2. S. Coxon O/40	Tyne	38.47
3. D. Armstrong O/40	NFR	40.36
4. M. Jeffrey O/40	NFR	41.18
5. J. Ross	NFR	42.18
6. G. Davis O/40	NFR	44.01
7. D. Burn O/40	NFR	44.32
8. M. Byron	Tyne	44.52
9. J. Dallinson O/50	NFR	47.14
10. S. Gardner O/50	NFR	47.41

**LADIES**

1. (11) L. Wilkinson	NFR	48.01
2. (15) J. Walker O/40	NFR	50.45
3. (17) J. Ryall O/40	Tyne	52.50

**27 finishers**

**LINGMELL DASH**  
**Cumbria**

**AS/4m/2500ft 30.08.03**

The first three runners all broke George Crayston's 2002 record as Tim Austin and Nick Fish broke clear early on the race to the summit. Tim had the better descent and pulled clear to finish outside the Wasdale Head Hotel in a new course record.

With the ladies' race, Lindsay Buck was first to the top ahead of Nicky Geoffe, but with the long flat run in, Nicky pulled clear when they hit the road. Lindsay's record of the previous year was unchallenged on this occasion.

Good to see a strong turnout from the blue and whites on a fantastic day up the Wasdale valley. This race is certainly worthy of a place in next year's club championships.

Thanks go to Howard Christie of the Wasdale Head Inn and Tim Brooks of the Lingmell Guest House for sponsoring the race and, in Tim's case, for marshalling at the summit.

All proceeds raised were in aid of the Wasdale Mountain Rescue Team and around £200 was collected on the day through race entry fees and a raffle.

*Richard Warren*

1. T. Austin	DkPk	46.02
2. N. Fish	Amble	46.30
3. M. Hayman	DkPk	47.49
4. A. Schofield	Borr	51.27
5. P. Whiting O/40	Kesw	52.14
6. C. Valentine O/40	Kesw	54.49
7. D. Spedding O/50	Kesw	55.52
8. I. Turnbull	Borr	56.30
9. D. Atkinson	CFR	56.41
10. G. Bland	Borr	57.07

**LADIES**

1. (20) N. Geoffe O/40	BlackC	71.24
2. (21) L. Buck O/40	CFR	72.12
3. (24) L. Austin	Totley	84.26

**25 finishers**

**9TH PHOENIX LONG**  
**Northumberland**  
**O/MM/30-31/08.03**

This year's annual 2 day Phoenix Long O event was based at Clennell Hall near Alwinton in the Coquet Valley, returning to an area last used in the very first event.

The event was run in 6 different classes over 4 different courses each day. The times for the 2 days are added together to determine the placings. This year, we used SPORTident electronic punching and the split times which it produces threw up some interesting comparisons.

Day 1 on the A course saw Tim Higginbotham taking the lead from Ed Nash but being overhauled by Tim Lenton towards the end. On the B course, David Godfree only took the lead from Graeme Ackland on the way in from the last control and started Day 2 a mere 7 seconds from him. On the D course, Mick Anderson pulled back Alison O'Neil to take the lead but lost it back again after the last control. Day 2 saw all Day 1 leaders consolidate their positions. Congratulations to Tim Lenton (A), David Godfree (B), Matthew Crane (C), Adams & O'Connor (C Pairs), Alison O'Neil (D) and Grandey & Grandey (D Pairs).

Thank you again to sponsor, AMG Outdoor Limited (Phoenix & Vango), and to landowners and farmers who kindly allowed us to use their land.

Web site -

[www.geocities.com/andrew\\_nicoll/phoenix.html](http://www.geocities.com/andrew_nicoll/phoenix.html)

**CLASS A – 47k/2580m**

1. T. Lenton	Int	6.23.56
2. T. Higginbottom	Eryri	6.40.26
3. N. Northrop	WAOC	7.11.57
4. M. Higginbottom	Carn	7.46.53
5. C. Eades	Int	7.55.31

**CLASS B – 39k/2505m**

1. D. Godfree	Int	5.35.04
2. G. Ackland O/40	Int	5.38.19
3. D. Archer	HH	6.04.21
4. M. Sprot	SYO	6.18.10
5. C. Godfree	Int	6.48.11

**CLASS C – 30k/2100m**

1. M. Crane	WCH	3.48.48
2. G. Godfree Lady	Int	4.59.58
3. M. Anderson	NATO	5.14.09
4. A. Ross O/50	DVO	5.23.28
5. D. Allison O/40	STAG	5.24.09

**Pairs**

1. Adams/O'Connor	EBOR	6.15.06
2. Mullen/Holland	Ind	6.28.01
3. Biddell/Guscott	HUOC	6.31.16
4. Oates/Mills Mixed	CROC	6.39.21
5. Ross/Woodhouse	NFR	6.55.31

**CLASS D – 18k/1220m**

1. A. O'Neill Lady	NOC	2.56.38
2. M. Anderson O/50	NATO	3.28.19
3. S. Wood Lady O/40	AIRE	3.35.01

4. S. O'Neill Lady	NOC	3.38.48
5. M. Henry O/50	Ind	3.39.44

#### Pairs

1. Grandey/Grandey	CLOK	3.32.09
2. Lane/Lane Mixed O/40	LINOC	3.49.40
3. Dalgleish/Dalgleish Mixed O/50	ESOC	4.16.48
4. Bonnett/Bonnett Mixed	Ind	4.21.43
5. McClure/Lake Ladies	LOC	4.22.21

#### VETERANS' HANDICAP CLASS A

1. A. Lewsley O/40	BL	7.43.49
2. K. Masson O/40	MV	7.50.05
3. A. Mackenzie O/40	CLOK	8.14.09

#### CLASS B

1. G. Ackland O/40	Int	5.38.19
2. C. Wright O/40	CLOK	6.35.40
3. D. Charles O/40	SYO	6.48.15

#### CLASS C

1. S. Wright O/50	NOC	4.47.39
2. A. Ross O/50	DVO	4.53.49
3. R. Gray O/50	NATO	5.00.00

#### CLASS D

1. M. Anderson O/50	NATO	3.05.45
2. R. Malley O/70	NATO	3.16.03
3. A. Meadows O/60	MEROC	3.17.29

### BEN NEVIS RACE Inverness-shire AM/10m/4400ft 06.09.03

Rob Jebb's persistence finally paid off when he won the 2003 Ben Nevis Race after a succession of near misses. Run in weather conditions which were close to ideal, the race was led by Jebb from early in the proceedings. He got to the top in 57.48, over a minute clear of John Duncan and three minutes clear of Ian Holmes, four-times winner of the race. Could he hang on to his lead on the descent? Indeed he could, holding off fast finishing runner-up, Simon Booth, who descended in 28.42, making up a lot of ground. In spite of excellent conditions, Jebb was the only man under 1.30.00. John Duncan, and international orienteer, put in a remarkable first race performance to finish third in 1.30.45, suggesting that a return visit next year might provide an interesting result.

For the first time, the race employed a tagging timing system. This gave accurate summit times, allowing examination of comparison of ascent and descent times. Notable in this regard was the performance of local runner, Callum Anderson, whose 31.36 descent run was the second fastest of the day, enabling him to leap (literally?) from 28th place at the top to 13th at the finish.

Kate Beaty, in 55th position overall, took the ladies' title while Lochaber A C's Dawn Scott, Sara Byrne and Amanda Blackhall were first team. In the men's team race, Bingley were clear, runaway winners with 11 points – Rob Jebb 1st, Ian Holmes 4th and Andrew Peace 6th.

Looking ahead to the 2004 race, Kenny Stuart's 20-year old record of 1.25.34 has never been beaten, not has Pauline Haworth's ladies' time of 1.43.25, also set the same year. The Ben Nevis Race Association are offering a cash incentive for runners to beat the long standing records in the 2004 race - £1,000 to the person who beats either record. Time to get some serious training in if you think you can do it! Time also to enter the race even if you can't possibly set a record, just so that you can say in later years "I was there the year the record was set!"

#### Leen Volweru

1. R. Jebb	Bing	1.29.32
2. S. Booth	Borr	1.30.09
3. J. Duncan	Cosmic	1.30.45

4. I. Holmes	Bing	1.33.30
5. J. Lennox	Shettle	1.33.40
6. A. Peace	Bing	1.34.08
7. D. Rodgers	Lochaber	1.36.07
8. T. Austin	DkPk	1.36.12
9. D. Jones	Eryri	1.40.46
10. P. Kennedy	Lochaber	1.40.46

#### VETERANS O/40

1. (11) S. Jackson	Horw	1.42.10
2. (14) R. Gallagher	W'lands	1.42.40
3. (19) J. Rank	Holm	1.44.20

#### VETERANS O/50

1. (29) R. Whitfield	Bing	1.46.58
2. (47) K. Carr	Clay	1.52.59
3. (65) J. Holt	Clay	1.56.10

#### LADIES

1. (56) K. Beaty O/40	CFR	1.54.52
2. (58) K. Davison	DkPk	1.55.05
3. (71) D. Scott	Lochaber	1.57.53
4. (75) S. Taylor	Bing	1.58.32
5. (112) S. Rowell O/40	P&B	2.03.45
6. (119) K. Slater O/40	Settle	2.05.27

#### 374 finishers

### BRADLEY FAMILY DAY FUN FELL RUN West Yorkshire BS/3.5m/750ft 07.09.03

Entries for the Bradley Fell runs were down on last year – maybe the result of an inaccurate weather forecast! Indeed, it was probably too hot for serious attempts at the senior records.

Veteran, Colin Shuttleworth, was first at the summit, closely followed by Damian Scholes, Helen Glover and John Wootton. Youth told in the end and Scholes made up ground on the descent to win the race. Shuttleworth was second, followed by Richard Barrett. John Wootton once again came in fourth but retained the Bob Marchant Trophy for the first local winner home. Helen Glover finished first lady.

Daniel Walmsley won the Under 17s, pursued by Jonathan Pawson and Thomas Mountain.

The Under 14s proved the most exciting finish with only five seconds separating the first three runners – James Mountain, Sam Tosh and Dan Caton. Luke Maude, stepping up and age group, was first local runner home in 4th place. Leah Stubbington beat Rebecca Throup to take the first girls' prize.

The Sessfords achieved a double – Thomas winning the Under 12s and Harry the Under 9s/Jessica Wootton was first local Under 12 home and Toby Symmonds the first Under 9.

Credit must go to the nine Bradley runners who took part in the senior run which was kindly sponsored by R F Maude.

Silsden rider, Matthew Richardson, came home first in the Mountain Bike Challenge, one minute ahead of Dave Woodhead, who was closely pursued by S Macina.

Thanks to Midgley Motors for sponsorship of the Mountain Bike Challenge and to all the marshals and timekeepers. Once again we were indebted to Roger Ingham for his entertaining commentary – don't believe all he says but he certainly keeps the runners on their toes!!

#### Jim Rosser

1. D. Scholes	Kghly	25.51
2. C. Shuttleworth O/40	Prest	26.25
3. R. Barrett	Skip	26.41
4. J. Wootton	Wharfe	28.02
5. P. Burnett	Leeds	29.07
6. J. Jutchinson	Ilk	29.25
7. R. Fairhurst	Kghly	29.48
8. T. Robertshaw O/50	EMarton	30.09
9. H. Atkinson O/50	Bing	30.55
10. H. Glover Lady	Kghly	31.00

#### VETERANS O/60

1. (21) K. Robertshaw	Otley	36.36
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#### LADIES

1. (10) H. Glover	Kghly	31.00
2. (16) J. Hodgkinson Vet	Prest	33.00
3. (19) F. Raby	Kghly	35.36

#### 33 finishers

#### JUNIORS U/17

1. D. Walmsley	Skip	23.34
2. J. Pawson	Skip	24.30

#### MOUNTAIN BIKE CHALLENGE

1. M. Richardson
2. D. Woodhead
3. S. Macina
4. D. Tosh
5. I. Watkinson

#### 14 finishers

### LARA DERBYSHIRE CHEVIN FELL RACE Derbyshire BS/3m/560ft 13.09.03

1. R. Patton	DkPk	18.16
2. C. Rowe O/40	Matlock	19.21
3. J. Grindley O/40	LeicCorin	19.47
4. M. Kuszynski O/40	Matlock	19.58
5. L. Prebble	DerbyTri	20.42
6. G. Murfin	Burton	20.44
7. A. Broomhead O/40	Ripley	21.19
8. F. Pidgeon O/40	Notts	21.20
9. I. Evans O/40	NDerby	21.31
10. L. Page O/40	NDerby	22.03

#### VETERANS O/50

1. (15) M. Harvey	BellHH	23.20
2. (21) B. Boole	Sinfin	25.50
3. (26) D. Keegan	SheltStr	28.59

#### VETERANS O/60

1. (24) M. Edwards	DkPk	27.43
2. (28) T. Long	RollsR	31.57
3. (29) P. Dilks	RollsR	33.51

#### LADIES

1. (13) J. Pidgeon	Notts	22.54
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#### 31 finishers

### ERRINGDEN MOOR FELL RACE West Yorkshire BM/8m/1900ft 13.09.03

This year's race was subject to a change in both the time of year and also a small route change, the climb up to Stoodley Pike going up the recognised footpath making the route a little longer and the climb a little steeper, both at the request of the landowners, so these changes will stay the same for future races. All this meant that new records were set on the day and what a day! Somebody forgot that the month was now September as temperatures reached the 80s and many were found wanting, especially on the final climb.

Gary Oldfield led from the start, pulling out a good lead up the first 2 climbs. Running along London Rd he sneaked a look behind and decided that his lead was good enough to let him walk the last climb. He finished 2 minutes in front of local man and first V40, Andy Clarke, who was the same distance in front of team mate, Adam Breaks, who continues to improve and impress in each race in his first season on the fells. The ladies' race was won by Linda Hayles, in one of her favourite races.

The move to September led to a reduced field of 50 runners but all finished the course and gave very positive comments about the route and the free butties afterwards! Next year's race will be a counter in the South Pennines Grand Prix, so come and have a go next year I promise you wont be disappointed.

Tony Bradley

1. G. Oldfield	P&B	65.05
2. A. Clarke O/40	CaldV	67.12
3. A. Breaks	CaldV	69.36
4. S. Hoyle	Ross	69.58
5. P. Taylor	Ross	70.50
6. G. Ehrhardt	Tod	71.48
7. B. Blyth O/50	Macc	71.56
8. D. Collins O/40	Tod	72.50
9. A. Wood	Bing	74.17
10. I. Stainthorpe O/40	Roch	74.59

#### LADIES

1. L. Hayles O/40	CaldV	89.18
2. J. Smith O/40	Tod	90.31
3. S. Roberts O/40	Tod	98.44

### YORKSHIREMAN OFF-ROAD MARATHON

West Yorkshire

CL/26.3m/3000ft 14.09.03

Excellent weather and conditions led to an increased turnout - over 200 finished the full and half marathon.

The performance of the day was the winning ladies' steam of Cath Fawcett and Chris Preston of Keighley & Craven. Their time of 4.19.00 beat the previous best time of 4.25.00 by six minutes. Carol Waterhouse and Linda Crabtree were second, eight minutes behind.

Chris Loftus and Lenny Buxton, also of Keighley & Craven, were the men's winning team in a time of 3.45.00, with fellow club members, Chris Tomes and Paul Hundle second.

The individual race was a dead heat when Simon Shoemith of Bradford Airedale, ran in with Emlyn Roberts of Eryri in 3.25.00. The ladies individual winner was Kath Drake of Halifax in a time of 3.57.00, with Tracy Drake of Hinckley in second place.

The first running of the half marathon course was won by local, Will Smith, dipping under 90 minutes, finishing in 1.29.09. Brian Goodison of Holmfirth was second overall and first veteran with Gerard Gill of Keighley & Craven third in 1.39.49.

Karen Dunton, unattached, from Otley, was first lady in a time of 2.07.49, with Fiona Rady of Keighley & Craven second in 2.10.43.

Charles Marshall

### PADFIELD PLUM FAIR Derbyshire

BM/6.5m/1050ft 14.09.03

Thanks to all the runners who turned up to make this a record field, especially to the Helsby RC who turned up en masse, meaning that for the first time in this race's history, a ladies' team prize was awarded. Thanks must be given, too, to our friends who turn up each year to marshal, sweep and assist at registration and without their help we would not be able to keep going.

Thanks to United Utilities who provided sponsorship which enabled us to provide plenty of prizes, and to Up and Running of Hyde, who also dug deep to assist with prizes.

Hope to see you all again next year, bring a friend and maybe we can make a century!

Ted Woodhouse

1. G. McNeil O/40	Helsby	48.40
2. N. Bassett O/40	StaffsM	49.06
3. N. Winfield	Penn	50.44
4. M. Robinson	DkPk	51.00
5. C. Bishop	Sadd	51.05
6. A. Jones O/40	Unatt	51.24
7. T. Greenwood O/40	Penn	51.47
8. I. Warhurst O/40	Penn	52.24
9. D. Taylor	Unatt	53.44
10. R. Marlow O/50	DkPk	54.58

#### VETERANS O/50

1. (10) R. Marlow	DkPk	54.58
2. (12) J. Holloway	Horw	56.43
3. (15) A. Bocking	Penn	57.56

#### VETERANS O/60

1. (32) R. Webster	Helsby	64.54
2. (42) P. Duffy	NthnV	70.57

#### VETERANS O/70

1. (43) B. Thackery	DkPk	72.14
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#### LADIES

1. (18) K. Harvey O/40	Altr	58.16
2. (24) K. Roberts	Helsby	59.49
3. (39) S. Gooda	Helsby	70.32

72 finishers

#### JUNIOR SCAMPER

1. N. Gould (12-17)	9.53
2. R. Gould (8-11)	9.54
3. T. Crossley (12-17)	10.16
4. B. McElduff (12-17)	10.17
5. D. Lloyd (12-17)	10.20

23 finishers

#### REDGATE COAL RACE

1. K. Harrison	33.30
2. D. Gibbons	35.98
3. S. Ganston	36.43

### CHELMORTON CHASE

Derbyshire

BS/5m/1000ft 14.09.03

The race came of age this year with a record entry of almost 100 runners. Autumn sunshine delivered a splendid morning that saw a stream of colour over Chelmorton Low. One of the highest events in the Peak District, the Chelmorton Chase has gained fame over the last five years as one of the toughest events in the fell race calendar. It is set in the heart of the Peak District and this year raised almost £300 for Chelmorton Church.

The Climax of the run comes at the very end with a climb up Chelmorton Low at over 1,000 feet, followed by a run along the main street to finish outside Primitive Hall.

First runner home was Andy Wilton in a new course record with English international, Lloyd Taggart taking second place. First lady was Estelle McGuire.

Tracey Worth

1. A. Wilton O/40	StaffsM	30.31
2. L. Taggart	Bux	31.15
3. J. Ingram	Sadd	35.52
4. L. Footitt O/40	Bux	36.07
5. C. Fray O/40	Penn	36.48
6. D. Taylor	Unatt	37.01
7. R. Owen	SheffTri	37.09
8. M. Williams O/40	Penn	37.11
9. A. Anastasi	Gloss	39.35
10. J. Amies O/40	Macc	39.40

#### LADIES

1. E. McGuire	Stock	45.14
2. P. Lee O/40	Unatt	50.23
3. J. Morson	Bux	56.29
4. V. Bailey O/40	Macc	66.57

### SIMONSID FELL RACE

Northumberland

BM/6.75m/1200ft 20.09.03

This was a race well worth celebrating as it was its 21st, with its first running in 1982. We are one of the biggest fell races in the NE, but given that we are arguably the most northerly fell in the Pennines we are isolated from the big centres of population. Except, of course, Tyneside with

its Great North Run which started almost the same time as the Simonside. When the GNR has been held on the same week-end we have had the support of the GNR to issue a special T-shirt to runners that do both races. 2003 was one of those occasions and 24 ran the Double. This is good for fell running as we have had a number of converts from road running who have never tried fell running and have accepted the challenge of the Double.

It was a good warm day and the rain never touched the Show field although the runners suffered rain on the summit. In spite of this the conditions were exceptionally dry. But that heather under the summit crags was still graspingly high!

It was good to see Morgan Donnelly back in fine fettle as he led the field from beginning to end surprising the marshal on the summit with his Spiderman climbing! Phillip Addyman and Syd Coxon battled away with each other to reduce the gap but they remained a creditable 2nd & 3rd throughout the race. We are not now surprised how well the vets O/40 do overall, but John Dallinson deserves a mention as 1st vet o/50 at 17th

Talking of overall positions Karen Robertson dominated the woman and was well up the field. Given that woman only amount for 18% of the field the men would really be challenged if there was parity of numbers! Alison Raw was a magnificent no. 2 and 1st vet, a tough lady, she did the GNR the next day. As last year another Duggan from Morpeth, this time Nicola, came in 3rd. Second vet Jane Walker was 51st overall at the summit with Claire Bagness a long way below at 62nd. In a race where there was not much change of position, Claire flung herself down the crags making up 11 places to end up just 35seconds behind Jane!!

In my running career I have met David Wright at all sorts of races and whilst I have tailed off David has continued and become our 1st ever runner over 70. Where is it going to end!

David Milburn was 1st local beating his time for last year and Brian Robson keen as ever reduced his time in 2nd place.

Another excellent race with room to run. Next year 18th September, go on put it in your diary!

Ian Webb

1. M. Donnelly	NFR	45.18
2. P. Addyman	Clay	47.28
3. S. Coxon O/40	Tyne	47.49
4. D. Armstrong O/40	NFR	48.40
5. C. Wright O/40	Mand	49.29
6. B. Horsfall	Wake	49.55
7. D. Atkinson O/40	NFR	50.15
8. P. Grey O/40	Alnw	50.20
9. M Broadhurst O/40	Tyne	50.43
10. D. Milburn	Alnw	51.00

#### VETERANS O/50

1. (17) J. Dallinson	NFR	53.45
2. (23=) P. Graham	Tyne	54.56
3. (59) K. Brewis	Unatt	55.47

#### VETERANS O/60

1. (50) P. Lancaster	NthShPoly	60.32
2. (91) A. Purvis	Elvet	73.22
3. (95) D. Wright	Tyne	78.51

#### LADIES

1. (13) K. Robertson	NFR	52.44
2. (23=) A. Raw O/40	Darling	54.56
3. (34) N. Duggan	Morpeth	57.45
4. (49) J. Walker O/40	NthShPoly	60.20
5. (51) C. Bagness O/40	Wooler	60.55
6. (54) N. Gray	Unatt	61.36

99 finishers

## ISLE OF WIGHT FELL SERIES

Isle of Wight  
20/21.09.03

This year was the ninth running of the annual Isle of Wight Fell Running Championship Series. The series consists of three races around Stenbury, St Boniface, St. Martins and Luccombe Downs at Ventnor on the Isle of Wight giving a total weekends running of 24 miles with 4000 feet of ascent and completing all three is quite an achievement.

Saturday kicks off with the St Boniface Race, straight up from the Esplanade through the town, then up the nose of St. Boniface before running a loop at the Radar Station then straight back down again. In first place and first vet 40 was John Lowdon with Andrew Welshman close behind. First vet 50 went to Dick Kearn, first vet 60 went to Brian Daniells and first vet 70 was David Gammage. In the men's team event, decided over the complete series, Worthing just edged out London Heathside 11 points to 13 with Ryde Harriers third on 65 points.

In the women's event first and first vet 40 was Sally Newman with Mary Mills second and second vet 40. First vet 50 was Jane Pettifer with Christine Daniells first vet 60.

After an all too short rest the series resumes on Saturday afternoon with the Ventnor Horseshoe, straight up from the Esplanade through the town, then up the West side of St. Boniface from the Terminus before descending to Wroxall Manor Farm. From here it's through to the old railway line at Whiteley Bank, along to Upper Hyde then the non-ending drag to the steps at St. Martins/Shanklin Down along Luccombe Down before circuiting the Radar Station and the descent of St. Boniface and straight through the town.

In first place was Tony Allen in a new course record with Dan Wood second. Third and first vet 40 was John Lowdon with Andrew Welshman again close behind. First vet 50 went to Dick Kearn and first vet 60 went to Brian Daniells. In the men's team event, London Heathside just edged out Worthing 19 points to 20 with Ryde Harriers third on 55 points.

In the women's event first and first vet 40 was Sally Newman in a new course record with Mary Mills second and second vet 40. First vet 50 was Claire Hall with Christine Daniells first vet 60.

Sunday morning at 10:30am sees the start of the Wroxall Round race; stiff legs get some respite with the flatish start along the coast. It's then a climb to Watcombe Bottom before the stiff ascent of Stenbury Down and the descent to Stenbury Manor Farm. The course again climbs to Little Stenbury before skirting Gat Cliff, Freemantle Gate and through to the Donkey Sanctuary. From here it's through to the old railway line, along to Upper Hyde. The non-ending drag to the steps at St. Martins/Shanklin Down seems much worse on the second day then along Luccombe Down before circuiting the Radar Station and the descent of St. Boniface and straight through the town.

In first place was Kenny Leitch with Andrew Welshman again close behind. Fourth overall and first vet 40 was Colin Fray and first vet 50 went to Dick Kearn, eighth overall. First vet 60 went to Patrick Collins. In the men's team event, London Heathside again edged out Worthing 21 points to 17 with Ryde Harriers third on 54 points.

In the women's event first and first vet 40 was Sally Newman in another new course record with Lorraine Baron second. First vet 50 was Claire Hall with Christine Daniells first vet 60.

In a very close finish to the overall men's series

Andrew Welshman just came out on top with eight points with John Lowdon and Kenny Leitch second and third on nine and ten points. In the men's teams first was London Heathside (Welshman, Owen and Bayne) with Worthing (Lowdon, Leitch and Masson) second and Ryde Harriers (Geeson, Watson and Lewis) third.

In the women's series comfortable winner was Sally Newman with three points with Mary Mills second on 9 points and Hazel Imeson third on 13 points.

In the men's SEAA Fell Running Championship first was Andrew Welshman with John Lowdon second and first vet 40 and Kenny Leitch third. First vet 50 was Dick Kearn and first vet 60 was Brian Daniells. In the men's team event Champions were London Heathside (Welshman, Owen, Bayne).

In the women's SEAA Fell Running Championship first and first vet 40 was Hazel Imeson. Claire Hall was first vet 50 with Christine Daniells first vet 60.

Next years series will take place on the weekend of 18th and 19th September 2004 and is again the SEAA Fell Running Championship. See Ryde Harriers web-site [www.rydeharriers.co.uk](http://www.rydeharriers.co.uk) for entry forms and course details.

*Chris Lewis*

### Race 1 - St Boniface Fell Race AS/3m/775ft

1. J. Lowden O/40	Worthing	17.58
2. A. Welshman	LndnHeath	18.07
3. K. Leitch	Worthing	18.40
4. C. Fray O/40	Penn	18.45
5. A. Owen	LndnHeath	18.58

#### VETERANS O/40

1. (1) J. Lowden	Worthing	17.58
2. (4) C. Fray	Penn	18.45
3. (7) K. Masson	Worthing	19.48

#### VETERANS O/50

1. (9) D. Kearn	Compton	19.55
2. (14) A. Hall	Ports	20.32
3. (17) G. Newton	Tadworth	21.20

#### VETERANS O/60

1. (41) B. Daniells	MiltK	25.16
2. (53) V. Gretton	Henfield	29.04

#### VETERANS O/70

1. (56) D. Gammage	IOW	40.17
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#### LADIES

1. (13) S. Newman O/40	CaldV	20.30
2. (34) M. Mills O/40	HolmeP	24.24
3. (40) H. Imeson O/40	Tadworth	25.04

#### 75 finishers

### Race 2 - Ventnor Horseshoe BM/7m/1500ft

1. T. Allen	Havatt	53.14
2. D. Wood	Unatt	55.07
3. J. Lowden O/40	Worthing	56.49
4. A. Welshman	LndnHeath	56.55
5. C. Fray O/40	Penn	56.56

#### VETERANS O/40

1. (3) J. Lowden	Worthing	56.49
2. (5) C. Fray	Penn	56.56
3. (12) K. Masson	Worthing	63.56

#### VETERANS O/50

1. (9) D. Kearn	Compton	61.11
2. (15) G. Newton	Tadworth	66.13
3. (16) A. Hall	Ports	66.40

#### VETERANS O/60

1. (35) B. Daniells	MiltK	76.12
2. (55) V. Gretton	Henfield	92.52

#### LADIES

1. (11) S. Newman O/40	CaldV	63.41
2. (34) M. Mills O/40	HolmeP	76.07
3. (39) L. Baron	Ryde	77.47

#### 57 finishers

### Race 3 - Wroxall Round CL/13m/1500ft

1. K. Leitch	Worthing	1.26.55
2. A. Welshman	LndnHeath	1.26.59
3. K. Rowdon	WightTri	1.27.08
4. C. Fray O/40	Penn	1.27.53
5. J. Lowden O/40	Worthing	1.28.32

#### VETERANS O/50

1. (8) D. Kearn	Compton	1.33.57
2. (15) A. Whitewood	Ryde	1.38.35
3. (17) G. Newton	Tadworth	1.39.21

#### VETERANS O/60

1. (26) P. Collins	Bromley	1.48.11
2. (34) B. Daniells	MiltK	1.56.51
3. (56) V. Gretton	Henfield	2.24.08

#### LADIES

1. (11) S. Newman O/40	CaldV	1.36.22
2. (28) L. Baron	Ryde	1.49.23
3. J. Morgan O/40	Hardley	1.50.55

#### 58 finishers

#### Overall results

1. A. Welshman	LndnHeath	8 pts
2. J. Lowden O/40	Worthing	9 pts
3. K. Leitch	Worthing	10 pts
4. C. Fray O/40	Penn	13 pts
5. A. Owen	LndnHeath	19 pts
6. E. Bayne	LndnHeath	22 pts
7. D. Kearn O/50	Compton	26 pts
8. A. Mason	SpringStr	29 pts
9. D. Green	Ashford	31 pts
10. K. Masson O/40	Worthing	33 pts

#### LADIES

1. S. Newman O/40	CaldV	3 pts
2. M. Mills O/40	HolmeP	9 pts
3. H. Imeson O/40	Tadworth	13 pts
4. C. Rivers O/40	Reading	18 pts
5. L. King	Ashford	19 pts

### LANTERN PIKE FELL RACE Derbyshire BS/5m/1050ft 20.09.03

With Andy Wilton and Dave Neill twitching with nervous energy I explained to the mass of runners about crossing the road, the Police, stiles, farmers etc. Then GO and Phil Winskill decides to see who is up for it, and blasts off.

Our system of the first 10 numbers going to the 10 fastest winners is working well, and as the radio reports came in that No17 was just in front of No4. That meant that Andy Wilton was second but who was No17? These two exchanged the lead but at the finish it was Mike Bouldstridge taking the win in an excellent time of 31.20. Just two seconds outside being 10 fastest winner!

Kath Drake No2 continued with another good victory ahead of local Mary Edgerton.

Runners came from far afield, the Mon-Williams from Aberdeen and Paul Riley from Helston, Cornwall.

Paul made a nostalgic return to the Pike, having been first local in 1977. Another 77'er still competing was Stuart Keech. John McCall in his 23rd consecutive appearance wearing No23, but not quite finishing 23rd as planned.

With three locals in the first ten, Hayfield is up and running - Christopher Leigh taking the glory.

Thanks to the landowners, marshals, Police, helpers and the Sheepdog trials with all profits going to local charities.

#### Mel Cranmer

1. M. Bouldstridge	Mercia	31.20
2. A. Wilton O/40	StaffsM	31.22
3. D. Neill O/40	StaffsM	31.56
4. P. Winskill	DkPk	32.35

5. C. Leigh	Traff	33.08
6. A. Shaw O/40	Holm	33.59
7. D. Dunn	Penn	35.02
8. N. Peach O/40	Sale	35.11
9. S. Clawson	Ross	35.46
10. N. Winfield	Penn	35.50

**VETERANS O/50**

1. (12) G. Morson	Bux	36.26
2. (15) B. Blyth	Macc	36.56
3. (41) T. Longman	Macc	40.06

**VETERANS O/60**

1. (74) B. Buckley	Gloss	43.40
2. (114) T. Grene	Sadd	49.30
3. (122) N. Edwards	DkPk	50.44

**LADIES**

1. (48) K. Drake	Spenn	40.51
2. (61) M. Edgerton O/40	Penn	42.13
3. (66) C. Anthony	BelleV	43.06
4. (73) J. Mellor	Penn	43.38
5. (75) E. McGuire	Stock	43.48

*156 finishers*

**JUNIOR RACE – 2m**

1. S. Cameron	Stock	19.30
2. T Priestley	Unatt	19.43
3. R. Nichol	Altr	19.56

*9 finishers*

**PERIS HORSESHOE MOUNTAIN RACE**

Gwynedd

AL/17.5m/8500ft 20.09.03

This Classic long race is widely regarded as one of the toughest in Britain. This year the weather was mild, with light winds, overcast and light rain at times. Conditions were good for running but it was a bit slippery underfoot. Visibility was good with the summits just in the cloud.

The race was led by Tim Higginbottom until he fell coming off Y Garn and injury forced him to retire. This left Robin Halliday and Paul Evans battling for the lead. Robin Halliday took the lead at Pen y Pass which he maintained to the finish. Paul Evans twisted his ankle which enabled Emlyn Roberts to come through and take 2nd place (and 1st over 40).

The over 50 category was won by Phil Tan Jones.

In the ladies' race there was a close tussle between Jackie Lee and Kate Jenkins. Jackie Lee managed to pull clear near the finish to win, followed by Kate Jenkins. Ruth Metcalfe was the 3rd lady home. The first over 40 lady was Victoria Musgrove. Full results are available on the Eryri website – www.eryri.org.uk.

Thanks to all the Race Sponsors – Royal Victoria Hotel, Sinclair Power Access, Surf-Lines, Smartwool, Joe Brown Shops, Running Bear. Radios supplied by Valkris Communications.

Finally, a big thank you to Geoff Clegg, Maggie Oliver and everyone who provided assistance on the day.

Ross Powell

1. R. Halliday	Eryri	3.49.46
2. E. Roberts O/40	Eryri	3.54.54
3. P. Evans	Eryri	3.56.41
4. P. Gwilliam O/40	Unatt	4.04.40
5. C. Jones	Eryri	4.05.51
6. P. O'Brien	Eryri	4.06.59
7. C. Near	Eryri	4.07.52
8. A. Powell	P&B	4.13.10
9. S. Jones O/40	Eryri	4.16.30
10. M. Pengilly	Liswery	4.16.45

**VETERANS O/50**

1. (11) P. Jones	Eryri	4.16.54
2. (16) M. Pickering	Eryri	4.34.26
3. (19) J. Bennell	Eryri	4.47.58

**LADIES**

1. (13) J. Lee	Unatt	4.17.30
2. (15) K. Jenkins	Carn	4.21.52
3. (29) R. Metcalfe	Eryri	4.56.25
4. (31) V. Musgrove O/40	Eryri	5.06.56
5. (35) P. Phillips	Eryri	5.11.10

*58 finishers*

**THREE SHIRES RACE**

Cumbria

AL/12m/4000ft 20.09.03

Well, it had to end sometime! Sunshine at the Shires has been the rule since the 1980s, so it was a little ironic that it should all fall apart at the end of the finest summer in living memory. Nevertheless rain it did, and boy did it find us out! The runners did fine – Tim Austin breezed round at the head of a pack of half a dozen and had no trouble with the low cloud base. Last year he managed to go adrift in clear conditions to lose the lead off Blisco. The juniors were again finishing their English Championship and over 80 runners took the bad weather in their stride.

Host club, Ambleside, were celebrating victory in the British Team Championship and put 8 runners into the first 27. Sue Wood rounded off a perfect day by taking the women's race by a good margin. Altogether 207 got round out of 215 starters – quite impressive really given the conditions! Apologies to the tail enders who found that there was no soup left. Lesson one: people eat more soup in the wet!

Thanks to all who helped. This year I was worried as a number of regular helpers weren't available. We just about coped. Chief amongst the absentees was my old mate, Mike Rose. It felt extremely strange not having the old lad strolling about the field giving everyone the benefit of his advice. We miss him. Watch out for details of an event next year to celebrate his foibles. (Mike's shorts rarely covered his foibles!) A word to the FRA. We will not be having a 'bad weather route' at the Shires. We think fellrunners can take a little 'rough' with the smooth. I know there's a risk, but then isn't that why we all head for the fells anyway? The old Marsden-Edale maxim will apply:- "If you can get to Little Langdale, the race will be on."

