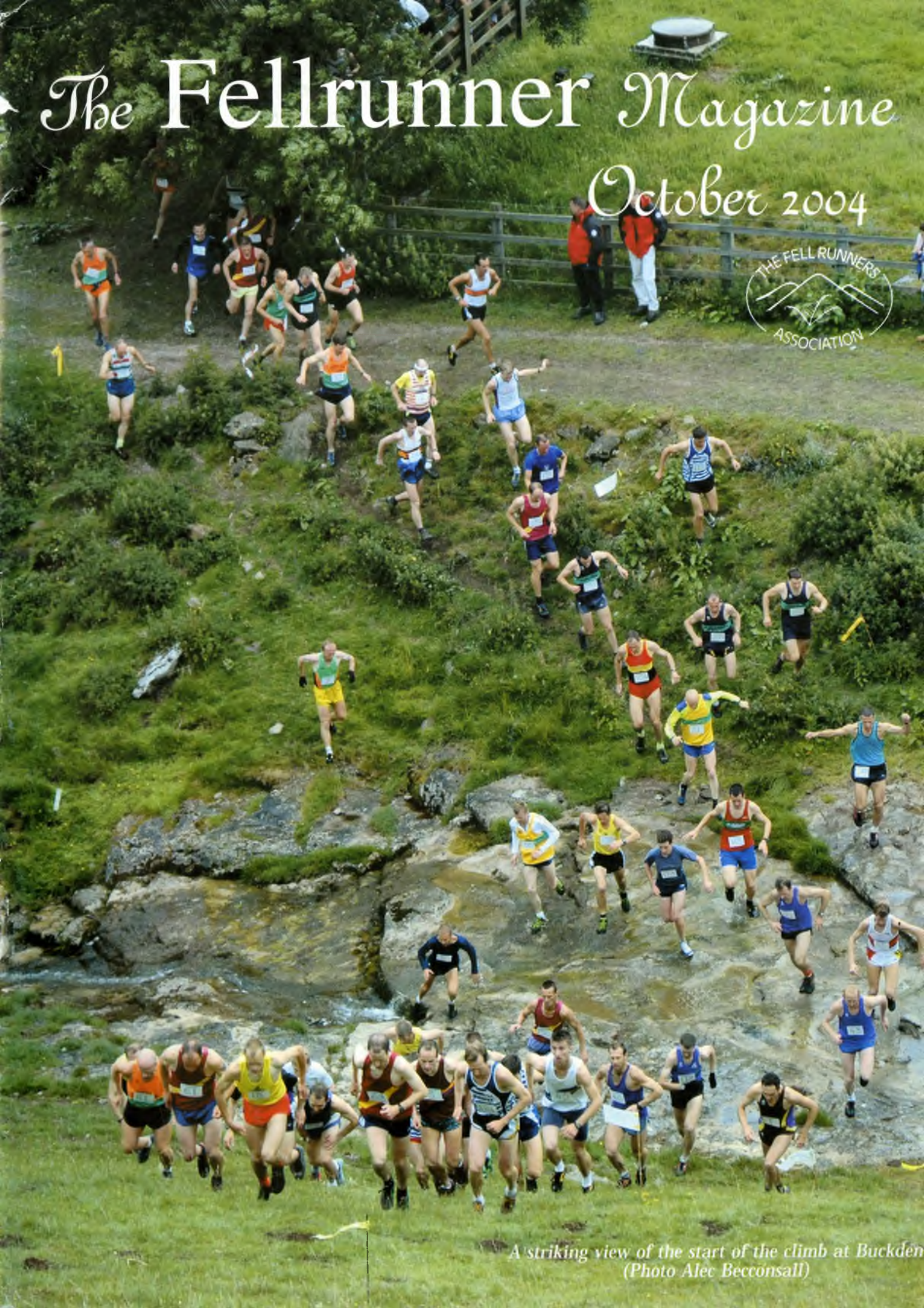


The Fellrunner Magazine

October 2004



A striking view of the start of the climb at Buckden
(Photo Alec Becconsall)

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 Tights WAS £35 NOW £20



The Fellrunner Magazine

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

Welcome to the bumper Autumn edition of the magazine, full, as ever at this time, of results and reports from an action-packed Summer - and containing a substantial Junior content in recognition both of the enthusiasm and importance to the sport of the juniors themselves and of the commitment shown by Dave & Eileen and their team in promoting the junior cause with such dedication. As I read through the various reports on International and domestic championships it seems clear that the summer has been very busy and successful - close contests all through the British and English Championships and medals galore for individuals and teams, seniors and juniors alike on the International scene - congratulations to all who participated.

You will find in this edition various references to Rule changes, UK Athletics, insurance and other tedious but necessary issues - this bit is in the nature of an advance warning so you don't all phone Margaret Chippendale in January IF you haven't got your Calendar (but we hope you will!!).

Because of changes in the legal position re.provision of insurance itself and of information about Insurance UK Athletics is in the process of putting its house in order with regard to the insurance of events, a process in which the FRA is currently involved. Until the situation has been sorted out in all its miniscule detail then we can't send information and forms out to

Race Organisers, hence the whole Calendar production process MAY be delayed - we hope it won't be but it'll be UK Athletics' fault, not ours, if it is!! Watch our shiny, new Website for details.

It would be nice if some people realised that we don't actually own the fells when we're racing and that, even in the white-hot heat of competition, we ought to consider other people who might be taking their pleasure in a more gentle fashion. The letters page contains a perfectly justified complaint from a gentleman whose party experienced the less than gallant side of fell-running while they were out walking during the Borrowdale race. Fell-running has a justifiably high reputation as a sport and courtesy and consideration form part of that - I hope the ill-mannered louts who did the barging recognise themselves and are duly ashamed of letting the rest of us down!! I bet they drop litter as well.

Finally a HUGE thank-you to the people who responded to my plea for race photographs in the last edition. I had to open a new box file for the avalanche of prints and had half my computer taken up with digital contributions. The quality was generally very high and although there's no way I can use all of them I am most appreciative of your efforts - keep them coming for future editions!!

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 **Saturday 15th January 2005.**

Please send material to:

Dave Jones, 12 Victoria Avenue, Cheadle Hulme, Stockport, SK8 5DL. Tel: 0161 485 1557
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Tel: 01535 273508 Email : resultsfra@aol.com

Please send Advertising Copy to:

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

Chairman's Chat

from Alan Barlow

I am writing this just after the last English championship race at Shelf Moor, having made the mistake of running round at the back of the field. 2004 has seen some interesting competition with a new senior men's champion. Congratulations to all our medallists and I look forward to seeing you in Kendal in November.

In addition I look forward to seeing the juniors at the 'Spooky Do'. It has been most heartening to see the numbers of enthusiastic competitors in the junior races this year and we all owe a debt of gratitude to all concerned. They also have the British Championship races at Keswick to look forward to and I am aware that Steve Fletcher and the team are preparing a great weekend for juniors of all abilities.

The England team have recently returned from Italy and whilst there were no medals this year we had one of our best ever performances on an uphill course. The details will be elsewhere in this magazine and well done to all concerned.

The World Masters plans for 2005 continue with the recent release of the website and the brochure which was well received abroad. You will be able to enter online in the New Year and I would encourage you to use this facility - a first, I believe, in mountain running. Our masters did particularly well this year with many excellent performances including two gold medals.

It is still difficult to find out how the changes in athletics following the 'Foster Report' will affect fell running. In fact it is not easy to find out what is happening at all. I am aware that a panel has been set up to devise an English membership scheme that will obviously impact on all of us. However at this stage it is impossible to comment, as nothing has been released.

Hopefully the problems that beset our colleagues in Scotland and Wales will soon be resolved so that they can concentrate on their running which is surely what our sport is all about.

You will find details of the AGM and 'do' in another part of this issue and I look forward to seeing many of you there.

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RACE REGISTRATION FORMS 2005 NOTICE TO RACE ORGANISERS

UK Athletics are presently making alterations to their Event Insurance which may have ramifications for the insurance of fell races and the FRA is currently involved in discussions on this topic.

So that Race Organisers can be kept fully and accurately informed of any changes which may occur to their insurance the FRA has decided to delay the distribution of Race Registration Forms for the 2005 Calendar until the situation has been resolved and organisers can be given precise information.

This may mean that the 2005 Calendar may be published a little later than usual and the FRA apologises for any inconvenience to Members, Race Organisers and the FRA Fixtures Secretary but trusts that you will all appreciate how important the issue of Insurance is and that it is vital that Organisers have the correct facts.

FRA International Committee 2005

The FRA International Committee includes Graham Breeze, Robin Bergstrand, Jack Ellis and Sarah Rowell. Elsewhere in this issue you can read the results of the 2004 Black Forest Teenager Games and World Trophy.

The current Committee Members are anxious to establish some continuity for the future and would be delighted to hear from anyone who would like to become involved in selecting England teams and accompanying them to international events.

If you would like to have a word about playing a part in this fascinating aspect of fell running then give Graham (01943 874046) or Alan Barlow (0161 483 9330) an informal call.

Calendar Update

Please note that my e-mail address for communications about the Calendar is now: fixtures@fellrunner.org.uk. This new address has been set up so that, for instance, if I am away on holiday someone else will be able access the mail and respond if necessary.

At the end of September I shall be sending out Race Registrations Forms for 2005 to all this year's organisers. The deadline for returning the completed forms to me will be **Sat. Oct. 30th.** otherwise they won't get in the Calendar. Anyone who is organising a new race should contact me by phone (01457 863319) or at the above e-mail address for a form.

It has been brought to my attention that one or two organisers have allowed juniors to compete in senior races at distances which are longer than those permitted by the "FRA Rules for Competition". I should remind organisers of Rule 10:

RULE 10

Race organisers must stipulate age limits for their events but the following maximum distance limits for juniors must be observed.

Ages are at 1st January in the year of competition.

The minimum age for competition is six years on the day of the race.

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

Failure to comply with these age limits could result in the FRA refusing to accept the event for registration the following year.

As is usual at this time of year there are very few additions or amendments to the Calendar to report.

Information about additions and amendments to the Calendar since it was published can also be found on the FRA website: www.fellrunner.org.uk

Margaret Chippendale

SAT. OCT 30th. BETWS BRO MACHNO BIRTHDAY RUN-Y GARNEDD . AS. 1.30 p.m. 2.5m/700' from Llyn Dubach lay-by near Pont yr Afon-Gam on B4407 (GR746425). Non club members £3 on day including food. Teams (3) free. NS, PM. Over 14. No toilets at race venue. Fun run to celebrate club's first year. Celebratory drink on summit, birthday cake. Fancy dress welcome. Free drinks afterwards to first 5 and winning lady. Junior race if sufficient demand. Details: Arwyn Jones, 4 Maes-y-Waen, Penmachno, Betws-y-Coed, Conwy, LL24 0AZ. Tel: 01690 760 498.

SAT. NOV 6th. SHEPHERDS SKYLINE FELL RACE. Please note the organiser has changed to:

Phil Hodgson, Stubbing Drive, Hebden Bridge, W. Yorkshire, HX7 6LS. Tel: 01422 844936.

Email: phil@todharriers.co.uk. All other details unchanged.

SUN. NOV. 28th. DAVID STAFF MEMORIAL FELL RACE. BS. 11.30 a.m. 5m/900' from The Kiosk, Sunnyhurst Wood, Darwen, Lancs. £3 on day only. Teams free. LK/PM. Over 16. Records: 32.58 S. Willis 1995; f. 37.28 C. Greenwood 1997. Details: Gary Taylor, 10 Meins Croft, Blackburn, Lancashire, BB2 6QH. Tel: 01254 678008.



ANNUAL GENERAL MEETING

TO BE HELD AT THE CASTLE GREEN HOTEL, KENDAL
ON SATURDAY 13 NOVEMBER 2004 AT 4:00PM.

AGENDA

1. Apologies for absence.
2. Adoption of Minutes of 2003 AGM.
3. Chairman's Report.
4. Secretary's Report.
5. Treasurer's Report and Adoption of Accounts.
6. MOTIONS.
 - a. Change to FRA CONSTITUTIONAL RULES.

Section 3 (Management) paragraph (a) (officers) currently reads:-

"the following officers, elected at an Annual General Meeting: Chairman, Secretary, Assistant Secretary, Treasurer, Membership Secretary, Fixtures Secretary, Magazine Editor, Statistician, Press Officer, Environment and Access Officer, Junior Co-ordinator, Championships Co-ordinator, Coach. At least nine of the thirteen officers must have competed in three category "A" fell races in the two years prior to their election."

This motion proposes that this paragraph is amended to read (changes underlined):-

"the following officers, elected at an Annual General Meeting: Chairman, Secretary, Assistant Secretary, Treasurer, Membership Secretary, Fixtures Secretary, Magazine Editor, Statistician, Website Officer, Environment and Access Officer, Junior Co-ordinator, Championships Co-ordinator, Coach. At least nine of the thirteen officers must have competed in three category "A" fell races in the two years prior to their election."

(Proposed by the Executive Committee.)

- b. Change to FRA RULES FOR COMPETITION.

Background:

- Prior to the FRA becoming affiliated to BAF, the FRA provided public liability insurance for organisers of official FRA fell races .
- Once FRA affiliated to BAF, BAF provided this cover.
- BAF was superseded by UKA, and since then UKA has provided this cover.
- From January 2005, new laws regulating the sale of insurance come into force.
- These new rules mean we must be very careful about how we refer to insurance in our literature.
- While checking for this, it has come to light that some of the wording in the FRA Rules for Competition still relate to the pre-BAF days, when the FRA managed its own insurance policy.
- To tidy this up we will need to change the wording in the introduction to the rules, and Rule Three needs to be amended as shown in the motion below.

- This change does nothing to affect the provision of public liability insurance.

RULE THREE currently reads:-

"All official UKA fell races must be registered with one of the National Committees. Registration with the FRA will be effected by supplying the Fixtures Secretary with relevant details of the race on the form provided and by its subsequent appearance in the Fixtures Calendar or "The Fellrunner" magazine. A nominal charge may be made to cover Calendar publication expenses and race insurance."

This motion amends this to read (changes underlined):-

"All official UKA fell races must be registered with one of the National Committees. Registration with the FRA will be effected by supplying the Fixtures Secretary with relevant details of the race on the form provided and by its subsequent appearance in the Fixtures Calendar or "The Fellrunner" magazine. A nominal charge may be made to cover Calendar publication."

(Proposed by the Executive Committee.)

7. Election of Officers & Committee.

- a. The Meeting will wish to express thanks to the retiring Press Officer, Bill Waine, who is not seeking re-election. Brett Weeden has agreed to succeed him (as Website Officer – subject to the Motion 6a being passed at this meeting) – Nominated by Alan Barlow and Seconded by Alan Brentnall.
 - b. In the absence of other nominations, the Meeting is asked to elect the following unopposed:-

Chairman – Alan Barlow; Secretary – Alan Brentnall; Treasurer – Tony Varley; Membership Secretary – Pete Bland; Magazine Editor – Dave Jones; Fixtures Secretary – Margaret Chippendale; Championships – Jon Broxap; Statistician – Madeleine Watson; Environment & Access – Chris Knox; Juniors/Intermediates – Dave and Eileen Woodhead.

- c. Club Representatives: Four seats. Nominations must be in writing (email is acceptable) and must reach the Secretary by 5 November 2004 at the latest.
 - d. Membership Representatives: Four seats. Nominations will be accepted from the Meeting.

8. Other Appointments

- a. The Meeting is asked to appoint FRA delegates to the following organisations:-

World Mountain Running Association; Athletic Association of England; North of England Athletic Association; Midland Counties Athletic Association; South of England Athletic Association.

- b. Auditor.

AS USUAL, A GENERAL DISCUSSION ON FELL-RUNNING ISSUES WILL FOLLOW THE FORMAL BUSINESS.



The Fellrunners' Association Annual Presentation & Dinner Dance

(including the presentation of the
British Championship Awards)

Castle Green Hotel,
Kendal, Cumbria
Saturday 13th November 2004
7.00 p.m. for 7.30 p.m.

Dancing to the ever-popular
live band
"Off The Record"

Tickets (limited) £23
on a "first come - first served"
basis either from
Pete Bland Sports, 34A Kirkland,
Kendal, LA9 5AD
Telephone : 01539 731012

Cheques payable to "FRA"
or at events where our van is in
attendance - see the back of the FRA
Calendar for details of this.

Note : FRA AGM is at 4.00 p.m. on the same
date at the same venue.

fellrunner.org.uk

The Association's website has been revamped lately and we hope you will log on and make full use of the site.

The site contains the following pages:

- ❖ Join the FRA
 - A brief description of the benefits of joining the association
 - Downloadable application form
 - ❖ Race updates
 - Margaret Chippendale maintains a list of races which were submitted too late to be included in the Calendar itself.
 - ❖ Championships
 - English Championship
 - British Championship
 - Inter County Championship
 - Lakeland Classics Trophy
 - ❖ Junior Fell
 - Information and links to the Felljunior independent site which contains race calendars, contacts, venue maps, news, information, and links for all junior
- fell-
- running in England.
- ❖ International Fell
 - Deals with the selection and organisation of fell runners competing for England.
- ❖ Committee Pages
 - A listing of Committee members and contact details
- ❖ Links
 - Club links
 - Race / Events links
 - other Organisations
 - Commercial Links
 - Miscellaneous links
- ❖ Fellrunner Magazine - further articles
 - Will contain articles that are either too long for the magazine, or where truncated the article will appear here in full
- ❖ FRA -Rules for Competition
 - All you need to know!
- ❖ Forums - New
 - Have a question about Fell Running, training etc?? There's bound to be someone who can answer it.
 - Forums include
 - General - advice and general chat
 - Races - the ups and downs
 - Training - methods and advice
 - Injuries - treatment and prevention
 - Beginners - new to Fell Running?
 - Equipment - your opinions

Any suggestions for other items of interest or any content would be welcomed. Please email brett@phreakware.co.uk

English Championships 2004 - Report

by Madeleine Watson

The English Championships started in March with the Noonstone fell race near Todmorden, followed by the Three Peaks race in April celebrating its 50th anniversary. We stayed in Yorkshire for Buckden Pike in June and then headed up to the Lakes for the next two races, the Kentmere Horseshoe in July and Borrowdale in August. The series finished with Shelf Moor near Glossop in September. We were blessed with good weather for most of the English Championship races this year, although the country fair at Buckden Pike was a bit of a wash-out, and Borrowdale and Shelf Moor looked rather hot for competing in.



Cooling off after Shelf Moor
(Photo Tony Hulme)

For the senior men there were 5 different winners of the individual races – Ian Holmes won at Noonstone, Simon Booth at Borrowdale, Andy Peace at The 3 Peaks, Tim Austin at Shelf Moor and Simon Bailey who managed two wins at Buckden Pike and Kentmere. These 2 wins for Simon, along with seconds at Noonstone and Borrowdale, secured him the championship. Ian Holmes was second, Simon Booth third and Rob Jebb fourth, all very close in points. Dave Neill came through at the end into 5th place. Tim Austin finished on a high, winning Shelf Moor, but suffered in the overall rankings from a relatively poor score at Noonstone and not running at Kentmere. Paul Thompson (9th) and Tim Werrett (10th) were the only ones in the top 10 to run in all 6 championship races. Others who missed out by not having a short race were Nick Sharp, Jim Davies and Phil Davies.

The Vet 40 category was won quite convincingly in the end by Dave Neill, who won 4 out of the 6 races. Mark Roberts won the other 2 but his 3rd place

at Buckden and not running Shelf Moor ensured the championship went to Dave. Craig Roberts was third. Malcolm Fowler and Shaun Livesey moved up late on, both needing Shelf Moor to complete 4 races. They finished on equal points in 4th.

There was no doubt that Steve Jackson was going to get the Vet 50 category prize. He won all 5 races in which he ran. Duncan Overton won the other race, which combined with 2 seconds and a third gave him second overall. Bernie Grant was third overall and Dave Tait 4th. Reg Clucas finished 6th despite not having a long race. Dave Spedding only had 3 races.

Another clear winner was Geoffrey Howard in the Vet 60 category. He won 5 out of the 6 races too. Peter Covey won the other one, coming second overall. John Nuttall was 3rd.

The Vet 70 category was the best 3 out of 4 short and medium races. Gordon Booth won at Noonstone and Buckden Pike, and was second at Kentmere. This gave him overall lead. Barry Thackery and Derek Clutterbuck finished equal second.

For the Ladies, Lou Sharp won the first four races, leaving her victory as Ladies' champion in no doubt. Sally Newman, injured at the beginning of the season, came second in Buckden, Kentmere and Borrowdale and won at Shelf Moor, giving her second place overall just ahead of Sharon Taylor. Sharon won at Borrowdale, was 2nd at Noonstone and the Three Peaks and was 3rd at Buckden. Maureen Laney also came through at the end, having missed the first two races.

The Ladies Vet 40 saw lots of changes in the leader, even up to the last race. Sue Becconsall won the first 2 races, but these were the ones which Sally Newman and Maureen Laney missed. Sally won the rest of the races to win overall. Sue held on for second overall and Maureen was third.

Clayton le Moors Harriers dominated the top of the Ladies Vet 50. Wendy Dodds had been leading right up until the last race. She won the first 2 races but then Maureen Laney took over winning the races. Maureen ended up overall winner, Wendy 2nd and Katy Thompson 3rd.

The Ladies' team championship was decided after 4 races, with 4 straight wins for Bingley. Ilkley were only 1 point ahead of Calder Valley going into the last race. At Shelf Moor, despite Ilkley closing in first, the Calder Valley team had the the lower point score and thus moved ahead of Ilkley in the final scores. Dark Peak in 4th and Clayton le Moors in 5th were close.

The Men's team winners were Borrowdale, suitably secured as winners after the



Alison Eagles (Ilkley) descending well at Kentmere
© 2004 FRA, BIRKENHEAD

Borrowdale race. Pudsey & Bramley were 2nd, having won both of the short races. Mercia, Bingley and Ambleside were 3rd, 4th and 5th respectively, separated by only 1 point each.

The Men Vet 40 team created a good competition. Bowland looked likely winners after 5 races and duly won the team prize at Shelf Moor to clinch the championship. Pennine and Borrowdale finished on the same number of points, but individual scores just gave Pennine the 2nd place and Borrowdale 3rd.

The Men Vet 50 team was the closest of the team events. Only 1 point separated Clayton le Moors and Horwich after the first 5 races. A win for Horwich at Shelf Moor gave them the lead overall. Cumberland were 3rd.

Full results are available on the FRA website. Many thanks to all organisers, results teams and fell runners who put me straight about results along the way!

MEN OPEN

1 Simon Bailey	Mercia	202
2 Ian Holmes	Bingley	195
3 Simon Booth	Borrowdale	193
4 Rob Jebb	Bingley	191
5 Dave Neill	Staffs Moorlands	173
6 Andy Peace	Bingley	167
7 Mark Roberts	Borrowdale	163
7 Tim Austin	Dark Peak	163

MEN VET 40

1 Dave Neill	Staffs Moorlands	168
2 Mark Roberts	Borrowdale	161
3 Craig Roberts	Kendal	152
4 Malcolm Fowler	Pennine	141
4 Shaun Livesey	Bowland	141

6 Nick Spence	Borrowdale	129	LADIES OPEN			5 Ambleside	30
7 Andrew Davies	Borrowdale	126	1 Lou Sharp	Keswick	128	6 Dark Peak	21
8 Billy Procter	Helm Hill Runners	125	2 Sally Newman	Calder Valley	119	7 Clayton-le-Moors	20
9 Steve Jackson	Horwich	120	3 Sharon Taylor	Bingley	118	8 Bowland	19
10 Chris Reade	Bowland	119	4 Sue Becconsall	Bingley	105	9 Pennine	12
			4 Maureen Laney	Clayton-le-Moors	105	10 Keswick	9
MEN VET 50			6 Kirstin Bailey	Bingley	94		
1 Steve Jackson	Horwich	128	6 Sue Dolan	Harrogate	94	MEN VET 40 TEAM	
2 Duncan Overton	Keswick	118	6 Helen Sedgwick	Ilkley	94	1 Bowland	42
3 Bernard Grant	Harrogate	114	9 Alice Brockington	Dark Peak	89	2 Pennine	37
4 Dave Tait	Dark Peak	102	10 Alison Eagle	Ilkley	85	3 Borrowdale	37
5 Geoffrey Howard	Ilkley	92				4 Clayton-le-Moors	30
6 Reg Clucas	u/a	82	LADIES VET 40			5 Horwich	28
7 Pete Booth	Clayton-le-Moors	81	1 Sally Newman	Calder Valley	88	6 Dark Peak	24
8 Derek Schofield	Rossendale	77	2 Sue Becconsall	Bingley	80	7 Cumberland	23
9 Dave Spedding	Keswick	76	3 Maureen Laney	Clayton-le-Moors	72	8 Kendal	13
10 Kieran Carr	Clayton-le-Moors	75	4 Sue Dolan	Ilkley	70	9 Holmfirth	12
10 Keith Holmes	Dark Peak	75	5 Aly Raw	Darlington	67	10 Helm Hill Runners	8
			6 Alison Eagle	Ilkley	65		
MEN VET 60			7 Wendy Dodds	Clayton-le-Moors	57	MEN VET 50 TEAM	
1 Geoffrey Howard	Ilkley	88	8 Philippa Leach	Dark Peak	52	1 Horwich	45
2 Peter Covey	Pudsey & Bramley	77	9 Jane MEEKS	Keswick	36	2 Clayton-le-Moors	41
3 John Nuttall	Clayton-le-Moors	74	9 Gill Harris	Mercia	36	3 Cumberland	35
4 Dennis Lucas	Rochdale	62				4 Dark Peak	30
5 Tony Minikin	Keighley & Craven	61	LADIES VET 50			5 Pennine	19
6 Geoff Fielding	Rossendale	58	1 Maureen Laney	Clayton-le-Moors	48	6 Kendal	17
7 Bill Wade	Holmfirth	49	2 Wendy Dodds	Clayton-le-Moors	42	7 Keswick	14
8 Geoff Webster	Valley Striders	38	3 Katy Thompson	Clayton-le-Moors	32	8 Ilkley	14
9 Peter Walkington	Horwich	35	4 Hilary Bloor	Dark Peak	25	9 Bingley	14
9 Don Ashton	Darwen Dashers	35	5 Linda Hayles	Calder Valley	20	10 Holmfirth	12
			6 Rachael Gooch	Ilkley	14		
MEN VET 70			7 Cathy Colam	Keswick	12	LADIES OPEN TEAM	
1 Gordon Booth	Longwood	33	8 Ann Watmore	Dark Peak	11	1 Bingley	48
2 = Barry Thackery	Dark Peak	26	9 Sheila McNulty	Radcliffe	10	2 Calder Valley	36
2 = Derek Clutterbuck	Todmorden	26	10 Margaret Chippendale	Pennine 9		3 Ilkley	33
4 Colin Henson	Dark Peak	24	10 Sarah Hargreaves	West End Runners	9	4 Dark Peak	30
5 Alex Menarry	Durham	12				5 Clayton-le-Moors	28
6 Jack Escritt	Cumberland	6	MEN OPEN TEAM			6 Keswick	18
7 Brian Leathley	Clayton-le-Moors	5	1 Borrowdale		45	7 Borrowdale	12
7 Harry Catlow	Cumberland	5	2 Pudsey & Bramley		41	8 Holmfirth	12
			3 Mercia		32	9 Pennine	10
			4 Bingley		31	10 Todmorden	7

NAVIGATION COURSES 2005

Learn the basics of navigation on the fells or come along and improve your navigation skills. We can help you at any level of experience and it will only cost you £60 for the weekend, inclusive of full board.

Courses will comprise instruction and practical sessions on the fells, with discussions and talks on safety, fitness and training, two-day mountain marathons, equipment, the FRA and anything else you request us to cover. There will be low-key competitive events.

Ideal for anyone new to the sport of fellrunning.

SPRING COURSE

Friday to Sunday 1st to 3rd April 2005.

To be based at Kettlewell.

AUTUMN COURSE

Friday to Sunday 23rd to 25th September 2005.

To be based at Elterwater.

For details write to -

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

Please enclose an SAE - early booking advisable.



Update on the British Championships 2004

from Mark Hobson

Simon Bailey dropped his first points of this year's Championship in the scorching August sunshine at Borrowdale - but still clinched this year's British title.

Borrowdale was the fifth of six races and Bailey demonstrated his form with four straight wins and a second. By the time this goes to press the final British counter - the point to point Two Breweries Hill Race - will have been staged and the runners-up position (currently held by Simon Booth of Borrowdale) will have been decided.

The 2004 championships kicked off in Ireland at Donard Commedagh in April, followed by Elidir Fawr in Wales, Melantee in Scotland, then England for Kentmere and Borrowdale, with the final race on September 25 at the Two Breweries Hill Race in Scotland.

Bailey won the Donard Commedagh Open Men's race ahead of his teammate Tim Davies, with Booth, Rob Hope and Rob Jebb, the 2003 champion, making up the top five. Bailey went on to win the Elidir Fawr race by over a minute from Jebb, with Booth again taking third place. After two races Bailey led the championship, followed by Booth and then Jebb.



Simon Booth flying down Elidir Fawr
(Photo Kirstin Bailey)

The action turned to Scotland at Melantee where the smallest field of 144 for this year's championship (even I may have picked up a point!) was led by Bailey and Jebb respectively. With Booth absent, it was opportunity for Tim Austin, Rob and



Digging in on the climb at Melantee. (Photo Ian Nimmo)

Danny Hope, and Nick Sharp to improve their championship standings.

At Kentmere, Bailey gained his fourth win out of four, with Jebb again taking runners-up position. Ian Holmes, Booth and Colin Donnelly (British champion 1987-1989) came next. Three past British champions and the future one in the top five. A good result.

The usually large field of Borrowdale was swelled by its championship status to 474. In the sweltering heat, with 68 runners retiring, home runner Simon Booth beat Bailey by over three minutes. With 52 points in the bag, it puts Booth in the runners-up position over Jebb going into the Two Breweries race.

In the V40 championship two runners have dominated the competition. In the first three races current championship leader Mark Roberts of Borrowdale took maximum points with Colin Donnelly winning the two English races. Stewart Whitlie currently lies in runners-up position but as Donnelly (currently in third place) has a race in hand, all the top positions in the V40 championship are up for grabs.

A similar pattern emerged in the V50 championship with Keswick's Duncan Overton taking top points in the first two races and Steve Jackson of Horwich then doing the same in the next three. Jackson's win at Borrowdale gave him a total of 85 points and the V50 British championship for 2004. John Hope could improve on his

current fourth position as he still has to record a long race in the championship.

Thirty-two runners contested the V60 championship, with Geoffrey Howard of Ilkley being crowned 2004 champion after recording four wins out of five. Don Williams of Eryri took maximum points at Elidir Fawr. Other consistent runners in this championship vying for the runners-up positions are John Nuttall, Peter Covey, Geoffrey Fielding and Bill Booth.

Borrowdale Fell runners are confirmed as winners of the 2004 British Team Championship and 2004 British Vets Team Champions. Barring any upset, Pudsey and Bramley should finish runners-up with Mercia taking third position in the open team championship. However, in the Vets team championship there is a possibility of an upset where the current second and third places of Bowland and Carnethy may be reversed. Watch this space.

In the Women's Open Championship three runners have each achieved maximum points for races. Angela Mudge's (Carnethy) only championship outing of the season saw her win Donard Commedagh, with Jill Mykura (also of Carnethy) taking maximum points at Borrowdale. Tracey Brindley (another Carnethy runner) took maximum points from the remaining three races to put her currently in runners-up position. Before competing in the Two Breweries Hill race the current championship leader is the consistent Sharon Taylor of Bingley, but

with Brindley, Mykura, Natalie White and Louise Sharp each with a race in hand, all final positions are likely to change.

Similarly, the Women's V40 Championship title is still open to the current top three, namely Sally Newman (Calder Valley), Kate Beaty (CFR) and Maureen Laney. The first two of these have a race in hand.

It comes as no surprise that Carnethy have won the Women's Team Championship. Calder Valley are in currently in runners-up position with Dark Peak and Keswick occupying third and fourth places.

Congratulations to all the champions and medal winners. And thanks to race organisers for making the results available so promptly, and to Pete Bland Sports for his support and sponsorship of this year's championship.

The final results will appear on the FRA website and in the next copy of the *Fellrunner*.

Any queries to
mhobson@mishmash.freeserve.co.uk

Championship positions after 5 races
(not including Two Breweries Hill Race)

Men's Open

1	Simon Bailey Mercia	205
2	Simon Booth Borrowdale	195
3	Rob Jebb Bingley	193
4	Nick Sharp Ambleside	181
5	Tim Austin Dark Peak	172
6	Jim Davies Borrowdale	171
7	Mark Roberts Borrowdal	162
8	Danny Hope Pudsey & Br	151
9	Robert Hope Pudsey & B	141
10	Mark Denham-Smith Kesw	138
11	Stewart Whittle Carnet	131
12	Ian Holmes Bingley	126
13	Phil Davies Borrowdale	125
14	Colin Donnelly Eryri	124
15	Tim Werrett Mercia	105

V40 Men's

1	Mark Roberts Borrowdal	123
2	Stewart Whittle Carnet	106
3	Colin Donnelly Eryri	92
4	Nick Spence Borrowdale	80
5	Steve Jackson Horwich	78
6	Malcolm Fowler Pennine	75
7	Adam Ward Carnethy HRC	73
8=	Steve Sweeney Bowland	72

8=	Jerry Dawson C.F.R.	72
9	Roger Lamb Mercia	64
10	Dave Neill Staffs Moor	57
11	Paul Sheard Pudsey & B	56
12=	Andrew Davies Borrowda	55
12=	Chris Reade Bowland	55
13	Tom McGaff Pennine	49
14	Shaun Livesey Bowland	48
15=	Dermot McGonigle Newca	47
15=	Ian Greenwood Clayton	47

Men's V50

1	Steve Jackson Horwich	85
2	Duncan Overton Keswick	78
3	David Spedding Keswick	61
4	John Hope Pudsey & Bra	56
5=	Brian Walton Horwich	51
5=	Dave Tait Dark Peak	51
6	Geoffrey Howard Ilkley	50
7	Kieran Carr Clayton Le	43
8	John Blair-Fish Carnet	41
9	Bernard Grant Harrogat	37
10	Rob James C.F.R.	35
11	Keith Holmes Dark Peak	33
12	Harry Jarrett C.F.R.	32
13	Tony Hesketh Horwich R	31
14	Andrew Robinson Clayto	23
15	John Nuttall Clayton L	21

Men's O60

1	Geoffrey Howard Ilkley	48
2	John Nuttall Clayton L	32
3	Peter Covey Pudsey & B	21
4	Geoffrey Fielding Ross	19
5	Bill Booth Keswick AC	18
6	Don Ashton Darwen Dash	15
7=	John Ely C.F.R.	12
7=	Don Williams Eryri	12
8=	Brian Waldie Carnethy	9
8=	Dennis Lucas Rochdale	9
9	Gareth Bryan-Jones Och	8
10=	Charlie Love Dundee Ha	7
10=	Peter Walkington Horwi	7
11=	Colin Pritchard Carnet	6
11=	Frank Thomas Dark Peak	6
12=	Jack Escrit C.F.R.	5
12=	Tony Peacock Clayton 1	5

Men's Open Team

1	Borrowdale	48
2	Pudsey & Bramley	34
3	Mercia	32
4	Dark Peak	20
5	Ambleside	18
6	Carnethy HRC	16
7	Bowland	14

8	Keswick	13
9	Clayton Le Moors	13
10	C.F.R.	13

Men's V40 Team

1	Borrowdale	44
2	Bowland	34
3	Carnethy	29
4	Clayton Le Moors	26
5	Pennine Fell Runners	24
6	C.F.R.	23
7	Horwich RMI	20
8	Dark Peak	19
9	Eryri	9
10	Lochaber	6

Women's Open

1	Sharon Taylor Bingley	68
2	Tracey Brindley Carnet	66
3	Jill Mykura Carnethy	58
4=	Natalie White Holmfirt	54
4=	Louise Sharp Keswick	54
5=	Maureen Laney Clayton	53
5=	Sally Newman Calder Va	53
6	Kate Beaty C.F.R.	48
7	Kirstin Bailey Bingley	37
8	Nicola Davies Borrowda	31
9	Kate Jenkins Carnethy	29
10	Ruth Metcalfe Eryri	26

Women's V40

1	Sally Newman Calder Va	36
2	Kate Beaty C.F.R.	33
3	Maureen Laney Clayton	32
4	Nicola Davies Borrowda	17
5	Angela Brand-Barker Ke	14
6	Sue Dolan Harrogate Ha	11
7=	Wendy Dodds Clayton Le	10
7=	Sue Becconsall Bingley	10
8=	Alison Eagle Ilkley Ha	9
8=	Lindsay Buck C.F.R.	9
9	Helen Murray Lothian	8
10=	Joan Wilson Carnethy	7
10=	Philippa Leach Dark Pe	7

Women's Team

1	Carnethy HRC	40
2	Calder Valley	30
3	Dark Peak	23
4	Keswick	20
5	Bingley	18
6	Ilkley Harriers	13
7	Borrowdale	12
8	Clayton Le Moors	11
9	Eryri	8
10	C.F.R.	7

First Kendal Mountain Book Festival

Should be very much of interest to fellrunners as there is to be a viewing of Eric Robison's film about Jos Naylor's epic run "60 at 60" and also a reading from Richard Askwith's excellent book "Feet in the Clouds" (recently reviewed in this magazine) followed by a question and answer session with the author and an Open Forum on fell-running. Could be a good afternoon.

The Festival will be held at the Riverside Hotel from 1.00 p.m. on Sunday 21st November.

Tickets are £4 and are available from Pete Bland Sports, Ottokars and the Brewery

World Mountain Running Trophy 2004 - England Team Report

from Robin Bergstrand

A combination of good team and individual performances marked England's participation in the 20th running of this event. "Uphill only" championship races always present a tough challenge for the English team. Only 3 of the 49 medals that England has won at the World Trophy have come from uphill only races. Finishing with 4 individuals in the top 10 of their respective events in Sauze d'Oulx is therefore an excellent achievement, and the 4th places of the junior and senior men's teams are effective 'best ever' performances in an uphill only World Trophy. Equivalent places were achieved in 1987 in Lenzerheide, but the depth of team competition in those early days was much less than today. The appearance of an Eritrean team in the junior and senior men's events, for only the second time at the World Trophy, threw pre-event predictions slightly out of line. The WMRA is pushing for the continued globalisation of the World Trophy in its quest for official IAAF

World Championship status, and the presence of quality athletes can only help to raise the credibility of the event. However, accusations that the Eritreans were being paced and even physically pushed up the hill by their supporters made some observers wonder about the price to be paid for globalisation.

Billy Burns achieved his 5th top 10 placing from his last 5 senior World Trophy appearances. These have included 2 uphill only races, and Billy also gained a 3rd place in the 2004 Sierre Zinal race – the inaugural WMRA 'long distance' championship. No other male runner has achieved such consistency across the mountain running disciplines. Billy was well supported by John Brown with a best ever 8th place. This result reflects 3 years of hard work by John, during which he has focused on achieving mountain running success. Martin Cox battled against the intermittent leg problem that has affected his last two seasons for 30th place. Tim Short ran an excellent England debut in 39th place, after a very late call up to the team. Tim's selection as reserve was based on top 10 performances in this year's Sierre-Zinal and Matterhorn races.

The junior men's team combined experience with closely matched ability. In an event where close packing is critical, a good team performance was therefore a possibility. The team delivered, pulling through the field after a sensible start to close the team inside 25 for 4th place overall. Andy Ellis and Mark Buckingham will hopefully transfer their ability into the senior ranks, but Chris Doyle and Alistair Brownlee have the opportunity to come back better and stronger in the junior championship.

The women's team saw an injection of fresh blood in the form of Maddie Horton and Victoria Wilkinson, alongside seasoned internationals Louise Sharp and Natalie White. Maddie has been building a good reputation across all running surfaces



Andrew Ellis, a worthy 10th at the Junior World Trophy (Photo Adrian Woods)

this year. She added to this with a very positive World Trophy debut in 18th place, beating among others the Sierre-Zinal winner Angeline Joly. Two places behind Maddie was Victoria Wilkinson. The former World Trophy junior winner made a welcome return to international mountain running after a six year absence.

The World Trophy moved on a generation as Emma Stuart represented England 20 years after her father Kenny had won the inaugural event in San Vigilio, Italy. Her 18th place as a first year junior bodes well for the future. Emma backed up an excellent 8th place finish by Sarah Tunstall, who has one more year in this age group.

A small but vociferous group of England supporters helped to motivate the athletes onwards and upwards over the weekend, and thanks are due to Jack Ellis and Denise Park for their very valuable contribution to team management over the course of the event.



John Brown trying hard at the World Trophy (Photo Adrian Woods)

World "Masterclass" - Two Golds for England!!!

report from Neil Goldsmith

On a warm sunny day over an 8K uphill only course rising 857 metres (2700 ft), England produced two world champions: Maureen Laney in the W50 category and Bernard Grant in the M55. Although these world championships don't get the coverage of the Olympics, winning a Gold is no less of an achievement. At the sharp end these are the world's elite. Maureen won by a clear minute over the Australian Louise Fairfax, who had spent the previous week altitude training in Sestriere.

The world Masters were held in Sauze D'Oulx a ski resort in Italy, popular with British skiers and not far from the French border. It is a compact resort with hotels and bars in a relatively small area. This added to the enjoyment as we were always bumping into other Brits. The Irish and Scots were well represented and there was a small but perfectly formed Welsh contingent.

In addition to the gold medal, England packed well in the O55 with Tony Hesketh in fourth and Dave Spedding fifth. Craig Roberts was fourth in the O40, Alex Mennary fourth in the O70, Dave Neill sixth in the O45 and Sue Becconsall fourth in the O45 ladies. Indeed, if team medals were on offer for races we would have done well in the team events as well.

I have been to the last three World Masters' events and I can honestly say that they are a great event. They are open to anyone of the appropriate age and they attract a large entry - around 800 this year for all categories. The biggest field was in the men's O40 with 136 runners. Support on the course is excellent and the atmosphere is really friendly. Naturally, with something to celebrate we had a great time at the medal ceremony! Maureen standing on the podium waving the English flag and struggling to retain her balance was a sight to savour! How she got home with a huge bottle of champagne which was nearly as big as her, I have yet to find out!

It was a good day for the Brits overall as Scotland's Susan Ridley won Bronze in the O35 and Wales won a bronze through John Collins in the men's O65. Results are on the web site www.wmrt2004.org.

The course was good and obviously suited our fell runners even though it was an "uphill only" (it did have a short bit of down hill) and the trials race was a pretty close fit to the profile - well done the trials course designers.

Next year the World Masters is in Keswick on an up and down course. Let's improve on this year's great performance and let's have a big turn out.

There was much comment this year about England vests and trials races. The races are open and therefore the concept of selection does not really apply. However, all of us who went think it is a great idea to have the English runners wearing England vests, they are easy to recognise and wearers get cheered. Club vests are more difficult to spot. Next year I think it would be great to get every English runner in an England vest - what do you vets out there think?

The FRA committee would like the membership to express its opinions on how we should organise any possible trial races and what we should do about vests. There is now a forum on the FRA web site and you can express your views there.

One point to note, we had two runners disqualified. Although I cannot be sure of the reasons, I believe that it is for running without a vest. I understand that IAAF rules require a vest to be worn and for many continental races vests must be worn. It is likely that we will have to apply this rule in Keswick.



Gold medal E50 winner Maureen Laney of Clayton at the Masters with Louise Fairfax of Australia (Photo Pete Hartley)

3rd EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS

KORBIELOW POLAND - 4th JULY 2004

by ADRIAN WOODS (GB TEAM MANAGER)

Following a telephone call from Tim Davies telling me he possibly wasn't going to be able to run due to a virus two weeks before the event and the withdrawal of Simon Bailey with a similar illness prior to travelling the signs weren't looking good. Tim did travel but he wasn't one hundred percent.

When we arrived at our accommodation, "The Hunters' Lodge," in the small Polish village of Korbielow things got worse. The building was full of wild boar skins on the floors and walls, which Tracey Brindley was obviously allergic to and she immediately had difficulty breathing. Needless to say all the dead animals were thrown outside five minutes after our arrival and our hosts must have thought us strange but as they didn't speak any English we'll never know. This was just the start of our problems.

Despite John Brown, Tracey Brindley and Natalie White all needing lengthy medical treatment in the ambulance we still managed to win the Men's Team Silver Medals and the Women's Team Bronze Medals in dramatic circumstances.

The start of the men's race had to be delayed when John cracked open his head on a metal staircase adjacent to the starting pens one minute before the official start of the race when he decided it was time for a last minute pee. He was carried two hundred metres to the ambulance by two Irish runners in a Sudan (?) chair to have a two inch gash on his scalp treated. He was being followed by his teammate Andrew Jones repeatedly stating, "He can't run like that." John, however, insisted he would run because otherwise the Team would not score. I had to dash back and forth to the race officials, 200 metres up and down the hill, to obtain a delay of five minutes while John received First Aid.

When John arrived at the ambulance it was already full of GB athletes with both Tracey Brindley and Natalie White still receiving treatment following their race. Rumour has it that the ambulance was later seen driving off with a GB flag painted on its side.

When the course commentator announced that John would be racing, all of the other competitors in the starting pens cheered as he emerged wearing a hairnet and a UK Athletics cap borrowed from me covering the wound to help stop the bleeding. When he

finished 13th in 46 minutes 40 seconds, he was still bleeding and after more treatment, when it was confirmed two hours later that we had won the Silver Medals, the wound was still leaking blood.

John told me later that he had taken one look at my face in the ambulance and had no doubts that he would be running. The fact was we both knew he had to run.

There was a great relief all around when Andrew Jones finished in 16th in 47.10 and Tim Davies 20th in 47.38. The relief turned to joy two hours later when, after much scrutiny, the judges announced the team result.

The invincible Italians had won with 10 points, but only four points covered the next four teams and the GB Team was placed second with 49 points from Switzerland (51), Czech Republic (also 51, but placed fourth on the count back of individual finishers) and Slovenia (53).

John Brown was definitely the hero of the day. Before the start, we thought we had no chance and to come through all the problems and get the Silver Team medals was an absolutely fantastic feeling for everyone involved.

It was a similar story with the GB Women's Team who also kept the Doctor and ambulance crew busy on their way to the medals ceremony.

Tracey Brindley who had been allergic to the animal furs in the hunting lodge needed oxygen for an hour after collapsing as she crossed the finishing line in sixth place in 37:37. Again, we had thought we had little chance of a medal as we were without the brilliant Angela Mudge who had had to withdraw through injury.

Tracey's heroics in running herself to a standstill were magnificently supported by her Carnethy Hill Running Club colleague Lyn Wilson, who finished 10th in 38.27, and Jackie Hargreaves 21st in 40.15 after coming in as a late replacement for Mudge, while Natalie White defied a crashing fall two-thirds of the way through the 7.2km race to battle on and finish 50th in 44.56.

Natalie suffered cuts and bruises pretty much all over her body, but she fought off race officials who wanted to pull her out and take her for medical attention. She spent some time in the ambulance afterwards getting cleaned up, until John arrived for treatment, but she was OK in time for the medal presentation. The key to us winning the medal was Jackie, though. She was called in after Angela had to drop out and had a fantastic run. The race consisted of one small lap and two large laps. The team had all grouped together in the mid-20s on the small lap and had paced it most sensibly. Natalie was limping quite badly by the time she crossed the line but nothing was going to stop her finishing. I think that summed up the whole Team's attitude on the day.

The GB Team finished third of the 17 nations with 37 points behind all conquering Italy (18) with Austria second, but ahead of fourth placed France (45).

Many thanks to everyone who helped with the team's preparations on the way to this event. A special mention must be made of the tremendous help and support of Sarah Rowell, Chris Robison, Brian Martin, Robin Morris and Martin Hyman and last but not least to Alan Barlow, Assistant Team Manager, who sacrificed any chance of seeing the Men's race to look after our Ladies recovering in the ambulance.

Let's beat the Italians next year on July 10th in Austria.



Tim Davies and Andrew Jones packing well at the Europeans
(Photo Adrian Woods)

AN EARLY HISTORY OF THE LAKELAND LONG AS: 1968-85

by Bill Smith

Over the last few years, Graham Breeze has contributed a series of articles on "Classic Fell Races", covering the period from the mid-80s to the present, and this, allied with the fact that Graham is also the originator and organiser of the Lakeland Long As Championship, gave me the idea that an article covering the early history of the Long As might be of interest.

Ennerdale

The Ennerdale Horseshoe is the oldest of the Long As, having been launched in June, 1968, by the late Joe Long and Frank Travis, pioneers of amateur fell racing and orienteering in West Cumberland. The Horseshoe had become popular with walkers over a hundred years ago and Frank and Joe based their route on information supplied by aged locals.

Jos Naylor didn't train much in those days and had only two runs – both typically long ones – behind him in preparation for that first race, having been encouraged to enter by Joe Long. Representing the newly-formed West Cumberland OC, he was up with Chris Fitt (Kendal) and Mike Davies (Reading) on Great Bourne but trailing them by 2 minutes on Red Pike, a deficit which he reversed over the rougher ground to Black Beck Tarn. Davies, who had completed a run of four consecutive Three Peaks victories earlier that year, began to fade around Pillar but the aptly-named Fitt, a Civil Engineer from London then working on the M6 extension, maintained contact up to beyond Iron Crag, from which point Jos began to pull away to win by 3 minutes in 4.00.00. There was one retirement out of 20 starters.

Naylor went on to win the next eight Horseshoes, gaining his ninth and final victory in 1976, when he was awarded the MBE. By 1970, he had joined Kendal AC and from that year to 1973 his closest rival was Dennis Weir of the Rucksack Club and Sale Harriers. However, Jos had become so fit and determined that up to 1976, when he turned 40, no one was able to finish anywhere near as close to him as Chris Fitt had done. 1976 runner-up Mike Short (Horwich), the first double FRA champion, won the 1977 race after a terrific battle with Billy Bland (Keswick) resulted in only 28 seconds separating them at the finish, reached by the Lancashire lad in 3.41.11. Jos came in 3rd and sportingly agreed to present the prizes. His six-year-old record of 3.30.40 was finally broken the following year by Andy Styan (Holmfirth) with a time of 3.27.00, over 8 minutes ahead of Stuart Bland (Jonny's father) and brother Billy, this pair having reversed positions on the descent from Crag Fell. Styan reduced this mark to 3.23.44 in 1979, having forged ahead of Jos and Billy beyond Iron Crag, these two also recording personal best times of 3.27.27 and 3.27.45 respectively.

Many competitors strayed off-course in the rain and mist of the 1980 race but Billy Bland made no mistake, storming home to another new record of 3.21.04, with Styan placing 2nd. Similar conditions, allied with gale force winds, prevailed the following year when Bob English of Warrington lost his life after falling below Crag Fell. Billy won this race too, and gained his fifth and final victory in 1987, two years after his clubmate Kenny Stuart, the reinstated champion guides racer, achieved his second win to set the still-existing record of 3.20.57.

Women were first allowed to compete over the Horseshoe in 1980 and that year's ladies' champion, Pauline Haworth (Keswick), later to become Mrs Pauline Stuart, led home the five finishers out of seven starters in 4.37.47, some 33 minutes ahead of Joan Glass (Eryri), with Janet Sutcliffe (CFR) 3rd. All three girls had come from a solid background of long-distance fell-walking. The 1982 race was won by Sue Parkin (Airedale & Spen), a triple British



Peter Knott leading a group at Ennerdale in the late 70s
(Photo Tommy Orr)

Orienteering Champion, in 4.40.32, while Clayton's Linda Lord triumphed in 5.29.57 the following year, reducing this time by 31 minutes in 1984 when she finished a close 2nd to Pauline Haworth's 4.55.52. Pauline set a new record of 4.27.52 a year later, some 33 minutes ahead of Alison Wright (Durham University), and also secured her third championship win that season.

Wasdale

Wasdale is undoubtedly the most demanding of the Lakeland Long As. Launched by the CFRA in July, 1972, that first race differed from future ones in that it did not conclude with a descent of Lingmell but took the more direct line down Brown Tongue and Lingmell Gill. Heatwave conditions accounted for most of the 14 retirements out of 36 starters, and in fact several other runners reported to checkpoint officials that they were retiring but changed their minds after having a short rest and were allowed to continue. Jos Naylor was naturally the pre-race favourite but didn't start due to an injury incurred on his farm a few days earlier. Two future FRA champions, Jeff Norman (Altrincham) and Harry Walker (Blackburn), headed the field at every checkpoint, though not always taking the same line between them, and jointly set the inaugural mark of 4.25.10.

A cool, showery day with mist shrouding several parts of the course led to several navigational errors the following year, including straying onto Red Pike from Seatallen, and Naylor scored a decisive victory, returning to Brackenclouse with a new record of 3.48.55. Norman, Walker and Dave Halstead (Blackburn) all missed the new checkpoint on Lingmell Nose and were directed back to it, eventually finishing 3rd, 4th and 5th respectively behind runner-up Andy Churchill (Clayton). This highly-promising young athlete came back a year later to defeat Halstead and Naylor with a time of 3.53.12 on another misty day which saw, among other route-finding errors, Harry Walker descending from Scafell Pike into Eskdale but getting back on course to finish 17th. Jos was back to his best form in 1975, lowering his own record to 3.41.49 after an early battle with Mike Short and Walker, but the following year was relegated to 3rd behind runner-up Short and a comparative "unknown", the late Ian Roberts (Holmfirth), who clipped over 3 minutes off his record with a time of 3.38.35. Short's persistence paid off in 1977, however, when he came home 5 minutes ahead of Walker in

3.53.15 with Naylor, now a veteran, again 3rd.