Selwyn Wright

1. T. Austin	DkPk	1.55.23
2. J. Davies	Borr	1.55.34
3. Phil Sheard	P&B	1.56.06
4. A. Ward	DkPk	1.56.58
5. S. Stainer	Amble	1.57.45
6. A. Davies O/40	Borr	1.58.14
7. Paul Sheard	P&B	2.04.25
8. G. Thorpe	Amble	2.04.40
9. P. Brittleton	Howgill	2.04.46
10. P. Vale	Mercia	2.04.48

**VETERANS O/40**

1. (6) aA. Davies	Borr	1.58.14
2. (16) J. Rank	Holm	2.07.15
3. (22) G. Patten	Amble	2.10.00

**VETERANS O/50**

1. (43) P. Clark	Kend	2.19.27
2. (46) J. Griffiths	Ramsey	2.19.54
3. (72) B. Mitchell	Mand	2.27.00

**VETERANS O/60**

1. (84) D. Ashton	Darwen	2.31.37
2. (111) T. Peacock	Clay	2.42.06
3. (137) R. Bell	Amble	2.52.02

**LADIES**

1. (42) S. Wood	Amble	2.19.06
2. (67) L. Cowell	Kesw	2.25.58
3. (74) N. Davies O/40	Borr	2.28.03
4. (85) S. Taylor	Bing	2.31.57
5. (97) H. Jones	Dallam	2.37.27

*207 finishers*

**JUNIORS**

**Intermediates**

1. J. Carter	Horw	38.06
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**Under 18s**

1. A. Ellis	ValeR	30.55
2. R. Lightfoot	CFR	32.31
3. K. Cooke	Hallam	36.12

**Under 16s**

1. A. Peers	Wirral	19.06
2. D. Shepherd	Settle	19.31
3. J. Kevan	Wigan	19.35

**Under 14s**

1. J. Pawson	Skip	20.35
2. B. Farrell	Kesw	20.51
3. J. Mountain	Skip	21.56

**Under 12s**

1. J. Stuart	CFR	10.01
2. S. Tosh	Ross	10.03
3. J. Bowness	CFR	10.13

**STANAGE STRUGGLE**

Derbyshire

BM/6.75m/950ft 21.09.03

This event is becoming a popular run attracting a good field. This year 174 adults and 88 juniors completed the course. The weather was brilliant with sun for the marshals and a good breeze on the tops for the runners. After the efficient booking in process, the usual pre-race discussions took place. You know the ones "I haven't been for a run for months" and "I think I'll take this one steady!" along with the usual mix of aches, pains, bandages and insulation tape applied to various parts of the anatomy.

The race started on time at a very fast pace; the first mile is virtually flat and people are either very fit or blissfully unaware of what comes next! If you decide to take it easy, you find the juniors who start at the same time but 100 metres back start to overtake! The hill ahead soon comes into view and before you know it, you are starting to climb up to the top of Stanage Edge. You follow the edge west to the High Neb trig point and then have a tricky stony descent before some lovely grass sections. By this time, the first runners are back as us slower runners are still enjoying?? ourselves. The last leg is undulating but feels hilly for tired legs. With the finish in sight, your thoughts turn to the teas and cakes in the school hall and for those inclined the beers in the Scotsman's Pack.

The local running team, the Fat Boys, had a good turn out with some impressive results in the field and some impressive thirsts in the pub!

The juniors had a great run and the attendance gets bigger each year. The start is always a wonderful sight as the juniors get a T-shirt when they enter and they all run wearing them, so this year was a "sea" of light blue. The seniors have to run first to get a chance for a T-shirt for the first sixty back.

Our thanks to all the race organizers, tea servers, marshals, mountain rescue and sponsors (Outside of Hathersage and the Jervis).

Alison Hartley

1. P. Winskill	DkPk	39.29
2. D. Cross	SuttonH	42.04
3. A. Wright	Tamworth	42.17
4. S. Patton	DkPk	43.15
5. L. Lewis	DkPk	43.23
6. A. Carruthers O/40	Crawley	43.36
7. R. Owen	STC	44.36
8. S. Rippon O/40	Barns	44.49
9. N. Northrop	DkPk	44.52
10. A. Hilton	Unatt	45.01

**VETERANS O/50**

1. (13) D. Tait	DkPk	45.38
2. (25) S. Brister	Matlock	46.46
3. (41) R. Marlow	DkPk	48.22



<b>VETERANS O/60</b>			
1. (22) J. Amies	Macc	46.24	
2. (103) C. Radcliffe	DkPk	55.49	
3. (143) K. Dauris	Barns	62.19	

<b>LADIES</b>			
1. (42) W. Barnes	Barns	48.25	
2. (53) P. Leach O/40	DkPk	50.13	
3. (71) K. Bryan Jones	DkPk	52.43	
4. (79) C. Mosey O/40	DenbyD	53.49	
5. (81) J. Gascoigne O/40	Unatt	54.04	

*174 finishers*

**DALEHEAD FELL RACE**

**Cumbria**  
AS/4.5m/2210ft 21.09.03

1. N. Sharp	Amble	46.40	
2. N. Fish	Amble	47.20	
3. G. Bland	Borr	47.46	
4. A. Schofield	Borr	49.11	
5. J. Davies	Borr	51.06	
6. S. Jackson O/40	Horw	53.23	
7. P. Brittleton	HelmH	53.43	
8. A. Beaty O/40	CFR	54.04	
9. S. Hicks O/40	Borr	54.19	
10. I. Magee	Skip	54.57	

<b>VETERANS O/50</b>			
1. (11) P. McWade	Clay	55.05	
2. (19) J. Adair	Holm	59.14	
3. (35) B. Scholes	Settle	65.16	

<b>VETERANS O/60</b>			
1. (44) L. Sullivan	Clay	70.43	
2. (63) J. Rutter	Kesw	89.40	
3. (65) H. Blenkinsop	Kesw	95.46	

<b>VETERANS O/70</b>			
1. (62) H. Catlow	CFR	87.42	

*68 finishers*

**JUNIORS**

**Under 14s**

1. J. Stuart	CFR	13.57	
2. T. Yates	Kesw	14.07	
3. P. Beaty	CFR	14.38	

**Under 10s**

1. J. Quail	Kesw	4.58	
2. L. Vaillant	Kesw	5.07	
3. O. Bibby	Kesw	5.08	

**Under 8s**

1. C. Meadowcroft	Oxford	2.52	
2. N. Lamb	StJohnsV	2.55	

**MERRICK HILL RACE**

**Scotland**  
23.09.03

In a high class field, Jethro Lennox only failed by six seconds to break the race record set last year by Phil Davies (absent this time in Alaska!). Colin Donnelly led Jethro by a whisker at the summit but was unable to match his pace on the descent and climb over the Buchan Hill. Coming in second overall to take the male O/40 prize by more than 11 minutes, from Roger Irving. M50 was won by Murdoc McLeod in a very creditable 8th place overall.

Only two ladies started and with one retrieval, Susan Gray was the sole finisher in spite of a navigational problem on the descent of the Rig of the Gloom.

For the first time in many years, there were no entrants for the junior race.

*Peter Trenchard*

1. J. Lennox	Shettle	1.19.54	
2. C. Donnelly O/40	Cambuslang	1.22.30	
3. B. Marshall	HELP	1.23.19	
4. A. Anderson	Solway	1.31.34	
5. I. Lewis	Shettle	1.33.14	
6. R. Irving O/40	Solway	1.33.48	
7. P. Walder	Shettle	1.36.23	

8. M. McLeod O/50	W'lands	1.37.51	
9. W. Sullivan	Clay	1.38.07	
10. S. McKendrick	Irvine	1.38.35	

**VETERANS O/50**

1. (8) M. McLeod	W'lands	1.37.51	
2. (15) D. Milligan	Solway	1.44.22	
3. (17) T. McCulloch	AyrS	1.46.18	

**VETERANS O/60**

1. (23) I. McManus	Irvine	2.02.51	
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**LADIES**

1. (27) S. Gray	Carn	2.19.08	
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*29 finishers*

**BLACK MOUNTAINS**

**Gwent**  
AL/17m/5200ft 27.09.03

A near perfect weather day saw a total of 31 runners, including myself and two past winners, sprint up the long climb to Checkpoint 1. Four times winner, Julian Bass, was hoping for his bottle of champagne but I had to explain that you need to win three times in a row!

Only one lady and one O/60 runner meant extra prizes down the field. There were 15 prizes worth over £120. At this rate of dwindling entries there will soon be more prizes than runners!

Thanks to Kay, Martin, Derek, John B, Phil, John's Caterers, Patti and Rose, and anybody else who helped to make this race happen.

Now reconditioned Puffing Billy!

*W J Darby*

1. J. Bass	ForestD	2.45.04	
2. C. Flower	MDC	2.46.44	
3. A. Carruthers O/40	Crawley	2.48.36	
4. P. Wooddisse	ThamesV	2.57.05	
5. C. Kelsey O/40	Wells	2.58.10	
6. J. Carter	MDC	2.58.39	
7. I. Powell	W'bury	2.59.04	
8. T. Brunt	Unatt	2.59.44	
9. J. Darby O/50	MDC	3.00.14	
10. I. Andrews	SWRR	3.00.15	

<b>VETERANS O/60</b>			
1. (30) C. Jones	MDC	4.18.27	

**LADIES**

1. (14) J. Lee	Unatt	3.10.51	
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*30 finishers*

**THIEVELEY PIKE FELL RACE**

**Lancashire**  
AS/4m/1000ft 27.09.03

What a lovely day! Clearly, we stole the Three Shires Race's weather, because it was our turn to run in clear, unbroken sunshine. In perfect conditions for running Rob Hope won rather more easily than he did last year, when Thieveley was a Championship race. George Ehrhardt in second place, was closely followed by no fewer than five MU18s who were competing for places in the England Team for the Home Internationals. The FU18s did even better, with juniors taking the first three positions in the ladies' race. Make a note of their names, male and female. These are the future stars of English Fell Racing. There were more star performances in the separate Junior Race, again a Home International Trial, with close races in all categories. For me, the outstanding performance of the day was by Danielle Walker in the FU14 section.

With my club hat on, it was very pleasing to see Clayton clean up the veteran and team prizes, a reflection of more Clayton entries than usual, combined with fewer competitors, overall, than in previous years.



*Boff Whalley taking Thieveley Pike very seriously indeed*  
(Photo Allan Greenwood)

As ever, I must thank the landowners, who allowed us to race over their land, along with all the members of Clayton who helped me before, during and after the races.

*Peter Booth*

1. R. Hope	P&B	23.33	
2. G. Ehrhardt	Tod	24.27	
3. R. Lightfoot U/18	CFR	24.42	
4. C. Doyle U/18	Traff	24.50	
5. A. Ellis U/18	ValeR	24.53	
6. S. Hunn U/18	Skip	25.00	
7. J. Mellor U/18	Wirral	25.21	
8. G. Wilkinson	Clay	25.34	
9. C. Seddon	Horw	25.48	
10. S. Hoyle	Ross	26.12	

**VETERANS O/40**

1. (15) C. Urmston	Clay	26.34	
2. (19) B. Whalley	P&B	27.12	
3. (210) S. Whitaker	Clay	27.19	

**VETERANS O/50**

1. (16) P. McWade O/50	Clay	26.48	
2. (28) I. Robinson	Clay	28.35	
3. (31) J. Pickup	Clay	29.17	

**VETERANS O/60**

1. (62) D. Scott	Clay	31.56	
2. (66) T. Minikin	Kghly	32.27	
3. (88) R. Jaques	Clay	35.14	

**LADIES**

1. (32) F. Thompson U/18	Horw	29.18	
2. (44) P. French U/18	Matlock	30.37	
3. (47) M. Shiell U/18	Carn	30.41	
4. (59) C. Waterhouse	Hfx	31.49	
5. (65) B. Ellis U/18	ValeR	32.19	
6. (67) S. Tunstall U/18	Border	32.28	
7. (73) C. Anthony	BelleV	33.00	
8. (76) S. Slater U/18	Settle	33.09	

*113 finishers*

**JUNIOR RACE**

1. R. Newton U/16	Prest	18.06	
2. A. Peers U/16	Wirral	18.12	
3. J. Kevan U/16	Wigan	18.19	
4. A. Duffield U/16	Loftus	18.21	
5. D. Shepherd U/16	Settle	18.44	

**Girls**

1. (14) D. Walker U/14	Burnley	22.12	
2. (19) G. Crowther U/14	HelmH	23.01	
3. (20) S. Rowe U/14	Prest	23.06	

*31 finishers*

## SCAFELL PIKE RACE

Cumbria

AS/4.5m/3000ft 27.09.03

The weather smiled on us yet again! For the checkpoint team on the summit of the Pike it was very cold standing, but benign for the runners. Nevertheless, we insisted on full body cover as the forecast wasn't that good. After a pause of one minute to pay respects to the deceased CFR's Dave Donald, 54 set off.

Winner by well over six minutes, Nick Fish, soon established a lead of two minutes at the summit from 2nd placed Bob Riley (also V40 winner) and stretched it by a further 4 minutes during the descent. In 2nd place at the summit, Bob had about 2 minutes' lead from Dave Spedding and Peter Crompton and maintained it on the descent, with Peter passing Dave to claim 3rd place.

First V50 was John Hope and the V60 category was won by John Ely. There were two V70 runners with Jack Escritt winning by 4 minutes from Harry Catlow, both men running very creditable times indeed.

The winner of the three ladies competing was the 1999 record holder, Nicola Davies, in a very impressive 15th place overall. Jane Meeks was in second place and Nicky Goffe in 3rd (but, having arrived late and running with a 15 minute deficit still managed to overhaul the two back markers and came in 52nd overall).

Thanks so much to our checkpoint marshals, timekeepers and radio operator and the donation of Wasdale spring water drinks. We are indebted to the Wasdale Campsite and Wasdale Head Hall farm for permission to site the race and run over the fields.

I hope to see you again next year for this spectacular fell race.

Richard J Eastman

1. N. Fish	Amble	0.55.29
2. B. Riley O/40	CFR	1.01.57
3. P. Crompton O/40	CFR	1.03.03
4. D. Spedding O/50	Kesw	1.03.38
5. C. Valentine O/40	Kesw	1.04.16
6. J. Chambers	CFR	1.04.20
7. I. Harland O/40	CFR	1.05.47
8. D. Atkinson	CFR	1.06.06
9. I. Block O/40	CFR	1.06.19
10. J. Hope O/50	AchR	1.06.56

### VETERANS O/60

1. (36) J. Ely	CFR	1.23.28
2. (45) B. Johnson	CFR	1.29.34
3. (54) M. Briggs	Unatt	1.58.55

### VETERANS O/70

1. (48) H. Catlow	CFR	1.32.45
2. (50) J. Escritt	CFR	1.36.39

### LADIES

1. (15) N. Davies O/40	Borr	1.08.25
2. (25) J Meeks	Kesw	1.14.57
3. (52) N. Goffe O/40	BICombe	1.39.40

### 54 finishers

## WREKIN WRECKER

Shropshire

AM/8m/2400ft 28.09.03

A bright and calm morning saw the running of the second Wrekin Wrecker fell race. Rapidly becoming something of a classic race, its organisers from Newport and District Running Club were very pleased with the field of 43 took part, coming from a wide range of clubs around the country.

The race started at the old rifle range at the base of the Wrekin. The course is an 8 mile one lap route over 2400 ft of ascent - 2 and a half ascents of the Wrekin!. Runners praised the

course and how well it was marked out and marshalled. The race uses some of the smaller less well known of the Wrekin's paths which were tinder dry on race day. The route features some tough ascents and challenging downhills but there is also a good deal of undulating ground where runners could pick up speed. So overall, no particular style or strength of fellrunner is favoured.

Last year's winner, Dave Coley, was nearly four minutes off the pace this year and his course record was beaten by Andy Yapp. In the ladies' race, Sarah Hammond took nearly 15 minutes off last year's record, coming 15th overall.

Prizes for each category winner were presented at the Wrekin Tap pub including unique pastel paintings of the Wrekin by Dave Heath, an art teacher at Lord Silkin School and one of the race organisers. Other prizes include wine and champagne donated by the Lutine Bell restaurant in Newport.

The wonderful weather and good organisation provided a great race atmosphere with many runners promising to come back for more next year.

Helen MacDonald-Jones

1. A. Yapp	Mercia	1.02.24
2. R. Sedman-Smith	Unatt	1.05.17
3. M. Clewas O/40	Mercia	1.06.30
4. N. Hogan	Newport	1.07.56
5. E. Davies O/40	Mercia	1.09.08
6. R. Mapp O/40	Ludlow	1.09.13
7. D. Emmerson O/40	Unatt	1.09.31
8. D. Coley	StaffsM	1.10.26
9. P. Pittson O/50	Erewash	1.11.19
10. M. Griffiths	Telford	1.11.30

### VETERANS O/50

1. (9) P. Pittson	Erewash	1.11.19
2. (14) M. Cortvriend	Macc	1.15.24
3. (17) G. Spencer	Mercia	1.17.45

### VETERANS O/60

1. (30) A. Corfield	Newport	1.31.59
2. (31) B. Nicholls	Mercia	1.34.41
3. (32) M. Edwards	DkPk	1.34.41

### LADIES

1. (15) S. Hammond O/35	Tatten	1.15.56
2. (22) C. Mills O/35	Kenilworth	1.22.14
3. (26) J. Jeffries O/40	Oswestry	1.28.48

### 40 finishers

## CROWDEN HORSESHOE FELL RACE

Derbyshire

8.5m/1600ft 28.09.03

Many thanks to Glossop Mountain Rescue for marshalling, George Scott for radios, Crowden YHA, Mick for great soup etc., John Bland for use of his land and also thanks to United Utilities.

Des Gibbons

1. L. Taggart	Bux	0.59.10
2. A. Middlewich	DkPk	1.02.53
3. M. Robinson	DkPk	1.03.36
4. S. Gregory	HolmeP	1.04.54
5. N. Winfield	Penn	1.06.11
6. D. Allen O/40	DkPk	1.06.16
7. I. Warhurst O/40	Penn	1.06.26
8. T. Greenwood O/40	Penn	1.08.09
9. S. Rippon O/40	Barns	1.08.25
10. S. Slarey O/40	P'stone	1.09.08

### VETERANS O/50

1. (18) F. Fielding	Penn	1.11.54
2. (20) R. Marlow	DkPk	1.12.20
3. (26) K. Bowskill	P'stone	1.16.05

### VETERANS O/60

1. (41) B. Needle	DkPk	1.24.44
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### VETERANS O/70

1. (49) B. Thackery	DkPk	1.37.04
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## LADIES

1. (31) A. Brockington	Unatt	1.18.33
2. (33) Y. Williams	Penn	1.18.44

### 52 finishers

## HELM HILL RUNNERS JUNIOR

FELL RELAYS

Sedbergh

28.09.03

Prizes for all, bright sunshine, well marked challenging courses, good organisation and lots of tea and cake made this a good day for all concerned.

Helm Hill Runners are committed to repeating this junior championship style relay in September 2004.

Feedback from competitors, parents and team managers has been very positive. The U/16 first leg was perhaps a bit long and the use of Crook for the U/18 leg may not have been such a good idea so some changes will be made for 2004. The steep descent to the fell wall will however remain as this provides an excellent view for spectators on the event field.

Thanks to all those who took part and to all those who helped in any way.

1. CFR B' (Mixed)	1.35.58
2. Helm Hill A (Boys)	1.41.38
3. Team Helm (Boys)	1.43.31
4. Preston Dream Team (Boys)	1.43.40
5. Rossendale (Mixed)	1.49.20

### 11 finishers

## AUTUMN LEAVES FELL RACE

Lancashire

CM/10m/1200ft 04.10.03

Sunny with a cool breeze was a lot better than the forecast, so the day started well as 101 runners registered for the Autumn Leaves. The race is also used as the venue for the annual Saddleworth Runners Cake competition and this year the standard was excellent. The runners set off up Boat Lane and the cake judging commenced. Jonathon Ingram was the early leader but a mistake alongside Marsden Golf club allowed the pack to catch him up and the eventual winner, Nick Leigh, and second place Paul Green, to take over. Lynne Clough ran a very strong race from the front to win first ladies place with Kath Drake second.



Saddleworth's Dominic Franklin very sprightly at Autumn Leaves (Photo Woodhead)

The race is fast running as fell races go as it is almost all on good tracks and paths, with a lot of hard surface since the Pennine Way section had flagstones laid a few years ago. The finish is fast and hard back down Boat Lane, where in years gone by the canal boat tow horses were led over the Pennines from Diggie to Marsden as the boats were 'legged' through the tunnel.

The cake competition was good fun, won by Janice Guest, with Rowan Ratcliffe winning best junior. A special category of 'most inventive' was won by the Woodentops, Dave and Eileen Woodhead, producing a 'Runny Egg' creation. All the cakes were enjoyed by the runners after the race along with lots of tea.

This race was the last Saddleworth Runners event that Lucy Whittaker was able to attend before her departure to a new life in the USA, we will miss her and wish her well.

The race is supported by Platt Halpern Solicitors and Personal Best Sports, to whom we give thanks. Also thanks to the Oldham Mountain Rescue Team and the St. John who turn out to help every year. The race is very well supported by Saddleworth club members many of whom turn out to either run, marshal or compete in the cake competition, thanks to all, it was a lovely event.

*Bruce Bridgestock*

1. N. Leigh	Altr	63.19
2. P. Green	Sale	64.01
3. J. Ingram	Sadd	65.03
4. C. Bishop	Sadd	66.07
5. K. Hodgson	HolmeV	67.47
6. L. Kellett	Unatt	68.24
7. D. Taylor	Unatt	68.24
8. P. Blackshaw O/40	Middle	69.10
9. A. Eccles O/40	WiganP	69.20
10. A. Carruthers O/40	Crawley	69.53

#### VETERANS O/50

1. (17) D. Overend	Holm	73.16
2. (22) R. Marlow	DkPk	75.27
3. (27) J. Pollard	Gloss	76.59

#### VETERANS O/60

1. (40) K. Bamforth	Holm	80.34
2. (60) D. Gibson	Sadd	86.28
3. (76) I. Robinson	Garstang	93.53

#### VETERANS O/70

1. (84) D. Clutterbuck	Roch	97.42
2. (93) R. Lee	Middle	101.13

#### LADIES

1. (21) L. Clough	WiganP	75.23
2. (31) K. Drake	Spn	78.10
3. (49) K. Farquar	Holm	82.58
4. (69) B. Hoyland O/45	Holm	89.57
5. (71) A. Shaw O/40	Holm	91.26

#### 101 finishers

### LONG MYND HIKE Shropshire BL/50m/8000ft 04.10.03

With 399 starters, a cool and damp start made for an interesting race. The pace started to get quick. With heavy rain before nightfall, it started to take its toll but a race was on!

Andy Davies was on schedule to equal his best time. Gill Harris was pushing ahead hoping to break her record. More heavy showers and then a heavy frost cooled everyone down. There was a strong wind and a serious wind chill factor.

The leading group consisted of four people including Andy Davies, Dave Wade, Julian Brown and Trevor Longman. First lady, Gill Harris, was grouped with local lads Terry Davies and Joe Faulkner.

A good race at the front won by Andy Davies, three minutes behind last year's record breaker. Gill Harris broke her 1996 record by 16 minutes.

#### Phil Harris

1. A. Davies	Mercia	8.33.00
2. D. Wade	Unatt	9.13.00
3. J. Brown	Unatt	9.23.00
4. T. Longman O/50	Macc	9.23.00
5. T. Laney	Unatt	9.38.00
6= R. Williams	Unatt	10.22.00
6= A. Ward O/50	Unatt	10.22.00
9= G. Harris Lady O/40	Mercia	10.24.00
9= J. Faulkner	Unatt	10.24.00
9= T. Davies O/50	Mercia	10.24.00

#### VETERANS O/60

1. (29) A. Morris	SAC	12.27.00
2. (67) C. Dawes	LDWA	16.02.00
3. (99) T. Francis	Unatt	17.56.00

#### LADIES

1. (9) G. Harris O/40	Mercia	10.24.00
2. (29) J. York O/40	ShropShuff	12.27.00
3. (39) H. Ruckledge	Unatt	12.47.00
4. (50) E. Priestley	Unatt	14.44.00
4=(50)= H. Davies	Unatt	14.44.00

#### 281 finishers

### IAN HODGSON MOUNTAIN RELAY Cumbria 25m/8500ft x 4 legs 05.10.03

Last year Borrowdale Fell Runners won the Mountain Relay by 30 seconds. A couple of months ago I was injudicious enough to remark to a member of the Borrowdale team that it would not be a bad thing for some other team to win the event. This year they won for the eighth time by the massive margin of 7mins 23 sec. We must congratulate them yet again but I have learned my lesson. Say no more. Ambleside were second again and their in depth quality was shown by their B team in 5th place.

Further back there was plenty of interest to comment about. Bingley set out with the expressed intention of breaking the Mixed team category record which, helped by fastest leg time on Leg 1, they duly did by over two minutes. Keswick won a competitive Ladies' category thanks largely to a brilliant third leg by Angela Brand-Barker and Lou Sharp who broke a good previous record by 38seconds. Spare a thought for young Iain Donnan of Lothian who came within 21 seconds of fastest time on Leg 3

despite a bad fall that caused him to limp down much of the descent from Ravens Edge. Iain achieved 4th place in the World Trophy Junior Mountain race and it is good to see talented juniors emerging on the fell scene. Clayton reversed last year's Veteran category result by beating Horwich into second place.

The Sportident system, used for the first time in a fell relay, was well received and we think all will be pleased with the quality results sheet and instant printout of split leg times. Full details of all intermediate times between hill controls are available on www.sportident.co.uk website. Our thanks to Martin Stone, Andrew and Ann Leaney for their expertise.

Our main problems with race organisation stem from car parking and it is increasingly obvious that, in order to preserve the future of the event, drastic measures are needed to deal with the problems at Kirkstone. We shall need the co-operation of all teams if we are to resolve this problem.

We have three team prizes unclaimed. Please contact us if you were a member of a prize-winning team and did not receive an award. We also have the following items found at various take-over points: - Navy H.Hansen Lifa top, Blue Nike over trousers, Navy Adidas track suit bottoms, Wool Triceratops hat, Pair black gloves, 'Next' insulated steel cup with lid.

#### Thanks and Acknowledgements

An important section of this report is to express our sincere thanks to all whose help and co-operation enables us to continue to organise this event in memory of Ian. The owners of the wonderful facilities at Syke Side Camping Park, Alan and Eric Wear at Hartsop, Patterdale Playing Field Committee, The National Trust, Dalemain Estate, and Lake District National Park have all helped us with access and local organisation. The Leeds Raynet team provides us with superb radio communication, which helps tremendously with the safety aspects of the race.

Last but not least, special thanks to all our friends and members of Fellandale who help with marshalling and the many who contribute and serve in our refreshment tent. Most travel from the Leeds area and many give up a whole weekend to help us. We are very grateful.

*Dave, Shirley, Michael, Sara, Neil and  
Chris Hodgson*



*Skyrac surge up Leg Two of the Hodgson (Photo Pete Hartley)*

1. Borrowdale	3.31.27
2. Ambleside A	3.38.50
3. Dark Peak	3.49.52
4. Pudsey & Bramley	3.50.54
5. Ambleside	3.56.56
6. Lothian	3.57.22
7. Clayton le Moors	3.58.25
8. Bingley Mixed	3.58.41
9. Clayton le Moors Vets	4.01.05
10. Keswick A	4.02.06

#### VETERANS

1. (9) Clayton le Moors	4.01.05
2. (12) Horwich	4.03.52
3. (14) CFR	4.10.02

#### LADIES

1. (40) Keswick	4.55.48
2. (41) Ambleside B	4.58.24
3. (45) Dark Peak	5.06.32

#### MIXED

1. (8) Bingley	3.58.41
2. (16) CFR	4.12.15
3. (20) Pennine	4.24.22

60 finishers

### SANDSTONE TRAIL Cheshire

16.5m/1750ft 05.10.03

1. N. Leigh	Altr	1.50.55
2. M. Crosby	Altr	1.52.41
3. P. Frodsham O/40	WChesh	1.55.45
4. S. Burthem O/40	Warr	1.56.18
5. P. Pickwell O/50	Altr	1.56.38

#### LADIES

1. K. Mather	Sadd	2.18.48
2. K. Roberts	Helsby	2.23.17
3. H. Woodley	UKRR	2.23.33

#### B RACE - 9.5m/950ft

1. M. Foschi O/50	Penn	1.02.39
2. G. Miles	ValeR	1.02.46
3. D. Garner	ChestTri	1.03.10
4. G. Munslow O/40	WChesh	1.03.13
5. H. Buys	Unatt	1.04.06

#### LADIES

1. J. Campion	ValeR	1.13.04
2. L. Paalman	Unatt	1.15.47
3. H. Fowles	ValeR	1.16.40

### LANGDALE HORSESHOE (ENGLISH CHAMPIONSHIP COUNTER) Cumbria

AL/14m/4000ft 11.10.03

Thanks to all the checkpoint marshals, registration staff, Andrew and Anne Leaney (electronic timing), St John's Ambulance, Ambleside AC members, who turned out again to help with all sorts of jobs, the Raynet team, Pete Bland Sports, Mike Toms for the use of his fields, and everyone else who helped to put on this popular end of season classic fell race.

The weather was a little kinder this year, with the rain holding off until most people were safely home, although the low cloud made route finding as interesting as it should be!

The race was well over subscribed this year with 470 entries being accepted two weeks before the closing date, with the anticipated 20% not turning up on the day.

Just over 340 went on to complete the course in full, with others retiring or being timed out at the high mountain checkpoints.

Next year's race is Saturday 9 October - see you all again then.

Jonathan Fish

1. I. G. Bland	Borr	2.04.24
2. I. Holmes	Bing	2.04.46
3. R. Jebb	Bing	2.04.51
4. N. Sharp	Amble	2.05.13



Matt Beresford (Kendal) and others descend Blake Rigg on the Langdale (Photo Bill Smith)

5. A. Davies O/40	Borr	2.09.45
6. R. Hope	P&B	2.14.15
7. Phil Sheard	P&B	2.14.26
8. A. Ward	DkPk	2.14.31
9. S. Stainer	Amble	2.14.59
10. D. Neil O/40	StaffsM	2.15.12
11. A. Schofield	Borr	2.15.17
12. S. Bottomley	P&B	2.15.28
13. M. Fowler O/40	Penn	2.15.43
14. P. Vale	Mercia	2.16.04
15. J. Wright	Tod	2.19.24
16. M. Denham Smith	Kesw	2.19.45
17. D. Troman	Kes	2.20.20
18. M. Robinson	DkPk	2.21.01
19. N. Fish	Amble	2.21.15
20. S. Macina	P&B	2.21.15

#### VETERANS O/50

1. (42) P. McWade	Clay	2.35.12
2. (44) R. James	CFR	2.35.16
3. (47) D. Tait	DkPk	2.35.32
4. (52) D. Spedding	Kesw	2.38.21
5. (58) N. Pearce	Ilk	2.39.16

#### VETERANS O/60

1. (99) J. Amies	Macc	2.52.32
2. (123) T. Peacock	Clay	3.00.35
3. (143) P. Murray	Horw	3.03.44
4. (160) D. Lucas	Roch	3.08.44

#### VETERANS O/70

1. (312) H. Catlow	CFR	3.50.20
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#### LADIES

1. (41) A. Mudge	Carn	2.35.07
2. (61) S. Wood	Amble	2.42.28
3. (84) S. Taylor	Bing	2.47.26
4. (90) H. Johnson	Bing	2.48.09
5. (91) K. Beatty O/40	CFR	2.48.18

346 finishers

### MANOR WATER HILL RACE Borders

BM/10m/2300ft 11.10.03

A beautiful sunny morning encouraged a record number of 61 runners to compete. Firm underfoot conditions led to a fast time by the winner, Andrew Liston. First lady was Jill Tait.

Graham Pyatt

1. A. Liston	Fife	73.24
2. T. Lenton	Lothian	75.29
3. B. Marshall	HELP	76.55
4. M. Gorman	W'lands	79.06
5. A. Smith O/40	Deeside	82.07
6. G. McInnes	Carn	83.16
7. D. Liston	Unatt	84.06
8. C. Davies	Carn	84.12
9. W. Jarvie O/40	Portob	85.18
10. C. Valentine O/40	Kesw	86.08

#### VETERANS O/50

1. (15) M. Macleod	W'lands	88.34
2. (20) M. McEwan	Carn	90.38
3. (32) A. Yates	DkPk	98.42

#### VETERANS O/60

1. (24) B. Waldie	Carn	92.10
2. (38) N. Rose	Carn	106.26
3. (41) I. McManus	Irvine	108.59

#### LADIES

1. (13) J. Tait	Carn	87.31
2. (29) K. Jenkins	Carn	96.33
3. (33) K. Meikle O/40	Carn	98.46
4. (34) C. Menhennet O/40	W'lands	101.45
5. (36) E. Scott	W'lands	105.38

61 finishers

### ALWINTON SHOW FELL RACE

Northumberland  
AS/2.75m/750ft 11.10.03

The weather was sunny, with no wind at the bottom of the hill. With the race being short, the runners have to start fast but cannot run up the first and only climb as it is too steep. We could see a line of runners going up stretching out as they went sorting the fit from the not so fit.

The run down is fast and the runners' arms wave about to keep their balance. The winner was well in front from the top of the hill. The last few yards are very bumpy over the bulrushes and can be very muddy but not this year as we've had no rain. The finishers have to weave their way through to get the finish line. There was a crowd of 500 or more watching the race. There were over 3,000 at the show.

B. Rogerson

1. M. Donnelly	16.26
2. D. Wood	17.23
3. N. Swinburn	17.36
4. P. Brittleton	17.45
5. P. Addyman	17.53
6. J. Dickinson O/40	18.04

#### LADIES

1. K. Robertson	19.45
2. J. Walker	22.12
3. J. Faul	23.10

#### JUNIORS

1. N. Swinburn	17.36
2. B. Henderson	19.11
3. J. McWilliams	20.51

51 finishers

### BRIEDDEN HILLS RACE Shropshire AM/7m/2300ft 12.10.03

Although this race is only one week before the FRA relays (in Shropshire this year), there was still a field of 102 which shows how popular this 7 mile established course has become.

Once again the weather was mild and sunny and the ground firm. Race winner was Tim Davies, fresh from Alaska and his 5th place in the worlds! Using this as a "training run", he was 45 seconds slower than last year! Edward Davies similarly had a blinding run, taking 3.35 off his P.B. Carol McCarthy returned to Shropshire to take the title again.

We had one accident where a runner fell and cut her knee - she is OK and says she'll be back next year!

In the junior race - a tough 2 miler - Sam Robson used local knowledge to pace himself coming home a minute faster than last year.

As with last year's profits, about £150 will go to the Air Ambulance Service.

Thanks to all the marshals, friends, families and runners - see you all on 10.10.04!

*Rick Robson*

1. T. Davies	Mercia	51.39
2. A. Yapp	Mercia	55.48
3. R. Lamb	Mercia	56.43
4. H. Thomas	Telf	57.29
5. I. Hughes	Shrews	57.52
6. C. Lancaster O/40	Ludlow	57.59
7. A. Hayes O/40	Eryri	58.19
8. M. Fleming O/40	Amble	58.56
9. T. Jones O/40	Eryri	59.41
10. M. Clewes O/40	Mercia	59.45

#### VETERANS O/50

1. (11) M. Foschi	Penn	60.00
2. (14) G. Hodges	Unatt	62.03
3. (22) R. Durrant	Ruston	66.24

#### VETERANS O/60

1. (69) R. Webster	Helsby	80.26
2. (75) C. Jones	MDC	83.14
3. (77) M. Edwards	DkPk	83.26

#### VETERANS O/70

1. (91) B. Thackery	DkPk	92.50
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#### LADIES

1. (29) C. McCarthy O/40	Amble	67.33
2. (32) S. Hammond	Tatten	68.23
3. (42) V. Musgrove O/40	Eryri	72.36

100 finishers!

#### JUNIORS

1. S. Robson	Mercia	16.05
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### PENTLAND SKYLINE HILL RACE Lothian AL/16m/6200ft 12.10.03

The weather was nearly perfect, warm and very little wind. There was low cloud on several tops which confused a few runners, but not

irretrievably. Some runners will not use the compulsory map and compass!! For several runners, this was the second long race of the weekend having run the Manor Water race the previous day.

Four retired safely and informed the finish officials, for which, thanks!

*Richard Robertson*

1. P. Raistrick	Unatt	2.28.45
2. J. Lennox	Shettle	2.29.28
3. T. Lenton	Lothian	2.36.28
4. J. Coyle	Carn	2.38.06
5. M. Johnston	Carn	2.38.20
6. D. Godfree	Lothian	2.41.41
7. G. Bartlett	Forres	2.42.26
8. G. Thorpe	Amble	2.46.14
9. G. Ackland O/40	Lothian	2.47.27
10. M. Higginbottom	Carn	2.48.14

#### VETERANS O/40

1. (9) G. Ackland	Lothian	2.47.27
2. (15) G. Upson	W'lands	2.55.00
3. (17) A. Smith	Dees	2.56.00

#### VETERANS O/50

1. (14) J. Blair-Fish	Carn	2.54.50
2. (20) M. Hulme	Corstphn	2.59.09
3. (53) B. Howie	Carn	3.26.07

#### VETERANS O/60

1. (52) C. Love	DundH	3.24.51
2. (63) G. Armstrong	HELP	3.32.59
3. (82) S. Cromar	DundH	3.46.00

#### VETERANS O/70

1. (71) B. Gauld	Carn	3.37.58
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#### LADIES

1. (39) C. Gordon	HBT	3.19.25
2. (45) L. Burt	Fife	3.22.12
3. (47) K. Powell	Carn	3.23.05
4. (58) E. Paterson	Highland	3.30.40
5. (79) A. Vargas	LndnFR	3.43.09

104 finishers

### BRONTE WAY West Yorkshire CM/9m/1150ft 12.10.03

Conditions once again were near perfect for this unusual point-to-point race that traditionally brings together the sparring clubs of Lancashire and Yorkshire. The race starts outside the ruins of Wycoller Hall in Lancashire and covers the nine miles across the wild but beautiful Bronte moors finishing on the old cobbled street of the famous Yorkshire village, Haworth.

A record entry of 166 runners stood in complete silence as they took a few moments to remember Jackie Dennis from Keighley & Craven AC (The host club) who had sadly passed away the day before after a long battle against cancer. It was a poignant start to this year's race.

From the beginning it was clear this was going to be a true Battle of the Roses. Twice winner Will Smith led from the start with Mark Brown in hot pursuit for much of the race. At one point near the half way stage it looked like Mark could take the lead but this early wake-up call saw Smith take the pace up another notch and build a lead that took him to his third consecutive win.

Kath Drake dominated the women's race from the start and was never seriously challenged. And team prizes were showered on Clayton-le-Moors as they demonstrated their depth of ability, with wins for both their men and women.

Finally, a note about Fiona Murphy. Fiona took an early tumble that required an overnight hospital stay. She's 100% recovered but somewhat disappointed she did not make the finish to receive her free bottle of Timothy Taylor's Landlord. Fiona, we'll have two bottles waiting for you next year! It does serve as a

reminder that even on a non-technical course like the Bronte Way accidents can and do happen. Thanks go to Peter McKormick for sacrificing his own race to take care of Fiona.

*John Preston*

1. W. Smith	Kghly	53.38
2. M Brown O/40	Clay	55.14
3. R. Barrett	Skip	56.12
4. S. Fitzpatrick	Clay	56.19
5. R. Pattinson	PudseyP	56.22
6. L. Kellett	Kghly	56.40
7. A. Stubbs	Clay	57.03
8. S. Clare	Clay	57.11
9. R. Sturgess	Hfx	57.24
10. S. Sayer	Skip	57.30

#### LADIES

1. K. Drake O/40	Hfx	63.55
2. C. Leah	Clay	64.56
3. H. Glover	Kghly	67.56
4. C. Waterhouse	Hfx	70.01
5. D. Robson	Clay	71.51

### HIGH BROWN KNOLL RACE West Yorkshire BM/6.5m/1050ft 12.10.03

This race involves a little bit of 'route finding' which sometimes tends to put some people off. We flag the way to checkpoint one, just on the edge of the plateau, and then runners have a choice of route, on the many paths and trods that cover the expanse of moor, to checkpoint two at the highest Trig point. At least that is the theory. You all seem to play follow the leader!

George Ehrhardt ran away from a good quality field to record a popular win here at the Mytholmroyd venue. The 25 year old student had carved out a lead over the unmarked section from checkpoint one at Sheepstones Edge to the highest point of Midgley Moor. High Brown Knoll trig point.

After the race, George, a former Scottish International, would be preparing to fly out to Slovakia, where he intends to study for a PhD and doctorate in Physics. "Hopefully then, I will become a doctor like my Dad" said the quiet, likeable lad from Shore near Todmorden.

He added, "I will be back home for Christmas and will probably run the Auld Lang Syne and The Giant's Tooth races locally".

Thornton Taylor turned at the top in second



George Ehrhardt looking far too relaxed after winning High Brown Knoll (Photo Allan Greenwood)

place ahead of Matthew Nuttall and Stewart Gregory, but things were going to change on the descent. Thornton was overhauled on the way down to the canal bridge finish, as Matthew pulled through to take runner up spot, with in form veteran Boff Whalley - fifth at the summit turn - taking third. Thornton eventually finished fourth and first over 45.

Dave Collins deserves a mention, placing a fine seventh, his local knowledge pulling him through from twelfth at the top.

Radcliffe runners brought a good contingent as usual and Carly Hancock became that club's first winner of one our races. Carly finished in 65-01, with her club mate Sheila McNulty taking second place and the first over 55's. Moira Parfitt placed third ahead of clubmate Paula Martin, with regular South Pennines competitor, Angela Scott, fifth.

The junior Sheepstones race to checkpoint one was a popular choice among Rossendale athletes. Four of the five junior boys represented that club, with Grant Cunliffe setting a new course record of 22.51 for the 3 miler with 1000 feet of climb. Grant, Paul Wadsworth and Carl Andrew actually led the race on the initial climb through Red Acre Woods, the latter two finishing second and third, with Sale Harrier, Alex Young, fourth and Phil Bolton (Rossendale) fifth, all five runners inside the previous best time.

Thanks to our sponsors, Longcroft Engineering, (Alec and Sue Becconsall), to all the marshals and helpers on the day and Steve and Stephanie at the Dusty Miller Inn.

Allan Greenwood and Linda Crabtree

1. G. Ehrhardt	Tod	46.48
2. M. Nuttall	B'burn	47.26
3. B. Whalley O/40	P&B	47.29
4. T. Taylor O/40	Ross	49.25
5. S. Gregory	HolmeP	49.33
6. A. Wardman O/40	CaldV	49.35
7. D. Collins O/40	Tod	49.42
8. G. Menzies	Prest	49.53
9. G. Bird	Bing	50.08
10. R. Crossland O/40	BfdA	50.11

#### VETERANS O/50

1. (11) D. Beels	CaldV	50.12
2. (24) A. Bibby	Tod	55.16
3. (26) S. Moss	Spn	56.06

#### VETERANS O/60

1. (37) R. Jaques	Clay	60.35
2. (38) D. Gibson	Sadd	60.50
3. (42) R. Blakeley	Tod	61.28

#### LADIES

1. (52) C. Hancock	Radc	65.01
2. (62) S. McNulty O/55	Radc	72.21
3. (63) M. Parfitt O/55	Tod	72.23

#### 71 finishers

#### JUNIOR RACE 3m/1000ft

1. G. Cunliffe U/14	Ross	22.51
2. P. Wadsworthg U/15	Ross	24.22
3. C. Andrew U/15	Ross	24.53

#### 5 finishers

### 15th BRITISH FELL & HILL RUNNING RELAY CHAMPIONSHIPS Shropshire 18.10.03

The FRA relay is a complex logistical event to organize but after 18 months of planning and hard work, we were pleased with the outcome.

We knew the navigational leg would be the decider and we were proved right. We deliberately tried to make the actual checkpoints relatively easy to find but placed an emphasis on route choice, giving several options between them. Whoever picked the correct combination

was going to be the winner. Jason Helmsley and Gary Devine pulled Pudsey & Bramley up from 5th 1st place with a 34 second lead ahead of Salford, and despite a strong challenge from Mercia's Mike Boulstridge, on the last leg, Rob Hope maintained pole position for the Yorkshire club. Similarly in the Vets and ladies' class, it was the navigational leg which proved the decider with Mark Seddon and Phil Dewhirst of Horwich in the vets and a superb run by Helen Winskill and Jenny Whitehead from Dark Peak, setting up their clubs to win the respective classes.

An event like this inevitably requires a large team of helpers and we were indebted to our Mercia team mates for agreeing to help with the event and turn out in force on and before the day. Many sacrificed runs on home soil as we only entered one team in the open class.

Thanks must be given to the National Trust for being flexible about the courses, the Well Well Well company for allowing us to use their field for the start, finish and changeover, Church Stretton School, the Red Cross and, finally, Peter Bland Sports for sponsoring the event.

A special thanks to Dave Jones from the FRA who was the race controller. Dave vetted all the courses and provided us with much advice, wisdom and encouragement both before the event and on the day when we had to deal with the issue of several teams taking a short cut on the taped route from the last checkpoint to the finish. Clearly, we can't please everyone as some of you let us know in no uncertain terms! But, as the circumstances were not in our opinion clear cut, we felt the time penalty was the most equitable resolution of the problem.

Having demonstrated that there is some good fell running terrain outside the more recognized areas, we hope you will come back to Shropshire to sample some of the many other races that are held throughout the year. And so we pass over our baton to Pennine who are organizing next year's event in the Peak District.

Mike and Richard Day

1. Pudsey & Bramley	3.38.36
2. Mercia	3.38.59
3. Salford	3.41.12
4. Bingley	3.41.59
5. Dark Peak	3.43.43
6. Staffs Moorland	3.52.58
7. Ambleside	3.58.17
8. Clayton le Moors	4.02.39
9. Eryri	4.02.56
10. Helm Hill	4.05.31

#### VETERANS

1. Horwich	4.02.16
2. Newcastle	4.03.59
3. Clayton le Moors	4.04.42
4. Pennine	4.06.20
5. Eryri	4.07.40

#### LADIES

1. Dark Peak	4.38.39
2. Keswick	4.41.57
3. Eryri	4.55.56
4. Clayton le Moors	4.59.56
5. Carnethy	5.00.38

### WITHINS SKYLINE West Yorkshire BM/7m/1000ft 25.10.03

This race is probably the most interesting of the plethora of races the Woodentops stage from Penistone Hill, Haworth because the route includes a traverse across open moor and runners also provide a source of amusement and awe for the tourists who flock to Top Withins and Bronte Bridge and waterfalls.

A race from this venue without Ian Holmes is something of a rarity, but at least his absence provides for another name to be engraved on the perpetual trophy. In the driest of conditions for many years, Matt Barnes had that honour in a field of 161 runners, who were set off by under 8 girl winner, Emily Middleborough.

Matt, 26, a solicitor was competing in his first ever fell race but his ability is awesome, 1500 metre Northern Champion with 3-46, and a GB modern pentathlete for the last 6 years, who has now decided to concentrate on the running discipline. In the race Phil Sheard, 38, set the pace with Matt always looking at ease, although once Top Withins was spied, Phil took a direct line which is a common mistake. This line means negotiating rough tussocky ground, which actually aided Phil to open a 20 second gap by the ruin. But then over the fast running to Bronte Bridge and the scramble up the waterfall, Matt was able to draw level. New to the Yorkshire area, Matt then sat in. "His breathing was far too comfortable, and on the slight incline to Drop Farm Café, he upped the tempo, while mine remained the same", said Phil Sheard, runner up for the second year.



Sheryl Slater on the climb from Bronte Bridge at Withins Skyline (Photo Bill Smith)

Note the best line to the ruin is to stay on the skyline path by the drainage ditch until some small posts are reached, then veer slightly right to pick up the paved Pennine Way, a matter of 2 minutes running.

Jo Smith, now living high above Hebden Bridge at Wadsworth, won the ladies' race from Karen Slater and last year's winner, Vanessa Peacock, who both set new FV40 and FV50 records in a senior field of 162. The ladies from Chorley Harriers comprising of Dawn Atkins, Janet Chaplin and Linda Brussels won the 'chocolate' team prizes, with P&B the men's team.

71 year old, Todmorden stalwart, John Newby made the over 70's record his own with a time of 88 minutes - you can't keep a good 'un down!

A record 62 juniors contested the various Quarry races, with the under 8's attracting 17, where James Hall just pipped Sam Wood by 2 seconds in a new record of 2-42, small consolation was Sam broke his old record as well. While Emily Middleborough at 3-21 led home Olivia Coffey and Faye Robinson for the girls.

Both under 16's David Shepherd and Samantha Morphet improved those records. An

outstanding effort from Thomas Sessford, a U12 meant he took both the U12 and U14 records down to 6-32 with Philip Bolton 2nd and Tom Addison 3rd, both these U14's were only 2 and 4 seconds adrift. The very dry conditions meant fast times with Joseph Rooke, the first U10 in 7-25, followed by U14 girl Holly Page, 7-30, and wonder girl Jessica Wootton, U10 in 8-40, all new records in their age groups.

It's a pity the new fence line erected in January last year, just before the Soreen Quarry races has meant that some famous record holders names have been sent to the annals of time, Tim Davis, 2003 Snowdon winner, Victoria Wilkinson, former junior world champion and now world class mountain biker, Chris Miller a name for the future amongst others.

*Dave Woodhead*

1. M. Barnes	Altr	43.48
2. Phil Sheard	P&B	44.12
3. J. Thomas	LeedsUni	44.34
4. S. Livesey O/40	Bowland	44.47
5. C. Miller	Hgte	45.11
6. J. Hemsley	P&B	45.13
7. A. Shaw O/40	Holm	45.14
8. S. Clawson	Ross	46.32
9. S. Green	P&B	46.35
10. J. Heneghan	LeedsUni	46.49

**VETERANS O/50**

1. (27) M. Foschi	Unatt	49.18
2. (40) D. Schofield	Ross	51.37
3. (53) R. Hawksby	Otley	53.04

**VETERANS O/60**

1. (74) T. Minikin	Kghly	56.05
2. (94) D. Illingworth	BfdA	58.47
3. (99) T. Peacock	Clay	59.10

**VETERANS O/70**

1. (157) J. newby	Tod	88.00
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**LADIES**

1. (51) J. Smith	DkPk	52.37
2. (52) K. Slater O/40	Settle	52.51
3. (59) V. Peacock O/50	Clay	54.15
4. (83) L. Whitaker	Sadd	57.45
5. (88) S. Malir O/35	Ilk	58.10
6. (101) J. Foster	Ilk	59.17

**158 finishers**

**JUNIORS**

**Under 16s**

1. D. Shepherd	Settle	11.55
2. S. Morphet	CFR	17.29

**Under 10s,12s,14s Quarry Race**

1. T. Sessford U/12	Kghly	6.32
2. P. Bolton U/14	Ross	6.34
3. T. Addison U/14	HelmH	6.36
4. S. Tosh U/12	Ross	6.39
5. R. Shuttleworth U/12	Prest	6.48
6. B. Page U/12	Hfx	7.10
7. B. Morphet U/14	CFR	7.20
8. J. Rook U/10	Holm	7.25
9. H. Page Girl U/14	Hfx	7.30
10. C. Tuson U/12	HelmH	7.32

**42 finishers**

**Under 8s Quarry Race**

1. J. Hall	Bing	2.42
2. S. Wood	Ilk	2.44
3. G. Akester	Unatt	3.01

**17 finishers**

**FFORDD Y BRINIAU**

**Mid Glamorgan**

**BM/9m/2000ft 26.10.03**

On a glorious autumn day with the weather conditions near perfect the course record holder, Paul Wheeler, led from start to finish. The 18-year old, Kit Edwards finished in second place, followed closely by Colin Donnelly. First lady home was Anne Forlan. First male O/50 was

Martin Lucas (old grey beard!) and R. West was first O/60.

Usual thanks to course organizer, Algy Morgan, Gareth Burns for his kind sponsorship and the marshals, Gareth and Tony

See you next year!

*Philip Holder*

1. P. Wheeler O/40	MDC	58.40
2. K. Edwards	MDC	59.31
3. C. Donnelly O/40	Eryri	59.53
4. K. Flower	MDC	61.54
5. P. Holder O/40	CardHarl	64.15
6. G. Lloyd O/40	Ponty	65.49
7. J. Aggerton O/40	MDC	66.03
8. C. Gildersleve O/40	Brych	67.39
9. C. Blackmorre	Quins	68.15
10. S. Jones O/40	Jslwyn	69.30

**VETERANS O/50**

1. (14) M. Lucas	MDC	73.12
2. (21) D. Thornley	MDC	84.48
3. (22) G. Buffett	MDC	88.31

**VETERANS O/60**

1. (18) R. West	MDC	80.49
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**LADIES**

1. (17) A. Forlan O/35	Ponty	79.56
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**25 finishers**

**RACE TO THE SUMMIT**

**Lancashire**

**CS/4m/800ft 26.10.03**

After the previous year's appalling weather for this race, surely it couldn't get any worse? Those were my thoughts as I prepared my race equipment during the week, putting waterproof covers on the electronic timer and clipboards just in case. As it turned out, we had a fine, dry autumn day for the final race in our South Pennines Grand Prix and a great turnout of 116 runners registered at the pub. Jamie Dore had called me during the week with an offer to flag the course along with his wife Pauline. Jamie would then marshal the summit, taking positions along with Jim Smith and gather the flags back in again. Thanks very much for that, folks. You saved me a lot of time and legwork.

Linda and Thirza hit on a novel idea at registration. Frank, the landlord of the Summit, offered to make soup and piles of chip butties for the runners. The girls therefore took orders at registration, issuing raffle tickets to those who wanted to eat. After the prizegiving, we held a grand prize draw as a bonus! What value!

Meanwhile our computer wizard, Bill Johnson, punched runners' details into the laptop while managing to run a mini creche as wife Anne prepared to run. Bill would be calculating the final Grand Prix placings while eating soup and chips and singing nursery rhymes.

The race was always going to be fast at the front end, with talented youngster, Nick Leigh,

There was South Pennines leader Karl Gray, a recent newcomer to the fell scene and former Grand Prix champion, Chris Seddon, along with the defending Summit champ local lad, Wajib Ali. Not to mention our old mate Rob Jackson, three times winner of the old Gale race, which this course replaces, never out of the top five in 12 successive years.

Nick took the incentive early on and it was all the others could do to watch an impressive display of powerful front running by the youngster. Along the banks of Chelburn reservoir and through Leach farm to Castle Clough the runners snaked their way, then up the rough climb to The White House. Here Jim and Jamie took numbers and made sure everyone touched the pub wall. Then a fast moorland loop to

return runners onto the Chelburn track, over the bridge at Castle Clough and the steady slightly uphill grind through the rocks then down to finish outside the Summit Inn.

Nick touched the White House first then produced a blistering descent which took him over a minute and a half ahead of the rest, well inside the old record time.

He was presented with a pair of Mountain Bear fell running shoes, kindly donated by our sponsor, Tony Hulme of Running Bear.

Karl Gray turned second and held his place, ahead of Seddon and 2002 winner Ali, with Thornton Taylor taking the veteran's prize in fifth.

Gray did enough to win the South Pennines title outright.



*Winner Nick Leigh heads out and up at "Race to the Summit" (Photo Allan Greenwood)*

Dave Beels, originally from these parts and former Rochdale AC member, won the over 50's prize, with Ross Jaques taking the over 60's.

In the women's section there was no stopping English veteran champion, Sally Newman. Sally's time was good enough for 38th overall, though Sue Beconsall, third vet in the British champs, was just four places and 25 seconds behind.

Sally also claimed a voucher for a pair of the all new Mountain Bear fell shoes from Running Bear Sports. Third place went to the 2002 winner, Anne Johnson, just three places ahead of Carmen Anthony, with Carole Waterhouse claiming the overall Grand Prix just one position behind in 35-55.

Horwich took the men's team prize, Chris, Rob in seventh and Chris Hayes in 10th, with lovely Linda Crabtree clinching the team for the FRA British bronze medallists.

We would like to record our very sincere thanks to Tony Hulme and Running Bear who as well as donating the winners' shoe vouchers, provided around £200 worth of prizes. Thanks to Bill Johnson for providing the printed results and grand prix tables on the day, Cath Hignett, Mick Fryer and Bill Smith for their valued help at the finish and Frank and Marsha at The Summit who, as usual, gave us all a great welcome. Proceeds from the race were donated to "Animals in Distress" horse sanctuary at Leach Farm through which the race passes.

See you all there again, last Sunday in October 2004.

*Allan Greenwood and Linda Crabtree*

1. N. Leigh	Altr	26.55
2. K. Gray	CaldV	28.32
3. C. Seddon	Horw	29.10
4. W. Ali	Roch	29.40
5. T. Taylor O/40	Ross	29.43
6. S. Gregory	HolmeP	29.53
7. R. Jackson	Horw	30.19
8. D. Appleby	Radc	30.37
9. C. Armitage O/40	Longw	31.03
10. C. Hayes	Horw	31.09

#### VETERANS O/50

1. (24) D. Beels	Caldv	33.12
2. (32) K. Midgley	Hfx	33.59
3. (35) S. Moss	Spn	34.15

#### VETERANS O/60

1. (67) R. Jaques	Clay	37.44
2. (74) D. Illingsworth	BfdA	38.19
3. (76) G. Navan	Ross	38.28

#### VETERANS O/70

1. (100) D. Clutterbuck	Ross	43.15
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#### LADIES

1. (38) S. Newman O/40	CaldV	34.40
2. (42) S. Becconsall O/40	Bing	35.04
3. (47) A. Johnson O/35	CaldV	35.29
4. (50) C. Anthony	BelleV	35.49
5. (51) C. Waterhouse	Hfx	35.55
6. (56) C. Wilson	YorkKnave	36.32
7. (78) L. Crabtree O/40	CaldV	38.32
8. (83) C. Hancock	Radc	39.04

#### 116 finishers

### SHEPHERD'S SKYLINE FELL RACE West Yorkshire BM/6.25m/1150ft 01.11.03

The sun shone for this year's Skyline - a rare event indeed - and a good time was had by all. But for some reason we had one of the lowest ever turnouts for this event despite the excellent conditions.

Ian Holmes and Vanessa Peacock won in new course record times (shamefully not acknowledged by me on the day because I had left my race stats file at home).

Not much else to say except thanks to the dozens of helpers, marshals etc. from Todmorden Harriers and other clubs who all contribute to the warm and friendly vibe that has come to be associated with this event.



Bruce Duncan (V55 Bingley) on the ridge at Shepherd's Skyline (Photo Woodhead)

I shall bow to popular demand and reinstate the original direction of the loop section so that in future runners will always hurtle down from the Pike rather than huff and puff up to it. The show of hands in the pub afterwards was overwhelming to that effect, so I shall no longer tinker with the course in future years.

#### Keith Parkinson

1. I. Holmes	Bing	39.59
2. M. Fowler O/40	Penn	42.19
3. S. Livesey O/40	Bowland	43.39
4. M. Wallis O/40	Clay	43.54
5. M. Hammer	B'burn	44.03
6. J. Ingram	Sadd	44.09
7. L. Kellett	Kghly	44.26
8. C. Seddon	Horw	44.43
9. I. Greenwood O/40	Clay	45.35
10. P. Prescott	Tod	45.37

#### VETERANS O/50

1. (29) D. Tait	DkPk	49.48
2. (34) P. Booth	Clay	50.35
3. (41) G. Newsam	Clay	51.13

#### VETERANS O/60

1. (95) D. Gibson	Sadd	57.42
2. (98) D. Illingsworth	BfdA	57.56
3. (101) T. Epacock	Clay	58.08

#### VETERANS O/70

1. (144) D. Clutterbuck	Roch	67.19
2. (169) J. Newby	Tod	89.01

#### LADIES

1. (43) V. Peacock O/50	Clay	51.21
2. (46) J. Smith	DkPk	51.47
3. (49) K. Slater O/45	Settle	52.35
4. C. McCarthy O/40	Amble	53.57
5. (97) C. Kenny O/40	Amble	57.51

#### 169 finishers

### "RUNNING BEAR" CLWYDIAN HILLS RACE Clwyd AM/10m/3100ft 02.11.03

Sunday morning, setting up registration the weather looked grim, the task of completing what I believe is a very good, tough 10 miles seemed as though it would be hampered even more by the weather. Under foot conditions left the route slippery and wet, making some of the descents very tricky.

A total of 94 runners entered, 15 of which were ladies, fears for the weather fell away as right on the start of the race a pocket of sunshine descended upon Cilcain Village and the surrounding Clwydian Hills.

Early on the race developed into a battle between M. Fowler, T. McGaff and R. Lamb, incidentally the same 3 runners were 1st, 3rd and 2nd respectively in 2002. This was to be the final outcome, M.Fowler finishing ahead of T. McGaff by 18 seconds, both runners shaving 2 minutes off their 2002 time and R.Lamb in 3rd. The first lady home, in 21st place over all was S.Gilliver, also contributing to being the 3rd counter in the Pennine team - taking the team prize.

This year we introduced free Pie and Peas, courtesy of our sponsor Tony Hulme of Running Bear Sports, this was received very well by all runners and we now hope to make this a permanent feature of the event.

This year we made three special awards. Since the conception of this race in 1988 both Tony Hulme and Frank Green have completed in all the runnings of the race. Both were presented with a painting by a local artist of Moel Fammu, to commemorate 15 years achievement.

A special presentation to commemorate 15 years, was made to John Morris for his

contribution and inspiration into keeping alive this race. John has either run in the race or tirelessly worked in the background - thank you.

Finally, a big thank you to the North East Wales Search and Rescue Team for the marshalling and safety aspect, to Tony Hulme the race sponsor and to all the runners who we hope enjoyed themselves and we look forward to seeing you on November 7th 2004.

#### Sid Cobain

1. M. Fowler	Penn	1.22.24
2. T. McGaff	Penn	1.22.42
3. R. Lamb	Mercia	1.25.39
4. T. Higginbottom	Eryri	1.27.59
5. S. Ellis	Tatten	1.30.30

#### VETERANS O/40

1. G. McNeil	Helsby	1.26.54
2. A. Carruthers	Crawley	1.28.40
3. T. Jones	Eryri	1.30.58

#### VETERANS O/50

1. G. Hodges	Unatt	1.35.55
2. J. Morris	Buckley	1.40.26
3. J. Pollard	Gloss	1.41.16

#### VETERANS O/60

1. J. Aimes	Macc	1.39.22
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#### LADIES

1. S. Gilliver	Penn	1.38.27
2. R. Metcalfe	Eryri	1.39.36
3. S. Hammond	Tatten	1.45.03

#### 94 finishers

### TOUR OF PENDLE Lancashire AL/17m/4250ft 15.11.03

Congratulations to Scoffer on his third win and to Vanessa on her 5th.

Pendle was under cloud in the early morning but cleared for the race giving cool clear conditions.

Next year, there will be a cut-off of approx two hours at checkpoint 4, anyone not there by 12.30 p.m. will be retired by the marshal and directed to the finish.

Thanks to the marshals and sponsors, Gary Wilkinson, Brian McKenna at Winnerprint and Pete of Pete Bland Sports.

#### Kieran and Doreen

1. A. Schofield	Borr	2.23.10
2. P. Thompson	Clay	2.25.06
3. J. Wright	Tod	2.29.03
4. M. Horrocks O/40	Unatt	2.29.55
5. M. Nuttall	B'burn	2.30.36
6. G. Wilkinson	Clay	2.33.45
7. G. Thorpe O/40	Amble	2.35.15
8. A. Orr	Clay	2.35.27
9. S. Jackson O/40	Horw	2.36.59
10. I. Greenwood O/40	Clay	2.37.23

#### VETERANS O/50

1. (25) D. Tait	DkPk	2.45.58
2. (33) P. Booth	Clay	2.52.08
3. (34) G. Howard	Ilk	2.52.36

#### VETERANS O/60

1. (51) J. Nuttall	Clay	3.03.24
2. (68) M. Coles	Skyrac	3.16.11
3. (71) D. Lucas	Roch	3.18.11

#### LADIES

1. ((37) V. Peacock O/50	Clay	2.54.59
2. (42) J. Iee	Unatt	2.58.14
3. (73) N. Fellowes	Eryri	3.19.25
4. (80) K. Thompson O/50	Clay	3.27.08
5. 85) J. Smith O/45	Tod	3.28.54
6. (88) T. Hyde O/40	CladV	3.31.42

#### 116 finishers



## PENMAENMAWR FELL RACE

Conwy  
BM/11m/1500ft 15.11.03

After a week of persistent rain, race day was perfect. Two hundred runners lined up at the start ready to tackle the new race route. The route was changed last year, cutting out the infamous "Donkey Path", mainly due to erosion and safety reasons. It also reduced the number of stiles to negotiate from six to only two. Also, the 1500ft ascent was spread over the first mile or so rather than in the first quarter mile. Many runners expressed favourable comments on the new route.

The early pace was set by Dylan Jones, followed closely by Colin Donnelly, who had taken the lead by Cae Coch and maintained the leading position to win by 17 seconds.

Geoff Clegg

1. C. Donnelly O/40	Eryri	1.13.01
2. D. Jones	Eryri	1.13.18
3. J. McQueen	Eryri	1.15.08
4. R. Owen O/40	Eryri	1.16.55
5. E. Roberts O/40	Eryri	1.17.43
6. T. Jones O/40	Eryri	1.21.59
7. A. Woods O/40	Eryri	1.22.00
8. P. Jones O/50	Eryri	1.22.09
9. C. Pirt	Menai	1.22.22
10. P. O'Brien	Eryri	1.24.23

### VETERANS O/50

1. (8) P. Jones	Eryri	1.22.09
2. (18) J. Griffiths	SarnH	1.25.57
3. (26) T. Marshall	Unatt	1.28.25

### VETERANS O/60

1. (87) C. Corson	Sadd	1.42.05
2. (105) B. Murphy	FordHale	1.46.04
3. (116) E. Meredith	MDC	1.48.07

### LADIES

1. (37) R. Isaacs O/40	Pensby	1.32.11
2. (50) V. Musgrove O/40	Eryri	1.35.15
3. (59) A. Goode	BroDys	1.36.42
4. (63) K. Mather O/40	Sadd	1.37.19
5. (69) A. Williams	Eryri	1.38.45
6. (83) E. Dunnington	Eryri	1.40.52

197 finishers

## ROACHES RACE

Staffordshire  
BL/15m/3700ft 16.11.03

Excellent weather conditions for this tough and scenic route on the south west region of the Peak District. Simon Bailey found plenty of mud but otherwise finished as fresh as when he started. Helen Johnson had an equally easy run in one of the fastest times.

The route takes the runners on an out and back route from Meerbrook over the Roaches Ridge to Gradbach for the river crossing before the climb to Shutlingsloe. It's a tough course with a long and steady climb from the river crossing to Roaches on the way back to test your stamina.

This year the mist just about cleared to provide great views over the Staffordshire Moors.

Andrew Addis

1. S. Bailey	StaffsM	1.59.01
2. P. Vale	Mercia	2.05.37
3. L. Banton	Clowne	2.11.02
4. T. Werrett	Mercia	2.11.15
5. A. Jones O/40	Unatt	2.11.19
6. J. Boyle	DkPk	2.13.46
7. M. McDermott O/40	Macc	2.15.05
8. A. Carruthers O/40	Crawley	2.18.34
9. B. Carr O/40	Congle	2.18.53
10. M. Clewes O/40	Mercia	2.23.41

## VETERANS O/50

1. (18) B. Blythe	Macc	2.26.27
2. (28) T. Longman	Macc	2.35.36
3. (30) R. Marlow	DkPk	2.36.14

## VETERANS O/60

1. (79) G. Navan	Ross	2.57.59
2. (95) R. Brown	P'stone	3.10.45
3. (108) M. Edwards	PPFR	3.31.45

### LADIES

1. (12) H. Johnson	Bing	2.24.12
2. (43) P. Leach O/40	DkPk	2.45.24
3. (49) M. Calvert O/40	Macc	2.46.16
4. (57) S. Pattison O/40	Macc	2.49.05
5. (83) K. Cooper	Gloss	3.01.01
6. (91) R. Harrison	Unatt	3.05.27

120 finishers

## KIRKBYMOOR FELL RACE

Cumbria  
BM/6.5m/1600ft 22.11.03

1. Burns	Salf	56.02
2. P. Brittleton	HelmH	56.17
3. P. Pollitt	CFR	56.39
4. B. Abdernoor	StBedes	57.06
5. S. Addison O/40	HelmH	57.12
6. S. Freeman O/40	Amble	57.44
7. I. Atkinson	HelmH	57.54
8. C. Speight O/40	Amblr	58.29
9. N. Lanagman O/40	Unatt	58.29
10. M. Uddison O/40	HelmH	58.37

### VETERANS O/50

1. (11) D. Spedding	Kesw	58.46
2. (22) M. Berry	BCR	62.20
3. (25) E. Parker	Amble	63.48

### VETERANS O/60

1. (28) R. Bell	Amble	64.38
2. (33) B. Ulmour	Amble	66.13

### LADIES

1. (19) S. Taylor	Bing	62.07
2. (29) J. Lee	Unatt	64.49
3. (30) S. Beconsall O/40	Bing	64.58
4. (37) N. Goffe O/40	BCR	69.35

58 finishers

## MEALL A' BHUACHAILLE

Inverness-shire  
AM/6m/2000ft 22.11.03

We were a bit worried with the race being so far into November we could have problems with the weather. How wrong we were - the conditions on the hill were the best for years, dry hard ground, clear skies and a tail wind to help the runners up the shoulder of MaB. Yes, the race start time was 12.30 this year moved forward because of clock change.

Another slight change was because of condition at the top of the first ascended forest ride. We moved the course into the next available ride which meant the course was a few metres shorter but not significant enough to make any difference to race times. A group were planning the four thousanders the next day so had to save some energy for their adventures, well that was their excuse.

There was also a few that saved fuel for the dance at night and seemed to be better dancers than runners! Dan Whitehead and Dawn Scott succumbed to neither and put in brilliant performances to win and smash the course records. Dan, a devotee of the race, and having also finished in the runner up places for so many years, got a well deserved win just seconds clear of Brian Marshall who pushed him all the way. Another battle was going on for second and third with the frightening Kyle Greig (6mins faster than last year) managing to hold off Tim Lenton.

Dawn Scott was a couple of places behind her boyfriend, Mark Shaw. "It's only a matter of time, Mark!"

It was the first time we had a ladies' team prize so well done to Highland Hill Runners. Question time at the briefing - sorry pal I thought you said something about a yellow brick road, the tapes were red and white. One junior this year, more next year please, remove your backsides from these computer screens and have a real adventure.

Russell McKechnie

1. D. Whitehead	Cosmic	51.03
2. B. Marshall	HELP	51.19
3. K. Greig	ForresH	53.39
4. T. Lenten	Lothian	54.07
5. A. Smith O/40	Deeside	54.56
6. A. Keith	Unatt	55.25
7. J. Hepburn O/40	LAC	55.58
8. M. Johnston	Carn	56.09
9. E. Paterson O/50	Moray	56.46
10. D. Strain	Unatt	57.46

### VETERANS O/50

1. (9) E. Paterson	Moray	56.46
2. (23) S. Wallace	HELP	63.53
3. (26) A. Brett	HHR	64.49

### LADIES

1. (22) D. Scott	LAC	62.52
2. (27) H. Murray O/40	Lothian	65.45
3. (31) E. Paterson	HHR	66.16
4. (39) G. Irvine O/40	HHR	68.27
5. (51) F. Dahl	HHR	72.06

80 finishers

## DAVID STAFF MEMORIAL FELL RACE

Lancashire  
5m/900ft 30.11.03

The race was held two weeks earlier than in the previous eight years. Although it did not clash with other local events, numbers were lower than in previous years with the event not appearing in the FRA calendar until a suitable date was confirmed.