Following his 1978 Ennerdale triumph a month earlier, Andy Styan stormed around the Wasdale course to finish within 40 seconds of Roberts' record and in the perfect conditions of the following year set a splendid new mark of 3.30.51. Billy Bland had been runner-up in both these races but turned the tables on Styan in 1980 with a 3.37.51 clocking, while Pauline Haworth bested Janet Sutcliffe to set the inaugural ladies' mark of 4.51.20. Billy ran most of the course solo in the next race, winning from brother Stuart by 20 minutes in 3.35.10, then outpacing Bob Whitfield (Kendal) by almost the same margin in 1982 to set a new record of 3.25.21, which still stands. A shorter ladies' course descending from Pillar to Brackenclose had been introduced the previous year but Sue Parkin chose to run with the men this time out and finished 69th out of 149 starters.

Bland once more ran mainly by himself in the heatwave conditions of 1983, when Bridget Hogge (Eryri) led the ladies home in 5.35.45, but twelve months later he secured his narrowest victory yet, just managing to hold off Hugh Symonds (Kendal) by 35 seconds with a time of 3.42.27, while Bridget again dominated the ladies' race with a 5.08.28 clocking. Billy achieved the sixth of his nine consecutive victories in 1985 – a brilliant record to rank alongside Naylor's nine Ennerdale and ten Mountain Trial wins (Billy also winning the latter event nine times, incidentally).

Langdale

September, 1973 saw the inauguration of this classic round of the Langdale tops, promoted by David Meek and the Langdale Fell Race Association. A heavy blanket of mist shrouded the fells and as the main bunch of competitors approached Thunacar Knott, the mist suddenly cleared for a brief instant to reveal some of the faster lads approaching from the direction of High Raise! Jos Naylor didn't have any such problems, however, winning in 2.08.20 from Mike Davies, now turned 40, who was nearly 6 minutes in arrears. 76 finished out of 81 starters and it may be of interest to note that in those early races, most competitors used Stake Pass to get from Thunacar to Esk Hause, then followed the ridge to Ore Gap and later descended Redacre Gill to the stream-crossing before contouring the fellside on a narrow path through the bracken to the final control.

Jos lost out by 17 seconds in 1974 to a young newcomer, Mike Short, who achieved his first-ever fell race victory in 2.10.27, while in the cool, sunny conditions of the following year, he established a new record of 2.05.38. Another misty day in 1976 accounted for further navigational difficulties around Thunacar Knott, with Ian Roberts, Short and Bland being among the culprits. Billy

then led the way to Angle Tarn, beyond which point Short took over, only to go off-course again, allowing Bland and Naylor to catch him up at Ore Gap. This trio then became involved in a closely-fought contest over the remainder of the course, with only 25 seconds covering them at the finish: Short 2.08.28, Naylor 2.08.45 and Bland 2.08.53.

Andy Styan had created quite a stir at Burnsall in 1974 when, as a complete "unknown", he'd defeated the likes of Harry Walker and Martin Weeks (Bingley), and he caused no less of an upset at Langdale three years later by reducing Short's record by over 10 minutes with a time of 1.55.03, which has never yet been beaten. He had Billy Bland to contend with between Esk Hause and Blisco, closely followed by Mike Short and Alan McGee (Keswick), a short race specialist who was to become that season's FRA champion. Andy finally dropped Billy on the concluding descent to win by 14 seconds, crediting his victory to the fact that he'd lost 1? stone during the summer, with McGee beating Short into 3rd place. Bland turned up at Langdale a year later having won the Ben Nevis and Mountain Trial on the preceding weekends and was widely tipped to become the first man to complete a hat-trick of victories in these three tough mountain races. He not only fulfilled this challenge but did so by the wide margin of 20 minutes over Martin Hudson (Dark Peak) with a time of 2.07.00. Women were able to compete over the full course this year and international orienteer Ros Coats (Lochaber) stood a chance of completing the same hat-trick but in the end had to be content with 2nd place to Bridget Hogge, whose time was 3.13.00, with Pauline Haworth finishing 3rd.

Styan gained his second victory in 1979 after a close battle with Harry Jarrett (CFR), finally winning by half-a-minute in 2.01.00, while among the ladies, that seasons' champion, Ros Coats, scored a convincing win over Haworth and Hogge to create a new record of 2.37.57. Styan was relegated to 3rd place the following year, however, by Billy Bland in 2.05.24 and Bob Whitfield in 2.07.11, with Pauline Haworth reversing the previous year's result in beating Ros Coats by 4.12 in 2.55.19, Bridget Hogge again taking 3rd place. A mere second separated Bland and Whitfield in 1981, Billy winning in 2.02.56, while Pauline again led the ladies home. Due to an apparent lack of helpers, the 1982 race was not run over the Horseshoe route but on an out-and-back course to Scafell Pike, which was the only checkpoint, and Kenny Stuart was first back in 1.36.50 out of 173 finishers.

There was no race held in 1983 but a new series was launched in 1984 by Ambleside AC, assisted by the Achille Ratti CC. Billy Bland came home a clear winner by almost 12 minutes from Andy Styan with a time of 2.06.46, and Pauline Haworth was the fastest lady by an even wider margin:

2.40.14 to Bridget Hogge's 3.04.32. On a fine, clear day the next year, Colin Donnelly (Eryri) and Kenny Stuart were the first to Blisco summit but then went astray, allowing Jack Maitland (Pudsey and Bramley) to romp home with a time of 2.00.31, 21 seconds ahead of Sean Livesey (Ribble Valley Harriers). A new ladies' record of 2.34.28 was set by 1983 FRA champion Angela Carson (Eryri), 10 minutes in front of Stephanie Quirk (Kendal), and there was also a record field of 439 starters as it was a championship event that year. Billy Bland gained his fifth and final victory in 1987, while his nephews have accounted for eight more since, Gavin winning five and Jonny three.

Borrowdale

Inaugurated in 1974 by Keswick AC and sponsored by Miles Jessup of the Scafell Hotel, Rosthwaite and the New Dungeon Ghyll Hotel, Langdale, the original course was planned to link the two hotels. However, a horseshoe route was eventually devised by the late Chris Bland, Andy Ewing and others, and the first race took place on a warm, sunny Sunday, with the last checkpoint being located in Tongue Gill for this one occasion only. Dave Halstead held a 2-minute lead over Andy Churchill on Great Gable and although the latter closed the gap crossing to Honister (most runners then following the ridge to Grey Knotts), Halstead had opened up a 4-minute lead by Dale Head summit and descended to victory in 3.05.07, followed by Churchill in 3.12.22 and Short in 3.13.37.

Heatwave conditions prevailed for the second race and Mike Short led at every checkpoint, hotly pursued by Mike Nicholson (Kendal), 4th the previous year, whom he finally defeated by 3.24 with a time of 3.13.30. Billy Bland proved to be a formidable rival for Jos Naylor in the 1976 race and broke away from the Wasdale sheepfarmer going up Great Gable, after which he never looked like being beaten, storming home to a splendid new record of 2.53.30, over 6 minutes clear of Jos. This event marked the fell racing debut of Billy's 30-year-old brother Stuart of Thorneywaite Farm, near Seatoller, like Billy a former amateur footballer, and he took off on the scree descent from Scafell Pike and worked his way through the field to eventually finish 3rd in 3.02.33, also inside the old record.

However, this mark was to stand for only 12 months. Short, Naylor, Walker and Billy Bland all contested the lead along the ridge from Bessyboot to Scafell Pike, but here the two Lakelanders dropped their Lancashire rivals by virtue of their superior descending skills. Undeterred, Short overtook Naylor on the ascent of Great Gable, only for Jos to once again lose him on the way over to Honister, where Billy had been forced to retire with stomach trouble. Mike set off up Dale Head after Jos and had opened up a 5-minute lead on reaching the top, returning to Rosthwaite

with a new record of 2.49.03, with Walker placing 3rd. Short reduced the record still further in 1978, despite rain and mist, beating Billy Bland by over 9 minutes with a time of 2.44.52. A sunny day the following year was overshadowed by the news of Ian Roberts' death by lightning in the Dolomites and Jos Naylor paid tribute to him in a short speech prior to 2-minutes' silence before the race began. Billy Bland opened up a commanding lead beyond Bessyboot and achieved yet another new record of 2.37.11, Short taking runner-up spot 16 minutes in arrears, followed home by Naylor in 3rd. Bland beat Short again in 1980, 2.41.31 to 2.53.22, with Bob Whitfield 3rd. 184 finished, including six ladies, of whom the fastest was Pauline Haworth in 2.50.45, 79th overall, with the noted orienteer Carol McNeil (Edinburgh SH) 131st in 4.24.30.

Another new mark of 2.34.38, which is still the record, was established by Billy Bland in 1981 after another masterly display of front-running throughout. Bob Whitfield shook off the attentions of a 7-strong bunch between Scafell Pike and Gable to come home 2nd in 2.43.27, almost 5 minutes ahead of that season's eventual champion, John Wild (RAF Cosford), who hadn't yet become accustomed to long, rough courses, this being virtually his first year of fell racing. Ros Coats, in her second championship season, set a new ladies' record of 3.30.30, with Pauline Haworth 2nd in 3.36.03. The 1982 event was run in low cloud, resulting in many competitors straying off-course and even the checkpoint officials for Bessyboot being unable to locate the summit! Such conditions presented no problems for Bland, of course, and he went round in 2.43.38, nearly 16 minutes ahead of Bob Whitfield, with Stuart Bland a close 3rd. Rosie Naish (Eryri) was the fastest lady in 3.55.13, 75th out of 193 finishers, with Nicky Lavery (Eskdale OBMS) 2nd: 4.32.14 and Linda Lord 3rd: 4.45.13.

Billy had to take a back seat the following year, however, finishing 4th behind Kenny Stuart, who had had a great battle with John Wild, the man whose championship title he was to usurp at Thieveley Pike some seven weeks later, winning by 29 seconds in 2.45.25. Kendal's Daphne Varney was the first lady in 3.54.30, followed by Bridget Hogge 4.10.53 and Carol Walkington (Horwich) 4.14.04. Bland came back in 1984 to beat Kenny by almost 10 minutes with a time of 2.37.45, while Pauline Haworth set a new ladies' record of 3.26.05. Billy then secured the seventh of his ten victories in 1985, defeating Andy Ligema (CFR) by nearly 13 minutes in 2.42.13, with an unattached runner, Sarah Haines (Peter's wife), being the first lady in 4.13.43. Another great record to be added to Billy's Wasdale and Mountain Trial achievements.

Duddon

Ken Ledward promoted a weekend of truly "open" fell racing in June, 1978, from his "local", the Newfield Inn at Seathwaite, as he then lived at the western foot of the Walna Scar Road. An open race to Ken meant allowing both amateur and professional runners to compete together at a time when such practices were banned by the AAA, and indeed the entrants included two local guides racers, Chris Hartley and Fred Reeves. First back was Billy Bland in 2.47.00, followed by Jos Naylor and Billy's cousin, Anthony Bland (Keswick). Jos had given Billy a hard time over Harter Fell but the Borrowdale builder and stonewaller had begun to draw ahead beyond Hardknott. Ladies and juniors ran an 11-mile course and there was an orienteering-type event held the next day.

There were 24 retirements out of 74 starters in the second long race, many of them due to navigational problems in low cloud. Billy Bland was again the winner but this time by the narrow margin of 30 seconds from ace navigator Mick Garratt (Mandale), the former's time being 3.10.00. Andy Styan made his debut over the course in 1980 to finish 4 minutes ahead of Stuart Bland in 2.51.38, with Naylor claiming 3rd place and Billy Bland finishing 14th after uncharacteristically "blowing up" on White Pike. He made no mistake the following year, however, when he set the still-existing record of 2.43.10, over 10? minutes in front of Styan, with Stuart Bland 3rd. The clear conditions of 1982 saw Billy being closely tracked by Kenny Stuart, then awaiting reinstatement,

only to be pipped by a mere second in 2.46.10. Bland was back a year later, however, to outpace his clubmate Martin Hudson, winner of the following day's navigational challenge, by the narrow margin of 78 seconds in 2.46.39. Derek Ratcliffe (Rossendale), 3rd in the last two races, improved to runner-up in 1984, 15 minutes behind Bland's 2.48.36, and at last returned victorious the following year in 2.57.40 over Alex Smith (CFR) who arrived 2 minutes later. Billy eventually notched up a total of eight victories in this event, while Gavin had an unbroken run of five from 1992 to '96.

Dockray Helvellyn

This race hasn't been run since 2002 but it was launched in 1983 by Barry Thompson of the Royal Hotel. Dockray (now of Glenridding) as the Royal Dockray Fell Race, with 4,250' of ascent over 17 miles. Tony Richardson (Kendal), an accomplished orienteer, set the inaugural mark of 2.12.56 in defeating Graham Huddleston (Black Combe) 2.15.28 and Duncan Stuart (Keswick), Kenny's brother, 2.21.47. Another Lakeland Long A which is no longer run is the Buttermere Horseshoe, which began with 24m/9,000' in 1983 and was revised to 20m/8,000' two years later. Billy Bland created the original record of 4.26.26 ahead of brother Stuart 4.35.41 and Martin Hudson 4.35.43.

Three Shires

This event was inaugurated in September, 1983, by Ian Stephenson of the Three Shires Inn, Little Langdale, together with his sister Elaine and her husband Selwyn Wright. After a misty crossing of Wetherlam and Swirl How, Billy Bland began to assert his lead on the gradual climb to Blisco, here pursued by Colin Valentine (Keswick), though in the end it was Martin Hudson who proved to be the most dangerous threat to Bland's success, closing to within 19 seconds at the finish, where Billy crossed the line in 1.56.19. Linda Lord set the ladies' mark of 2.43.19, 31 seconds ahead of Alison Crabb (CFR), 78 ran.

A good day in 1984 saw the ascent of Blisco once more proving to be the decisive factor, for here a trio comprising Billy Bland, Bob Whitfield and Mark Rigby (Ambleside) pulled away from the chasing bunch, with Whitfield finally winning by 28 seconds from Rigby to set a new record of 1.53.08, with Bland a further 11 seconds down, although all three were inside the latter's inaugural mark. Not to be outdone, the first two ladies also broke their old record, with Pauline Haworth clocking 2.18.44 and Clayton's Vanessa Brindle (now Mrs Tony Peacock) 2.40.33. Mark Rigby triumphed in 2.01.10 in the abysmal conditions of 1985, the placings going to two 0/40 veterans. Dave Spedding (Keswick) 2.07.46 and Derek Kay (Bolton) 2.08.03, while Stephanie Quirk was the fastest lady in 2.54.18.

Billy Bland's sterling performances in the foregoing events must surely make him the greatest long-distance fell racer of them all – and he was no slouch over lesser distances either, having many short and medium race victories to his credit.



Billy Bland way in front near Dale Head Tarn on the Borrowdale
(Photo Bill Smith)

THE RUNNER ON THE RIDGE

BY JON CLANFIELD

I am deep in the valley bottom, confined in the steel coffin of my car. The slate grey ribbon twists and turns, meandering at the fate of ancient geological dictatorship. It is high summer and the air conditioning is labouring hard against the heat sunk into the bracken and rock chasm. I am slave to the commuter god, letting angst like blood on the haul home, longing to be elsewhere.

I catch furtive glimpses of the heights, between concentrated driving. The slopes rise away on both sides, solid pine fine forest marches away on one side impenetrable and cool, more Canada than England. Rocky bluffs and stone tors like Middle Earth ramparts curl out from the other. Everywhere there is the purple haze of heather and the glade green of bilberry.

Flak bursts of white fleece pock the scrubby meadows and barely perceptible trails, invisible to the un-initiated, lead through the deepest plant growth, etched by sharp hooves and continuous passage. I know, as does the buzzard gliding high above the fell, that the heather is studded with grouse, rabbit and hare. Ready to bomb-burst from their secure camouflage, to startle the unwary even in their own fearful flight.

And higher still, there where the rocks and loam greet the great blue sky dome, a silhouette makes steady progress along the ridgeline. A shadowy form more Lowry than human picks along a trail. Pace is almost undetectable from this distance but I know that it is the form of a fell runner, the runner on the ridge. I know that he or she will be tripping and bounding over ancient glacial debris, the gritty sand scrunching and grinding underfoot. I know that the runner's lung bags will be aching from the oxygen deficit of the climb, bundled muscle fibres will have ignited in the furnace of toxic lactic waste, mouth and tongue will be wadded in cloying cotton.

But this is immaterial because the mind and senses and being are satiated by the elemental panorama of valley, wood, water, rock and the flint sharp tang of the heather and hot peat.

I know all this because I too am a fell runner and long to give in to the shrill lament of the curlew and lapwing beckoning me to climb the valley sides untrammelled by the trappings of technology and find cool solace on the tops. My conscious being is driving the car, my subconscious soul is feeling every footfall, registering the twists caused by marginal foot strikes over rolling pea gravel and apple sized rocks. My eyes are darting between the treacherous trail, the cliff like edge and the vista.

My mind is wandering within my body, monitoring synapses and sensations, looking for pain and finding it, looking for bone deep satisfaction and finding it, looking for heart rending pleasure at the simple natural joy of being in an uncontrolled and uncontrollable environment and finding it, lots of it.

Soon I know that the pace will change again, the motion will alter as the descent begins and the battle with gravity intensifies. Logic and reason will clash with recklessness and adrenaline as the thread of path leads down serpent-like coiling through the glistening gritstone and scrubby growth. Pin sharp sprigs of dead and dying heather will claw at my shins, and my upper legs will deaden and de-sensitise with the effort.

I know all this, because I am a fell runner, but not today, not right now.

Today, right now, I am a reluctant and resistant commuter.

It is early; the damp shades of night are rising from the valley floor in the early morning peace, curls and tendrils of smoky mist rise wraith like from the reservoir's glassy surface. I stare down from my lofty position, lofted by the height of the ridge and lofted by virtuosity having climbed the fell in the last vestiges of the Stygian inkiness between night and dawn.

I stare down at the car winding along the slate grey ribbon of the road, idly wondering of it's driver has seen me and I revel in the fact that today I am the runner on the ridge, the shadowy silhouette, today, right now I am a fell runner.

WHERE OUR MONEY COMES FROM - A BRIEF SUMMARY

FROM TONY VARLEY, FRA TREASURER

I have been asked by our editor Dave Jones to provide the membership with some information on the income that the FRA receives in a year. It is not a particularly long list so here it is.

In the year to 31st July 2004 we will receive in total approximately £77,350 of which about £61,000 will be member's subscriptions.

We receive donations based on the affiliation fees that runners and clubs pay to their local athletic association. The North of England donation is, as one would expect, the largest and this year is £3,750. The South of England and the Midlands will pay this year £400 and £500 respectively. It is worth noting here that the North of England always pay without any prompting whereas the South and Midlands always require chasing and it is not uncommon for them to pay two year's donations at once, because they are so late.

We will receive £3,400 in respect of advertising in the magazine and also £7,800 in respect of race entries and advertising in the calendar. The vast majority of the income for the calendar is obviously race entries.

The final amount of income we receive is bank interest, which is low this year at £500. There was an error in setting up the subscription account with regard to interest, which was not spotted early enough and this has now been rectified.

Thank you and please!!

Our advert for unwanted, unloved fell shoes in the last edition of the magazine produced a good response and, thanks to you, quite a few Juniors are now dashing around properly shod

but

if there are any more of you out there who didn't see the last advert and have any fell shoes you no longer require but which, either as they are or with a quick re-sole, would suit some of our fast-developing juniors then don't bin them but give us a ring on 01535 669100.

Thanks in advance
from Dave & Eileen Woodhead

Secretary's Corner

There has been only one meeting of the FRA Committee since the last issue of the *Fellrunner*. Here are some brief notes on that meeting. Further information can be obtained by contacting me direct.

COMMITTEE MEETING – GLOSSOP, Sunday 5 September, 2004.

Our Press Officer, Bill Waine, has decided not to stand next year. The Committee sent their thanks for all his work on the website, on the Committee and as the FRA's representative at the Midlands AA meetings. Sometime last century Bill initiated the FRA website, and has persevered with its development over the years in the face of many an FRA Luddite. "It'll never catch on," they smirked – but they were wrong, and, as we now know, the Internet is rapidly becoming our primary channel of communication. Following a smooth handover, Brett Weeden has taken up the role of Webmeister, and the results are, well, impressive to say the least.

Sue Beconsall is putting the finishing touches to the new version of the disclaimer. This will appear in the 2005 Fixtures Calendar and Handbook. As well as being our legal beagle, Sue is also our Welfare Officer, and she has drawn up the FRA's new Welfare Policy, which will also appear in next year's Calendar. (She's also a very good fell runner.)

Details of our Accounts for the year ending July 2004 were discussed, in preparation for the forthcoming AGM, and you will be pleased to know that Tony Varley's anticipated membership figures were much more pessimistic than the actual numbers. We are indebted to the Marjory Boddy Charitable Trust, who have recently donated £500 in support of junior fell running.

At the time of the meeting, the possibilities for 5 year categories were still under discussion. Hopefully, by the time this magazine is printed (and certainly by the time your Calendar is delivered), a decision will have been made. Watch that smoke.

Junior matters are still high on our agenda, and there are several innovations to be added to the Junior Calendar for 2005. These should be detailed elsewhere in this magazine. The Committee thanked Dave and Eileen for all their ideas, enthusiasm and hard work. If you're a race organiser, do you have a junior race? And, if not, have you ever considered holding one. It could be worth having a chat with Dave or Eileen Woodhead.

By the time you read this, the Open British and Irish Hill Running Championships, organised by Steve Fletcher and Chris Knox, could well be imminent – it's on 9th October, and will be held in Fitz Park, Keswick. This is another "Junior First" and looks like being a really good event.

On the international front, the results coming in from Italy on Junior, Senior and Masters' fronts were discussed. In addition to some very impressive performances, England now has two new World Champions – Maureen Laney and Ben Grant. The Committee have sent congratulations to both on their achievements in Italy.

The 2005 World Masters event progresses nicely under Jon Broxap's skilful leadership. The small but dedicated bunch who make up the Local Organising Committee in Keswick deserve all our thanks for what looks like being an excellent weekend for all fellrunners.

We don't often need to discuss disciplinary matters, mainly because fell runners by and large know what's right and what's wrong, when they can let their hair down and when they need to be careful. However, there have been some disturbing reports (not all formal complaints, mind) about things which, I'm sure (or, at least, I hope), are down to sheer inexperience.

There have been several cases of runners retiring without reporting to the finish. This shouldn't ever happen. The worry this causes a race organiser has to be experienced to be believed. And, after twenty odd years in mountain and cave rescue, I can tell you that the novelty of being dragged

onto the hill to search for somebody who's sitting at home watching Coronation Street soon wears pretty thin! This is the reason why this is the only rule where the FRA insists that organisers report offenders.

There's also been an instance where members of the public have been jostled by runners taking part in a race. This will be detailed elsewhere in this magazine, but, again, I reckon that experienced fell runners will be well aware that our races share a sensitive environment with many other users, and behaviour like this can only spoil our sport, and will, eventually, only lead to us losing some of our most precious races.

The CROW act is now upon us, and will have a major impact on race organisers – and, possibly, our sport as a whole. This should be detailed elsewhere in the magazine, and I know that Chris Knox is writing a section for the Handbook, advising race organisers.

There was a lot of discussion about SAL's dismantling of their Hill Running Commission, and the FRA's role in registering races. The meeting felt that we should stick with our interpretation of UKA's rules until UKA advised us otherwise. Hopefully, by the time you read this, the situation will be clarified.

There was also a feeling that the FRA could be a bit more supportive of our veterans (at home as well as abroad). As the FRA Committee, like the membership as a whole, is mostly made up of vets, I think and hope that this will become the case. I've an action item from the last meeting to add a new section for veterans to the standard agenda. Please submit your ideas on how the FRA could be more supportive of vets to the *Fellrunner* – or to the new Forum on the FRA Website.

I hope to see you all at the British Fell and Hill Running Relay Championships in Hayfield – and at the FRA "Do" in Kendal later in the year.

Black Forest Teenager Games 2004 report

There's GOLD in them there hills!

In any British or English discipline of sport gold medals are few and far between, so for our smallest in stature and youngest ever girls' team to win gold medals in the Black Forest hills was awe-inspiring, just like the Athens Olympic Games. These youngsters showed maturity beyond their years, which all bodes well for the future of our sport. Perhaps one of these starlets will return to win the Berglauf race, like Kate Bailey in 1998, Katie Ingram in 2000 or Karrie Hawitt last year.

It's a real pity that the national athletic press chose to ignore these unsung heroes - shame on you A.W.

Alistair Brownlee tried his utmost to retain his title, but unsporting conduct prevailed, which Alistair handled in typical English fashion.

It has been voiced that the girls' team might have been too young and immature, read the reports below, and then tell us the right choice wasn't made. Well done the FRA for going with Rosie Stuart, Blue Haywood and Danielle Walker, who proved their worth at the trials race, and more importantly, in Germany.

So if you see any of these heroes, please pat them on their small backs, clap them and shake their hands, they deserve it.

Dave & Eileen Woodhead



Teenager Games Gold & Silver Medallists Rosie Stuart and Blue Haywood on the podium (Photo Woodhead)

The new look English Junior Fells Championship organised by Dave & Eileen Woodhead has introduced several debutants to the England squad for the 9th International Black Forest Teenager Games in Sasbachwalden, Germany. In the mountain race the girls' team out-performed a strong and older Slovenian team to take the gold medals, trophy and penknife prizes. Rosie Stuart at only 12 years of age exceeded all expectations in finishing 3rd against more experienced athletes, with excellent support from Danielle Walker, 4th, emulating last year's performance, and with Blue Haywood, another 12 year old, in 5th place emphasising the importance of team support.

Danielle and Rosie also won their age years, while Blue finished 2nd to Rosie in the 1991/1992 year.

In the Berglauf boys' race last year's winner, Alistair Brownlee, after leading the field had victory snatched from him by shirt pulling more associated with the premiership football than our sport.

Solid debutant runs from 2004 Under 16 English Champion, Adam Peers, 7th and 800m runner Ben Lindsay, 9th, enabled England to finish 2nd behind a Slovakia squad whose last counter was 4th. Scotland finished 3rd with Michael Gillespie winning the 1989/90 age group.

In the 800m trails races Wales and Scotland won 6 medals with their specialist short course athletes, the "Welsh Express". Thomas James broke the course record, and helped his case for lottery funding, while Mark Davis, Wales, and Michael McKean, Scotland,

took Silver and Bronze places. In the 1989/90 age group, Kurt Edwards, Wales, and Michael Gillespie won the Gold and Silver, and in the girls Wales took 1st, 2nd and 4th through Bethan Woods, Gina Paletta and Leigh Barker.

Sunday's 3 X 800m trails relays saw Danielle Walker shoot into the lead from the gun to put England in front after the 1st leg, Slovenia caught and passed Rosie Stuart on leg 2, and a spirited Blue Haywood had to hold off the fast finishing Scots runner to secure the Silver medals. In the boys' relay the Scottish team took Gold as Wales looked slightly jaded in 2nd place after the 2hr football competition on Saturday night. England did win the unofficial Golden Boot through Danielle Walker, and an F.A. coach thought she had a future at Turf Moor, if she sought a career outside athletics by England Junior manager, Jack Ellis.

Mountain race 2.28Km

Girls			Boys		
1. M. Kosovelj	Slovenia	13-05	1. M. Otcenas	Slovakia	11-10
2. L. Krkoc	Slovenia	13-25	2. A. Brownlee	England	11-11
3. R. Stuart	England	13-42	3. F. Janecro	Slovakia	11-14
4. D. Walker	England	14-09	4. T. Repka	Slovakia	11-23
5. B. Haywood	England	14-26	5. M. Stockert	Germany	11-23
9. J. Toner	Scotland	15-03	6. M. McKean	Scotland	11-27
10. L. Barker	Wales	15-36	7. M. Gillespie	Scotland	11-35
12. G. Paletta	Wales	16-00	8. A. Peers	England	11-50
14. E. Gibson	Wales	16-04	9. M. Davis	Wales	11-56
15. H. Armitage	Scotland	16-23	10. B. Lindsay	England	11-59
17. M. Smith	Scotland	16-48	11. K. Cowie	Scotland	11-59
			14. T. James	Wales	12-15

Teams Girls

1. England	12 pts
2. Slovenia	16 pts
3. Slovakia	24 pts
4. Wales	36 pts
5. Scotland	41 pts

3 X 800m Trail Relay

Girls	
1. Slovenia	9-10
2. England	9-30
3. Scotland	9-32
4. Germany	9-36
5. Wales	9-40

800m Trails Races

Girls 1987/88		
5. E. Gibson	Wales	2-49-51

1989/90

1. B. Woods	Wales	2-50-86
2. G. Paletta	Wales	2-52-57
4. L. Barker	Wales	2-55-34
7. H. Armitage	Scotland	2-57-25
8. M. Smith	Scotland	2-57-25

Teams Boys

1. Slovakia	8 pts
2. England	20 pts
3. Scotland	24 pts
4. Germany	33 pts
5. Wales	39 pts

Boys

1. Scotland	7-35
2. Wales	7-42
3. Slovakia	7-44
4. England	7-57

Boys 1987/88

1. T. James	Wales	2-11-03
		course rec.
2. M. Davis	Wales	2-16-99
3. M. McKean	Scotland	2-17-25
4. K. Cowie	Scotland	2-17-88
5. B. Lindsay	England	2-19-48
9. A. Peers	England	2-24-56
12. A. Brownlee	England	2-39-40

1989/90

2. M. Gillespie	Scotland	2-22-50
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2004 U16 English Champion Adam Peers' thoughts on Germany

The flight to Stuttgart was taken up with Jack's testing quiz. Ben and I were the oldest and I would like to say wisest but alas even after cheating and asking a stewardess for a British Airways answer we still managed to finish last. The drive to the village seemed to go on a bit but was broken up with silly travel games. Our accommodation in the village was excellent, a huge triple room with balcony and great views of the vineyards. Jack treated us all to a late night pizza and Alistair impressed us all with his German, ordering far too many pizzas and all the wrong toppings! There was nothing to do but continue our competitive weekend with a chilli eating competition.

A short lie-in on Friday and then it was time to check the course out. I was surprised at how much was on road and now realised why last year's winner Alistair didn't bother to take his fell shoes. Despite the road the course climbed steadily and it became very picturesque passing through the woods and over several bridges. There were a whole series of steps and although the course was steep it was not as long as I would have liked. I knew that the shortness of the race would ensure a quick pace at the front.

The afternoon saw all the teams head off for Europa theme park. This was a brilliant experience and only a lack of time stopped us from trying all the big rides. We began to banter with the locals who were quick to point out England's demise in the recent European Football Championships. We fought back gallantly with memories of our 5-1 victory over Germany only for one of them to open his jacket and show proudly that he was actually Greek and wearing his Greek football top! After a really interesting ice show we headed back for a good night's sleep.

We were up early on race day and greeted with torrential rain showers that stopped just in time for the start. I was surprised at how many were on the start line with everyone pushing for best positions. Alistair, Ben and I all started well and in no time Alistair's uphill ability saw him leading the race. I battled on there or thereabouts until I was in the steep woods and found myself elbowed out of the way by three Slovaks who all looked about 7 ft tall. I was later disappointed to learn that one had managed to do the same to Alistair and pipped him to the finish. I hung on to finish in 7th with Ben a close two places behind. The girls ran really well despite being the smallest and youngest team of all the girls. Rosie was first home in third and was closely followed by Danielle and Blue giving them overall team victory.

We headed back for a well earned swim and then got ready for the individual 800 metre trail race. All six of us ran fairly well but we were no match for the Welsh boys' team who we easily outran in the fell race but we could not live with them over such a short distance. One of them broke the course record as an individual.

After tea came the much anticipated football competition. The girls turned their back on the dancing to join in with the England football team. Everyone was impressed with Ben's goalkeeping skills to such an extent that he could have replaced David James in the penalty competition! Alistair and I were drafted in to assist the Welsh team in the early rounds but were then ceremoniously dropped in favour of two Scottish lads. With great assistance from our girls we managed to reach the semi final before being beaten by a combined Welsh/ Scottish team of all lads who later went on to win the final.

The next day was the inter team relay with similarly strong performances from both teams. Another quick swim was then called for to make the most of a brief spell of sunshine. The prize giving was held before lunch with many of the prizes going to the three home based teams of England, Scotland and Wales. After lunch we went for a leisurely stroll in the vineyards. This proved one activity too much for the girls who took a short cut back to the village. This allowed the three boys one last tense competition as to who could eat the most scoops of ice cream. In the end all we could do was to call it a draw!

On arrival at the airport we were reminded about 47 times by Jack not to have any scissors or knives in our hand luggage. Unfortunately Jack forgot to remind himself and was embarrassed when scissors were found in his bag. After what appeared to be almost a full strip search by the burly guards a red faced Jack and the rest of us ran to the plane, which was patiently waiting on the tarmac.

The Black Forest Games is a superb weekend of many activities including an excellent competitive fell race. Thanks must go to the FRA and to Jack and Pauline who looked after us over the weekend and made it a trip to remember.

Blue Haywood's Black Forest adventure

(This is an edited version of the 6 page account, that Blue had excitedly hand written, detailing everything!!)

I've never been to an airport before, so we looked around, and played on the moving pavements and the time went quickly. The flight was amazing, I was next to the window, and could see the ground as we went up, it was like a massive fairground ride. Landing was even more fun. The journey was two hours, and we got to know each other better. Adam made everything into a joke, and Danielle was funny, so we all had a laugh.

We walked the course on Friday morning, and it was quite hard, Danielle and I ran to the top with the boys, and then turned and ran straight back down, it was good fun. Alistair took us to see the swimming pool, while we waited for Rosie, Jack and Pauline, it was a big outside pool with diving pool, slides and diving boards. We climbed up the diving board, Alistair, then Adam, then Ben. Danielle and I puffed for a bit, but then we jumped in too. It hurt our shins a bit, but it was good fun so we kept having more goes.

We caught the bus to the theme park, and sat at the back next to Bayern /Germany. Their coach was only 22, and introduced us to all of his athletes, he was really cool. At the theme park I dared to go on this thing that was like the Blackhole. I have never been on a roller coaster before, and I didn't go on anything else, so walked round with Rosie and Pauline and went on really slow rides. When we met back up with the others I went on the waltzers, and then found we had lost Jack!

The next day was Saturday, this was the day of the race. 10 o'clock came, and I was so nervous, it was the time of the race, and we all lined up at the start near the Hotel. The gun fired, and we were off! We ran up the road to the steep bit, and my legs felt dead already, then there was a steeper bit, then loads of steps and loads of bridges. Altogether there were more than 200 steps, it was really good fun, but my legs were so tired and wouldn't go. I was worried I would let the team down, as Rosie and Danielle were in front, but I couldn't go any faster, and got stuck behind a big boy. I came 5th girl, but 2nd in my age group behind Rosie, and our team came 1st, it was a brilliant feeling running against everyone, and I really enjoyed it.

Then came Sunday, we got woken up at 7am again. The relay race was 800m, but mostly downhill, we went up the road, across some grass, up some steps then down, down and down, but then up to the finish. I was on the 3rd leg, Rosie on the 2nd, and Danielle on the 1st, it was fun and we came 2nd team behind Slovenia.

On getting to the airport we checked in, put our bags through, got some dinner, looked in some shops and it was time to board the plane. It was really exciting coming home, it felt like I had been away for ages, and I couldn't wait to see everyone.

This was the first time I've ever been away, and it was BRILLIANT, I felt a bit homesick, but Danielle, Rosie, Alistair, Adam and Ben were so lovely, and such good fun, they looked after me, and we had so many laughs, and I miss them now that I am home.

Thank you to everyone that let me go, because it was so, so, so, so good.

Rosie's German rambles

We were about to fly from Manchester Airport to Stuttgart, and I was very nervous, as I hadn't flown before. After meeting up with Jack and everyone else, we were given our England kit, which was really exciting before boarding our flight. The plane was tiny, and I was right to be worried as my ears hurt all the way! We all got to know each other better in the taxi from Stuttgart to Sasbachwalden by playing I-Spy for most of the way! The rest of the team were really nice, friendly and fun.

We arrived in the dark, but I could tell it was a very pretty village, and the B&B was homely and comfy. We went out for a Pizza at the only place that was still open, because it was 10-30pm. After eating big Pizzas, and the boys daring each other to eat these disgusting looking green things that they said had hot

juice inside them, we went to bed.
Unfortunately none of us girls could sleep!

In the morning we looked round the course, everyone jogged it except me, because I was too tired! I was a bit worried about the start of the course, because it was a lot of road, which I don't really like, but the rest suited me. In all there were 225 steps, and 13 bridges, but when we were racing it didn't seem that many. After getting freezing cold in the outdoor swimming pool we went to the town hall for lunch, and to check out the opposition who looked really big. Blue and I were by far the smallest there! It was then time to pile on to two coaches to go to the Europa Theme Park about an hour's drive away.

The roller coasters looked horrendous, so I went on rides that went slower with Blue, although she managed some of the scarier ones. It was then time for the opening ceremony with an ice skating show; the ice skaters were really good, and did lots of spins and stuff.

I was really nervous in the morning before the race, everyone looked so good when they were warming up. We had our photos taken with our flag, I started right on the back row, and couldn't see the rest of the team until after we set off. Fortunately for me, no one sprinted off, and as it became steeper I was able to catch up, and then overtake all the girls. As we reached the woods, Maria Kosovelj, a 16 year old Slovenian, who had won twice before overtook me, and then another older Slovenian. I was feeling really strong, and I ran most of it, even the steps. The race was over quickly, and I was very surprised and pleased with my 3rd position. Danielle quickly followed me in for 4th and Blue in 5th, that meant we had won gold in the team race.

In the boys Alistair was 2nd, he should have been 1st, but a Slovakian pulled him back at the end. Adam 7th and Ben 10th, so they took silver, which was brilliant. We all went to the swimming pool after the rain stopped, and then went to cheer the boys on in their 800m Trail race, who all did really well. We hoped the boys weren't too tired, because at night it was time for the football matches. The girls played too, well Danielle did, and got the bruises to prove it, while Blue and I were brilliant at ducking and weaving.

Next morning we walked the relay course, which unfortunately for me was a bit hillier than I expected. I was going to be on the 2nd leg, Danielle on the 1st and Blue on the last. We did really well, and finished 2nd behind guess who? The Slovenians. After the presentation, where we won knives, and I cut myself on mine, the team went for a walk in the vines, before leaving for the airport.

I had a fantastic time, and everyone was so nice, and I'm sure everyone else enjoyed it as much as me. So I would like to say thanks to Jack, my mum for taking us, and the Fell Runners Association for a brilliant trip, and my England kit.

Postscript by Rosie's mum, Pauline Stuart, who travelled as escort and assistant:

First, it was a real privilege to accompany the teams to Germany; they were a super bunch, played hard, ran hard and showed fantastic team spirit, deservedly coming away with an impressive medal haul of gold and silver. I was particularly impressed with our lads who looked after our wee girls and were not tempted away by more mature 'talent' on show!

Special mention must go to Alistair who showed great attitude and maturity, after having victory literally snatched away from him on the line by a heavy handed Slovakian. A crash course in martial arts might well be the answer before next year!

Many thanks are due to Jack who took on this onerous task of organising the trip at short notice, and without whom it would probably not have been possible.

Finally I would like to thank Adam and Ben for their extraordinary entertainment in the long delayed taxi journey back to the airport. Whitney Houston versus Air Guitar - heavenly!, and Jack for his impromptu strip floor display, those burly German Frauleins certainly know how to enjoy themselves!

Ben Lindsay's England debut - 'we felt like stars'

8th July, and I was on my way to Manchester Airport, as normal I was the last to turn up, and receive my kit. That was a good feeling, knowing I had my England tracksuit and vest. I got talking to Adam and Alistair, and knew that we were going to have a good laugh, especially when sitting next to Adam on the plane. Blue was really eager to get on the plane, because it was the first time she had flown, she was really excited! When we had taken off we all started to listen to music, and just chill out, but Jack made a quiz up, and we had to work in pairs. Adam and myself were pretty confident that we had beaten the others, but to our surprise we came a dismal last, and didn't even reach double figures in score. To this day we believe it was a FIX! Alistair and Danielle won, with Blue and Rosie second.

Landing in Germany, it was around two hours driving to reach Sasbachwalden, here we were greeted by the owner Bruno, and then shown to our rooms. The girls quickly went for the biggest room, but they didn't have a balcony like us. Alistair got the single bed, which meant Adam and I had to share a double bed, but when looking at it closer we realized there were separate mattresses. At the restaurant I ate a big piece of my pizza, but didn't realise it had a big pepper on it - that was one hot pepper, my mouth was on fire all night. Back in our room Adam and I were chatting most of the night, and Alistair wasn't very impressed, he needed his beauty sleep.

The next day we walked the course and on reaching the stairs and bridges in the forest, we saw other teams walking back down, so

thought we had better show off a bit. We started running up the stairs and passed them, showing our determination, it was really funny.

While on our way to the theme park we tried talking to some of the other teams. Blue was our translator, she would use a direct method of asking; 'DO YOU SPEAK ENGLISH?'. It was really funny, because she said it slow but loud. It worked though, as we got talking to the German team, whose manager was called Vitarly, he was only 22, and so cool. For some reason the conversation was about football, and a score line; oh yeah, 5-1! We wore our England tracksuits whilst in the theme park, and wherever we went the Germans would shout, 'England, Beckham, ha whoosss!', and point to the sky, taking the mick out of his penalty.

The nerves had kicked in next morning, we got our kit on, and went down to the start to warm up. As usual Blue was the first down, really eager. In the race the lads' tactic was to get into a good position before we hit the steps. When the gun went we sprinted about 50m and set a pace. Alistair and Adam were in front of me all the way, but I was concentrating on my position, I reached the steps in about 12th, and half way up the steps took two lads. Closer to the top I saw another lad, and noticed that he wore the Scottish vest, I thought I'd have him, and took him before the line. It felt so good, but I was knackered.

The Welsh team asked us if we should join teams for the footie, so later played in the football tournament, we won our first match, and then the Welsh lads said they didn't need us, and dumped us. We got through to the quarter finals, and had to play Wales, we wanted revenge and it started well but in the end we lost 7-2. I was in goal, but the defence wasn't that good, although I scored the two goals. The final was Wales against Germany, we obviously wanted Germany to win, under the dumped circumstances, but Wales got the winner with two minutes left. After this we went back to our room and did our best to annoy Alistair, by keeping him awake, he wasn't impressed.

On the final day, we had the 3 x 800m relay where we were hopeful of doing well but we ended up coming 4th, only 5 seconds behind the 3rd placed team. After saying our goodbyes to the Welsh team who we got on with really well, we also said our goodbyes and thanks to Bruno and his wife for having us.

Half way through the flight back I got talking to the stewardess, and she asked us what we had been doing, I told her and asked her if she could get the Captain to announce it, she did, and WE FELT LIKE STARS.

When we got to Manchester it was emotional, but I knew it was the best experience of my life, those three days were amazing.

I would just like to thank Jack and Pauline for taking us, and helping us in the races with their encouragement.

Thanks guys

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WOODENTOP'S CHIN-WAG

We apologise for the lack of junior results, photos and reports in the last issue of this magazine, you will notice that this has been taken on board, so you, the junior athletes, are not forgotten. These junior pages are primarily for championship race results, reports, trials races, international news and events and it isn't possible to have all junior results here from every race. But the FRA have promised to publish more junior results, so if you compete in a non-championship junior race, Dave Weatherhead and Barbara Carney, 16 Birchlands Grove, Wilsden, Bradford, BD15 0HD, are more than happy to receive your results sheets, then maybe you'll get your name in print!

Our second apology is that only one FRA junior training weekend has taken place, that being on 22nd & 23rd May, at Westfield Lodge, Oxenhope, near Haworth, West Yorkshire. This we know can be improved, and we are looking into it.

We advertised a border raid on the information sheets, regarding the classic Snowdon mountain race in Wales, which this year reintroduced junior races in various categories, hopefully with Jane & Tim Lloyd in charge this will continue to grow. So imagine our delight when U12 Andrew Harrison crossed the finish line first to start the ball rolling, next came Adam Peers, plus two England flags fluttering, Heather Timmins, Jonny Mellor and Karrie Hawitt all to show the Welsh a clean pair of heels; just like senior Ian Holmes!

A special mention must go to a unique junior double, at the July Wharnton Dash, where Paul Wadsworth, Rossendale and Anna Anderson, Pendle AC, both beat all the seniors to collect the 1st man & 1st woman trophies, for the 2m/600ft race which forms part of Saddleworth Country Show. Also to Blue Haywood on setting a new ladies' senior record in Ricky's race, Derbyshire on 12th August, and Adam Peers on winning the Craig-Y-Rhiw race in Shropshire.

Well done - who says it's an old mans sport?

EXCITING NEWS

For 2005 the FRA have agreed that the juniors should have their very own English Relay Championships, which will be hosted by Helm Hill Runners at Sedbergh on 25th September.

Relay teams must comprise of one athlete from U12, U14 and U16 age category to qualify for the championship medals, boys and girls only, no mixed, no ad-hoc; ages are as on 1st January 2005. Please note these will be the English championships, therefore only English clubs can be awarded the championship medals. Other nationalities will be most warmly welcomed to participate and are eligible for the other prizes.

You will note no under 18 runners, the reason for this is that most clubs would probably struggle fielding these athletes, plus with there being an open race, they can compete there.

EVEN MORE EXCITING NEWS!

Under 10's will have their own NON-CHAMPIONSHIP SERIES, with the minimum age 8 years on the day of the race. Although disappointingly no championship medals can be awarded due to UK Athletics, the governing body, there will be a specially designed commemorative T.Shirt to all under 10's who finish 4 or more races from the 6 Junior Championship races. Of course there will be normal prizes at each event, and we thank the 2005 championship race organizers for their support in getting this idea off the ground, and being so enthusiastic.

FRA JUNIOR TRAINING WEEKEND

22ND & 23RD MAY 2004

'The Fell Weekend'

"I thought that the fell weekend was a great success, and an experience for everyone who attended. I particularly wanted to improve my downhill running and to try and learn more about fell running ; I did that, and more!

As well as conquering my small fear of downhill running I made new friends, and learnt loads from experienced runners, and people connected to running. We learnt how to massage either a friend or ourselves and learnt some things about the joints and ligaments in the body and what to do if I injure them.

I will be pleased if another weekend could go ahead as I enjoyed it so much!!"

Under 14 Alex Wheatman, Scarborough AC

"I particularly enjoyed all the team games, because you got to know the whole group, as you kept changing the team you were in after each event.

The location was good as we had all the unit to ourselves, and the sleeping area as everyone was together, and nobody was left out. Also we had lots of land to play footie."

Under 14 Philip Bolton, Rossendale

"As a newcomer, it was super to be welcomed by a friendly face - (later I found out it was Eileen) and put straight into action, once I had dropped off my gear in the boys dorm - tops as I got a smart bunkbed. I would have been earlier if my dad had checked the map properly!! Still now I have done some orienteering, I can help him get me to races on time in the future. After a warm up it was round the nearby quarry for some real training, it was hot, but there were plenty of drinks.

Real fell runners need plenty of food as I found out, so I was well fed at lunch, and had a session on nutrition that made me even hungrier. The coaches took us out again to give us an appetite for our evening meal, I am sure the meat & potatoe pie was homemade and delicious. I really got to know everybody over a game of footie, and there was plenty to do as it was like camping, but comfy and dry. We all planned for a midnight feast, and started about 11 o' clock thanks to goodies mum had put in my bag for emergencies. We swapped crisps, chocolates, sweets & biscuits as everybody in the dorm had come prepared.

I am sure we did get some sleep before breakfast, then after re-energizing with several bowls of cereal it was time for more training, just the right pace as I wasn't aching after the day before. Then we had a session on looking after yourself to avoid injuries and, if you did injure yourself, how to recover properly. More refuelling at lunch, then a harder training



Young athletes say "Thanks" for the junior training weekend. (Photo Woodhrai)

session, to end the weekend on a high everybody went home with big chocolate eggs - I had no room left to eat another thing.

It all went too quickly, and it has been fab to make new friends from Halifax to Rossendale, much hillier than Preston. But with another couple of weekends like this I should build up to giving the guys a good run. A really fun time, very well organized, and a big thank you to everyone involved."

Under 12 Andrew Harrison, Preston

"The weekend was a brilliant experience for me, which I really enjoyed. We did a number of activities which didn't just include skills for fell running, but included a lot of team games such as football, relays, table football and quizzes, these gave me the opportunity to get to know people who enjoy the same sport as me. The fell weekend was a great laugh and now I can go to fell races and socialise with people who I now know which I couldn't do before the weekend."

Under 16 Danielle Allen, Leigh Harriers

"I would like to thank everyone for an enjoyable time at the FRA fell weekend, where I learnt a lot about fell running, from how to go up & down fells, to the stretches and drills. But this weekend was not just all about running, it also was about enjoying ourselves, and meeting new people. We did a number of games, which was a lot of fun. I would definitely go on another, and certainly recommend it."

Under 16 Dionne Allen, Leigh Harriers

ENTHUSIASM, FUN and LEARNING were the prime directives to this successful weekend at Westfield Lodge, Haworth, West Yorkshire. From the outset our aim was to help and develop the young athletes of all abilities, hopefully everyone learnt something even the English champions that attended. Besides all the normal things you'd expect from a training weekend i.e. orienteering/ navigation to get you mixing and working together; running analysis, running style demonstration on a treadmill, physiotherapy talk and a practical there were also massage

techniques, a celebrity in 1997 World Champion, Victoria Wilkinson, giving her experiences good and bad as a developing athlete, nutrition and of course coaching. Former England coach, Pete Shields, covered getting the basics right, putting them in action, flexibility, strength work, general conditioning, uphill

techniques with International guest, Anne Buckley volunteering as 'guinea pig', and downhill techniques - pretending to be a plane!

Over the whole weekend a points system was run, although only the organisers understood its working. You lost points for failing to wear name badges, gain them for no staff having them, winning the orienteering challenge, pop quiz, mime game, table football & outdoor tournaments, activity races and any sporting gesture done unprompted.

The final relay had 4 teams finishing within 3 seconds, echoing the spirit of the weekend. Rob's Runners consisting of Robert Hall, Danni Allen & Oliver Webster just won, with Bolton's Lightning, Krafty's Krew & Pages Posse finishing fast.

It was felt they earned a treat, 'by working their little socks off' and with proud parents watching everyone was awarded a certificate, and of course chocolate, because a little bit of something you fancy does you good!!

QUARRY RACE

1	PAUL WADSWORTH	1-20
2	ALEX WHEATMAN	1-29
3	AMY BRIDGEMAN	1-34
4	ROBERT HALL	1-35
5	SAM TOSH	1-38
6	HOLLY PAGE	1-39

ORIENTEERING CHALLENGE

1	PAUL WADSWORTH	15
2	SAM WEBSTER	13
=3	OLIVER WEBSTER	12
=3	ELLIOT DAWSON	12
=3	BEN PAGE	12
=3	DIONNE ALLEN	12
=7	DANNI ALLEN	11
=7	ALEX WHEATMAN	11
=7	HOLLY PAGE	11
=7	JAMES KRAFT	11

OVERALL BOYS POINTS

1	PHILIP BOLTON	42
2	OLIVER WEBSTER	37
=3	PAUL WADSWORTH	35
=3	ROBERT HALL	35

OVERALL GIRLS POINTS

1	DANNI ALLEN	38
=2	HOLLY PAGE	33
=2	ALEX WHEATMAN	33
4	AMY BRIDGEMAN	29

RACE REPORTS

HELVELLYN 30TH MAY 2004 - 3RD ROUND

'I enjoyed this race. The pace was quite fast over the flat fields, and I started to climb the hill in 3rd position. The uphill was steep which suited me, I reached the turning point in 1st place, but on the way down I was caught by Ryan and Jonathon, because I am not as confident with steep downhills. I kept with them back through the fields, but couldn't overtake them, that meant it was a close finish with about 3 seconds between the first 3 runners.'

Under 12 Thomas Sessford, Keighley & Craven

What a setting in the heart of the Lake District, in St. Johns In The Vale, near Threlkeld, from Bram Crag Farm, the home of Duncan & Gillian Stuart, the race organisers. This was fell running as it's traditionally known. Beforehand many parents and juniors were worried whether the races would traverse the very rocky steep terrain which rises behind the farm on to the Dodd ridge. Well this pleasure only befell the 100 seniors on their way to Helvellyn summit, 3118ft and back, for the juniors all races ran up and down High Rigg, of a more modest elevation of 1163ft.

The courses involved a very flat, lung bursting run out through 3 fields, then a climb that soon reduced only the fittest to a fell walk, a marshal turn then the plummet back down on a good clean grassy slope, before a jelly legged run on the flat back to the finish.

This was the first time the junior English championships have been held here, so it wasn't surprising that all 10 age records were broken with 140 competitors all eager to make their mark. In fact junior races were only started here last year, when Cumberland Fell Runners asked the Stuarts about a possible club championship race. Then 35/40 juniors attended, mainly from the thriving CFR junior section, who run about 8 junior events which are well worth a run, if you can't find anything in your area.

The glorious weather just added to the day and courses, Duncan and Gillian put on an excellent array of refreshments for all the junior competitors, they got scrumptious home made cakes, tea, pop and crisps. They even provided the younger ones the chance of a run in the under 10's event, where Douglas Jardine and Bo Haywood won a big bar of chocolate each, with the other 16 finishers collecting a 'L'AL' bar of chocolate.

Former British champion and Helvellyn winner, Simon Booth presented the Pete Bland Sports vouchers in the various age categories, and drew out Under 12, Ryan Gould's name from the Inov-8 winners prize draw hat for a pair of their popular fell shoes.