This year's race produced two new winners in the form of Rob Hope and Lynne Clough.

Thanks to Akzo Nobel, Sweatshop Chorley, The Kiosk and John Schofield Results for their support at this event.

Next year's race will take place on 28 November 2004 and it would be nice if the 1995 course record held by Sean Willis could be beaten.

Gary Taylor

1. R. Hope	P&B	33.46
2. P. Thompson	Clay	35.17
3. M. Nuttall	B'burn	35.23
4. G. Schofield O/40	Horw	35.44
5. I. Greenwood O/40	Clay	35.52

### LADIES

1. L. Clough	Wigan	39.29
2. V. Peacock O/50	Clay	40.46
3. J. Robinson O/45	Garstang	46.18
4. S. Corsini	Darwen	47.08
5. K. Thompson O/50	Clay	48.52

## BOLTON BY BOWLAND FELL RACE

Lancashire  
CM/8m/800ft 07.12.03

Early morning frost gave way to sunshine to welcome 176 runners to this eight mile course - not quite so wet this year.

Who would win it this year?

Would it be local star, Thomas Cornthwaite, or the more experienced Mark Aspinall or Neil Tattersall?



Candice Leah (3rd - Clayton), Lynne Clough (Wigan - 1st) and Jo Smith (DPFR - 2nd) at Bolton-by-Bowland (Photo Woodhead)

By the first road crossing at Bolton Peel, Thomas had a slender lead but after the fast descent to Holden, he had been joined by Mark, Neil and Mat Nuttall with James Logue in close attendance. The six mile point after the long drag to Monubent Head saw Mark with a half minute lead, which he held to the finish, with Thomas, Mat and Neil finishing in that order. Mike Walsh was first O/50 and Dave Scott took the O/60 honours. Lynne Clough was first lady, followed by Jo Smith and Jane Hodgkinson first O/40.

We raised a total of £434 towards the upkeep of the village hall.

Thanks to Stuart Thompson for videoing the race and to all who helped in any way.

Roger Dewhurst

1. M. Aspinall O/40	Clay	46.29
2. T. Cornthwaite	B'burn	47.04
3. M. Nuttall	B'burn	47.18
4. N. Tattersall	Pendle	47.24
5. J. Logue	Horw	47.26
6. S. Sweeney	Bowland	47.35
7. B. Bolland	Horw	48.07
8. M. Podmore	Clay	48.10
9. H. Gribb	NottUni	48.13
10. G. Schofield O/40	Horw	48.21

#### VETERANS O/50

1. (34) M. Walsh	Kend	53.08
2. (42) A. Duncan	Bowland	54.22
3. (44) D. Matthews	BPC	54.24

#### VETERANS O/60

1. (67) D. Scott	Clay	57.34
2. (85) R. Jaques	Clay	60.36
3. (90) G. Navan	Ross	61.48

#### VETERANS O/70

1. (174) A. Ball	Clay	93.38
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#### LADIES

1. (39) L. Clough	Wigan	53.41
2. (49) J. Smith	DkPk	55.14
3. (60) C. Leah	Clay	56.29
4. (87) J. Hodgkinson O/40	Prest	60.52
5. (99) A. Smith	Clay	63.08
6. (116) J. Commons	Clay	65.25

176 finishers

### HEXHAMSHIRE HOBBLE

#### Northumberland

CM/10.5m/1220ft 07.12.03

This was the 10th running of the Hobble and the 81 starters including a record 15 ladies were rewarded near perfect weather and unusually dry conditions underfoot. Fast times were the order of the day, although records remained intact by a few seconds in each case, Ed Nash winning impressively with first lady Karen Robertson winning for the 3rd time, some 4 minutes faster than her previous best and only 29 seconds outside the record held by Angela Mudge.

We had hoped that there may have been a few competitors who would have completed all ten races but this was not to be the case, although a few have managed nine. One of these was first O/70, David Wright, who had a knee replacement operation just under a year ago, shortly after completing in last year's race, his time this year some 14 minutes quicker. He was competing in fell races and half marathons by the summer so is a good advertisement for the Health Service!

To celebrate the 10th running all finishers received festive prizes and enjoyed refreshments at the Fire Station.

Stewart Beaty

1. E. Nash	Kend	1.06.00
2. P. Addyman	Clae	1.07.12
3. S. Coxon O/40	Tyne	1.07.13
4. K. Maynard O/40	Quakers	1.09.37
5. M. Mallen O/40	Quakers	1.09.50
6. D. Atkinson O/40	NFR	1.10.05
7. P. Kelly O/40	Darling	1.10.17
8. N. Cassidy O/40	Tyne	1.10.40
9. H. Bingham	Tyne	1.12.40
10. D. Armstrong O/40	NFR	1.13.20

#### VETERANS O/50

1. J. Nelson	NFR	1.14.31
2. J. Dallinson	NFR	1.15.52
3. J. Bunn	NMArsk	1.17.53

#### VETERANS O/60

1. G. Atkinson	Wallsend	1.38.14
2. E. Whittaker	BlackBound	1.40.42
3. C. Dallinson Lady	NFR	2.01.27

#### VETERANS O/70

1. D. Wright	Tyne	1.53.17
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#### LADIES

1. K. Robertson	Tyne	1.15.38
2. A. Raw O/40	Darling	1.18.39
3. P. Leach O/40	DkPk	1.22.24
4. D. Tunstall	Tees	1.23.02
5. R. Carter	Tyne	1.26.08
6. H. Witham O/40	Quakers	1.28.53

80 finishers

### CALDERDALE WAY RELAY

#### West Yorkshire

50m/6000ft 14.12.03

Well, 20 years on and we are still getting 100 teams entering this classic event. Only two people claim to have done all 20 - Wendy Dodds of Clayton and Ralph Barker of Denby Dale. These were verified from past results. Clayton must be the stars of this event with 21 out of the 66 titles and some years entering as many as 12 teams.

Overall honours go to Bingley with eight wins, closely followed by Pudsey & Bramley who, after this year's win, have seven.

Alterations to Leg 6 for safety reasons made times slower this year by between 10 and 20 minutes.

Pudsey & Bramley led from the start with no one really getting close. The ladies' race was much more interesting and, although Clayton led from start to finish for their ninth victory, Holmfirth and Bingley put up a good chase to finish within one minute of the winners. Unfortunately, the cut off times meant the excitement of this race was not seen.

Clayton Vets took their 11th victory in 19 yrs, equaling last year's 5th place. Horwich Vets were second in 10th place, one in front of their A team, who had a disastrous last leg.

Yet another Mixed team winner, Ilkley A in 24th place, 24 minutes ahead of Pudsey & Bramley Mixed and 36 minutes ahead of their Mixed B team, who were third.

Due to changes in leg distances in recent years, I have not included records this year, though none were broken. Middleton Ladies did, however, have the slowest time ever on Leg 1 after going wrong, but they finished with a smile!

1. Pudsey & Bramley	6.05.51
2. Bingley A	6.11.15
3. Salford A	6.17.43
4. Clayton A	6.18.09
5. Clayton Vets A	6.30.17
6. Preston A	6.32.40

#### VETERANS

1. (5) Clayton Vets A	6.30.17
2. (10) Horwich Vets	6.43.47
3. (21) Holmfirth Vets	7.11.15

#### LADIES

1. (41) Clayton Ladies A	7.52.42
2. (43) Holmfirth Ladies	7.52.58
3. (44) Bingley Ladies	7.53.38
4. (47) Dark Peak Ladies	8.00.14

#### MIXED

1. (24) Ilkley Mixed A	7.13.41
2. (35) Pudsey & Bramley A Mixed	7.37.13

### SIMONSDALE CAIRNS FELL RACE

#### Northumberland

BM/11m/1400ft 14.12.03

On a slightly changed route, first back was Karrimore Elite winner, Steve Birkinshaw.

The race distance stays the same but the height gain is up about 40 ft.

First lady, Karen, bettered Kate's 2001 record by 2.09. 25% of the entries were ladies???

R. Hayes

1. S. Birkinshaw	NFR	1.17.46
2. I. Twaddle	Wooler	1.18.40
3. P. Addyman	Clare	1.21.36
4. M. Jeffrey O/40	NFR	1.21.46
5. J. Ross	NFR	1.21.53
6. M. Mallen O/40	Quakers	1.23.20
7. C. Upson O/40	W'lands	1.23.46
8. D. Atkinson O/40	NFR	1.24.11
9. B. Abelnor	StBedes	1.25.11
10. D. Armstrong O/40	NFR	1.25.34

#### VETERANS O/50

1. (18) J. Metson	NFR	1.30.28
2. (24) J. Dallinson	NFR	1.32.21
3. (32) J. Brown	NSP	1.39.43

#### VETERANS O/60

1. (39) R. Clarke	Mand	1.43.10
2. (56) I. McManus	Irvine	1.52.46

#### VETERANS O/60

1. (72) D. Wright	Tyne	2.23.15
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#### LADIES

1. (16) K. Robertson	NFR	1.29.54
2. (19) K. Jenkins	Carn	1.30.34
3. (29) A. Raw O/40	Darling	1.37.49
4. (33) N. Duggan	Morpeth	1.40.04
5. (48) C. Bagness O/40	Wooler	1.45.36
6. (53) S. Jeffrey O/40	Morpeth	1.49.33

72 finishers

### 14TH STOOP RACE West Yorkshire BS/5m/800ft 21.12.03

"It's just not the same". That was the comment made by Robert Hope on winning the Stoop race for a third consecutive year, on not having English Champion and 10 times winner, Ian Holmes, in amongst the 234 runners who attended this festive race.

In fact this was the first time Ian hasn't ever competed in the races now 14 year history, and with 10 firsts and 3 second places, maybe next year will see record holder Ian, back.

Don't believe for a moment Rob wouldn't have beaten Ian, because having out sprinted his great rival in 2001 and 2002, would you have bet against him?

Now firmly with race number 1 Rob's time was only 6 seconds slower than last year. Once early leader George Ehrhardt had been caught after 10 minutes running, Rob was always then in control, despite Nick Leigh chasing hard, with then a totally mud covered Ehrhardt, 3rd. Rob had won the David Staff memorial race, and more recently took a silver medal in the 2004 Lancashire Cross Country Championships showing his calibre.

21 year old current senior Yorkshire fells champion, Natalie White, only competed because the Red Rose league cross country at Burnley the previous day was abandoned before anyone started, something to do with risk assessment! Natalie was always ahead, and enjoyed her first experience of Haworth moor, and certainly the pub prize giving, although her winning time of 35-55, only places her 12th on the ladies' overall fastest times leader board. In an inspired run, Kirstin Bailey finished 2nd, and tallied to her win at Rivock Edge she is regaining her form, and led Bingley to the team awards, with Sharon Smith, 12th and Susan Fulton 13th.

Paralympian Mark Brown won the over 40 trophy, after Steve Oldfield's 5 year dominance of the event, (out through injury). A full time athlete with UK Disability, Mark spends from January to September in Gibraltar, and as you read this will be training and racing with the Gibraltar Athletic Association, before the main aim the Paralympic Games in Athens in September. But first it's the German National Games, Birmingham Games, in amongst National and domestic races, where his 5k pb of



An odd but effective technique - Messrs Nuttall and Pattinson at The Stoop (Photo Dave Brett)

15-28 whilst winning European gold, and marathon 2-33, Silver medal in Sydney Paralympics will stand him in good stead. Athens will be his third Paralympic games having won Bronze in the Atlanta, USA marathon and Silver in Sydney, Australia. Will it be third time lucky?

It's over 20 years that Mark had a motorcycle accident whilst travelling back to the Army barracks at Market Drayton for guard duty with the Queen's Lancashire regiment. "But it was 12 months later when my left arm had to be amputated, it was totally paralysed. The choice was mine, I felt I had to take control, it was the right decision even now, I had to regain my life. Regarding fell running it isn't easy especially with balance and stability, but I just love it, everyone's down to earth, the camaraderie before racing and afterwards, especially in the pub is the best anywhere" Mark explained.

Mark intends retiring from Disabled Athletics in 2005 after 10 years at world level, to hopefully give the opportunity for others to follow in his foot steps, but he does intend to give the fell running scene his full attention. Watch out!

Surprisingly two records were broken; now 50, Jo Prowse took 1 minute 2 seconds off Margaret Jagan's 3 year old record, while a little older, Yeadon athlete, Jack Escritt set the over 70's record.

Seven new records were attained by the 85 juniors, showing the quality, but also the enthusiasm if given the chance to run. James Hall repeated his U/8 Withins win with Joshua Ferguson, Harry Williams, Sam Wood, Faith Biddle, first girl in a record 2-56 and Edward Brownlee finishing in quick succession. Faith took 23 seconds off the old mark set by Megan Crowley. Alex Wheatman, due to become the U/13 2004 Yorkshire X-Country champion, ran the old record out of sight in the U/16 race with a 3-05 improvement; it now stands at 14-24, WOW! Abbie Johnson and Rachel Kraft were 2nd and 3rd, and along with Sarah Griffiths, all were inside the old record. Ben Lindsay won slicing 14 seconds off previous best. In the other age groups for the boys, Sam Webster, U/14 in 6-23 and Tom Doyle, U/10 in 7-24, along with Alice Fulton, U/14 in 7-17 set new records, with Emma Thompson actually equaling her old mark of 8-10.

#### Dave Woodhead

1. R. Hope	P&B	28.57
2. N. Leigh	Altr	29.12
3. G. Ehrhardt	Tod	29.52
4. M. Croasdale	Bing	30.09
5. C. Doyle U/18	Traff	31.22
6. A. Brownlee U/18	Bing	31.25
7. J. Hemsley	P&B	31.30

8. S. Fitzpatrick	Clay	31.43
9. S. Bottomlet	P&B	31.44
10. S. Macina	P&B	31.46

#### VETERANS O/40

1. (11) M. Brown	Clay	31.49
2. (16) B. Whalley	P&B	32.54
3. (22) M. Woods	Unatt	33.44

#### VETERANS O/50

1. (45) N. Pearce	Ilk	35.33
2. (57) A. Robinson	Clay	37.14
3. (61) J. Pickup	Clay	37.26

#### VETERANS O/60

1. (112) R. Blakeley	Tod	42.10
2. (127) T. Minikin	Kghly	43.44
3. (131) R. Jaques	Clay	43.53

#### VETERANS O/70

1. (189) J. Escritt	CFR	51.05
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#### LADIES

1. (48) N. White	Holm	35.55
2. (63) K. Bailey	Bing	37.33
3. (66) S. Dolan O/40	Hgte	37.49
4. (79) H. Sedgwick	Ilk	39.07
5. (80) A. Eagle O/40	Ilk	39.16
6. (105) J. Prowse O/50	Kghly	41.16

#### 232 finishers

#### JUNIORS Quarry Runs U/16s

1. B. Lindsay	Pendle	11.41
2. J. Sharp	Scarb	13.15
3. S. McVittie	Pendle	13.24

#### 12 finishers

#### U/14s, U/12s, U/10s

1. S. Webster U/14	Bing	6.23
2. G. Cunliffe U/14	Ross	6.58
3. A. Fulton Girl U/14	Bing	7.17
4. T. Doyle U/10	Kend	7.24
5. H. Fulton U/12	Bing	7.26
6. T. Crowley U/12	Bing	7.32

#### 49 finishers

#### U/8s

1. J. Hall	Bing	2.45
2. J. Fergsuon	Kghly	2.46
3. H. Williams	Ilk	2.51

#### 23 finishers

### WHINBERRY NAZE DASH Lancashire BS/4m/750ft 26.12.03

Simon Bailey sliced four seconds off Rob Hope's two-year old record in conditions not conducive to record breaking. It was wet, muddy underfoot and the first climb was into a headwind. The winning margin over last year's winner, George Erhardt underlined the impressive nature of the victory.

Graham Schofield who rarely, if ever, misses the Dash was fifth home and first vet. First lady and also first lady veteran was Vanessa Peacock, who easily held off her rivals despite running in fancy dress.

Fancy dress was up to the usual standard with first place going to a church and congregation complete with wedding party. Some people just love to dress up, usually as the opposite sex, quite convincingly too!

A fine day was had by all despite briefly losing three runners. Thankfully, Rossendale Fell Rescue were in attendance to handle the situation in their usual capable manner.

Steve Duxbury

1. S. Bailey	StaffsM	22.32
2. G. Ehrhardt	Tod	25.17
3. J. Heap	Rosbott	25.20
4. M. Nuttall	B'burn	25.22
5. G. Schofield O/40	Horw	25.32
6. P. Pollitt	CFR	25.37
7. L. Passco	Bowland	25.40
8. C. Heys	Horw	25.53
9. A. Davis O/40	Fife	25.55
10. S. Jackson O/40	Horw	25.57

#### VETERANS O/50

1. (18) B. Walton	Horw	27.51
2. (22) K. Taylor	Ross	28.17
3. (23) J. Holt	Clay	28.21

#### LADIES

1. (38) V. Peacock O/50	Clay	30.16
2. (39) K. Bailey	Bing	30.29
3. (51) C. Anthony	BelleV	32.20
4. (55) S. Dugdale	Skip	32.49
5. (57) C. Ramwell	Notts	33.02
6. (58) C. Wilson	Clay	33.08

162 finishers

### TURKEY TROT

#### Mourne Mountains

AS/5.5m/1500ft 26.12.03

Although last year's winner, Neil Carty, had entered the race again this year, we didn't expect a repeat performance as he hasn't been running seriously for some time as a result of a broken toe. Brian Irvine, another regular winner, was not entered, so we looked forward to a new champ assuming the vet Dermot McGonigal didn't repeat his 1995 win. In fact Dermot started quickly with Alan Mc Kibben, Steve Neil and Simon Taylor in close company and this group battled their way up to the first col across sodden ground. If truth be told, Mc Kibben should have been well away, but he has a tendency to be well away in the wrong direction, so he had wisely let Newcastle team mate McGonigal do the trail breaking.

Heavy rain in the hours preceding the run meant that water was everywhere, even normally insignificant streams had become gurgling Jacuzzi's. By the second col both Steve Neil and Simon Taylor were developing ideas of victory and had this in mind as they hared down the Happy Valley and along the Ulster way path. Dermot was dropped and by the time they plunged into the last stream surging across the Ulster way, all three runners were together. Alan was first out, closely followed by Steve then Simon and this is how things remained until the finish. So Alan becomes the new name on the Martin Mc Mahon trophy. Neil Carty came a very creditable 9th and no doubt will be sorting out the upstarts before long.

Only two ladies had entered which resulted in a win for former record holder Stepney Pruzina who had no problem beating her Mountain marathon partner Cathy Hoey.

As usual, the competitors enjoyed mulled wine and mince pies at the Tollymore Mountain Centre while the prizes donated by the Belfast

sports shops of Tisos, Jackson's and Surf Mountain were handed out. Finally a mention for Kieran O'Hara who ensures we can use the Mountain Centre every year. Not only can he organise that but also he runs well as his 10th place testifies.

Jim Brown

1. A. McKibben	N'castle	47.39
2. S. Neil	P&B	47.50
3. S. Taylor	BARF	48.02
4. D. McGonigal O/40	N'castle	49.08
5. B. Johnston	Eryri	49.08
6. S. Cunningham	N'castle	50.00
7. G. Bailey	ACKC	51.45
8. F. O'Hagan O/40	TeamP	52.36
9. N. Carty	NBelf	54.40
10. K. O'Hara O/40	Unatt	54.59

#### VETERANS O/50

1. (13) J. Patterson	N'castle	55.40
2. (28) K. Adams	W'lands	60.03
3. (29) P. McGookin	ACKC	61.06

#### LADIES

1. (45) S. Pruzina	BARF	68.55
2. (50) C. Hoey	BARF	74.07

53 finishers

### AULD LANG SYNE

#### West Yorkshire

BM/6m/900ft 31.12.03

1. I. Holmes	Bing	34.01
2. G. Ehrhardt	Tod	35.22
3. Paul Sheard O/40	P&B	35.42
4. P. Bangani	Scunth	36.01
5. S. Bottomley	P&B	36.07
6. G. Devine	P&B	36.15
7. A. Peace	Bing	36.36
8. K. Gray	CaldV	36.51
9. S. Neill	P&B	36.53
10. T. Cornthwaite	B'burn	37.19

#### VETERANS O/40

1. (3) Paul Sheard	P&B	35.42
2. (11) A. Shaw	Holm	37.22
3. (12) M. Brown	Clay	37.51

#### VETERANS O/50

1. (42) J. Holt	Clay	42.04
2. (48) N. Pearce	Ilk	42.35
3. (53) K. Carr	Clay	42.47

#### VETERANS O/60

1. (128) T. Minikin	Kghly	47.38
2. (131) N. Bush	Ilk	47.49
3. (137) D. Scott	Clay	48.01

#### VETERANS O/70

1. (291) J. Escritt	CFR	58.45
2. (364) J. Newby	Tod	78.09

#### LADIES

1. (75) S. Taylor	Bing	43.38
2. (138) S. Malir O/35	Ilk	48.17
3. (141) A. Raw O/40	Darling	48.31
4. (142) E. Clayton U/18	Scunth	48.32
5. (158) L. Bland O/35	DkPk	49.51
6. (169) C. Preston O/35	Kghly	50.19
7. (171) K. Mather O/40	Sadd	50.24
8. (175) L. Griffiths	Holm	50.32

370 finishers

### HILL FORTS & HEADACHES FELL RACE

#### Northumberland

AS/3m/1020ft 01.01.04

A little snow drifted in places but not so cold on top.

Just made the hill top finish in time to welcome David Sprot, the winner, who also won in 2002 and was second in 2003 to record holder, Matt Whitfield.

First lady was Karen Robertson, who was close to Beverley Whitfield's 2003 record.

R. Hayes

1. D. Sprot	Morpeth	24.10
2. T. Davison O/40	Tod	25.42
3. D. Atkinson O/40	NFR	26.46
4. M. Byron	Tyne	27.19
5. M. Gologuly	NSP	27.44
6. G. David O/40	NFR	27.49
7. K. Robertson Lady	NFR	28.28
8. L. Turnbull O/40	Norham	28.31
9. J. Duff	NFR	29.12
10. F. Whitford O/40	Houghton	29.30

#### VETERANS O/50

1. (11) D. Henderson	Tyne	30.42
2. (14) G. Daglish	ElvStr	32.17
3. (21) R. Cooper	NthNav	34.48

#### LADIES

1. (7) K. Robertson	NFR	28.28
2. (16) S. Scott	NFR	33.54
3. (18) J. Duggan O/40	Morpeth	34.10
4. (25) P. Cooper O/40	NFR	36.33
5. (26) A. Hunter	ElvStr	36.50

31 finishers

### THE GIANT'S TOOTH

#### West Yorkshire

CS/3m/400ft 01.01.04

By 11-00 a.m. we had been sitting in the car for almost an hour without a single entry. We hung on, wondering if we were the only fools to want to be out on such a snowbound New Year's Day, and to our delight we welcomed around 40 runners by 11.30 a.m.. By start time at twelve noon, sixty nine competitors were lining up for our contingency route. To send runners onto the moor with deep snow on the top and a treacherously slippery descent through the wood was never an option. We hope everyone appreciates that we love to organise these races but your safety is always paramount.

The winner, George Ehrhardt, took over ten and a half minutes longer than the Giant's Tooth race record, so you certainly had your money's worth!!

By the Withens checkpoint, George had opened a gap over chasing locals, Karl Gray, Chris Smale and Adam Breaks. Little changed on the descent apart from Chris overhauling Karl to help win the team race for Todmorden.

Anne Johnson - who the night before had hosted a swinging 60's fancy dress theme party and Murder Mystery for us Calder Valleyites - recovered from the late night to win the women's section with ease.

Janet Lee placed second with evergreen Margaret Jagan taking the over 50's in third.

Thanks to Mick Fryer, Amy and David, Ray Hall, Tony Bradley (summit recording), Barbara Carney and Dave Weatherhead for marshalling the route.

Well done everyone and good running for 2004.

Allan Greenwood and Linda Crabtree

1. G. Ehrhardt	Tod	27.44
2. C. Smale O/40	Tod	27.59
3. K. Gray	CaldV	28.02
4. A. Breaks	CaldV	29.03
5. M. Mason	Hfx	29.41
6. R. Sturgess	Hfx	29.47
7. S. Willis	Tod	30.00
8. P. Grimes O/40	Hfx	30.18
9. D. Goodwin	Unatt	31.02
10. P. Drury	AtlantaUSA	31.32

#### VETERANS O/50

1. (14) K. Taylor	Ross	32.03
2. (15) S. Moss	Spn	32.38
3. (18) K. Midgley	Hfx	33.56

#### VETERANS O/60

1. (43) R. Shaw	EPOC	42.08
2. (48) G. Goodair	DenbyD	42.55
3. (64) M. Coles	Skyrac	52.34

**LADIES**

1. (25) A. Johnson O/35	CaldV	36.34
2. (30) J. Lee O/40	Spn	38.51
3. (32) M. Jagan O/50	EPOC	39.02
4. (34) G. Leary O/50	Hfx	39.27
5. (37) L. Hayles O/45	CaldV	40.00
6. (41) S. Cousen	Hfx	41.38

69 finishers

**NINE STANDARDS FELL RACE****Cumbria****BM/8m/1800ft 01.01.04**

Sixty two runners turned out for the 16th annual Nine Standards fell race on New Year's Day. The runners faced a variety of weather conditions from rain at the start to snow, ice and biting winds on the fell making it a testing winter run.

Many thanks to all marshals and helpers, Kirkby Stephen Mountain Rescue, Kirkby Stephen Sports and Social Club and race sponsor Eden Outdoors.

J. Tunstall

1. P. Davies	Borr	58.14
2. M. Nuttall	B'burn	59.31
3. P. Addyman	NFR	60.20
4. S. Freeman O/40	Amble	60.54
5. P. Brittleton	Howgill	61.26
6. M. Livingstone	Prest	63.22
7. A. Labram	Eden	64.12
8. S. Moffat O/40	Howgill	64.31
9. C. Upson O/40	W'lands	64.58
10. P. Kelly O/40	Darling	65.06

**VETERANS O/50**

1. M. Walsh	Kend	65.24
2. K. Gooch	Ilk	76.12
3. R. Kenyon	Eden	83.52

**VETERANS O/60**

1. G. Fielding	Ross	72.44
2. T. Faulkner	Wilms	94.30

**LADIES**

1. N. Davies O/40	Borr	72.22
2. A. Raw O/40	Darling	72.47
3. D. Tunstall	Tees	77.22

62 finishers

**OVENDEN FELL RACE****West Yorkshire****BM/8m/1200ft 03.01.04**

Thank you for supporting the Ovenden fell race. Everyone seemed to have a great time, even



Karl Gray, 2nd at Ovenden, pictured in determined mood at Ingleborough (Photo Allan Greenwood)

though the weather was foul. With a biting wind and ice underfoot, things were quite tricky out on those exposed moors. Approximately 100 competitors crossed the line WEARING gagogues. Kit checks on the finish line revealed that two runners had chosen to ignore the advice about carrying the mandatory kit requirement both on large yellow posters at registration and on the direction sign pointing to the start. What beggars belief is that one of them was lent a windproof micro bag (mine) at registration, then we found it left on the wall near the start / finish area after the race had begun!!! The two runners concerned do not appear on these results.

Well done to Nick and Donna on their fine wins, fittingly on such a bitterly cold day, they were each awarded fleece jackets.

Thanks to all our helpers & marshals, especially Thirza Hyde, Bill Smith who came all the way from Liverpool to help out on the finish, Brian and Tony who collected the flags and to the staff at the pub.

As a result of the event, we were able to make generous donations to Martin House Cancer Hospice and West Yorkshire Forget Me Not Trust.

Cheers and see you all again soon.

Allan and Linda

1. N. Leigh	Altr	57.50
2. K. Gray	CaldV	58.04
3. A. breaks	CaldV	58.14
4. A. Clarke O/40	CaldV	60.01
5. C. Bishop	Sadd	60.05
6. C. Smales O/40	Tod	60.14
7. R. Lawrence	Bing	60.36
8. I. Greenwood	Clay	61.41
9. S. Gregory	HolmeP	61.49
10. P. Taylor O/50	Ross	61.58

**VETERANS O/50**

1. (15) J. Holt	Clay	63.49
2. (16) D. Schofield	Ross	64.06
3. (25) D. Tait	DkPk	66.31

**VETERANS O/60**

1. (81) T. Peacock	Clay	78.19
2. (82) R. Jaques	Clay	78.59
3. (111) T. West	Radc	85.43

**LADIES**

1. (67) D. Allan	Bury	75.49
2. (86) D. Hardy	P&B	79.49
3. (97) M. Jagan O/50	EPOC	81.09
4. (100) J. Graham O/45	Holm	81.32
5. (103) R. Gooch	Ilk	82.40
6. (104) L. Hayles O/45	CaldV	82.52

131 finishers

**EL-BRIM ICK DASH****Grampian****AS/3m/800ft 10.01.04**

Quite mild and nice underfoot.

Dan Whitehead broke away early but never threatened his own course record. Behind him, vets Ronnie Gallagher and Alan Smith showed former Scottish Champion, Hayden Lorimer, that he won't find it easy when he joins their ranks.

Claire Whitehead showed that the only problem with motherhood is finding a baby minder as she beat several good senior males. Older sister, Alice Miller, was just pleased to manage to run all of this tough little course and take second lady, while Lois Nobel continued to show her strength as female vet as she finished third lady.

With thanks to Forest Enterprise, Aberdeen City Council and Agricultural College for access and to Bob Sheridan, Helen Mackie, Neil Proven, Douglas Elliott, Ron Pratt and John Crowe for help on the day.

Ewen Rennie!

1. D. Whitehead	Cosmics	21.08
2. R. Gallagher O/40	W'lands	22.30
3. A. Smith O/40	Dees	22.51
4. H. Lorimer	HBT	22.57
5. D. McDonald	Cosmics	23.25
6. D. Hirst O/40	Dees	23.33
7. C. Pryce O/40	Cosmics	23.39
8. J. Williamson	Garioch	23.45
9. J. Buchan O/40	Cosmics	23.48
10. S. Henderson	Unatt	24.02

**VETERANS O/50**

1. (15) A. Jermison	Cosmics	26.00
2. (19) E. Harwood	Moray	26.20
3. (29) M. Pryce	Garioch	29.10

**LADIES**

1. (12) C. Whitehead	Cosmics	24.11
2. (25) A. Miller	Cosmics	28.40
3. (32) L. Noble O/40	Cosmics	29.44

48 finishers

**ELRICK JUNIOR RACE****2.2k/90m**

1. S. Prise Girl U/14	Aberd	12.22
2. F. Prentice Girl U/13	ChapCheet	12.23
3. C. Keel Boy U/11	ChapCheet	12.32

8 finishers

**SHINING CLIFFS FELL RACE****Derbyshire****BM/6.75m/1100ft 11.01.04**

1. D. Cross	SuttAsh	51.15
2. L. Banton	Clowne	51.17
3. S. Gregory	HolmeP	52.45
4. D. Taylor	Unatt	53.01
5. T. Plant	DrbyTri	53.13
6. C. Rowe O/40	Matlock	53.37
7. S. Bellamy	Droitw	53.51
8. M. Clewes O/40	Mercia	54.05
9. N. Hogan	Newport	56.27
10. M. Bernsson	Derby	57.31

**VETERANS O/50**

1. (14) M. Moorhouse	Matlock	1.00.11
2. (16) P. Pittson	Erewash	1.01.05
3. (25) R. Hopkinson	DkPk	1.04.41

**VETERANS O/60**

1. (60) F. Makin	HolmeP	1.16.14
2. (64) M. Edwards	DkPk	1.17.59
3. (68) P. Duffy	NthnV	1.20.50

**LADIES**

1. (18) C. Howard	Matlock	1.01.20
2. (35) E. Middleton	Charnw	1.06.41
3. (46) K. Land	Unatt	1.11.48
4. (50) L. Evans O/40	Derby	1.12.57
5. (62) D. Worthy O/50	VegeCyc	1.17.33

73 finishers

**SHORT RACE - 3.1m**

1. J. Birch O/40	LongE	29.15
2. A. Wilson	SheltStr	36.41
3. S. Holmes O/40	Unatt	36.46

8 finishers

**MANAGRAKEM FELL RUNNING LEAGUE****2003****Isle of Man**

1. T. Okell O/40	5 pts
2. I. Gale	7 pts
3. B. Osborne O/40	10 pts
4. S. Partington	18 pts
5. S. Skillicorn	19 pts
6. D. Young O/50	23 pts
7. A. Corran O/40	25 pts
8. I. Callister O/40	33 pts
9. D. Corrin O/50	34 pts
10. R. Webb O/50	38 pts

**LADIES**

1. R. Hooton	5 pts
2. C. Barwell	9 pts

29 runners



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# Nomadic Tales!

by Angela Scott & Carole Lyon

Carole and myself met as running partners in January 1991; we raced in local series wearing Newburgh Nomad colours, including; Horwich 5's, Haigh Hall 5's and Chorley 4's before venturing further afield and competing in fell races. We entered the SE Lancs, Mid Lancs and Red Rose Cross Country leagues as guest runners as we were always one short of a team - some would say we were one dolly mixture short of a quarter!

In 1992 we officially founded the ladies' section of Newburgh Nomads Running Club. Meeting weekly at Burscough Sports Centre we would take it in turns to run with the slower group, running the three miles to the Sports Centre and allowing another decent three miles back helped us cope with the slow run in-between! Didn't take long for the new women to realize their own potential and pretty soon we had a competitive team and began entering team races including Manchester - Blackpool, Rossendale Relay, Ian Hodgson, Dave Hurst Composite Relay to name but a few.

Carole and myself continued to run on the fells, joined sometimes by other Newburgh Nomad ladies and occasionally counting as a team. Unfortunately, due to other commitments the ladies' section began to fizzle. Tash now runs on the fells for Eryri, Yvonne is returning to road running after having her second baby, Anne, Isobel, Sue, Jan, Pauline & Maureen chose different paths: marathon running, cycling, triathlons, golf and climbing. We all keep fit and run regularly but, sadly, don't race as a team anymore.

Our own claim to fame includes, Carole: winner of Rydal Round in 1992, winner of Lune Valley Challenge in same year, winner at Bentham Gala and competing in 8 races in 11 days. My own include L35 winner of Chorley 4 series, first L35 winner in following: Clougha Pike, Haigh Hall, Widdop, Cowpe Hill and the picture below shows us after the Cafod Christmas cross country run when we came 2nd and 3rd.

Since the FRA Navigation weekend at Elterwater where we met several new friends, including June from Ilkley, Ron and friends from Blackpool, we've made a point to recced sections of the fells for relays. This has kept us in touch with runners from other clubs including Chris Sweatman from Horwich and runners from Blackburn Road Runners and Skelmersdale Boundary Harriers; especially useful when trying to make up numbers for relays, and of course Bill Smith, who has given us support at many races.

We have taken part in the Rossendale Relay a few times and have some stories to tell there but maybe another day. We trained and recced for the Rossendale Relay race in 2001 and knew the route like the backs of our hands. We ran in the Habergam 8 a few weeks before the Relay and were up for the challenge. Our team was having problems with illness and the night before withdrew from the competition. We weren't going to lose out on all that training so turned

up at the start of leg 4 to be told to wait for the mass start. We ran well, picking off a few earlier starters and finished in a respectable time; not only that, we put our jackets on and ran back, passing quite a few runners still coming in to complete leg 4!

We pick our races carefully these days, after our own successes, which in a men's world went un-noticed, we now choose to race where not many people know us, hence the reason for running the South Pennines Grand Prix. It's to do with confidence and pride, we will be the first to congratulate others on their achievements, little do they know how we yearned for that recognition and yes we have been there, done that and got the T Shirt.

After the last Rossendale race in 2001 we continued to run; forced onto roads due to Foot and Mouth, sadly we never really got going again. The thrill and buzz of running through mud and up hilly fells was becoming a distant memory, injuries set us back and pretty soon we both lost interest. I began to play golf and Carole continued with the odd run here and there. We both continued leading cross country clubs at our respective schools before realizing we were missing that excitement so many of us associate with fell running. In December 2002 when Allan Greenwood's fell challenge appeared in the fell calendar some of those feelings were being rekindled and we set ourselves the challenge to complete the series.