The whole day went like clockwork, with even Duncan having time to supply spectators with a running commentary on the races, and all the marshals, tea ladies and helpers deserve our thanks, especially the Stuart clan. They even had the summit marshal in the form of the legendary Kenny Stuart, Duncan's brother, who turned each race at the correct point, and had the best seat in the house for viewing the day's races.

UNDER 12

BOYS			GIRLS		
1 R. GOULD	E. CHESHIRE	10-54	1 A. McGIVERN	HOLMFIRTH	12-11
2 J. WRIGHT	HELM HILL	10-57	2 B. PETTIT	HOLMFIRTH	12-50
3 T. SESSFORD	KLY & C	10-58	3 J. ADDISON	HELM HILL	13-08
4 T. DOYLE	HELM HILL	11-10	4 S. DEVLIN	SKIPTON	13-15
5 J. ELLIS	W.CHESHIRE	11-39	5 L. MILLER	CFR	13-31
6 O. WEBSTER	BINGLEY	11-43	6 F. JORDAN	ILKLEY	13-42

UNDER 14

1 J. MOUNTAIN	SKIPTON	14-21	1 R. STUART	CFR	15-51
2 T. YATES	KESWICK	14-33	2 B. HAYWOOD	LINCOLN W.	16-22
3 G. CUNLIFFE	BURNLEY	14-47	3 A. WHEATMAN	SCARBORO'	17-13

4 N. GOULD	E. CHESHIRE	15-00	4 G. CROWTHER	HELM HILL	17-23
5 J. WALKER	CFR	15-05	5 H. TIMMINS	WARRINGTON	17-32
6 M. LOUGHLIN	SKIPTON	15-09	6 H. PAGE	HALIFAX	17-40

UNDER 16

1 A. PEERS	WIRRAL	14-49	1 DIONNE ALLEN	LEIGH	17-56
2 M. JONES	HOLMFIRTH	15-19	2 E. STUART	CFR	18-09
3 S. MITCHELL	V. ROYAL	15-36	3 R. McGIVERN	HOLMFIRTH	19-34
4 R. HALL	LEEDS C.	15-49	4 DANNI ALLEN	LEIGH	20-45
5 B. FARRELL	KESWICK	15-53	5 K. WOODHEAD	HOLMFIRTH	22-37
6 M. HURST	SKIPTON	16-00	6 K. ROBINSON	HELM HILL	22-46

UNDER 18

1 C. DOYLE	TRAFFORD	25-36	1 K. HAWITT	WARRINGTON	29-36
2 J. MELLOR	LIVERPOOL	26-36	2 R. THOMPSON	HORWICH	31-20
3 S. HUNN	SKIPTON	27-03	3 S. TUNSTALL	BORDER	32-28
4 J. TEECE	MATLOCK	27-27	4 K. COLE	HORWICH	34-20
5 J. KEVAN	HORWICH	27-43	5 S. SLATER	SETTLE	36-24
6 K. COOKE	HALLAM	28-40	6 M. MORPHET	CFR	46-57

UNDER 20

1 R. LIGHTFOOT	CFR	26-07	1 L. GRIFFITHS	HOLMFIRTH	37-37
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BLACK FOREST TEENAGER GAMES SELECTION RACE 13TH JUNE 2004 2.5K / 220M

Initially the BTG trial was scheduled for the Rivington area, where it had been for the past few years and although the water authority had given permission, it was felt this venue had several drawbacks. Competitors, parents and coaches expressed their disillusionment at the start-time, 9-30am, no toilet facilities and no prize giving, amongst other concerns. Hence with Ilkley Harriers' help and a course designed by last year's Black Forest winner Alistair Brownlee, a new venue was established on Ilkley Moor. Being more central, country wise, with a more sensible start time of 11-30am, toilets and a spectator-friendly course, i.e. virtually view most of the route, the totally uphill route on road, then tracks and steep steps, was a resounding success with 44 youngsters having a go. Normally these trials races are not particularly well attended, maybe the introduction of each year age category prizes had a small part to play in ringing the changes and bringing enthusiasm to all.

Predictably, Brownlee and Adam Peers took the automatic selection places, with Ben Lindsay having an inspirational run to finish 3rd, less than 24 hours after winning the silver medal in the Lancashire Schools 800m championships and only 100th of a second separating the first two. Small in stature, but unbelievably talented and best friends, Blue Haywood and Rosie Stuart scorched a path to qualify; third was Danielle Walker, who had also competed in the Lancashire schools winning gold in the 3000m the previous day, being 'given the nod'.

At the finish line all enjoyed the free ice pops to cool down with in the heat before retracing their steps back to the café at White Wells and the prize giving. There G.B. and England superstar, Chris Cariss, who typically just shrugged his shoulders at his introduction as being only 8 seconds outside the Olympic qualifying time for the marathon in Athens, much to the amusement of the assembled crowd - what a role model. Engraved trophies donated by Ilkley Harriers were presented to the first two boys and girls past the post as mementos, then there followed a fun filled award ceremony for the age prizes and spot prizes supplied by Up & Running, plus a congratulatory hand shake from Chris.

Joanna Gray on behalf of Scarlett & Jessica wrote; *"Thank you. At last weekend's Ilkley event everything was organised well, a runner at the back in case anyone dropped out, encouragement shown and even an ice pop at the finish! Plus the fact that every finisher got a prize - showing that they had all achieved something on finishing the course. Well done - your organisational skills are appreciated"*.

BOYS	YR	GIRLS
1 A. BROWNLEE	BINGLEY 11-38	16 B. HAYWOOD LINCOLN W 13-55
2 A. PEERS	WIRRAL 11-57	16 2 R. STUART CFR 14-18
3 B. LINDSAY	PENDLE 12-12	16 3 D. WALKER BURNLEY 14-26
4 R. HALL	LEEDS C. 12-41	15 4 A. McGIVERN H'FIRTH 14-29
5 M. HIRST	SKIPTON 12-45	16 5 DIONNE ALLEN LEIGH 14-57
6 B. FARRELL	KESWICK 12-48	15 6 H. TIMMINS WARRTON 15-09
7 J. PAWSON	SKIPTON 12-51	15 7 R. McGIVERN H'FIRTH 15-13
8 J. HARMAN	H'FIRTH 12-55	16 8 H. NAYLOR SKIPTON 15-51
9 J. MOUNTAIN	SKIPTON 12-57	14 9 E. STUART CFR 15-54
10 J. KEVAN	HORWICH 13-05	17 10 B. PETTIT H'FIRTH 16-00
12 N. GOULD	E.CHESHIRE 13-17	13
36 A. JONES	H'FIRTH 16-31	12

SETTLE HILLS 27TH JUNE 2004 - 4TH ROUND

"This was only the second fell race I had run in, apart from the Bunny Runs - they were what made me want to do more fell racing. My first race was Helvellyn, and I thought it was really hard after a winter of cross country races with much smaller hills - I couldn't believe how steep it was in some places, but I still enjoyed it. After Helvellyn the Settle Hills race was a lot more like what I expected.

At the start I struggled a bit with the steep hill, but I could see I wasn't far behind the leading girl, Danielle Walker. After that first section I really enjoyed the whole thing, especially the flat road section at the back. I couldn't see any other girls then, so I wasn't sure of my position, and was a bit disappointed at the finish to find that I was 3rd girl, as I'd thought I was 2nd. But I was ok with that, as I had also come 3rd at Helvellyn. We had to rush off straight after the race as I was running in the Young Athletes League match, and my race was at 2-30, so we couldn't wait for the presentation. As soon as we reached the match my friends rushed up to tell me that they'd heard the first two girls had gone the wrong way at one point, so I had won the race. I couldn't believe it! Dave Woodhead then rang me in the evening, and told me that I had also won the Inov-8 winners prize draw for a pair of Inov-8 shoes. It had been a fantastic day, and that made it even better. I can't wait to get them at the next race."

Under 16 Ruth McGivern, Holmfirth Harriers



Karrie Hawitt on her way to first place at Settle (Photo Jim Godwin)

Having changed the courses last year, to make them more spectator friendly and better for the athletes, which was a resounding success, this year Anthony Shepherd and Settle Harriers decided to run the Peat Crag and Attermire course the opposite way round after taking on board comments made that it had been dangerous the other way, do feel free to express your opinion.

With no forward planning an U10 race was quickly introduced, unfortunately they competed with the U12's, a mistake that has been realised and will be rectified next year.

Sweets were certainly the order of the day, with every finisher receiving a large bag of Haribo's, which included such favourites as fried eggs, fizzy cola's, tongue painters etc. etc. Each category winner collected a family size tin of Quality Street, 'made for sharing', with 2nd & 3rd also having a chocolate theme in the shape of large Toblerone bars and boxes of Celebrations.

Sadly, we had two athletes who went wrong, at the same place, but at different times in the under 16's race, and it was left to the English Junior Co-Ordinators to unravel / sort out what had happened. Leading girl, Danielle Walker was first to miss a turn, but then the 4th girl Aimee Kevan also mirrored Danielle's actions, which highlighted a possible problem on the course. Admittedly everybody else followed the correct route. On talking with the athletes and the organiser it was decided that since Danielle wasn't chasing championship points, she'd be disqualified, which she and her parents were in full agreement with. Regarding Aimee, the situation was a little different, in that championship points were being contested, so she was relegated to last girls' place and awarded those points. Everybody seemed happy with this decision and prizes for sportsmanship were awarded to the girls for their honesty and maturity.

UNDER 12		BOYS		GIRLS	
1 R. GOULD	E. CHESHIRE 12-17	1 A. McGIVERN	HOLMFIRTH 12-53		
2 J. WRIGHT	HELM HILL 12-28	2 B. PETTIT	HOLMFIRTH 13-54		
3 O. WEBSTER	BINGLEY 12-30	3 J. ADDISON	HELM HILL 14-16		
4 T. SESSFORD	KLY & C 12-33	4 F. JORDAN	ILKLEY 14-38		
5 T. DOYLE	HELM HILL 12-52	5 M. MORPHET	CFR 14-50		
6 R. ADDISON	HELM HILL 12-58	6 S. DEVLIN	SKIPTON 14-52		
UNDER 14		BOYS		GIRLS	
1 J. MOUNTAIN	SKIPTON 16-11	1 B. HAYWOOD	LINCOLN W. 17-17		
2 P. BOLTON	ROSSENDALE 16-24	2 R. STUART	CFR 17-54		
3 R. SHUTTLEWORTH	PRESTON 16-34	3 A. WHEATMAN	SCARBORO' 18-57		
4 N. GOULD	E. CHESHIRE 16-42	4 R. SEARSON	BLACKBURN 19-09		
5 J. STUART	CFR 16-46	5 C. LILLEY	SKIPTON 19-24		
6 J. WALKER	CFR 16-50	6 H. NAYLOR	SKIPTON 19-57		
UNDER 16		BOYS		GIRLS	
1 A. PEERS	WIRRAL 21-40	1 R. McGIVERN	HOLMFIRTH 27-52		
2 J. PAWSON	SKIPTON 22-49	2 E. STUART	CFR 28-34		
3 M. JONES	HOLMFIRTH 23-08	3 A. LILLEY S	KIPTON 33-39		
4 D. SHEPHERD	SETTLE 23-52	4 A. KEVAN	PRESTON N/T		
5 J. KELLY	SKIPTON 23-57				
6 D. HAYWOOD	LINCOLN W. 23-59				
UNDER 18		BOYS		GIRLS	
1 J. MELLOR	LIVERPOOL 27-39	1 K. HAWITT	WARRINGTON 30-07		
2 S. HUNN	SKIPTON 28-11	2 S. TUNSTALL	BORDER 32-42		
3 D. WALMSLEY	SKIPTON 29-14	3 K. COLE	HORWICH 36-07		
4 J. KEVAN	HORWICH 30-02	4 S. SLATER	SETTLE 38-43		
5 W. JACKSON	CFR 30-06	5 R. THOMPSON	HORWICH 42-42		
6 J. TEECE	MATLOCK 30-15	6 S. MORPHET	CFR 43-46		
UNDER 20		BOYS		GIRLS	
1 R. LIGHTFOOT	CFR 53-55	1 L. GRIFFITHS	HOLMFIRTH 75-02		
2 W. ALI	FELLDANCER 58-04				
3 A. GODWIN	ROSSENDALE 79-53				

JUNIOR SNOWDON RACES

Sat. 24th July

BORDER RAIDERS

At the Yr Wyddfa, Snowdon, race, although the seniors was an international race, an English invasion resulted in a clean sweep in the juniors, with World Junior Champion Karrie Hawitt giving the boys a run for their money in the U18's race, whilst English U16 champion, Adam Peers, took the honours in that category. A battle royal happened between Jonny Mellor and James Kevan, with James being over turned on the descent, and Jonny taking the U18 crown. James could take some comfort though, with sister Amie winning the U16's. Adding to English dominance, Heather Timmins won the U14's, and Andrew Harrison the U12's.

Consolation for Wales was in local runner Glynn Griffiths winning the U14's race (ah, a Welshie at last), and supplying the U8, U10 boys and girls winners in Rhys Llewelyn Jones. Kate Pritchard, Owain Llyr James and Elin Angharad James from the Menai track & field club, making this more relevant to the local community. With all the finishes being under the gantry erected for the 600 senior finishers, this provided a fantastic atmosphere as the youngsters ran on to the field, where they received rapturous applause from the crowds. Maybe in years to come one of these juniors will follow in this year's winners, Ian Holmes' or Claire Miller's foot steps.

'One of the main objectives when taking on the organisation of the International Snowdon Race was to reinstate the junior races after their 4 year absence. It wasn't easy, and some people took a bit of persuading, but in the end we had 58 juniors taking part which is great.

Most people's concerns were with the course; many consider it too arduous for young runners, and have concerns about the impact of running down steep tarmac. We reached a compromise, and all U12 runners ran new courses based down in the village. Local children who weren't members of a club attended training nights so that we could satisfy ourselves that they were capable of running the courses, any other juniors had to be club members in order to be able to run. Thanks here to Gwynfor Owen and Stephen Edwards for their endless hours sorting out courses, and running with the local kids, plus the many parents who helped with marshalling and registration.

I really felt that the older runners want to run on Snowdon, that is the point after all.

Feedback has been positive, and there has been interest from some of our European teams who would like to bring juniors next year, if we could get this going, it would be fantastic, especially since it's the 30th race, and I'd like

it to be one to remember.'

Jane Lloyd, Snowdon organiser

UNDER 12

BOYS

1 A. HARRISON	PRESTON	9-40
2 A. WOODCOCK	MENAI T F	9-43
3 T. OWEN	BRYNREFAIL	9-48

GIRLS

1 H. TOMOS	BRYNREFAIL	11-17
2 S. O'DONNELL	BRYNREFAIL	11-20
3 S. LIVETT	MENAI T F	11-21

UNDER 14

BOYS

1 G. GRIFFITHS	COLWYN BAY	22-34
2 A. JONES	MENAI T F	22-42
3 L. JONES	BRYNREFAIL	23-03
4 C. BRAND-BARKER	KESWICK	28-13

GIRLS

1 H. TIMMINS	WARRINGTON	25-06
2 C. LLOYD	BRYNREFAIL	34-05
3 M. PRITCHARD	BOLBADARN	38-22

UNDER 16

BOYS

1 A. PEERS	WIRRAL	19-03
2 R. CHALLONER	DEESIDE	22-03
3 B. MCGEE	FORMBY	23-32
4 K. JONES	DOLBADRAN	25-03

GIRLS

1 A. KEVAN	PRESTON	26-09
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UNDER 18

BOYS

1 J. MELLOR	LIVERPOOL	29-29
2 J. KEVAN	HORWICH	29-38

GIRL

1 K. HAWITT	WARRINGTON	33-28
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WORLD JUNIOR UPHILL TROPHY TRIALS RACES

Sat. 14th August

The monstrous mountain of Grisedale Pike, 2593ft, on the outskirts of Keswick, plus sizzling temperatures provided the challenge for the competitors wishing to run in the World Mountain Running Trophy at Sauze d'Oulx, Italy on 4th - 5th September.

Selection for the junior ladies was easy, as no one had indicated their interest in pre-selection, so the first 3 were selected.

In the junior mens' however, problems occurred with the two front runners Andy Ellis and Alistair Brownlee. After reaching Grisedale Pike and then Hobcarton Crag they did not turn left down the path to Coledale Hause, but continued on the path towards Hopegill Head. Circumstances led to the off path flagging being inadequate for the rolling misty conditions which descended just as the runners approached the summit. Hopefully lessons will be learned from this. But considering the two runners' advantage at the Pike summit, the selectors felt that these athletes should be selected, along with the first two across the line back on the summit of Grisedale Pike.

The safety of the athletes was paramount, and everything else was secondary.

however as junior co-ordinators we fully endorse the difficult decision made by the England selection committee.

Thanks to Inov-8 for providing prizes which were awarded to the first three in each race on their respective finish lines, and the race numbers.

JUNIOR LADIES

1. KATIE INGRAM	HORWICH	24-30
2. SARAH TUNSTALL	BORDER	24-52
3. EMMA STUART	CFR	25-44
4. RACHEL THOMPSON	LIVERPOOL	27-08
5. POLLY VEAZEY-FRENCH	MATLOCK	27-41
6. THALIE JONES	HOLMFIRTH	28-11
7. BECKY ELLIS	VALE ROYAL	28-42
8. RACHEL CROWE	LYTHAM SARR	29-49

JUNIOR MEN

1. MARK BUCKINGHAM	HOLMFIRTH	48-52
2. CHRIS DOYLE	TRAFFORD	48-56
3. RICKY LIGHTFOOT	CFR	49-28
4. THOMAS CORNTHWAITE	BLACKBURN	50-34
5. JOE MACDONALD	TRAFFORD	52-19
6. ADAM PEERS	WIRRAL	54-08
7. JAMES KEVAN	HORWICH	54-42
8. WAYNE JACKSON	CFR	58-34
9. STUART HUNN	SKIPTON	58-36
10. BEN LINDSAY	PENDLE	59-01
11. JONNY MELLOR	LIVERPOOL	61-58

SEDBERGH RACES

Sat. 21st August

Floods, freak storms and even twisters ripped through parts of Britain in August, the torrential rain brought about the wettest month since records began in 1961. All this was forgotten as the grassy Howgill Hills were blessed with glorious sunshine and warm conditions, for the 5th round of the junior championships; obviously Jon Broxap's prayers had been answered.

Circumstances meant that Jon had to change the race from the Sunday to the Saturday, which meant frantic E-mails, telephone calls and leaflets being distributed, all this paid dividends, because 96 juniors and 80 seniors toed the various start lines - actually more than last year!

Now in it's 22nd year, although a 'youths' race was introduced by then organiser Mike Walford, it was his successor Dave Richardson who introduced junior races as we know them today. Dave also had the distinction of being the FRA Junior Co-ordinator for 9 years and still is a stalwart for the progression of junior racing.

The U16 & U18/U20 courses were slightly changed for the runners' benefit and the organisers'. meaning fewer marshals were called upon. Both races climbed to the Winder Trig Point, via different routes, before using the under 16's descent back to the finish. All the courses were superbly flagged, with no chance for any errors, but then it does help having a wonderful view of all the courses from the start line. Another feature of all these races is that no

track or road is used, it's all on grassland or true fell, so maybe x-country spikes could be an option, besides fell shoes. Although there's one lucky person that might want to use her brand new fell shoes, the winner of the inov-8 winners' prize draw, being under 14 girl, Rosie Stuart.

Three English Championship titles were decided at these races, Amy McGivern, in her first season, won the under 12's, whilst team mate Beth Pettit took the silver medal, also for Holmfirth Lucy Griffiths collected the U20 title; while Chris Doyle collected the U18 title.

After their exertions, everybody deserved the large Kit Kat all finishers received, and could be seen sat around enjoying the day, forget the new slogan, the old ones are the best. 'Have a break have a Kit Kat' still leads the way!

'Sedbergh Hills was my fourth championship race of the season. When I lined up at the start I was very nervous because I could see many of my rivals, but I was excited as it was my kind of race (steep). The course was basically straight up to the top of Winder and back down the way we came.

I set off at a steady pace and was near the back of the field. As we started the steep climb I managed to tag onto the back of Settle's David Shepherd and he pulled me through the field until I was lying about seventh. Still, I felt comfortable and pushed on a bit. I kept up my pace until I found myself leading the front group up Winder. I could not believe I was leading, but still I kept on pushing myself up

the climb helped by a lot of vocal support from family and my coach Billy Procter. David Shepherd was chasing me all the way to the summit and when I reached the top my legs were as weak as anything.

On the turn I knew David would eventually catch me going down the steep grassy descent although I was determined not to give in without a fight. Twenty metres down the descent I was passed by David, I was just trying to hang on to second place but as I reached the base of the fell I lost track of the flags and ended up running into some gorse bushes along with Max Jones. At this point I fell flat on my face and Max shot past me. This made me have to up my pace through the next couple of fields to try to catch him. I could hear Matthew Hurst chasing me until he was on my shoulder and we crossed the line together. He was given third place despite us both recording the same time.

I was shattered at the end but loved every minute of it and I was pleased just to get fourth place.'

Under 16 Thomas Addison, Helm Hill

UNDER 12		
1 T. SESSFORD	KLY & C	12-39
2 T. DOYLE	HELM HILL	12-52
3 R. GOULD	E. CHESHIRE	13-14
4 J. WRIGHT	HELM HILL	13-47
5 J. ELLIS	W. CHESHIRE	14-13
6 J. ADDISON	HELM HILL	14-14

GIRLS		
9 A. MCGIVERN	HOLMFIRTH	14-28
12 B. PETTIT	HOLMFIRTH	14-53
13 J. ADDISON	HELM HILL	15-02
17 F. JORDAN	ILKLEY	15-38
19 M. MORPHET	CFR	16-41
20 R. GYTE	SCARBORO'	16-53

UNDER 14		
1 T. YATES	KESWICK	15-07
2 R. SHUTTLEWORTH	PRESTON	15-22
3 B. MORPHET	CFR	15-27
4 S. TOSH	ROSSENDALE	15-30
5 J. STUART	CFR	15-45
6 N. GOULD	E. CHESHIRE	15-59

GIRLS		
13 R. STUART	CFR	16-26
19 H. TIMMINS	WARRINGTON	17-54
20 R. SEARSON	BLACKBURN	18-38
21 H. PAGE	HALIFAX	18-45
22 H. BATESON	LANC & MORE	18-47
23 S. VARLEY	HOLMFIRTH	19-19

UNDER 16		
1 D. SHEPHERD	SETTLE	18-27
2 M. JONES	HOLMFIRTH	19-14
3 M. HURST	SKIPTON	19-20
4 T. ADDISON	HELM HILL	19-20
5 J. PAWSON	SKIPTON	19-43
6 P. WADSWORTH	ROSSENDALE	19-51

GIRLS		
16 E. STUART	CFR	21-53
18 DIONNE ALLEN	LEIGH	22-15
21 R. MCGIVERN	HOLMFIRTH	25-28
22 DANNI ALLEN	LEIGH	26-10
23 K. WOODHEAD	HOLMFIRTH	29-38
24 S. GRIFFITHS	HOLMFIRTH	30-02

UNDER 18		
1 C. DOYLE	TRAFFORD	23-11
2 J. TEECE	MATLOCK	24-42
3 S. HUNN	SKIPTON	24-58
4 J. KEVAN	HORWICH	25-19
5 T. ELLIS	BOLTON	26-33
6 W. JACKSON	CFR	27-58

GIRLS		
10 R. THOMPSON	HORWICH	30-14
12 K. COLE	HORWICH	35-48
13 S. MORPHET	CFR	37-51

UNDER 20		
1 W. ALI	FELLDANCER	25-08
2 T. ELLIS	BOLTON	26-33
3 D. KEVAN	WIGAN	28-12
4 A. GODWIN	ROSSENDALE	30-07

GIRLS		
11 L. GRIFFITHS	HOLMFIRTH	33-08



The U12's blast off at Sedbergh (Photo Colin Harrison)

The International Snowdon Race 2004

Andrew Harrison (Preston Harriers).

Fell running is a part of athletics that I have only started since January. I think Alan Appleby of Preston Harriers is to blame as he asked me to take part in The Helm Hill Junior Team Fell Relay at the end of last year when I ran with Richard Shuttleworth who had been in the top 5 in the English Fell running Championship.

The trip to Snowdon was a test for my new method to avoid travel sickness - chewing gum seemed to do the trick & my ears only popped once. From cross-country I have found the importance of walking the course; while my dad is company he needs a rest at least once on the way round! I had the pleasure of meeting the Welsh coach who was putting out the markers for the course and we had a good chat about positive thinking and the right mental attitude it was good that he wished me well in the race against one of his own athletes.

It was even better before the race as I met several members of the England team looking very smart in their vests. Also there were the Italians and the Irish Team.

I warmed up properly as always and had a fruit bar for energy-Pete Benson the Chairman of Preston Harriers told me about that so I am certain it makes all the difference. I was really looking forward to this race somehow.

As it was an International race there was a big crowd lining the start, still there after the main event involving about 500 runners had only started 10mins earlier. The course involved starting on the main field then into hilly woods with slate boulders before going around the local castle. The last part was downhill on the road then back to the field for the finish.

After settling into a top 4 place through the woods I picked off two runners on the uphill part. Then on the final downhill it was close with one of the local guys until the last few hundred yards when I really surprised myself with a burst of energy. Coming in first was a super feeling for my first race on foreign soil and now I know that fell running is for me. I even have a pair of 'Walshies'. The medal has taken pride of place and the stopwatch and a goodie bag were fabulous prizes.

The event was like many of the fell races I have been to in my short career - with a fun fair. My pocket money was soon spent on the coconut shy and I enjoyed firing a bow and arrow although trying to smash a plate on a stand was my favourite. The junior fell runners were friendly as always and I applauded in many of the finishers in the older age group races.

For the future I will continue to compete in the under 12's junior English Championships as there are two races left. I would hope to improve on my best of 5th but I have only competed recently, as training in Preston for the fells is a little difficult due to the flat nature of the city. So the offer of training with my friend Tom Doyle at Helm Hill will be taken up once all my track commitments have finished.

It would be absolutely fabulous to be wearing an England vest in a few years' time but I know I will have to get stronger and practice with the best. I am quite looking forward to the thought of it though.

So if anyone at your club asks you to try fell running sometime why not give it a go - you might just enjoy yourself.



Andrew Harrison comes home to win Junior Snowdon (Photo Colin Harrison)



Coaches' Croakings

from Mike Hancock



Hi there young athletes! My name is Mike and I look after a mixed group ranging from 12 years old up to those like myself whose age is unknown or unquestioned. I've done this for 25 years and some bright spark actually thinks I might have a few hints to pass on before I expire and become eligible for 'sky burial' on a fell of my choosing.

For juniors, the fell season is ending and perhaps cross-country is looming large. Let's concentrate on the winter's activities anyway. Hopefully you are a member of a group where there are older and better athletes you can learn from and socialise with. Winter, especially the first part of it, is when you build a platform or base for the whole year. That applies to track runners (sprinters or middle distance), fell runners and cross country / road runners. So what do you do? Do you just run for miles on all those lovely cold, wet, dark nights with an even longer run at weekends with maybe a race, or is there another way? Try incorporating some of the following ideas or activities, though preferably not all on the same day.

1. A gym session and you don't need a gymnasium, just a sizeable room or small hall, some mats and a bench or two. You need about an hour including some short rest spells. Remember to start with shorter sessions and build up in intensity and length, otherwise you may not move again till the following week. Our session includes:

- stretching
- sprint and hurdle drills
- bounding and jumping
- a circuit of 10 exercises

Yes! Sprint and hurdle drills (all year in fact). Something tells me that fell and cross-country runners need 'fast feet',

co-ordination and the ability to adjust their stride. Younger athletes obviously do fewer reps or less time on each rep or activity. It can be fast and furious; it can be made competitive or a bit of a game. Girls love it all, and in the end, the lads don't want to be left out. Besides that, they get to train with some cracking young ladies. Don't wince at the thought of stretching if you are rubbish at it! All you have to do is get better than you were previously. Who knows, some of the lads might get to find out where their toes are, even count them? Seriously though, this is all a big part of injury prevention.

2. A track session and you do not necessarily need a track. I've used a field lit up by street lights nearby and with sets of cones laid out so that faster athletes use bigger, outer loops and slower/younger athletes use smaller, inner ones. If you have ever wondered if you will ever beat someone who is miles in front of you over cross-country, then have a look at their 800m/1500m times. They will usually be way faster there too. It's no use saying 'I'm not a track runner'. You don't have to be, but you do need to improve your speed and times so that when you race over the country, you can marry your strength from the fells with your newly-discovered pace. That way, you can have a chance against someone who is 20 seconds faster than you over 1500m.

3. Try some other new activities. Hill reps / up and down sprints on sandhills are a 'killer' but can be a real laugh. An up, down, up switchback run can put someone into orbit, providing great entertainment value and a head full of sand for some unfortunate. If you do not approve of this at least do your hilly reps at a series of different venues in varied terrain. How about a training weekend away from home - or even a week? Our group (13 - 65) went to Club la Santa in Lanzarote just before Easter. Great fun, great facilities, great training. Perhaps a racing weekend away for those of you 15/16 plus. The Isle of an Easter Festival has a hill race, a 5k and a 5 miler on successive days, (plus a beer drinking contest for those whose running and liquid consumption abilities are in inverse proportion). These trips have a great effect on morale of a training group. So if you aren't in a group, now you know what you are missing. Another idea is to try racing cross-country in several different leagues instead of just the same one. You get to race over new courses and against a wider variety of athletes.

4. Acquire some new skills and tactical 'wrinkles'. Fell runners do not need to attack uphill sections in cross-country. Surely they are better off cruising up just behind someone who is gasping their last breath and then 'run off the top' really hard and like a loony

downhill, so as to open up a decent gap on the athlete who just 'bust a gut' uphill. Downhill takes less out of you too. Weekends in winter might be a good time to rehearse 'power walking' technique. I know an English junior champ who has just discovered that he can power walk a steep climb just as fast as a rival who runs continuously. If using a mixture of walking and running, it might be best for the main effort to be focused on the walking and to use the running to provide relief and relax. This may not be agreed by macho seniors, but it certainly works for juniors.

5. Plan Ahead. Decide on your main target races and allow for rest periods. Our national / world champ plans a year ahead and has a few days rest every 7 - 10 weeks on average. No one runs well all year. The cross-country season lasts 6 months but nearly all the big races are after Christmas so why race every week up to December and hit a peak too early. If you have ambitions at national / international level, you may need to hold back and lie low. Plan to taper down the week before the biggest races. Have you every considered doing a speed taper rather than just a distance one? I've tried 5 or 6 x 400 on Monday, 4 or 5 x 300/400 Wednesday and 150's or 30m/30m/30m acceleration runs on Thursday - and that's before the Nottingham British / Intercounties Championships. You may have noticed how fast you need to start to get out of trouble and equally how fast you may need to finish to hold off a swarm of bodies closing in on you.

6. Plan for injury

- The best way is to plan to prevent it by stretching etc and adopting a really sensible running programme.
- Should eventually you still get injured, then be ready for it. Oh dear! Are you going to feel sorry for yourself or be positive and do something. Certainly you can and should, no matter what your age. There are places called swimming pools and others called gyms. One has water and the other has weird and wonderful machines to be explored. Did you know that you can run in water? (No, not touching the bottom). Especially with the aid of a simple flotation belt. Just think - weightless reps! Then you can dry off and get on a turbo bike to keep up your leg speed. The elliptical (cross) trainer allows you to do your long run or reps/intervals to get your heart rate up to whatever you wish. All this with no impact or shock to your legs / feet. Some would say just swim and ride a bike. It doesn't matter - just be positive and stay in shape, ready for the time when you can build up your running again. Older athletes can use the weights machines (low weights / resistance). If you are going to do any of these activities, get your coach to structure it properly for you. You need more support when you are injured. A lot depends on the nature of your injury and your age. It is worth considering the retention of some of this 'cross-training' in your programme so as to reduce pure running mileage and the risk of another injury.

7. Get tough, mentally and physically. Fifty percent of running 'is in the head'. What do I mean by this? Let's just say that the best young fell runner I have been privileged to take care of made their potential and touchiness abundantly clear to me in their very first fell race and in one of their earliest cross-countries. In the fell race (age 11) the descent was mainly a series of somersaults, whilst in the cross-country there was a diversion into a bed of stinging nettles at the base of a steep descent with a 90 degree turn, which was taken flat out at 180 degrees. No complaints were made, no tears in evidence - just an acid comment from coach about it being useful to remain upright and navigate corners. So, go out into your races afraid of 'nowt and nobody'. You can go a long way in sport if nothing fazes you and if you remember W is for work ethic, **not** for whinging.

If your coach, mum or dad reads all this and says '*the man is a nutter*', hopefully you will at least take just one new idea on board and I will be happy. If someone asks again, I'll elaborate on some of the activities suggested and come up with some new ones to help with kit, race and mental preparation.

Mike Hancock Telephone Nos:

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RESULTS

FROM APRIL TO SEPTEMBER

COMPILED BY
DAVE WEATHERHEAD &
BARBARA CARNEY



*Gold for Bernard Grant
(W55, Harrogate)
at the World Masters
(Photo Pete Hartley)*

**NEW CHEW
Lancashire 'O'
07.03.04**

Getting a fell running club to hold a navigation event is a challenging affair. Only a few are orienteers with the rest having a colourful history of getting lost. However I think we managed to site all controls clearly & in the right place this year. The job was made easier by only selecting obvious control sites as shown on the 1:25000 map. In previous years some control sites were too obscure.

No one on the score classes ended up with minus points and all scoreless entrants returned in reasonable time, so I think we succeeded in creating fairer courses.

Dave Troman won the 4.5 hour long score with 450 points closely followed by Dan Parker with 430 points & Karen Parker with 420 points. On the short score, the winner was Clive Giddis whilst Mark Hayman won the Scoreless event again.

Thanks to everyone for coming & supporting the event. See you next year.

Martyn Hodgson

1. M. Hayman	DkPk	02.02.20
2. G. Tiffany O/40	P&B	02.48.00
3. I. Simpson O/50	Longw	02.51.55
4. G. Read O/45	Roch	02.59.50
5. G. Fleet O/40	Saddle	03.00.20
6. T. Tombs O/45	Unatt	03.07.20
7. B. Whalley O/40	P&B	03.10.00
8. W. Mason	MDOC	03.10.30
9. M. Musson O/50	DkPk	03.24.20
10. S. Skelton/ M. Grzywaz O/40	Longw	03.49.55

VETERANS O/50

1. (3) I Simpson	Longw	02.51.55
2. (9) M. Musson	DkPk	03.24.20
3. (12) M. Godfree	DVO	04.18.20

VETERANS O/60

1. (21) R. Bleakman	DVO	04.22.10
2. (26) D. Sedgley	Ampt&F	04.09.55

LADIES

1. (12) L. Godfree O/55	DVO	04.18.20
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**27TH GISBOROUGH MOORS RACE
North Yorkshire
BL/12.5m/2600ft 04.04.04**

Charlie Stead was the easy winner of the 2004 Gisborough Moors Race. Charlie finished the 12.5 mile course over 3 minutes ahead of Andy Bissell. NFR also took the men's team prize ahead of Knavesmire and T&S.

Helen Johnson joined that elite group of women by breaking 100mins when she clocked 99:42 some 5 minutes ahead of Joanna Newton. NFR women put the icing on the cake for the club when they also won the women's team prize just 3 pts ahead of Thirsk & Sowerby, with Morpeth Harriers taking the 3rd spot.

With 90% of North York Moors AC members serving a six month team ban for bad behaviour, we had to look to individual performances and our top man was Jonathon Skidmore in an excellent 5th place, while Brian Roberts and Richie Clarke took the men's O/40 and O/60 titles respectively.

David Parry

1. C. Stead	NFR	85.01
2. A. Bissell	Knave	88.24
3. C. Miller	Hgte	89.22
4. D. Chippett	Knave	90.30
5. J. Skidmore	NYM	90.52
6. P. Addyman	NFR	91.29
7. B. Roberts O/40	NYM	91.48
8. P. Figg	NYM	91.57
9. I. Rowbotham O/40	Harr	02.04
10. P. Wilkin O/40	T&S	92.21

VETERANS O/50

1. (37) J. Metson	NFR	103.49
2. (43) R. Howard	Loft	105.02
3. (49) J. Dallinson	NFR	105.25

VETERANS O/60

1. (68) R. Clarke	NYM	114.40
2. (63) M. Overton	Tad	120.54
3. (66) K. Hildore	New Mar	131.39

LADIES

1. (22) H. Johnson	Bing	99.42
2. (42) J. Newton	CMC	104.58
3. (35) J. Milsom	Cleve	108.52
4. (70) L. Wilkinson	NFR	110.15
5. (26) K. Wiggins O/40	Knave	111.02

**GREAT LAKELAND 3 DAY
MOUNTAIN TRIAL
Cumbria/North Yorkshire
MM 16.04.04**

This was the seventh GL3D and one of the toughest yet due to the terrain, as this year we ventured into The Howgills and Yorkshire Dales, and also the wet and windy weather.

'What is it I hear you ask?' Well it's a bit like a mountain marathon but obviously three days long. You need to carry your essential equipment for each day but your overnight camping stuff is transported for you from the start to the finish daily. This gives you three tough long days of running (and walking) but without the heavy rucksacs and with nice comfy campsites. Everyone enters as a solo, but people can pair up and run together for part or all of it as they wish. It's a small event limited to just fifty people the majority of which come back each year. It's certainly tough; mentally as well as physically; just think of that 'starting Day Two feeling' at the KIMM or IAMM, then add another day! Everyone involved is very supportive, and we are not afraid of a beer or two. It's also a good training stint for the long stuff.

We don't make a song and dance about the results or 'race', nor ages or gender but for to give you an idea of times this year the fastest time was from 'new boy' Ian Cowie with times of 7:14 + 6:08 + 4:08 totalling 17 hours 30 minutes. GL3D's most loyal supporter Garry Parratt (6 out of 7) was next fastest with times of 7:27 + 6:48 + 3:43 = 17:58, and or regular Gill Harris was third with times of 8:09 + 7:04 + 5:03 = 20:16. Times generally average around the 24 hour mark with up to 30 hours for who like to enjoy every moment and all the scenery and local attractions.

Overall, I was generally satisfied with the route, and pleased we visited the area for a change, but look forward to planning for The Real Lakes in 2005. The times recorded were very impressive on such terrain and about right for the distance, with the exception of Day Three, which was shortened due to heavy rain, strong winds over night and a rapidly sinking campsite.

Thank you to all those contributing to the event, weather as an entrant or supporter of which there are too many to mention but I'd like to single out Pauline who is brilliant!

Next year the date will remain similar to this year - the weekend after Easter, (Friday 8th, Saturday 9th and Sunday 10th April) and the intended area is Central, to South and West Lakes. I shall be aiming for a minimum of tussocks and plenty of nice short grass but a bit of rock too probably! Full details will be available from me after Christmas via the usual channels.

Joe Faulkner

**GLARAMARA RACE 2004
Cumbria
AS/5m/2100ft 24.04.04**

1. B. Bardsley	Borr	46.15
2. M. Donnelly	NFR	48.09
3. C. Waters	Amble	51.10
4. N. Fish	Amble	51.24
5. P. Brittleton	How	51.25
6. R. Lightfoot	CFR	51.58
7. J. Archbold O/40	CFR	52.54
8. P. Singleton	Amble	53.51
9. J. Dawson O/40	CFR	54.01
10. S. Birkenshaw	NFR	54.38

VETERANS O/40

1. (7) J. Archbold	CFR	52.54
2. (9) J. Dawson	CFR	54.01
3. (11) F. Smith	Salt	54.50

VETERANS O/50

1. (16) D. Spedding	Kesw	56.18
2. (31) R. Lamb	L&M	62.41
3. (37) G. Brown	Kesw	66.59

VETERANS O/60

1. (34) W. Booth	Kesw	65.13
2. (40) B. Martin	Amble	70.06
3. (41) P. Dowker	Kend	70.25

LADIES

1. (25) K. Beaty	CFR	60.16
2. (46) S. Schofield	Borr	71.25
3. (51) N. Goffe O/40	BlckCmbe	74.16
4. (54) P. Bibby O/40	Kesw	75.14
5. (58) J. Fletcher	Eden	79.08

67 finishers

**FOX AND HOUNDS
North Yorkshire
BM/9m/1500ft 27.04.04**

Sean O'Grady won the Fox & Hounds Chase in poor conditions caused by thick fog and rain, ahead of Sid Coxon and Carl Mustill. First woman home was our Jo Newton ahead of Alison Raw and Caroline Pollard.

David Parry

1. S. O'Grady	Loftus	68.39
2. S. Coxon O/40	Tyne	68.47
3. C. Mustill	Newt	69.06
4. P. Figg	Nym	69.10
5. A. Burt	Acorn	70.03
6. A. Minister	H'pool	70.11
7. B. Roberts O/40	Nym	70.19
8. A. Carruthers O/40	Crawl	70.29
9. P. Wilkin	Th&S	70.31
10. S. Deakin	Nym	70.34

VETERANS O/50

1. (12) B. Mitchell	Nym	74.27
2. (18) T. Moss	Nym	81.28

VETERANS O/60

1. (33) A. Wikeley	Th&S	87.03
2. (49) R. Sherwood	NMarske	100.32

LADIES

1. (24) A. Raw O/40	Darl	84.32
2. (32) C. Pollard O/45	Th&S	86.18
3. (34) K. Neesam	NMarske	87.41
4. (42) S. Gayter O/40	NMarske	94.40
5. (46) S. Haslam O/50	Scarb	99.47

55 finishers

**WREKIN STREAK
Shropshire
AS/2.75m/810ft 28.04.04**

A record 109 runners lined up for the start of this year's Wrekin Streak. The weather was cold and wet and not a night for record times. Roger Lamb claimed the title for the first time followed by club mate Pete Vale, who had managed a top 20 finish in the Three Peaks only three days before. The Wrekin Streak is the first race in what is now a well established summer series. The race raised over £300 for charity with lots of goodies from the bankrupt stock of Karimore for prizes.

S. Daws

1. R. Lamb O/40	Mercia	18.10
2. P. Vale	Mercia	18.46
3. R. Steadman-Smith	Telf	18.52
4. A. Yapp	Mercia	19.06
5. A. Davies	Mercia	19.42
6. H. Piotrowski	Moss	19.45
7. H. Jones O/40	Mald	20.15
8. A. Smith O/40	Telf	20.19
9. N. Hogan	Newp	20.24
10. S. Bowen	Shrew	20.29

VETERANS O/50

1. (41) P. Sanderson	Telf	23.11
2. (42) G. Spencer	Mercia	23.13
3. (43) D. Owen	Shrop	23.26

VETERANS O/60

1. (56) C. Williamson	Shrop	24.48
2. (75) B. Nicholas	Mercia	26.28
3. (78) M. Edwards	Wrex	26.42

LADIES

1. (40) A. Bartlett	Shrew	23.08
2. (54) J. Edwards O/40	Shrop	24.26
3. (57) V. Musgrove O/40	Eyri	24.48
4. (59) G. Harris O/40	Mercia	25.15
5. (64) A. Fulton	Lost I	25.29

109 finishers



Newcastle climbing hard at Binnian (Photo Ian Taylor)

BINNIAN TO THE TOP Mourne Mountains AS/2m/2000ft 29.04.04

The 4th race of the Hill & Dale Series is unique – it finishes at the summit of the mountain – people hate it – for a lot of people the thrill of mountain racing is not really about getting to the top first, it's about the exhilaration of descending at speed. Yet 118 people were tempted to the South Mourne, the Head Road to be precise, to tackle Slieve Binnian.

It's a beautiful mountain, but the race route is wicked. A couple of years ago, for erosion reasons, the start was moved from Carrick Little Car Park to further along the road, leaving 100 less feet to be climbed – 1,800 – but in almost less than half the distance – less than 2 miles. A gradual start up the quarry track to the quarry – for the leaders the quarry is reached inside 7 minutes. Then, keeping the wall on the left, the gully is climbed. Basically it gets steeper and steeper until the Mourne Wall crossing is reached, before the even steeper finish – less than 5 minutes of thigh burning climbing to the craggy summit.

No visibility problems this year, but a north wind was keeping temperatures down to below zero on the summit with the wind chill. Straight from the gun, McKibben was off, actually they were both off, Alan, the current series leader and his twin brother Dave, a stranger to the Hill & Dale for some time; it was great to see him back. Dave was series winner in both 1998 and 2000, second in 2001 & 2002 and third in 1999, but was absent in 2003 and appeared for the first time in 2004 tonight. Defending champion is Neil Carty, winner in one of the first three races this year, but absent this week. Alan, for that matter, was third last year and has signalled his strong desire to win this year.

Alan led from start to finish, 19 seconds ahead of Dave who made it a family double. This gives McKibbin three wins out of four and has turned up the heat on Carty. David McNeilly, getting stronger by the week as he recovers from injury, came home third 35 seconds further behind. Behind, having gained his first Northern Ireland vest the weekend before, Stephen Cunningham was climbing strongly and a great tussle had gone on all race between former series title holder, Deon McNeilly, junior protégée, 16-year-old Shane Doherty, and Steve Begley. It finished in that order.

Kerry Harty had won three out of three, but club mate Anne Sandford had come home first Northern Ireland lady at Knockdhu at the weekend. Hart set off, as usual, fast and led Sandford for the first 15 minutes of the race through the quarry and onto the steeper slopes. Sandford, a former series winner and Northern Ireland champion excels at climbing, the steeper the better. She has been returning from injury and is starting to regain her old form.

As the ground steepened, she passed Harty who, this

week, had no answer. Sandford pulled away to come home inside the record. Harty was 68 seconds behind by the finish, but also inside the old record, with another former series winner, Roma McConville, in third.

One of the fantastic aspects of the Hill & Dale Series is that whilst it takes place exclusively in and around the Mourne, the runners travel from far and wide. The three-month period from April to June is the growth season with the days lengthening and the season full of hope.

A big thank you to Willie Marks and family who kindly provided use of their field for car parking, having to clear it of sheep the day before. This kept the Head Road fairly clear and was much appreciated.

The Hill & Dale organisers are keen to hear from anyone who has completed 100 Hill & Dale races over the years. The man to contact is Marty McVeigh on martin.mcveigh@osni.gov.uk - with evidence of course!

BOGBOY

1. A. McKibben	N'castle	22.42
2. D. McKibben	N'Castle	23.01
3. D. McNeilly	Ballyd	23.36
4. S. Cunningham	N'castle	23.43
5. D. McNeilly O/40	N'castle	23.52
6. S. Doherty	Mid Ulst	23.57
7. S. Begley	Albert	24.06
8. A. Gregg	Larne	24.15
9. E. Hanna	ACKC	24.38
10. B. McKay O/50	Albert	24.43

VETERANS O/40

1. (5) D. McNeilly	N'castle	23.52
2. (12) J. Brown	BARF	25.11
3. (25) B. Wells	N'castle	26.28

VETERANS O/50

1. (1) B. McKay	Albert	24.43
2. (23) J. Patterson	N'castle	25.11
3. (34) D. McHenry	Willowf	27.41

VETERANS O/60

1. (73) B. Magee	Larne	31.25
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LADIES

1. (41) A. Sandford	N'castle	28.38
2. (54) K. Harty	N'castle	29.48
3. (68) R. McConville	NDown	30.57
4. (81) T. McCann	N'castle	32.48
5. (82) S. O'Kane	BARF	33.15

116 finishers

RAVENSTONES BROW FELL RACE Lancashire BM/10m/1250ft 01.05.04

Many thanks to all 87 runners who turned up to race in almost perfect conditions. The field was led home by Malcolm Fowler. He was quickly followed home by Jonathan Ingram and Dave Taylor. Jonathan had led for part of the race and then the lead had

changed several times in a closely fought out race to the finish. With the first four runners finishing in just over a minute between them it was a well contested race.

The ladies' race was won by Lynne Clough in a very respectable time. Team glories all went to Saddleworth who picked up both the men's and the female team places. The new revised course was well received by all who took part and hopefully this will remain as the race route for the foreseeable future. Also many thanks to all the people who helped at the race by marshalling on the course. Without their help the race would not have been the success that it was. I would also like to thank Fred Tanner for the use of the mill, Mountain Rescue and St Johns who provide excellent safety cover on the day. Finally I would also like to thank all the landowners who allow us to use their land to run the race.

Bob Waterhouse

1. M. Fowler O/40	Penn	67.22
2. J. Ingram	Saddle	67.29
3. D. Taylor	DkPk	68.19
4. C. Bishop	Saddle	68.42
5. L. Footitt O/40	Buxt	70.02
6. D. Salfranauskas	Traff	70.38
7. J. Hey	Warring	70.45
8. M. Brown O/40	Clay	71.54
9. A. Wood	Bing	74.42
10. A. Carruthers O/40	Craw	74.52

VETERANS O/50

1. (11) D. Tait	DkPk	75.39
2. (17) I Simpson	Long	77.33
3. (20) L. Best	Stockp	79.00

VETERANS O/60

1. (50) D. Gibson	Saddle	91.04
2. (59) T. Greene	Saddle	96.03
3. (81) M. Coles	Skyrac	108.59

VETERANS O/70

1. (78) D. Clutterbuck	Tod	107.25
2. (79) R. Lee	Middle	107.30

LADIES

1. (25) L. Clough	Wigan	81.25
2. (35) E. McQuire	Stock	85.16
3. (38) K. Mather O/40	Saddle	86.21
4. (51) R. Norton	M/c YMCA	91.25
5. (70) G. Darby O/40	L'pool	102.20

DINAS BRAN HILL RUN Shropshire BS/5m/800ft 01.05.04

On an unusually bright sunny Saturday the hills of Llangollen were alive with the thud of runners' feet as a record 81 finishers completed this, the third hill run on the present course. Ian Wetherall in his first serious fell race, sliced five seconds off Graham MacNeil's best for the course. This is very encouraging for the first event of our season, especially so because 13 ladies competed.

Doug Morris

1. I. Wetherall	Sale	29.35
2. G. McNeil O/40	Penn	30.52
3. N. Ashcroft	Amble	30.59
4. I. Houston	Wrex	31.40
5. G. Norgrove	Wrex	32.38
6. D. Warren O/40	Unatt	32.56
7. S. Bellis O/40	Wrex	33.22
8. K. Francis	Shrew	33.25
9. P. Stinton	Buck	33.30
10. G. Jones O/40	Shrew	33.48

VETERANS O/50

1. (11) P. Weatherhead	Wirral	33.53
2. (22) M. Cortvriend	Macc	35.43
3. (27) K. Bennion	ValeR	37.02

VETERANS O/60

1. (28) P. Roberts	Wrex	37.17
2. (53) P. Norman	Wrex	39.44
3. (57) M. Edwards	Wrex	51.53

LADIES

1. (30) H. Davies	Wrex	37.25
2. (33) S. Hancock O/40	Osw'try	37.37
3. (34) V. Musgrove O/45	Eryri	37.41
4. (43) C. Quirk O/45	Skern	38.34
5. (47) N. Phillips	Unatt	38.56

81 finishers

CONISTON FELL RACE
Cumbria
AM/9m/3500ft 01.05.04



A happy Ian Holmes at Coniston
(Photo Sam ??)

5. A. Davis O/40	Carn	2.25.27
6. T. Lenton	Lothian	2.26.06
7. A. Ward O/40	Carn	2.28.10
8. J. Hepburn O/40	Lochab	2.29.01
9. A. Smith O/40	Dee	2.29.26
10. C. Upson O/40	W'lands	2.31.06

VETERANS O/50

1. (27) M. Hulme	Corst	2.50.54
2. (31) J. Fish	Carn	2.51.45
3. (35) C. Robinson	W'lands	2.55.20

LADIES

1. (33) K. Jenkins	Carn	2.53.59
2. (41) H. Murray O/40	Lothian	2.58.23
3. (55) S. Legge	EZ Carn	3.11.48
4. (57) L. Batt O/40	Buxt	3.13.56
5. (75) A. MacKenzie	Strath	3.27.55

121 finishers

CRAGG VALE FELL RACE
West Yorkshire
CS/5.7m/570ft 03.05.04

Glorious weather and a colourful village fete attracted a good turnout for the 2nd Cragg Vale Fell Race. The organisers were delighted at the number and quality of the field (last year's event attracted 33, this year it was 85!). Shaun Livesey set the pace with Karl Gray cruising behind for most of the race, but on the final tricky descent Karl did what he's best known for and flew down the hillside to take the lead by 26 seconds. An incredibly young Blue Haywood (surrounded by her family of runners) outpaced all the other females, and she was 23rd overall, obviously a name to watch out for!

Near disaster was averted when ten minutes before the start of the race Andrew Carruthers spotted that some flags had been deliberately positioned to lead the runners off the race route. The race was delayed by a few minutes to allow this to be sorted out. A free cup of tea and the chance to buy bacon butties in the village hall pleased quite a few. A lot of runners also brought family members and several were spotted following the duck race afterwards. All good news for Cragg Vale primary school, Calderdale's smallest primary school (with 55 children), which benefited from all the proceeds.

J. Scarf

1. K. Gray	CVFR	35.10
2. S. Livesey O/40	Bowl	35.36
3. N. Armitage	PudP	36.46
4. S. Willis	Tod	37.13
5. P. Targett	Clay	37.39
6. I. Rowbotham O/40	Harr	38.53
7. P. Taylor O/40	Ross	39.13
8. P. Grimes O/50	Hfx	39.21
9. P. Burnett	Unatt	39.35
10. S. Storey O/40	P'stone	39.43

VETERANS O/50

1. (8) P. Grimes	Hfx	39.21
2. (12) D. Emmerson	Unatt	40.26
3. (16) D. Beels	CaldV	40.38

VETERANS O/60

1. (44) D. Jepson	Ross	46.48
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LADIES

1. (23) B. Haywood (U/18)	LincW	42.24
2. (25) J. Smith	CaldV	42.31
3. (33) A. Johnson	CaldV	45.01
4. (58) K. Taylor O/40	Ross	48.54
5. (64) J. Graham O/40	Holm	50.44

85 finishers

LOTHERSDALE FELL RACE
West Yorkshire
BS/4.5m/600ft 05.05.04

Starting outside the village pub the race traces a route along the Pennine Way to the trig point on Pinhaw with a slightly shorter return route!