After the series, both finishing in the honours list, a letter arrived from Graham Wright inviting us to run in the Mary Towneley Loop Relay in February, 10 runners required and after ringing round a few friends we came up with three!

Are there any teams looking for two very enthusiastic fell runners, not 100% fit at the moment but willing to train with friendly, sociable club where all ladies are accepted and treated as one of the team, willing to enter fell races, distance to the race no object. For more details contact either Carole or Angela at [scottydogs@btopenworld.com](mailto:scottydogs@btopenworld.com)



Angela and Carole post-event (Photo Angela Scott)

# CHAMPION'S CHOICE

*We all have our favourite races - short, medium or long - and they are our favourites for any number of different reasons, some of them nothing to do with the race at all but to do with the particular atmosphere surrounding it, the ceilidh after it, the countryside it goes through, the fact that it's a perennial Club championship; all sorts of reasons. High among those reasons does NOT, for most people, come winning the race - that is reserved for the elite few. But what about the elite few of the elite few - those who not only win races but actually win Championships? Do they have favourite races or does everything just blur into an ecstasy of euphoria and Prizegivings? Lou Sharp and Rob Jebb have very kindly agreed to try and help answer this question by putting down their thoughts about their favourite events - a short, a medium and a long - and, refreshingly, their reasoning isn't a million miles removed from ours!!*

## Lou Sharp

When I was originally asked to state my favourite short, medium and long fell races I thought it would be an easy task, but it's not!

My favourite races have always been a mixture of good courses (at least one big climb - I can't run very well on the flat), good weather (I'm a real wimp and hate being cold), good performances and a good social event. Sometimes the courses have been brilliant but it's absolutely chucked it down, I've gone over on my ankle, come way down the field and vowed I would never do the race again but then on a different year doing the same race I could have bathed in sunshine, found every line perfectly and beaten all the men home (I know, not exactly likely!) and stated that it was the best race in the world and everybody should do it!

So, bearing this in mind, please take my preferences with a pinch of salt



Louise on another AS at Pen-y-Chent  
(Photo Allan Greenwood)

and feel free to completely disagree with everything I say!

At first I immediately thought of the FRA and Ian Hodgson relays, as I enjoy these far more than any other event on the calendar. I love being part of a team and have run with many different people over the years, all with my club, Keswick. We've had lots of success, both as Mixed teams and Ladies teams and they remain my favourite memories.

With relays aside, the short race that means the most to me was down to a choice of three. The first fell race that I ever did was Dalehead race in 1995, in a pair of trainers - I loved it and soon after joined Keswick and have never looked back. I remember doing it the following year and running down off the hill and going in completely the wrong direction and a fellow club member - Chris Knox - waving at me and then patiently showing me the correct route off, otherwise I think I could have ended up in the wrong valley!

I love straight up and down races and Scafell race will always hold a special significance for me too. I've raced it three times and love the local dodgy home brew you receive as prizes and the general laid back nature of the race.

In 1999 it was an English championship race and I managed to get 2nd place - that was the first time I had ever made the top three in a championship and it made me begin to train a bit more seriously.

But the short race that meant the most to me was Y Garn in 2002. It was the last British Championship race of the year and I had to win it to win the British Championship jointly with Andrea Priestley. I knew that Andrea couldn't do it (I think she was at a wedding) but I knew that Sally Newman would be there and if she won and I came 2nd, then Andrea would win outright and I would be joint 2nd with Sally. If I was 3rd, then

I would be 3rd in the championship. We were also battling with Bingley in the women's team and had to win to take the British title, so there was a lot riding on the race. I have never been as nervous as I was that morning - I had been over the course the night before and knew that I could get ahead of Sally on the big climb but wasn't sure if I would get far enough in front to keep ahead of her on the long descent. I was with Sharon Taylor warming up and I remember seeing Kate Bailey turn up to race and being completely psyched out and thinking, "Oh well, that's it, never mind!".

It was a really hot day and Sally set off really fast and I couldn't keep up! It wasn't until a quarter of the way up the hill that I overtook her. I just ran as fast as I could and remember being at the top of the climb with Gary Wilkinson and Flez (Ambleside) and thinking, "I've never been with these two, I must be doing OK." I didn't dare turn around to see how far she was behind and just went for it off the summit. I fell over a couple of times on the way down, but was absolutely determined to give it my best shot. I managed to stay ahead to the finish and then stood around nervously waiting for my teammates to come in. Bingley team won the race but we managed 2nd team and won the British title jointly with them so it was a brilliant end to the season. I've not done the race since then and am not sure if I would run as fast as I did on that day due to what I was racing for, but it does now remain my favourite race!

The medium race that means the most to me is a difficult choice. I was absolutely over the moon the first time I ran as an International (it's what I had always wanted to do as a child) at the European Championships in Madeira in 2002, but as everyone knows - it's not really fell running as we know it! So if I were to choose a proper fell race I think that I would choose Criffel in 2002. This was the



first British championship race of the year and for the whole seven miles I was locked in battle with Andrea – I think we passed each other about three or four times and were never more than ten metres apart, however hard we tried! I've never raced a whole course with another woman like we did that day and I loved it! Andrea finally outsprinted me on the long run in on the road but it had been a brilliant race!

Now for my long race choice. If you know me at all, you'll know that I hate long races – they just take too long and I get knackered. I've tried training more for long races and I can now get round them without feeling that I'm going to collapse but I still don't really enjoy them. I've only ever done long races that have been championship races so my choices are very limited and I'm not really sure that I enjoyed these at all but they're good courses over brilliant scenery (Peris Horseshoe, Wasdale, Spelga Skyline, Duddon, Dockray) but the only one that I've done twice and not because it was a championship is Borrowdale.

I really quite like this race, it has several big climbs, goes over Scafell Pike, Great Gable and Dalehead and is always well attended and well organised. It's got a good scree run off Scafell Pike and a massive climb up Gable and then a brilliant descent off Dalehead when your legs are screaming for you to stop!

There's also a good social afterwards in the marquee and it's in August so it's usually hot!

Now you've read my choices – I'm sure you're already disagreeing and arguing the case for a classic race that I've missed. I'm sorry – I just mostly seem to have done championship races outside of the Lakes and have avoided long runnable races like the plague! (Help - it's Three Peaks again this year!!!!)

## Rob Jebb

This was a tricky question for me, "pick my favourite race at each distance". I have many races which I love and try to participate in each year. I couldn't simply pick three races without mentioning some other races which rank high on my list, but if I hadn't mentioned some races I would never have heard the end of it!

There are so many races in the calendar with new ones appearing all the time, particularly short races, some

of which are designed specifically for championships such as the 2003 Slieve Berneagh in Ireland. Then there are some real tough races in Scotland and Wales, but I particularly like the old traditional "pro races" like Grasmere, Alva and Burnsall.

Medium races are always popular as they provide a good challenge but don't leave you too tired so that you can still race the next weekend or even mid-week. The Lakeland Horseshoes of Buttermere, Coniston and Fairfield are old favourites but since moving to the lakes my local race is now Kentmere so it means a lot to me to run well here.

Long races are my favourite races and to me you get the greatest thrill of achievement once you have completed one. To win a long race, especially a classic long, is great as they usually have an annual trophy and to have your name alongside some famous names is a nice feeling. The Lakeland A longs are all great races - in particular Wasdale. I also like the Welsh longs, the Peris and Welsh 1000m spring to mind, both tough races although the toughest of all has to be the Scottish Island Boat Race.

Now down to my three favourites. I have not picked these races because they are the best, toughest or most classic, but because they mean the most to me.

### Buckden Pike – 4m/1500'

Buckden starts up a really steep hill with no places to recover and then finishes down the same steep hill. This race means a lot to me as my dad, Pete, organized the race for 20 years until last year. I first ran the race as a 14 year old with my friend Chris Carris, who last year was the 1st British



Rob at Buckden (Photo Rob Jebb)

man in the London Marathon and Northern Cross Country Champion. My dad gave us both special permission to run as we were still under age, Chris ran well and finished in the top 20, and for people who don't know me, I haven't always been at the front of races and came in next to last but I think I enjoyed it!, well I'm still going now. I ran the race year after year, steadily improving and as I got older I was developing into a strong climber which meant that the steep start of Buckden suited me. Finally in 2000 I won my dad's race and, to put the icing on the cake, beat my hero, Ian Holmes, into second place.

### Ben Nevis – 10m/4400'

The Ben, what more can you say. The best fell race which has to be the most classic and has the toughest last mile of any race. For those fell runners who have never made the journey to Scotland to run up the highest mountain in Britain, well you're not fell runners yet! The race starts and finishes with an undulating mile of road before a steady uphill man-made path to the Red Burn before a rough climb to the summit. You then re-trace your steps back to the Red Burn where you descend a steep grassy banking. If you have any strength left then this is usually used on the slight climb back to the main path and you then have about 2½ miles of pain before the finish.

I became fascinated with the Ben when I went to watch my dad as a 14 year old. I remember standing near the summit watching Holmsey leading the race, I dreamed that maybe one day I too could lead the way up the Ben. I always wanted to run the Ben from that day onwards and when I was 18, I lied about my age and entered (you have to be 19 to run). I finished inside two hours and was pleased but thought that I was a long way off ever leading the race so I decided to be the first person to run 21 Bens before they were 40. Every year I came back and steadily improved until one year I reached the summit in first place, I faded on the descent to finish fifth but collecting the first "to the summit" trophy at the infamous Ben Nevis prizegiving was a big thrill. The following year I finished 2nd overall, only 30 seconds behind Holmsey, and it was now that I started to believe that one day I might win the race. I had now completed nine races consecutively but in 2002 I was selected for the World Championships which were a week after the Ben. I had

to make a big decision and missed the Ben although made up for it when in 2003 I finally won my favourite race.

#### Isle of Jura – 16m/7500'

I have picked Jura not because it is my favourite long, although it is one of them, but because it's a great weekend. Fell runners go back year after year and everyone has their own stories about Jura. I have a few, some good but mostly bad! The race is a real classic and doesn't just rely on running but navigational skills as well. The race starts with about six miles of grassy fell, which is muddy in parts, before you hit the first of the three paps, which are big rough mountains - you then finish with about four miles of road.

I first went to Jura with my dad and two brothers for a lads' weekend before finally going to run the race myself. I was 18 years old and just went intending to watch but Andy Thornber and Holmsey persuaded me to run as we knew one of the Bingley runners wasn't running so I could do a substitution. After a few pints of Guinness on the ferry I agreed. At this time my training wasn't very consistent and my idea of fun was being at the Rat Trap in Keighley until the small hours. In the race this showed and I'm afraid to say that I packed for the first time ever. I made it to the top of the first pap and as I looked across at the other two I knew that I had bitten off more than I could chew. Luckily I was with Selwyn Wright and he pointed me off in the right direction.

One of the best things about the race is that they have a prize for getting under four hours, a whisky glass, which proves to be a real challenge. The following year I came back with more preparation and ran well. As I made my way on the road to the finish I thought I might break the four hours. As I plodded along Andy pulled alongside me and said "How's your sprint finish?". In Bingley, beating your team mate, particularly when paired together in relays, is all that matters. Andy knew I was done for and told me to keep going and left me, he got under four hours but I missed out.

I returned the year after much fitter and felt I would get my whisky glass, but on the day the mist was really bad, it took about 2½ hours to reach the first pap and I knew I had no chance. As I climbed the first pap I was much stronger than the group I was with and foolishly thought that I could navigate myself and still get a good position. I finally made it to the summit of the last pap, about five hours into the race and knew I was nearly there. I had eaten all my trusty jelly babies and was ready to finish. I know I set off in the right direction but somehow ended up on the wrong side of the pap and descended to the wrong side of the island. I was now completely lost and trying to navigate on a cut down map I wasn't even on. As I walked on the shoreline, I met two men dressed in red with two great beards. They told me it was more than twenty miles to any road, I was worried. The only way back was up into the mist again. I finally got back after seven hours, nobody believed me about meeting two Santa's on the beach.

What happened next showed to me how great fell runners are. Andy Trigg, who probably won the race' could see that I was knackered and he let me have a bath in his hotel room and fed me back to life so that I was able to still cause drunken bother at the ceilidh. The next day on the campsite the bearded men came to check I had made it back OK.; as I looked round my friends, everyone's mouths were open as they had not believed my story about the two Santa's.

I vowed not to come back to Jura, but not many years later I was back, and actually led the first group round the paps with my map and compass. I finished second but didn't care as I'd put a ghost to rest, collected my whisky glass and found my way round the paps of Jura.

## Product Review - Inov8 Fell Shoes

*The range of shoes available for fell-running is, understandably, fairly limited, so it is a matter for interest and celebration when a new model appears. Not only does it give runners more options as far as their choices are concerned but it adds some much-needed competition to a somewhat closed market. Of late the grey and black of the new Inov8 shoes have started to appear on the fells; it is obviously a bit early to make judgements about durability and sole wear but we have below an initial report - watch this space in a few more editions for a more in-depth comparative set of reviews but, for now, Jon's article will suffice as an introduction to the new baby!!*

This review was submitted by Jon Duncan, a member of the British orienteering team and of the English mountain running team 2002.

#### Usage

Several training runs on local hills. Mainly small paths. Gravel, peat, pebbles underfoot. Little use off-paths, but some crossing heather. Steep ascents and descents. Some 'boulder-hopping' on granite boulders.

#### Impresions

Light and comfortable shoe with strong looking rand and firm but cushioned sole. A good fit. Possibly too spacious at the toe? Also quite a wide fit, despite the appearance. I have moderately wide feet, yet have the lacing drawn almost together. Others may not be able to lace them firmly enough.

#### Sole

Looks very chunky. Actually quite light. Rubber compound appears to be good in that it is quite 'grippy' on wet rock. An area where Walsh soles are still the market leader, but Adidas 'Swoop' are slippery here.

Squareness of studs may lose performance compared to Walsh pointed studs.

#### Feel

Feel good and snug. Light and strong with a reasonable grip. Feel quite 'fast' when wearing them.

#### Performance

I tested these in possibly the harshest way possible for a pair of fell shoes - the Ben Nevis Hill race. I was 3rd in 90.45 mins.

They felt good and gave me good grip throughout. My foot felt secure in the shoe. (I had my ankles taped anyway).

I did not slip on the tricky descent that includes rock, scree, grass and gravel. So the shoes must have been performing. They felt light at the end when the legs had gone and there was a mile of road to go before the finish.

The harder rand had taken some abuse from the scree, but there were only minor scuffs here.

#### Rating

I would score them as 7.5/10 in relation to all fell shoes I have tried. This is below the 'old' Walsh, ahead of the 'new' Walsh and ahead of the Swoop. A good start!

# FORTY YEARS AGO

by Bill Smith

## April

Peter Hall (Barrow) won the eighth Pendle Fell Race in a new record time of 41.32, thereby reducing his previous year's mark by 22 seconds, this result having been achieved in his usual manner of leading throughout. He completed his hat-trick the following year but his 1964 time was to stand unequalled until the present course was introduced in 1974, the earlier one having been run from Roughlee via Pendle Water and Whitehough, then taking a direct line from Barley to the "Big End" climb and descent. His clubmate Fred Reeves narrowly pipped Pete Watson (Pudsey & Bramley) for 2nd place by a mere second with a time of 43.47, while 4th place went to another Barrow runner, Dave Spencer, who had achieved a sequence of four straight victories at Pendle from 1958 to 1961 (also a Ben Nevis hat-trick, 1958-60). There were two retirements out of the 56 starters. Both Hall and Reeves later turned "professional," competing on grass track and fell in Northern England and Scotland, with Reeves becoming the most successful fell runner of the '70s. They both became reinstated as amateurs and Hall won the British 0/40 championship in 1985. Like Spencer and Watson (who was to triumph at Pendle in 1969 as the reigning amateur champion), both Hall and Reeves are still running, though the latter now lives in the USA while the others rarely compete on the fell nowadays. Watson and Reeves headed the 44 competitors at Rivington Pike on a mild, wet afternoon, with the Yorkshireman being first to the summit tower, only for Reeves to surge past him and swoop down to a 22-second victory in 17.59, 3rd place going to Pete Ravald (Horwich), who 15 years later was to win the Pike race himself.

This year's Three Peaks Race was the first to be organised by the newly-formed Three Peaks Race Association, the previous eight events having been promoted by Clayton-le-Moors Harriers. Peter Hall led over most of the course and was first to both the Ingleborough and Penyghent checkpoints. At Whernside summit, however, he was lying 2nd to Dave

Hodgson (Leeds St. Marks) but managed to overtake the Yorkshireman at the fell wall on the descent from the ridge and stormed into the finish at the Hill Inn with a new record of 2.53.00, inside the 1960 mark of the Ambleside runner, Frank Dawson (Salford). Both Hodgson and 3rd man home Mike Davies (Reading) also finished inside the old record with respective times of 2.53.56 and 2.54.47, while 4th position was claimed by the great all-rounder, Ron Hill (Bolton), only an occasional fell runner and better-known, among other things, as one of the all-time marathon "greats", his Peaks time being 3.05.03. 75 finished out of 112 starters. Like Hall, Davies was one of the outstanding fell runners of the 1960s and was to triumph in the next four Three Peaks Races, creating new records in both 1965 (2.47.00) and 1968 (2.40.34).

## May

The fastest time for the third Fellsman Hike was the 15 hrs 30 mins jointly achieved by George Barrow (Preston Harriers) and the late George Brass (Clayton). The route then started in Grassington Market Place and finished at Ingleton and chiefly differed from the present course in the Dentdale area, having checkpoints at Dent Station and Aye Gill Pike but touching neither Blea Moor nor Stone House. It also had a 12.00 noon start to ensure that even the fastest entrants were out on the fell in darkness. George Barrow then sometimes trained with Clayton Harriers and had been invited to join Alan Heaton in a joint attempt to regain the Lakeland 24 Hour Fell Record, which Heaton had held twice previously (1960 and '62) but was now in the possession of the late Eric Beard (Leeds City) or "Beardie" as he was more popularly known. Heaton and some of his fellow-Clayton long-distance specialists had entered the Fellsman and he suggested that Barrow join them as it would be good training for the 24 Hour attempt. The latter's longest run up to then had been 38 miles, so he suggested leaving his van at Ingleton and jogging and walking to the start at Grassington by a more direct route which would give him an overall total

of 80-plus miles. Heaton did not like this idea, however, saying they did not intend to travel that slowly!

In very warm conditions, Alan and Ken Heaton took an early lead which they held all the way to Aye Gill Pike where Barrow caught them up and descended with them to the Dent checkpoint. The marshals declined to allow them to continue as a group of three for the night section, so they called in at the Sun Inn for a pint or two. It was now raining heavily, with a cold wind rising, and when the other Clayton lads arrived, one retired at Dent and three others, including the Heaton brothers, dropped out on the way over Great Coum and Gragareth to Kingsdale Head. George Barrow and George Brass were here again prevented from continuing in darkness over Whernside and Ingleborough and were forced to sit shivering on a wet groundsheet in a draughty tent until just before dawn before they were allowed to go. The weather improved as they traversed the remaining two fells and was quite pleasant as they trotted down into Ingleton in the early morning. Barrow did join Alan Heaton on two attempts at the 24 Hour Record that year but neither was successful, though Heaton did achieve a new record of 60 Peaks in 1965 (eclipsed six years later by Jos Naylor with 61), during which year he also gained the first of his ten Fellsman victories. He is still active at 75, taking part in LDWA events and the occasional fell race.

George Barrow had won the 1961 Thieveley Pike Fell Race and had also performed well in the Lake District Mountain Trial, finishing 7th in 1960 and 5th in both 1961 and '63. He now competes for Todmorden Harriers as an 0/60 veteran. Prior to the 1964 Fellsman, Brass had set new Three Peaks records in 1955 (3.28.45) and 1958 (3.08.25) and had won both the 1961 and '62 Mountain Trials, being the only competitor to finish in the atrocious conditions of the latter occasion.

## June

Harden Moss Sheepdog Trials, on the moors above Meltham and Holmfirth, were held on a cold, windy day with rain interspersed with hail showers. The course began with laps of the Trials field then negotiated a wooded ravine to complete two laps of the old Meltham racecourse on a modest grassy plateau before returning across the ravine. Two West Midlands athletes, Keith Boyden and Peter Goodfellow, both representing North



Mountain Trial 1964 - Bob Lewney, Peter Hall and Harry Blenkinsop  
(Photo Bob Lewney)

Staffs & Stone AC, assumed the lead on the first lap of the racecourse and Boyden then forged ahead to win in 13.00 from Goodfellow and course record-holder Pete Watson (12.57: 1963), who triumphed in this event no less than eight times between 1958 and 1969. 1960 winner Laurie Liles (Longwood) was handily-placed on the racecourse but then had the misfortune to take a tumble and injure his chest, requiring a Land-Rover to collect and transport him to hospital. Boyden had finished a close 2nd to Roger Carter (Rochdale) in a one-off Lantern Pike Fell Race at the Hayfield May Queen Festival two years earlier and was to win the inaugural Skiddaw Fell Race in 1966, while Goodfellow came 3rd at Skiddaw that year and also placed 2nd at Harden Moss again.

On June 21st, the day after Harden Moss, a much more severe event took place in the Lake District when the Mountain Trial was held over a point-to-point course from Greenside Youth Hostel near Ullswater to the Old Dungeon Ghyll Hotel in Langdale. Controls were located at Red Tarn, Grisedale Tarn, Tarn At Leaves, Stake Beck and Angle Tarn, and the race was dominated by 1963 winner Peter Hall and his Barrow clubmate Bob Lewney. The former developed a 4-minute lead between Stake Beck and Angle Tarn and had increased it to 5 minutes on his triumphant arrival at the ODG, where his time was recorded as 2 hrs 31 mins. 3rd man home was Harry Blenkinsop (Sale H.) in 3 hrs 37 mins, followed in by George Barrow and Mike Davies. Lewney produced some consistently good performances throughout the '60s over classic courses like the Ben Nevis, Three Peaks, Fairfield and Skiddaw, while Blenkinsop enjoyed a similarly impressive career during the '70s, placing 7th in the 1975 FRA open championship and winning the first veterans' championship in 1979. Harry still competes regularly on the fells as an 0/65 member of Keswick AC.

The Eildon Hill Race at this time climbed only to the main summit at 1,385 feet from Greenyards Rugby Ground and was held in conjunction with the Melrose Festival, as indeed it still is. A splendid run of ten straight wins from 1962 to 1971 was achieved by George Meikle (Teviotdale H.), his 1969 record of 23.28 still standing when the last race was run over this course in 1974, North Eildon top being introduced the following year to make it the Eildon Two Hills Race. In the 1964 event, John Anderson (Saltwell) placed 2nd to Meikle and the latter recalled: "I met John at a track meeting about a month later. He told me his legs and thighs were so sore after the Eildon race, he had to crawl coming downstairs!"

The Musbury Tor Mile, involving a 600-foot climb and descent, was won by Brian Hall (Manchester & District) in 8.14, with Michael Eastwood repeating his 1963 performance by being the fastest junior. Hall, no relation to the Barrow runner, had finished 2nd to Ron Hill in the 1961 Rivington Pike race and it may also be of interest to note that Clayton-le-Moors' long-distance specialist, J.S. Bradshaw (known within the club as "Stan Bradshaw Jr."), scored a hat-trick of victories in the Tor Mile, 1959-60-61, as an amateur footballer with Helmshore United. 1964 was the last time the event was organised by the Helmshore Historical Society, who had revived it in 1958, the pre-War race, staged intermittently, having dated back at least as early as 1911. It was next promoted by Eddie Roberts, a founder-member of Rossendale Harriers, and was replaced in 1972 by a relay race to reduce the risk of accidents on the steep slopes. Musbury Tor is the distinctive 1,114-foot hill which rises above Helmshore to the west, resembling a miniature Pen y Ghent in profile, though one local has described it as "Rossendale's Table Mountain."

## July

The inaugural Lyke Wake Race (C: 40 miles: 5,000 feet) over the North York Moors from Ravenscar to Osmotherley was won by Arthur Puckrin (Middlesbrough & Cleveland H.) with a time of 6 hrs 28 mins, runner-up spot being shared by John Knight and Tony Lett. The Lyke Wake Walk had been devised nine years earlier by Bill Cowley of Potto Hill Farm, Swainby, Northallerton, who became Chief Dirger of the Lyke Wake Club, the name deriving from the Cleveland Lyke Wake Dirge, "probably our oldest dialect verse," as Cowley once wrote of it. The Osmotherley Summer Games Committee had asked the Lyke Wake Club to promote a race over the route to finish at the Games, with profits from the Games going into the fund for a new village hall. The route had once been a real wilderness tramp over heather moors but it eventually deteriorated into a broad, eroded track like the Pennine Way. Puckrin, who later became the race secretary, achieved four victories in the event, while his brother Phil, the 1972 Fellsman winner, triumphed on five occasions. Arthur, incidentally, was the first known record-holder for the Pennine Way (6 days 10 hrs 25 mins: 1958) and has also held the Cleveland Way record (18 hrs 48 mins) and accomplished a three-way Lyke Wake crossing in 27/2 hours.



Arthur Puckrin - first Pennine Way record holder and four times winner of the Lyke Wake Walk  
(Photo Arthur Puckrin)

The Slieve Donard Race (A: 7/2111: 2,796'), Ireland's oldest known hill race, dating back to 1945, was won by A.R.C. Stewart in 1 hrs 35 mins from R. Ingram and J. McGreevy,

who shared the same time of 1.28 for the course from Newcastle, County Down to the summit and back. Ingram was to finish runner-up the following year as well.

## August

The Newtonmore Highland Games secretary this year came up with the idea that a hill race would provide an additional attraction for spectators, the Games field at Eilan being ideally situated for a run up to the Creag Dubh ridge and back, with a crossing of the River Calder en route. A local landlord named Salvesen donated a handsome Viking Trophy for the winner in the shape of a Long Ship, which had been made out of silver in Norway, and the winner was Roy Donald (Aberdeen) in 31.46.



Pete Watson winning Burnsall in 1969  
(Photo Dave Crossley)

25 runners set off in the Burnsall Fell Race and Peter Hall quickly took the lead to reach the cairn first. And as the Craven Herald, August 28th, reported: "No one looked like catching him as he sped downwards" and he finished in 13.50, 8 seconds ahead of double winner and record-holder Dave Hodgson (13.40: 1960), with seven-times winner Pete Watson (1959-69) clocking 14.53 for 3rd place. This was the second of three consecutive wins for Hall.

The following Saturday at Pendleton Sports near Clitheroe, Clayton-le-Moors' "King of the Mountains", Alan Heaton, proved himself a capable short course man by winning the race to the Devil's Apronstones (the first cairn on the present course) and back (B: 3/2111: 800') in 23.45. A specialist in steep, rough descents, Heaton was 3rd to the top and overtook his clubmates Pete Dugdale (1957 Three Peaks winner) and Alistair Patten (ace orienteer and Karrimor co-founder) coming down over the gently-sloping moorland. He recalls that "some of us would run in the 100 yards race while waiting for the fell race to start," and that the Sports as a whole were "a very informal and enjoyable event." Three years later, Alan beat his brother Ken (a former Lakes 24 Hour record-holder) by 27 seconds to gain his second and final victory here with a time of 24.33.

## September

On the first Saturday of the month, the 5th, the Ben Nevis Race from King George V Park in Fort William began in a thin drizzle, with the windy summit of Britain's highest mountain shrouded in mist. Peter Hall employed his usual tactics by moving to the front early on and staying there throughout to defeat the 1961 winner, Mike Davies, by almost 3 minutes with a time of 1.38.50, which was to remain the record till the start/finish was moved to Claggan in 1971. This was the third of four consecutive wins for Hall, while Davies was to gain further victories in 1968 and '69. Bob Lewney finished 3rd in 1.44.53, followed by Dave Hodgson, the fastest newcomer, in 1.44.59 out of 131 finishers. 12th man home was the legendary local stalwart, the late Eddie Campbell (Lochaber), who had won the Achmony Hill Race at Glenurquhart Highland Games the previous weekend and had notched up three Ben Nevis wins himself in 1952, '53 and '55.

*Acknowledgements: My thanks to George Barrow for providing details of the Fellsman Hike, Alan Heaton for details of the Pendleton Fell Race and to George Meikle for the anecdote about John Anderson at Eildon; also to Bob Lewney for the Mountain Trial photo, George Meikle for the Eildon shot, Eric North for that of Pete Watson, and Arthur Puckrin for the Lyke Wake picture.*

# The FRA Safety and Navigation Courses

from Alan Brentnall

Each year, on behalf of the FRA, a band of extremely hard-working and dedicated volunteers organise our two Safety and Navigation Courses. These courses are both based on Youth Hostels, with the Spring course in Kettlewell, and the Autumn course in Elterwater. Because they each fit quite a lot into a weekend, they have very full schedules, starting on Friday night and going through to Sunday afternoon, and, covering as they do a variety of subjects (general fell running matters, navigation techniques, running equipment, safety factors etc) they are useful and informative for runners of any level of experience, and are definitely a "must do" for anybody starting out, or coming into the sport from other branches of athletics.

In the footsteps of my predecessor, Mike Rose, I visited both of the courses this year, and presented a view of the FRA's work to the attendees. In days gone by, I used to help out on some of the earlier courses, which were then run at Edale. In those days, I was team leader of the Kinder Mountain Rescue Team, and I did a session on safety, rescue and what to expect when it all goes pear-shaped. Coming to the same courses at Kettlewell and Elterwater in 2003, I was amazed and gratified by the numbers of runners attracted to these courses and by amount and quality of the work that goes into putting them on.

I'm sure that you'll join me in thanking everybody involved in the organisation. They don't often get "mentioned in dispatches", so I hope that I haven't missed anybody out (please let me know if I have).

The people who voluntarily give up their time to stage such professional events are:-

<b>Kettlewell</b>	<b>Elterwater</b>
Dave Hill	John Gibbison
Andy Brear	Geoff Hall
Howard Sawyer	Steve Batley
Neil Clayton	Richard Lamb
Steve Batley	Paul Oates
Paul Oates	Nick Harris
Graham Maude	Ken Davison
Heather Maude	Dave Hill

And I mustn't forget Margaret Batley and Jenny Hill who work very hard to sort out all the administrative matters before, during and after the courses.

I cannot recommend these courses too highly. They take place in beautiful fell-running country, they are, as far as I am aware, unique within our sport and they are subsidised by the FRA – attendees pay just £60, which includes full board for the weekend.

As I said earlier, they are not just aimed at novices, there is something for everybody, and they are sociable and satisfying weekends in themselves. Go on, make a note in your diary to treat yourself to one of these excellent courses in 2004. You won't regret it.

# Vive la difference!!

A comparison of the physiology of men and women, with fellrunning in mind. By Wendy Dodds

Aristotle is quoted as having said that "Women have a weak and delicate constitution accompanied by a natural softness and humility, which fits them for a sedentary life". I don't think many men would dare to agree with Aristotle in present times!

Prior to the onset of puberty, men and women are very similar in terms of their physiology. With the onset of puberty, there is the development of secondary sexual characteristics, some of these in the female being designed for child bearing, which result in some skeletal differences between men and women.

Considering anatomical differences, women are generally shorter and lighter than men and, for this reason, in contact sports it is advisable and usual to separate the sexes, something not necessary in fell running. Women have a wider pelvis resulting in increased angulation of the thigh bone, which at the knee has the effect of altering the alignment of the knee cap and in so doing may alter the force on the back of the knee cap, which in some activities may cause knee pain (more of a problem when running on the road rather than the fells). The shorter limbs and fat distribution in women results in a lower centre of gravity, which may be helpful in activities where balance is important and useful for running quickly down hills but is disadvantageous in jumping events for example.

The average man has 15% - 18% of his total body weight as fat whereas in women this is 25% - 33%. Thin men will have less than 10% body fat, thin women less than 20% and some elite females far less than this. This greater proportion of fat can reduce performance relative to men in many activities because it merely acts as a dead weight. However, in events where buoyancy and insulation are important, the extra fat may be helpful. For example, at one time 8 out of the 10 fastest Channel swimmers were women. Some studies have suggested that female skeletal muscle may have a greater capacity for converting fat to energy than male muscle and with this glycogen sparing, possibly making them more

comfortable at the end of a race. It also means that in ultra-endurance events, they have a larger store of potential energy on board because of their naturally greater proportion of fat. There are numerous anecdotal tales of women surviving in extreme conditions and many men on the fells will be aware of women passing them in the later stages of very long races!

A smaller blood volume, with women having 4 - 4½ litres of blood and men from 5 - 6 litres, combined with less haemoglobin per unit of blood, results in a reduced ability of the blood to carry oxygen in women. A smaller heart with less blood being pumped for each heart beat means that to achieve the same oxygen uptake as a man, a woman would have to work harder with a greater heart rate. As there is a finite limit to this, a fit woman can never achieve the same oxygen uptake as a fit man. Maximum oxygen uptake is an important determinant of aerobic work capacity (required for most fell running), which is one of the factors putting women at a relative disadvantage in endurance events. The smaller lungs result in lower values for breathing measurements, which adds to cardio-respiratory limitations.

The maximum oxygen uptake reflects the capability of the body to maximally extract and use oxygen for aerobic activity (like fell running). It measures the ability of the lung to extract oxygen, the ability of the heart to deliver oxygen to the muscles and the ability of the muscles to maximally use oxygen in energy pathways. Because of the above mentioned smaller amount of lung tissue, smaller heart size and smaller volume of blood pumped with each heart beat and less muscle mass, a woman, given the same weight and degree of training as a man, will have a lower maximum oxygen uptake. Having said this, the ability to transport and use oxygen is determined more by training and biologic potential than by gender. Men and women participating in the same sport are closer in the maximum oxygen uptake than athletes of the same gender in different sports but again, where endurance capacity is the primary requisite for performance,

such as in fell running, the elite men will usually have higher levels of maximum oxygen uptake than their female counterparts. The size of this difference depends on how the maximum oxygen uptake is expressed, whether it is in absolute terms or in relative terms adjusting for difference in body size. When expressed in ml. per kilogram per minute, the average male value is 10 - 25% higher than that of a female, some of this being due to a higher fat content in women and when expressed relative to lean body mass, the difference is less. We should remember that the effectiveness of aerobic training is the same for men and women.

Although muscle strength per cross sectional area is similar in men and women, the fact that there is less muscle in women results in the absolute strength in the average woman being about 60% that of the average man. It can be influenced by training but does mean that in strength events women will never equal men. Also with regard to muscle strength, women have less natural anabolic steroid.

Again, if adjustments are made related to body mass, the sex difference in total strength decreases to about 20%. Although women can improve muscle strength with training, the gender difference in absolute strength cannot be eliminated although some female athletes may be stronger than some untrained men. The male athlete will have a definite advantage in those sports where success is determined primarily by strength and power, this being (fortunately!) less important in fell running.

Men and women have the same number and concentration of sweat glands but women sweat less although this does increase with training. For many years, it was believed that this meant women were unable to tolerate exercise in the heat as well as men but, in fact, this is not the case. Indeed one study has reported that women sweat more efficiently than men showing that in hot, humid conditions women's sweat rate matches the need for evaporative heat loss while men produce more than is required, with

both being equally efficient in hot, dry conditions.

Generally women are more flexible than men, which is advantageous in the artistic sports but may predispose them to injuries in certain situations but is probably not of relevance for fell running.

If we look briefly at performances in certain athletic events, there have been dramatic improvements in recent times. Although undoubtedly some of this relates to training, a considerable element is social in that women were precluded from certain competitive events until relatively recent times and, once allowed to compete in distance events, their performance improved dramatically. I only became involved in fell running when women were allowed to participate but know some of you had to run unofficially in races in the early 70's. I am, however, old enough to remember races where the women had to start 20 minutes or so before the men and people like Danny Hughes rewarded us with beautiful practical household items rather than the more useful running gear given to the men!

There are many examples of excellent performances in fell running by women. Currently many men would love to be able to do as well as Angela Mudge and, among the veterans, Nicola Davies would be one to chase. In the past and hopefully, now a veteran, also in the future, Sarah Rowell has been ahead of many men as have Carol Greenwood and others.