83 senior runners started after a serious downpour (with all the runners sheltering in pub, the poor marshals already at their marshalling points all underdressed!)

A full set of junior races from under 10 upwards started at 6-30pm with all competitors receiving a goody bag and a load of sweets.

The usual prize giving after the race meant that all who stayed went away with either an edible or quaffable prize.

Many thanks to all who helped on the night.

Brett & Sue

1. R. Lawrence	Bing	24.26
2. S. Hunn	Skip	24.36
3. I. Magee	Skip	25.11
4. R. Pattinson	Puds	25.26
5. J. Wogden	Kghly	25.40
6. G. Bailey	Puds	25.44
7. D. Walmsley	Skip	25.51
8. I. Robotham O/40	Harr	26.11
9. P. Hindle O/40	Kghly	26.24
10. G. Bird O/40	Aire	26.36

VETERANS O/50

1. (25) A. Robinson	Clay	27.48
2. (26) S. Kirkbride	Kend	27.51
3. (32) J. Pickup	Clay	28.48

VETERANS O/60

1. (52) T. Minikill	Kghly	31.48
2. (77) P. Mitchell	Kghly	39.08
3. (81) B. Scully	Acc	39.49

LADIES

1. (28) V. Peacock O/50	Clay	28.18
2. (33) J. Smith	CaldV	28.59
3. (49) E. Barclay	Ilk	30.59
4. (54) S. Malir	Ilk	31.53
5. (57) R. Sharples	Kghly	32.32

MOUGHANMORE
Mourne Mountains
AS/3m/1500ft 06.05.04

Thankfully, the weather was kind with the heavy rain of the preceding four days having cleared to leave a relatively calm and mild night for the Deer's Meadow, some 1,000 feet above sea level near the Spelga Dam. 117 runners turned up for the first 'real' fell race of the series, last week the race finished at the summit of Binnian, this week it climbed Pigeon Rock, descended fast to a col and then climbed the steep flank of Moughanmore, before turning and re-tracing the outward steps. Robbie Bryson's awesome record time of 27 minutes 49 seconds was unlikely to be under threat in these (or possibly any) conditions, whilst the jointly shared ladies record of 38 minutes seconds, by Tricia Sloan (1995) and Shileen O'Kane (2002), was also probably out of sight.

Mr Quinn, race organiser, made a mistake - he had arranged no help. On his own he started to distribute the race numbers with his tendency to have a 'wee chat' lengthening a process that was already running out of time. The pinnacle of the night came as the official start time approached and Barry Wells made it to the head of the queue. The ever eloquent Quinn asked, 'age, 40 isn't it?' then came the reply from the ever sharp Wells, 'I was only 39 when I joined the queue, but, yes, I'm 40 now.'

Sacrilege of sacrileges the race started at eight minutes past the half hour and the action was soon fierce. The top competitors in both the men and women's series were all present and soon it was Alan McKibben working hard at the front of the wedge, spread 100 metres across Pigeon Rock.

McKibben is running like a man possessed and in this form will be hard to beat. He turned the screw on Neil Carty on the first and second climbs and after the summit of Moughanmore he leapt down the steep descent like there was no tomorrow and, at the same time, amusing those still climbing with his roars of self-encouragement.

In 1998, the ladies race was won by Anne Sandford, in second place was 17-year-old Kerry O'Flaherty, now Harty, some two minutes behind. Six years on and the protagonists are the same again. Harty had three wins out of four so far with Sandford winning the other. Therefore, this was a bigger race for Sandford than Harty, as she really needed to win to stay in touch for the overall series title.

Harty only knows how to start fast and tonight was no exception. The wet ground of muck and water didn't seem to hinder as she built up an early lead. Last week on Binnian, Sandford had a very strong second half to win, so would Harty suffer again from the fast start this week? The answer was no. Fast descents follow shorter and sharper climbs in this race and this seemed to suit better.

As Harty splashed down through the muck towards the finish, she was pleased to be winning, but had no sense of how close she might be to the record. A glance around at her admiring fans (or at least her dad), a smile for the camera and a time nine minutes

1. I. Holmes	Bing	68.44
2. R. Jebb	Bing	69.18
3. M. Donnelly	NFR	70.06
4. P. Davies	Borr	70.56
5. N. Sharp	Amble	73.30
6. S. Stainer	Amble	73.31
7. A. Schofield	Borr	74.51
8. C. Doyle	Traff	75.01
9. M. Hayman	DkPk	75.48
10. L. Siemaszko	Borr	76.45

VETERANS O/40

1. N. Spence	Borr	76.49
2. G. Thorpe	Amble	80.58
3. M. Jeffrey	NFR	83.09

VETERANS O/45

1. G. Schofield	Horw	77.32
2. T. Laney	Clay	84.32
3. F. Smith	Salt	85.30

VETERANS O/50

1. J. Holt	Clay	84.38
2. P. Clark	Kend	85.00
3. K. Taylor	Ross	85.39

VETERANS O/60

1. J. Nuttal	Clay	95.26
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VETERANS O/70

1. H. Catlow	CFR	127.50
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LADIES

1. S. Newman O/40	Cald	88.01
2. K. Beatty O/40	CFR	88.29
3. N. Davies O/40	Borr	91.45
4. S. Taylor	Bing	94.31
5. J. Lee	Unatt	97.29

STUC A CHROIN 5000 HILL RACE
Perthshire
AL/15m/5000ft 01.05.04

A good entry enjoyed a day of beautiful sunshine. The top was clear of snow and the hill was dry underfoot. The route was marked and there were about forty stewards on the hill. Bottled water (Highland Spring) was available throughout the course and, given the warm day was much appreciated. There were no mishaps - not even minor injuries reported. The dance in the evening was a good chance to socialise and replenish the fluid levels. A fair number of runners even managed to dance.

J. Bennie

1. S. Whittle O/40	Carn	2.13.41
2. B. Marshall	HELP	2.22.10
3. R. Gallagher O/40	W'lands	2.22.50
4. D. Cummins	Shettle	2.25.00

inside her time of six years ago, but frustratingly one second outside the record. This gives Harty four victories from five and she is now starting to look difficult to catch, but Sandford will still have other ideas.

Jonathan McCloy stormed home in 8th place overall to take a second victory to put him slightly ahead of club-mate Shane Doherty and Newcastle's Adam Mitten in a tight Junior category.



Alan McKibben ploughing on at Moughanmore
(Photo Ian Taylor)

BOGBOY

1. A. McKibben	N'castle	29.45
2. N. Carty	NBelf	30.01
3. D. McNeilly O/40	N'castle	31.13
4. D. McKibbin	N'castle	31.22
5. S. Cunningham	N'castle	31.48
6. A. Gregg	Larne	31.58
7. E. Hanna	ACKC	32.42
8. J. McCloy	MidUlst	32.50
9. G. Bailey	ACKC	33.30
10. J. Brown O/40	BARF	33.30

VETERANS O/50

1. (12) B. McKay	Albert	34.12
2. (41) D. McHenry	Willow	38.49
3. (44) W. Kettle	ACKC	39.08

VETERANS O/60

1. (62) B. Magee	Larne	41.27
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LADIES

1. (42) K. Harty	N'castle	38.52
2. (52) A. Sandford O/40	N'castle	39.59
3. (54) V. Linton	LVO	40.16
4. (69) T. McCann O/40	N'castle	42.26
5. (85) B. Brown	ACKC	44.21

117 finishers

MOUNT FAMINE FELL RACE Derbyshire AS/5m/1700ft 08.05.04

I'd had a bad week. In fact I'd had a bad month. I've been organising the Mount Famine Fell Race now for about 18 years, with lots of help from lots of people. About a month before the race I learned that this year the Hayfield May Queen committee had decided to hold their annual parade and shindig on the same day. This meant, amongst other problems, that we were kicked out of the Scout Hut, which we had booked and is traditionally used for registration, and we had to put up a tent in the finish field.

It was wet. It was cold. It was misty. It was a typical May Queen day!

Registration went well. To add to the parking pressure in the village we got a record turnout of runners (144). The course was marked, the T-shirts were printed, the prizes were bought. We'd got numbers, pins, sticky labels, coloured pens, marshals, marshals vests, mobile telephones, change, results sheets, maps of the course, envelopes, tables, chairs, stop watches, plastic cups, orange juice, water and registration forms.

The race was started on time. The Mount Famine race has, in my opinion, the best start to any race in the

calendar. For the first 1/4 mile it goes straight up a heavily wooded embankment. Elle Bank, which some runners think is vertical, but is in fact a mean gradient of about 55 degrees to the horizontal. At the top of Elle Bank the mist got thicker and visibility became markedly worse.

The course had been painstakingly flagged by an experienced team (including myself) using high visibility yellow flags and danger tape. There were marshals at six key points on the course.

The leading group charged around the course in the thick mist until they came to the climb out of Dimpus Clough for the second ascent of Mount Famine. The leading runners, including Stephen Bottomley, took an incorrect line and in the mist were overtaken by Colin Bishop, closely pursued by Tom McGaff and Darren Dunn. These three subsequently finished in that order and were touchingly amazed that they were the first three senior males.

Meanwhile Stephen Bottomley was back on course and was making his feelings about the race known to the marshals in language which is these days usually described as "industrial". By the time he finished the race in 7th place Stephen had removed his number. When asked for his number as he crossed the finish line he threw the balled up soggy cardboard object at me as hard as he could. Luckily I sustained no serious injury.

As I said I'd had a bad week!

Most people seemed to enjoy the race and, in fact, one or two people actually made the effort to tell me they had.

Congratulations to all the prize winners and indeed to all finishers. Commiseration's to the two injured retirees, especially to Frank Reddington of Spenborough who dislocated his shoulder. The marshal who tried to put the shoulder back is now almost fully recovered after an intense course of psychotherapy!

Thanks to all the helpers, marshals, flaggers etc., especially to Phil Wheatcroft, senior executive member of KFR (Knott Fell Runners) who was unflinching in his efforts to get people to go the right way, both before and during the race.

Next year we will try to have the race on a different day to the May Queen, but who knows?

John McCall

1. C. Bishop	Saddle	47.18
2. T. McGaff O/45	Penn	47.22
3. D. Dunn	Penn	47.29
4. D. Lilley O/40	FRA	47.36
5. J. Boyle	DkPk	47.49
5. L. Footta	Buxt	47.59
7. S. Bottomley	P&B	48.07
8. J. Ingram	Saddle	48.11
9. D. Taylor	DkPk	48.41
10. D. Allen O/45	DkPk	48.53

VETERANS O/50

1. (17) D. Tait	DkPk	49.45
2. (19) B. Waterhouse	Saddle	49.55
3. (21) B. Blyth	Macc	50.00

VETERANS O/60

1. (74) P. Jepson	Ross	59.33
2. (87) D. Gibson	Saddle	61.56
3. (125) M. Edwards	DPFR	72.40

LADIES

1. (14) N. White	Holmf	49.30
2. (60) K. Mather O/40	Saddle	57.12
3. (61) K. Harvy O/45	Alt	57.20
4. (64) N. Greaves	Penn	58.35
5. (70) J. Mellor	Penn	59.16

141 finishers

FOEL FRAS RACE Gwynedd BL/13.5m/3000ft 8.05.04

The annual Foel Fras race sponsored by Salomon was the second year for this testing event in Abergwyngregyn, North Wales. Having listened to comments from the runners last year the course was altered so as to allow for a greater amount of off-track running.

It was anticipated that there would be a bigger turn out, however the weather on the day was disappointing with rain, mist and low clouds. In any event 36 runners braved the elements of the 13 mile

course. Due to worsening weather conditions it was decided on safety grounds to keep the race on track and so the runners returned from Foel Fras along the same route they had ascended. The fastest time recorded on the day was by Colin Donnelly, with James McQueen not far behind.

The Abergwyngregyn Regeneration Co. would like to thank all the competitors for their support and to the residents of Aber (some of whom got very wet!!) who helped on the day. They would also like to give a special thanks to Wyn Griffith who not only organised the race, but also marked out the course and organised the marshals. In addition our thanks go out to our local councillor Mr J R Jones who provided the refreshments, to Salomon for the numerous prizes and to Mr Ken Jones of Llanberis for his invaluable administrative assistant (and umbrellas!!) We hope next year's race will be bigger and better, weather permitting.

E. Hywel Thomas.

1. C. Donnelly O/40	RonH	1.41.09
2. J. McQueen	Eryri	1.41.32
3. R. Jones O/40	Eryri	1.47.09
4. B. Beachell	Eryri	1.48.28
5. T. Jones O/40	Eryri	1.48.48
6. M. Pickering O/50	Eryri	1.49.00
7. P. O'Brien	Eryri	1.50.20
8. M. Cortvriend O/50	Macc	1.50.49
9. C. Jones	Eryri	1.51.31
10. P. Jones O/50	Eryri	1.53.25

LADIES

1. (24) R. Metcalfe	Eryri	2.07.10
2. (34) S. Hughes	Eryri	2.24.44

36 finishers

ANNALONG HORSESHOE Mourne Mountains AL/13m/5200ft 08.05.04

53 runners lined up at Dunnywater on a cool and windy Saturday in May – a change from the usual August date for this race. In the build up to this race, all the auld hands had been reminiscing about the last time this race was run in May, when a bad weather course had to be run due to a heavy bout of snow. Wouldn't it be great to have memories before the onset of global warming. From the start the field was led by Brian Ervine, a lead he was not to relinquish as he strode around the course to finish in 2 hrs 04 minutes to allow him to lift the Stephen Darby trophy for the fourth consecutive year. The battle for second was a much more hotly contested affair, Neil Carty having his hands full trying to contain the hard charging Gary Bailie. Having finished third last year in his inaugural fell running season, Gary was determined to go one better this year and used his fast descending ability to edge past Neil on the descent of Binnian. However, on the final run in along the road, Neil was to use his superior road speed and regain second place.

Further down the field in 8th position overall, Jim Patterson (V55) was leading the veterans home and assisting Newcastle to both the team and veterans team honours. Acknowledged as one of the best descenders in the business, Jim Brown managed to hold off a very fast finishing Richard Cowan, who had reduced the deficit between them by 3 minutes from the top of Lamagan. Barbara Brown was first lady, successfully retained her title from last year.

Ian Taylor is one of the unsung heroes of Northern Ireland fell running as, in his position of Secretary of NIMRA, Ian deals with all the administration burden that the sport provides. In the race, Ian passed a personal milestone as he has now successfully completed his 21st Annalong Horseshoe race, in fact this was his sixteenth consecutive Horseshoe since his debut in fell running at this race in 1982. Congratulations from all of us and may there be many more.

Finally 53 starters and 54 finishers? Step forward Hugh McCloy, who reinforced our belief that the residents of Draperstown live in a different time zone from the rest of the planet (except a certain street in East Belfast!!) and turned up for a 12 noon start. At least Hugh enjoyed his (lonely) run.

Trevor Wilson

1. B. Ervine	Ballyd	2.04.19
2. N. Carty	NBelf	2.08.39
3. G. Bailie	ACKC	2.09.53
4. D. McNeily	Ballyd	2.18.06

5. M. Alexander	Ballym	2.18.14
6. G. Arnott	Willow	2.19.51
7.. P. Mawhirt	N'castle	2.21.06
8. J. Patterson O/50	N'castle	2.21.31
9. J. Brown O/40	BARF	2.25.51
10. R. Cowan	Willow	2.26.12

VETERANS O/40

1. (9) J. Brown	BARF	2.25.51
2. (13) B. Wells	N'castle	2.28.17
3. (25) C. McCullough	ACKC	2.45.26

VETERANS O/50

1. (8) J. Patterson	N'castle	2.21.31
2. (23) M. Barton	ACKC	2.45.07
3. (26) W. Kettle	ACKC	2.46.08

LADIES

1. (47) B. Brown O/40	ACKC	3.12.40
2. (48) C. Coey	BARF	3.20.21

54 finishers

BELMONT VILLAGE WINTER HILL RACE Lancashire BS/4.5m/1000ft 08.05.04

Great turnout on a lousy day – we were due one after glorious weather on the previous two years. Many thanks to those who helped on registration, finishing results, time keeping, marshalling, and refreshments; also to the local farmers, the Dyeworks, the Parish Council and United Utilities for permission to run the races; to Glynn at Sweatshop for the prizes; Alan at the Belmont Bull for use of the pub and the wonderful Bank Top beer; Ron (birthday boy) Ashmore for presenting the prizes.

Special thanks to the local police and Bolton Mountain Rescue who ensured safety on the road and the hills.

We have been able to donate £175 to Bolton Mountain Rescue.

Thanks also to Dave Woodhead for suggesting the use of new timing equipment and results system, which resulted in much quicker production of results.

Hope to see you next year when the weather should be back to normal i.e. hot and sunny, and the swamp may have dried out a bit.

Please note that the start times for the junior races will be changed next year. If they are included in the championships, there will be separate U12, U14 and U16 races. If not in the championships the three races will be run together (over different distances) See next year's calendar when it is issued.

Could the trophy winners please ensure that the trophies are returned to me before or on the day of next year's races. (7 May 2005). Many thanks.

Dave Bateson



Sophie Varley (1st No. 4) and Katie Ireland (2nd No. 3) looking justifiably pleased at Belmont (Photo Woodhead)

1. D. Hope	P&B	33.07
2. M. Croasdale	Bing	33.33
3. C. Doyle U/18	Traff	33.45
4. S. Sweeney O/40	Bowl	33.56
5. S. Livesey O/40	Bowl	34.35
6. T. Cornthwaite U/20	B'burn	35.33
7. B. Bolland	Horw	35.42
8. P. Darbyshire	Wigan	35.55
9. J. Mellor U/18	L'pool	36.09
10.S. Bolland	Bowl	36.14

VETERANS O/50

1. (14) B. Walton	Horw	37.21
2. (23) D. Archer	Bury	39.43
3. (37) I. Robinson	Clay	40.58

VETERANS O/60

1. (57) P. Walkington	Horw	43.56
2. (72) T. Peacock	Clay	45.39
3. (109) G. Arnold	Prest	51.46

LADIES

1. (44) V. Peacock O/50	Clay	42.09
2. (59) D. Atkins	Chori	44.05
3. (66) S. Budgett O/40	Horw	44.48
4. (86) A. Furguson O/45	Burmd	47.44
5. (97) R. Metcalfe	Unatt	49.28

143 finishers

BUTTERMERE SAILBECK HORSESHOE Cumbria

AM/9.5m/4640ft 09.05.04

The weather was a little too hot for really fast times but Rob Jebb set a new record for the revised course 9.5 miles 4640 ft. Only 36 runners were in the open men category. Simon Booth was 2nd with Phil 'Davies 3rd. Andy Shofield 4th and Lee Siemaszko 6th, giving Borrowdale the team prize. Intermediates Chris Doyle and Ricky Lightfoot were 7th and 18th respectively.

At the other end of the age spectrum Alex Menary was 99th (2nd V60) not bad at 71.

A fifth of the competitors were women. They were led home by Kate Beaty, who had another exceptional run finishing 27th overall, behind only five male vets. Borrowdale were top ladies' team.

Thank you to all the helpers for their excellent support. Thanks to all the runners, see you again next year, provisional date 8 May 2005.

Jack King

1. R. Jebb	Bing	1.27.13
2. S. Booth	Borr	1.28.16
3. P. Davies	Borr	1.33.40
4. A. Schofield	Borr	1.34.03
5. G. Devine	Pud	1.36.25
6. L. Siemaszko	Borr	1.36.26
7. C. Doyle	Traff	1.36.27
8. K. Grey	CaldV	1.37.14
9. N. Fish	Amble	1.37.51
10. A. Davis O/40	Carn	1.38.31

VETERANS O/40

1. (10) A. Davis	Carn	1.38.31
2. (14) J. Dawson	CFR	1.44.16
3. (15) A. Clark	CaldV	1.44.30

VETERANS O/50

1. (22) P. Clark	Kend	1.48.07
2. (23) K. Taylor	Ross	1.48.12
3. (28) S. Varney	Kend	1.49.37

VETERANS O/60

1. (95) J. Naylor	CFR	
2. (108) R. Clark	NYM	

VETERANS O/70

1. (99) A. Menary	Dur	2.23.49
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LADIES

1. (27) K. Beaty	CFR	1.49.27
2. (39) L. Sharp	Kesw	1.54.01
3. (40) N. Davies	Borr	1.54.15
4. (43) S. Taylor	Bing	1.56.29
5. (51) H. Jones	Dall	2.00.54

146 finishers

JUNIORS

U/16s

1. D. Shepherd	Settle	06.55
2. B. Farrell	Kesw	07.03
3. R. Thornbarrow	HelmH	07.23
6. E. Stuart Girl	CFR	08.19

U/14s

1. S. Tosh	Ross	04.49
2. T. Yates	Kesw	04.51
3. J. Stuart	CFR	05.00
6. R. Stuart Girl	CFR	05.10



Scoffer with matching hair and vest on Whiteless Pike at Sailbeck (Photo Woodhead)

U/10s & U/12s

1. T. Doyle	HelmH	03.24
2. S. Byers	CFR	03.40
3. J. Quail	Kesw	03.41
6. L. Miller Girl	CFR	03.52

TRUNCE 3

South Yorkshire

CS/4.25m/550ft 10.05.04

Another superb turnout on a perfect night, although a little warm for running but perfect for timekeeping. The minor change in direction at the finish had the desired effect of avoiding clashes between exciting cars of junior runners' parents/faster senior runners and the slower runners finishing through the gate, but had the undesired effect of a sharper bend on loose gravel. Fortunately, no one actually fell or pulled anything!!

Andy Plummer

1. A. White	23.57
2. P. Winskill	24.25
3. T. Tett O/40	24.42
4. S. Marsden	24.51
5. C. Sellens	24.58
6. R. Little	25.32
7. R. Sunman	26.14
8. R. Atkinson	26.33
9. D. Hague	26.47
10. S. Storey O/40	26.51

LADIES

1. (67) L. Bland	32.37
2. (70) K. Woodhead	32.52
3. (71) C. Couch O/40	32.54
4. (82) L. Kooper	33.44
5. (83) K. Duncan	33.50

178 finishers

FACTORY HILL NIGHTMARE MILE RACE Lancashire

1m/500ft 11.05.04

Current England fell running international Rob Hope won the race for the first time. Former winner Rob Jackson led the chase in second place. Caroline Aveoly made it a winning debut in the ladies' race.

Tony Hesketh

1. R. Hope	P&B	6.16
2. R. Jackson	Horw	6.33
3. C. Heyes	Horw	6.36
4. S. Williams O/45	Salf	6.48
5. B. Bolland	Horw	7.02
6. R. Howarth O/45	Horw	7.04
7. D. Massey O/40	Horw	7.21
8. P. Howarth	Horw	7.31
9. S. Jackson O/50	Horw	7.35
10. D. Mason	Horw	7.51

LADIES		
1. C. Aveory	BVue	8.18
2. J. Howarth	Horw	8.44
3. C. Scholes	Chorl	8.46

JACK BLOOR RACES West Yorkshire BS/5.2m/1150ft 11.05.04

Local orienteers triumphed in the 19th running of the annual Jack Bloor fell races last week, which were sponsored by The Complete Runner, Ilkley.

On a cool evening ideal for running the senior race was won by junior international 21 year old Matthew Speake from York who has been previously placed third on two occasions in the race. His time was well outside the record set by Greg Hull from Leeds City. The men's team race was won by orienteers from team Nopesport, beating local fell running specialists Pudsey and Bramley well into second place. Third team was another Pudsey club, the Pudsey Pacers.

The ladies race was comfortably won this year by Kirstin Bailey with another orienteer Aislinn Austin second and Heather Dawe third. Her prize was a newly engraved rose vase presented in memory of Mike Rose, much respected secretary of the Fell Runners Association who was a great supporter of this race over many years, and who died last year. His niece had come over especially to present the prize, which was a nice touch.

This year the associated junior races held beforehand produced a record entry of 106 enthusiastic youngsters. Boys age 6 to 9 category was won by Keiran Thompson and the girls by Beth Woodley. Boys age 10 to 13 was won by Thomas Sessford with 9 year old Florence Haines running up a class to take the girls' prize and sixth place overall. The boys age 14 to 16 was won in an exciting finish by Ben Stevens. Chloe Haines comfortably won the girls. Aireneters are the current British club orienteering champions due in no small part to their very strong junior section.

With the number of orienteers walking away with prizes in a fell race, they certainly proved that they are athletes on a par with some of the best fell runners.

Peter Haines

1. M. Speake	Nope	40.26
2. J. Thomas	Cardiff	42.04
3. R. Wren	Nope	42.07
4. J. Heneghan	P&B	42.12
5. R. Lawrence	Bing	42.31
6. S. Bottomley	P&B	42.32
7. N. Bourke	Nope	43.27
8. G. Pearce	Ilk	43.32
9. R. Pattinson	PudP	43.47
10. J. Hemlsley	P&B	43.58

VETERANS O/40

1. (11) J. Wootton	Wharfe	44.00
2. (16) S. Web	Valley	45.26
3. (23) I. Rowbotham	Harr	46.59

VETERANS O/50

1. (61) P. Bramham	Kghly	51.57
2. (67) D. Hird	Wharfe	52.52
3. (69) A. Judd	Fellan	53.05

VETERANS O/60

1. (100) G. Webster	Valley	57.05
2. (115) B. Speake	Ebor	59.32
3. (129) M. Coles	Unatt	64.24

LADIES

1. (42) K. Bailey	Bing	50.32
2. (65) A. Austin	Ebor	52.28
3. (66) H. Dawe	Ilk	52.40
4. (86) N. Kime	Ilk	54.46
5. (91) S. Malir	Ilk	55.25

161 finishers

JUNIORS

14-16 years - 1.5m/600ft

Boys

1. B. Stevens	Aire	12.11
2. R. Hall	Leeds	12.14
3. S. Webster	Bing	12.26

Girls

1. (9) C. Haines	Wharfe	15.44
2. (11) V. Stevens	Aire	17.04

10-13 years - 0.75m/300ft

Boys

1. T. Sessford	Kghly	08.30
2. M. Fretwell	Settle	08.33
3. O. Webster	Bing	08.58

Girls

1. (6) F. Haines	Wharfe	09.48
2. (11) E. Jordan	Ilk	10.06
3. (12) E. Throup	Unatt	10.09

6 - 9 years - 0.5m/150ft

Boys

1. K. Thompson	Wharfe	3.38
2. H. Sessford	Kghly	3.45
3. O. Watson	ValleyStr	3.45

Girls

1. (10) B. Woodley	Aire	4.30
2. (30) B. Campbell	Unatt	4.48
3. (31) G. Selman	Wharfe	4.50

MEARLEY CLOUGH FELL RACE Lancashire

AS/3.5m/1200ft 11.05.04

Good conditions underfoot and a clear warm evening brought out 135 runners, the most there's ever been. Danny Hope in record breaking form clipped 15 seconds off his own record to win a night for two at the Calf's Head Hotel, but missed breaking the half hour by 2 seconds, according to Woodhead timing.

Antony Hayes, 1st junior, showed a lot of promise for the future by finishing in the first half. Well done! We also had the largest turn out of ladies, 17, which is a good sign for the sport, but my apologies for those who missed getting a plant - it will be rectified next year.

The Calf's Head Hotel put on their usual pasta supper spread at short notice for 150. In fact they didn't know until the race had set off and only had one hour to prepare it, hence no seconds.

Thanks to all the helpers on the night, there would be no race without you.

Hope to see you all next year. Good running.

Geoff Newsam

1. D. Hope	P&B	30.01
2. S. Thompson	Clem	31.19
3. G. Wilkinson	Clem	32.13
4. I. Greenwood O/40	Clem	32.34
5. A. Wrench	Tod	32.39
6. M. Horrocks O/40	Unatt	33.04
7. S. Hoyle	Ross	33.23
8. C. Seddon	Unatt	33.38
9. C. Urhston O/40	Clem	33.51
10. A. Brown	Clem	33.54

VETERANS O/50

1. (21) A. Robinson	Clem	35.28
2. (25) P. Booth	Clem	35.46
3. (57) A. Walmsley	Clem	39.46

VETERANS O/60

1. (125) M. Raine	Clem	49.40
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VETERANS O/70

1. (119) D. Clutterbuck	Tod	48.48
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LADIES

1. (48) V. Peacock O/50	Clem	38.25
2. (52) C. Leah	Clem	38.53
3. (60) D. Atkins	Chor	39.49
4. (94) A. Smith	Clem	42.52
5. (95) J. Commons O/40	Clem	42.56

135 finishers

CARLTON CHALLENGE

North Yorkshire BS/5m/850ft 11.05.04

Andy Burt powered round the five mile Carlton Challenge ahead of Sean O'Grady and Paul Fig. Alison Raw was first woman ahead of Caroline Pollard and Kay Neesam. Thirsk & Sowerby took the men's team prize.

Full results are available on North York Moors AC website www.nym.ac.

Dave Parry

1. A. Burt	Acorn	34.33
2. S. O'Grady	Loft	35.05
3. P. Figg	Nym	35.32
4. C. Dunn	Th&S	35.40

5. C. Mustill	NewtA	35.48
6. P. Wilkin O/40	Th&S	36.17
7. A. Minister	H'pool	36.43
8. A. Harland	Nym	36.44
9. M. Burn O/40	Th&S	36.46
10. R. Hall	Th&S	36.48

VETERANS O/50

1. (21) T. Moss	Nym	40.25
2. (33) M. Brooks	R&Z	42.07
3. (37) J. Bunn	NMar	42.16

VETERANS O/60

1. (44) A. Wikeley	Th&S	42.37
2. (51) J. Kettle	NMar	45.08
3. (72) R. Clarke	Nym	48.24

LADIES

1. (40) A. Raw O/40	Darl	42.27
2. (49) C. Pollard O/45	Th&S	44.28
3. (56) K. Neesam	NMar	45.19
4. (62) S. Milburn O/45	NewtA	45.52
5. (65) C. Worth O/45	Nym	46.25

89 finishers

BLACKSTONE EDGE FELL RACE

Lancashire

AS/3.5m/1200ft 12.05.04

The conditions for this race must have been the mildest for years. Leading up to the race I was having doubts that anyone would turn up after a certain Yorkshire lass slagged me off in the mag for moaning about the low entries. Anyhow, we had 93 on the night, most of them regulars, and I am totally grateful that you all came, as I have been for the previous 20 years.

The race starts from outside Lydgate Hamlet on the Edge old road where there used to be a pub in the 80s. For those with good memories we used it for the presentation at the time. Now we are at the Fisherman Inn, Hollingworth Lake.

The race got off as usual along the tarmac to the Pike cottages. The runners were not fazed by the Halifax-Littleborough bus heading their way - bad timing again!

The course snakes out to the bottom of the Roman road, then down the Swamp to the bottom of the fell. Robin Lawrence took lead then and led the way until the return trip up the Swamp. He was then overalled by Gary Devine, who has done this race more than any other runner. He managed to hold his lead and win for the 5th time, his first back in 1991. A new lad on the scene, also of Pudsey & Bramley, is John Heneghan who just overalled Robin on tarmac and finished to take 2nd spot.

Am I right in organising the presentation in the pub? We don't seem to get a lot back. Let me know what you think.

Kevin Shand

1. G. Devine	P&B	29.50
2. J. Heneghan	P&B	29.53
3. R. Lawrence	Bing	29.54
4. K. Gray	CV	30.19
5. A. Etherden	Unatt	30.37
6. S. Bottomley	P&B	31.18
7. C. Moses	Bing	32.29
8. W. Ali	Feldl	32.51
9. L. Pasxcoe	Bowl	33.11
10. P. Grimes O/50	H'fax	33.26

VETERANS O/40

1. (14) S. Wilkinson	Kghly	33.55
2. (17) A. Battersby	Unatt	34.37
3. (18) J. Emberton	EP	34.49

VETERANS O/50

1. (10) P. Grimes	H'fax	33.26
2. (19) B. Waterhouse	Sadd	34.48
3. (24) D. Beels	CV	36.25

VETERANS O/60

1. (38) P. Covey	P&B	38.28
2. (41) P. Wakington	Hor	38.52
3. (70) G. Corbishley	Ross	44.44

VETERANS O/70

D. Clutterbuck	Tod	51.55
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LADIES

1. (44) C. Kenny	Unatt	39.24
2. (50) D. Harry	P&B	40.54
3. (54) G. Dewhurst	Ratcl	41.58
4. (59) C. Mosey	Unatt	42.24
5. (64) K. Woodhead	DenbyD	43.39

CARADOC CLASSIC
Shropshire
AS/3.5m/880ft 12.05.04

After standing with little challenge for 14 years Paul Cadman's record was finally eclipsed by Welsh International, Tim Davies. Davies didn't have the race all his own way with GB's Will Levett making his Caradoc debut. Levett steamed to the top gaining advantage over Davies. In the end Davies was able to overhaul Levett's lead as the descent became steep. Davies took full advantage of his 30 metre lead, staying strong to the finish. Levett also finished within the old record. Cadman's finish in 13th position proved unlucky but consolation could be had from knowing it took a great race to steal his mark that had stood for more than a decade virtually unchallenged.

Another great turnout for the second race in the series saw 106 runners take to the start. Fell running is alive and kicking in Shropshire, and we hope the increased fields can be maintained throughout the season.

Simon Daws

1. T.Davies	Mercia	22.09
2. W. Levett	Bedf	22.16
3. T. Werrett	Mercia	23.40
4. R. Lamb O/40	Mercia	23.43
5. R. Sedman Smith	TAC	24.41
6. A. Yapp	Mercia	24.53
7. P. Vale	Mercia	25.10
8. A. Kitchin	Lothian	25.34
9. M. Collins	MDC	26.17
10. H. Jones O/40	Mald	26.32

VETERANS O/50

1. (35) G. Spencer	Mercia	29.53
2. (42) P. Sanderson	TAC	30.32
3. (46) B. Dredge	Mercia	30.52

VETERANS O/60

1. (58) C. Williamson	Shrop	32.25
2. (76) M. Edwards	Wrex	35.12
3. (81) B. Nicholas	Mercia	35.48

LADIES

1. (52) A. Bartlett	Unatt	31.27
2. (59) G. Harris O/40	Mercia	32.49
3. (62) K. Kitchin	Lothian	33.22
4. (63) A. Fitton	LastInn	33.39
5. (67) J. York O/40	Shrop	34.20

106 finishers

HEN & COCK
Mourne mountains
AS/2.5m/1500ft 13.05.04

Summer returned to the Mourne last week and with it, a record turnout of 132 runners, beating the previous record by three arrived for the challenge of Hen & Cock. One of the oldest records, Robbie Bryson's 1996 time of 26 minutes and 59 seconds

remains a superb target, whilst Shileen O'Kane's 2002 record of 37 minutes and 15 second might be under more threat. O'Kane is back racing again less than three months after giving birth to her first child and improving as each week goes by.

The start to these races seems to be becoming faster and the initial climb of Hen was no exception. Hen is a beautiful mountain to look at, not so beautiful to race on, as its steep flanks soon turn fresh legs into a complete mess. Alan McKibben certainly means business this year and he is being challenged hard by defending champion Neil Carty and by others now as well, as the strength in depth rises by the week.

McKibben was quickly out of the blocks and led the 132 bodies up the steep climb. Not renowned for his navigation skills (he had tried to recce the course a few days earlier on his own and had failed miserably after briefly glimpsing the S of Spelga), it was a clear night and he was relying on the official marshals, John Savage and Derek Ross, to mark the exact spot of Hen summit. No joy, Savage and Ross were admiring the view of the southern Mourne from the wrong crag on Hen and could do nothing more than shout a quick 'hello' from up above McKibben. He cursed his luck and decelerated to keep a watch on the route his rivals were taking.

Having negotiated the short descent off Hen, McKibben accelerated again onto the climb of Cock followed by club mates Dave McKibben, Deon McNeilly, Stephen Cunningham, Ballydrain's David McNeilly and Carty. Still leading, the speed of his descent off Cock and reverse climb of Hen were awe-inspiring and McKibben came home, 24 seconds clear of fast improving David McNeilly with Carty a further three seconds back. With five wins out of six, it looks like McKibben will emulate his twin brother and win the coveted Hill & Dale title.

As for the Ladies, Kerry Harty came to the race with four wins against club-mate Anne Sandford's one win. It's a good rivalry with Violet Linton also coming into her own on the steeper mountain circuits. Normally Harty starts fast, but this week it was Sandford, running like someone possessed, who quickly made her mark on the steep initial climb. Never passed, she came home 21 seconds inside O'Kane's two-year-old record. Now in the Lady Veteran 35 category, Sandford is a former several times Northern Ireland Fell Running Champion. She has been off the fell running scene for a few years now, but this year has marked her return by running better than ever, with her times in the likes of this race being two to three minutes faster than anything she has done before. Now with two wins, she is giving Harty something to think about.

Mention is also worth making of the two excellent juniors in last Thursday's race. Mid-Ulster's Jonathan McCloy is improving as each month goes by and finished a superb 7th overall claiming Deon McNeilly's scalp (something the scribe has been trying to do for 25 years) on the steep descent into

the finish. Behind him in 11th overall was the second junior, local Adam (the Mighty Mitty) Mitten, also fast finishing and getting stronger by the week.

As with every Hill & Dale race, there are stories littered all over the field – too many to mention. Some of the highlights of this week included Mark Pruzina's shorts, which along with his flowing blond locks and his ethnic Czech ancestry, he looked more set for a Prague underground movie than a mountain race in the Mourne. Race marshal Billy McNeilly is becoming even more irritated with individuals who appear at summits with no number, as he typically chose his words of criticism and admonishment with due care to one repeat offender, grandson Wills listened quietly on the other side of the summit cairn and learned. Veteran 45 winner, Charlie McAlinden may have been a place or two further up the field if he hadn't decided to try his hand, unsuccessfully, at a spot of rock climbing at the summit of Hen on the way back. It took Savage and Ross, who had made it to the correct summit crag for the runners' return, to extricate him from his predicament.

Also worth a mention at any time, was the 94th place of Everest Conqueror, Newry's Banjo Bannon, a former summit marshal in this race, he returned this year to participate and suffer properly with the rest of us.

As for after the race, well we've already heard about McHenry's pub exploits, but at the official presentation venue, let's just say that a local solicitor allegedly picked up a second spot prize of the series – the limit for any one individual is widely know to be one – you know who you are.

BOGBOY

1. A. McKibben	N'castle	28.37
2. D. McNeilly	Ballyd	29.01
3. N. Carty	NBelf	29.04
4. S. Cunningham	N'castle	29.37
5. G. Bailey	ACKC	30.36
6. D. McKibbin	N'castle	30.43
7. J. McCloy	MUlst	30.44
8. D. McNeilly O/40	N'castle	30.48
9. A. Gregg	Larne	31.22
10. J. Brown O/40	BARF	31.36

VETERANS O/50

1. (17) B. McKay	Albert	32.33
2. (37) P. Howie	Larne	38.50
3. (41) D. McHenry	Willow	36.21

LADIES

1. (46) A. Sandford O/40	N'castle	36.54
2. (51) V. Linton	LVO	37.24
3. (62) K. Harty	N'castle	38.40
4. (64) T. McCann O/40	N'castle	38.43
5. (84) S. O'Kane O/40	BARF	41.13

132 finishers

BURBAGE FELL RACE
Derbyshire
CM/6m/600ft 18.05.04

For what was the first time I can remember at Burbage, 'shirts-off' was the order of the day as the weather broke with tradition, and provided us with a cloudless sky that attracted an additional 110 'fair-weather' runners from last year. This meant that not only pins but entry forms, race numbers and timing machine roll were in short supply, so I apologise if there were a few 'surprises' in the results. Recent advances in PC software has revealed that the actual climb of 1250 feet, is more than double that advertised, which when amended for next year, may worryingly attract more hardened fell runners.

Phil Winskill blasted round the course knocking over 2 minutes off the record, spurred on by Ged Cudahy and the welcome return of Dave Neill who took the V40 prize from Les Footitt who quietly admitted that a road race!! had left him a little heavy-legged (Hmrrrr - I wish I could run like that when I'm heavy legged). Dave Tait pipped Phil Bowler by 3 seconds to claim the V50 prize – I trust you gave him a DPFR membership form after the race Dave?

The ladies race was again a close call, with Alice Brockington edging out Joanne Walker – another athlete should sign up, whilst Hilary Hareduke had a little more breathing space from Philippa Leach in the LV40 category.

I was unchallenged for the newly introduced 'Fat Boy' category for over 13 stone runners, taking great pleasure in drinking and eating my prizes.



Newcastle predominate at the start of the Hen & Cock (Photo Ian Taylor)

The welcome annual sight of Wootton Runners from Northants illuminated the race in their 'distinctive' vests (call me a bore, but I do prefer brown to pink!), sympathies go to Steve who got himself injured before the start, and had to watch the race from 'Pride Rock'.

Thanks to Tony Hulme of 'Running Teddy' (according to an observant 4 year old) for sponsoring the race, to Edale Mountain Rescue for patrolling the course, and to St John Ambulance not only for their invaluable service in treating several runners, but in providing a welcome moment of light relief when reporting one competitor who had complained about the roughness of millstone grit!

Finally thanks to my helpers – at least the late finish did give us the benefit of seeing a magnificent sunset over Higger Tor in the gathering darkness.

Andrew Moore

1. P. Winskill	DkPk	37.18
2. G. Cudahy	Stockp	37.49
3. D. Neil O/40	StaffsM	38.14
4. L. Banton	Clowne	40.48
5. D. Taylor	DkPk	41.12
6. S. Gregory	HolmeP	41.26
7. J. Aylward		41.30
8. J. Hargreaves	DkPk	41.35
9. L. Footitt O/40	Buxt	41.41
10. T. Plant		41.50

VETERANS O/50

1. (28) D. Tait	DkPk	44.44
2. (29) P. Bowler	Unatt	44.47
3. (52) M. Moorhouse	Mat	46.32

VETERANS O/60

1. (176) D. Pasley	DkPk	55.35
2. (229) M. Edwards	DkPk	62.55
3. (243) T. Barry	HolmeP	66.22

VETERANS O/70

1. (228) F. Makin	HolmeP	62.47
2. (230) B. Rogers	NVets	62.56

LADIES

1. (67) A. Brockington	DkPk	48.24
2. (69) J. Walker	Unatt	48.31
3. (83) J. Mellor	Penn	49.16
4. (86) W. Barnes	Barns	49.29
5. (89) R. Elder	SHUOC	49.37

259 finishers

DOCKRAY-HARTSIDE Cumbria AM/6m/1800ft 19.05.04

Scoffer and Angela both set new records. No pomp or ceremony here but everybody seemed happy to adjourn to the pub following the £1 entry fee/no prizes policy, with the proceeds being donated to Matteredale First Responders.

Please note that we had no prizes and hence make no differentiation between age groups. First ten runners shown plus first three female runners – note race positions.

Many thanks to Jane Newport and Alan and Trish Radcliffe for their help, and also to Paul 'Flynn, who ran out to be the first control (just getting thee before the runners) and then continuing his run along the route as sweeper. Also to Eden Runners who filled the pub nicely, too!.

Joe Faulkner

1. A. Schofield	Borrow	48.54
2. P. Brittleton	Helm	54.06
3. P. Singleton	Amble	55.35
4. A. Labram	Eden	57.22
5. J. Fletcher	BordH	57.22
6. R. Unwin O/40	Kesw	58.30
7. T. Harling	BordH	59.02
8. D. Owens O/40	Kesw	59.06
9. P. Orr O/40	Prest	59.46
10. B. Bland O/50	Borrow	59.56

LADIES

1. (11) A. Brand-Barker O/40	Kesw	60.04
2. (21) K. Beaty O/40	CFR	61.24
3. (22) H. Jackson	Bing	61.54

MONUMENT HILL RACE Mourne Mountains AS/4m/1400ft 20.05.04

Alan McKibben emulated his twin brother Dave's Hill & Dale Series titles with another resounding victory over the Monument Course in Tollymore Forest Park. With six victories from the first seven of eleven races, he now cannot be caught. On top of this, he smashed defending champion's, Neil Carty, course record by one minute. Carty, meanwhile, came home second again and now can only finish second overall at best. Ironically, 2002 champion, Deon McNeilly, was third best on the night.

An amazing 143 runners turned out for the race, making it a second consecutive record turnout – 11 more than the record set the week before. Each race of the series has a unique character and for this one, it is the fast four or five minute start from the Monument to the Shimna River, near the Ivy Bridge, and the desperate finish, on tired legs up the grassy bank back towards the car park. With the finish funnel lined with spectators, there to witness the pain and offer some sort of encouragement, the 90 seconds climb is one that all the runners look forward to as they make the fast seven or eight minute (for the leaders) return from the summit of the White Plains – not.

In the ladies' category, Kerry Harty took one step closer to the title with a fifth win from seven races, with club-mate Anne Sandford coming home second. With both ladies missing race 8 due to the All-Ireland Championship race in the Wicklow Mountains being two days later, Sandford will now have to win the last three races of the Series to have a chance of clinching the title.

As for Harty, she had spent four hours in casualty two nights before the race, after an accident on a late evening training run with the Mighty Mitty – did he trip her? Half a dozen stitches in the knee and a pretty cross-stitch in her forehead was not enough to stop her competing in this one. Sandford seems to have the edge on the steeper and more mountainous terrain, but Harty enjoys races like the Monument. So much so, in fact, she won by more than a minute coming home in a sprint finish just losing out to Willie Marks. Remember back to the Moughanmore race and Harty missed out on the ladies' record by a mere second? More bad luck this week as, despite the pressure exerted by Marks, she missed out on Sharon McBurney's record by two seconds.

In the junior section, Jonathan McCloy is demonstrating, as each week passes, a gutsy determination and desire to win the title. This week, Adam (the Mighty Mitty) Mitten set out fast and climbed well to lead at the top of Curragherard, some 13 minutes into the race. McCloy descends well, while Mitty is also fast, but sometimes plagued with 'the stitch'. By the final summit of the White Plains, Mitty still led and with less than 10 minutes to go in the run back, much of it downhill, was favoured to win. McCloy, however, had other ideas and slowly pulled back towards Mitty, finally passing him and taking 40 seconds out of him with a strong climb up the final grass bank to the finish. With four wins now, McCloy is close to the title.

As expected, the crowds gathered at the most spectacular finish of any of the Hill & Dale series. The view is fantastic as they wait for the runners to appear and when they do start to arrive the suffering is great to watch. In the 143 runners this week were many relations. The husband and wife category is bolstered by the Linton's (orienteers by trade and running in orienteering shoes that sound like hobnail boots to the uninitiated; 'don't mess with us'), the O'Kane's (their first baby only 6 weeks old), the McCann's (Tish couldn't run the length of herself this time last year and is now doing two hour training runs in the mountains and finishing regularly in the top four in this series), the McCausland's (typical of so many of the participants in these races who travel some distance to be there; Omagh in this case), the Harty's (oops, sorry, mistake, Micky has talked a good race for some weeks now and, having just turned 30, might think he has a ready made excuse never to race, although having moved in beside the McNeilly's, one never knows), the Hawkin's (Eddie, where are you?), the McConville's (one prolific racer and one prolific walker) and finally the McQueen's (well done Alison, as for you Terry, allegedly the expressions of your disappointment at having to retire injured early in the race was noted by many of

the runners). More comment on relationships later in the series.

BOGBOY

1. A. McKibben	N'castle	28.18
2. N. Carty	N'Belf	28.44
3. S. Taylor	BARF	29.19
4. D. McNeilly O/40	N'castle	29.39
5. D. McNeilly	Ballyd	30.28
6. G. Bailey	ACKC	30.40
7. A. Gregg	Larne	30.45
8. S. Cunningham	N'castle	30.55
9. J. Brown O/40	BARF	31.03
10. D. Brannigan	N'castle	31.07

VETERANS O/50

1. (21) B. McKay	Albert	32.20
2. (25) J. Patterson	N'castle	33.02
3. (39) D. McHenry	Willow	34.37

VETERANS O/60

1. (56) B. Magee	Larne	36.31
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LADIES

1. (50) K. Harty	N'castle	35.43
2. (62) A. Sandford O/40	N'castle	37.01
3. (63) V. Linton	LVO	37.03
4. (68) T. McCann O/40	N'castle	37.36
5. (85) H. McCausland	Omagh	39.00

141 finishers

STANHILL FELL RACE Lancashire BS/5m/800ft 25.05.04

A great day for running, sunny and very dry, ideal for a course record or two. Thomas Cornthwaite led from start to finish to knock 38 seconds off Danny Hope's 2002 record, with an easy win from Andy Etherton second and organiser Lee Passco third. The ladies race was very good as well with Lynne Clough knocking 1 minute 10 seconds off Helen Johnson's 2001 record, Carmen Anthony second and Jane Hopkinson third. An excellent performance all round. Darwen Dashers used this race as one of the club championship races and that paid off well with Darwen Dashers winning the men's team prize. Rosendale won the women's team prize.

Thanks to all who turned up and to Britannia? and to the families also. Well done to the course record breakers.

Lee Passco

1. T. Cornthwaite U/20	B'burn	30.53
2. A. Etherton	Saddle	33.16
3. L. Passco	Bowl	33.50
4. W. Ali	F'dancer	34.32
5. M. Theaker	Clay	34.36
6. I. Wright	Leeds	34.59
7. A. Preedy	Ross	35.06
8. J. Wiczorek	Acc	35.23
9. B. Hoggan	Acc	35.31
10. G. Taylor O/40	Darwen	35.45



Polished stile technique at Stanhill (Photo Mark Aspin)

VETERANS O/40		
1. (10) G. Taylor	Darwen	35.45
2. (11) N. Barnes	Darwen	35.59
3. (12) D. Wright	ACVal	36.11
VETERANS O/50		
1. (31) N. Harris	Ross	39.59
2. (45) B. Brown	FRA	42.58
3. (49) D Shinn	Dall	43.27
VETERANS O/60		
1. (36) D. Ashton	Darwen	40.55
2. (48) G. Navan	Ross	43.20
3. (57) J. Mitchinson	Unatt	45.11
LADIES		
1. (21) L. Clough O/35	Wigan	37.37
2. (38) C. Anthony	BelleV	41.15
3. (41) J. Hopkinson O/40	Prest	42.30
4. (65) A. Preedy	Unatt	47.55
5. (73) H. Yeomans O/35	Ross	54.18

79 finishers

HARROCK HILL RACE ONE Lancashire BS/5m/900ft 26.05.04

Another record field of 108 saw more course improvements again this year with stiles removed or changed into gates and all the mud carefully dried out especially for the race! A major effort on vegetation removal also improved matters but the bullocks still went wild and nearly took out leader, Paul Muller, at an early stage. He recovered quickly to win fairly comfortably in the end from his Horwich team mates.

Thanks to Chris Lyon for providing all the (edible) prizes once again, and to the Farmers' Arms for allowing use of their new all non-smoking facilities.

Andy Quickfall

1. P. Muller O/45	Horw	31.45
2. B. Bolland	Horw	32.16
3. C. Seddon	Horw	32.20
4. D. Kay	Unatt	32.51
5. M. O'Neill	Wigan	33.02
6. G. Kay	Horw	33.07
7. E. Cullen	Skelm	33.36
8. G. Booth	Chorl	33.41
9. S. Bolland	Bowl	33.46
10. D. Raby	Chorl	33.54

VETERANS O/40		
1. (1) P. Muller	Horw	31.45
2. (11) K. Gaskell	Horw	34.04
3. (14) N. Wrigley	Horw	35.06

VETERANS O/50		
1. (15) T. Hesketh	Horw	35.07
2. (39) J. Holloway	Horw	37.43
3. (56) G. Large	NVets	40.22

VETERANS O/60		
1. (58) R. Hart	Wigan	40.32
2. (61) D. Ashton	Darwen	41.15
3. (74) J. Gresty	Skelm	43.35

LADIES		
1. (49) S. Jones O/40	Horw	38.45
2. (51) Y. Wyke	Wigan	39.21
3. (53) D. Atkins	Chorl	39.46
4. (64) C. Quirk O/45	Skelm	41.44
5. (68) C. Scholes	Chorl	42.16

54 finishers

LOUGHSHANNAGH HORSEHOE Mourne Mountains AS/4m/1700ft 27.05.04

Loughshannagh Horseshoe is one of, if not the, toughest race in the Hill & Dale season. We saw the fine summer conditions prevail for the race, but it was the smoke from the heath land fire on Slieve Binnian that the runners had to contend with. The pervasive stench of the smoke hung over the whole route, which took the runners from the start at close to the top of the Spelga Pass to the summits of Ott, Slieve Loughshannagh, Doan and finally Carn.

It is an excellent route with Doan one of the finest summits in the Mourne. For many walkers Doan is visited only as part of a full day's walk. It is one of the most inaccessible peaks in the Mourne, which is part of its beauty. For the runners however, they reach it via Ott and Slieve Loughshannagh in well under half an hour. In the heat of the competition, most are unable to take in the breathtaking scenery, but for

leader in the ladies' race, Violet Linton, she made an exception and spent some time on the summit admiring the fabulous cloud patterns in the sky (through the smoky haze) before deciding on her descent route choice.

Then there is the mountain lake itself. Lough Shannagh is a magic scene with a beach to rival those on the Costas with lager louts replaced by hordes of midgets to keep the runners moving as fast as possible as they contemplate the steep climb of Carn.

David McNeilly is getting stronger as each week goes by and the race up front was yet another very competitive affair, with Stevie Cunningham racing neck and neck with him. A breakneck descent of Carn to the finish saw the determined McNeilly hold off Cunningham by two seconds.

As for the ladies' race, the aforementioned Linton has been running excellently this season and started fast over the early summits of Ott, Loughshannagh and Doan. Behind her was one of the finds of the season, Newcastle AC's Tish McCann. McCann, by her own admission, 'could not run the length of herself' this time last year. However, she 'discovered' hill running with the realisation that descending at speed is the most exhilarating experience. McCann demonstrates a dogged determination every time she races and is getting stronger on the climbs, but has a natural ability to descend seriously fast and by the middle of the race she saw the opportunity to catch Linton.

A storming descent of Doan saw her close up on Linton and by the summit of Carn there was nothing in it. Then came the turn of speed and McCann descended Carn like the wind to come home 41 seconds clear in a record 53 minutes 20 seconds. Roma McConville held the record, one of the oldest in the book, from 1992 for this course at 53 minutes 50 seconds, so this performance by McCann demonstrates that she has already graduated to being a force to be reckoned with on the tougher fell races.

Another fine race for Series Junior leader, Jonathan McCloy, saw him home in 8th place, half a minute ahead of nearest rival Adam Mitten. With four wins now, McCloy is odds-on favourite for the Series title.

Delighting in his duties, McCann landed in the Horseshoe Bar with a bucket-load of sandwiches and promptly embarked on the prize giving. No one would fault his choice as hard luck story of the night, a return to the archived 70s. Local veteran Jim Patterson made a rare race and then an even rarer post-race appearance in the pub. Seizing on the opportunity, McCann promptly awarded him the hard luck prize for being a fashion disaster for the past 30 years. Surely SAGA should see a massive commercial opportunity here? Patterson is the epitome of the active life post-55, everything that SAGA stands for: it wouldn't come expensive either, just some new gear required; we'd all be grateful.

Meanwhile back in the race, Andy Gregg has been a regular competitor in the Series for a long time now and is arguably in the best shape of his life. He has done all eight races and is regularly in the top six. In this race he started off at his usual fast pace and was soon emerging in a leading pack. As the group descended off the first summit, Ott, and approached the beginning of the climb, Gregg suddenly found himself on the wrong side of the wall with others behind him climbing the stile. 'Never panic' is a wise motto in the mountains, but this is a race, there is no time to re-trace steps to the stile as that would cost valuable time. However, the Mourne Wall is a formidable structure and Gregg really doesn't have the rock climbing experience. For the runners on the other side of the wall, it was like a cartoon strip as they passed, with Gregg's head bobbing up and down from the other side over the top of the wall as he struggled to gain a hold to climb it. A shattered figure, he eventually made it and for the first time he finished outside the top ten.

BOGBOY

1. D. McNeilly	Ballyd	42.03
2. S. Cunningham	N'castle	42.05
3. G. Bailey	ACKC	43.35
4. E. Hanna	ACKC	43.35
5. J. Brown O/40	BARF	43.39
6. D. Brannigan	N'castle	43.41
7. A. Niblock	ACKC	44.00
8. J. McCloy	MUlster	44.10
9. P. Mawhirt	N'castle	44.23
10. J. Patterson O/55	N'castle	44.44

VETERANS O/40		
1. (5) J. Brown	BARF	43.39

2. (16) S. Begley	Albert	45.24
3. (17) P. Howie	Larne	45.31

VETERANS O/50		
1. (10) J. Patterson	N'castle	44.44
2. (13) B. McKay	Albert	45.10
3. (30) D. McHenry	Willow	48.45

LADIES		
1. (41) T. McCann O/40	N'castle	53.20
2. (43) V. Linton	LVO	54.01
3. (60) S. O'Kane	BARF	56.37
4. (66) M. Elliot	ACKC	57.58
5. (71) B. Brown	ACKC	59.09

101 finishers

TWO RIGGS Cumbria BM/6.5m/1350ft 27.05.04

A perfect evening, combined with the fact that this was a Keswick AC Championship event, saw a good turn out.

Simon Booth finished a clear winner, but Borrowdale were put out of contention for the men's team prize when his club mate, Jim Davies following him in second place, took a wrong turn at St John's in the Vale Church. In the event Keswick took the men's team prize with strong runs from Denham Smith and Troman, supported by Lockwood.

The ladies' team prize also went to Keswick, with second place Angela Brand-Barker followed by Jane Meek and Stella Lewsley.

Kate Beaty was the clear winner of the ladies' race, and also first Lady Vet. Sharon Schofield was a convincing third.

The first three men over forty were neatly ranked 9th, 10th and 11th - thanks to all three for making the job of collating the results so much easier! Finally, as ever, the older end of the men's field turned in impressive performances:

Thanks to Duncan and Gillian for their hospitality. Gillian and everyone else who provided refreshments, everyone who helped with registration, results and marshalling, and our sponsors, Pete Bland Sports.

EQUIPMENT LEFT: water bottle with Great North Run logo.

Alan Buckley

1. S. Booth	Borrow	40.41
2. S. Stainer	Amble	43.22
3. D. Troman	Kesw	43.23
4. M. Denham-Smith	Kesw	43.28
5. G. Bland	Borrow	44.09
6. P. Brittleton	Howg	44.09
7. P. Brittleton	HelmH	45.04
8. N. Lockwood	Kesw	45.14
9. J. Archbold O/40	CFR	45.59
10. F. Smith O/40	Salt	46.14

VETERANS O/50		
1. (15) D. Overton	Kesw	46.45
2. (29) E. Parker	Amble	53.00
3. (31) P. Graham	Tyned	53.33

VETERANS O/60		
1. (34) P. Covey	P&B	54.22
2. (46) R. Booth	Kesw	58.04
3. (87) H. Blenkinsop	Kesw	79.14

LADIES		
1. (24) K. Beaty O/40	CFR	51.37
2. (41) A. Brand- Barker O/40	Kesw	56.07
3. (43) S. Schofield	Borrow	56.59
4. (61) S. Lewsley O/40	Kesw	61.47
5. (69) J. Fletcher	Borrow	63.01

93 finishers

HUTTON ROOF CRAGS RACE Lancashire BM/7m/1300ft 29.05.04

We had yet another bumper turn out for this years Crags race. The course is always well marked but I did begin to wonder as I put out the last few flags in thick mist and at times heavy rain, on Saturday morning.

The Village Hall Committee who normally concentrate on the cakes and the village fair put a lot of effort into the race organisation this year. They provided valuable help with registration, time keeping, marshalling and results. We are however, by no means self-sufficient as yet and I am grateful for the help provided by various experts from Kendal AC.



Vincent Broderick trots through the rocks at Hutton Roof (Photo Bill Smith)

240 runners enjoyed the soft going on a rapidly drying course. Lee Siemaszko pulled away from Craig Roberts, after the big climb up Farleton Knott to finish first. Craig was just thirty seconds behind and first V40. The first team was Horwich, followed by Wesham Road Runners who were delighted to get such a great place in a fell race.

The ladies' race was won by Rebecca Robinson, who was nearly a minute clear of second place Karen Slater. Wendy Dodds (ex SAS!) had a particularly good race to finish 7th Lady and first V40 as well as first V50.

The junior race was not well attended because of the English Championship race at Hellvelyn but local runners featured well. Jack Dickinson 1st U12 Boy. Ryan Shuttleworth 1st U14 Boy. Tom Addison 1st U 16 Boy. Shannon Moorehead 1st U12 Girl. Sian Stead 1st U 14 Girl.

All enjoyed the village Fair, with 'Tug of War' and Coconut Shy oh, and of course the Tea and Cakes!

John Dickinson

1. L. Siemaszko	Borrow	47.38
2. C. Roberts O/40	Kend	48.08
3. J. Logue	Horw	49.50
4. C. Pass	Wesh	50.02
5. A. Dunn	Helm	50.04
6. B. Bolland	Horw	50.22
7. J. Hemsley	P&B	50.27
8. C. Miller	Harr	50.44
9. J. Hooson O/40	Amble	50.56
10. E. Simpson	Prest	50.59

VETERANS O/50

1. (20) B. Grant	Harr	53.29
2. (25) G. Pendelbury	Wesh	54.30
3. (31) J. Griffiths	Ramsey	55.17

VETERANS O/60

1. (104) P. Jepson	FRA	64.05
2. (130) G. James	B'pool	66.52
3. (148) Webster	ValleyS	67.02

LADIES

1. (47) R. Robinson	Kend	57.37
2. (120) W. Dodds O/50	Clay	65.44
3. (124) J. Robinson O/40	Garst	66.27
4. (158) D. Pelly O/40	DkPk	70.20
5. (329) L. Lord O/50	Clay	71.30

238 finishers

**LATTERBARROW LOOP
Cumbria
AS/2.5m/1200ft 29.05.04**

Husband and wife Andy (Scoffa) and Sharon Schofield made a clean sweep of the honours in this cracking little race. The Latterbarrow has two handsome trophies on offer for the brave gent and lady out of the river Calder. Shortly after the start Scoffa charged over the river in grand style to secure

the unique Riverman' trophy. Not to be outdone, Sharon was equally impressive and picked up the Riverbelle' vase. Both went on to win their respective categories as the race unfolded. The improving Neil Cockbain came out of the chasing pack to follow Scoffa home. Evergreen Harry Jarrett always runs well on this scenic horseshoe. H.J had to pull out all the stops to deal with Peter Crompton's dogged effort. At the line it was 51 year old Harry who took 3rd spot. Nicky Goffe held off CFR lady Lindsay Buck for the second ladies prize, behind race winner Sharon. Marvellous to see three vet 60's and one vet 70 slugging it out with the young uns. Hats off to Joe Richardson, Bernard Hillon, Stevie Watson, and the remarkable Vet 70, Harry Catlow.

Irvine Block

1. A. Schofield	Borrow	23.26
2. N. Cockbain	CFR	25.29
2. H. Jarrett O/50	CFR	26.19
4. P. Crompton O/45	CFR	26.22
5. I. Cousins	CFR	26.28
6. S. Holliday O/45	CFR	26.31
7. S. Storey O/45	P'stone	26.40
8. R. James O/50	CFR	27.04
9. A. Bradley O/40	CFR	27.23
10. D. Atkinson	CFR	27.33

VETERANS O/60

1. (22) J. Richardson	CFR	32.07
2. (31) B. Hillon	CFR	36.06
3. (33) S. Watson	CFR	37.48

VETERANS O/70

1. (35) H. Catlow	CFR	38.30
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LADIES

1. (17) S. Schofield	Kesw	29.37
2. (24) N. Goffe	Bl'coome	33.52
3. (29) L. Buck O/40	CFR	35.19
4. (30) D. Patton	CFR	35.40

36 finishers

**ISLE OF JURA FELL RACE
Jura
AL/16m/1500ft 29.05.04**

This was another successful year for the Jura Fell Race and numbers seem to remain quite stable. We took 186 pre-entries and had 160 starters with only 4 retirals. 74 runners were new to the race and it was good to welcome those making the trip from Dartmoor and Northern Ireland among others

We crossed to the island in glorious sun on the Thursday but changed weather on the Friday and poor long-range forecasts didn't look good. As so often on the West Coast the predictions were confounded and the race day turned out to exceed expectations. The dense mist on the early hills certainly appeared to add much to the race and provided stunning views of the Paps as it cleared during the morning. Many of the duplicate numbers recorded by the marshals at the first three checkpoints were undoubtedly real.

One newcomer, Tim Lenton pulled into the lead on the first Pap and held it to the finish; Ian Holmes fighting back to second after an early mistake. Ronnie Gallagher ran 10 minutes faster than his 2003 time to take 3rd place and 1st o/40. Congratulations also to Kate Jenkins for winning her third race on Jura after placing second behind Angela Mudge in 2002 and 2003.

Jura itself managed to field six runners, five of them new to the race (and two slightly below the minimum age) with Mark Shaw in his 10th race finishing 12th just under the 4 hour deadline. Islay was represented by Marcus Covell (13th race) and Donald MacPhee, holder of the current Islay record of 03:45:44 set in 1993, returning after a gap of 8 years.

Thanks as always to the Isle of Jura Distillery who enthusiastically sponsor the race and all the help given to us locally by the Distillery staff and the local teams of checkpoint marshals organised by Donald Daroch. Communications and mountain rescue cover were again provided by Strathclyde Police. One runner with a bad gash on the shin was patched up by the rescue team and later stitched by the Jura doctor. The junior races still get bigger each year and are enjoyed by the local and incomer children alike.

Arthur Clarke and George Scott took over Mike Rose's usual role on the race commentary at the finish.

Mike's ashes had been scattered by his sister one-month prior to the race on a boulder just above the fishing loch at Three Arch Bridge. Some runners descending from Corra Bheinn may have heard shouts of encouragement (or more characteristically, shouts of abuse) at this point. It is a fitting spot for a man so associated with the race and who loved the Island.

A. Curtis

1. T.Lenton	Carn	3.36.25
2. I. Holmes	Bing	3.41.38
3. R. Gallagher O/40	Wlandsr	3.41.55
4. G. Devine	P&B	3.42.45
5. R. Lawrence	Bing	3.44.27
6. A. Ward O/40	Carn	3.45.04
7. G. Schofield O/40	Horw	3.52.17
8. P. Wilkin	Th&S	3.55.21
9. D. Taylor	DkPk	3.55.22
10. I. Cowie	Mercia	3.55.34

VETERANS O/50

1. (16) J. Holt	Clay	4.08.24
2. (21) K. Carr	Clay	4.14.15
3. (37) N. Taylor	Girvan	4.46.25

VETERANS O/60

1. (34) J. Nuttall	Clay	4.42.50
2. (97) B. Magee	Larne	5.36.49
3. (105) R. Clarke	NYork	5.40.31

LADIES

1. (32) K. Jenkins	Carn	4.40.19
2. (38) N. Lavery	HelmH	4.47.34
3. (45) H. Thorburn	DkPk	4.53.12
4. (47) L. Bland	DkPk	4.54.59
5. (53) A. Brockington	DkPk	4.59.34

156 finishers

**CADER IDRIS
Gwynedd
AM/10m/3000ft 29.05.04**

A real international flavour was given to the race this year with the attendance of 12 runners from the Dutch Club ARO88. The mountains didn't come as that much of a shock to them as two of their contingent had raced at Cader in 2003, and the winter had been spent training for this years event by running up and down sand dunes at home.

Despite early showers the weather brightened as the day progressed and a good crowd had already gathered in the Town Square for the opening speeches by the Mayor, Linda Morgan, and race President, Dafydd Elis-Thomas at 11am.

As normal the morning was taken up with junior races with over 100 children taking part in the 5 races sponsored by Greenstiles Cycles. The local Dolgellau schools faced some stiff opposition from other Meirionnydd Schools this year, and it is hoped that the inter-schools aspect of the junior events can be expanded upon for 2005.

The boys section of the fun run saw a dead heat between John Martin Evans, and Arwel Jones, with Sanant Evans, winning the girls race. The U/12 race was won by Gethin Jones with Emma Coyle, taking the female title. The U/14 race was won by Gerwyn Pugh in 15.16, with Annie Owen in 18.16 bringing home the glory for Dolgellau in the girls section. In the U/16 race Tom Roberts took victory for the second year running in a time of 19.17, while Beckie Hoare won the girls section in 20.00. The final junior race of the day saw Steffan Lea take the Will Ramsbotham trophy in the U/18 section in a time of 1.22.51.

The main race, sponsored by the Cader Idris Outdoor Gear shop in Dolgellau, saw 123 runners turn out on the day, with a much awaited return to the event for 6 times winner Colin Donnelly. However it was to be another Donnelly, Morgan (no relation!), who was to lead the race from start to finish. Despite just happening to be passing through Dolgellau on his way to a wedding in Mid-Wales, Morgan managed to complete the course, from the town square to the top of Cader Idris and back (10 miles, 3000 ft of climbing), in 1.24.02, only three minutes outside the course record. Colin Donnelly eventually came home in second place, with Tim Taylor 3rd and Steve Gilliland was the first local finisher in fourth place.

The ladies' race was won by new Eryri signing Jackie Lee, with her team mate Ruth Metcalfe taking second place for the third year running despite bettering her

2003 time by over ten minutes!! Boukje Klaver came home in third place, showing that hard training can pay off.

Graeme Stringer

1. M. Donnelly	NFR	1.24.02
2. C. Donnelly O/40	Cambus	1.30.17
3. T. Taylor O/40	Mercia	1.32.29
4. S. Gilliland O/40	BroDys	1.33.41
5. R. Halliday	Eryri	1.36.33
6. P. Whiting O/40	Kend	1.38.30
7. R. Sedman-Smith	Telf	1.38.56
8. D. Coley	Merci	1.42.59
9. M. Clewes O/40	Mercia	1.43.31
10. I. Andrews	SWRR	1.43.49

VETERANS O/50		
1. (24) R. Hughes	Eryri	1.52.21

VETERANS O/60		
1. (28) P. Roberts	Buck	1.53.58

LADIES		
1. J. Lee	Eryri	1.49.21
2. R. Metcalfe	Eryri	1.53.22
3. B. Klaver O/40	ARO88	2.00.37
4. S. Hughes O/50	Eryri	2.05.29

115 finishers

HELVELLYN FELL RACE Cumbria AM/11m/4500ft 30.05.04

This race belonged to Kate Beatty. Kate beat Nicola Davies's nine year record for the Ladies' race by two minutes, was first female veteran home, and took the prize for the best ladies' result over two days, having won two Riggs on the previous Thursday.

Simon Booth made his first appearance here since setting the present men's record in 1995. He also took the men's award for best over two days. His Borrowdale club mates Andrew Schofield, in second place, and Gavin Bland in seventh, made up the winning men's team.

This was a good day for the older contingent. The first three ladies home included two V40s (Wendy Dodds in third place in the ladies' race being the second one); there were two men over seventy who turned in impressive times on this demanding course, and Peter Covey, winner of the V60 prize at Two Riggs, returned to take the same award finishing thirty second overall.

Thanks to Karen Partridge of Durham Fell Runners, who stopped to assist a fellow competitor who was taken ill during the race.

Thanks again to Duncan and Gillian for their hospitality, Keswick ladies (who bake as well as they run!) for the food, everyone who helped with registration, results and marshalling, and our sponsors, Pete Bland Sports.

Allan Buckley

1. S. Booth	Borrow	1.39.00
2. A. Schofield	Borrow	1.44.05
3. J. Blackett O/40	NYork	1.45.00
4. M. Denham-Smith	Kesw	1.48.41
5. N. Fish	Amble	1.48.54
6. N. Lockwood	Kesw	1.50.03
7. G. Bland	Borrow	1.50.35
8. J. Archbold O/40	CFR	1.50.55
9. P. Addyman	NFR	1.51.00
10. S. Shuttleworth O/40	Amble	1.52.00

VETERANS O/50		
1. (18) D. Tait	DkPk	1.59.00
2. (20) D. Loan	Kesw	2.00.10
3. (26) R. James	CFR	2.05.17

VETERANS O/60		
1. (32) P. Covey	P&B	2.08.00
2. (63) M. Overton	Tad	2.26.51

VETERANS O/70		
1. (71) A. Menary	Durh	2.31.40
2. (93) J. Pittillo	TeviotD	3.13.00

LADIES		
1 (17) K. Beatty O/40	CFR	1.58.00
2. (34) L. Clough	WiganP	2.09.39
3. (48) W. Dodds O/40	Clay	2.16.31
4. (51) S. Schofield	Borrow	2.18.00
5. (54) H. Dawe	Ilk	2.21.04

96 finishers

BAMFORD SHEEPDOG TRIALS FELL RACE Derbyshire BS/4.5/1000ft 31.05.04

An excellent day, everything went to plan. Entries were increased by 50%. It was a hot day and a steep course. No records were set.

A good time was had by all, and there was great spirit from all the runners. Thanks to all competitors for supporting us.

This years race was sponsored by 'Hope Digital'

Malcolm Sowerby

1. M. Fowler Veteran	Penn	31.29
2. W. Speake	Notts	32.56
3. D. Hurton	DenbyD	33.11
4. G. Turner	Hallam	33.20
5. D. Lilley Veteran	FRA	33.22
6. R. Owen	Sheff	34.23
7. A. Middleditch	DkPk	34.51
8. L. Lewis	DPFR	35.06
9. S. Bouldy Veteran	DenbyD	35.06
10. G. McMahon Veteran	Unatt	35.37

LADIES		
1. (29) J. Miles	Ilkest	38.23
2. (46) E. McGuire	Stock	41.27
3. (57) J. Sutton	ValleyS	43.25
4. (61) J. Searle	DPFR	43.35
5. (64) J. Gascoigne		43.52

122 finishers

SHUTLINGSLOE FELL RACE Cheshire AS/2m/825ft 31.05.04

Record crowds turned out to see Simon Bailey's record-breaking win in 15 minutes 11 seconds, taking an amazing 14 seconds off the previous record, which had stood since 1987. Second was his team-mate, Tim Werrett, and third was Christopher Leigh. First lady was again Liz Batt. Brian Walton was 1st Vet and Joe Whalley put in another good performance to retain his junior title. The new team trophy was won in its inaugural year by Macclesfield Harriers.

We look forward to welcoming more teams next year.

Fiona Mayne

1. S. Bailey	Mercia	15.11
2. T. Werrett	Mercia	17.18
3. C. Leigh	Taff	18.00
4. M. Hartell	Maccle	18.07
5. R. Marlton	Stockp	19.11
6. B. Walton O/40	Horw	19.14
7. M. McDermott O/40	Maccle	19.16
8. D. Soles O/40	DkPk	19.38
9. B. Fairmaker	Traff	19.45
10. B. Blyth	Maccle	19.48

LADIES		
1. (17) L. Batt	Buxt	21.07
2. (18) K. Bailey	Bing	21.46
3. (22) J. Mellor	Penn	22.39
4. (23) K. Ayres	Wilms	23.53

44 finishers

MYNYDD MYFYR HILL RUN Shropshire BS/4m/500ft 31.05.04

The entry held up well and the weather was good. Halesowens' Steve and Liz Gould made it a family double. A good mixtures of capabilities took part, which was pleasing because I aim to make the most of my off road/fell runs within the reach of all comers.

Doug Morris

1. S. Gould O/40	Hales	21.44
2. A. Davies	Mercia	22.30
3. I. Houston	Wrex	22.44
4. P. Whiting O/45	Kend	23.37
5. E. Davies O/45	Mercia	23.55
6. C. Ashley O/45	Wrex	24.22
7. J. Montgomery O/40	Buck	24.26
8. P. Stinton	Buck	24.37
9. N. Jones	Shrews	24.40
10. J. Kardasz O/40	L&M	24.52

VETERANS O/50		
1. (22) D. Owen	Shrews	26.52
2. (32) B. Hastings	Oswest	28.23
3. (36) T. Bothwell	Shrews	28.50

VETERANS O/60		
1. (34) A. Smallwood	Hales	28.27
2. (42) R. Webster	Helsby	29.13
3. (51) M. Edwards	Wrex	31.19

VETERANS O/70		
1. (65) J. Beswick	Helsby	35.40

LADIES		
1. (18) L. Gould O/35	Hales	26.23
2. (26) K. Roberts	Helsby	27.21
3. (28) R. Naish O/45	BroDys	27.34
4. (37) A. Fitton	LastInn	28.50
5. (39) A. Goode	BroDys	29.00

76 finishers

AUSTWICK AMBLE North Yorkshire BM/8m/1200ft 31.05.04

The day was absolutely glorious and Austwick village was teeming with people for the annual street market. The juniors started at noon with a field of 24 under 12's, but sadly only 3 under 14's. Duncan Lund ran well to win the U12 and Ben Morphett comfortably won the U14. Well done to Holly Askew, the only U14 girl running. A good field of 87 runners set off under a blazing sun at 1.00 pm. The lead was closely contested with Lee Siemaszko holding off the challenge from Chris Miller and Richard Pattinson to finish in 51-17. Candice Leah ran well to break the ladies record set by Tricia Sloane last year. Karen Slater also did well being 2nd lady and first LV45.

Thanks to everyone who ran and I hope you all had a wonderful day out, especially Michael Horn of Settle spotted heading out of the village with a large cuddly toy. I have the photograph. Come alone next year and enjoy a fabulous day out in a beautiful corner of the Yorkshire Dales.

Alec Rigby



Settle Harrier amble through Austwick
(Photo Rick Haveley)

1. L. Siemaszko	Borr	51.17
2. C. Miller	Harr	51.39
3. R. Pattinson	Pudsey	51.50
4. T. Taylor O/40	Ross	52.23
5. A. Robertshaw	Otley	53.41
6. R. Barrett	Skipt	53.59
7. S. Maczna	P&B	54.09
8. P. Singleton	Amble	55.53
9. T. Edward	Unatt	56.17
10. N. Holding O/40	WPenn	56.23

VETERANS O/50		
1. (17) S. Kirkbride	Kend	58.27
2. (38) D. Hird	Wharfe	63.07
3. (40) I. Greenhaigh		64.19

VETERANS O/60		
1. (36) G. Fielding	Ross	62.16
2. (44) J. Robertshaw	Otley	65.08
3. (54) R. Blakeley	Tod	68.01

LADIES		
1. (22) C. Leah	Clay	59.42
2. (35) K. Salter O/45	Settle	61.53
3. (55) W. Dodds O/45	Clay	68.13
4. (61) J. Rawlinson O/45	Clay	72.42
5. (63) J. Wiseman	Chorl	73.22

84 finishers

PADDY'S POLE FELL RACE

Lancashire

AS/4.5m/1100ft 01.06.04

124 started, 123 finished which is the smallest field ever in the race's 16-year history. Maybe the day after a bank holiday Monday was not the best time to stage the event. First past the post was Danny Hope recording his third consecutive win and breaking his own course record in the process. Danny is the first person ever to record 3 consecutive wins. Second overall, creating a new MV40 record in the process, was Dave Lewis with R Thomas in third place.

For the ladies J Commons was first home and also first LV40 from a small field that was dominated by LV40 runners.

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

Brian Dearnaley

1. D. Hope	P&B	30.25
2. D. Lewis O/40	Ross	31.45
3. R. Thomas	Eryri	32.18
4. B. Bolland	Horw	32.34
5. C. Seddon	Horw	32.41
6. I. Greenwood O/40	Clay	32.57
7. C. Reade O/40	Bowl	33.08
8. M. Chippendale	Bowl	33.14
9. S. Bolland	Bowl	33.18
10. S. Hoyle	Ross	33.49

VETERANS O/50

1. (24) P. Booth	Clay	36.48
2. (32) J. Singleton	Clay	37.46
3. (35) C. Newsham	Clay	38.26

VETERANS O/60

1. (42) P. Walkington	Horw	39.54
2. (46) D. Ashton	Darwen	40.29
3. (82) D. Kay	Horw	44.45

LADIES

1. (63) J. Commons O/40	Clay	42.11
2. (73) K. Nash	SROC	43.42
3. (81) L. Lord	Clay	44.43
4. (86) J. Taylor	L&M	44.15
5. (93) G. Dobie	RRose	46.18

123 finishers

THE 14TH KRUNCE - RACE 3

3.5m/500ft 01.06.04

With thanks to Janet Rennie and Denise Wright for officiating and to Forest Enterprise for access. Very dry underfoot and good conditions.

1. A. Smith O/40	23.30
2. H. Lorimer	23.39
3. B. Sheridan	23.46
4. M. Fitchie	23.56
5. K. Varney O/40	24.01
6. A. Coppin	24.15
7. K. Robertson	24.20
8. D. Armitage O/50	24.46
9. D. Pitt	24.49
10. C. Pryce O/40	25.01

VETERANS O/50

1. (8) D. Armitage	24.46
2. (21) G. Gutteridge	27.51
3. (28) A. Mouat	29.31

LADIES

1. (14) S. Wingrove	26.54
2. (24) L. Noble O/40	28.16
3. (27) N. White	28.53
4. (31) A. Hamilton	30.16
5. (36) E. Stewart O/40	31.31

48 finishers

BLENCATHRA FELL RACE

Cumbria

AM/8m/2700ft 01.06.04

1. S. Booth	Borr	61.57
2. J. Davies	Borr	63.59
3. A. Schofield	Borr	64.47
4. M. Denham-Smith	Kesw	65.32
5. P. Brittleton	Howg	65.32
6. M. Scotney	DkPk	65.54
7. C. Stead	NFR	66.04
8. D. Troman	Kesw	66.32
9. J. Deegan	Amble	66.43
10. G. Bland	Borr	68.14

VETERANS O/40

1. (13) J. Archbold	CFR	69.05
2. (21) D. Owens	Kesw	75.44
3. (22) P. Cornforth	Unatt	75.48

VETERANS O/50

1. (17) D. Loan	Kesw	73.14
2. (20) H. Jarrett	CFR	75.14
3. (25) D. Spedding	Kesw	76.56

VETERANS O/60

1. (49) B. Martin	Amble	85.07
2. (56) R. Booth	Kesw	87.35
3. (73) A. Buckley	Kesw	94.14

VETERANS O/70

1. (77) D. Rigg	CFR	95.12
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LADIES

1. (46) R. Cash	Borr	85.05
2. (51) J. Meeks O/40	Kesw	86.27
3. (63) G. Birch	Kesw	89.18
4. (64) W. Dodds O/50	Clay	89.25
5. (70) J. Fletcher	Borr	93.45

95 finishers

14TH KRUNCE - RACE 3

BS/3.5m/500ft 01.06.04

1. A. Smith O/40	23.30
2. H. Lorimer	23.39
3. B. Sheridan	23.46
4. M. Fitchie	23.56
5. K. Varney O/40	24.01
6. A. Coppin	24.15
7. K. Robertson	24.20
8. D. Armitage O/50	24.46
9. D. Pitt	24.49
10. C. Pryce O/40	25.01

VETERANS O/50

1. (8) D. Armitage	24.46
2. (21) G. Gutteridge	27.51
3. (28) A. Mouat	29.31

LADIES

1. (14) S. Wingrove	26.54
2. (24) L. Noble O/40	28.16
3. (27) N. White	28.53
4. (31) A. Hamilton	30.16
5. (36) E. Stewart O/40	31.31

ROMBALDS MOOR FELL RACES

West Yorkshire

BS/3m/700ft 01.06.04

An event which was fired purely to add to a local housing estate's New Years Eve Millennium celebrations has since become a popular annual summer attraction which has now also yielded more than £7,000 for charity.

Fresh from his high-order finish on the 'Bens of Jura' Robin Lawrence who works on a Skipton market stall galloped to victory on a new extended course 'to and from' the neighbouring Rombalds Moor summit in a time of 19 minutes 13 seconds, ahead of past winners, both of Skipton, Lee Athersmith and England junior international Stuart Hunn.

The local council's irrepressible rat catcher, Andy Holden won the top over 40 award, and Paul Glover took the men's over 50 accolade.

Keeping it in the family, Sarah Glover produced a classy performance to win the Senior Women's race at the main expense of Lynn Whitaker who was also the top Vet and Under 18 winner, Samantha Morphet.

All ran separately, the younger age group races abounded with cheer and enthusiasm as many local triers tangled with seasoned regulars.

On the threshold of him winning his first England vest Ben Lindsay won the Under 16 Boys and Skipton's county schools cross-country representative, Alice Lilley topped the Under 16 Girls.

In the Under 14's Boys race, English Championship leader, James Mountain duly franked the form book to take top spot with England junior international Gemma Crowther, performing impressively, likewise in the Under 14 Girls, and leading the way amongst the eager-beaver under 12's were Tom Sessford and Aisling Ogden.

Also adding much to the overall carnival atmosphere at the event known locally as Skipton's Shortbank Olympics were a series of sprints and cycle-dash, and all polished up by plenty of pop music and microphone bellow.

Roger Ingham

1. R. Lawrence	Bing	19.13
2. L. Athersmith	Skip	19.37
3. S. Hunn U18	Skip	19.51
4. D. Walmsley U18	Skip	20.59
5. S. Macina	P&B	21.29
6. P. Crabtree	Kghly	21.47
7. S. Watson U18	Wharfe	22.06
8. A. Holden O/40	Wharfe	22.11
9. M. Baldwin O/40	Ilk	22.17
10. M. Keegan	Wharfe	23.21

VETERANS O/50

1. (27) P. Glover	Horsf	28.52
2. P. Buckley	Unatt	33.46

LADIES

1. (14) S. Glover	Skip	24.42
2. (20) D. Hardy	P&B	26.26
3. L. Whittaker O/40	Wharf	30.28
4. S. Morphet	Cumber	32.47
5. C. Grinstead	Unatt	33.53

JUNIORS

Boys U/18

1. S. Hunn	Skip	19.51
2. D. Walmsley	Skip	20.59
3. S. Watson	Wharfe	22.06

Girls U/18

1. S. Morphet	CFR	32.47
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Boys U/16

1. B. Lindsay	Pendle	9.25
2. J. Pawson	Skip	9.35
3. P. Wadsworth	Ross	9.40

Girls U/16

1. A. Lilley	Skip	13.36
2. L. Ciesla	Unatt	14.47
3. A. Humphreys	Unatt	14.59

Boys U/14

1. J. Mountain	Skip	7.23
2. E. Dawson	Leeds	7.58
3. L. Maude	Skip	8.11

Girls U/14

1. G. Crowther	HelmH	8.23
2. C. Lilley	Skip	8.56
3. H. Naylor	Skip	9.02

Boys U/12

1. T. Sessford	Kghly	6.20
2. O. Webster	Bing	6.33
3. O. Kennedy	Pendle	6.56

Girls U/12

1. A. Ogden	Pendle	7.45
2. R. Thompson	Pendle	7.48
3. M. Morphet	CFR	8.03

KETTLESULME VILLAGE FELL RACE

Cheshire

BM/6m/850ft 02.06.04

It was a nice evening for a change for our race, usually it is raining or misty. We had 147 runners, slightly down on last year. Due to half term and the Bank Holiday everything went without a hitch, owing to the villagers turning out in force to marshal round the course. There was just a small problem near the finish when we had four stupid little boys throwing things at the runners. I would like to take this opportunity to apologise to anyone who was hit by anything. We can assure you we will do our best to stop it happening again.

Once again, like the last three years, Malcolm Fowler won the race in a time two seconds, slower than last year. The first lady was Cecilia Greasley with a new ladies' record, 2.10 faster than the old one set in 2000 by Estelle McGuire.

The first man and first lady received engraved glass tankards and the runners up and the vets got tot glasses, which were also engraved with the race name. Our oldest runner was Barry Thackery who is 70.

A K Boothby

1. M. Fowler	Penn	37.38
2. G. Cudahy	Stockp	38.15
3. L. Taggart	Buxt	38.49
4. D. Talbot	Traff	39.52
5. V. Booth O/40	Traff	41.18
6. M. Richards O/40	BoytV	41.26
7. M. Steane		41.56
8. A. Timmins	Warr	42.35
9. M. Doyle	Stockp	42.41
10. S. Burthem O/40	Spect	

VETERANS O/50

1. (23) M. Moorhouse	Mat	45.31
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2. (32) J. Pollard	Gloss	46.25
3. (73) W. Helliwell		51.06

VETERANS O/60

1. (80) A. Wright	Warr	51.42
2. (86) R. Wignall	Altrin	52.22
3. (98) B. Gain	Sale	54.40

VETERANS O/70

1. (130) B. Thackery	DkPk	60.58
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LADIES

1. C. Greasley	Macc	45.46
2. K. Wood	Stockp	46.30
3. E. McGuire	Stockp	48.52
4. K. Cooper	Gloss	50.31
5. M. Calvert	Macc	50.48

147 finishers

CALVER PEAK FELL RACE Derbyshire BS/5m/900ft 02.06.04

For a change the sun shone for this years race and this made for an excellent evening of running and some fast times.

As always the organisers would like to thank all those who helped with this year's event, the marshals, the registration team, those who provided refreshments, medical care, their time, resources and energy. Particular thanks go to the Derwentwater Arms in Calver for providing parking, the use of their facilities and the opportunity to sample their food, wine and beer. Likewise special thanks go to Wootton King at Outside (Mountain Shops) for providing excellent prizes, including those for the additional V50 category this year and the spot prizes.

Any proceeds from the race will be going to the Calver Playground Action Group.

Many thanks to all runners for contributing to the atmosphere of this year's race and for making this an enjoyable and popular village event - we hope to see everyone next year!

Pete Grover & Matt Boyes

1. T. Austin	DkPk	30.44
2. M. Crane	DkPk	31.57
3. A. Middleditch	DkPk	33.27
4. M. Sprout	DkPk	34.13
5. C. Moseley	DkPk	34.23
6. T. Plant	DkPk	34.25
7. S. Bradstock	Castle	34.46
8. G. McMahon O/40	Unatt	34.52
9. M. Saunders O/40	Mynddwr	35.00
10. N. Bentley	Unatt	35.20

VETERANS O/50

1. (16) D. Tait	DkPk	36.49
2. (19) S. Brister	Mat	37.29
3. (21) N. Oxley	Unatt	37.39

LADIES

1. (17) J. Miles	Ilkeston	37.02
2. (22) K. Buckley	DkPk	37.44
3. (33) H. Winskill	DkPk	39.05
4. (43) J. Sutton	Valley	39.54
5. (47) J. Griffiths O/40	DkPk	40.34

114 finishers

ROCKY Mourne Mountains AS/4m/1300ft 03.06.04

The fantastic summer weather brought a Rocky record 116 runners and millions of midges out to Race 9 of the 11-race Hill & Dale Series. With the men's title having been settled earlier many eyes were on the ladies ding-dong battle between club mates Kerry Harty and Anne Sandford.

Sandford was winning Northern Ireland mountain racing titles a decade ago, whilst Harty had barely left primary school. However, after a few years off through injury and the general feeling of 'been there done that', Sandford joined Newcastle AC last year and put a serious winter's work into the cross-country season. It soon became clear that Sandford returned to the mountains in the best shape of her life.

As for Harty, she was a child protégée, born to race and winner of many 'age-group' titles while she was a teenager. Indeed, six years ago at the tender age of 17 she made a rare early appearance in the Hill & Dale Series and finished in second place at Moughanmore to Sandford some 90 seconds adrift. Harty is in her first year of serious mountain racing and is already

gaining honours. Last weekend, Harty and Sandford both got the nod from the selectors to represent Ireland in the European Mountain Racing Championships in Poland at the beginning of July.

There is no doubt that the competition between Sandford and Harty, and latterly their club-mate Tish McCann and LVO's Violet Linton, is great for the sport and is also bringing the best out of the individuals. Previously, the local fell running scene seemed to produce one woman who was head and shoulders above the rest; this season it is very different.

Once again, Harty set off fast from the start at Leitrim Lodge. Sandford tends to start more conservatively and after the first couple of flatter minutes was soon catching Harty on the steep climb of Rocky. This steepest climb on the course takes the athletes to the summit of Rocky, in around 10 minutes. After that, there is a swift descent and shorter climb to Tornamrock, followed by a fast ridge run and medium climb to the summit of Pierces Castle. Less than five minutes takes the runners to the summit of Altataggart, followed by a very fast track run back to the start.

Sandford soon led Harty, but Harty doesn't know how to give up and dug in trying to keep her in touch. Linton led McCann, getting the better of her on the early steep climb, but McCann is in the same category as Harty - very competitive. On the fast descent from Altataggart, Sandford had a twenty-metre gap on Harty. Then came the big decision, turn down the wall, off the track, over rough ground or stay on the track longer, do an extra 50 to 100 metres but over cleaner ground? Sandford turned off - to be fair she was unaware of any alternative route. Harty had made up her mind to follow Sandford, but at the last minute the sight of club mate Mark Kendall staying on the track encouraged her to follow him.

A couple of minutes later as the alternative routes came together, Harty had stolen the lead from Sandford and no one now could steal her title. Sprinting clear, she raced home nine seconds clear of a bitterly disappointed Sandford. McCann had caught and passed Linton and was only 11 seconds adrift of Sandford in third place. This time Harty who, earlier in the Series, had missed two records by only one and two seconds, was not to be denied. She was a massive 2 minutes and 31 seconds inside Shileen O'Kane's 1999 mark. The ground was as dry as it gets in the mountains, however, the fact that all the first four ladies were inside the old record mark illustrated how the women have taken their performances to a new level. Incidentally, Sandford's best time before on this course dates back to 1995 when it was a previous record at 44 minutes 03 seconds.

Neil Carty took his first victory of the season over Alan McKibbin, the 2004 champion, coming home about 90 seconds outside Deon McNeilly's 1999 record; McNeilly, himself was first veteran this time.

The Hill & Dale is about more than serious racing, the serious racing is important, but it's also about the camaraderie that develops in the very challenge that the mountains throw up. The pub is the cornerstone of the post-race analysis and this race was no exception with the Mourneview Bar near Hilltown (Doran's) full to breaking point with an overflow outside the front door. One particular person was honoured this week, BARF's Trevor Wilson. Wilson was encouraged to the front of the race for the start as it was his 100th Hill & Dale race in a row. For the best part of 10 years now, Wilson has a 100% attendance record and amazing feat of endurance, especially considering that he has also squeezed in the London and Belfast marathons in between two Thursday races. After nearly being trampled to death over the first 50 metres, Wilson settled down to come home a respectable 60th.

Avid readers of the Series will remember Jess Anderson from all the way back in race one at Castlewellan Forest Park. Having paid his entry fee, he set off for a 'warm-up' jog and got involved in a battle with young Christmas trees - the Christmas trees won. Covered in blood, he turned up at the start just to say he was off home to get patched up. This week Anderson became involved in another battle with himself. For most, the race itself is challenge enough, however, Anderson likes to do things properly. As an experienced rescue service provider, he knows all about planning ahead. Remembering the midges from last year, he sprayed copious amounts of insect repellent all over himself - 'got you' he thought to himself.

The cure is sometimes worse than the disease. In the heat of the summer evening, Anderson's sweat pores were soon in full action with the repellent flooding into his eyes. Hardly able to see he tripped and stumbled his way around the course and, in some pain finally made it to the finish. Next time, he'll just let them bite.

Just as Anderson was washing the stinging from his eyes in the river, word came down from out on the course of a serious tumble for Larne's Andy Gregg. Series ever-present Gregg made the press last week with his wall climbing antics, this week, however, was serious. The well-oiled emergency response plan swung into action led by race organiser Damien Brannigan with the aid of Ed Hanna's Landrover and soon Gregg was recovered and rushed off to hospital to have his gashes stitched.

BOGBOY

1. N. Carty	NBelf	32.53
2. A. McKibbin	N'castle	33.30
3. D. McNeilly	Ballyd	33.50
4. D. McNeilly O/40	N'castle	33.57
5. S. Cunningham	N'castle	34.10
6. J. Brown O/40	BARF	34.46
7. D. Brannigan	N'castle	34.56
8. C. Bailey	ACKC	35.47
9. P. Mawhirt	N'castle	36.01
10. S. Begley O/40	Albert	36.21

VETERANS O/50

1. (13) J. Patterson	N'castle	36.43
2. (18) B. McKay	Albert	37.28
3. (31) D. McHenry	Willow	40.05

LADIES

1. (37) K. Harty	N'castle	41.03
2. (39) A. Sandford	N'castle	41.12
3. (40) T. McCann	N'castle	41.23
4. (50) V. Linton	LVO	42.50
5. (70) M. Elliot	ACKC	45.14

113 finishers

BEACON HILL FELL RACE Northumberland AS/5.75m/1500ft 03.06.04

1. M. Donnelly	NFR	47.41
2. C. Stead	NFR	48.23
3. J. Ross O/40	NFR	49.04
4. F. Smith O/45	Salt	50.06
5. S. Coxon O/40	Tyne	50.30
6. K. Wood O/40	Salt	53.40
7. T. McCall O/40	Norham	54.19
8. M. Byron	Tyne	55.13
9. L. Turnbull O/45	Norham	55.17
10. N. Cassidy O/50	Tyne	55.45

VETERANS O/50

1. (10) N. Cassidy O/50	Tyne	55.45
2. (13) C. Dentice	Morp	56.59
3. (15) P. Graham	Tyne	58.19

VETERANS O/60

1. (39) W. Wright	Aln	86.31
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LADIES

1. (16) K. Robertson	NFR	58.50
2. (20) L. Wilkinson	NFR	60.28
3. (26) R. Vincent	Tyne	62.08
4. (30) K. Davis	NSP	65.56
5. (31) J. Walker O/40	NFR	66.07

39 finishers

CASTLETON FELL RACE Derbyshire AM/6m/1500ft 04.06.04

It was a fine dry evening but blustery on the ridge. A good result for Malcolm Fowler, first overall and first over 40.

Many thanks to Brian Johnson of the Old Barn, Market Place, Castleton for his donation of prizes of fleeces and outdoor equipment.

A special mention for our long distance regulars David, Paul and Rosalind from Portsmouth Joggers. Word must have got round that Castleton is a great fell race, they are travelling miles to compete.

S. Hayes

1. M. Fowler O/40	Penn	43.04
2. L. Taggart	Buxt	43.29
3. P. Winskill	DkPk	45.04
4. R. Little	Mercia	45.10
5. D. Lilley O/40	Hathersage	45.33

6. R. Owen	STC	46.51
7. A. Carruthers O/40	Leeds	46.57
8. T. Wild	Maccle	47.15
9. J. Boyle	DkPk	47.44
10. M. Sprot	DkPk	48.17

VETERANS O/50

1. (19) T. Hulme	Penn	51.25
2. (26) M. Moorhouse	Mat	52.18
3. (39) F. Fielding	Penn	54.04

LADIES

1. (21) J. Whitehead	DkPk	51.32
2. (25) J. Miles	Ilkeston	52.08
3. (29) H. Winskill	DkPk	52.54
4. (43) J. Mellor	Hayf	55.23
5. (45) K. Harvey O/40	Alt	55.48

127 finishers

CASTLETON FELL RACE Derbyshire AM/6m/1500ft 04.06.04

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VETERANS O/50

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3. (39) F. Fielding	Penn	54.04

LADIES

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2. (25) J. Miles	Ilkeston	52.08
3. (29) H. Winskill	DkPk	52.54
4. (43) J. Mellor	Hayf	55.23
5. (45) K. Harvey O/40	Alt	55.48

127 finishers

DUDDON VALLEY FELL RACE Cumbria AL/20m/6000ft 05.06.04

The Duddon Valley fell race took place as usual at Seathwaite in Dunderdale.

We had 65 entries for the long race and 37 entries for the short race (11 miles - 300ft). The expected hot weather did not materialise and there was low cloud over the high peaks. An excellent men's race was won by Rob Jebb with Andy Peace, Gavin Bland and Andy Schofield all within five minutes.

The ladies' race was won by Sharon Taylor ahead of veteran runner Wendy Dodds. We utilised an electronic Dibber system for the first time this year, which greatly speeded the results and each runner received on completion a print out of total time with all the splits.

The short race was won by Chris Doyle ahead of Rob Turner with Sarah Hammond first lady. The evening climaxed with an excellent music evening at the Newfield Inn with many runners camping overnight to enjoy the occasion.

James Goffe

1. R. Jebb	Bing	2.57.53
2. A. Peace	Bing	3.00.03
3. G. Bland	Borr	3.02.41
4. A. Schofield	Borr	3.03.12

VETERANS O/40

1. G. Thorpe	Amble	3.29.41
2. G. Schofield	Horw	3.23.35
3. C. Read	Bowl	3.32.54

VETERANS O/50

1. D.?	DkPk	3.49.19
2. N. Hewitt	Bowl	3.57.17

VETERANS O/60

1. D. Lucas	Roch	4.41.31
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LADIES

1. S. Taylor	Bing	3.55.24
2. W. Dodds	Clay	4.04.02
3. R. Cash	Borr	4.13.52
4. S. Schofield	Borr	4.13.52

65 finishers

WINCLE TROUT RACE Cheshire CS/4.5m/500ft 05.06.04

It was a record turnout again with nearly 200 entrants for the main fell race and another 18 for the new junior race. Runners from as far afield as Glasgow, Portsmouth and Devon (not to mention a couple of passing Australians and Dutchmen) descended on the picturesque village on the edge of the Peak District.

It was a dull but dry day - much better for the runners than the blistering heat of 2003. The fete had returned to Mellor Knowl Farm this year so the course had to be revised - the steep hill up from the river now being at the end of the race instead of the start - a few choice comments were heard about that by the marshal at the bottom!

A young brother and sister pair from Vale Royal claimed the two main trophies. Andy Ellis was the overall winner and sister Becky was first lady.

All finishers received a fresh trout from the local fish farm - just right for a relaxing BBQ in the evening.

The new 3k junior race included the river crossing and seemed to be enjoyed by all who took part. All runners received a trout medal.

The runners obviously found the race quite demanding as there were long queues outside the tea tent afterwards and a few of them could be sent at the "stress buster" stall, breaking as many plates as they could!

Many thanks to all who came contributing to a record for the fete. All proceeds were donated to Wincle Church and School.

Alan Weeks

1. A. Ellis	ValeR	36.06
2. M. Fowler O/40	Penn	37.12
3. T. Caulton O/40		37.27
4. C. Seddon		37.56
5. P. Winskill	DkPk	40.08
6. C. Fray	Penn	41.20
7. R. Boon	Boal	41.46
8. T. Stock	Maccle	41.49
9. S. Jackson	Congel	42.08
10. C. Hayes	Horw	42.17

LADIES

1. (27) B. Ellis	ValeR	46.02
2. (28) H. Winskill	DkPk	46.05
3. (29) L. Batt	Buxt	46.20
4. (35) N. Hills	Maccle	47.12
5. (48) V. Skelton	N Devon	49.03

196 finishers

JUNIORS

1. J. Whalley	13.18
2. V. Martin	13.55
3. J. Rigby-Bates	15.01
9. H. Hills Girl	18.54

18 finishers

WELSH 1000 METRE PEAKS RACE Gwynedd AL/22m/8000ft 05.06.04

This year perhaps conditions were ideal (for some!) - mist over the Carneddau kept runners relatively cool and favoured good navigators or those with local knowledge. Despite the mist, it was dry and quite still so the risk of hypothermia was low.

The conditions were kind to the organisers - the stalwart band led by Harvey Lloyd and his son Chris continue to put on an event which logistically is amongst the toughest to manage.

Eryri again didn't take the top spot in the long fell race - but only because Colin Donnelly a long standing Eryri member was running for the scottish

club, Ron Hill Camuslang. Colin had a fine tussle with Dylan Jones who lead by a minute at Ogwen. However Colin was a minute up at Pen-y-Pass stretching his lead to over 6 minutes at the finish. Congratulations to both runners who broke the four hour barrier in 3:53:14 and 3:59:34 respectively. First Lady was Angela Brand-Barker of Keswick A.C in 5:18:59. Vet prizes were taken by Russel Owen of Eryri (M40 4:22:25). Ray McArthur of Meltham (M50 4:38:34). Lady Vet prizes were taken by Judith Jones of Abergele (L40 7:20:33 and Sue Hughes of Eryri (L50 6:25:35). Eryri easily won the Club team class and the declared team prize was won by West End Runners from Leicester. In the short fell race race from Ogwen, Gari Williams won in 1:46:37 and Natasha Fellowes was first lady in 2:08:34.

In the mountaineering class (run in boots) M50 supervet Robert Hind won in 5:50:07. The first lady Elizabeth Hawker was placed 2nd overall in a fine time of 5:51:05 taking nearly half an hour off her 2003 time. The short mountaineering race was won by youngster Peter Hooker (2:21:37) and first lady was Frances Williams (2:44:28).

Andrew Middleton

2ND WHARFEDALE OFF-ROAD MARATHON North Yorkshire BL/25m/2500ft 05.06.04

Scottish raider Les Hill came down from the Borders of Dumfries to score a close run victory over Jonathan Aylward. The 45 year old Scottish distance International managed to break clear in the final few miles to break the inaugural course record by a massive 22 minutes. Cath Worth won the ladies race in this most scenic of routes around the Calendar Girls country of Upper Wharfedale, LITTONDALE and MALLHAMDALE.

46 runners took part with a 3rd receiving prizes. All runners were impressed with the course, facilities, organisation and the fact that they received a T shirt and well deserved hot meal.

Mick Hawkins

1. L. Hill O/45	3.09.24
2. J. Aylward	3.10.49
3. S. Webb O/40	3.22.40
4. G. Bailey	3.22.58
5. P. Roberts O/45	3.26.49
6. J. Davies	3.31.48
7. P. Hindle O/40	3.33.24
8. S. Watkins	3.34.04
9. P. Helm O/40	3.39.04
10. J. Hoffman O/55	3.54.58

VETERANS O/50

1. (10) J. Hoffman	3.54.58
2. (11) P. Hill	3.56.00
3. (17) P. Beal	4.13.48

VETERANS O/60

1. (14) M. Overton	4.06.47
2. (19) R. Brown	4.14.28

LADIES

1. (13) C. Worth O/45	4.06.21
2. (23) J. Scotchford O/35	4.23.23
3. (25) C. Smith O/35	4.49.40
4. (29) B. Bullock O/50	4.58.37
5. (31) S. Dyer O/45	5.08.18

34 finishers

PEN Y GHENT North Yorkshire AS/5.5m/1650ft 05.06.04

A fine day with dry conditions underfoot. Craig Roberts enjoyed a comfortable win despite a leading group of five at his heels for most of the race. A case of nobody having the confidence to navigate the best descent line from the front played into his hands.

A day of awesome performances from the veterans ensured that the prizes were not spread as far as in previous years. If they can train hard enough to beat runners ten years younger, then I say "Respect" and "well deserved". I would like to say that it was an honour to have a V70 competition of this calibre at Pen y Ghent and a privilege to see sportsmanship that inspires us all.