Although there are different categories within fell running, one of the enjoyments that I get is that it is essentially a genderless activity that makes it an excellent family sport as attendance at the first of the Kendal Winter League races (organised by Helm Hill runners) on the first Sunday of the year demonstrated. On the old Kendal racecourse there were races ranging from under 12 to under 17, with seniors and veterans running together. Whole families were running in their respective categories, with every one getting the chance to run with non-runners providing informal child minding so that no-one was prevented from running due to social obligations! Helm Hill runners are to be congratulated for their family friendly events and the encouragement of youngsters.

(With thanks to Sue Dowker, whose secretarial skills allowed me to meet the Editor's deadline).

# WORLD MASTERS CHAMPIONSHIPS

## THE BLACK FOREST, GERMANY

### SEPTEMBER 2003

Last year's event in Austria was a good event but this year's was absolutely fantastic. Keith Burns from Scotland had kindly organised accommodation for nearly all the British Contingent, which proved to be spot on.

The organisation of the event and the presentation were by far the best I have experienced in 30 years of racing. Keswick in 2005 has a lot to live up to but I know Barry will want to make this equally as good. Even the weather was good for most of the time we were there.

Now onto the racing and first of all thanks to Running Bear, Sue and Alex Beconsall for their sponsorship for the England Kit. The number of athletes competing this year was almost double last year's numbers in every race. The course was quite fast for a uphill course especially the first 3K of road, but this must have suited most of the England teams as we took 2nd team overall behind the host nation of Germany with our men's vet 55 team of Duncan Overton 5th, Ben Grant 6th, and Tony Hesketh 9th winning their age group.

Other individuals to place high up were Craig Roberts 5th MV40, John Amies 5th MV60, Alex Menarry 6th, in the MV70 and finally our best position with Dave Neill running superbly to finish 3rd and Bronze medallist in the MV45.

#### RESULTS

W V35	5th	Jackie Hargreaves	54.54
	11th	Evelyn Dugdale	57.28
W V40	10th	Kate Beaty	56.36
	13th	Sue Beconsall	57.20
	21st	Suzanne Budget	60.17
	38th	Lynsey Buck	75.00
W V45	10th	Maureen Laney	57.58
	11th	Karen Slater	58.04
	12th	Elisabeth Tomes	58.50
	15th	Katherine Harvey	59.34
	28th	Hilary Blood	71.48

W V50	15th	Wendy Dodds	66.29
	21st	Linda Gore	68.15
	25th	Anne Watmore	69.52
W V55	15th	Patricia Overton	70.14
M V40	5th	Craig Roberts	43.39
	17th	Malcolm Fowler	46.14
	22nd	Andrew Shaw	46.55
	33rd	Stephen Barlow	48.22
	37th	Ian Greenwood	48.35
	40th	Paul Level	48.58
M V45	3rd	Dave Neill	44.34
	11th	Mike Weedall	46.52
	16th	Duncan Frampton	47.12
	21st	Mike Wallis	48.18
	37th	Colin Shuttleworth	50.50
	52nd	Andy Beaty	52.29
	76th	Charles Kendal	54.44
	77th	Chris Tomes	54.45
	79th	Duncan Asquith	54.53
M V50	30th	Harry Jarrett	51.50
	32nd	Jackie Winn	51.59
	35th	Nick Pearce	52.22
	38th	Mario Foschi	52.57
	40th	Rob James	53.18
	68th	Ian Hines	57.14
	99th	Neil Goldsmith	63.46
M V55	5th	Duncan Overton	49.59
	6th	Ben Grant	50.11
	9th	Tony Hesketh	50.49
	20th	Dave Tait	53.45
	26th	Brian Gore	56.22
M V60	5th	John Amies	54.03
	16th	Paul Murray	59.05
	28th	Peter Taylor	63.37
M V65	31st	Peter Duffy	70.54
M V70	6th	Alex Menarry	66.14

#### NOTE

The programmes are now out for the 2004 World Masters, which are to be staged in Italy at the Ski Resort of Sauze d'Oulx on the 28th August. The course will be uphill and a lot steeper than the Black Forest course with 857 mts climb over an 846mt course. The trials for this event will be held from Braithwaite on July the 31st. Details of the course will be in the next FRA mag.

# Athlete's Hearts and ECG's

## A Personal Account by Andy Wilkins

One of the main aims of the John Taylor foundation is to help make heart screening and monitoring available to athletes in order to facilitate the early detection of heart problems. One of the methods by which details of heart condition can be determined is by the use of Electrocardiography (ECG). I recently underwent an ECG examination as part of a bi-annual health screening scheme (for those aged forty and over) that has just been set up by my employers. Other heart-related parameters that were recorded at this screening session were blood pressure and heart rate. Blood samples were also taken in order to determine the levels of different types of cholesterol, and red and white blood cell counts were also recorded. The physician also listened to my heart using a stethoscope.

I decided to write this article in order to explain my experiences of the ECG procedure, and to provide other runners with an awareness of what ECG results mean in relation to the structure of the heart. Let me say from the outset that I am not from a medical background. As far as possible, I have tried to explain things in the fairly non-technical way that I understand them as a layperson. I will be more than happy to hear from anyone who can make me aware of any inaccuracies or omissions in what follows.

In order to record a resting ECG you lie on your back on the physician's couch, and a set of twelve electrodes are attached to you. These are placed at various positions including the hands, feet and chest. The ECG equipment records electrical signals in your skin that reflect the electrical activity of your heart. These signals are recorded as traces on a graph by the ECG machine. The electrical impulses that trigger a heart beat are recorded as peaks at time intervals on the ECG trace. The spacing and shape of these peaks can tell a skilled Cardiologist a great deal about the condition of your heart.

In my case I was initially a bit surprised, and also concerned, when the physician showed me the ECG chart and explained that my 'P Wave' signal (more about this later) was very

slow. I was reassured slightly when the physician, who knew that I was a runner, said that this was not unusual in athletic individuals due to thickening of the heart tissue. However, because my ECG was 'abnormal' he would have to refer it for a Cardiologists report. Evidently seeing my furrowed brow and sensing my concern he added that my pulse was very strong and there were no heart murmurs, so in all probability the Cardiologist would confirm that there were no serious problems.

A week later, the Cardiologist's report came through. Following examination of the ECG trace the following conditions had been concluded:

1st degree heart block;

Partial right bundle branch block (Partial RBBB).

Now the word 'block' in this context may seem fairly emotive if these terms haven't been explained.

To do this we need to understand something of the structure of the heart. In very simple terms the heart consists of four chambers, the top two are the atria and the bottom two are the ventricles. A bunch of specialised cells in the right atrium is the 'pacemaker' that generates the electrical signals that makes the heart beat. This signal must be transmitted through the heart from the atria down to the ventricles. On an ECG chart this signal leaves a trace, that is called the P Wave, as it passes through the atria. The signal then passes through the ventricles, and is recorded on the ECG graph by a separate trace which is called the QRS Wave. This signal causes the heart to pump and beat at a regular pace.

The term 'heart block' does **not** mean that blood flow in the heart is blocked. It means that the pacemaking signal is slowed, impaired or missing altogether. There are three levels of heart block, starting with the least significant.

The time that the signal takes to get from the atria to the ventricles is normally less than 0.2 seconds. If it takes longer than this, then the condition is known as **1st degree heart block**. Certain medicines can slow this signal. However this condition, then known as 'Athletes

Heart', is also prevalent in well-trained athletes. For athletic individuals 1st degree heart block may be regarded as a normal condition, provided that other heart related parameters also have normal values and there are no other indications of heart disease. In these circumstances this condition does not require any treatment.

In **2nd degree heart block** some of the signals from the atria fail to reach the ventricles. This is known as the 'dropped beats' phenomenon. On the ECG chart, the P Wave is not followed by a corresponding QRS Wave. This condition is not too serious, but may cause dizziness or other symptoms.

**Complete or 3rd degree heart block** means that no electrical signals reach the ventricles from the atria. Remarkably, in this condition a secondary natural pacemaker in the ventricles then kicks in and causes the ventricles to contract and pump blood, but at a slower rate than that of the atrial pacemaker. On the ECG chart the normal relationship between the P and QRS waves is absent in this condition. The heart beats are slow and the heart function is degraded. Complete heart block may either be congenital, or caused by heart disease or by injury. It may result in a medical emergency with severe risk of cardiac arrest. A pacemaker may be required in order to keep the heart pumping.

The best way of explaining about bundle branches is to use a car-engine analogy. Bundle branches are like 'distributor leads' that distribute the electrical pacemaking signal from the atria to the muscle tissue of the right and left ventricles, causing the muscle tissue to contract and therefore the heart to beat. Normally the signal passes into and then down the left and right bundle branches at the same time, causing both ventricles to contract simultaneously.

In the condition known as Right Bundle Branch Block (RBBB), the right bundle branch block no longer conducts electricity. The right ventricle is actually 'triggered' by the signal that originally reached the left ventricle, which afterwards makes its way to the right ventricle. In this condition the ventricles are triggered sequentially rather than simultaneously. RBBB can occur in a number of medical



conditions (including cardiomyopathy). However, RBBB can also occur in normal healthy individuals, and in particular in those with an athletic background as 'partial' RBBB. In these individuals RBBB is of no medical significance and requires no treatment. In contrast, Left Bundle Branch Block (LBBB) is often more indicative of underlying problems than RBBB, but can again occur in healthy people.

If both right and left bundle branches are blocked, which fortunately is very uncommon, then electrical signals cannot reach either of the ventricles. Unless spontaneous electrical signals arise within the ventricles (known as an 'escape rhythm') the heart will stop beating resulting in death.

The final report that I received on my health screening session summarised my situation by stating that my ECG showed some minor abnormalities associated with athletic conditioning that require no further action. Now in terms of fell running expertise and athleticism, I am not exceptional. I am one of these people who make up the bunch in the middle of the field. I have been running on the fells for the past fifteen years and have done about 400 races. I usually run between 25 and 35 miles a week in training. Yet this level of activity has conditioned my heart to a level where there have been significant changes that are detectable by ECG screening. I suspect that I am not alone in this, and that there is a good chance that any other fellrunner with a similar background to mine and with a healthy heart would exhibit the same or similar features on an ECG.

Fortunately for me, the ECG and the other parameters that were recorded during my health screening session give me no cause for concern, and it's business as usual. My white blood cell count was a bit low, indicating that I had probably recently had a virus. A few days after my ECG was recorded I participated in the 3rd leg of the Ian Hodgson relay, where I had a demanding but enjoyable run.

Finally, I would like to emphasise that the use of ECG screening is a powerful tool that can be used in detecting underlying abnormalities such as heart enlargement, heart strain, rhythm problems or other forms of heart disease. I would urge you to take any opportunity that arises to undergo an ECG scan in order to get an insight into the condition of your own heart. I hope that this article goes some way in explaining some of the features that may be observed on an ECG chart for an athletic individual.

*I know the demise (hopefully temporary) of a race as demanding and prestigious as the Ennerdale is not a matter for levity but I couldn't resist including the article below, if only as a tribute to the sporting spirit of fellrunners when faced with unexpected adversity - well done all four of them!!*

## Ennerdale 2003 - Keeping up great traditions

by Chris Reade

Being in a club a club always determined to keep with tradition Leigh Warburton and I had several midweek conversations about Ennerdale 2003. Buoyed up by the Duddon show of hands we set off up the M6 with a day in the hills in mind. Upon arrival at the Scout Camp the inevitable dawned upon us - we were the only ones there. Several dithers later we decided upon a wait and see plan, certainly 'till near 11. We had a pleasant chat with a few folks from the Scouting fraternity and, lo and behold, a few more runners arrived. Andy Sutton from Milton Keynes had journeyed up the night before, slept in his car and turned up keen and ready to go. Julian Rank had done a three-hour journey from Holmfirth, complete with family, and was also determined, so off we went.

Eager to make the most of the day we set off into the hills and soon got into the climbs. I dropped off the back as they zoomed up the hill. Had I run too hard all week or was it just not my day, I wondered. Anyway I managed to catch up, thinking that lactic acid would get them later. The summits came and went and it was pleasant to have a little time to look at route choices maybe for another year. Meanwhile Leigh kept a lookout for other runners. The day was breezy and a little cool but clear enough, one of those days when Lifa's go on and off with remarkable regularity. The screes off High Pike were fun and choosing good lines around Haystacks tricky. It was here that Leigh began to wonder about whether we might see Jos as there was a rumour that he would set off from Wasdale.

Leigh asked a woman at Black Beck if any other runners had come by, and there was a look of glee on his face as she mentioned that two chaps had come past fifteen minutes earlier. She described the figures and it sounded like it could have been Jos and another person. We set off at race pace on the path from the tarn over to Brandreth, however still no sign despite having good views across the fells. We did a little exploring up and around Green Gable and on the contour round Great Gable and were starting to give up as we neared the summit of Kirk Fell. Carrying our water supplies on this dry section of this, one of the longest races in the calendar, we trotted to the gully off Kirk Fell with uncharacteristic accuracy. It was here that a cry went up as we found Jos and Pete Feris in the gully. We all shook hands and talked about the run, about keeping traditions going and about races gone by. I was impressed by Jos' story about snow in 1973 - when I was ten!



*The Ennerdale team just before departure*

I can't remember last year, let alone thirty years ago. Leigh and the rest of us were made up, it seemed to finish the day off nicely. All we had to do now was get to the end.

We took good lines over Pillar and the remaining fells and had to regroup occasionally as we were all tiring at different points. My problems were going downhill as my toes were sore from a few impact injuries on this rocky course. Leigh and Julian ran up the last climb - which I was well impressed with. We regrouped and all ran into the Scout Camp together. Joint firsts at Ennerdale, all in under five hours !\*!! We surmised that Jos and Pete had set off earlier and possibly by-passed the Scout Camp. Andy set off to look for a camp site, and Julian to think up some entertainment to make up for his family hanging around all day and Leigh and I set off back to Bowland, still discussing training, cramp, routes and future possibilities.

We had a great day and hopefully will continue to enjoy long races in the hills.

# Celtic Corner

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

## Manx News

from Richie Stevenson

We have just completed a very successful Winter Hill League, with the three race series attracting good sized fields including a good number of newcomers - which is encouraging. The Junior Fell Championships were held in conjunction with the second race, which was held in Peel on the west coast and this had a field of over 30 runners, representing most of the secondary schools on the Island. It is hoped to keep the interest of some of these juniors with the aim being to send a team to the British Junior Home International next season. We had hoped to send a team to Scotland for the 2003 race but unfortunately were unable to arrange things to everyone's satisfaction and had no option but to cancel.

The 2004 British Championships will be a major target for our better runners as we have had permission to compete as Team Isle of Man. This basically means we can pick runners from any of the Island's clubs to compete in the same team for the Champs. We feel this is a very positive step and will create good competition for places and develop a good team spirit. Many thanks to Alan Barlow for all his help in this matter. Incidentally, the local track runners who compete for their various clubs in the Northern Leagues had hoped to come to the same arrangement. The NoEAA gave the green light but internal bickering between the various Manx clubs officials has made it a non-starter. If only they had the same forward-looking attitude as the fell runners!

The 2004 Manx Fell League opens on New Year's Day with the short St John's race. This has become one of Manx athletics' big events, encouraging a very big field with a superb atmosphere. Many run this as a one-off simply because it is on New Year's Day and they see it as a challenge after the previous night's celebrations. The best individual performances to date have been recorded by the Jamieson brothers. A few years back they came to the race straight from a party that had been in full swing since the night

before and after running surprisingly well managed to continue their celebrations in the pub afterwards. True stamina indeed.

## NIMRA News

from Ian Taylor

British Senior Championship  
The first round of the British Championship 2004 series is based in Newcastle. Co Down over the Donard-Commedagh route on 3rd April. This medium race, a local championship event in 2003, was last used as a British Championship counter in 1999, when the winners were Ian Holmes and Angela Mudge. An information pack and entry form is available on the Web site while a list of confirmed entries will be published on the site from March onwards. If you fancy a weekend away before Easter, come to Ireland for a good time and a great race.

### Recent Events

From October onwards NI mountain runners rest, recover from injury, get pregnant, run in cross-country or road races or even do some serious training. Over Christmas a mountain race and two trail events give us an opportunity to test our fitness and identify further training needs before the new season begins in March. The Boxing Day mountain race was won by Alan McKibbin (Newcastle), closely followed by Steven Neil (Pudsey), Simon Taylor (BARF), all recent World Trophy team members, with Dermot McGonigle in fourth place. Other top runners - such as Brian Ervine, Neil Carty, Deon McNeilly, Robbie Bryson, Shileen O'Kane etc come into the 'rest', 'injury' or 'pregnant' categories! A few have also been selected for NI Senior and Masters cross-country teams, illustrating the overlap in skills required between cross-country and World Trophy style mountain running.

### 2004 Calendar

In 2003 we tried out a five but of nine Championship programme, allowing more flexibility for average runners to complete the series. We continue with this successful format in 2004, with the first race being Slieve Gullion on 6th March. More controversially we have included the 19 mile 'Seven

Sevens' event as one of the long counters. While no longer than many classic UK events, some of us believe it is beyond the abilities of our athletes. Others of us feel that we should have a wider range of events, even using this as preparation for doing the Two Breweries British Championship later in September. The record held by Damian Brannigan looks relatively soft so this could be your chance to create a new record.

### Events

Some of our athletes took part in the World Masters event last September in the Black Forest, with most UK participants ably co-ordinated by Keith Burns of the Scottish Hill Runners. This year is an even better opportunity for a great trip to NW Italy, combining the Masters with watching the World Trophy the following week, with a few days sunning, running or relaxing between times. We need to encourage more to participate in this, the British Championship or other classic events to widen our experience. Many of us occasionally take part in races organised by our southern counterparts, IMRA, especially in the annual challenge of the All Ireland Championship. We hope to join with them in sending a joint Irish team to the European Championships in Poland.

### Committee

In October a new committee was appointed, with chairman Billy Magee stepping down after many years in this post and as World Trophy Team Manager. We thank Billy for his leadership of mountain running through many developments - more participation in UK events, a wider range of local races, a larger membership, and many more. We trust you will still meet Billy as an active Masters runner and as main organiser of the Knockdhu Home International.

## Scotland

from Keith Burns

Scotland emerged from 2003 with very satisfactory international honours. At the World Trophy in Girdwood, Alaska, Angela Mudge led the Scottish women to a team gold medal, with an individual silver for

herself and bronze for Tracy Brindley. Debutante Lyn Wilson consolidated the team victory with 18th placing. The junior men secured a 4th team placing with 4th individual place for Iain Donnan and fine supporting performances from John Newson, Graham Bee and Kyle Greig. Finally, but no less impressively, Bill Gauld secured yet another individual gold in the over 70's Open World Trophy event in Unterharmersbach, Germany.

In 2004, you can all, again, compete in the Open Scottish Hill Runners Championship, in the four-from-six format. The championship races are; Carnethy 5 (M), Screel (S), Clachnaben (M), Meal An-T Suidhe (S), Two Breweries (L) and Pentland Skyline (L). The Scottish Hill Runners Calendar, covering all hill races (over 100 + Highland Games events) in Scotland, can be obtained from the SHR Secretary at the address at the front of the magazine (or see [www.shr.uk.com](http://www.shr.uk.com)).

John Sweeting, in the last edition of Celtic Corner, raised the issue of the future organisation of the sport at UK level following controversy over safety requirements in a Welsh race. This seems to have been due to a startling

late attempt to impose AAW rules to override the organiser's arrangements. We have the same potential for confusion and conflict in Scotland. This is because about a third of hill races operate under Scottish Athletics Ltd "permits" and the rest under FRA registration, or no registration or "permit" at all. Scottish Athletics Ltd claims to be (this from their "permit" application form) "the sole permitting authority for all amateur athletics events in Scotland. No similar authority has been delegated to any other organisation, therefore to be certain that your event has the necessary insurance cover and conforms to the UK Athletics Rules for Competition, please complete and return your (permit) application form - - ". This is nonsense and is intimidatory. The implication is that you are not allowed to organise a hill race in Scotland unless it has a "permit" issued by Scottish Athletics Ltd. - and that, indeed, has been the declared ambition of the outgoing Chief Executive of Scottish Athletics for some time. It is up to an event organiser to set his/her own rules and insurance (or none - which would be very unwise). If event organisers choose not to register their event with a governing body, then they are, by definition, free from any

control by governing bodies. Event organisers should decide on their own arrangements, and not be intimidated by threats from governing bodies which do not seem to have the best interests of hill running as a priority. Governing bodies can only govern those who subscribe to their governance as members of that body. If race organisers exercise their fundamental right to manage their own race on their terms, they will contribute to providing the driving force for better services from aspirant governing bodies. Roll on the day when that governing body for the UK is the Fell Runners Association. We need to keep governing bodies aware that they only exist to serve us lot, the runners and race organisers who support their existence in return for services we all value. Some governing bodies seem to be unaware of this simple obligation. The only one that deserves *my* support is the Fell Runners Association. However, like John Sweeting, I find it disappointing that the FRA packages itself as an English organisation, leaving us Celts out on the fringe. I hope that Dave Jones' stalled all-UK initiative re-emerges soon.

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## Junior Round-up

from Ian Smith

Well here we are again, ready for the new season to start. All the championship races are in place and this year you will notice that there are two new races and an old favourite back with us again. I would like to thank all the race organisers for hosting the events as it is not an easy task to find volunteers to marshal when there are various turning points on the course, because of the different age groups. Plus all the other volunteers required to make it a successful event.

At this point I would also like to thank Jim Godwin for all the help he gave me when it came to sorting out last year's championship results. I know we made a few mistakes early on in the season but these were ironed out and came out right by the end of the season. Jim also does a fantastic job with the Junior Web Page on the FRA site. Please log on to this site if you can, there is quite a lot of useful information to be found there.

The championship for 2004 starts on the 20th March at the Half Tour of Pendle. An early start this year, let's just hope the weather is kind to us.

Race two is on the 18th April at West Nab, back in the championship after a year's absence. I am sure Graham White will put on a good event again.

Race three is on the 30th May at Helvellyn, a new race for the juniors. Duncan Stuart assures me the courses will be very good tests for the juniors. Before anyone reaches for the phone - I know it clashes with day two of the North of England track and field championships.

Race four is Settle Hills on the 27th June - I was most impressed with the new courses last year.

Race five on the 22nd August will be at Sedbergh, this will also be a selection race for the World Trophy.

Race six will be the Three Shires on the 18th September.

I wish all the juniors taking part in the championships the best of luck for the year.

There will be another training weekend this year which will once again be held at the Anderton Centre in Rivington on the 22nd/23rd May. Please let me know as soon as possible if you would like to attend. It is open to any junior over the age of 10 years and under 18 years. There is also a limited number of places for coaches - any takers?

What a year we have just had - a World Trophy Champion in Alaska, plus team silver. One, two and three in Germany at the Black Forest Games and a near clean sweep in the Junior Home Internationals. Well done to all the juniors who took part internationally last year. I must make a special mention of Karrie Hawitt, who has had a sensational year - English and British Champion, World Trophy Champion, Black Forest winner plus Cross Country Championship wins. Congratulations to Karrie but also a great achievement for her coach Mike Hancock and of course Norman Matthews.

## Junior Medal Winners 2003

### U12 Boys

1st James Bowness, CFR  
2nd Jonathan Walker, CFR  
3rd Nial Gould, East Cheshire

### U14 Boys

1st Max Jones, Holmfirth  
2nd Jonathan Pawson, Skipton  
3rd James Mountain, Skipton

### U16 Boys

1st Adam Peers, Wirral  
2nd James Kevan, Wigan  
3rd Daniel Walmsley, Skipton

### U18 Boys

1st Stuart Hunn, Skipton  
2nd Andy Ellis, Vale Royal  
3rd Ricky Lightfoot, CFR

### Intermediates Men

1st Robert Little, Mercia  
2nd James Carter, Horwich

### U12 Girls

1st Rosie Stuart, CFR  
2nd Emily Dent, Holmfirth  
3rd Zara Burford, Ludlow

### U14 Girls

1st Gemma Crowther, Helm Hill  
2nd Alex Wheatman, Scarborough  
3rd Heather Timmins, Warrington

### U16 Girls

1st Chloe Rodham, Helm Hill  
2nd Emma Stuart, CFR  
3rd Zoe Storr, Holmfirth

### U18 Girls

1st Karrie Hawitt, Warrington  
2nd Sarah Tunstall, Border  
3rd Katherine Cole, Horwich

### Intermediates Women

1st Christine Boardman, Horwich#

## My 'Dream' Year - 2003

by Karrie Hawitt

At the beginning of 2003 I had not really decided what my targets were going to be. It was decided that I would give cross country a bit more of a serious go than I had previously, but I did not initially look forward as far as the track or fell seasons. The cross country season went very well. I won the Northern and National Champs and finished second in the Intercounties and fourth in the English Schools.

The National was held at Parliament Hill in London and was a 'proper' cross country course. It was wet, cold, muddy and hilly, the type of conditions that favour me as opposed to track runners. When I won the race I was a bit shocked at the attention I was getting from the race reporters because this was my first major achievement at cross country. I was not used to being asked loads of questions and to be honest I didn't really know what to say.

Once the cross country season had finished I decided to concentrate on the fells, having raced at the Knockdhu event early on. I also did a few track races and road races, getting my 5k time down to 16 min 30 sec. At the Manchester 10k I lined up alongside Bethane Adere, Derartu Tulu and Sonia O'Sullivan, but I didn't see them again until well after the race. In July I ran in the Black Forest in Germany and set a new course record for the uphill race at the Teenager Games. At about this time I felt I was running at my very best and that the training regime was paying off.

However, the highlight of my year came in September when I ran in the World Mountain Running Trophy in Alaska. I went into the race feeling quite confident as I knew I was running well and the course was suited to me. My aim was to try and better my 'up and down' result from Italy 2 years previously when I finished 8th. As the race progressed I found myself at the front with the leading pack. Though I didn't expect to be there I knew that if I could get to the top with the leaders then I would stand a good chance, as continental runners are usually more timid on the descent. When I won the race it never really sank in until the following day at the Awards Ceremony when I was given my

medal and the National Anthem was played.

Apart from the race in Alaska, my favourite races this year were at the Isle of Man weekend at Easter, the Wrekin fell race, the Charlotte Slater Memorial race and the Northern cross country. My least enjoyable races were at Sedbergh and the Home International in Edinburgh, though I don't know why, 'cos I did win them! As regards my training, I think I am very lucky, I have been training with Mike Hancock for over seven years and have always had a real mixed group of people to run with in group sessions. I am even 'auntie' to some of the young ones now. I have learned to be afraid of nowt and nobody and I realise the rewards of hard work. In winter my typical winter training is something like this:

- Monday - easy 35-40 minute run and later a small gym session.
- Tuesday - track session with Norman Matthews' group at Horwich.
- Wednesday - easy recovery run or rest.
- Thursday - Hill/road reps at different venues locally around Runcorn.
- Friday - rest or easy run.
- Saturday - race or 40 minute run.
- Sunday - Long run in the hills, often at Moel Famau or the Horseshoe Pass in the Clwydian Hills of North Wales.

My plans for this year are to try and get an England vest for cross country, to go for a good run at Nottingham and just maybe even make the GB World Cross team. In the summer I would like to run a lot more track races so as to really reduce my times and I may try a few steeplechase races. If I carry on aspiring (or should it be perspiring) for the next few years then there are always more chances to make up for any failures or disappointments. Moreover, there are continental mountain races, more World Trophy events (how about New Zealand 2005?), 10k's, 'London's', Olympics - well, everyone is entitled to dream! But I'll always love the fells - they started me off and if I never achieve anything else I'll always have 2003 to dream about.

## BRITISH & IRISH JUNIOR HOME INTERNATIONAL

Oct 12th Pentland Hills Scotland from Norman Matthews

This year our hosts for the Junior International were Scotland with the venue centred on Allermuir Hill in the Pentland range. England was once again the dominant country winning 14 gold, 7 silver and 3 bronze medals.

U/18 Girls: As expected from Karrie Hawitt - our new world champion - a scintillating run with a time that put her joint 10th overall in the mixed U/16 boys and U/18 girls race. Rachael Thompson, now fully recovered from injury, showed the sort of form that placed her 8th in the world, with a great run just over a minute behind Karrie. Katie Ingram, now studying at Loughborough, made it an impressive 1-2-3 for the English girls, with Polly Veazey, our fourth counter, running for England for the first time having an inspired run to beat off Scotland's international junior star Marbeth Shiell for 5th place.

In the U/16 girls race pre-event favourite Danielle Walker - who took silver in Wales last year - did not disappoint as she too led home the English girls to team gold. England newcomer Gemma Crowther came through very strong on the steep grassy descent to take the bronze medal with Stephanie Roe, a specialist track runner also making her England debut on the fells, having a great run to place 5th with Thaila Jones making up the gold squad with a brilliant run in 8th

*The girls had set the standard for the boys.*



*The England Junior Team at the British/Irish International (Photo Norman Matthews)*

The U/16 boys race was run with the U/18 girls with the obvious burden to stay in front of Karrie adding to the race pressure. Richard Newton who won convincingly in Wales last year knew the task this year would be tougher as the courses were completely different from last year's gradual descents, to this year's steep grassy descents requiring far more descending technique, which for a 1500m English Schools champion was perhaps asking too much as he finished second to Rhodri Buffet of Wales who descended like a stone - and congratulations to him.

Richard's efforts at the front on the climb led to a great team effort from team mates Alec Duffield (3) Adam Peers (4) and James Kevan (5) - all newcomers to an England vest - who battled against stiff opposition to bring in our third consecutive team gold - only 43 seconds separated Richard from James for a super team effort, which bodes well for the future.

This just left the U/18 boys race which in terms of opposition was known to be the hardest, with Iain Donan who placed 4th in the world in truly exceptional form - and on home ground. Mark Buckingham the new super star of the program "Born to Win" certainly gave Iain a tough time as they each gave 100% up the second climb, but Iain pulled away considerably to give the Scots their first individual gold win.

Mark's second place was backed up with a great run from Chris Doyle who finished in 4th with Ricky Lightfoot (8) and Andy Ellis (10) giving it their all to secure that final gold team award, but super runs from Kyle Greig (5) and Chris McCall (7) both of Scotland made the final score for the U/18 boys - Scotland 14 & England 13 points with the Gold team medals going to Scotland..

England also secured the U/14 boys individual British Championship title with a great run from Jonathan Pawson (Skipton) who finished just seconds in front of Max Jones (Holmfirth) after a very competitive race.

All in all a very successful trip for the English Juniors who rose to the challenge and brought home the medals - well done to them all.

## My fell season

by Max Jones

My second fell running season began at Belmont. I had missed the opening race of the English Fell Championship at Wrekin, and I felt extremely apprehensive as I was hoping to improve on my 3rd position of last year. I had recently given up playing football for my local team and I had played for Huddersfield Town Academy but after a season's trial they told me that I was too small for a midfielder. I decided to concentrate on my fell running where my size wasn't so much of a disadvantage!

The race at Belmont began on road and after around 400m the course then veered off onto the fell and began to ascend up the steep climb, once at the top it was the usual sprint down to the finish. As the race got underway I was surprised to find myself in front by quite a large distance; however as I began to clamber up the slope my lead shortened and I eventually found myself neck and neck with two other competitors. Despite the early pressure and rolling headfirst for 50m I managed to retain my lead on the descent to come home first, much to my relief.

The third stage of the Championship was held at Hutton Roof and the U14 and U16 age groups were run together, which I think definitely helped my performance, as I was able to try and keep up with older runners. I suffered from my usual pre-race nerves; however, after running (in my opinion) the best race of my season, I came in a very pleasing 1st and 4th overall.

I then ran at Settle Hills, which was one of the more important races of the season, as not only was this a Championship race but it also doubled as the Yorkshire Junior Championships. The course was tough and it was a hot day but the idea of being Yorkshire Champion was too tempting and I went out confidently.

I was 2nd to the top, however I was able to overhaul my rival for the season, Jonathan Pawson, on the descent, and

after a couple of tumbles I came in to take first place and a huge trophy.

The fifth and my final race of the Championship was held at Sedbergh and was probably my most disappointing run of the Champs. It was wet and cold and the climb was the steepest yet. The course weaved up the hill through heather before ascending down a path on the side of the hill and finishing at the bottom in a field. For the older age groups this was the trial for the World Trophy in Alaska. We set off and I was again 2nd to the top behind Jonathan, however this time I was unable to gain ground on the descent and I came in 2nd, however my 3 other 1st places were enough to secure me with 1st in the overall English Fell Championship.

I also competed in a number of other races during the season. Due to football I was only able to compete in 1 of 4 Bunny Runs over Easter, however I managed to finish 1st U14 boy and gain the U14 record. I also competed in 2 trial races for England but due to older competition I have not gained an England vest, yet! At the end of the season I then competed in my biggest fell race to date, the British Champs in Edinburgh, where I finished 2nd.

My ambition for next season is to win the U16 Championship, bottom age, and maybe even win that England vest.

## Helm Hill Junior Fell Relays

by Richard Sewell

Cumberland Fell Runners B team set the standard by coming home 1st and taking the Mixed Team trophy (look out for their A team!!) in the Helm Hill Junior Fell Relays.

This was the first time that this championship style fell relay has been held and by all accounts it was a great success.

The Boys Team trophy was taken by Helm Hill Runners A and the Girls Team trophy also went to Helm Hill Runners.

A total of eleven teams took part and the feedback from competitors, parents, coaches and team managers has been very positive.

The facts that everyone got a prize, the sun shone, the courses were well marked and there was lots of tea and cake may have helped.

The organizers recognise that the U16 course may have been a bit long and are considering leaving Crook to the seniors and bringing the U18 course onto Winder. The steep descent used by all courses to reach the fell wall will remain as it provides excellent spectator viewing from the event field.

Helm Hill Runners are determined to establish this as a "must do" event on the junior calendar and have already applied for a permit to repeat the event in September 2004.

Mindful that the event has the potential to attract a large entry Helm Hill Runners reserve the right to impose a limit so club coaches and team managers are advised to enter early and reserve a place for their teams.

Thanks to all who took part and to all who helped in any way.



A delighted Max Jones (Photo Norman Matthews)

# AULD LANG SYNE 2003

from Dave Woodhead

After a decade of wins here the organisers presented Ian Holmes with a specially engraved Warner Brothers Tasmanian Devil watch and a small barrel of his favourite beer, Stella.

Certainly like 'Taz', he whirlwinded around the 6m/900ft course, even wearing road shoes to combat the treacherous frozen moorland, to beat his own seven year old record by 19 seconds. 375 toed the Penistone Hill Quarry start line as again our official starter, Ian's son Louis, now four, appeared dressed as Batman, with the runners bursting into song - you know how it goes, all together now; Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, Da, BATMAN!



Serious stuff at the start of Auld Lang Syne from Andy Shaw (Holmfirth) and John Wooton (Photo Kirstin Bailey)

From then on Ian led and ran against the clock. Since he often trains over the route he wore road flats, because he knows studs give very little grip on icy frozen terrain. A few other enlightened competitors brought X-Country spikes with them including Pumlani Gangani and Steve Bottomley who finished 4th and 5th respectively. An astonishing fact has come to light, Ian Holmes has won 57, that's 57, Woodentop races, 21 Bunny Runs, 4 Withins Skylines, 1 Heathcliffe and Cathy Canter, John's Run, 10 Stoops, 11 Auld Lang Synes and 9 Soreen Stanbury Splashes, although as you read this he may well have won another Soreen race. Admittedly in the above are two Ghost wins, that's when deep snow cancelled the races, but in both cases over 70 runners still appeared, so a race was run, and a win's a win. There is a question mark over Woody's 40th Birthday Bash, where Dave got a five minute start on all the runners, and just crossed the line first but Ian ran faster and will not accept this as a win. So is it 57 or 58? All this has been achieved since 1990 for the four times British and five times English champion.

Two weeks prior Paul Sheard celebrated his 40th birthday, so this was his first win as an 'Old Git' with an impressive 3rd overall, reducing Steve Oldfield's 1997 veteran record by one and a half minutes bringing it down to 35-42. A small contingency from 'hilly' Scunthorpe made their

mark as runners took the opportunity to see out the year racing with 4th man overall, first under 18, Sam O'Neill in 43-21, and a record breaker with Emma Clayton in the girls under 18's taking 2-14 off Kate Rogan's time; she also finished 4th lady.