Andy Hinde

1. C. Roberts O/40	Kend	50.42
2. J. Hemsley	P&B	51.11

3. I. Greenwood O/40	Clay	51.23
4. D. Golding	Amble	51.43
5. C. Waters	Amble	51.49
6. R. Pattinson	P&B	51.57
7. S. Bolland	Bowland	52.07
8. D. Safranauskas	Traff	52.1
9. N. Armitage	Pudsey	52.39
10. S. Hoyle	Ross	53.15

VETERANS O/50

1. (47) I Cookson	RRose	59.19
2. (69) R. Futrell	Holm	62.33
3. (86) D. Ackroyd	Ilk	65.02

VETERANS O/60

1. (27) R. Toogood	DkPk	55.38
2. (65) D. Ashton	Darwen	61.28
3. (68) P. Walkington	Horw	61.50

VETERANS O/70

1. (114) G. Booth	Longw	69.03
2. (144) B. Thackery	DkPk	
3. (148) D. Clutterbuck	Tod	

LADIES

1. (67) A Eagle O/40	Ilk	61.48
2. (76) C. Waterhouse	H'fax	64.01
3. (92) N. Kime	Ilk	66.21
4. (104) K. Taylor	Kghly	68.13
5. (117) S Horn	Settle	69.26

156 finishers

MALLERSTANG & NINE STANDARDS YOMP

Cumbria

BL/23m/3700ft 06.06.04

This year's Yomp attracted an increased number of entries including some 200 who entered on the day. The weather was fine and dry with plenty of sunny intervals and fortunately there were no serious problems. Yompers made good use of the water supplied at all of the ten checkpoints and the refreshments served by the Rotarians ladies and helpers in the Grammar School on their return.

Total entries 611 Full Course 257 Half Course 235 Short Course 119

Yompers travelled from all over the UK coming from as far apart as Glasgow, Salisbury, Bristol, Grantham and Southampton, some for just the day but a number making it a weekend away to enjoy the local hospitality and the beautiful countryside. Cumbria Classic Coaches kindly provided a vintage open topped double decker bus, complete with suitably attired attendants, to convey the Short Yomp entrants from Kirkby Stephen up to their starting point at Tailbridge on the Nateby to Swaledale road. A truly spectacular trip enjoyed by the full load of passengers.

Three records were broken with the fastest team in the Full Yomp knocking 11 minutes off the previous best time. The fastest time of the day for the Full Yomp was set by Peter Brittleton of Kirkby Stephen who led the second man Steve Moffat, by just 5 minutes. Peter also knocked 5 minutes off the record for the Fastest Local Male and his team were 11 minutes ahead of the record for the Fastest Team overall.

This year's President of the Rotary Club of Upper Eden surprised the his family, the Club and his friends by energetically Yomping the full 23 miles in a very creditable time of 9hrs 10mins. He would have been home a lot sooner but for the fact that he stopped and chatted with fellow Yompers most of the way around the course. At least that's what he said caused him to be so breathless at the finish. Well done President Stephen Barnes. The Club expects their soon to be incoming President to Yomp the full course next June.

St Johns Ambulance personnel were stationed on the Tailbridge checkpoint with one of their vehicles and provided welcomed first aid for blistered feet. One man received treatment for heat exhaustion and was stretchered down from Nine Standards Rigg. He soon recovered and was able to make his way home later after some refreshments at the school base.

The weather was warm and fine for the whole of the day and the Yompers enjoyed the spring water served at all checkpoints and back at the Grammar School when checking in.

Bottled spring water was kindly donated by Well Well Well (UK) Ltd of Armthwaite.

There were over 120 children under the age of 16

accompanied by Parents, Teachers and Guardians completed the Yomp and all returned safely to enjoy the free refreshments served in the school's coffee bar.

The last Yompers home arrived back just after six pm having completed the Full course in a little over nine hours. Comments from them were that it had been a long day but thoroughly enjoyable and they had taken a picnic break en-route whilst admiring the wonderful countryside.

Bill Watkin

MEN

1. P C Brittleton	3.03.00
2. S. Moffat	3.08.00
3. P A Brittleton	3.27.00

LADIES

1. E. Kinrade	4.24.00
2. H. Witham	4.34.00
3. M. Coates	4.40.00

VETERAN O/60

1. R. Campbell	5.16.00
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MALE U/16

1. C. Curr	4.58.00
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LADY U/16

1. L. Pepper	6.48.00
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FIRST TEAM

1. Moffpak	9.38.00
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HALF YOMP

MEN

1. M. Moss	1.58.00
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LADIES

1. R. Brown	1.50.00
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SADDLEWORTH FELL RACE

Lancashire

AS/3m/950ft 06.06.04

With the host club, Saddleworth, fielding 21 out of the 53 finishers it was only fitting that it took all of the major awards in this, the 31st Saddleworth Fell Race.

Course conditions and weather were perfect and produced a tussle between two Saddleworth Runners for first spot but Andy Etherden couldn't quite get on to Colin Bishop's tail and Colin took victory ahead of Andy. Third was Martin Lee, unattached.

The ladies' race was won by Karen Mather, a clear win over second and third placed ladies, Lucy Griffiths and Jane Hodgson respectively.

The 1st and 2nd men's Team prizes went to Saddleworth as did the ladies' only team prize.

It would have been a bit of a disappointment in terms of numbers if so many Saddleworth Runners have not taken part and my thanks go to them for their support. It is a pity that this classic fell race appears to have become something of a hidden gem. Lets hope a few more of you discover its pleasures.



Mark Catherall (Rochdale) upping the pace at Saddleworth. (Photo Woodhead)

Thanks also to all of the helpers, St John Ambulance, Tanner Brothers and the owners of Hollyville.

Finally, desperately seeking copies of the Saddleworth Fell Race results for 1984 and 1995 or any results dating back to the 70s. Please contact me if you can help. jeff@kiveal.freeserve.co.uk

Jeff Kiveal

1. C. Bishop	Saddle	22.10
2. A. Etherden	Saddle	22.29
3. M. Lee O/40	Unatt	23.29
4. G. Fleet O/40	Saddle	23.45
5. G. Williams O/40	DkPk	24.05
6. C. Davies O/45	Saddle	24.16
7. R. Griffiths O/45	Holm	24.29
8. B. Waterhouse O/50	Saddle	24.42
9. H. Webster	Saddle	24.49
10. J. Moore	Stain	25.36

VETERANS O/50

1. (8) B. Waterhouse	Saddle	24.42
2. (13) B. Hall	Bowl	27.26
3. (16) M. Sidula	Roch	27.54

VETERANS O/60

1. (21) P. Jepson	Ross	29.28
2. (28) D. Gibson	Saddle	30.31
3. (38) T. Greene	Saddle	33.14

LADIES

1. (17) K. Mather O/40	Saddle	27.59
2. L. Griffiths	Holm	31.04
3. J. Hodgson	Saddle	32.02
4. G. Darby O/40	L'pool	35.08
5. N. Snook O/40	Saddle	38.14

53 finishers

SHINING CLIFFS FELL RACE

Derbyshire

BS/5m/900ft 06.06.04

Lewis Banton was never troubled in winning the last of the series of three Shining Cliff Woods Fell races. Lewis was well clear at the end of the first two laps and finished almost a minute and a half ahead of Tom Plant, a recent signing for Dark Peak Fell Runners.

Bridlid Ellis scored her first ever win in an open race by springing ahead of Rosalind Marsh in the closing stages of the race.

David Denton

1. L. Banton	Clowne	30.51
2. T. Plant	DerbyTri	32.17
3. C. Rowe O/40	Matlock	32.23
4. G. McMahon O/40	Unatt	33.00
5. K. Emery O/40	Unatt	33.01
6. R. Keal	Unatt	34.03
7. J. Sharp O/40	Unatt	34.27
8. R. Atkin O/40	Matlock	34.34
9. J. Turner O/40	CitySheff	34.40
10. M. Moorhouse O/50	Matlock	34.42

VETERANS O/50

1. (10) M. Moorhouse	Matlock	34.42
2. (22) P. Collinge	H&AC	40.30
3. (23) W. Helliwell	Unatt	40.32

LADIES

1. (30) B. Ellis	LEaton	42.02
2. (32) R. Edwards	DkPk	42.23
3. (37) M. Collingen O/50	H&AC	45.56
4. (39) F. Milner	Unatt	46.10
5. (41) A. Marvel	Stamf	47.22

46 finishers

WAUGH'S WELL FELL RACE

Lancashire

AS/4m/1000ft 8.06.04

Before taking to the hills, vocal chords were exercised. The 126 runners/'choir' sung Happy Birthday to race starter, Becky Hignett for her 10th birthday.

With fine weather and dry conditions underfoot, fast times were expected. Dave Lewis on the comeback trail from injury, led the field out and recorded a fantastic time of 30.17, taking 2 minutes 4 seconds of the previous vet 40 record. He didn't, however, bargain for the fast finishing Paul Thompson (also returning from injury) who overhauled Dave in the last half mile to finish in a time of 30.09. Jon Ingram took third in 30.47.

In the women's race, Lynne Clough was a clear winner, with super vet Vanessa Peacock taking second place. Carol Waterhouse took 1 minute 22 seconds

off her time from last year and finished third.

Clayton took both men's and women's team prizes with 21 points and 30 points respectively.

Very grateful thanks to sponsors Bury Motor Bodies and Bogarts Brewery for sponsoring the prize list. Thanks also to the ladies of Bleakholt Animal Sanctuary for serving refreshments. Rossendale Search and Rescue for their support and assistance and of course, all the marshals and helpers, without whom this race would not be possible.

As usual, the proceeds from the race will be used for good causes - TVRA Children's Playground Appeal as well as the Friends of Scout and Knowle Moor - to assist in our fight to retain the open moorland where this race takes place.

Cath Hignett



The photographer photographed!! Steve Bateson clearly enjoying Waugh's Well (Photo Dave Dickson)

1. P. Thompson	Clay	30.09
2. D. Lewis O/40	Ross	30.17
3. J. Ingram	Saddle	30.47
4. S. Thompson	Clay	31.20
5. S. Gregory	HolmeP	31.41
6. I. Greenwood O/40	Clay	32.02
7. S. Hoyle	Ross	32.42
8. A. Whitton	Tod	33.28
9. P. Burnett	Wharfe	33.50
10. A. Orr	Clay	33.53

VETERANS O/50		
1. (15) D. Archer	Bury	35.03
2. (18) T. Spicer	Ross	35.58
3. (35) V. Peacock	Clay	38.36

VETERANS O/60		
1. (34) Walkington	Horw	38.28
2. (62) T. Peacock	Clay	41.17
3. (83) G. Navan	Ross	43.01

LADIES		
1. (19) L. Clough O/35	Wigan	36.17
2. (35) V. Peacock O/50	Clay	38.36
3. (48) C. Waterhouse O/35	H'fax	39.45
4. (64) D. Allen	Rad	41.25
5. (70) T. Hyde O/45	CaldV	41.56

124 finishers

**WILL RAMSBOTHAM BADGER
STONE RELAY
West Yorkshire
AS/2.5m/590ft 09.06.04**

MEN		
1. Pudsey & Bramley		50.02
2. Leeds University		52.10
3. Ilkley		53.20

VETERANS		
1. Settle		57.46
2. Ilkley		64.44
LADIES		
1. Ilkley		63.24
2. Loveley Ladies		69.00
3. Leeds University		70.34
JUNIORS		
1. Skipton		53.35
2. Giggleswick		73.24

**RAINOW FIVE
Cheshire
BS/5m/750ft 09.06.04**

An excellent turnout of 118 runners entered this years Rainow 5 race. A small lead group quickly separated themselves from the main field and were seen to be battling hard up the severe climb to White Nancy and along Kerridge. Before eventual winner Ed Gamble was able to stamp his authority on the race and eventually string everyone out. The ladies were led home by local girl Nicky Hills with Jane Mellor and Kate Cooper having a real tussle for the position of 2nd lady home, Jane eventually winning by the smallest of margins.

The local ladies were assisted by the guides and put on a superb spread to refresh the runners after the race. In all a very successful evening, the money raised making a substantial boost to the local playgroups funds.

Many thanks to all who attended.

Colin and Jenny

1. E. Gamble	Stock	33.44
2. T. McGaff O/40	Penn	34.25
3. M. Hartwell	Maccle	34.33
4. T. Wild	Maccle	34.35
5. J. Chapman	Unatt	35.21
6. C. Fray O/40	Penn	36.22
7. J. Brown	Maccle	36.28
8. P. Nield	Maccle	36.37
9. J. Sugden O/40	Unatt	36.40
10. D. Keeling O/40	Traff	37.00

VETERANS O/50		
1. (11) B. Blythe	Maccle	37.07
2. (16) T. Hulme	Penn	37.55
3. (19) G. McAra	Penn	38.05

VETERANS O/60		
1. (64) R. Wignall	Altrin	43.58
2. (73) R. Ashby	Sale	45.59
3. (78) B. Gane	Sale	46.43

LADIES		
1. (25) N. Hills	Maccle	39.12
2. (40) J. Mellor	Penn	41.15
3. (41) K. Cooper	Glossop	41.16
4. (47) M. Calvert O/40	Maccle	42.15
5. (50) K. Ayres O/40	Wilms	42.40

117 finishers

**MEELBEG-MEELMORE
Mourne Mountains
AS/3.5m/1950ft 10.06.04**

Controversy prevailed at the penultimate 2004 Hill & Dale race over Meelbeg and Meelmore Mountains surrounding the Happy Valley (just one early point of order for Des McHenry who despite his many years of experience still seems a little confused - the 'hills' are what the runners race up and down, the 'dales' are in between the hills and are mainly there to enhance the view from the hills - this is part of what makes the sport more interesting and beautiful than road racing).

Billy McNeilly was this week's organiser and once again the race would have gone off like clockwork if it hadn't been for the torrential shower that turned the results' sheets into pulp and the fact that the finish was set up in the wrong place. Bogboy himself, not unknown to controversy, is taking his share of blame for the confusion, but nonetheless was amused by the colourful complaints led by a local ex-footballer who shall remain reasonably anonymous. No sooner had he finished shaking his head and quietened down - it was already two minutes into the race and his tirade had begun at the start line before the race had even started - when Kiwi Richie Stevens' lovely Labrador dog, the infamous Tess, charged out in front of him nearly bringing his race to a premature end - the air was the same colour as the sky.

103 runners took the starter's orders on an evening that had followed several thunder and lightning showers, but for the time being was hot and sultry. It's a tight start and the climb of Meelbeg goes on and on. Series title-holder Alan McKibben led the charge followed by one of the most improved climbers of the season Ed Hanna. Behind Hanna, Stevie Cunningham was also climbing strongly. Just inside 19 minutes McKibben reached the summit cairn and plunged down the hill to the col in under two minutes. Five minutes later he was on the summit of Meelmore and, no problem, in another five minutes he came home in just 14 seconds outside the half hour. This was McKibben's seventh victory of the Series. Hanna hung on from the fast-finishing Cunningham to finish second.

In the ladies' race, Anne Sandford took her third victory of the Series to cement her second place overall ahead of Violet Linton by 15 seconds with Tish McCann in third a further 20 seconds back.

Meanwhile back to the finish-line controversy. The 'unofficial long race' was won by the grumpy ex-footballer, with ACKC's managing guru in second place and young Pauline O'Hara in third; each having continued through the 'official' finish line and over the stile and down to the 'traditional' finishing spot.

Special thanks goes to BARF's Nigel Hart who for the second week running attended to one of the race's victims. Previously, he looked after Andy Gregg who gashed open his knee during the Rocky Race, this week it was the turn of Wes Kettle. Kettle cycled down from Belfast and, despite a troublesome calf muscle, set off to ease his way around the race. Ever the competitive animal, Kettle stayed on script as far as the summit of Meelbeg, then spotted a couple of his mates already part way down to the Happy Valley col. Setting off to catch them, he gathered a head of steam. Then suddenly the Mourne Wall was hurtling towards him, or was it him hurtling towards the wall? Either way it was Kettle who was bound to come off worst. Shoulder first, the collision happened and in a state of some shock, blood pouring from fresh wounds, step in BARF's angel of mercy to guide him off the mountain. Some time later, Kettle, after cleaning his wounds in the nearby river, was seen putting in a couple of stitches into one of his deeper gashes - they breed them hard in Deramore.

BOGBOY

1. A. McKibben	N'castle	30.14
2. E. Hanna	ACKC	31.24
3. S. Cunningham	N'castle	31.26
4. G. Bailey	ACKC	32.28
5. P. Mawhirt	N'castle	33.00
6. A. Niblock	ACKC	33.05
7. M. McManus	Larne	34.18
8. R. Cowan	Willow	34.28
9. S. Linton	NWOC	34.30
10. S. Begley O/40	Albert	34.35

VETERANS O/50		
1. (12) J. Patterson	N'castle	34.43
2. (13) B. McKay	Albert	34.51
3. (25) D. McHenry	Willow	37.30

VETERANS O/60		
1. (44) B. Magee	Larne	40.06

LADIES		
1. (33) A. Sandford	N'castle	38.55
2. (36) V. Linton	LVO	39.10
3. (41) T. McCann	N'castle	39.30
4. (57) S. O'Kane	BARF	41.54
5. (65) M. Elliot	ACKC	43.22

103 finishers

**ROCHDALE HARRIERS 3 DAY - RACE 1
6.2m ROAD 11.06.04**

1. R. Jackson	Horw	34.25
2. P. Taylor O/45	Ross	35.45
3. K. Robinson	Roch	36.20

VETERANS O/50		
1. (14) M. Rowbotham	Roch	40.31
2. (16) N. Eames	Roch	40.47
3. (23) M. Sadula	Roch	42.53

VETERANS O/60		
1. (81) B. Buckley	Glossop	45.56
2. (44) T. West	Rad	48.07

LADIES		
1. (17) C. Needham	Roch	41.01
2. (31) K. Taylor O/45	Ross	44.56
3. (39) J. Needham	Roch	46.27

55 finishers

**ROCHDALE HARRIERS 3 DAY EVENT –
RACE 2
6.25MULTI TERRAIN 12.06.04**

1. R. Jackson	Horw	37.48
2. P. Taylor O/45	Ross	38.25
3. K. Robinson	Roch	39.01

VETERANS O/50

1. (12) N. Eames	Roch	43.32
2. (14) M. Rowbotham	Roch	44.23
3. (23) M. Sadula	Roch	47.32

VETERANS O/60

1. (37) T. West	Rad	52.28
2. (46) R. Hill	Clay	56.00
3. (49) D. Tomkinson	NVets	68.53

LADIES

1. (13) C. Needham	Roch	43.54
2. (22) J. Howarth	Horw	46.41
3. (27) G. Dewhurst	Rad	49.14

49 finishers

**ROCHDALE HARRIERS 3 DAY EVENT
RACE 3 KNOWLE HILL FELL RACE
6m/1800ft 13.06.04**

1. R. Jackson	Horw	45.47
2. G. Wilkinson	Clay	45.59
3. M. Lee O/40	Unatt	46.31

VETERANS O/50

1. (5) T. Hesketh	Horw	48.13
2. (12) M. Laney	Clay	51.35
3. (19) N. Eames	Roch	54.23

LADIES

1. (12) M. Laney O/50	Clay	51.35
2. (16) S. Bocconsall	Bing	54.04
3. (30) C. Needham	Roch	56.05

84 finishers

OVERALL RESULTS

1. R. Jackson	Horw	1.58.00
2. P. Taylor O/45	Ross	2.01.33
3. K. Robinson	Roch	2.04.48
4. G. Fleet O/40	Saddle	2.07.44
5. A. Battersby O/40	Unatt	2.08.01
6. B. Gregory O/45	Stock	2.09.34

VETERANS O/50

1. (11) N. Eames	Roch	2.18.42
2. (12) M. Rowbotham	Roch	2.20.15
3. (17) M. Sadula	Roch	2.27.51

LADIES

1. (13) C. Needham	Roch	2.21.00
2. (25) G. Dewhurst	Rad	2.35.23
3. (30) J. Needham O/50	Roch	2.43.42

43 finishers

**ALWINTON FELL RACES
Northumberland
BL/14m/2500ft 12.06.04**

This was the nineteenth year the Alwinton Fell Races have been held. A total of 59 runners took part. The race was keenly contested as it was a counter towards the NFR club championships. There is also a short and junior race intended to encourage newcomers into fell running.

The fells were particularly dry this year and all competitors finished with dry feet. Probably because of the conditions times were generally faster than in recent years. Philip Addyman narrowly beat Jeff Ross, 1st MV40, in a sprint to the line. Jeff Ross was the first of six consecutive MV40's to finish in the first ten. The tenth man home was also the first MV50.

Karen Robertson was first senior lady in twelfth place overall. Louise Wilkinson was second lady place and still inside two hours.

A hopeful sign was that seven juniors all aged 10-12 keenly contested the 1.5 mile junior race. Alec Jones piped Philip Humble to the post by one second in a time of 17:27. Ellen Welsh, first junior girl, was not far behind in a time of 19:55.

Sadly, it will be the last time that the short race will be run in its present form. Numbers have been decreasing steadily over the last few years and for the second year there were only three entrants.

Keith Cooper

1. P. Addyman	NFR	1.38.47
2. J. Ross O/40	NFR	1.39.08
3. M. Jeffrey O/40	NFR	1.44.56
4. H. Bingham O/40	Tyne	1.45.39
5. D. Armstrong O/40	NFR	1.46.46
5. D. Burn O/40	NFR	1.49.16
7. D. Asquith O/40	Skyrac	1.50.15
8. J. Duff	NFr	1.51.22
9. P. Waterstone O/40	Morp	1.53.05
10. J. Dallinson O/50	NFR	1.53.12

VETERANS O/50

1. (10) J. Dallinson	NFR	1.53.12
2. (24) D. Hunter	Tyne	2.03.11
3. (35) T. Hart	NFR	2.12.43

VETERANS O/60

1. (30) K. Rawlinson	NFR	2.09.29
2. (45) M. Sanderson	NFR	2.25.33
3. (52) W. Wright	Alnw	2.52.23

LADIES

1. (12) K. Robertson	NFR	1.55.54
2. (19) L. Wilkinson	NFR	1.59.23
3. (25) J. Whitehead	Edinb	2.04.03
4. (26) R. Vincent	Tyne	2.05.02
5. (29) C. Scott	Wigton	2.07.39

59 finishers

JUNIORS

1. A. Jones	Unatt	17.27
2. P. Humble	NFR	17.28
3. B. Jeffrey	Morp	19.28
7. G. Johnson Girl	NSP	21.29

7 finishers

**TRAPRAIN LAW RACE
East Lothian
CM/6.5m/650ft 12.06.04**

East Linton delivered its usual sunny weather for the Gala Day and the Traprain Law Race. The race route was enhanced by the efforts of an arsonist who had attempted to burn the Law down last summer with the result that the climb up the side of the quarry was denuded of grassy tufts to pull up on. Once again the field was much-reduced by the dubious attractions of the Edinburgh Marathon, although there was greater interest from runners local to the East Linton area.

Colin Menzies, in his first year as a Senior, led the field home with a comfortable win over Mark Pilkington from Haddington.

Trevor Collins

1. C. Menzies	HELP	42.36
2. M. Pilkington	Unatt	43.53
3. I. Sills	Dunbar	44.28
4. G. Pryde O/40	Lomond	46.34
5. J. Blair-Fish O/50	Carn	46.46
6. M. Foster O/40	Unatt	47.02
7. S. Wallace O/50	HELP	47.10
8. R. Warran	Carn	47.20
9. D. Bearhop O/40	Carn	47.36
10. G. Henry	Porto	47.50

VETERANS O/60

1. (25) R. Russell	Unatt	62.39
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LADIES

1. (15) E. Wardlaw	C of Ed	49.09
2. (20) A. Wood O/40	Carn	53.19
3. (23) J. Anderson	Carn	57.09
4. (29) C. Simpson	HELP	67.53

30 finishers

**GLAS TULAICHEAN UPHILL RACE
Glenshee
AS/4.5m/2200ft 12.06.04**

Thanks once again to Simon Winton for permission, summit transport and enthusiastic support. To everyone else who helped; Course markers and clearers, summit timekeepers, gate openers, drinks givers. Special thanks once again to Dundee Hawkhill food providers. Also to Mike Johnston, the new National Coach for Endurance, who took over registration without being asked.

Congratulations to Marbeth Shiell who broke the Junior Woman's course record, despite the headwind and to Iain Donnan, who took 89 seconds off his own excellent Junior Men's record.

Martin Hyman

1. I. Donnan	Loth	35.33
2. G. Bartlett	Forres	37.36
3. A. Anthony	Ochils	38.37

4. S. Fraser	Loth	40.27
5. E. Paterson O/50	Moray	40.47
6. K. Varney O/45	Cosmics	40.51
7. J. Geraint-Florida??	Carn	41.31
8. A. Wright	RonHill	42.30
9. C. Glencourse	Unatt	43.28
10. I. Wellcock	Huntbog	43.56

VETERANS O/50

1. (5) E. Paterson	Moray	40.47
2. (15) S. Dempsey	Loth	45.59
3. (16) A. McGuire	Fife	47.49

VETERANS O/60

1. (20) B. Preece	Dee	48.26
2. (28) C. Love	Dund	53.20
3. (30) S. Cromar	Dund	55.34

LADIES

1. (21) M. Shiell	Carn	48.49
2. ((23) S. Legge	EzCarn	50.30
3. (24) S. Maclean	Moray	51.04
4. (35) J. Duncan	Forres	61.45

35 finishers

**ENNERDALE HORSESHOE FELL RACE
Cumbria
AL/23m/7500ft 12.06.04**

Perfect weather conditions to restart this classic race as 88 people started the day and 85 finished.

Several clubs made the Ennerdale part of their club championship, CFR and Todmorden making up nearly 50% of the total field.

A prominent Todmorden club member was heard to say that 'he would eat his underpants if more than six club members could make it round the Ennerdale.'

I'd like to suggest that Daz is a good garnish and I look forward to the pictures.

Colin Dulson

1. G. Bland	Borr	3.48.17
2. A. Schofield	Borr	3.48.36
3. J. Hunt	CFR	3.58.34
4. B. Taylor	CFR	4.22.38
5. R. Lightfoot	CFR	4.22.40
6. J. Dawson O/40	CFR	4.23.12
7. G. Thorpe O/40	Amble	4.25.02
8. J. Deegan	Amble	4.25.46
9. P. Clark O/50	Kend	4.26.57
10. I. Cousins	CFR	4.35.06

VETERANS O/50

1. (9) P. Clark	Kend	4.26.51
2. (18) R. James	CFR	4.46.14
3. (26) N. Hewitt	Bowl	5.01.20

VETERANS O/60

1. (44) D. Lucas	Roch	5.29.03
2. (63) J. Naylor	CFR	5.42.32
3. (83) R. Clarke	NYMoors	6.41.40

LADIES

1. (25) J. Lee	Eryri	4.59.12
2. (40) W. Dodds O/50	Clay	5.23.59
3. (54) S. Clough O/40	Amble	5.35.37
4. (57) J. Leather	Amble	5.39.25
5. (62) N. Fellowes	Eryri	5.41.31

85 finishers

**TANSLEY HILL RACE
Derbyshire
CV/4.2/600ft 12.06.04**

A fine breezy afternoon saw fifty two runners turn out for this event, twenty more than last year. The race was won in fine style by Andrew Middleditch with Robert Spencer in second place – at 17 he is quite a prospect!

First lady was Phillipa Leach followed by Liz Evans. First O/40 and O/50 vets were Mick Stanton and Simon Brister respectfully, and a fine run by Bob Toogood, O/60 gave him 5th place overall. Medals were given to all finishers.

The well supported family fun run, the bar and the food van added to the afternoon's enjoyment.

My thanks to my co-organiser Ruth Cooper and her husband Ian without whom the race would not have been such a success, and to all those who helped with registration, marshalling and at the finish.

Barry Masley

1. A. Middleditch	DkPk	27.15
2. R. Spencer U/18	Unatt	28.12
3. M. Stenton O/40	Unatt	28.18

4. R. Keal	Unatt	28.52
5.B. Toogood O/60	DkPk	28.56
6. R. Snowdon	Totley	29.31
7. A. Moore O/40	DkPk	29.40
8. J. Edwards O/40	Unatt	30.13
9. S. Brister O/50	Mat	30.27
10. J. Needham O/40	OHTC	31.42

VETERANS O/50

1. (9) S. Brister	Mat	30.27
2. (21) W. Hellowell	Unatt	33.51
3. (22) S. Holt	Mat	34.19

VETERANS O/60

1. (5) B. Toogood	DkPk	28.56
2. (42) B. Howitt	Mat	40.13
3. (46) A. Bourne	Staffs	41.11

VETERANS O/70

1. (29) B. Rogers	NVets	37.11
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LADIES

1. (17) P. Leach O/40	DkPk	33.01
2. (27) L. Evans O/40	Derby	36.19
3. (28) C. Hulley	???	36.22
4. (32) M. Saez	Tot	38.35
5. (33) C. Lyon O/40	FRA	38.41

51 finishers

CARNEDADAU

Gwynedd

AM/10m/3500ft 12.06.04

The weather was hot, hot, the mood was good, food excellent. A good day had by all.

I would like to thank everybody for their help on the day.

D. Sinclair

1. J. McQueen	Eryri	1.45.31
2. A. Hayes O/40	Eryri	1.52.45
3. R. Owen O/40	Eryri	1.53.52
4. G. Owen O/50	Unatt	1.54.33
5. C. Near	Eryri	1.55.42
6. K. Hagley O/40	Swrr	1.56.05
7. T. Jones O/40	Eryri	1.58.07
8. J. Hope O/50	Pud	2.00.52
9. D. Williams O/60	Eryri	2.00.58
10. S. Jones	Wrex	2.06.21

VETERANS O/60

1. (9) D. Williams	Eryri	2.00.58
2. (29) E. Davies	Eryri	2.26.58
3. (42) I. Roberts	Eryri	2.56.27

LADIES

1. (23) R. Metcalfe	Eryri	2.12.40
2. (34) V. Musgrove O/40	Eryri	2.28.48
3. (40) S. Farrar O/40	Eryri	2.52.23
4. (43) S. Bennell O/50	Eryri	3.19.29

43 finishers

CIOCH MHOR HILL RACE

Ross-shire

AM/8m/2250ft 12.06.04

Event organisers can plan for most things but the weather. We had the best of sunshine and visibility. Although numbers were slightly down on last year there was still a very strong field of runners, some new faces and we would like to see more.

The two front runners set a fast pace up the hill and over the moorland, after the first checkpoint the trio's route choices varied so it seemed!

Alan Smith even had time to go for a swim which might be compulsory next year even although Alan's was by accident. he was not that far off the pace in 3rd place!

Everyone who ran enjoyed the course and a picnic/presentation of prizes afterwards on the grass by the sports centre.

Hope to see you all again next year and please bring lots of friends to share lots of prizes donated by local businesses.

Alex Brett

1. B. Fieldsend	Invs	72.23
2. K. Riddle	HHR	72.46
3. A. Smith	Dee	73.28
4. P. Rodden	HHR	76.26
5. C. MacInnes	Carn	77.43
6. M. Cumming	HHR	77.49
7. P. Maclean	Loch	83.31
8. S. Fudge	Loch	87.32
9. A. McDougal	HHR	88.58
10. D. Broadley O/40	Loch	90.51

VETERANS O/50

1. (11) A. Brett	HHR	91.49
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LADIES

1. (12) M. Johnson	HHR	93.06
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15 finishers

PENISTONE HILL RACE

South Yorkshire

BM/7m/1055ft 13.06.04

A hot, windy day and some very high grass made it hard for the front runners to get near the course record of 42.5 minutes, but winner Andrew Middleditch was well clear by the run into the finish. An impressive run by V50 Phil Grimes saw him coast to third.

A request was made that the Scottish Standard fluttering on the top of Hartcliffe Hill should be replaced by something more appropriate - a cold drinks stand was suggested!

P. McLeod

1. A. Middleditch	DkPk	45.28
2. P. Mirlees O/40	Roth	46.08
3. P. Grimes O/50	H'fax	46.33
4. M. Law O/40	Barns	47.35
5. A. Shelbourne	Barns	48.21
6. T. Webb	DkPk	48.38
7. P. Hinchcliffe	Barns	49.22
8. K. Cooke	Hallam	49.31
9. A. Moore O/40	DkPk	50.50
10. R. South O/40	Holm	51.08

VETERANS O/60

1. (35) S. Anderson	W'field	66.08
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LADIES

1. (20) K. Farquhar	Holm	54.26
2. (30) N. Spinks	Penn	57.29
3. (38) B. Nixon O/50	Penn	66.22

48 finishers

BLACK FOREST TRIAL

Ilkley Moor

13.06.04

BOYS

1. A. Brownlee O/16	Bing	11.38
2. A. Peers O/16	Wirral	11.57
3. B. Lindsay O/16	Pen	12.12
4. R. Hall O/15	Leeds	12.41
5. M. Hirst O/16	Skip	12.45
6. B. Farrell O/15	Kesw	12.48
7. J. Pawson O/15	Skip	12.51
8. J. Harman O/16	Leeds	12.55
9. J. Mountain O/14	Skip	12.57
10. J. Kevan O/17	Horw	13.05
12. N. Gould	EastCh	13.17
36. A. Jones	Holmf	16.31

GIRLS

1. (18) B. Haywood	LincW	13.55
2. (21) R. Stuart O/13	Cumb	14.18
3. (23) D. Walker	Burn	14.26
4. (24) A. McGivern O/12	Holm	14.29
5. (26) D. Allen	Leigh	14.57
6. (27) H. Timmins	Warr	15.09
7. (28) R. McGivern	Holm	15.13
8. (31) H. Naylor	Skip	15.51
9. (32) E. Stuart	Cumb	15.54
10. (33) B. Pettit	Holm	16.00

EDALE FELL RACE

Peak District

AS/5.25m/1400ft 13.06.04

Well done to Tim Austin on smashing Andy Trigg's course record by well over 1 minute. Tim finished over a minute ahead of Dave Neil. Dave also bettered the previous record and hence now also has the V40 record.

I have introduced V45,55,65 categories this year so Dave now has the V45 record as well.

First 65 and 70 was Barry Thackery.

First local was farmer Andrew Critchlow whose land the race goes over. Andrew finished 23rd an excellent result for someone who doesn't train!

Six people from Edale ran-another record.

180 runners took part, which is the largest entry the race has had. Last year only 83 entered. This large entry did cause some problems mainly with the



Sarah Hodgson comes in for 2nd lady at Edale
(Photo Andy Jenkins)

drinks at the end of the race and the car parking however I am looking into how these can be overcome next year.

The race is held as part of Edale Country Day an annual event to raise funds for local organizations such as the School and Church. Profit from the fell race was all given to the Church to help repair the tower.

Andy Jenkins

1. T. Austin	DkPk	37.42
2. D. Neil O/45	StaffM	38.56
3. P. Winskill	DkPk	39.25
4. M. Fowler O/40	Penn	40.12
5. D. Lilley O/40	Unatt	41.12
6. L. Banton	Clowne	41.25
7. A. Clarke O/40	Cald	41.52
8. A. Breaks	Cald	41.56
9. J. Ingram	Saddle	42.22
10. S. Bradstock	Unatt	44.10

VETERANS O/50

1. (13) D. Tait	DkPk	45.05
2. (14) K. Holmes	DkPk	45.27
3. (17) T. Hulme	Penn	46.10

VETERANS O/60

1. (120) R. Webster	Helsby	58.18
2. (144) M. Edwards	DkPk	64.02
3. (158) J. Cash	Lought	68.19

VETERANS O/70

1. (155) B. Thackery	DkPk	67.10
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LADIES

1. (40) L. Batt	Buxt	48.54
2. (42) S. Hodgson O/40	FelIndale	49.02
3. (56) J. Mellor	Penn	51.51

180 finishers

HOLCOMBE TWO TOWERS FELL RACE

Lancashire

BS/5.2m/1000ft 16.06.04

A very warm evening that was ideal for running. Wajid Ali was told he had to win as he had forgot to return the trophy from last year. Bury AC pair Pete Bates and Neil Coe ran well although Pete faded a little on the steep descent at the finish. He was running Blackpool marathon on the following Sunday.

It was a welcome return for Vanessa Peacock to winning ways after her recent injury.

"There to see how fit I am" was the pre match comment. Result was no change for her as class was never challenged. D. Allen second and several good Rossendale ladies out.

K. Smith

1. W. Ali	Ross	35.32
2. B. Bolland	Horw	36.06

3. C. Seddon	Horw	36.38
4. N. Coe	Bury	36.42
5. S. Bolland	Bowl	36.58
6. K. Gaskell O/40	Horw	37.06
7. R. Glover O/40	P&B	37.28
8. A. Carruthers O/40	Crawl	37.41
9. R. Littleland	Maccle	37.41
10. P. Burnett	Wharfe	38.07

VETERANS O/50

1. J. Rallaglass	Unatt	46.08
2. B. Booth	Rad	46.10
3. B. Brown	CRA	46.29

LADIES

1. V. Peacock O/50	Clay	41.42
2. D. Allen	Rad	46.38
3. J. Bells O/45	Bolt	47.57
4. C. Hancock	Rad	48.51
5. A. Preedy		56.02

BOAR'S HEAD HILL RACE Cheshire BM/8m/1322ft 16.06.04

An extremely pleasant evening indeed - sunshine, a light breeze on the tops and firm ground throughout - ensured an enjoyable race at quite a fast pace.

Malcolm Fowler, V40 and the current record holder, who has been having an excellent run of good results since recovering from injury, stormed round to take first place by a margin of exactly two minutes. It was probably this lack of pressure plus the prospect of doing the championship race at Buckden Pike at the weekend that stopped him breaking his own record but it was a fine performance nevertheless. Another fine performance came from LV40 Cecilia Greasley who regained the record for the third time by taking fourteen seconds off Liz Batt's 2003 time and coming 17th overall. Congratulations to both of them and I hope everyone had a good time - certainly that seemed to be the case except for the disgruntled gentleman (the only person out of 126 to get lost) who had the nerve to stand there and claim that there was no route marking when right in front of him was the race sweeper with 52 flags and about half a mile of tape sticking out of his rucksack!!*! It's people like that who make you really appreciate the other 99.9% of humanity!!

I look forward to seeing you all next year.

Dave Jones

1. M. Fowler O/40	Penn	45.34
2. E. Gamble	Stock	47.34
3. D. Talbot	Traff	47.59
4. L. Footit O/40	Bux	48.14
5. D. Savranavskas	Traff	48.29
6. L. Taggart	Bux	48.46
7. V. Booth O/40	Traff	49.15
8. M. Richards O/40	GoytV	49.39
9. J. Chapman	Unatt	50.13
10. G. Taylor O/40	Wilms	51.19

VETERANS O/50

1. (22) G. Hodges	Unatt	54.34
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VETERANS O/60

1. (46) P. Roberts	Buck	59.05
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LADIES

1. (17) C. Greasley O/40	Macc	54.11
2. (24) K. Wood	Stock	55.01
3. (53) K. Harvey O/40	Altrin	60.03
4. (69) K. Ayres O/40	Wilms	61.46
5. (74) R. Norton	M/Cr	62.48

126 finishers

COITY FELL RACE

Gwent
BS/5m/1000ft 16.06.04

We were blessed with fine sunny weather this year. Too sunny in places where the route is directly into the setting sun apparently making following the smaller tracks difficult. Twenty seven set off up the first hill at high speed, my five minute start to get to the top to front them in the right direction was barely long enough.

The first two quickly established a big lead with Andrew Jones holding on by 13 seconds from club mate, Matthew Collins to win the event. Both beat the previous record for thye new route, now in its third year.

In the veteran categories, only eight seconds separated Phil Adams from local boy, Adrian Woods.

There was a good turnout of nine ladies ranging in age from 18 year old Cerys Manning, who was third lady, to her mum who won the FSV category. Overall, Alice Bedwell was well clear in 13th place overall.

Gareth Buffett

1. A. Jones	MDC	36.47
2. M. Collins	MDC	37.00
3. T. Gibbs	MDC	38.55
4. C. Flower	MDC	39.03
5. P. Adams O/40	Neath	39.54
6. A. Woods O/40	Eryri	40.02
7. M. Saunders	MDC	40.36
8. J. Carter	MDC	41.27
9. R. Williams	MDC	42.51
10. S. Herington O/50	Heref	43.57

VETERANS O/50

1. (10) S. Herington	Heref	43.57
2. (11) W. Darby	MDC	44.33
3. (24) J. Manning		61.06

LADIES

1. (13) A. Bedwell O/40	MDC	47.11
2. (16) S. Woods O/40		49.47
3. (17) C. Manning		50.33
4. (18) J. Huybs O/40		51.32
5. (20) M. Edgeworth		57.16

27 finishers

BEN-SHEANN HILL RACE Perthshire

AS/2.5m/1400ft 16.06.04

The race took place on a sultry evening but the threatening rain did not occur. Out of a field of 42 runners 41 completed the course in good times, although no records were created. There were no accidents or mishaps. Afterwards stewards, race officials and runners enjoyed a pleasant hour of socialising in the Inn.

M. Bennie

1. A. Anthony	Ochil	25.40
2. A. Smith O/40	Dees	27.04
3. S. Simpson	Ochil	29.15
4. K. Heron	ForthV	29.42
5. C. Glencorse	Unatt	30.13
6. C. Upson O/40	W'lands	30.20
7. D. Reid O/40	W'lands	30.21
8. D. Theaker O/40	Helens	30.58
9. M. Hulme O/50	Corstor	30.59
10. P. White	Ochil	31.00

VETERANS O/50

1. (9) M. Hulme	Corstor	30.59
2. (12) M. Macleod	W'lands	31.46
3. (17) C. Love	DundH	33.20

LADIES

1. (29) D. Macdonald O/40	HuntBog	37.00
2. (33) M. Abercrombie	Unatt	39.24
3. (34) E. Kidd	Unatt	39.54
4. (38) C. Wood	Unatt	41.59
5. (41) S. Johnston	Unatt	42.53

41 finishers

WALSH TWO LADS FELL RACE

Lancashire

BS/5.25m/900ft 17.06.04

A good turnout on the night ensured that this race is a popular one, now firmly established as part of the "tour of Rivington" Series. A total of 170 runners took part in the race.

Richard Burney took the lead pretty well from the Gun finishing in a time equal to the record set last year by Rob Hope, whose brother Danny took second place this year, 23 seconds adrift of Richard. First lady was Katie Ingram.

A big thanks must go to the sponsors of the event, Walsh Sports Shoes, United Utilities, Bolton Metro, The Bridge Hotel, The Tenant Farmers and all the marshals. Thanks

Colin Jones

1. R. Burney	Chor	31.34
2. D. Hope	Pud	31.57
3. M. Aspinall	L&M	31.58
4. L. Hurst	Altrin	32.24
5. P. Freary	Belg	32.52
6. K. Chapman	Salf	33.15
7. D. Kay	Horw	33.49
8. B. Bolland	Horw	34.28
9. R. Haworth O/45	Horw	34.53
10. I. Selby	Bolt	35.03

VETERANS O/40

1. (9) R. Haworth	Horw	34.53
2. (13) N. Wrigley	Horw	35.15
3. (14) R. Green	Horw	35.18

VETERANS O/50

1. (19) T. Hesketh	Horw	36.08
2. (33) J. Crehan	Warr	37.46
3. (38) K. Fowler	Bolt	38.41

VETERANS O/60

1. (65) R. Hart	WiganP	42.52
2. (69) P. Walkington	Horw	43.13
3. (74) P. Heneghan	Fra	43.28

VETERANS O/70

1. (136) R. Lee	Middle	50.04
2. (165) A. Robinson	Horw	62.47

LADIES

1. (32) K. Ingram	Middle	37.39
2. (45) R. Thompson	Horw	40.10
3. (50) C. Anthony	BelleV	40.45
4. (52) J. Rashleigh O/40	Horw	40.57
5. (56) A. Sedman	BelleV	41.34

169 finishers

GRINDLEFORD FELL RACE

Derbyshire

CS/4.5m/500ft 17.06.04

1. P. Winskill	DkPk	31.44
2. K. Webster	Mat	32.55
3. A. White	Hallam	32.58
4. D. Taylor	DkPk	33.35
5. S. Patton	DkPk	34.45
6. S. Badstock	Castle	35.21
7. C. Mellor O/40	HighPk	35.50
8. T. O'Neal	DkPk	36.20
9. S. Storey O/40	Pen	36.30
10. N. Drake	Tot	36.36

VETERANS O/50

1. (15) B. Hanley	DkPk	36.58
2. (24) S. Blackford	DenbyD	37.41
3. (28) S. Brister	Mat	37.57

LADIES

1. (37) H. Winskill	DkPk	38.26
2. (43) S. Hodgson O/40	F&D	38.54
3. (58) J. Sutton	ValleyS	40.28
4. (74) J. Griffiths O/40	DkPk	41.44
5. (99) J. Gascoigne O/40		43.13

204 finishers

DONARD FOREST

Mourne Mountains

AS/4m/1200ft 18.06.04

A record 113 runners turned out for the final Hill & Dale race of the season in Donard Forest last Friday night. It was great to see new faces taking up the challenge - five in all in this race alone - showing that all are welcome to take up the challenge of a race against gravity. Over the twelve weeks each of the twelve races is unique; from faster forest races to steep and rough mountainous terrain. Donard Forest comes into the category of being one of the faster races, but still has its fair share of steep climbing and fast descending.

The atmosphere was buzzing in Donard Demesne before the start as runners and supporters gathered following the extensive thunderstorms of the late afternoon. Also buzzing was the tiny nightmare - the might midge - no, not the Mighty Mitty (he was buzzing later in the evening), the mighty midge. This sworn enemy of the human being is fast becoming the scourge of any evening races near a tree. At least the runners are reasonably protected when they can move around, but for officials and supporters, a multitude of bites were the order of the day. Official starter and timekeeper, Frank Morgan, seemed to suffer worst, not the prettiest oil painting at the best of times; Morgan's midge bitten face was a picture afterwards at the presentation evening. Enough said as Morgan's diligent input to the Series' officialdom is irreplaceable.

Still, straight from the gun, McKibben was off in a flash and was quickly joined by Simon Taylor. Fresh from a 15 minutes and 1 second 5,000 metres on the track, Taylor set about opening a gap on the early flatter section. Speed is one thing, however, but specific climbing strength and endurance is another and once on the steep climb to the top of the

Ballagh, McKibben caught and dropped Taylor who was soon joined by 2003 winner Neil Carty and 2002 winner Deon McNeilly.

Former bike international, McKibben is having the best running season of his life and no doubt will want to win again next year to emulate his twin brother's double of Hill & Dale Series' victories. For now though he will settle for a fine 8th victory in the Series this year and a new record by 25 seconds, coming home nearly a minute clear of Carty.

Junior, Jonathan McCloy, who makes more than a 100-mile round trip each time he competes in a Hill & Dale race, won again on Friday night, coming home in 11th overall in 34 minutes and 57 seconds. This was his 6th win of the series and his second junior title in a row. McCloy faced good competition from the Mighty Mitty, who despite making good progress this season still cannot get the better of McCloy, on most nights.

Kerry Harty and Anne Sandford are off to Poland in a couple of weeks to compete for Ireland in the European Championships and their close competitive rivalry this season so far has spurred each on to new heights. This has not only been good for the both of them, but also for Violet Linton and Tish McCann who are huts on their tails. Donard Forest, though, clearly suits the faster Harty with less steep ground than normally suits Sandford. Harty, like McKibben, is fast out of the blocks and was well clear after the first ten minutes and never looked back, coming home in 41st overall in 39 minutes and 59 seconds, only 20 seconds outside Sharon McBurney's course record and 46 seconds clear of Sandford. Sandford, meanwhile, had been led by Linton for the whole race, but nipped inside her on a tighter line as they enter the final sprint down the grassy demesne to the finish line. Linton was clearly disappointed, but graceful as ever in defeat, she will feel that she will get her own back quietly as the season unfolds. As for McCann, she had another excellent race coming home only 8 seconds behind Linton.

BOGBOY

1. A. McKibben	N'castle	31.07
2. N. Carty	NBelf	32.04
3. D. McNeilly O/40	N'castle	32.06
4. S. Taylor	BARF	32.10
5. E. Hanna	ACKC	33.46
6. P. Mawhirt	N'castle	34.16
7. G. Bailey	ACKC	34.28
8. S. Cunningham	N'castle	34.29
9. J. Brown O/40	BARF	34.39
10. D. Brannigan	N'castle	34.47

VETERANS O/50

1. (27) D. McHenry	Willow	38.11
2. (33) P. McGuckin	ACKC	39.08
3. (45) R. Rutherford	Ballyd	40.38

VETERANS O/60

1. (44) B. Magee	Larne	40.33
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LADIES

1. (41) K. Harty	N'castle	39.59
2. (47) A. Sandford O/40	N'castle	40.45
3. (48) V. Linton	LVO	40.47
4. (51) T. McCann O/40	N'castle	?
5. (64) M. Elliot	ACKC	42.41

113 finishers

HILL & DALE SERIES OVERALL

It is fantastic to record the 2004 Hill & Dale Series as the most popular yet, at least judged on the number of competitors. In all 257 different runners took part (eclipsing last season's 230), including a record 31 ladies. Another record 119 competed in at least 6 races to be awarded the souvenir (110 last year), including 12 ladies. The average turnout was 117 per race as against 105 in 2003 with a new record of 143 being set at the Monument race in Tollymore Forest Park in race 7.

It is also important to thank the people who support the Series, including the unsung heroes who mark out the courses, take entries each week, marshal at the summit checkpoints and sort out the results after the race, all to allow the prize giving to take place before 10.30pm each evening in a local pub. Thanks indeed goes to those pubs who provide a traditionally warm welcome each Thursday night - Frankie's in Castlewellan, the Glenside in Rostrevor, Downey's in Rathfriland, Doran's Mourneview near Hilltown, the Horseshoe Bar near Hilltown, the Anchor Bar, Newcastle & the Maghera Inn.

Special star mention goes to the Avoca Hotel in Newcastle, who again hosted the Series prize giving on Friday night and carried out the modern day miracle of the loaves and fishes. No surprise that there was also a record turnout for the social occasion and mountain runners, despite their appearance can only be described as a plague of locusts when it comes to swarming around the food table. Thanks again to Dorothy Irwin and her team for their hospitality and patience.

The Series was ably sponsored by the Hill Trekker and thanks goes to Suzie Carson, who along with Fiona Mullan was demonstrating the art of Nordic Walking in the Demesne on Friday night. Thanks also to other supporters of the Series, including Brian Irvine, fell running technician and Down District Council. This year participants came from far and wide including South Africa, New Zealand, Scotland plus the regular participants from Castleblayney.

Included this Friday was a fully paid up member of the Irish Army, a regular participant in the weekly Leinster League in the Wicklow Hills, he is not used to races starting on time. Afforded a warm welcome by race organiser on Friday night, he set off long after the other 113 runners had gone. Reaching the top of the steep Ballagh climb, he missed the right turn and kept on going up the mountain track. Afforded a fine view of the Shannaghmore Wind Turbines he eventually decided to turn and what had been a big gap to the rest of the field when he started, was even bigger by the time he returned - better luck next year.

At the competitive end of the race, it was Harty as ladies victor and Sandford as Ladies Veteran victor. McKibben won the men's title with McNeilly veteran40 winner. The other veteran's category winners were Charlie McAlinden, Billy McKay, Jim Patterson and Bill Magee, all with perfect six wins score.

Runner's Runner

Each year a perpetual trophy is awarded to the runner in the Series who has contributed a lot to the Series itself overall. There have been many illustrious names and this year was no exception with the award going to ACKC founder member and managing guru Mike Barton. Bart has helped to rejuvenate running in the Mourne area and had introduced a crowd of younger (and not so young) runners into the sport over recent years. A glance down the results of any mountain race demonstrates how successful his crusade has been.

Lost in the Mountains

The weather has been almost perfect this season with underfoot conditions being as dry as they have been in living memory. Overhead conditions were not conducive for producing candidates for the 'lost in the mountains' title, however, as with every year, there are always some. The 'also-rans' in this category included Bogboy himself, who, in the Binnian to the Top race, which he organises, got lost on the way to the summit. Another also-ran was Des McHenry, who readers will remember 'recided' the Horseshoe Bar several weeks before the official visit; this entry was classified as 'lost after the race'. However, the award this year went to fireman Jess Anderson for his sortie in Castlewellan Forest Park among the Christmas Trees, back in race one, arriving at the start bloodied and failed to start and classified as a case of 'lost before the race'.

The Series Team Title

Newcastle AC secured the team title again, making it 17 in a row and Billy Magee, Larne AC's veteran 60 winner, was seen in Church asking God 'when will Larne win the title?' 'Not in your lifetime' was the reply. Bart sent in young Darren Herron, barely 21, a child protege of the up and coming ACKC and he asked 'when will ACKC win the title?' 'Not even in your lifetime, Darren' was God's reply. Meanwhile, BARF's latest parents, Shileen and Donal O'Kane sent in their three-month old baby boy and he squealed out 'when will BARF win the title?' And God replied, 'not even in my lifetime'.