First lady overall was Sharon Taylor, famous as the pin up girl on the cover of last February's issue of the Fellrunner magazine, with Sharon discovering the dark side of fell running, i.e. going A.O.T. into the mud. No chance this year, she'd more likely have been skating in her Walshes. Now 24, Sharon first ran here as an 18 year old finishing 5th lady, and has progressed every year to being the Queen of Haworth moor now. Ilkley's Sally Malir took 2nd, while over 40 Alison Raw just beat Emma Clayton by 1 second for 3rd.

Stanbury Stalwart over 50 Margaret Jagan improved her own three year old record by 42 seconds, returning a new time of 53-32. A special mention must go to 2001 and 2002 lady winner, Lucy Whittaker, who now lives in America and who unluckily broke her foot over there but still competed to finish 24th lady in position 274. How she coped with the conditions is beyond belief, especially with her foot in plaster, but husband Kevin made the most of it finishing in 133rd some 10 minutes ahead.

Jack Escritt, in his 27th race of the year broke Brian Leathley's, 2001 over 70 record by 3-28 to 58-45. Five foot five Jack, a former civil engineer in Bradford, who worked on the M606, commented, 'My duck style, short legs and long body don't suit the fast running of the water channel and skyline, hence I probably run a little too hard down the descents, especially with my age. To take the record is great, because many race organisers don't keep our age records, or recognise us. A pity, because I keep all my statistics regarding every race, and how my times compare to others'. Jack finished 291st, so still had 84 younger athletes in his wake, not bad for a lad who took up running aged 62. Ten years Jack's junior, Keighley and Craven chairman Tony Minikin broke the over 60's record of Lawrence Sullivan's set in similar conditions of 1995 at 49-09 to lower it by 1-31.

Apologies to Sarah 'Saz' Rowell for her FV35 record time of 42-04 set in 1999 somehow being replaced by the slower time of Sally Newman's. Obviously too much Briscoe's ale.

Talking of ale, many thanks must go to Dr. Paul Briscoe of Briscoe's Brewery for supplying all runners with a bottle of Auld Lang Syne Famous Ale, notice we give it out at registration, thereby you can keep it in mint condition, for all the anoraks that collect the bottles each year, and there's a lot of you out there!



Ian Holmes heading for 10 out of 10 at Auld Lang Syne (Photo Dave Brett)

# ENGLISH CHAMPIONSHIPS 2003

by Brian Martin

The English Championships started early in March at Lad's Leap in the Peak District with glorious sunshine – a great day out with some new faces to the English Champs from the Salford club, plus Tim Davies from Mercia / Wales.



*Jim Davies on the descent at Lad's Leap  
(Photo Pete Hartley)*

There were a few repercussions because of the last 400 metres of the course which have been referred to before – but to record that on the day John Brown, Salford won the race in front of Tim Davies and Ian Holmes. Following an appeal and decision the Championship stats reflect that John and Ian were awarded equal points of second place and Rob Jebb was awarded points for third place - Tim Davies having opted later to compete only in the Welsh Championships.

At subsequent races Anniversary Waltz and Pen-y-Ghent, John Brown continued the same race tactics of establishing a significant early lead on uphill sections, only to be overhauled later in the race due to his lack of either course or downhill expertise. Then it was unfortunate that, following the summer months racing at Grand Prix races in Europe, his entry was too late (also Simon Bailey's) for the last race at Langdale in October, so both only completed 3 races – we hope to see them again in 2004.

The increased level of competition in the Men Open category is clearly demonstrated by the fact that each of the six races was won by a different athlete (as in the British). Ian Holmes won at Anniversary Waltz and Mark Roberts and Simon Bailey won the two combined English & British races at Pen-y-ghent and Skiddaw.

The Holme Moss race date clashed with the Snowdon International team event, so several contenders and hence some club teams were absent, thus allowing others to gain higher places than usual. Rob Jebb won easily at Holme Moss to establish a large lead over his main competitors for the Championships, who then had to wait to complete a long race at the Langdale Horseshoe in October.

So the last race at Langdale became the Championship decider – Rob Jebb knew he had either to win the race or be at least three places ahead of club mate Ian Holmes. These two Bingley runners gained a lead during the first part of the race, but were joined later by Gavin Bland and Nick Sharp who probably took a better line from Esk Hause. Thus these four were within 30 seconds at the top of Pike o' Blisco, with Rob Jebb in the lead by only a few seconds with the final descent in prospect.

With these top descenders breathing down his neck, Rob Jebb knew his win

and the double British and English title triumph was in some doubt. Gavin Bland also seemed determined to discount rumours of his 'semi-retirement' and both he and Ian Holmes overtook Rob Jebb on the descent with Gavin winning the race by about 20 seconds.

But Ian Holmes' second place just five seconds ahead of Rob Jebb meant he had yet again secured the English title. This was Ian's third English title in a row – 2000, 2002, 2003 – and together with his English titles in 1996 and 1998, meant that Ian Holmes has been the English Champion five times in the last seven Championship years.

In the Men Open Team Championship, Borrowdale won the two Medium races in the Lakes, but had difficulty fielding their normally strong contingent of five or more runners at other races. This gave the opportunity for Pudsey & Bramley to secure their first English title since 1990, by virtue of three wins at Lad's Leap, Holme Moss and Langdale. This ended a sequence of seven titles by Borrowdale, one title being shared with Bingley in 1998.

Whereas the Men Open Championship has been dominated by Ian Holmes during recent years, the Ladies Open continues to see a different Champion for each of the last seven years. Louise Sharp won three of



*Dave Owen of Ambleside being overtaken at Skiddaw (Photo Pete Hartley)*



the four races she entered and gained the English title in addition to the British title with a convincing win at Holme Moss.

The first race at Lad's Leap was a close contest in which Lou Sharp established an early lead only to be caught towards the end of the race by a faster finishing Christine Howard of Matlock, apparently several months pregnant! – and noticeably so at Anniversary Waltz a month later where she ran more comfortably in 12th place.

Sally Newman was a close third at Lad's Leap, won Skiddaw whilst Lou Sharp was competing at the European Championships, and finished in 2nd place behind the Champion at two other races to gain the Silver medal; Kate Beaty winning Bronze.

The Bingley Ladies team won the first four races, plus a second place at Langdale behind Ambleside Ladies, and that gave Bingley their first ever English title in addition to their British title in 2003.

Sally Newman, Calder Valley, won the Ladies Vet 40 title with maximum points from four wins ahead of Kate Beaty who won the other two races. Wendy Dodds also won her Lady Vet 50 title for the second consecutive year.

Having shared the Men Vet 40 title with Dave Neill in 2002, Mark Roberts won the title outright this year with four wins plus an easy finish at Langdale. Dave Neill, who had won the title five times consecutively between 1996 and 2000, tied for second place in this year's championship with Malcolm Fowler, Pennine – Dave being only 30 seconds ahead of Malcolm at the last Langdale race.

The other Male Vet titles were won convincingly with maximum points by Duncan Overton, Keswick, and John Amies, Macclesfield; both also having won the British titles at Vet 50 and Vet 60 respectively. The Men Vet 40 and Vet 50 Team titles were won by Horwich and Clayton le Moors, as in 2002.

Finally, a big vote of thanks on behalf of the FRA and competitors to the race organizers and their helpers for their time and efforts in staging the Championship races in 2003.

### English Championship Results 2003

#### MEN OPEN

1 Ian Holmes	Bingley	199
2 Rob Jebb	Bingley	196
3 Nick Sharp	Ambleside	188
4 Mark Roberts	Borrowdale	169

5 Rob Hope	P&B	164
5 Dave Neill	taffs Moor	164
5 Lloyd Taggett	Buxton	164
8 Tim Werrett	Mercia	161
9 Gary Devine	P&B	157
10 Simon Stainer	Ambleside	155
11 John Brown	Salford	147
12 Simon Bailey	Staffs Moor	143
13 Alan Ward	Dark Peak	140
14 Phillip Sheard	P&B	127
15 Malcolm Fowler	Pennine	126
15 John Hunt	CFR	126
17 Jim Davies	Borrowdale	125
18 Andrew Schofield	Borrowdale	120
19 Mike Bouldstridge	Mercia	119
20 Stephen Bottomley	P&B	118
20 Mark Denham-Smith	Keswick	118
22 Jonny Bland	Borrowdale	111
23 George Ehrhardt	Todmorden	110
24 Chris Leigh	Trafford	108
25 Charles Stead	NFR	105
26 Jason Hemsley	P&B	103
26 Nick Leigh	Altrincham	103
28 Karl Gray	Calder Valley	99
29 Dave Troman	Keswick	94
30 Simon Booth	Borrowdale	93

#### LADIES OPEN

1 Louise Sharp	Keswick	125
2 Sally Newman	Calder Valley	118
3 Kate Beaty	CFR	109
4 Natalie White	Holmfirth	106
5 Helen Johnson	Bingley	104
6 Sharon Taylor	Bingley	102
7 Helen Thornburn	Dark Peak	87
7 Sue Wood	Ambleside	87
9 Karen Davison	Dark Peak	76
10 Alison Crane	Ilkley	75
10 Alison Raw	Darlington	75
12 Sue Becconsall	Bingley	72
13 Naomi Greaves	Pennine	55
14 Emma Barclay	Ilkley	53
15 Maureen Laney	CleM	52
16 Christine Howard	Matlock	51
17 Hilda Bransby	CFR	46
17 Jane Mellor	Pennine	46
19 Pauline Munro	Bingley	45
20 Katherine Harvey	Altrincham	43
20 Clare Kenny	Ambleside	43
20 Philippa Leach	Dark Peak	43
20 Karen Mather	Saddleworth	43

#### MEN VET 40

1 Mark Roberts	Borrowdale	122
2 Malcolm Fowler	Pennine	115
2 Dave Neill	Staffs Moor	115
4 Steve Barlow	Horwich	101
5 Graham Schofield	Horwich	100
6 Andrew Shaw	Holmfirth	93
7 Duncan Overton	Keswick	89
8 Julian Rank	Holmfirth	87
9 Neil Wrigley	Horwich	84
10 Colin Fray	Pennine	77
11 Geoffrey Gough	CleM	74
12 Steve Jackson	Horwich	73
13 Tom McGaff	Pennine	61
14 Mark Rigby	Ambleside	58
15 Robert Haworth	Horwich	56
15 Shaun Livesey	CleM	56
17 William Procter	Helm Hill	54
17 John Tomlinson	CleM	54
19 Nick Spence	Borrowdale	53
20 Geoff Ayers	CFR	50

#### MEN VET 50

1 Duncan Overton	Keswick	88
2 Harry Jarrett	CFR	76
3 Peter McWade	CleM	67
4 Jackie Winn	CFR	63
5 Nick Pearce	Ilkley	62
6 Reg Clucas	FRA	61
7 Dave Iait	Dark Peak	57
8 Robert James	CFR	53
9 Kieran Carr	CleM	47
10 Geoffrey Howard	Ilkley	45

10 Tony Hulme	Pennine	45
<b>MEN VET 60</b>		
1 John Amies	Macclesfield	48
2 Paul Murray	Horwich	33
2 John Nuttall	CleM	33
4 Dennis Lucas	Rochdale	25
5 Pete Jepson	Rossendale	23
6 Norman Bush	Ilkley	19
7 Bill Wade	Holmfirth	17
8 John Ely	CFR	13
9 Richard Clarke	Middlesbro	12
10 Roger Bell	Ambleside	11
10 Richard Blakeley	Todmorden	11

#### LADIES VET 40

1 Sally Newman	Calder Valley	88
2 Kate Beaty	CFR	82
3 Alison Raw	Darlington	65
4 Alison Crane	Ilkley	64
5 Sue Becconsall	Bingley	63
6 Suzanne Budgett	Horwich	51
7 Philippa Leach	Dark Peak	48
8 Katherine Harvey	Altrincham	44
9 Linda Crabtree	Calder Valley	42
9 Karen Mather	Saddleworth	42

#### LADIES VET 50

1 Wendy Dodds	CleM	42
2 Mary White	Horwich	39
3 Sheila Norris	Horwich	34
4 Jean Rawlinson	CleM	21
5 Jan Atkins	Chorley	16
5 Muriel Leeming	Ambleside	16
7 Jill Davies	Saddleworth	13
8 Maureen Bridge	Keswick	12
8 Vanessa Peacock	CleM	12
8 Ann Watmore	Dark Peak	12

#### MEN OPEN TEAM

1 Pudsey & Bramley	45
2 Borrowdale	41
3 Ambleside	38
4 Bingley	26
5 Dark Peak	24
6 Horwich	21
6 Mercia	21
8 Clayton le Moors	20
8 Cumberland FR	20
10 Keswick	16

#### LADIES OPEN TEAM

1 Bingley	45
2 Dark Peak	38
3 Ilkley	31
4 Calder Valley	27
4 Pennine	27
6 Clayton le Moors	25
7 Ambleside	20
8 Cumberland FR	19
9 Horwich	16
10 Todmorden	10

#### MEN VET 40 TEAM

1 Horwich	45
2 Clayton le Moors	40
3 Pennine	35
4 Cumberland FR	34
5 Dark Peak	27
6 Ilkley	18
7 Kendal	15
8 Calder Valley	11
8 Holmfirth	11
10 Helm Hill	10

#### MEN VET 50 TEAM

1 Clayton le Moors	44
2 Cumberland FR	42
3 Pennine	36
4 Calder Valley	25
5 Dark Peak	23
6 Keswick	16
6 Rossendale	16
8 Horwich	12
8 Todmorden	12
10 Kendal	10

# Letters, opinions et.al.

## Mike Rose – a letter from his sister, Margaret Landy

On behalf of my family and myself I would like to thank all those responsible for the appreciation of my brother, Mike Rose, which appeared in the last edition of "The Fellrunner".

It was very moving to see yet again confirmation of the warmth and affection felt for Mike by so many people.

At Christmas 2002, shortly after his illness was diagnosed, he became very emotional on discovering the extent of people's feelings; he could hardly believe that people cared so much for a 'cantankerous old buffer like me.' He viewed himself as a thorn in the side of those he felt were wrong and of course was not afraid to complain loud and long when he thought it right to do so.

As his younger sister, I occasionally suffered embarrassments during his crusade to make the world a more moral, honest place; but more often I enjoyed the protection and support which he offered unstintingly to me and mine all his life. I did not share his passion for the outdoor life but I did benefit from his varied skills which he was always willing to use, and the results were always perfect. One example will suffice: the meticulously planned and designed garden which he built for us here in Filey; not just the erection of walls, paving, trellis-work and the like, but also the careful selection of plants and flowers, construction of water feature and many tiny details.

Mike enjoyed being around his grown-up family of nephews, nieces and their children. He always helped them financially and with his sound advice.

This Christmas was the first one I can recall not having Mike with me, enjoying his turkey, since our childhood in Wakefield, school days in Leeds, and later life in Harrogate and Filey and although it was inevitably quieter, it was much sadder in his absence.

Mike's one great concern, during his last months, was how to maintain a degree of independence and carry on with some of his outdoor pursuits. 'Don't let them put me in a home,' was his cry, and thanks to some wonderful people my husband and I were able to care for him, here and in Farsley. Before his illness Mike had had few claims on the N.H.S. and really knew nothing about the truly wonderful services offered to us in Leeds by the MacMillan and Marie Curie Nurses, the Farsley home nursing team, and Cookridge Hospital. He was very impressed and I am so grateful that they enabled him to realise his last great wishes – to be able to visit Jura once more, and to remain at home. So thanks to all who cared for him, visited him, wrote to him, phoned him, gave him gifts, took him to the races and generally made his last months as good as they could be.

Friends and neighbours were selfless in their support, especially Peter and Debbie, and Bill, who regularly took Mike to the hospital and went shopping for him, Ken Peart who assiduously looked after Mike's most treasured possession – the camper van, dear friend Bill Smith, and of course lifelong pal Dennis Beard, who pleaded to be allowed to do Mike's gardening.

The Jura trip was very special. The balance of opinion was that he would not be able to make it; but thanks to Selwyn, Jon and the others involved, he did.

The second expedition – to Penyghent – from which he took

so much enjoyment only a few days before his death, was not far short of a miracle. Thank you to Dave and Shirley Hodgson and the others for that.

The funeral was a very moving experience. Mike – who was genuinely modest – would have been as astounded and deeply moved as we were by the crowds who turned up to pay their last respects and who filled the chapel to bursting point. I know, too, that he would have been equally warmed by Geoff Farrar's tales from their schooldays and the gales of laughter produced by Selwyn's Jura stories. Everyone there gave most generously and the donation to MacMillan Nurses was over £500. Mike himself bequeathed money to Cancer Research, to the John Taylor Memorial Fund and to the Lake District branch of the National Trust.

I see in the Fixtures that the 23rd Buckden Pike Fell Race will be in his memory. I know that, although he will be much missed, he will never be forgotten.

'Ah'll sithee', as he used to shout.

## Cader Idris and the structure of fell-running from Craig Jones (Eryri)

I initially had cause to write on one subject as I read through the November issue of "The Fellrunner", but after getting deeper into the magazine I found another subject upon which to throw in my opinion.

Firstly, I read the results section with interest and happily spotted my name in a few results' top ten's for the first time after a particularly good season with times and positions improving. Not the result of any training I might add; more to do with just getting to my fellrunner's peak (33yrs) and the benefit of experience. I must say that it gave me great pleasure to see it there, not being someone who is ever (or ever likely to be) a top three man. It has certainly give me the incentive for 2004.

Anyway, on with my pennysworth. I noted that in the Cader Idris Race write up Graeme Stringer makes mention of the verbal abuse at one young runner for not having any compulsory kit when he actually had it down his shorts. Well I was an independent witness to this abuse, being positioned right next to both parties alongside the lake on the outward leg. I must agree that the abuser was a little over the top in his attack and I felt for the lad on the receiving end. However, I can confirm that he *did not* have any kit, down shorts or otherwise. He had ample opportunity to say that he had it with him and he said nothing. Further to this I noted at the start line that he did not have it with him and saw him discussing this with his friend and furtively avoiding being noticed by marshals.

So I don't know who said what afterwards, but as an independent I can confirm that the 'talented young front runner' was in contravention of the safety rules, thereby putting the organiser at risk. The 'abuser' was over the top, but was only saying what I was thinking, albeit in perhaps a somewhat aggressive manner.

Hats off to the organisation though. This is a great race, perhaps a long way to travel for most but I fully recommend it. Second time for me, and again found it to be with a fantastic community spirit, even more than the usual fellrace atmosphere. Made to feel really welcome by all officials right back to the tea and cakes volunteers who were wonderful when I was suffering from exhaustion later. Bought two loaves

of bara brith, one for my Mother but ended up eating both!  
See you next year.

Secondly, on a separate subject I recently viewed the FRA website and was amazed to read 'THE ENGLISH ASSOCIATION THAT PROMOTES FELL RUNNING'. Until now I was not aware that this was the case. I was under the impression that the FRA was a national organisation for all Fellrunners, not just an English one of which the other countries are allowed to be part. The reason I am into running up and down hills is that I love being outdoors in the hills and enjoying the challenge of running places where most struggle to walk. It is a very basic sport, costing next to nothing, and requiring nothing except your own motivation to be there. Races are just an arrangement of groups of like minded people.

Every time I read "The Fellrunner" I am further put off by the bureaucracy within the organisation and continual discussion over rules and regulations and I believe many others will feel the same as me. I only became a member to keep in touch with race dates and be inspired by reading about the Herculean feats of the elite amongst us.

I believe (after speaking to friends) that the grass roots would like to just keep it simple. Have one single organisation for all regardless of where you live, separate from UK athletics. Have our own rules and do what we want with our own money.

This is a simple sport carried on by simple people who enjoy the simple things in life; exercise, fresh air, mountains and views. We're not interested in being affiliated to this or that, or having shiny medals after races. A mug of soup, a good laugh and good memories is reward enough for 99.9% of us.

### More on Quinolones from Dr. D. Moseley

I was interested to read Helene Diamantides' letter informing us of the potential for tendon damage from the quinolone family of antibiotics (the names of the individual drugs were given). The most commonly prescribed one in the UK is Ciprofloxacin.

These are very useful antibiotics but are usually reserved as "second line" by most doctors. Frequently there are available alternatives but occasionally their use is essential. In men they are particularly good at treating infections of the prostate or testicles and may be needed for several weeks in these conditions.

So what are the facts?

The most recent research (source reference below for those who are that interested!) seems to indicate that the risks are confined to those over sixty years of age. The risk increases threefold by the time you are eighty or older. The highest risk was found with Ofloxacin.

Concomitant use of steroids (typically for asthma or other conditions unlikely to affect fell-runners) increases the risk substantially. The authors of the research paper estimate that between 2% and 6% of all Achilles tendon ruptures in the over sixties can be attributed to the use of quinolones. Unfortunately they make no distinction between the physically active and the inactive.

The "take-home" messages should be :

1. If you are under sixty you can probably forget about it!!
2. If you are over sixty mention your concerns to your doctor if you are being offered one of the drugs but take the medication if he/she feels there is no alternative. Common sense would suggest that you should pull back on the intensity of training in this situation but that advice is not based on scientific

observation. Hope this helps.

Ref: van der Linden et.al. - "Archives of Internal Medicine 2003"; 163; 1801-7

### Toilet facilities at Championship races from Linda Crabtree

Sorry to go on about this issue but, having competed in both the British and English Championship fell races this year,

I and many other competitors feel disgusted and annoyed that at some of the selected Championship races there were no toilet facilities either at the venue or within a suitable walking distance away.

In particular, Holme Moss (a superb course and a well organised race) where we had to climb the walls or gate into an enclosed area with trees near to the reservoir embankment and to a walkway through for walkers. It was disgusting and very humiliating. Luckily I had come prepared with my own toilet paper, although I did hear of one person having to use dock leaves (!) though how my friend managed, for whom the race came at the "wrong time of the month" I shudder to think.

How can you expect us to do a 14 mile fell race without the use of a loo beforehand?

Another race was Slieve Bearnagh in Northern Ireland (British champs). This venue, "Happy Valley", was miles away from any villages and in the middle of nowhere. Again we had to climb a barbed wire fence into a small forest .

To the selection committee, who put together the Championship races - should it not be a condition that adequate toilet facilities must be available? With other races in the calendar we have the option to travel and if there are "no toilet facilities" in the handbook then I personally don't go to that race, but many of us feel compelled to run in a championship race as team points are vital.

Having spoken to a lot of fell runners - and as a race organiser myself - most runners would be more than happy to pay 50p extra at a race to have the assurance of decent facilities. A portaloos costs about £45 per day to hire so it wouldn't take much out of the race proceeds when you know that you are likely (because it's a Championship race) to get about 300 runners there.

So come on selection committee and race organisers. We live in the 21st century - let's adopt a more responsible and mature attitude. Maybe the calendar should read; **No toilets - no race - no excuse!!**

### Bad weather routes from Peter Watson

As editor of our club magazine I was sent the results of the "Three Shires" fell race. The results included a race review by the race organiser. The last paragraph of the review said:-

*"A word to the FRA. We will not be having a "bad weather route" at the Shires. We think fellrunners can take a little "rough" with the smooth. I know there's a risk, but then isn't that why we all head for the fells anyway? The old Marsden-Edale maxim will apply:- "If you can get to Little Langdale, the race will be on." "*

I hope all other race organisers will "box cleverer" than this. The imminent Special Events Act (which has focused minds on race safety issues) was prompted, in part, by the death of a runner in a half marathon. It was not the dead runner who took action - it was the relatives of the runner! Whilst it may be the case that all fellrunners will not take action when injured, their relatives might. Therefore would it not be advisable for an organiser to plan and document a "bad

weather route" and to keep their thoughts to themselves if they never intend to use the alternative route. The defence of "not having considered conditions bad enough to invoke the bad weather route" will be far easier than defending oneself having gone into print saying "I know there's a risk" and putting runners in the way of that risk!

I sincerely hope that this organiser never finds himself regretting having gone into print in this manner.

### Turnslack from Linda Crabtree

I always look forward to receiving the excellent "Fellrunner" magazine and during the few days following its arrival, nothing much gets done in my house until I have read it cover to cover (even more so with the October issue since I have my leg in plaster and have lots of time for reading!)

However, after reading the organiser's race report of Turnslack - "Pathetic is the only way I can describe the turnout - 74 finishers - is it really worth it?" I felt dismayed.

I can only say to Kevan, by your attitude, no, I don't think that in your case it is worth the effort. I just cannot comprehend a race organiser insulting people who may have made sacrifices and travelled a round trip of many miles to support a race.

As a race organiser myself and by reading the other race reports which are in contrast to Turnslack, I think 74 runners is a good field and it's quite noticeable in all the races that veterans over 45 and 50 are often first vets home and these "old buggers" are getting quicker (or am I getting slower?)

Kevan thinks there are too many races in the calendar. If other runners feel the way I do now, there will be one less after next

year. I certainly won't go to Turnslack to be slagged off after running.

### PST and dubious rule changes from Ross Powell

I gather that the PST are proposing to introduce another category of Race, ie Category D, which would include International and Selection Races only. It would appear that the main reason for introducing this change is to get around the compulsory kit rule. Under this new category it is proposed that the kit requirements would be at the discretion of the Race Organiser, as used to be the case under the old FRA Rule. This seems grossly unfair to experienced fell runners competing in Category A medium and long races who are required to carry kit. It can be argued that safety requirements for selection races should be increased not decreased. Selection races are potentially less safe than normal fell races for the following reasons-

They are normally 'one off' races (ie not established).

They attract small fields.

They are often organized with the minimum of manpower.

Most importantly, selection races attract runners from other disciplines - track, cross country, road etc. For some this may be their first ever experience of a fell race.

This does not mean that I agree with the compulsory kit rule. In my view the FRA over reacted when introducing this rule. I thought that the old rule was working satisfactorily. If this was to be changed back to the old rule where the Race Organiser decided the kit to be carried then this new category of race would not be required.



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# TO JOIN OR NOT TO JOIN – THAT IS THE QUESTION

from Norman Matthews

One question that I am continually asked is whether there is any value in an endurance runner joining a gym.

Initially – if I don't know the background of the athlete - I have to ask how seriously they take their running, as the monthly cost of joining a gym is usually about £20 - £30 with some of the more plush establishments charging much more. This cost is usually the determining factor in deciding whether you join or not - plus of course having a gym within a reasonable distance. For those that I personally coach, gym work and circuits are all part of the training program, with several athletes doing their weight training at home with their own equipment.

If money is no object then I can unreservedly say 'yes', joining a gym can definitely benefit an endurance runner. But like all things, there is a right way and a wrong way and gym work for endurance runners has to be event specific, it's no use building up your leg strength to run faster if your overall body weight increases.

Every runner can improve their leg strength to enhance their running and climbing ability - miles on the fells normally does a pretty good job of it – but unfortunately not everyone has the facility of the fells on their doorstep and the occasional weekend trip and races may be the only quality climb time they have. So, if you have the cash and the availability, what's the plan?

Like all things new it pays to start easy - and have the right program. Most gyms have good quality instructors who will initially set you off on the right path - when you have explained why you have joined and what your running discipline is, plus what you hope to achieve. Alternatively if you have a coach at your club who is qualified in 'Strength Conditioning' then most gyms will allow them in to set up your program.

To achieve good results it's not necessary to spend every spare minute of your time at the gym, twice a week for about an hour each time is a good starting point, the range of equipment

is now extensive with specific machines for each muscle group. Starting with these machines is initially the best way forward, they are much safer than free weights and they allow you to progress slowly in a safe environment, until you learn just what you are capable of lifting.

In time, possibly after a year or so the transition to free weights can begin.

*The advantages of using free weights has to be balanced in the early days against the higher risk of injury, so until a background of lifting has been acquired it's wise to stay on the frame machines.*

Initially, and in general terms, event specific exercises for runners are about high reps and light to intermediate weights; heavy weights can be used in time but the practice and techniques involved do require instruction. Each athlete has to be assessed individually to ascertain if there are any muscle imbalances and where any weaknesses are. Only when this assessment is complete can a weight program be devised.

It's not sufficient just to work the leg muscles; upper body strength and good core stability are also required for fell running. Areas that have in the past caused concern like ankles, knees and backs, may require specific attention, with exercises to correct any weakness. Certainly for the majority of FRA veteran members maintaining good body conditioning and eliminating any weak spots keeps you on the road to continued racing, right through the age groups. The thought of Keswick 2005 should be at the forefront of all vet training for this year, with the thought of an England vest a high priority.

Further advantages of attending a gym are numerous; the array of treadmills, cross-trainers, cycling and rowing machines can provide an excellent aerobic workout for those times when the weather prevents a good quality session. They are also advantageous when one injury or another prevents full impact running. Most gyms also run group sessions like circuit sessions and spin classes which in some cases are free. A combination of weights

Monday/Friday with a good aerobic circuit session on a Wednesday would be the perfect set up.

*Going with a fellow runner can usually provide for a more enjoyable workout, occasionally enhanced by that old competitive element!*

One of the hidden advantages of gym work is the metered psychological adaptation to stress and effort - if you are using the right weight and are working regularly on a 3 x 10/15 rep/set system to a last rep max, the lactic burn can be quite intimidating, but regular exposure to this type of exercise can prepare you mentally for tough racing situations. In fact in my experience regular attendance at a gym also promotes a more general acceptance of an overall training program with the offshoot that maintaining an 'at home' top up with stretching and bodyweight exercises is not always the bind it once was.

There is also the motivational aspect of paying a gym membership; in most cases once you have signed the agreement you are in for a year even if you find out later it was a fad, so the pressure is on from a financial standpoint to get your money's worth.

Gyms are very conducive to working hard and with beat music usually ringing in your ears a sweat can easily be attained. The further facility of steam rooms, saunas and in some cases swimming pools can all add to a comprehensive work out and cool down. There is usually an area of matting for stretching purposes which gives you the opportunity and space to do all those stretches that you know you should do but seldom get round to. They even have a quality weighing machine which takes away all the guesswork!

## **In Conclusion**

If your New Year's resolution is to increase your mileage and go for it this year then regular attendance at a gym will provide you with all the necessary equipment to develop a well conditioned body hopefully free of imbalances and well prepared to take on the rigors of a tough fell season.

Enjoy your running.

# CELEBRATION! THREE PEAKS RACE AT 50

## The "Must Do" Race Of The Year

There are older races in the Fixtures Calendar, although not many, and there are tougher races, although not many, but the most famous and prestigious fell race in England is still The Three Peaks Race.

In 1954 there were three finishers from six starters and Fred Bagley (Preston Harriers) won in 3.48.00, although no-one was really worrying then about recording the seconds, and over the succeeding decades the race has developed to become, in the words of Bill Smith (*Studmarks on the Summits*), "Britain's most popular amateur fell race."

On 25th April the Three Peaks Race will be run for the 50th time. It was most recently an English Championship counter in 2000 and in recognition of its 50th anniversary it has again been accorded English and Yorkshire Championship status. The only question that fellrunners will ask of each other for the rest of the year will be "Were you at the Peaks?" and if the answer has to be "Yes!" applicants should apply now.

## Social Event Of The Year?

It may not be Royal Ascot or Henley Royal Regatta, although certainly it can be wet enough for the All-England Championships at Wimbledon, but the Three Peaks Race Association, which organises the event, has always prided itself on the quality of the occasion. Whether providing marquees for when the sun doesn't shine, ensuring the safety of runners by utilising Raynet, the Mountain Rescue Organisation and a comprehensive tagging system, and providing for every runner's mundane need just before the race start, the organisers take pride in providing the benchmark to which other races aspire. They also respond to changing needs and changing times and, delighted with their experiment in 2003 with the Sportident electronic timing system, have decided to adopt this methodology as standard.

For 2004 even the normal Gold Ribbon standard will be surpassed because the Association is planning an event to live in the memory of every competitor.

Organisations such as Yorkshire Television and the Yorkshire Post have agreed to play their part in a unique day. The former has made available for viewing the film of the 1976 race when John Calvert (Blackburn) won the first of his two victories in 2.43.59 following the six consecutive wins of Jeff Norman (Altrincham & District).

The 1993 recording will also be available when the winners were Gavin Bland (Borrowdale) and Carol Greenwood (Calder Valley) but most people remember this race for Mark Croasdale (Lancaster & Morecambe) going from 1st to 4th on the run-in to finish in 3.07.38 (2 minutes 21 seconds behind Gavin) whilst being immortalised for a television audience. Mark did win the race in 1999 (for Bingley) in 3.04.48.

Until Robert Maxwell fell off his yacht the race had been sponsored for many years by the Daily Mirror and then by British Telecom, Pace Electronics and Multiflight. The race has been without a significant sponsor for several years but the celebration of this Yorkshire event has attracted the interest of several potential sponsors which may even provide for the recasting of the high quality medals that were awarded to well placed runners in the days of Daily Mirror sponsorship.

by Graham Breeze

A limited number of embroidered high quality tops will be on sale but the Association has eschewed the traditional T-shirt or slate coaster for every finisher and have commissioned instead a Celebratory Brochure to mark the event. The Brochure, which will be issued to all competitors and those associated with the race, will include a historical review by Bill Smith, lists of past winners, historical photographs, etc. and will also contain an insert listing all runners in the 50th event.

Unfortunately one tradition that cannot be upheld this year is the presentation of a plaque for completion of 21 races because no runner achieved this in the 2003 race.

Finally and most importantly the Association will be extending invitations to all previous winners to share in the celebration.

## Triple Past Winners

It is not the purpose of this piece to provide a history of the race but previous triple winners should be honoured and these are:

### Men

Mike Davies (Reading): 4 consecutive wins 1965-68

Jeff Norman (Altrincham & District): 6 successive wins 1970-75

Harry Walker (Blackburn + Clayton-le-Moors): winner in 1978, 79 & 81

Hugh Symonds (Kendal): winner in 1984, 85 & 87

Ian Ferguson (Bingley): winner in 1988, 91 & 92

Andy Peace (Bingley): 3 consecutive wins 1994-96

### Women (only eligible from 1979)

Vanessa Peacock (Brindle) (Clayton-le-Moors): 4 wins in 1985, 87-89

Carol Greenwood (Haigh) (Calder Valley + Bingley): 3 wins in 1993, 97 & 98

Sarah Rowell (Leeds City + Pudsey & Bramley): 4 wins in 1991, 92, 94 & 96

The male and female with the record of completions should also be acknowledged as Alan Heaton (Clayton-le-Moors) who completed the race 38 times in 40 years (1956-1995) and Wendy Dodds (Airedale & Spenborough + Clayton-le-Moors) who was a joint winner in 1983 and completed the race for the 20th time in 2003.

(With thanks to Bill Wade (Holmfirth) whose 33 completions are only exceeded by Dave Scott (Clayton-le-Moors) and Alan Heaton).

## Record Field? Record Time?

There was a time when the organisers received around 1000 applications for less than half this number of places but in recent years the event, along with other long fell races, has suffered from a decline in applications. However everything is relative and it is a staggering testament to the popularity of the race, which can take the winner almost three hours and has finishers coming in well over five hours, that the recent lowest field for over 30 years still produced over 200 finishers. Even in its 49th year the race could still provide a delightful surprise with its first father and son victory when David Walker (Clayton-le-Moors) won in 3.06.27 to follow the three victories of Harry Walker referred to above.

English Championship status implies high quality fields and fast times but the race records for the current course

predate the last English Championship year of 2000 (Simon Booth (Borrowdale) 2.52.43 and Sally Newman (Glossopdale) 3.38.11) and go back to 1996 when Andy Peace (Bingley) and Sarah Rowell (Pudsey & Bramley) set the current marks of 2.46.03 and 3.16.17 from a record 415 finishers.

Of course route changes over the years and changes to the path towards Ingleborough mean time comparisons are objectively impossible and there are those who believe that John Wild's (RAF) 1982 time of 2.37.30 although on an easier route was a better performance than the current record time of Andy Peace. The route is now considerably longer than pre-1975 (when the start moved from the Hill Inn to Horton) and only last year access difficulties towards the finish increased the race length again with a new section of road prior to the run in to the finish field.

Top fellrunners today are often accused of running tactically for the victory rather than to break the record but, given good running weather and a quality field, perhaps the prospect of a record time in the 50th Anniversary year will spur those at the front to even greater glory?

#### **When They Have Gone, They Have Gone!**

Improved management of the application process to cater for entries has allowed for the closing date to move to 24th March, subject to the race limit of 600. The race has always had a significant number of "no-shows" and the organisers will continue to allow for substitutions from within the same club on race day. Special treatment will also be given to men who finished in the first 10 places and women in the first 5 places in 2003.

Entry forms may be obtained via [www.thethreepeaksrace.org.uk](http://www.thethreepeaksrace.org.uk), club contacts or Bill Wade, Entries Secretary (contact details in the Fixtures Calendar).

However environmental sensitivity and work load issues mean that the entry limit of 600 will be rigorously applied if this limit is reached before the closing date of 24th March so runners are advised to enter early because when the race numbers have gone, they have gone!

*And to keep with both the Three Peaks and the "Fifty" theme, there is printed below a pleasant little piece by Nick Hewitt, entitled ...*

#### **Three Peaks Plus at Fifty**

I left home at 4.30 am on September 23rd, my 50th birthday, and ran through the dark across the fields of Tatham Fells to the foot of White Hill, the northern-most fell in the Forest of Bowland. The sky was ablaze with stars, a good sign after the torrential rain of the previous day. My aim was to run over the Three Peaks, seen so prominently from my garden, beginning with Pen-y-ghent and finishing with Ingleborough, in a 50 mile circuit starting and finishing at home. But before venturing into Yorkshire and Pen-y-ghent I first had to visit the un-trodden bogs of White Hill, my private training ground for the past 20 years. The fact that this would involve a three-hour detour in the wrong direction was a minor consideration; the lure of Bowland is a strong one.

Skirting the farms to avoid waking the dogs, I was soon on the open fell, and making good progress up through the heather and peat so characteristic of these moors. At the trig point I turned east and followed the fence down to Cross of Greet as the dawn was breaking. From there a wet but easier climb through bog followed by a long moorland descent brought me to the next road crossing at Bowland Knotts, where I saw the sun rising directly ahead. Here I had my first short stop for a drink and could contemplate the route ahead to Pen-y-ghent.

Another section of rough moorland took me to a farm track at High Grains, and a swooping run down this and the frosty fields below brought me to the hamlet of Eldroth. There I swapped some previously hidden food for my head torch. Children in a minibus on their way to school looked on as I ate a tin of rice pudding – probably a strange sight at any time, let alone at 8 o'clock on a frosty morning.

Crossing the A65 was exciting, and a farmer at Feizor looked bemused as I passed, but soon I was jogging up the long lane from Helwith Bridge to Pen-y-ghent. At the top I took time to savour the thought that I was half way round and to enjoy the long view back to White Hill and beyond. The hills of Bowland are not to everyone's taste, but I find them magical, in a masochistic, bog-trotting kind of way. Of course, the added spice of a gentle trespass always helps to make them that more enjoyable too.

I don't know if I am the only one, but the section in the Three Peaks race that is hardest for me is always the interminable four miles to Ribbleshead, and it was no different on this occasion. I was glad to run down the track towards the viaduct where I knew Mike Kelly would be waiting for me. After a quick refuelling stop we started up

Wherside. I was pleased the river level had fallen sufficiently overnight for us to be able to follow the race route under the railway and across the beck without it being necessary to keep to the footpath. What a difference it makes having a chat and a joke...before I knew it we were at the trig point admiring the view and then heading down the ridge. Here for the first time I began to feel the tiredness in my legs as I tried to keep up with Mike.

At the next stop, just past the Hill Inn, a couple of picnicking walkers looked on as I fished out a bag of food and a bottle of water hidden in a large patch of nettles and we sat down for another quick break. By now it was past 1.00 o'clock, but I felt no pressure, knowing that I was well on the way home. From the top of Ingleborough the views were again spectacular, and the fields of Tatham Fells, high on the northern slopes of Bowland, surrounding my house, were clear, with White Hill beyond.

At Newby I left Mike but was joined by John Taylor for the final stretch across the fields of the Wenning valley towards home. Jogging turned to a weary walk as we gained height up a farm track and fields. A final section of moorland, a couple of flat fields, and at last I was able to run into my yard. It was a little over 12 hours since I had left home, but I was happy in the knowledge that as a fell runner of distinctly average ability I had celebrated my 50th birthday with a wonderful run of 50 miles and four fantastic hills, something most people would probably think was totally crazy.



*Nick Hewitt at Newby (Photo Nick Hewitt)*

# THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

Interested readers may recall that in the February edition I was hoping that the final number of successful runs would total 40 for this season. Well, challengers came up trumps and we did make that number, with Mike Berry of Black Combe having a good run for the M50 group in July. Thanks to Mike for topping it up; he also put the M50s another notch ahead of the chasing group of M60, so we need some more of that age group. Not that we are meant to be competitive, you understand! But we are, of course and the current figures show 18 v50s, 16 v60s and 6 v65s, plus one repeat at v70.

The Presentation Dinner at Santon Bridge was the most enjoyable we have had, perhaps because we are now getting to know each other better and are finding it easier to put names to faces. Whatever, some 50 runners and guests enjoyed listening to Joss and to Ken Ledward, both of whom paid tribute to Chris Brasher who did so much to start the whole ball rolling in 1991.

We congratulate

Phil Clarke	Kendal A.C.	October 2002.	Mike Lamb	Grange over Sands	June 2003
Roger Baumeister,	Dark Peak	May 2003.	Mike Berry	Black Combe	July 2003

Charity Money raised to date now stands at £12,044

*Information: Monica Shone, Swn y Gwynt, Penmynydd, Llanfairpwll, Isle of Anglesey, LL61 5BX.  
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## STAN EDMONDSON: 1926-2003 A Tribute

It is our sad duty to report the death, from cancer, of Stan Edmondson of Seathwaite, Borrowdale. Stan was born on the farm and lived there till he died, his parents having taken it over in 1916.

He got his first taste of competitive running at local children's sports and achieved his first senior victory in the race up Brund Fell at the 1947 Borrowdale Sports, Rosthwaite, other triumphs that year including Braithwaite, Keswick and Grasmere. The following season was his best one as he entered 14 races and won them all, including Ambleside and Grasmere. Stan himself regarded his third Grasmere win over the legendary Caldbeck shepherd, Bill Teasdale MBE, in 1951 as the greatest victory of his career. Teasdale led on the climb and on the top, steepest part of the descent, but Stan had meanwhile embarked on one of his trademark breakneck descents and he caught Bill at the gate, his extra height giving him an advantage here as he vaulted over and stormed down the concluding fields, with the Caldbeck man still in close contention. Stan finally won this epic battle by about 5 yards with a time of 13.47. Despite finishing 2nd, Teasdale sportingly claimed this to be his best race, too, as quoted by Neil Shuttleworth in his book, *Best Of British: A Review Of Fell Running Champions* (1990).

The following year at Grasmere, Stan finished 2nd to Bill, who still holds the record of eleven victories at this famous event. In 1953, Stan decided to retire from fell racing, though his son, Stan Jr., took up the sport and won the junior guides race at Grasmere in 1966. Stan Sr once told me that every race he'd ever entered had been run in good weather. As a farmer in the notoriously wettest area of England, however, he had to contend with all kinds of weather, including the terrible floods of 1942 and 1966. Along with local quarrymen, Stan was also a pioneer of mountain rescue, assisting in many call-outs, and in 1947 he joined the Keswick Mountain Rescue Team.

He will always be remembered by followers of Lakeland sport.

*Note: There is a very interesting chapter on Stan Edmondson as farmer, fell runner and mountain rescuer in Sheila Richardson's book, *Tales Of A Lakeland Valley: Borrowdale* (Mill Field Publications: Workington, 1996), which can be found in most Cumbrian bookshops.*

Bill Smith



Stan Edmondson (2nd from right) at Keswick Sports Fell Race in 1948  
(Photo Woodhead)



# The highest marathon in the world

by Neil Denby

Yes, it truly is the highest marathon in the world, and probably one of the hardest. And no, it's not downhill all the way, there is a fair amount of climb, and no, it doesn't start from the top of Everest, and no, I haven't done the London Marathon... and how long do you *think* it is? It's a marathon! Just some of the misconceptions about this tremendous event.

It is also bloody hard work and I would not recommend it to anyone who is not fit, or who thinks that walking poles are useful, or whose sole experience of marathon running is the London (or similar events). There are no brass bands, no course markers, no tinfoil capes at the end, no celebrities vying for camera space, and no-one trying to interview you for some local radio station. There is, however, support of another kind. You have your own porter, your own tent (shared) and, perhaps most importantly, your own doctor. This is a personal physician who checks your health every day, who looks for signs of altitude sickness, who keeps giving you good advice ("Stay warm; wash your hands, drink more water; rest; drink more water, wash your hands, drink more water").

The instructions for your health are important in a country such as Nepal, where clean drinking water is almost unheard of and even the bottled water is suspect. Scrupulous hand-washing and water purification serves to keep the dreaded Delhi belly at bay; the other advice (and checks) ensure that you are not dehydrating, or suffering from mountain sickness. If you are, you may have to go down in order to recover, although this is unlikely because the medical equipment and back-up on the trek is the equivalent of a small hospital (including a decompression chamber!). None of the equipment or drugs is brought back either, it is all donated as medical supplies to local clinics and hospitals.

Kathmandu, the capital of Nepal, has some motorised transport, but roads do not extend far beyond this. The problem is that, in the Himalayan foothills, the valleys have a tendency to descend into rivers – which can become raging floods and the only way to cross such water is by Swiss bridge and shank's pony. Rugged mountains cover 85% of the land and travel throughout the hill regions is only possible on foot; all basic goods have to be carried by men or beasts. This means that the Mars Bar (out of date) that you buy from the lodge at 17,000 feet, has been portered up to that height just to provide you with that little bit of luxury. So the event is not 'just a run'. It involves a three week trek for purposes of acclimatisation to the altitude; it involves travelling reasonably light – a day sack for you and a porter carrying your main kit (which you must reduce to 12k max) and it involves a terrifying flight in a light aircraft from Kathmandu airport to the 45 degree landing strip at Lukla: two days from our 'base' at the Sherpa village of Namche Bazar.

My own reasons for doing the Marathon were purely personal: the mountain is celebrating the 50th anniversary of Tenzing and Hillary's ascent and, coincidentally, I was also celebrating my 50th just a few days before we left. It therefore seemed a good idea (if somewhat insane) to match the two events together. This led to an illustration of the generosity of spirit of the Nepali. There is a Churkha team in the event (a Churkha battalion is based on Kathmandu) and one of these, on hearing of my birthday, offered me his own 50th anniversary of Everest hat – awarded earlier that year. I wore it all the way!

I had no idea how well I would do, no idea about mountain sickness, or whether I would get it; no idea about the trek (I'm not a walker and never have been). I did, however, have some idea about the sort of gear that would

be needed, there being several members of our running club who had actually travelled in the region, either on earlier versions of the Everest Marathon, or, in the case of Patrick, as an expert on the British Everest Expedition. I took their advice and set off with excellent kit – Buffalo, Pertex, Helly Hansen, Dri-Flo, Rab, Sealskinz – a veritable advertising hoarding for the best in mountain equipment.

What did this mean? For me, it meant that I stayed warm, dry and comfortable. That in the minus whatever temperatures, I slept well. That, while others (with poorer equipment,) got tired, uncomfortable and, worst of all, cold, I stayed



Adrian charges across the bridge at Tammy (Photo Neil Denby)

OK. This, it is worth stating, is very important for keeping healthy. The cold, the dry air and the altitude all conspire to hammer your immune system so that, gradually, you become less and less able to cope with whatever else the area may throw at you. Many people were sick – either Delhi belly or mountain sickness; others just got progressively weaker. It was, as I've said, hard work.

Everest Base camp, and the start of the routes from the Nepali side, is at the end of the valley of Solo Khumbu – where Tenzing was born. We initially, however, trekked up the sister valley of Gokyo in order to climb Gokyo Ri, at 18,000 feet a test of whether or not we had acclimatised. From here there are spectacular views including the 8,000 metre peaks of Everest, Lhotse, Nuptse and Cho Oyu and the Ngozumpa Glacier. Those who made it to the top were not only well rewarded by the view but also encouraged that their lungs and legs were coping. From here it was then a question of rejoining the race route near Khumjung and trekking up Solo Khumbu to the race start at Gorak Shep. The highest point reached is the summit of Kalar Pattar at 5,623 metres, from where Everest can be clearly seen, with the seemingly more spectacular pointed peak of Nuptse in front of it.

The race starts before the crack of dawn, but the day before is even more crucial as a team of doctors gathers to check your physical fitness to do the race. It is at this point that disappointment falls on a small number of people, who, for one reason or another, are not allowed to compete. It is a hard decision, but the doctor's word is final and some of our friends were not able to join us on the start line. A number of Nepali runners, however, do join us, swelling race numbers to over 60, including record holder Hari Roka and a back up team of sweepers and doctors. Our task is, however, to try to beat the Europeans. Only our best runners will manage to beat even some of them! They are acclimatised (of course) and are used to the cold and the thin air.

The race sets off in the dark and, even when dawn rises, we were in the shadow of the mountains as we proceeded down the Khumbu Glacier. There are a number of checkpoints, where there is water, support, humour, medical help and even (at one of them) rice pudding. I pottered (you don't run fast at this altitude) but found myself pottering at the same rate as many others. I was pleased to see the support of those who had had to give best to altitude and could not compete. They still, of course, had to get down but on their way lent support at aid stations. I was stunned to be told by one "You're 8th" about 10 miles into the race and to have this confirmed at around the half way point – the rice pudding station by the monastery of Tyangboche. I knew, however, that there were tougher times and climbs to come. The race ascends the Sarnassa Hill (several thousand feet) and, above Namche Bazaar, with the finish in sight, sets off on an undulating six mile excursion out to Thamo in order to make up the distance. By this point I had overtaken another two Europeans (no Nepalis) and had the pleasure of seeing those runners who were in front of me on the return leg of the loop. Even better, when the turn round point in Thamo was finally reached, I could see who was behind me – and how far. Tony Mac, whom I overtook on the Sarnassa hill, was not too far adrift, but far enough that I didn't have to worry; Kleppie (Australian) was far enough ahead that I was not going to catch him – so it was just a case of relaxing into the last three miles. I also spotted my mate Derek a little later, on the outward leg, not looking too bad but several miles behind. I nearly went

wrong on the hill above Namche by trying to keep the local gods happy (pass the mani walls and mani stones on the right hand side) but Dr. Steve put me right. The slight detour allowed Tony within hailing distance and we agreed to finish together which we did – according to my watch in just under seven hours; according to the official time, just over. I was more than a little surprised to find that, not only was I sixth European, but I was the first vet 50 – a place well worth celebrating!

We then waited anxiously whilst our friends finished and touched our first beers for the best part of a month (if you believe that, you'll believe anything). Dan had done really well, finishing first European and ahead of several Nepalis, in 13th position overall in a time of 4.51.12 whilst Hari Roka's crown was taken from him by Uttar Kumar Rai in 4.01.44. Full results can be found at [www.sleepmonsters.com](http://www.sleepmonsters.com).

Post-race was something of a release, in a lodge in Namche we partied the night away, drinking bad beer (and worse whisky) eating yak steaks and dancing to the sound of all the Western music that people had brought with them on trek.

The verdict? The craic was good, and I made some very good friends. As a way of spending time: walking and talking with friends, drinking hot lemon and black tea, marvelling at scenery, it is only to be recommended. The medical support was excellent. The trek was interesting (and not too easy). The race was brilliant (and hard). The presentation – in the old Rana palace in Kathmandu that is now the Hotel Shanker, was lively. The best moment – when Dr. John handed me a bottle of cold Tuborg as I crossed the finish line. The worst – the short bout of Delhi belly when we first arrived in Namche (my own carelessness).

Nepal is one of the 5 poorest countries in the world, where even a little help can go a long way. The Everest Marathon Fund does not operate projects itself but gives money to charities which already have a continuous development programme. These organisations work at grass roots level with the involvement of the local people and spend very little on administration. If you wish to donate to the Everest Marathon Fund, contact <http://www.everestmarathon.org.uk/everest-marathon-fund.html>. Details of the next race (November 2005) can also be obtained.

*And just for the sake of completeness, here's a short report of the actual race from another of the stalwart hand of Brits who took part .....*

## REFLECTIONS FROM A COMPETITOR by Mike Hetheron

"On your marks. Set. Go!" shouted chief medic, Jo Grove, to the assembly of 60 or so international runners on the snow covered frozen lake by Gorak Step, and so started the 10th bi-annual Everest Marathon, on the 26.2 mile journey to Namche Bazaar. I looked around me in the frosty dawn light to see the snowy west flank of Everest seemingly very close behind me just over the glacier and the soaring ice cliffs of Nuptse towering over me to the left. A surprising surge of energy ran through my body as the field raced past the tents we had recently crawled out of. I tried to establish a position in the first third, as we made our way up a 300-metre slope onto the rough glacier moraine. The twenty Nepalese competitors soon established a strong position at

the head of the field, seemingly unaffected by the 17000ft thin air, leaving most of the rest of us gasping for breath as we slowed to a crawl. Fuelled on by the 5.45 a.m. porridge with honey and black tea, I made reasonable progress on the rough but mainly downhill route to the first three mile Marshal point at Lobouch.

The next leg to Dugla and then Pheriche involved even steeper descents, with exciting crossings of frozen rivers to contend with, just for good measure. With 3000ft dropped in the first 7.5 miles breathing became noticeably easier. With the sun appearing over Ama Dablam, it was time to strip off warm thermal gear as the temperature changed from -10 degrees C to +10 degrees C. At Pemboche at 11 miles, where my daughter Jemima was marshalling, I was able to refuel on energy drinks and chocolate, feeling surprisingly fresh. The steep pull up to the dramatic Tengboche Monastery, just over half way, soon put paid to that feeling. However the rice pudding and encouragement served up by the ever-smiling Dr Kirsty Harmor helped to prepare me for what came next - a steep unrelenting 2000+ft drop down to the Dudh Kosi river crossing, followed by an even steeper hill going up the other side to Sarnasa.

"You look great!" shouted the very enthusiastic, pleasant ladies running the feed station. "You'll soon catch the guy

in front." I certainly didn't feel great and neither did I catch up with the guy in front, despite some strong running on the glide down to Chorkung at 20 miles. Only the Thamo loop to do now, which is mostly down hill to the turn point, with earlier runners giving one encouragement as they come back towards you. At Thamo a smiling Sherpa ties a red ribbon round your wrist and then asks you to run another 150 metres to the end of a wall, which is the turning point for the struggle back up to the finish in the center of Namche Bazaar. I was uncertain of the correct route as I staggered back to within sight of Namche, as I had missed the training day on this section of the course, through illness. But 'whoops' of encouragement, from a field in the centre of the village, guided me to the finish line, where thankfully the pain ceased and I could start reflecting on an amazing month-long mountain experience, culminating in the run of a lifetime!..

For the records, the first of the runners from 'overseas' at 13th was Dan Golding from the Lake District, with Martin Pengilly of Wales not too far behind. Adrian Davis and Peter Brittleton came in equal 3rd. I was 10th of the non-Nepal runners. Robin Carter from Exeter equalled her 1995 performance as 1st lady home. Our popular group leader, Barry Johnson, was first 'super vet' (over 60) overtaking the Austrian favourite and past champion Georg Tangerner in the last mile of the race.



# LOWE ALPINE

MOUNTAIN MARATHON

June 19th/20th 2004

The LAMM is a 2-day mountain orienteering event that takes place each year in the Scottish Highlands. The emphasis is always on challenging routes in classic high mountain country. Those who regularly participate in the LAMM regard it as the connoisseur's Mountain Marathon. Last year we were based at Spittal O' Glenshee. Since 1994 the event has visited some fine locations:

2002	Braes of Balquhidder	2001	Ardverikie, Ben Alder & Corroul	2000	Glen Shiel & Knoydart
1999	Black Mount & Bridge of Orchy	1998	Corran & Ardgour	1997	Isle of Jura Classic
1996	Grey Corries & Mamores	1995	Isle of Mull	1994	Arrochar

We limit the number of teams to 500 and the event always fills to capacity. This limit ensures that we are able to visit fine venues that might otherwise be impossible to use. The relaxed and friendly atmosphere on Friday night at the Event Centre camping field allows friends to meet up and old acquaintances to be renewed. Wilf's Outdoor Catering provide evening meals in one of the marquees.

We like to make our event exciting and build a sense of anticipation. Apart from providing an approximate travelling time, we keep the venue secret until just before the event so that the area is a 'surprise' to all competitors. We have been known to move 1000 of you up to 40 miles on the Saturday morning to an unexpected start so that you can enjoy the challenge of running over the mountains for 2-days as you head over the hills to finish back at the Event Centre.

This year the emphasis is on NORTH. Why not make a date with the LAMM and find out for yourself why many consider it the Mountain Marathon not to be missed. We hope to see you in the NORTH of Scotland on June 19th/20th 2004.

**MARTIN STONE, Event Organiser**

Full details are on [www.lamm.co.uk](http://www.lamm.co.uk). Please add yourself to the LAMM email list and you will then receive event updates. Alternatively, please send an SAE to: Lowe Alpine MM, Sleagill Head Farm, SLEAGILL, PENRITH, Cumbria CA10 3HD. Event details should then be despatched to you in February 2004.

# KIMM 2003 Retro style

by Adrian Belton

In 1991, Adrian Belton and Mark McDermott ate their way to victory in the KIMM Elite class, one of the most gruelling courses ever, when only 16 teams finished. 12 years on, they rashly decided to make a comeback, as their combined age of exactly 92 meant they could be classified as veterans.

Here Adrian recounts the tale of Langholm Hills 2003, and what it felt like to be let out on the hills officially as old men, as he and Mark re-lived KIMM in pre-Seddon era style. Stalwarts of 'Up & Down' magazine may recall the 1991 article on how they picnicked like true trenchermen.....

Retro styling is in vogue; just look at car designs. 'What is *that?*' exclaimed Mark as he examined the camping gaz stove and canister he was to lug around for the next two days. Our kit was strewn across the b&b bedroom floor as we weighed up whether the food was actually heavier than the tent. Our renowned appetites meant that it was essential for there to be not just ample food but also sufficient fuel, hence my decision to bring along the 80's style stove. Being true to the pioneering spirit of the event, we had decided to do this one for old time's sake and with original gear.

We examined the other relics spread out before us. I offered to carry the tent, the original we had used all those years ago, with some added mildew. Mark even had his ancient 'Elite Fellrunner' cagoule; the requirement in the rules for taped seams seemed somewhat academic. Smelly hellys and old tracksters abounded, none of the modern garb for us; as a concession we did carry spare pants and socks (and some amazing foot shaped plastic bags to keep the feet dry, courtesy of Martin Stone).

Instead of alcohol, our tippie for the midway camp was to be cabinet full of pills and supplements that you see advertised for golden oldies, but for us for aching joints and muscles. How long might it be before there is testing for designer drugs? Mark's sleeping bag was the one he used 12 years ago, and it smelt like it. Being the hard man he is, he pooh poohed me for carrying a Karrimat; the silver foil blanket being

sufficient for him.

Which just left the food. One 'advantage' of getting older is that your stomach shrinks. Hence we felt we could carry less food than we did all those years ago, even though we were likely to be out for longer than the near 16 hours in which we won the 1991 event. Here we eschewed the retro principle, and instead elected to go with some amazing modern expedition stuff which earlier in the year Mark had lugged across the Patagonian icecap. Well travelled.

Just like the pair of us I suppose. Since 1991, Mark had sunned himself in Oman for four years, before trotting up a few mountains like Cho Oyu, Everest, Aconcagua, and McKinley (he still denies going for the seven summits). By contrast, I had been to Macclesfield, and now the Derbyshire Dales, with the occasional run in the hills when not trying to keep up with three young children.

We were also well travelled that evening; the directions to the b&b mentioned a nearby pub to turn off at; thirty minutes later and hopelessly lost in dark narrow and muddy lanes, we gave up. Out came the mobile phone (where were they in 1991?) and our bemused landlady talked us through the directions to get to her farmhouse. The omens were not good; neither of us had done much map reading in the intervening years and mobile phones and GPS were definite no no's.

And so to the big day. As a concession to age, we had the privilege of starting earlier than the brat pack all bunched up behind us in the start list. Even so, we felt we could luxuriate at the b&b by consuming the full breakfast, which settled nicely on top of the steak and couple of bottles of red wine from the night before.

'Can I see your dibber please?' I can't recall who smirked first; the well-meaning lady on the start line, or Mark who was already stripped down to his shorts and about to go further still. Don't remember all this hi tech stuff in 1991, when it was more like Blue Peter with sticky backed 'plarstic', emery paper and chinagraph. Youngsters have never had it so easy.

And off we went. Into the tussocks and

endlessly uphill. How clever of the mapper not to put spot heights on the hills and contours; how could I possibly use my altimeter watch now. Had to rely on the wiggly brown lines; how retro is *that?*

I suppose it's reassuring to know that some things just do not change, and bashing across swathes of swamp, tussock and heather felt just as good as it did all those years ago, despite having to extricate the zimmer from time to time. Equally, the joy of stumbling into a control, invariably well hidden further up or down a steep ravine, remains undiminished. Even the weather had a retro feel to it. At one point I was hallucinating in the heat, recalling the Rhinogs of 1979. Later in the day, the sheer delight of horizontal hail and rain brought back so many other happy memories.

Thankfully, by the time dusk had arrived and we were trying to remember how to pitch the tent, the rain had stopped. Less thankfully, why is it muscles always seem to go into spasm as one tries to wriggle into the cloche masquerading as a tent? One retro challenge however was to find a water container big enough so that we didn't have to keep getting out of the tent. Who nowadays drinks wine out of boxes (or worse, would confess to doing so)? Where Mark found his original wine box bag from, I do not know, but it served us well.

As in 1981 in the Lakes, there was a reassuring crustiness on the tent in the morning, and the shoes were well frozen. There was also the same old dilemma; to get up for a much-needed pee, or to hang on for as long as possible in the warm sleeping bag before the second brew threatened a bladder bursting experience.

As for portaloos..... Bring back the slit trench say I, with the death defying stunt of squatting above the chasm, wondering just how you might get out of it if the muscles in your legs spasm again as you make that final strain.

There is a trend in newspapers nowadays for readers to write in with a blindingly simple yet paradoxical question, to which wiser readers respond with the answer the following week. Well, my question is, "Why is it, having emptied half the contents of

your rucksack into the thoughtfully provided skip at the mid way camp, the sack is heavier still on Day 2?"

And so we yomped and stumbled our way round Day 2. And we discovered another facet of growing old. It could be failing hearing, or amnesia, or just plain stupidity. Whatever it was, I had to stop to tie up shoe laces after Control 2, while Mark offered to carry on with a few other teams, allowing me to catch up 'down the path'. (Why it is, with velcro and other modern gadgets, fell running shoes still have laces which, however tied up, always come undone. Surely there is a modern answer). Anyway, by the time I had got back in the chase, the runners in sight were running 'up the path', and Mark was nowhere to be seen. I chose to run *up* the path.

Some little while later at Control 3, our hitherto beautiful relationship was about to be shattered as Mark thundered over the corrie top, enquiring of me, for all around to hear, as to whether it was the word 'down' or 'path' I had failed to understand. A beneficial side effect was that the adrenaline surged and we stormed on and through the field.

In days of old, I always felt sorry for the poor souls who, having battled round the course, had to cross a finishing line which was being dismantled, while prize winners received applause from all the other finishers. And so it was for us; the distant sound of the P.A. system and applause echoed around the hills, as we reflected on a 16-hour epic over the past two days while 'jogging' down the final track into 14th place overall. We half wondered whether we would run into the finish just as the announcer says "and the prize for the first veterans on the Elite is.....oh, and here they are now!" Our win however was posted on the website by Tuesday - there's progress!

So it wasn't quite the seven marathons in seven days on seven continents being run at the same time by the 2002 KIMM Elite veteran winner, but then neither Mark nor I have had the triple bypass yet....

## "Spot the Runner" competition

WIN a "Running Bear" Fellshirt by studying the rather vague photo below - If you can identify  
a) the runner b) the race  
(as a clue, it's one of the 2003 Championship races)  
then either phone (0161 485 1557)  
or email ([djonesfra@aol.com](mailto:djonesfra@aol.com)) the Editor with your answer. Closing date is 31st.March, on which date all the correct answers will be put into a hat and the first one out will win a "Running Bear" Fellshirt.



## WMRA 2003 GRAND PRIX RESULTS

MEN					Race						Races No.	TOTAL POINTS
RANK	Surname	Forename	Year	Nat.	1 M-A	2 G-H	3 S-T	4 M-Z	5 C-S	6 H-B		
1	Wyatt	Jonathan	72	NZL		100	100	100	100	100	5	400
2	Gaiardo	Marco	70	ITA	80	80	80		60	80	5	320
3	Krupicka	Robert	78	CZE		50	60		80	45	4	235
4	Blaha	Jan	71	CZE		45	50	60		50	4	205
5	Schießl	Helmut	72	GER			40	80		60	3	180
6	Cox	Martin	69	GBR	11	60	45		18	4	5	134
7	Jenne	Markus	76	GER		29	29		32	18	4	108
8	Kröll	Markus	72	AUT	22	26	36		22	6	5	106
9	Brown	John	69	GBR		36			24	26	3	86
10	Reitberger	Rudolf	71	AUT		24	26	16		15	4	81
WOMEN					Race						Races No.	TOTAL POINTS
RANK	Surname	Forename	Year	Nat.	1 M-A	2 G-H	3 S-T	4 M-Z	5 C-S	6 H-B		
1	Confortola	Antonella	75	ITA	100		80		100	100	4	380
2	Zatorska	Izabela	62	POL		100	100	100		60	4	360
3	Gassmann	Daniela	64	SUI		60	60	80		80	4	280
4	Jurisc	Veronika	77	CRO		45	40	45	50	36	5	180
5	Melicherova	Ludmila	64	SVK		32	50	36		50	4	168
6	Kapuscinsky	Marion	67	AUT	32	36	32		40	40	5	148
7	Buss	Steffi	75	GER			45	50		45	3	140
8	Bellorini	Ombretta	67	ITA	20	16		13	18	16	5	70
9	Orlic	Antonija	77	CRO			13	8	15	11	4	47

## FRA LONG DISTANCE AWARD 2003

Chris Upson received the award in 2003 to mark his success on the ambitious new challenge he created in the Lakes, which he has named "Lakes24". The challenge was to link as many Marilyns (hills with a drop of at least 150m on all sides, as described in "The Relative Hills of Britain") on foot in 24 hours. His 70 mile route took him to 24 Marilyns and included more than 29,000 feet of ascent. The majority of the panel of about 20 long distance 'experts' voted for Chris. The other achievements that were considered were Winter Ramsay Rounds by Glyn Jones and Gary Tompsett, also Winter & Spring Tranter's Rounds by John Fleetwood.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 0870 766 1792, FAX:0870 766 1793, EMAIL: martin.stone@sportident.co.uk*

## TERRY DAVIES - SOUTH SHROPSHIRE ROUND

On 18/19th July 2003 Terry Davies completed a new round in South Shropshire that was specially devised as an alternative to the classic mountain rounds of Wales and the Lakes. The route started at The Ragleth Pub in Little Stretton and followed the checkpoints of the Longmynd Hike as far as Corndon before joining the Shropshire Way at Rock House near the Stiperstones. He followed this anti-clockwise via Ludlow and the Cleve Hills, onto Wenlock Edge before returning to Little Stretton using The Jack Mytton Way. It was a distance of 85 miles and 12,000 feet ascent and Terry's target was to complete it in less than 24 hours.

He successfully completed the route in 21hrs 18mins.

## WHEN IS A ROUND, 'A WINTER ROUND'?

Not surprisingly this is a quiet period on the long distance scene and I haven't heard much on the grapevine. Chris Upson made a solo-unsupported Winter Bob Graham attempt on 7th December. It was a chilly night with a biting wind, frozen scree and hoar frost covered rocks. After 7 hours he reached Wasdale travelling anti-clockwise but was very chilled and weary from the icy wind and he felt that it was time to stop. He climbed over Styhead back into Borrowdale where his dad collected him.

There has been a great deal of discussion about what constitutes a Winter Round and it is certainly a thorny issue. I feel it is time to open a debate about Winter rounds and what we should classify as a Winter BG, Winter Paddy Buckley or a Winter Ramsay Round. Often the issue is academic because the person undertaking it just wants to be

out for a long day (and night) in classic Winter conditions or they want to complete the round on the shortest day. They aren't interested in labels. An issue arises because their peers like to give recognition to notable landmark achievements. Also people like to be able to make comparisons with what has been achieved in the past. If someone is pleased to have completed what they are calling a Winter Round, I've always felt it a bit churlish to challenge them with the question "but is it really a Winter Round?"

As far as I am aware Pete Simpson and I attempted the first serious mountain running Winter Round in 1980 when we set off to do Winter BG on the shortest day. For us it was important that it was the shortest day as we felt that for us Winter meant not only snow and ice but also minimal daylight. The weather and conditions underfoot were of secondary concern. Pete completed the round anti-clockwise in about 26.5 hours in deep snow while I gave up on top of Scafell, not feeling too well and without the necessary ice axe and crampons to get down to the top of Broad Stand where some climbing friends of Pete had fixed a rope. For a number of years after that, everyone adopted the same approach and tried to complete the round on the shortest day but often got weathered off or stranded in deep snow. Part of the challenge was that it had to be the shortest day and this added a little spice and a great deal of unpredictability to the venture. Success was very unlikely as you couldn't choose your weather. I think that over the next few years this became very frustrating for all concerned as pacers and supporters had to make a big commitment close to Christmas when often there were other far more sociable things they could be doing on a horrible Winter's night! I remember the evening of 21st December 1985 when Stan Bradshaw, myself and about 20 Clayton-Le-Moors pacers gathered in Keswick. It was blowing a gale and driving rain. It was a good job the team almost pinned me down to stop Stan and myself setting off. That night Keswick High Street flooded to a depth of 3 feet!

The "rule" of choosing the shortest day changed for good when Selwyn Wright and John Brockbank did the first sub-24 hour round in classic conditions (moon, a dusting of snow, no wind) on about 14th December in 1986. This rather stole the thunder from those who were quietly waiting for the vagaries of 21st December 1986 to attempt their own Winter Rounds. The range of dates for which people have since claimed Winter rounds stretches from mid-November to late March.

The rule I made for myself when attempting a Winter Bob Graham and Paddy Buckley Rounds was that weather permitting they should be undertaken on the shortest day. If this is out of the question because of weather (only), then the next period of high pressure should be chosen. I would personally prefer there to be quite a tight date window for Winter rounds but there are numerous definitions of Winter. There is Alpine Winter, Scottish Climbing Winter, Winter Season, etc. So maybe a solution would be to define dates for "Mid Winter Rounds" as opposed to "Winter Rounds".

I await your comments, which I will report on in the next Fell Runner. Please send them to [martin.stone@sportident.co.uk](mailto:martin.stone@sportident.co.uk).

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P.B Trainer - This is a classic fell runner's shoe that has often been copied but never bettered. The perfect all round shoe for either Fell, Orienteering, Cross-Country, racing and training. With a thicker midsole for added cushioning and pyramid studs for a superior grip for even the most traverse terrain.

Shoe Weight - 250 grams (Standard size 8)

Sizes available from 1-13 also available 1/2 sizes from 3-13.

**E<sup>X</sup>TREME**  
outdoors

**P.B Racer X'treme**



P.B Racer X'treme - This perfect running shoe, with its narrow last for a racing fit. With a low profile midsole to give you close contact with the ground, giving you confidence with every step.

Shoe Weight - 270 grams (Standard size 8)  
Sizes available from 3-13 including 1/2 sizes.

The new X'treme range from Walsh features the revolutionary Extreme by Xymid. This new material has been developed for its technology and characteristics, dedicated to challenges to extreme performances, where what matters are durability and resistance because of outstanding stress. It has been created by a process made in SOTECO, which combines the most resistance polyurethane coating with an innovative xymid substrate. Beside this its look has been devised in order to accomplish the greatest versatility, according with sports design tendencies.

For your local retail outlet  
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