BOGBOY

1. A. McKibben	N'castle	6 pts
2. N. Carty	NBelf	10 pts
3. D. McNeilly	Ballyd	20 pts
4. S. Cunningham	N'castle	23 pts
5. G. Bailey	ACKC	30 pts

VETERANS O/40

1. D. McNeilly	N'castle	6 pts
2. J. Brown	BARF	9 pts
3. S. Begley	Albert	15 pts

VETERANS O/45

1. C. McAlinden	N'castle	6 pts
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VETERANS O/50

1. B. McKay	Albert	6 pts
2. P. McGuckin	ACKC	12 pts
M. Barton	ACKC	19 pts

VETERANS O/55

1. J. Patterson	N'castle	6 pts
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VETERANS O/60

1. B. Magee	Larne	6 pts
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LADIES

1. K. Harty	N'castle	6 pts
2. A. Sandford O/40	NBelf	9 pts
3. V. Linton	LVO	15 pts
4. T. McCann O/40	N'castle	17 pts
5. B. Brown O/40	ACKC	32 pts

HARDEN MOSS FELL RACE

West Yorkshire

CS/3m/300ft 19.06.04

1. A. Shaw O/40	Holm	20.54
2. J. Mason O/40	Woodk	21.07
3. R. Jackson	Horw	21.28
4. M. Jones	Holm	22.07
5. P. Smith	Holm	22.29
6. G. Graham	Holm	22.55
7. M. Davies	Holm	23.29
8. I. Mitchell O/50	Longw	23.59
9. J. Patterson O/40	Holm	24.15
10. J. Whittaker	Unatt	24.21

VETERANS O/50

1. I. Mitchell	Longw	23.59
2. R. Furell	Holm	25.47

VETERANS O/60

1. K. Bamforth	Holm	27.35
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LADIES

1. J. Johnson O/40	Holm	27.40
2. D. Waite O/40	Holm	28.36

35 finishers

DARREN JONES CLOUGHA PIKE

FELL RACE

Lancashire

AS/5m/1250ft 19.06.04

New start venue, new courses and a new later date, hoping for better weather and more runners, however, unsettled weather and a slight drop in numbers.

A shorter but tougher course obviously suited Mark Croasdale. From the sports field in the heart of the village the route led through fields to the fell gate with one steep climb. Then there was the normal loop taking in Clougha Pike back to the fell gate and a return through the fields. Five miles and a newly calculated 1400 feet of ascent.

For the Junior cross country races there were tough, hilly new courses through the fields to the fell gate. All age groups started together in the main arena. There were some excellent performances from local athletes with great support from Moorside and Quernmore primary schools.

A good day for Bowland fell runners (great support for the race), the Croasdale and Abraham families. The race was attended by the Jones family and Mrs Mullery and family who both made donations to the sports. These and other donations from Harry Robinson and the support of Pete Bland Sports are much appreciated.

A donation was also made to Lancaster and Morecambe AC to benefit youngsters by Mr and Mrs Jones, Mrs Mullery and Mr John Mullery. The event was heavily sponsored for the first time by LANCASTER PROPERTY NETWORK. Thanks to all helpers on the day and thanks to all who took part.

The new courses were given a bit 'thumbs up', BETTER than the old courses. Tough and not too fast for a short course. Come again - bring some mates!!

John M Gibbison

1. M. Croasdale	Bing	36.44
2. B. Bolland	Horw	38.29
3. S. Bolland	Bowl	38.38
4. P. Britterton	Howg	38.48
5. M. Chippendale	Bowl	39.02
6. R. Mellon	Bowl	39.22
7. A. Preedy	Ross	41.15
8. J. Hargreaves		42.13

9. B. Kennedy	Settle	44.43
10. F. McTominay	L&M	44.48

VETERANS O/40

1. (23) A. Holden		49.12
2. (24) D. Neild	Clay	49.50
3. (26) A. Howarth	Clay	50.49

VETERANS O/50

1. (30) J. Taylor	Bowl	51.22
2. (32) J. Hodgson	Dall	51.36
3. (35) B. Nuttall	Prest	52.55

LADIES

1. (36) J. Taylor O/40	L&M	53.02
2. (37) L. Lyness O/50		53.22
3. (41) D. Griffiths O/40	Garst	56.54
4. (44) R. Anderson		58.02
5. (50) A. Scott O/40	FRA	67.33

51 finishers

BUCKDEN PIKE FELL RACE (English Championship) North Yorkshire AS/4m/1500ft 19.06.04

This year's Buckden Pike race held English championship status and as such drew a larger than normal entry of just under 300 runners.

It was our first attempt at organising a senior race of this calibre, and thanks to our great team of helpers, it all appeared to go smoothly and I hope you all enjoyed it.

For many of the competitors it was just a grand day out at the gala with a fell race in the afternoon. For a few, it also meant the chance to win points in the English championship series, but to us it meant much more than that.

We spent an enormous amount of time and energy trying to make the race a success but with one main aim in mind - to raise as much money as we could for charity. This was only possible with the help of our many friends in the sport, who ensured that the great majority of our excellent prizes on the table were provided to us free of charge.

On top of this, our great mate Peter McCormick (Screenstone Screen Printing) supplied superb embroidered Buckden Pike sweatshirts for the leading man and woman and the winners of every age category, and made us some of his indestructible plastic race numbers.

To try and name everyone who sponsored prizes would inevitably mean us leaving omissions but I must mention Pete Bland Sports and Walsh Sports, Inov8 fell shoes and Tony Hulme of Running Bear, all of whom willingly gave us fell shoes for the leading runners, male and female. Also, extra special thanks to Bill Johnson of Calder Valley runners who gave up his day to compile the computerised results which were published on our website by Sunday morning and posted out by Tuesday, and to Dave Jones who provided superb publicity in The *Fellrunner* magazine.

To all our sponsors, to the runners who supported the race and others who sent donations, we must say a big THANK YOU for helping us to raise just over £1000.

This amount has been split between Macmillan Nurses and Marie Curie Cancer Care in memory of Mike Rose (with an additional donation of £30 going to Upper Wharfedale fell rescue who again manned the course) Mike was a great supporter and lover of all things to do with our sport, the longest serving General Secretary of the FRA and a very dear friend of ours.

As for the races, the women went at 2.30pm and were led home by former junior World champion Victoria Wilkinson. Victoria later told me that she had been away from the sport for a while, after taking a couple of seasons out to race on the bike and so hadn't realised that the Buckden race was a championship event. She said she 'just wanted to do a few local low key races for enjoyment'. However she tore the field apart - the cream of English fell racing, with a blistering run to finish in 39.28, over half a minute ahead of Lou Sharp who in turn beat leading veteran Sally Newman by seven seconds. Sharon Taylor placed fourth exactly a minute clear of first over 50 Maureen Laney who in turn beat Lynne Clough.

The men's field was dominated by the immense talent of Simon Bailey, who finished just a few seconds outside the course record in 30.57.

Next came Robert Jebb and Rob Hope, and although I didn't witness it myself - as I must have blinked - I gather that their final lunge for the line was quite a spectacle, Jebby getting the verdict by a narrow margin according to my three timekeepers.

Dave Neill took his customary position at the head of the vet's category, though just two places ahead of Craig Roberts, Mark Roberts a similar distance behind

his brother.

Steve Jackson was first in the over 50's just over a minute in front of his Horwich clubmate Brian Walton, Geoff Howard winning the over 60's prize, with John Nuttall and Peter Walkington second and third.

Bingley won both of the team races with Rob Jebb, Ian Holmes and Andy Peace taking the men's Polaris fleece hats and Sharon Taylor, Sue Becconsall and Kirstin Bailey winning the women's fleece tops.

Please come and support the Buckden Pike race again next year when it may not be a champs race, and bring the family for a great day out.

Allan Greenwood and Linda Crabtree

LADIES

1. V. Wilkinson	Unatt	39.28
2. L. Sharp	Kesw	40.01
3. S. Newman O/40	Cald	41.08
4. S. Taylor	Bing	42.02
5. M. Laney O/50	Clay	43.02
6. L. Clough	WiganP	43.25
7. S. Becconsall O/40	Bing	43.29
8. H. Sedgwick	Ilk	43.58
9. K. Bailey	Bing	44.25
10. A. Eagle O/40	Ilk	44.28

VETERANS O/50

1. (5) M. Laney	Clay	43.02
2. (16) W. Dodds	Clay	46.07
3. (26) H. Bloor	DkPk	48.43

HUNSHELF AMBLE FELL RACE South Yorkshire BM/7.5m/1300ft 19.06.04

Andy Carruthers returned to notch up his third win in four tries. Andy is a Vet 40 but he was one of the youngsters, as only 16 out of 84 finishers were not vet runners (9 of these Vets were over 60!). This should worry the FRA). Jane Sutton of Valley Striders however, was not a vet, and was the first lady home. Local club Penistone Footpath Runners turned out in strength, as did their rivals Barnsley Harriers. The length and breadth of the UK was represented. The one person from Edinburgh was expected, (she has friends in the parish) but the one from Portsmouth was a bit of a surprise. Same date next year, third Saturday in June at 11:00

A serious side to the fun run held at the same time. One young man "managed" to get mixed up with the fell runners and ran a very creditable race only to be disqualified. Whether it was our inefficiency in marshalling, or his determination to run the full distance is irrelevant. Where does it leave us in terms of insurance? Bring your answers with you when you come next year.

David Horsfall

1. A. Carruthers O/40	Crawley	56.34
2. S. Storey O/45	Pen	57.56
3. R. Marlton	Stock	58.19
4. M. Levery O/45	Sheff	59.12
5. B. Toogood O/60	DkPk	60.24
6. I. O'Brien	Sheff	60.53
7. S. Walker	Barn	61.27
8. D. Ansell O/40	Cumber	61.49
9. A. Moore O/40	DkPk	62.12
10. S. Swallow	Barn	62.21

VETERANS O/50

1. (14) K. Bowskill	Pen	63.29
2. (18) R. Bory	ValleyH	64.11
3. (21) S. Frith	Barn	64.32

1VETERANS O/60

1. (5) B. Toogood	DkPk	60.24
2. (36) M. Coles	Sky	68.48
3. (44) R. Brown	Pen	71.58

LADIES

1. (31) J. Sutton	ValleyS	66.50
2. (37) N. Spinks	Pen	69.06
3. (50) L. Parry O/40	Clee	73.36
4. (61) J. Cockerton O/40	Pen	78.52
5. (62) K. Reece O/50	Unatt	79.32

84 finishers

NANT-Y-MOCH SKYLINE Mid Wales A6/12.5m/3900ft 19.06.04

Sitting in a gale-buffed and rain-lashed car by Nant-y-moch dam, an hour before the start, and with a forecast of 3-4 more hours of foul weather, we



A demonstration of different descending styles at Buckden (Photo Paul Wood)

decided to shorten the race, so avoiding the potentially hazardous fording of Afon Llechwedd-mawr, and sparing our brave and long-suffering marshals. The substitute route took a road and track to what is usually checkpoint 6 at Hengwm, then followed the usual course over Plynlimon and Y Garn. Needless to say, a few minutes after the start, the rain stopped and the wind moderated, exactly as predicted by Murphy's Law, and doubtless to the relief of the weather-depleted field.

Early front-runner Russell Owen worked up such a head of steam on the initial road section that he overshoot the first checkpoint by nearly a mile, leaving Rhys Manning to lead the way up Plynlimon; by the summit, Rhys had opened up a 5-minute lead, which he extended further on the easy homeward stretch. Dave Powell of Machynlleth took both the Vet 40 and local prizes, in 4th place overall, whilst Jackie Lee finished in an excellent 6th place to take the women's prize, followed by 1st supervet, Mike Blake. Maggie Oliver completed her hat-trick of Nant-y-moch wins in the women's supervet category.

An especially big thank you this year to the 19 runners who defied the weather forecast, and to all the helpers and marshals.

Richard Wilson and Dave Ormerod

1. R. Manning	MDC	67.23
2. C. Jones	Eryri	73.49
3. D. Thomas	Eryri	74.4
4. D. Powell O/40	FRA	75.19
5. G. Oldrid O/40	Aber	75.49
6. J. Lee	Eryri	76.2
7. M. Blake O/50	Eryri	77.43
8. J. Ashley	NWRR	78.57
9. M. Kay O/50	Pow	79.13
10. P. Wright O/40		79.35

LADIES

1. (6) J. Lee	Eryri	76.2
2. (15) C. Manning	MDC	90.58
3. (17) M. Oliver O/50	Eryri	97.28
4. (19) J. Manning O/50	MDC	122.3

19 finishers

LANGCLIFFE CARNIVAL FELL RACE North Yorkshire AS/4m/1000ft 19.06.04

Another good turnout for the Langcliffe Fell Race despite the weather. All the juniors successfully completed their tough route with all runners receiving a goodie bag for their efforts.

Seniors ran the new course for the third time but this time the heavens opened and finished off the rest of the? The runners however battled on in the cold slippery conditions hence the slower times. As time keepsers grew hypothermic every runners came safely back, then Kath Whitfield continued home into Settle.

A lovely gang of runners enjoyed their challenging 4.5 mile run and hopefully they will be back with a friend next year.

Sue Rodgers

1. C. Miller	Harr	36.04
2. P. Brittleton	Helm	36.11
3. G. Taylor O/40	DarwD	39.23
4. M. Mcmgoldrick	Settle	39.25
5. A. Holden O/40	Wharfe	39.47
6. C. Hirst O/40	Settle	39.49
7. B. Whitfield O/50	Bing	40.06
8. B. Lonsdale	Settle	42.47
9. B. Miller O/45	Harr	43.14
10. D. Stephenson O/40	Bing	43.25

LADIES

1. (19) J. Butterworth O/40	Skip	52.55
2. (20) L. Whittaker O/40	Wharf	53.47
3. (21) S. Morphet	CFR	55.42
4. (22) D. Mahoney		55.48
5. (23) K. Whitfield	Bing	64.00

23 finishers

MANOD MAWR Gwynedd AM/7m/2000ft 20.06.04

A record 28 runners started this year's race A shorter route than last year meant this year's was straight up and down, but same as last year, runners still went wrong. First to take a wrong turn was leader Colin Donnelly on his way up the wrong peak, followed

closely by Christ Near. This left the way for Natalie White to take the lead, and left the race open. On the summit again no surprises, mist on Manod Mawr.

On the descent Stephen Jones took the lead from Natalie. By this time Colin Donnelly had found his way again and was gaining rapidly on the leaders. As they approached Rhiw back Quarry the lead changed hands again, this time Colin was determined not to make the same mistake twice and came home seconds ahead of Stephen, who for the 2nd year running had finished in the top 3. Paul Stinton closely followed in 3rd. Natalie comfortably won the ladies' race, meaning we still haven't had a Welsh ladies winner! (Maybe next year).

A BBQ followed the race and everyone seemed to enjoy the food.

A big thanks must go to Ultimate Outdoors of Betwsy-coed for sponsoring this year's race and donating generous prizes. Also thanks to everyone who ran and helped, and hope you all enjoyed the day.

R. Arwyn Jones

1. C. Donnelly O/40	Camber	48.56
2. S. Jones	Wrex	49.12
3. P. Stinton	Buck	50.00
4. C. Ashley O/40	Wrex	50.18
5. N. White	Holmf	50.24
6. C. Near	Eryri	50.32
7. P. Browning O/40	Clay	51.11
8. R. Arwyn-Jones	BetwsB	51.33
9. C. Addy	RMC	53.41
10. J. Byrne	BetwsB	53.55

VETERANS O/50

1. (11) M. Blake	Eryri	54.44
2. (12) M. Cortvriend	Maccle	55.32
3. (14) R. Jones	Eryri	57.52

VETERANS O/60

1. (23) M. Edwards	Wrex	106.26
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LADIES

1. (5) N. White	Holmf	50.24
2. (16) V. Mushgrove		
O/40	Eryri	58.38
3. (22) J. Jeffreys O/40	Oswest	101.47
4. (25) J. Chattersley	RMC	108.30

28 finishers

LANGSTRATH RACE Cumbria AS/4.5/1400ft 23.06.04

There was an exciting finish with four runners battling it out for first position, Nick Sharp just easing past George Ehrhardt on the finish line.

Times were generally slower than usual due to the slippery conditions underfoot but nobody seemed to mind too much. Numbers were down slightly, due to the promise of horrendous weather which, thankfully, didn't materialise - and the football!

Thanks to Steve Harwood, Chris Knox, Steve Kemp, Teresas Segasby, Pete and Pat Richards, Alan and Trish Radcliffe, Anne Bland and Oban Lewsley for all their help. Also, thanks to the Langstrath Hotel for the use of their premises, their hospitality and some of the prizes kindly donated by their suppliers. See you all next year.

Lyn Thompson

1. N. Sharp	Amble	38.52
2. G. Emrhardt	Tod	38.52
3. S. Stainer	Amble	38.56
4. G. Bland	Borrow	38.57
5. B. Bardsley	Borrow	39.24
6. P. Brittleton	How	41.09
7. I. Mulvey	Amble	41.21
8. M. Denham-Smith	Kesw	41.50
9. N. Lockwood	Kesw	42.07
10. C. Hope	Borrow	42.36

VETERANS O/40

1. (16) P. Cornforth	Unatt	46.10
2. (17) C. Speight	Amble	46.53
3. (18) R. Unwin	Kesw	47.31

VETERANS O/50

1. (13) D. Loan	Kesw	44.57
2. (14) R. James	CFR	45.27
3. (15) B. Bland	Borrow	45.42

LADIES

1. (26) K. Beaty O.40	CFR	50.25
2. (44) C. Dyson O/40	Unatt	57.12

3. (45) S. Lewsley	Kesw	57.29
4. (51) C. Colam O/50	Kesw	59.26
5. (52) P. Bibby	Kesw	61.08

59 finishers

KINDER TROG Derbyshire BL/18m/3490ft 20.06.04

Thanks to all those involved. The numbers were down a bit this year but still well supported. The new route was welcomed by the runners. Some good competitive racing throughout the field. Phil and several other runners seemed unaffected by the championship race the previous day.

Well done to everybody.

Fran Wyatt

HARROCK HILL RACE 2 Lancashire BS/5m/900ft 23.06.04

Wet weather may have put a few off this time - we were expecting more due to the England match the following evening.

The leading four broke away quite early but Paul Muller won (again) fairly convincingly. There was a notable dead-heat between the Bolland brothers for third after the most competitive spring finish ever seen. I did my best to control the herd of bullocks but they escaped for a few minutes mid-race - I hope runners who were charged were not too much put off.

Andy Quickfall

1. P. Muller O/45	Horw	32.58
2. D. Kay	Unatt	33.16
3. B. Bolland	Horw	33.32
4. S. Bolland	Bowl	33.32
5. P. Darbyshire	WiganP	34.41
6. N. Wrigley O/40	Horw	35.05
7. M. Manir	WiganP	35.26
8. K. Gaskell O/40	Horw	35.33
9. N. Adshead O/40	S'portW	35.37
10. R. Litherland	Maccle	35.55

VETERANS O/50

1. (12) T. Hesketh	Horw	36.00
2. (41) G. Large	NVets	41.42
3. (42) A. Turnbull	WiganP	41.53

VETERANS O/60

1. (38) D. Ashton	Darwen	41.19
2. (62) J. Gresty	Skelm	45.49
3. (65) J. McDonald	Chorl	47.14

LADIES

1. (26) K. Ingram	Horw	39.25
2. (36) S. Jones O/40	Horw	40.46
3. (50) C. Quirk O/45	Skelm	42.43
4. (51) J. Wilson	S'portW	42.48
5. (59) K. Nash	Bowl	44.4

83 finishers

AGGIE'S STAIRCASE Lancashire BS/4.25m/900ft 24.06.04

Well, the clash with the Euro 2004 quarter final meant that the field for 2004 was the smallest I have ever known for this race, with only 46 runners. I'm sure that those of you who stayed at home to watch the match had a thoroughly miserable time of it. Next time there's a clash between a Fell Race and an England game (or a Rovers Game for that matter) you'll remember that you would be better off at the race. Actually most of us got to the White Lion in time for the last quarter of an hour of the first half so we were all able to be miserable with the rest of the country in the end.

Weather conditions were truly awful just before the start, with the course flagger barely able to stay on his feet in the wind and rain, so that might have had something to do with the low turnout too. Luckily it eased off a bit for the runners and on the bright side, it did keep the midges away for the timekeepers.

Two local runners, both of whom have been trying to win this race for years, battled it out for first place until the last descent, where Richard Thomas put in a big effort to pull away from Paul Thompson. Richard knew that he could make an impression on the

descent because he knew that Paul was running with a broken collar bone and that if Paul fell over it would really, really hurt. That thought must have slowed Paul down at least a little bit.

Last year's winner, Brian Cole, finished fourth because, he said, he was still recovering from some stupidly long endurance event. 100km if I heard right.

2004 sponsors were Sound Reduction Systems and I'm sure that will be the same in 2005 because we've still got 104 of the T-shirts (I'm not daft enough to put a date on them)

Julian Donnelly

1. R. Thomas	Eryri	28.46
2. P. Thompson	Clay	29.41
3. P. Guinan	B'burn	30.27
4. B. Cole	Navy	30.46
5. D. Partington O/40	Prest	32.04
6. R. Green O/40	Horw	32.14
7. M. Corbishley	Ross	32.20
8. P. Burnett	Wharf	32.29
9. S. Clawson	Ross	32.53
10. G. Taylor O/40	Darw	33.38

VETERANS O/50

1. (24) S. Furness	B'burn	38.32
2. (28) D. Wood	NFylde	40.20
3. (32) G. Navan	Ross	40.42

LADIES

1. (16) V. Peacock O/50	Clay	35.39
2. (20) S. Budget O/40	Horw	37.10
3. (35) G. Dobie O/40	RRose	42.57
4. (40) K. Thompson	Clay	?

46 finishers

WICKEN HILL WHIZZ West Yorkshire AS/3m/1000ft 25.06.04

We had a fine evening for this year's Wicken Hill Whizz, the first race in the Midsummer Madness weekend trio of races.

It is one of the positive aspects of our sport that a national champion like Ian Holmes will turn up to run at a small, low-key event like this. He gave the local greyhounds someone to chase.

There was inadvertently a light deviation at the top of the hill, which caused times to be slightly slower than previous years. Ian Holmes finished in exactly 22 minutes, outside the record that he set last year, with Karl Gray and Chris Smales battling neck-and-neck for second place. Karl narrowly won the sprint finish, but Chris had the consolation of being first vet.

Andy Clarke finished in fourth place as second vet, to help Calder Valley win the team prize with Richard Greenwood anchoring the team in 8th place.

In the ladies race, Carole Waterhouse was first home, just 7 seconds ahead of Sandra Grimes, one of the largest contingents of Leicester Owl that grace this series of races each year. A few more seconds behind

was Donna Allen, the first of a strong Radcliffe ladies team who won the team prize with Gerry Dewhurst and Carly Hancock in 6th and 8th places respectively.

Bill Johnson

1. I. Homes	Bing	22.00
2. K. Gray	CaldV	22.56
3. C. Smales O/40	Tod	22.56
4. A. Clarke O/40	CaldV	23.25
5. I. Greenwood O/40	Clay	24.09
6. A. Whitham	Tod	24.26
7. C. Moses	Bing	24.43
8. R. Greenwood	CaldV	24.46
9. P. Burnett	Wharf	25.05
10. D. Appleby	Rad	25.10

VETERANS O/50

1. (17) D. Beels	CaldV	26.56
2. (20) S. Moss	Spenn	28.29
3. (23) L. Chesterton	Leices	29.19

VETERANS O/60

1. (62) A. Summer	Rad	34.33
2. (68) R. Jacques	Clay	35.12
3. (79) T. West	Rad	38.42

LADIES

1. (29) C. Waterhouse	H'fax	30.31
2. (31) S. Grimes O/40	Leices	30.38
3. (35) D. Allen	Rad	30.50
4. (38) C. Kenny O/40	Unatt	31.15
5. (40) T. Hyde O/40	CaldV	31.39

91 finishers

TOM TITTIMAN West Yorkshire CS/4m/600ft 26.06.04

In contrast to the fine weather the previous evening, we had rain for this, the second race in the Midsummer Madness series. The race had also been selected as the Yorkshire Vets championship race, as it had been the year before as well.

The rain did not seem to dampen enthusiasm at the small Wadsworth village gala, but it did send all the stalls and most of the people inside the community hall.

There was a children's race organised by the local school a little earlier than the Tom Tittiman fell race, and we took over at least half of their registration tent for our own race registration.

Andy Shaw and Karl Gray, both proving that you can combine long distance training for Bob Graham rounds and still maintain speed for short races, finished first and second. Chris Smales had been ahead of Gray on the climb to High Brown Knoll, but as per the previous evening finished in third place.

Carole Waterhouse this time had to settle for second place in the ladies, as Sally Newman was the convincing winner. Julia Johnson finished strongly, overtaking her clubmate Diane Waite and several men on the descent to finish as third lady.

The male and female team competitions were closely contested between Holmfirth and Calder Valley. The

Holmfirth men (Andy Shaw, Richard Griffiths and Matthew Davies) beat Calder Valley into second place, but the places were reversed in the ladies as Sally, Newman, Thirza Hyde and Cerys Davies narrowly led the local ladies to victory.

Bill Johnson

1. A. Shaw O/40	Holm	26.44
2. K. Gray	CaldV	27.48
3. C. Smales O/40	Tod	28.11
4. A. Clarke O/40	CaldV	28.41
5. T. Taylor O/40	Ross	29.05
5. R. Griffiths O/40	Holm	29.27
7. M. Davies	Holm	29.32
8. P. Crabtree	K&C	29.38
9. C. Moses	Bing	30.08
10. B. Atkinson O/40	Knave	30.13

VETERANS O/50

1. (15) P. Clarke	Bing	30.58
2. (16) B. Ewart	Dewsb	31.00
3. (18) D. Beels	Cald	31.29

VETERANS O/60

1. (21) P. Covey	P&B	32.24
2. (45) M. Coles	Sky	36.33
3. (56) P. Watson	P&B	37.29

LADIES

1. (20) S. Newman O/40	CaldV	31.54
2. (32) C. Waterhouse	H'fax	33.57
3. (34) J. Johnson O/40	Holmf	34.34
4. (38) S. Griems O/40	Leices	35.22
5. (40) D. Waite O/40	Holmf	35.48

77 finishers

RESERVOIR BOGS West Yorkshire BM/8m/1000ft 27.06.04

The route of the final race in the Midsummer Madness series changes slightly each year, and it is unmarked between the checkpoints so either basic navigational skills, or the art of nonchalantly following the runner in front who looks confident as he heads in the wrong direction, are required. This caught out two groups of four runners this year, who all missed out the last checkpoint.

Adam Breaks and Karl Gray each took very different routes to the second checkpoint, but arrived simultaneously. They then battled together until the end, with Breaks finishing very quickly down the final lane to take first place. For the third time this weekend, Chris Smales finished in third place, just behind Gray.

Breaks and Gray, along with Graham Hill in 8th place, comfortably led Calder Valley to the men's team prize.

Amongst the ladies, Carole Waterhouse led from the first checkpoint, but Sandra Grimes was steadily moving up the field, to finally finish just behind Waterhouse.

Thirza Hyde also overtook men all the way round, to finish as third lady. However she could not prevent the Leicester Owls from dominating the ladies team competition, with Alex Carvin and Julie Parsons coming in as 4th and 5th ladies to join Grimes as the first team.

1. A. Breaks	CaldV	57.33
2. K. Gray	CaldV	57.53
3. C. Smales O/40	Tod	58.29
4. B. Hanley	Valley	61.28
5. A. Whitham	Tod	63.22
6. D. Ballantine	Unatt	65.27
7. J. Butler O/40	K&C	66.09
8. G. Hill	CaldV	66.15
9. T. Clegg O/40	K&C	66.35
10. R. Fairhurst O/40	K&C	67.36

VETERANS O/50

1. (11) K. Midgley	H'fax	67.51
2. (13) D. Beels	CaldV	72.58
3. (17) S. Moss	Spenn	74.43

LADIES

1. (23) C. Waterhouse	H'fax	77.40
2. (24) S. Grimes O/40	Leices	78.00
3. (28) T. Hyde O/40	CaldV	79.02
4. (34) A. Carvin	Leices	82.39
5. (35) J. Parsons O/40	Leices	82.40

61 finishers



Perfect summer evening running at Wicken Hill (Photo Pete Hartley)

MIDSUMMER MADNESS RACE SERIES West Yorkshire

With three second places over the weekend, Karl Gray was finally granted a prize for first place in the 3-day series. Similarly, Chris Smales had three third places to take second place overall, and the prize for first vet. Unattached runner Dick Ballantine ran well in all three races, improving his result each time to clinch third place, and Dave Beels finished in 4th place as the first V50.

Carole Waterhouse had been on strong form all weekend, to stay ahead of Sandra Grimes and Thirza Hyde in each race. They were the first three ladies in the series, with Grimes first lady vet.

Every competitor who completed all three races in the series received a commemorative T-shirt kindly supplied by our ever-generous sponsors, Longcroft Engineering.

Many thanks to all from Calder Valley fellrunners who helped out over the weekend and put in a lot of hard work to make this series a success each year.

Finally, I must mention the ceilidh that was held on Saturday night as part of the race weekend. It was tremendous fun as the runners barn-danced with varying degrees of success all evening, naturally including the energetic, party-loving Leicester Owls. The band told us that they had never played to a group of fellrunners before and they rated it as the best gig they had ever done!!

This was the first time that we had put on a social event as part of the race weekend. It was an excellent evening that we will certainly put on again next year.

Bill Johnson

1. K. Gray	Cald	6 pts
2. C. Smales O/40	Tod	9 pts
3. D. Ballantine	Unatt	32pts
4. D. Beels O/50	CaldV	48 pts
5. M. Jordan	Leices	52 pts
6. S. Moss O/50	Spn	61 pts
7. L. Chesterton O/50	Leices	71 pts
8. C. Waterhouse	H'fax	85 pts
8. J. Dore O/50	Unatt	85 pts
10. S. Grimes O/40	Leices	94 pts

LADIES

1. (8) C. Waterhouse	H'fax	85 pts
2. (10) S. Grimes O/40	Leices	94 pts
3. (12) T. Hyde O/40	CaldV	115pts
4. (16) J. Parson O/40	Leices	136 pts
5. (17) A. Carvin	Leices	141 pts

33 finishers

LAKESIDE-GUMMERS HOWE Cumbria

AS/3m/900ft 26.06.04

This was the tenth anniversary of the re-staging of this historic Lakeland fell race since the event ceased in approximately 1935. The individual race started proceedings at 5.45pm with 12 athletes starting from the original field at Buck Yeats just north of the Lakeside Hotel, on the west shore of Lake Windermere. A virtual sprint start is required in order to gain a well positioned rowing boat, ready for the 200m row across. As usual some competitors were lacking in oaranship and it took longer than expected to cross - loosing an oar halfway across being a major handicap! The summit of Gummerts How on the east side of the lake was just visible under the low cloud which thankfully had finished depositing heavy rain but had left conditions on the rocky summit rather treacherous. Alistair Dunn and Simon Stainer rowed back across the lake level pegging until the last 10 metres saw Alastair reach the shore and start the 20 metre run to the finish, to win by a mere 7 seconds and claim the £100 first prize donated by the Lakeside Hotel in a time of 26m 06s.

The team race followed at 6.45 with 10 teams of three congesting the £75 first prize. It was a strong field with the winning team from the last two years, Horwich RMI, looking to make it three in a row. The start is in the same field but teams have already drawn their boat number unlike the individual competitors.

This massed start always proves popular with the large crowd of spectators who never fail to produce an excellent atmosphere at this event

Limited Edition (Chris Doyle, Lee Siemaszko, Mark Roberts) were first back to their boat on the east shore and rowed magnificently to finish first in a

record time of 25m 51s smashing the previous best of 28m 03s held since 2000 by Helm Hill Runners.

Much needed liquid refreshment in the form of bottles of beer for all competitors was provided by the North West Evening Mail. The presentation of prizes was held on the lawn of the Lakeside Hotel.

Dave Birch

1. A. Dunn	26.06
2. S. Stainer	26.13
3. N. Sharpe	27.42
4. J. Deegan	29.54
5. C. Speight	30.33

TEAMS

1. Limited Edition	25.51
2. Horwich	27.31
3. Amble A	29.19

10 teams

EILDON TWO HILLS RACE Borders

AS/4.5m/1500ft 26.06.04

It was a very wet day and the conditions underfoot were very slippery. According to the runners it turned out to be a good race with the lead changing to the top of the middle hill and then places did not change with gaps opening up right to the finish. The Lothian Club won both the men's and women's races and the local club Gala won both team races

Geo M



On the way down at Eildon (Photo Ian Nimmo)

1. T. Lenton	Loth	29.30
2. E. Jardine	Gala	30.01
3. D. Rodwell	Wester	30.56
4. M. Aspinall O/40	Clay	31.53
5. J. Taylor	Teviot	32.59
6. D. Godfree	Loth	33.15
7. F. Johnston	Gal	33.28
8. S. McKendrick	Irvine	33.56
9. G. Godfree	Loth	36.11
10. J. Rathjen	HBT	36.15

VETERANS O/50

1. (22) J. Marsh	Teviot	38.34
2. (73) A. Nimmo	Carn	43.22

VETERANS O/60

1. (76) J. Pittillo	Teviot	46.12
2. (74) P. Duffy	NVets	46.57

LADIES

1. (9) G. Godfree	Loth	36.11
2. (15) V. Houston	Gala	36.51
3. (16) H. Murray O/40	Loth	37.13
4. (86) L. Haining	Gala	38.40
5. (29) A. Power	Unatt	39.54

51 finishers

FALKLAND FESTIVAL HILL RACE

Fife

AS/3m/1200ft 26.06.04

Torrential rain during the day unfortunately dampened local enthusiasm for the race. Local mums were heard to say "You'll not make them run in that". By the starting time however the rain went off and a hardy bunch of enthusiasts lined up by the fountains.

It's a sprint up to the foot of the hill then up through the woods onto the open hill. Andrew Liston opened up a huge lead from former winner and local man Lars Ottemoller, and reached the top well over a minute ahead. The experienced Adrian Davis got a shock when 14 year old Andrew Evans sprinted past just before the mist shrouded top. Adrian's experience on the descent took him back into 3rd place. Eilidh Wardlaw turned in a very creditable time to finish in 10th position.

Alan Graham

1. A. Liston	Fife	20.10
2. L. Ottemoller	Carn	21.54
3. A. Davis O/40	Carn	22.18
4. A. Evans	Fife	22.50
5. S. Bennet O/40	Carneg	22.54
6. A. McGuire O/50	Fife	24.18
7. L. Anderson O/40	Fife	24.40
8. S. Duffy	Unatt	25.00
9. S. Knowles O/40	Fife	25.24
10. E. Wardlaw	Ed'burgh	25.31

VETERANS O/50

1. (6) A. McGuire	Fife	24.18
2. (17) B. Beveridge	Lomond	28.55
3. (19) R. Gatehouse	Lomond	29.10

LADIES

1. (10) E. Wardlaw	Ed'burgh	25.31
2. (12) C. Ward	HBT	25.43
3. (14) S. Legge	Carneg	26.34
4. (21) D. MacDonald O/40	HBT	30.10
5. (27) S. Rathjen	HBT	33.17

32 finishers

WINDY GYLE FELL RACE Northumberland

BM/9m/1500ft 27.06.04

A record turnout of sixty two runners took part in this years Windy Gyle Fell Race. The race was a counter for both Northumberland Fell Runners club championships and also the first in the North East Counties AA Fell Running Championships.

Competition over the nine mile 1500' course was intense and resulted in a record breaking run by North York Moors AC athlete Joe Blackett. He finished 1st overall and was also 1st MV40. He broke the previous course record of 1:02:40 set by local shepherd Daniel Wood in 2000 by almost two minutes, finishing in a time of 1:00:45. Jeff Ross (MV40) was disappointed to finish second in what in a normal year would have been a record time of 1:01:11. Andy Kitchin (1st SM) finishing in third place was still inside the old record in a time of 01:01:56. The challenge for the future will be to beat the hour.

What accounts for this sudden burst of speed is not known. It may have been because of the North East Counties AA championships or it may be that the weather had something to do with it. For a start it was a clear day for the first time in the four years the event has been run.

Karen Robertson finished tenth overall to become first senior lady. She beat her previous record also set in 2000 by just one second. Veronique Oldham, new to running in general and whose first fell race was this year at Brough Law, was a close second.

On the human interest side of things, Joe Blackett tells me he warmed up for the race when he walked and jogged to the start from his overnight stay at Byrness.

Keith Cooper

1. J. Blackett O/40	NYMAC	1.00.45
2. J. Ross O/40	NFR	1.01.11
3. A. Kitchin	Loth	1.01.56
4. S. Coxon O/40	Tyne	1.02.56
5. P. Addyman	NFR	1.03.15
6. C. Mustill	NewtAy	1.04.03
7. P. Kelly O/40	Darling	1.04.31
8. D. Atkinson O/40	NFR	1.05.10
9. R. Maynard O/40	DFR	1.05.33
10. P. Milburn O/40	NewtAy	1.07.17

VETERANS O/50

1. (20) J. Metson	NFR	1.11.46
2. (24) J. Knox	Teviot	1.12.54
3. (25) J. Dallinson	NFR	1.13.08

VETERANS O/60

1. (44) K. Rawlinson	NFR	1.22.32
2. (60) J. Garbarino	NFR	1.32.58
3. (61) A. Nicoll	Unatt	1.37.36

LADIES

1. (16) K. Robertson	NFR	1.10.44
2. (18) V. Oldham	Norham	1.11.09
3. (31) K. Davis	NSP	1.15.45
4. (33) L. Wilkinson	NFR	1.17.47
5. (39) A. Tucker	DFR	1.20.03

62 finishers

ARNISON CRAG FELL RACE**Cumbria****AS/2m/1000ft 27.06.04**

A very select turnout for this year's Arnison Crag Fell Race! However, everyone seemed to enjoy the race and the Country Fair. Hope to see more runners next year.

The results are as follows. There shouldn't be much room for errors! Well done to David for leading the way home, to Joe for finishing in second place and first over 60, to Paul for finishing as first over 40 and improving on his 2003 time, to Nicky for doing the race for the first time (it was good to see that 20% of the runners were women!) and to Brian for being second over 40.

Christine Kenyon

1. D. Atkinson	CFR	18.04
2. J. Richardson O/60	CFR	20.23
3. P. Craven O/40	Unatt	21.05
4. N. Goffe FO/40	BCF	21.24
5. B. Richardson O/40	Blackhill	23.24

5 finishers

BARNSLEY BOUNDARY RELAY RACE**South Yorkshire****12m 27.06.04**

1. Barnsley AC	9.16.45
2. Dk Pk O/40	9.29.12
3. Denby Dale A	9.44.08
4. Barnsley H O/40	9.51.44
5. Barnsley H	10.14.00
6. Barnsley AC O/40	10.16.41
7. One to One	10.46.09
8. P'stone mixed	10.54.49
9. Denby Dale Ladies	11.44.47
10. Barnsley AC Ladies	11.59.47

THE OKE CROAK RUN**Devon****BM/10m/1700ft 27.06.04**

Despite bad weather during the week, the sun shone on the 2004 Oke Croak Run.

60 runners turned out for the moorland run which started in Simmons Park, Okehampton. The tough cross country course took runners up the East Ockment Valley to Oke Tor, ten up to Yes Tor before heading back down to the town.

The winner was 37 year old Anthony King from Exeter with Larry Clarke of Saltash first veteran. Ruth Tyler, 19 year oold from Okehampton had a great run finishing in first place. The first veteran lady was Lois Vickers.

The race was organised by Paul Bartlett with the help of the North Moor section of the Dartmoor Rescue Group, who provided race marshals, checkpoints and first aid cover. All money raised from the event has gone to the Dartmoor Rescue Group to help purchase new equipment for use in missing person searches. Okehampton Football Club assisted greatly by providing use of their clubhouse for the race.

The organisers would like to thank Colin Beer and Heather for their hard work and support. Prizes were generously donated by Brian Cole of Tower Trophies.

Paul Bartlett

1. A. King	1.20.42
2. A. Stobbs	1.22.02
3. A. Vallance	1.23.05
4. I. Andrews	1.23.49
5. M. Hicks	1.27.10

6. B. Friend	1.27.12
7. L. Clarke O/40	1.29.07
8. J. Jennings	1.29.15
9. J. Croome	1.31.07
10. A. Jewell	1.31.28

LADIES

1. (25) R. Tyler	1.48.12
2. (30) R. Short	1.56.37
3. (34) L. Croome	1.58.05
4. (35) J. Hunt	1.58.33
5. (37) M. Patterson	1.59.39

59 finishers

SETTLE HILLS RACE
North Yorkshire
AM/7m/1750ft 27.06.04

Greg Hull repeated his feat of last year to triumph in the Settle Hills Fell Race. In near perfect conditions Hull, an England track, cross country and fell international, resisted the challenge of the improving Ian Magee to win by half a minute and with Stuart Gregory in third. Despite the rainfall of the previous day conditions on the course were ideal and Hull, racing in road shoes, took it on from the first climb and held on to his lead throughout. Ricky Lightfoot was fourth (and first U20) closely followed by Martin Lee, the first veteran. First woman was Karen Slater, the home club's first senior winner, whose battle with second placed Maureen Laney meant that the two were never separated by more than twenty seconds over the seven mile course. Laney had led until late in the race when Slater descended the better from High Hill and overtook her on the final mile on Lambert Lane. Lucy Griffiths was the winner of the women's U20 race. The veterans were particularly impressive with Ben Grant the first V50 home in 10th overall and Geoff Howard following his V60 category win in the Three Peaks, the first V60, in 18th place in a more than respectable 58.10

The junior races were English Championship races, and no less keenly contested, with several races being decided in the last few strides after twenty or thirty minutes of racing. Two runners stood out, though, by winning their age group titles outright on the day. James Mountain (U14) and Adam Peers (U16) have led from start to finish in all four of the preceding races and cannot be caught in their Championship series.

John Murfin

1. G. Hull	Leeds	52.46
2. I Magee	Skip	53.25
3. S. Gregory	Holme	53.38
4. R. Lightfoot	CFR	53.55
5. M. Coe O/40	Unatt	54.02
6. T. Higginbottom	Eryri	54.16
7. A. Haynes O/40	Eryri	54.47
8. M. Whitelaw	Annan	55.01
9. A. Horsfall	Unatt	55.42
10. B. Grant O/50	Harr	55.58



Fiona Lewis (Ilkley) climbing hard at Settle Juniors
(Photo Paul Wood)

VETERANS O/50

1. (10) B. Grant	Harr	55.58
2. (21) R. Whitfield	Bing	58.34
3. (28) I. Robinson	Clay	60.57

VETERANS O/60

1. (18) G. Howard	Ilk	58.10
2. (74) M. Coles	Skyrac	68.58
3. (97) C. Graham	Helm	73.53

VETERANS O/70

1. (121) H. Catlow	CFR	80.54
2. (123) D. Clutterbuck	Unatt	81.26
3. (124) B. Thackeray	DkPk	81.36

LADIES

1. (34) K. Slater O/40	Settle	61.47
2. (38) M. Laney O/50	Clay	62.08
3. (65) S. Schofield	Borrow	66.44
4. (70) R. Cash	Borrow	67.33
5. (75) C. Wright O/40	Harr	69.14

138 finishers

GREAT BAKEWELL PUDDING RACE**Derbyshire****CM/6m/700ft 27.06.04**

It was a record turnout for this the 7th running of the GBPR. The heavy rain, which had made the marking out of the course so miserable, disappeared overnight and we were once again blessed with a nice sunny day for the run. The main race was won by veteran Ray Lilley with 18 year old Gareth Turner ensuring that he had to work hard all the way for his victory. In the ladies race Jane Sutton achieved a first for the races records when she was 1st lady home, 1st vet lady and 1st local lady.

The blue juniors fun run course also attracted a big field with Amy Wadsworth (intermediate girl) and Kyle Fowler (junior boy) both breaking course records, despite the wet conditions underfoot.

David Gray

1. R. Lilley O/40	40.52
2. G. Turner	41.25
3. C. Jeffrey	41.51
4. D. Yates	42.24
5. M. Rose	43.08
6. C. Fray O/40	44.57
7. I. Warkhurst O/40	44.59
8. R. Higgins	45.26
9. J. Pendrill	45.3
10. M. Firth O/40	45.37

LADIES

1. (54) J. Sutton O/40	51.27
2. (65) J. Griffiths O/40	52.4
3. (95) J. Ewels	55.23
4. (96) E. Dent	55.34
5. (105) K. Alker O/40	56.51

201 finishers



Fierce competition at Settle
(Photo Mark Aspin)

JUNIORS

Inters - Boys		
1. (2) C. Scouler		20.08
2. (4) D. Billinge		21.25
3. (8) T. Grant		22.30

Inters - Girls		
1. (3) A. Wadsworth		20.41
2. (5) A. Whelan		21.49
3. (6) E. Kearsey		22.20

Junior Boys		
1. (1) K. Fowler		19.55
2. (7) M. Ward		22.24
3. (14) C. Riley		23.40

Junior Girls		
1. (12) H. Cameron		23.21
2. (15) F. Gilbert		23.40
3. (20) M. Brennan		24.20

99 finishers

BATCH DASH Shropshire

AS/3m/1000ft 30.06.04

What a super race and no football. A good evening, lots of people and the course, record broken, both men's and ladies.

Tim Werrett took control from the start on a difficult course, which was slightly longer. Tim came home knocking 3 seconds off the course record. Roger Lamb was second home and first vet. Mercia took the first four places. Anna Barlett broke Polly Gibb's record by a massive 1 min 43 secs and this was after being a fell runner for just over a year.

A good turnout, good weather, a good pub and a super race. What more could you ask for.

Phil Harris

1. T. Werrett	Mercia	27.34
2. R. Lamb	Mercia	27.59
3. P. Vale	Mercia	28.27
4. A. Yapp	Mercia	28.59
5. I. Hughes	SAC	30.51
6. H. Thomas	Telf	31.00
7. A. Davies	Mercia	31.08
8. C. Lancaster O/40	Ludlow	31.19
9. G. Jones O/40	SAC	31.21
10. E. Davies O/40	Mercia	31.25

VETERANS O/50		
1. (27) B. Dredge	Mercia	33.37
2. (24) M?	FRA	34.02
3. (33) P. Sanderson	TAC	34.5

VETERANS O/60		
1. (68) M. Edwards	Wrex	40.18
2. (72) B. Nicholas	Mercia	41.37

LADIES		
1. (32) A. Bartlett	SAC	34.08
2. (49) Y. Lewis	Telf	36.27
3. (54) J. Edwards	Sheff	37.12
4. (57) J. Jeffries	Osw	38.48
5. (69) J. Penney	Mercia	40.22

98 finishers

HOPE WAKES FELL RACE Derbyshire

BS/4m/650ft 30.06.04

Despite heavy rain in the morning the ground was hard and dry for the evening start when the overhead conditions were bright and sunny and the air was warm.

Malcolm Fowler won for the third year in succession, the last two as a vet, his times improving the older he gets - so far!

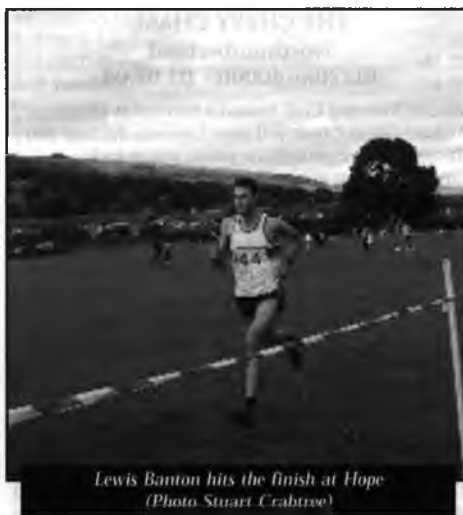
It was encouraging to see in a field of 172 (the biggest since 1993) six Hope Valley locals (from five neighbouring villages) finish in the first 30 with 2, Lilley and Stuart Bradstock in the first 10.

Seeing four vets in the first 10 and 12 in the first 24 is not so unusual nowadays. Of them 2nd vet Ray Lilley was placed 4th and 3rd vet Les Footit 7th.

Jane Sutton did enough to be first lady in 56th place, although her winning time was the slowest on record. A minute after her was 2nd lady and first lady vet Jane Griffiths with Ann Watmore taking the trophy for first lady super vet.

Bill Hanley got into the first 22 to take the super vet trophy with Bill Buckley earning that for the over 60s.

Derick Jewell



1. M. Fowler O/40	Penn	25.30
2. P. Winskill	DkPk	25.45
3. L. Banton	Clowne	26.24
4. R. Lilley O/40	Unatt	26.30
5. D. Taylor	DkPk	27.16
6. A. Patton	DkPk	27.37
7. L. Footit O/40	Buxt	27.42
8. I. Lewis	DkPk	28.08
9. S. Bradstock	Unatt	28.23
10. N. Bassett O/40	Staffs	29.38

VETERANS O/50		
1. (22) B. Hanley	DkPk	30.05
2. (39) M Moorhouse	Mat	31.42
3. (64) M. Docherty	Unatt	33.26

VETERANS O/60		
1. (77) B. Buckley	Glossop	34.04
2. (129) Edwards	Unatt	38.29
3. (148) T. Platts	Clown	40.58

LADIES

1. (56) J. Sutton	Valley	32.48
2. (76) J. Griffiths	DkPk	33.57
3. (78) P. Leach	DkPk	34.07
4. (81) J. Gascoigne	Unatt	34.38
5. (91) K. Cooper	Glossop	35.20

171 finishers

RAS MOEL HEBOG RACE Gwynedd

AS/5.5m/2560ft 01.07.04

One non-finisher. Record not broken. Extremely hot weather. Good turnout and all runners enjoyed the course despite the hot conditions. Hope to have a website in future.

M W Rowley

1. J. McQueen	Eryri	51.42
2. D. Taylor	DkPk	52.04
3. R. Owen O/40	Eryri	53.42
4. A. Preedy	Ross	58.27
5. P. Jones O/40	Eryri	60.02
6. C. Jones	Eryri	61.02
7. I. Edgar O/40	Unatt	61.43
8. J. Lee	Eryri	62.07
9. N. Coppach	NWales	63.26
10. C. Ashley O/40	Wrex	65.53

VETERANS O/50		
1. (16) Y. Tridians?	Bowl	67.03
2. (17) A. Duncan	Bowl	68.16
3. (19) M.Blake	Eryri	69.23

VETERANS O/60		
1. (14) D. Williams	Eryri	65.35

VETERANS O/70		
1. (35) J. Carson	Eryri	90.33

LADIES

1. (8) J. Lee	Eryri	62.07
2. (31) S. Hughes O/50	Eryri	80.48
3. (34) J. Bastin	Unatt	88.07
4. (40) L. Hughes	Unatt	124.06
5. (41) P. Roberts	Unatt	124.00

WHARFEDALE TTT

3 DAY Grand Prix 2/3/4 July 04

The weather forecast for the 'TTT' weekend was poor and sure enough, all three days were blighted by regular downpours. The Friday and Sunday races were

started in torrential rain and very cool conditions; Saturday, whilst threatening, was a little better but very windy on the tops.

Once again we had our strong contingent from Cambridge Harriers, who are based in Kent (I still can't get my head round that!), together with a similar sized group from Scarborough, as well as others from far flung places. Thanks to all of them for making the journey.

We were also hosts to a group of runners who chose Kettlewell as a base for a Stag weekend, which provided amusing entertainment for other runners and spectators alike. Apparently, Andy Beevers, who runs for Leeds City, is due to be married shortly and decided to have his pre-nuptial celebrations on our 'TTT' weekend. The talented group cleaned up in the Friday race, taking the first seven places (as you can see by the results) and after the event were seen disappearing over Park Rash at nearly 9 00 pm, not to be seen again until the morning of the Sunday event! I understand they each had only a bum bag for the weekend and on Saturday went paint-balling and to the chail in Kettlewell on Saturday night but still managed to turn up, for the Sunday event, albeit worse for wear, and performing a little below par! Race One on Friday evening tests the athletes over an uphill road course, and is the first race of our Grand Prix series over three consecutive days. I can understand the Leeds City lads doing well on a hilly course, but the three athletes from Thames Hare and Hounds must have been handicapped without the benefit of training on long hills. Tony Hesketh belied his years with a super performance finishing first veteran as an O/50, in a respectable time as well.

After a wet night, the Saturday weather did at least get a little better as the day went on, but was always unpredictable. The twelve mile fell race, and I've said this before, must one of the best in the calendar with a variety of terrain and route choices involving elementary navigation; to me, the event epitomises what fell running is all about.

Every year, Saturday brings tales of woe after the race as runners compare notes. This year was no exception. Four experienced (and well placed) athletes missed a checkpoint altogether and others gained or lost places as the course searched out the athletes weaknesses. All credit then to Colin Moses, a senior, heading a gaggle of veterans to win in a relatively slow time due perhaps, mainly to the conditions. Tony Hesketh, consistent as ever, finished third; Mary Green as a veteran O/45 just got the better of Karen Chown.

The Sunday race, a short, flagged fell race, is the decider in the Grand Prix. The 'Stag do' runners appeared and whilst not dominating the race to the same extent as Friday, nevertheless mixed it with the leading group. However, Robin Lawrence, somewhat overshadowed on Friday and demoralised by missing a checkpoint on Saturday, redeemed himself by taking a comfortable first place.

It was Colin Moses, who took the real honours by winning the Grand Prix and Karen Chown, persevering over all three events, took the ladies' honours. Gary Taylor edged out Tony Hesketh for the minor placings, but these two took the veterans O/40 and O/50 categories respectively.

David Weatherhead

OVERALL

1. C. Moses	Bing	22 pts
2. G.Taylor O/40	Darw	23pts
3. T. Hesketh O/50	Horw	27pts
4. A.Wardman O/40	Cald	40pts
5. M. Lansell O/40	Scarb	46pts
6. C. Clayton	Scarb	51pts
7. P. Whelan	Bing	56pts
8. A. Walmsley O/40	Bowl	64pts
9. K. Chown	Skip	71pts
10. I. Goodyear O/50	Bing	78pts

LADIES

1. (9) K. Chown O/35	Skip	71 pts
2. (21) J. Towse	Scarb	111pts
3. (22) J. Clayton O/35	Scarb	117pts
3. (24) A. Preedy	Unatt	123pts
4. (25) R. Whelan O/35	Bing	132pts

Race 1

1. M. Hilton	Leeds	17.06
2. S. Deakin	Leeds	17.19
3. G. Hull	Leeds	17.27

Ladies		
1. (17) S. Tunstall	Border	22.14
2. (23) K. Chown O/35	Skip	23.32
3. (38) J. Towse	Scarb	27.24

44 finishers

Race 2		
1. C. Moses	Bing	1.40.08
2. G. Taylor O/40	Darwen	1.42.39
3. T. Hesketh O/50	Horw	1.42.54

Ladies		
1. (19) M. Green O/45	Bing	2.03.02
2. (22) K. Chown O/35	Skip	2.04.30
3. (29) J. Towse	Scarb	2.12.46

39 finishers

Race 3		
1. R. Lawrence	Bing	13.38
2. S. Deakin	Leeds	13.50
3. M. Hilton	Leeds	13.54

Ladies		
1. (26) K. Chown O/35	Skip	17.32
2. (42) M. Green O/45	Bing	19.45
3. (44) J. Towse	Scarb	20.10

51 finishers

TOCKHOLES GALA FELL RACE

Lancashire

BS/5.75/1000ft 03.07.04

The day started with strong winds and heavy showers and a good soaking when we went out to flag the course. I had to lash the Dasher's plastic gazebo to a fence to stop it blowing away before the race and the club members on duty at registration did a sterling job keeping the paperwork in order. There were 90 runners, which was great considering the blustery conditions, which seem to have characterised this race series in 2004. No surprise that because of the wind, winner Paul Guinan did not beat the race record set in 2003. No surprise either that the first lady was Vanessa Peacock. This is the course with a bit of everything and although it isn't a really high level fell race, it must have felt like it in places this year.

The 3B's beer on draught in the marquee was first class and the timekeepers were well tucked in by the time the first runners had appeared at the finish. The bottles of Tackler's Tipple handed out to each of the runners were also excellent, though not at its best swigged from the bottle within seconds of it being thrust into your grasp. Simon Smith, after an excellent 6th place finish as first Dasher. It's bottle-conditioned man - let it settle, keep it chilled and pour carefully into a glass. This was the first ever consignment of bottled beer out of the brewery, which is only a couple of miles from the gala field.

Julian Donnelly

1. P. Guinan	B'burn	39.17
2. D. Parkington O/40	Prest	39.25
3. S. Bolland	Bowl	39.33
4. G. Kay	Horw	40.31
5. T. Taylor O/40	Ross	40.43
5. S. Smith	Darw	40.56
7. K. Gaskell O/40	Horw	41.17
8. G. Booth	Chorl	41.37
9. N. Barnes O/40	Darw	41.41
10. P. Brannon O/40	Clay	42.13

VETERANS O/50

1. (14) D. Emmerson	Unatt	43.43
2. (29) I. Cookson	RedR	45.49
3. (41) P. Gillan	Chorl	48.42

VETERANS O/60

1. (39) P. Jepson	Ross	48.32
2. (71) R. Jaques	Clay	53.53
3. (79) C. Arnold	Prest	56.16

VETERANS O/70

1. (81) D. Clutterbuck	Tod	58.34
2. (89) R. Packer	RedR	69.47

LADIES

1. (26) V. Peacock O/50	Clay	45.42
2. (55) J. Hodkinson O/40	Prest	51.17
3. (67) J. Wiseman	Chorl	53.06
4. (70) N. Raby	Chorl	53.43
5. (72) A. Crabtree	Chorl	54.27

90 finishers

THE CHEVY CHASE

Northumberland

BL/20m/4000ft 03.07.04

Wooler Running Club hosted a successful 48th Annual Chevy Chase Fell race. This was the first year the club had organised the event, which had previously been arranged by Lawrence Heslop. The event was open to walkers and runners, 195 competitors started the race.

The beautiful 20 mile course begins in Wooler and includes ascents of The Cheviot and Hedgehope hill, before returning to the town via Langlee Crags, Carey Burn and the ominously named Hell's Path. Competitors followed recognised paths and crossed open moor land, reporting to seven checkpoints around the course. The already challenging course was made difficult by mixed weather conditions, including torrential rain and sleet on the tops of the hills.

This year saw the introduction of an electronic system called Sportident. We were all slightly nervous as to how it would work but our fears were put to rest by Andrew who came to teach us how to use it. All competitors had to wear a bracelet, part of which had to be inserted into a box at each checkpoint. At the finish it was cut off, read by the computer and seconds later each competitor was issued with their own result including a list of their split times at each check point, this all happened before we had time to give them a drink far less ascertain what size of t shirt they might be.

The Chevy Chase continues to one of those races that people keep coming back to, could it be the thought of the "gently undulating" course with its stunning views or more likely it's that wonderful tea that Rachel supplies.

Thanks go to all competitors and those supporting the event, including all marshals, mountain rescue teams, Lilburn estates, Andrew and Ann Leaney, Steve Hall & Geoff Tong for compiling finishing times, the Youth Hostel, and Rachel Sinton & friends who provided refreshments. Thanks also to sponsors of prizes including Thaw, Borders Mortgage Centre, Farmway, The Good Life Shop, Brands and Start Fitness

Following the success of the event, next year's Chevy Chase is planned to be held on Saturday 2nd July 2005 - mark it in your diaries!

Training starts today!

1. J. Smallwood	CFR	2.56.34
2. I. Twaddle	Wooler	2.57.03
3. J. Boyle	DkPk	3.04.50
4. D. Scott	Norh	3.15.56
5. T. McCall O/40	Norh	3.23.08
6. J. Duff	NFR	3.26.21
7. T. Mullen O/40	Ind	3.38.10
8. L. Turnbull O/40	Norh	3.29.16
9. J. Dallinson O/50	NFR	3.33.08
10. P. Hainsworth O/40	NFR	3.36.34

VETERANS O/50

1. (9) J. Dallinson	NFR	3.33.08
2. (23) P. Whewell	NYork	4.06.39
3. (25) I. Holland	NShields	4.07.55

VETERANS O/60

1. (24) K. Rawlinson	NFR	4.06.42
2. (32) P. Roberts	Holm	4.22.25
3. (55) W. Wright	Ind	5.00.36

LADIES

1. (11) L. Wilkinson	NFR	3.38.19
2. (21) C. Bagness O/40	Wooler	3.59.09
3. (30) C. Armstrong	Wooler	4.20.38
4. (50) J. Cross	NFR	4.56.56
5. (57) P. Aitchison	Wooler	5.01.32

BLISCO DASH

AS/5m/2000ft 3.07.04

1. I. Holmes	Bing	37.27
2. G. Bland	Borrow	37.58
3. R. Jebb	Bing	38.05
4. S. Booth	Borrow	38.22
5. N. Fish	Amble	38.39
6. N. Sharp	Amble	38.53
7. S. Stainer	Amble	38.55
8. D. Hope	P&B	39.02
9. P. Davies	Borrow	39.29
10. G. Devine	P&B	40.23



James McQuenn (Eryri) concentrating on his scrambling at Blisco (Photo Woodhead)

VETERANS O/40

1. (13) S. Livesey	Bowl	42.14
2. (22) G. Thorpe	Amble	44.43
3. (27) B. Riley	CFR	45.45

VETERANS O/50

1. (37) D. Loan	Kesw	47.13
2. (41) D. Spedding	Kesw	47.49
3. (43) H. Jarrett	CFR	48.02

VETERANS O/60

1. (110) J. Richardson	CFR	58.48
2. (127) G. Patton	Phoenix	61.57
3. (143) P. Knott	B'pool	70.43

LADIES

1. (39) L. Sharp	Kesw	47.25
2. (47) N. Davies O/40	Borrow	49.05
3. (48) S. Wood	Amble	49.33
4. (51) S. Taylor	Bing	49.44
5. (57) J. Dunn	Helm	50.08

155 finishers

SKIDDAW FELL RACE

Cumbria

AM/9m/2700ft 04.07.04

After last year's excitement of a British and English Championship we were back to our usual numbers this year - although 97 is a respectable field given the competition we had from other events on the same weekend.

Weather conditions were kinder than forecast, allaying my fears of hypothermic marshals, if not competitors.

Winners in most of the categories were from outside the lakes. Tim Austin managed the transition from the bogs of the Kinder to Skiddaw slate, to put in a convincing performance as winner.

Mercia took the team prize outside the area for the first time in many years, with Pete Vale in sixth place, followed by Roger Lamb and Rob Little (an impressive under 20) in eleventh and twelfth places respectively. The ladies honours were divided between Yorkshire, Lancashire and Cheshire; Sue Dolan, the winner of the ladies race was also the first lady over forty. Lynn Clough reprised her second place at Helvellyn in May, and Katherine Harvey was both third lady and second lady over forty.

However, some things don't change. Duncan Frampton took the first V40 prize home after its brief stay in Northern Ireland following Robbie Bryson's appearance last year. Mark Denham-Smith also took home his award as first Keswick competitor.

Thanks to everyone who helped with organisation and marshalling - Carolyn Charlton and Pat Richards, high class caterers as well as runners!, Pete Baron of the Lake District National Park Authority and our sponsors, Pete Bland Sports.

A belated thanks for help at Helvellyn on 30 May. Karen Partridge of Durham stopped to assist a fellow

runner who was taken ill on the hill. Thanks, Karen, for this sporting action.

Allan Buckley

1. T. Austin	DkPk	1.08.00
2. M. Croasdale	Bing	1.09.00
3. C. Doule	Traff	1.11.00
4. C. Stead	N'berland	1.11.23
5. M. Denham-Smith	Kesw	1.11.35
6. P. Vale	Mercia	1.12.29
7. D. Frampton O/40	Unatt	1.13.27
8. A. Breaks	Cald	1.13.30
9. L. Taggett	Buxt	1.14.16
10. S. Freeman O/40	Amble	1.14.33

VETERANS O/50

1. (14) B. Walton	Horw	1.18.45
2. (15) B. Grant	Harr	1.18.55
3. (46) E. Crook	Horw	1.29.43

VETERANS O/60

1. (65) R. Booth	Kesw	1.37.03
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VETERANS O/70

1. (81) A. Menarry	Durh	1.45.17
2. (88) I. Addison	Kesw	1.51.42
3. (95) H. Catlow	CFR	1.56.21

LADIES

1. (39) S. Dolan O/40		1.28.17
2. (47) L. Clough	Wigan	1.29.48
3. (48) K. Harvey O/40	Altrin	1.29.58
4. (51) J. Casey O/40		1.32.53
5. (67) J. Carter O/40	Unatt	1.38.08

97 finishers

SALTWELL HARRIERS FELL RACE
County Durham
BS/5.5m/1000ft 06.07.04

A field of 64 fell runners assembled for the 9th running of the Saltwell Harriers Fell Race on a fine summer evening after days of heavy rain. Even the midges turned out in force to see the runners off.

The early pace was set by veteran athlete Fred Smith with a host of Northumberland Fell Runners in pursuit. The chasing pack led by KIMM winner Steve Birkinshaw, tried to overcome Fred's lead by what looks to the chasing runner as a short cut on the run up to the summit of Collier Law. Those runners will now know that the short cut is not what it seems as Fred was first to round the summit and headed down the very rough fell, sodden from days of torrential rain. Despite stumbling into one of the large pools of water, which are conveniently placed, Fred maintained his lead to the road crossing. These pools and the rough terrain seemed to take their toll on most of the field going by the numerous stories at the finish. After the road crossing the conditions under foot were a lot drier, but this did not help Phil Addyman gain anything on Fred who, stretched his lead after the river checkpoint finishing a minute ahead of Phil, the only under 40 male in the first 16.

Karen Robertson maintained her dominance of the ladies in this race, her 3rd victory, by finishing in 17th position overall, ahead of Louise Wilkinson who, despite injuring an ankle battled on bravely.

The race was brought to a close by Ray Dawson, running with only one leg fully operational, as his other leg awaits a new hip. Ray delayed his operation, as he did not want to miss the Saltwell Fell Race, having competed in all of the previous 8 races. I expect to see Ray with his new bionic hip at the starting line for what will be the 10th anniversary of the Saltwell Harriers Fell Race next year.

The evening came to a close in the Moorcock pub with the prize giving, an event in itself. I would just like to add a big thanks to the landlord of the Moorcock, Gordon Moyes, who has welcomed the Fell Runners these last 8 years. Gordon informed me that this was likely to be his last year as landlord due to him taken retirement. I just hope the new landlord is as hospitable as Gordon.

Keith Wood

1. F. Smith O/40	Salt	42.50
2. P. Addyman	NFR	43.53
3. D. Atkinson O/40	NFR	44.14
4. D. Armstrong O/40	NFR	44.35
5. M. Jeffery O/40	NFR	44.55
6. S. Lumb O/40	DFR	45.15
7. S. Birkinshaw O/40	NFR	45.19
8. H. Bingham O/40	Tyne	47.47
9. W. Horsley O/40	Unatt	48.00
10. B. Sewell O/40	Morp	48.06

VETERANS O/50

1. (25) S. Gardner	NFR	51.56
2. (26) T. Reeve	Elvert	52.21
3. P. Jameson	NFR	55.31

VETERANS O/60

1. M. Sanderson	NFR	60.55
2. J. Garbrarino	NFR	63.12

LADIES

1. K. Robertson	NFR	49.18
2. L. Wilkinson	NFR	53.22
3. S. Short	Unatt	57.30
4. J. Walker	NFR	58.25
5. H. Witham	DFR	61.32

64 finishers

DANEFIELD RELAY
West Yorkshire
BS/2.5m/500ft 06.07.04

This was an interesting race for spectators. At the first leg changeover I was puzzled by the different colour combination of the first team through until someone explained that Harrogate Harriers had recently changed the club strip. I had witnessed the passing of the Harrogate Miller Band, and then Abbey Runners, but where were defending champions Otley?

The race then settled down to a three-way struggle between Abbey Runners, P&B and Otley AC. At the end of nine miles there were only 13 seconds separating the three teams, and Abbey Runners became the 2004 champions by the narrowest of margins.

This was certainly impressive stuff, but looking a little bit further down the list was a very good performance by the Airienteers Junior team. No doubt spurred on by the club's recent success at the orienteering Compassport cup final, these are runners to watch for the future. Other performances worthy of note were Messrs Cutts, Cutts and Cutts who single-handedly ran all three legs himself, getting progressively but not dramatically slower each leg. Horsfort 'Hopeless' Harriers should not have been so depondent as they finished as second vets team, but as rocket propelled as the Ilkley ladies.

We must apologise to a few runners that went the wrong way at loopholes in the marshalling system – we will try to close these holes next year.

Thank you very much to all the willing volunteers who marshalled, recorded times and numbers at the changeover and of course to the guys who took your money and worked out your results (all by hand). This was a great club effort.

One final thought. How was it that everywhere else in the local area suffered a torrential downpour between 7.00 and 7.30pm and yet we remained dry at Danefield!

Keep up the running and see you all next year.
Dave Hickman

1. Abbey 3	56.13
2. Otley AC 'A'	56.18
3. P&B	57.26
4. Bingley PLC	59.10
5. Bowland Fell Runners	61.27
6. Aireienteers	62.26
7. Ilkley A	63.41
8. Abbey 2	64.39
9. Pudsey Pacers	65.21
10. Abbey	65.39

VETERANS O/40

1. (19) Askern District	70.47
2. (20) Horsforth Harriers	70.56
3. (231) Valley Striders	71.33

VETERANS O/50

1. (38) Abbey Runners	85.32
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LADIES

1. (18) Ilkley Ladies	70.03
2. (24) Bingley Ladies Vets	72.34
3. (26) Abbey Ladies 'A'	73.02
4. (33) Fellandale Ladies	77.31
5. (34) Abbey Ladies 'C'	78.05

41 team finishers

STOODLEY PIKE FELL RACE
West Yorkshire
BS/3.5m/700ft 06.07.04

Anyone who is serious about winning the Stoodley Pike fell Race knows that a fast start is essential. A quick sprint from the road outside the Top Brink Inn is needed to ensure the route up the walled track towards to Pike is not impeded by the large number of runners taking part. This is not a big issue for the slower runners or spectators as the hot sunny conditions with the occasional high cloud provided a great running conditions for a classic Fell Race in the beautiful setting of Lumbutts.

Reaching the turn off point near Lumbutts Chapel, the pack leaders were joined by last year's second placed runner Wajib Ali, who was late starting and joined the race from the wrong direction. This mistake would cost him the chance of winning the race. Through the gate and onto open moor the easiest route is a single file procession up the well worn cobbles. This climb with the wall on the left hand side is steep and only fractionally less demanding than the alternative, which is the rough ground next to the ancient stone sets.

After the first sharp climb, Christopher Smale overtook race leader Robin Lawrence and Karl Gray and pulled away up the hill. Not able to keep up with Smale, Gray executed his race plan, hanging on and not allowing the gap to become too much. With Smale clearly out in front along the skyline section of Pennine Way, Gray and Lawrence jockeyed for position in a push for the Pike with race order at the Pike being Smale, Lawrence, then Gray in third place. Rounding the Pike and off the edge, Gray was unable



Simon Anderton (Todmorden) working hard to stay ahead at Stoodley Pike (Photo Woodhead)

to see the two in front. In a furious descent, Grey made back the 100m deficit and had earned a 20m by lead by the time he had reached London Road at the bottom.

With Grey running-scared in the lead there was no luxury of looking back. Although sensing a challenger on his shoulder, Grey put in maximum effort along the track to Mankinholes to reach the finish field in front. Grey however was overtaken in the last 250 metres by an exceptional sprint finish by Wajib Ali, who had picked up several places on the descent and crossed the finish line first. It was not to be for Ali however as his error at the start meant that he had not completed the route and had to be disqualified.

Smale also finished strongly although he had somewhat run out of steam after his superb early climb. Other notable top twenty performances were from Andy Clarke in 4th position, Andrew Horsfall 9th overall and Simon Anderton in 17th position. First local was Mark Goldie in 22nd position in a very creditable time of 21.48 followed by Mick Reith 96th in 27.28 and Rachel Skinner 118th in 29.36

One of four Fell Races organised by Todmorden Harriers each year the proceeds of this years Stoodley Pike Fell Race is the local Rebecca Bedford appeal. With the start list up to 154 runners, the team prize was taken by Bingley Harriers with four runners to count as follows: Robin Lawrence 6th, Andrew Wood 7th, Colin Moses 11th, John Egan 32nd
In the women's race the spoils were taken by the eighteen year old Scottish Junior International Marbeth Sheil. After swapping places with Jo Smith several times on the climb, the flat speed of Marbeth was decisive pulling away into an un-assailable lead along the skyline. Finishing in 28th position overall she ended up just over a minute in front of Smith at the finish tape.

Calder Valley won the women's team prize with three to count being
Jo Smith 38th, Thirza Hyde 73rd, Jackie Scarf 97th.

At the race presentation in the Top Brink Inn, Mark Anderton for Todmorden Harriers thanked the Top Brink Inn for hosting the event, Joan Fielden for the use of the Car Parking and finish field, the Langfield Commoners and marshals and competitors for making the event successful. The event organised by Todmorden Harriers raised in excess of £300 for the Rebecca Bedford Appeal. Full race results and photographs are available at www.todharriers.co.uk

Mark Anderton

1. K. Gray	CaldV	19.03
2. C. Smale O/40	Tod	19.18
3. G. Wilkinson	Unatt	19.32
4. A. Clarke O/40	Cald	19.35
5. M. Lee O/40	NorthV	19.53
6. R. Lawrence	Bing	20.14
7. A. Wood	Bing	20.16
8. P. Burnett	Wharf	20.18
9. A. Horsfall	Tod	20.26
10. S. Macina	P&B	20.36

VETERANS O/50

1. (16) D. Archer	Bury	21.30
2. (29) J. Adair	Holm	22.28
3. (31) T. Spicer	Ross	22.39

VETERANS O/60

1. (58) R. Blakeley	Tod	24.53
2. (72) P. Heneghan	FRA	25.43
3. (81) I. Noot	Unatt	26.29

LADIES

1. (27) M. Shiell	Carn	22.07
2. (38) J. Smith	Cald	23.10
3. (44) V. Peacock O/40	Clay	23.28
4. (46) L. Lacon	Holm	23.47
5. (66) K. Rogan	Wharf	25.30

148 finishers

FLAN FELL RACE

Cumbria

BS/1.75m/300ft 08.07.04

To most runners, a mile and three quarters doesn't sound far, but when it also involves a thigh bursting climb of 300 feet up a grassy hill together with a hair raising descent against other very competitive athletes, then it feels very much longer. Flan Fell race on 8 July had all these ingredients and no fewer than 5 athletes held the lead at some point, with a tight finish at the end.

The race starts and finishes in the Gill and proceeds along Gill Banks, crosses Old Hall Road followed by

a direct ascent to the top of Flan Fell (the flat topped one next to Hoad), retracing the same route back. Christopher Howie was the eventual victor, but he was pushed hard by Adam Crowe and Marbeth Sheil. At just 16 and 18 years old respectively, these youngsters really threw down the gauntlet to the older athletes, and are tremendous prospects for the future. Crowe emerged second and Sheil won the ladies' race in a fantastic new record time, taking 3 minutes from the previous best. Howie managed to run all the way to the top while everyone else dropped to a fast walk, but Crowe descended with a style and speed, which were unmatched, leaving Howie the task of overhauling him on Gill Banks. Mike Vogler finished with Damian Jones following shortly behind to take the veteran over 40 prize. A further 6 seconds behind, Matthew Rooke took the remaining under 18's prize. Alistair Jones took the under 15's prize in 12.33.

The children's race was a little shorter at 1 mile, and was dominated by Broughton Runners. The first six of the seven were from the promising Broughton club coached by John Kidger. Completing the Broughton line up, 13 year old Zack Birkett was the youngest runner in the main race, finishing in 15.15.

Many thanks are due to local farmer Mr Rigg for allowing access to the Fell and the many helpers on the day who ensured a safe event.

Damian Jones

1. C. Howie	Hoad	11.24
2. A. Crowe	Brought	11.28
3. M. Sheil	Carn	11.30
4. M. Vogler	Unatt	11.43
5. D. Jones O/40	Hoad	11.49
6. M. Rooke	Unatt	11.54
7. G. Dover O/40	Hoad	11.59
8. P. McIver O/40	Unatt	12.29
9. R. Tattessall	Unatt	12.31
10. A. Jones	Unatt	12.33

VETERANS O/50

1. (24) M. Larbalestier	Hoad	16.15
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LADIES

1. M. Sheil	Carn	11.30
2. N. Davies O/40	Borr	13.15
3. S. Dixon	Kend	13.44
4. S. Gillies	Hoad	15.16
5. C. Rooke O/40	Unatt	16.47

CHILDREN'S RACE

1. J. Jardine	Brought	9.28
2. P. Metcalfe	Brought	10.49

THURLESTONE CHASE

South Yorkshire

AS/3m/900ft 10.07.04

A change of date, but not of fortune. Numbers were again down from previous years, again due to the number of other races in the area over the weekend. The weather was fine right up to the word 'go', although the rain did not spoil a good race. As last year the majority of runners were veterans, 40% were over 50.

Thanks to all marshals, timekeepers and the runners.

Bob Innes

1. D. Brooksbank O/40	Barns	24.19
2. D. Smith	Steel	24.32
3. J. Watts	Barns	25.14
4. M. Law O/40	Barns	25.31
5. S. Walker	Barns	25.38
6. B. Toogood O/60	DkPk	26.44
7. P. Hague	Hallam	26.45
8. M. Chandler	Spenn	26.45
9. D. Cooper	Barns	26.58
10. S. Dickinson O/40	Barns	27.02

VETERANS O/50

1. (11) K. Bowskill	PFR	27.10
2. (21) A. Knox	Barns	28.35
3. (22) N. Whittingham	PFR	28.45

VETERANS O/60

1. (6) B. Toogood	DkPk	26.44
2. (28) M. West	DkPk	30.13
3. (37) R. Brown	PFR	31.59

LADIES

1. (27) N. Spinks	PFR	30.00
2. (36) J. Welbourn O/50	PFR	31.40
3. (43) T. Kemp	Hallam	33.23
4. (45) S. Higham O/50	PFR	34.45
5. (46) J. Cockerton O/40	PFR	35.13

55 finishers

32nd WASDALE HORSESHOE RACE

10.07.04

A great turnout of 71 competitors for a non-championship 32nd Wasdale. 49 finished and will receive certificates. The Ennerdale also had a great turnout as well this year, helped by Brian Martin & Graham Breeze with the Lakeland classics trophy initiative.

Results: The leading 5 runners stayed within a 2 minute margin as far as Esk Hause, but the fastest 3 had increased this to 4 minutes at the Pike.

Phil Davies won by gaining half a minute on the 18-minute descent over team mate Andy Schofield. Joe Blackett claimed 3rd and 1st V40, just over 40 seconds behind Andy. Then a 7-minute wait for 4th finisher John Hunt, gaining 10 minutes on Gavin Bland. The V50 winner was Nick Hewitt and the V55 was won by Dave Tait. 1st V60 was Dennis Lucas.

The ladies' winner was Nicola Davies (and 1st LV45).

The winning team (4 to count - this year I allowed a mixed team as will do at Scafell too) was Borrowdale comprising: Phil Davies, Andy Schofield, Gavin Bland and Nicky Davies with a total of only 30 points.

Thanks to all of the checkpoint marshals, timekeepers and registration, food & drinks prep. Joss helped at the Greendale drinks station but unfortunately was not well enough to attend the prize-giving. We're grateful to the St. Johns crew for the 1st aid cover. Lastly, to my committee member Bob Davis for help with registration. Chris Ellen who has managed the radios for so many years couldn't attend the race due to the long-term affects caused by a very serious fall whilst climbing in Cornwall last year.

All the best and no injuries!

Richard J Eastman

1. P. Davies	Borrow	3.53.55
2. A. Schofield	Borrow	3.54.21
3. J. Blackett O/40	NYM AC	3.55.04
4. J. Hunt	CFR	4.02.35
5. G. Bland	Borrow	4.12.55
6. J. Rank O/40	Holmf	4.27.56
7. G. Thorpe O/40	Amble	4.28.57
8. A. Breaks	Cald	4.39.02
9. I. Cowie O/45	Mercia	4.40.55
10. D. Tait O/55	DkPk	4.44.19

VETERANS O/50

1. (9) I. Cowie	Mercia	4.40.55
2. (24) R. James	CFR	5.27.58

VETERANS O/55

1. (10) D. Tait	DkPk	4.44.19
2. (16) D. Spedding	Kesw	4.53.11

VETERANS O/60

1. (39) D. Lucas	Roch	5.47.42
2. (46) B. Buckley	Glossop	6.21.52

LADIES

1. (22) N. Davies O/45	Borrow	5.08.35
2. (23) J. Lee	Eyri	5.09.25
3. (33) W. Dodds O/50	Clay	5.41.11

49 finishers

CHARLESWORTH & CHISWORTH

CHALLENGE FELL RACE

Derbyshire

BS/3m/500ft 10.07.04

The third worst start to July since records began... so the news report read. Well, I had to agree, as the weather worsened during the day. 53 started and finished in cold, wet and blustery conditions, with Buxton's Les Footitt first (and first V40) in 23.06, clear water between him and Nat Winfield (PFR, 23.50), with Mike Doyle (Stockport, 24.00) not far behind. Andy Trigg's record of 19.48 is now 10 years old.

The ladies' race was comfortably won by Estelle McGuire (Stockport) with a time of 28.08. Julie Soboljow (U/A) finishing as first LV40 and first local lady in 34.19. Stella Boam's 1997 record of 23.20 still stands.

In the Junior (U14) race, Grant Cunliffe (Burnley) set a new record of 25.56, finishing 13th overall.

Bill Deakin was the first V50 and also first local man (26.28), with Allan Bourne (Staffs) the first V60 home in 34.08.

A big thank you (again) to Cec Rhodes of North Star Equipment for donating a lot of desirable gear, to



Les Footit flying down to the finish at Charlesworth
(Photo Stuart Crabtree)

BROOMHEAD CHASE South Yorkshire BS/3.5m/800ft 11.07.04

Again, the weather was good for the show, not the normal heat but dry, which made the running conditions perfect. Due to recent rain, the descent was a little greasy and thanks to the cattle, a little lumpy but what do you expect from a fell race?

Steve Penney's 2000 record of 25.32 was under threat from the Patton brothers, Richard missing out by ten seconds while older brother, Simon, missed out by 26 seconds.

The only trauma of the race was my own doing, half way round I realised the stopwatch was still attached to my wrist and with no chance of being first back, I was having a minor panic. It pays to have a good team around you. Thanks goes to Michelle for quick thinking and starting her own watch!

Andy Plummer

1. R. Patton	DkPk	25.41
2. S. Patton	DkPk	25.57
3. S. Rippon O/40	Barns	27.38
4. K. Holmes O/50	DkPk	28.43
5. J. Wats	Barns	29.29
6. C. Patton	Hallam	29.31
7. B. Toogood O/60	Hallam	29.32
8. N. Gould	EChesh	29.51
9. J. Adair O/50	Holmf	29.58
10. R. Gould	EChesh	30.11

VETERANS O/50		
1. (4) K. Holmes	DkPk	28.43
2. (9) J. Adair	Holmf	29.58
3. (32) B. Gould	EChesh	36.09

VETERANS O/60		
1. (7) B. Toogood	Hallam	29.32
2. (33) R. Brown	PFR	36.13
3. (37) B. Needle	DkPk	36.50

LADIES		
1. (6) C. Patton	Hallam	29.32
2. (24) L. Lacon	Holmf	33.07
3. (34) A. Watmore O/50	DkPk	36.17
4. (46) F. Davies	One2One	39.12
5. (47) K. Woodhead	Holmf	39.54

55 finishers

PEAK FOREST FELL RACE Derbyshire CM/6m/650ft 11.07.04

It was dry, cloudy, bright and mild last Sunday, ideal conditions for the 66 runners who took part in this year's Fell race. Over the years nearly 250 different people have finished the course but there were many familiar faces in this year's line up. The race year was marked by something that has not happened for many years - a close finish.

Colin Donnelly was just one second ahead of Phil Winskill, a former winner himself.

Other notable performances were from Kath Harvey who has now been the first woman home for three successive years and George Richardson who was not the last runner home but was the oldest competitor and finisher. He received a gold medal and well earned applause from all the others. Well done and happy returns on your 70th birthday.

Another interesting fact was that of the 66 competitors 46 were classed as veterans!

Our apologies to medal and prize winners. We were not able, for reasons beyond our control to engrave them with the title and year of the event.

To all runners who took part thank you for your continuing support of this race. We hope to see you again next year.

Our thanks to our timekeeping team, the marshals, those who handled the registration and all those who provided refreshments and helped in any way to make the event such a great success.

Harry Trent

1. C. Donnelly O/40	MCD	40.13
2. P. Winskill	DkPk-	40.14
3. K. Lilley O/40	Unatt	40.23
4. M. Lee O/40	NVets	40.57
5. S. Gregory	HolmeP	41.03
6. L. Footit O/40	Buxt	41.11
7. P. Nichol		41.47
8. M. Williams O/40	Penn	41.53
9. P. Hodges	DkPk	42.27
10. F. Williams	Sheff	42.38

LADIES		
1. (26) K. Harvey	Alt	48.19
2. (39) K. Woodhead	DenbyD	52.44
3. (42) H. Bloor	DkPk	53.32
4. (50) B. Ellis	LEaton	56.21
5. (51) K. Lawrence	Unatt	61.05

66 finishers

CALLOW Shropshire AS/5m/2500ft 11.07.04

1. E. Davies O/40	Mercia	63.11
2. A. Carruthers O/40	Hales	63.33
3. S. Newman O/40	CaldV	64.17
4. C. Lancaster O/40	Ludlow	64.37
5. S. Jones	Wrex	64.45
6. D. Coley	Unatt	65.06
7. M. Ligema O/40	Ludlow	65.25
8. R. Mapp O/40	Ludlow	65.36
9. A. Smith O/40	Telf	67.25
10. B. Dredge O/50	Mercia	68.35

VETERANS O/50		
1. (10) B. Dredge	Mercia	68.35
2. (12) A. Orringe	MDC	70.10
3. (14) W. Darby	MDC	71.35

VETERANS O/60		
1. (18) J. Clemens	Mercia	74.22
2. (46) B. Nicholas	Mercia	94.58

LADIES		
1. (3) S. Newman O/40	CaldV	64.17
2. (17) S. Reynolds O/40	Wreake	73.02
3. (20) C. Mills	CaldV	77.30
4. (25) T. Hyde O/40	CaldV	79.24
5. (27) J. Jeffreys O/40	Oswest	81.04

52 finishers

WHARMTON DASH Lancashire AS/2m/600ft 11.07.04

1. P. Wadsworth	Ross	18.12
2. M. Flatley	Middle	18.26
3. B. Waterhouse O/40	Saddle	18.39
4. G. Fleet O/40	Saddle	18.49
5. I. Cooke	Unatt	19.10
6. S. Clawson	Ross	19.17
7. G. Armitage O/40	Long	20.09
8. I. Marshall O/40	Ilk	20.21
9. L. Bowden	Unatt	20.44
10. T. Tombs O/40	Unatt	20.46

LADIES		
1. (17) A. Anderson	Pendle	22.42
2. (26) A. Holt	Glossop	25.52
3. (29) S. Yeomans	Ross	26.46
4. (31) J. Meredith	Unatt	27.06
5. (33) A. Whiteley	Unatt	28.11

33 finishers



1st Lady AND 1st Junior Anna Anderson (Pendle)
at Wharnton - (Photo Wadsworth)

3RD MOLFRE: BARE MOUNTAIN CHALLENGE Gwynedd BM/9m/1099ft 10.07.04

Once again the Moelfre fell race was a major event of the Llanbedr Village Fair with plenty of entertainment for competitors and their families.

The weather was almost ideal: light rain earlier in the day with sunshine, excellent visibility and a light, cool breeze for the duration of the race.

Spectators at the fair ground were able to view the mountain ascent by telescope with further public interest at the mountain checkpoint from which race progress was relayed back to the fairground HQ and interested spectators below.

Steve Gilliland won for the second time improving on last year's record by almost 9 minutes over a 9 mile course with 1900 ft of ascent.

Paula Jeffs also won the ladies' section again, slower by c.5 minutes than 2003 due to an 'unscheduled diversion'.

Next year the local Bro Dysyni A.C. need serious challengers from outside to break this winning monopoly of the Rhinog Race Series

In the meantime the new 'Rhinog Horseshoe' race in October is already attracting the interest of serious fell runners: at 14.3 miles with over 5000ft total ascent of the 5 peaks of the Rhinog Mountain Range, we are looking forward to a good field and some initial fast times.

Brian McDonald

1. S. Gilland O/40	BroDys	1.23.24
2. C. Shuttleworth O/45	Clay	1.24.34
3. A. Duncan O/50	Bowl	1.40.05
4. T. Evans	BroDys	1.40.23
5. P. Cadwallader O/40	Pemb	1.49.45
6. M. Cortvriend O/50	Maccle	1.50.51
7. D. Jones O/50	Eryri	1.51.19
8. E. Williams	Unatt	1.52.08
9. L. Cadwallader	L'pool	1.53.22
10. P. Jones O/60	Prest	1.54.26

LADIES		
1. (12) P. Jeffs	BroDys	1.55.51
2. (19) N. Goffe O/40	BCR	2.08.11
3. (20) G. Roberts O/40	Mercia	2.14.02
4. (21) N. Foat	Unatt	2.32.22

23 finishers

TRUNCE 6
South Yorkshire
CS/4.25m/550ft 12.07.04

Weather was cooler but good for running. Another good turnout with quite a few new registrations. If everybody turns up on the same day, we'll be in bother!

Howard, car park and bollard attendant, had his 91st birthday three weeks ago so he was presented with a bottle of Famous Grouse as a thank you and birthday present.

Andy Plummer

1. R. Horsfield O/40	24.58
2. S. Marsden	25.05
3. T. Tett O/40	26.01
4. K. Cooke	26.20
5. D. Hague	26.27
6. J. Watts	26.37
7. A. Meskimmon	26.39
8. R. South O/40	27.04
9. S. Storey O/40	27.13
10. S. Boulby O/40	27.19

LADIES

1. (44) L. Bland	31.23
2. (45) L. Walton	31.29
3. (66) K. Woodhead	34.08
4. (68) C. Trosh	34.16
5. (73) C. Hulley	34.35

LORDS SEAT
Cumbria
AS/5m/1400ft 14.07.04

Weather forecast was for cloud and patchy rain. Once again we defied the druids and the race was completed in dry weather. There was just a touch of cloud on Lords Seat summit to give a flavour of what could have been; would you have found Barf from Lords Seat if the mist was down?

Thanks again to the marshals on the summits, at the deer gates and on the road. What rating did you get on the "woofometer" on Lords Seat? Some racers heard a small bark, others heard full blown excited yelps! Must be something to do with muscle definition?

The Lord of the Forest trophy was keenly contested. Mark D-S won Lords Seat but Nimrod carried a 42 second advantage with him from Grisedale Grind. Mark only managed to claw back 23 seconds from Nimrod in the second race so "Lord Lockwood" it is for 2004.

The Lady of the Forest was awarded to Angela B-B (who recalls winning it way back in 1992!) Such was the quality of the marshals this year that one half of the organising team was able to have a run in both races.

We've negotiated a three year permit with the forestry folk so we look forward to seeing you all again in 2005 and 2006.

Angela and Tony B-B

1. M. Denham-Smith	Kesw	35.17
2. I. Mulvey	Amble	35.29
3. N. Lockwood	Kesw	35.40
4. G. Ives	Unatt	37.06
5. C. Pryce O/40	Cosmics	38.34
6. S. Moffat O/40	Howg	38.43
7. M. Cunningham	B'dale	38.53
8. R. Marlton	Stockp	39.12
9. P. Harrington	DkPk	39.47
10. P. Hague O/40	Kesw	39.51

VETERANS O/50

1. (13) R. James	CFR	40.30
2. (18) M. Litt	CFR	41.13
3. (25) R. Grey	Cumber	42.22

VETERANS O/60

1. (64) P. Taylor	NVet	50.15
2. (65) I. Addison	Kesw	50.20
3. (79) S. Watson	CFR	55.48

LADIES

1. (29) T. Walker	CFR	42.33
2. (41) A. Brand-Barker	Kesw	43.06
3. (48) A. Wakefield	Unatt	46.08
4. (59) C. Colam O/40	Kesw	48.26
5. (60) D. Edgington	Kesw	48.32

83 finishers

STIPERSTONES FELL RACE
Shropshire
AS/3.2m/800ft 14.07.04

The Stiperstones Fell race on was race Five in the summer series of the Shropshire Fell running championship. Starting and finishing from the Stiperstones Inn, 83 runners competed in this 3.2 mile race that consisted of 800 feet of climb on a dry, warm but cloudy evening.

Mercia's Andy Yapp had his first win of the series beating his Mercia teammate Pete Vale by almost half a minute. These two were the only competitors to run all the way up Mytton Dingle, the first long climb shortly after the start.

Shrewsbury runner Anna Bartlett was the first lady home, following her success in the previous 4 races in the championship, her nearest rival, Shropshire Shuffler Janet Edwards was under a minute behind at the finish. Both these runners are in the first year of running on the hills, having previously only competed on the roads.

Nick Jones

BAMFORD CARNIVAL FELL RACE
Derybshire
BS/4.5m/1000ft 14.07.04

1. P. Winskill	DkPk	29.07
2. L. Taggart	Buxt	29.22
3. K. Lilley O/40	Unatt	30.12
4. L. Banton	Clowne	30.46
5. S. Patton	DkPk	30.52
6. R. Patton	DkPk	31.09
7. M. Crosby	Alt	31.21
8. S. Marsden	Hallam	31.30
9. I. Lewis	DkPk	31.42
10. J. Teece	Mat	31.51

VETERANS O/50

1. (18) K. Holmes	DkPk	32.48
2. (54) L. Crownshaw	Kellar	35.43
3. (57) N. Boler	DkPk	35.51

VETERANS O/60

1. (52) G. Jones	Ochils	35.34
2. (145) D. Pasley	DkPk	40.33
3. (152) B. Allsg	BellHarp	40.57

LADIES

1. (20) C. Paton	Hallam	32.57
2. (21) N. White	Holm	33.20
3. (64) C. Greasley O/40	Macc	36.05
4. (82) K. Harvey O/40	Altr	37.27
5. (94) P. Leach	DkPk	38.02

252 finishers

BULL HILL FELL RACE
Lancashire
BS/5.5m/800ft 15.07.04

What luck with the weather, after steady rain and mist all day the evening cleared to give a dry race. There was some mud on the course for everyone to enjoy, but still good running.

The overall winner was Richard Thomas in a time of 35.33, only a minute or so outside the course record of 34.52.

First lady was Clare Kenny, a vet 40 unattached. Both of these came first last year so they defended their titles well.

I must mention Don Ashton, a vet 65 who was 29th in a time of 46.08, a great result.

A promising junior is Alison Aspinall who finished 70th.

There were 93 starters and finishers. The evening was nicely rounded off by adjourning to the Wagon and Horses pub for a drink and chip butty.

A. Summer

1. R. Thomas	Eryri	35.33
2. D. Kay	Horw	37.22
3. W. Ali	Felld	39.21
4. I. Rowbotham O/45	Harr	39.31
5. R. Green O/40	Horw	39.33
6. G. Booth	Chorl	39.47
7. D. Raby	Chorl	40.05
8. K. Gaskell O/40	Horw	40.10
9. P. Burnett	Wharf	40.13
10. A. Carruthers O/40	Crawl	40.22

VETERANS O/50

1. (23) D. Kearns	Bolt	44.55
2. (39) G. Large	NVets	48.09
3. (41) N. Harris	Ross	48.47

VETERANS O/60

1. (29) D. Ashton	Darw	46.08
2. (58) G. Navan	Ross	51.42
3. (69) G. Corbishley	Ross	53.46

VETERANS O/70

1. (82) R. Lee	Middle	57.03
2. (84) D. Clutterbuck	Tod	58.38

LADIES

1. (38) C. Kenny O/40	Unatt	48.08
2. (51) A. Ferguson O/45	Burnden	51.01
3. (56) J. Bellis O/45	Unatt	51.21
4. (67) N. Raby	Chorl	53.28
5. (70) A. Aspinall	Rad	54.00

93 finishers

KINNISIDE TWO TOPS
Cumbria
AS/3m/900ft 17.07.04

The Kinniside Fell race has been a major attraction at the annual Cleator Moor Sports for many years. In fact this year was the 30th running of the event. Local man Alan Bowness has supported the race loyally since the end of the 1980's. The Cumberland fellrunner raced to his first course win back in 1989. Alan powered away to his tenth Kinniside victory in typical swashbuckling style. Ten wins in an FRA event takes doing in anyones book, and many congratulations to one of our sports nicest guys. Alan joins the vet 40 circuit in 2005, he'll take some beating.

English U/20 champion elect for 2004 Ricky Lightfoot secured second spot with a well judged run. Paul Brittleton came out top in what was a fierce tussle for third spot with 47 year old Kenny Stuart. The Threlkeld based man turned the clock back to give the crowds a glimpse of what legends are made of. Watch for further improvement from Kenny!

Nice to see the consistent Lindsay Buck leading the ladies home. Lindsay was followed in by Caroline Watson and Karen Blakeley.

The seven juniors who took on the old uns all ran well with 9th placed Wayne Jackson particularly impressive. Hot on his tail in 11th came fellow CFR teenager James Walker. Forty five minutes earlier the U/14 junior race was dominated by the improving Ben Morphet. Ben came out on top after a good scrap all the way with Jamie Stuart.

Irvine Block

1. A. Bowness	CFR	23.49
2. R. Lightfoot U/20	CFR	25.11
3. P. Brittleton	Helm	25.32
4. K. Stuart O/45	Kesw	25.39
5. B. Riley O/40	CFR	26.53
6. D. Loan O/50	Kesw	27.10
7. N. Cockbain	CFR	27.29
8. G. Byers O/40	CFR	27.39
9. W. Jackson U/18	CFR	27.43
10. M. Cunningham	Borrow	27.50

VETERANS O/50

1. (6) D. Loan	Kesw	27.10
2. (15) M. Litt	CFR	29.50
3. (21) J. Edwards	CFR	32.30

VETERANS O/60

1. (26) B. Hillon	CFR	35.45
2. (28) T. Baxter	CFR	36.25

LADIES

1. (23) L. Buck O/40	CFR	34.57
2. (27) C. Watson	CFR	36.25
3. (29) K. Blakeney	CFR	36.59
4. (31) A. Stafford	Bleng	38.13
5. (32) M. Jones	Alt	38.26

33 finishers

INGLEBOROUGH FELL RACE
Lancashire
AM/7m/2000ft 17.07.04

1. M. Croasdale	Bing	47.48
2. A. Ellis	Vale	48.34
3. L. Taggart	Buxt	48.58
4. G. Hull	Leeds	32.24
5. P. Winskill	DkPk	52.51
6. R. Pattinson	P&B	53.04
7. C. Gibbins	Bing	53.29
8. T. Edwards	Unatt	54.13
9. I. Rowbotham O/40	Harr	54.18
10. M. Holroyd	Borr	54.27



Mark Crossdale keeps ahead of Phil Winskill on his way to victory at Ingleborough (Photo Bill Smith)

VETERANS O/50		
1. (12) J. Griffiths	Ramsay	55.24
2. (28) I. Robinson	Clay	59.50
3. (44) S. Brearley	Unatt	63.02

VETERANS O/60		
1. (42) J. Clemens	Merlia	62.34
2. (45) D. Ashton	Darwen	63.11
3. (100) A. Menarry	Durham	72.34

LADIES		
1. (11) V. Wilkinson	Unatt	54.59
2. (14) P. Munro	Bing	55.44
3. (50) L. Tomes O/45	Kghly	64.11
4. (71) R. Norton	Manch	69.02
5. (77) K. Hardiman	Unatt	69.30

141 finishers

**MOEL SIABOD
Gwynedd**

AM/6.2m/2300ft 17.07.04

The morning mist and rain had cleared by the start of the 'Ultimate Outdoors' Moel Siabod Race. It remained dry for the duration of the race with the occasional sunny interval. However, the recent rain had made conditions slippery underfoot and the river level was higher than normal for the final run in, which made for an exciting finish.

The race was won by Dylan Wynn Jones for the third year in succession. Victoria Musgrove just managed to hold off Clare Kenny to win the ladies' race.

There was the usual excellent prize list which included a pair of fell shoes for both male and female winners.



Dave Taylor swims to second place at Moel Siabod (Photo K. Darkes)

I would like to thank the following for their continued support of the race -

Race Sponsors - Ultimate Outdoors, Sinclair Power Access, Cobdens Hotel, Cotswold, Ellis Brigham.

Race numbers from Running Bear, radios from Valkris Communications.

Landowners/Occupiers - Garth Farm, Rhos Farm, Forest Enterprise, Plas y Brenin, Bryn Tyrch Hotel, Bryn Derwen. Team Dolly, marshals and everyone who provided assistance on the day.

Ross Powell

1. D. W. Jones	Eryri	50.36
2. D. Taylor	DkPk	51.06
3. R. Halliday O/40	Eryri	53.54
5. C. Smale O/40	Tod	54.33
6. C. Near	Eryri	55.58
7. S. Jones	Wrex	58.13
8. J. Montgomery O/40	Buck	58.45
9. D. Williams O/60	Eryri	59.05
10. C. Jones	Eryri	59.17

VETERANS O/50		
1. (23) M. Cortvriend	Maccle	64.30
2. (27) C. Hartfall	Eryri	65.38
3. (28) M. Williams	Eryri	65.40

VETERANS O/60		
1. (9) D. Williams	Eryri	59.05
2. (30) P. Roberts	Buck	65.45
3. (42) J. Morris	Buck	70.04

VETERANS O/70		
1. (70) J. Carson	Eryri	85.42

LADIES		
1. (43) V. Musgrove O/40	Eryri	70.35
2. (44) C. Kenny O/40	Unatt	70.48
3. (49) E. Salisbury O/40	Eryri	73.09
4. (55) A. Roberts	Unatt	74.42
5. (56) S. Simmons	MetPol	75.48

76 finishers

**OLDFIELD FELL RACE
West Yorkshire
CS/5.5m/550ft 18.07.04**

The race venue was the Grouse Inn on Harehills Lane, Oldfield, near Keighley.

This year the senior race course was extended to 5.5 miles which included a section of rough, open moorland. The junior course was the same as the previous year.

Conditions on the day were good and the winner of the senior race was Will Smith. The first lady was Caroline Page and first veteran was Thornton Taylor.

In the junior race, Philip Bolton was first Under 14 and winner of this race. First Under 12 was Oliver Webster.

Next year the race will be the same course and the same venue.

John Collinson

1. W. Smith	Kghly	33.02
2. T. Taylor O/40	Ross	33.10
3. S. Green	P&B	33.30
4. P. Targett	Clay	33.45
5. A. Preedy	Ross	34.25
6. A. Whittem	Tod	34.34
7. C. Gray O/40	Bing	36.47
8. C. Robinson	Woodkirk	36.58
9. C. Wadsworth	Ross	37.13
10. L. Spencer	Kghly	38.26

VETERANS O/50		
1. (12) J. Anderson	Pendle	40.03
2. (13) T. Wimbush	StBedes	40.16
3. (14) R. Paul	Salf	40.23

LADIES		
1. (24) C. Page	Unatt	47.13
2. (26) D. Richards O/40	Unatt	50.35

30 finishers

JUNIORS		
1. P. Bolton	Ross	9.32
2. O. Webster	Bing	9.56

**KENTMERE HORSESHOE
Cumbria
AM/11.9m/3300ft 18.07.04**

1. S. Bailey	Mercia	1.22.36
2. R. Jebb	Bing	1.23.35
3. I. Holmes	Bing	1.25.55
4. S., Booth	Borr	1.26.07

5. C. Donnelly O/40	RonHill	1.26.35
6. N. Sharp	Amble	1.27.02
7. M. Roberts O/40	Borr	1.27.45
8. M. Bouldridge	Mercia	1.28.28
9. D. Neill O/40	Staffs	1.28.32
10. D. Rodgers	Lochaber	1.28.47

VETERANS O/50		
1. (43) S. Jackson	Horw	1.37.14
2. (56) B. Grant	Hgte	1.39.52
3. (63) D. Overton	Kesw	1.41.18

VETERANS O/60		
1. (203) P. Covey	P&B	1.56.31
2. (220) J. Nuttall	Clay	1.58.55
3. (230) D. Ashton	Darwen	1.59.43

VETERANS O/70		
1. (338) A. Menarry	Durham	2.16.19
2. (351) G. Booth	Longw	2.18.42
3. (358) B. Gauld	Carn	2.20.10

LADIES		
1. (71) T. Brindley	Carn	1.42.40
2. (116) L. Sharp	Kesw	1.47.28
3. (122) J. Mykura	Carn	1.47.44
4. (123) S. Newman O/40	CaldV	1.47.48
5. (154) S. Taylor	Bing	1.50.56

432 finishers



British & English Champion Simon Bailey showing how it's done at Kentmere (Photo Pete Hartley)

**MADDY MOSS MASH HILL RACE
Clackmannanshire
AM/6.5m/2500ft 21.07.04**

The 9th Maddy Moss Mash attracted a good field of 82 runners, keeping up the tradition of this busy midweek race. The quiet overcast conditions at the start eventually gave way to a sunny evening offering excellent visibility and good conditions underfoot, which may have accounted for the many fast times recorded. There were no new course records, however, compared to 2003, a large proportion of the field ran faster, often by several minutes. The first four to finish all recorded times of under 52 minutes - excellent times for this demanding course. The winner, Jethro Lennox recorded 49.59 (only a few have ever ducked under the 50 min barrier!) after a hard fought descent with Alasdair Anthony, who finished only 13 seconds behind.

Last year, I suggested that the high quality of field may have had something to do with the age distribution, with only 38% field as vets. But that theory was soundly dashed this year with a field of 50% vets, and 4 vets in the first 6 places, and 12 in the first 24 places. Once again, there was a reasonable number of female entries and also a good number of unattached runners and new faces.

We look forward to another MMM in 2005. Thanks to the FRA for their support.

Ron McCraw

1. J. Lennox	Shettle	49.59
2. A. Anthony	Ochil	50.12
3. A. Ward O/40	Carn	51.53
4. D. Crowe O/40	Shettle	51.55
5. A. Smith O/40	Dee	53.59
6. A. Davies O/40	Carn	54.42
7. J. Thin	Carn	55.49
8. B. Smith O/40	Stand	55.56
9. C. Glencourse	Strath	56.21
10. D. Anderson O/40	Fife	56.26

VETERANS O/50

1. (18) T. Scott	Fife	60.03
2. (26) G. Bryan-Jones	Ochil	61.52
3. (27) M. Hulme	Corstor	62.20

LADIES

1. (33) L. Marshall	Stirl	66.00
2. (37) S. Leggie	Carneg	67.05
3. (43) E. Wardlaw	Edinb	68.08
4. (47) J. Scott O/40	Fife	70.02
5. (56) D. MacDonald		
O/40	HBT	71.54

82 finishers

WIDDOP FELL RACE

West Yorkshire

BM/7m/1200ft 21.07.04

A pleasant evening at Widdop for the 82 starters and finishers. Notably good runs from Karl Gray – who may challenge the record next year, Richard Blackley in the V60 category, and Jane Smith in the V45.

Thank you to everyone who helped and supported.

Andy Clarke

1. K. Gray	CaldV	49.32
2. S. Oldfield O/45	Brad	50.59
3. A. Breaks	CaldV	51.16
4. M. Horrocks O/40	Unatt	52.32
5. T. Taylor O/45	Ross	52.43
6. A. Preedy	Ross	52.52
7. S. Malina	P&B	53.01
8. T. Edward	Unatt	53.21
9. R. Glover O/40	P&B	53.26
10. A. Pickles O/45	Settle	53.35

VETERANS O/50

1. (22) R. Bellaries	Clay	58.34
2. (26) J. Pickup	Clay	60.25
3. (39) R. Sutcliffe	CaldV	64.08

VETERANS O/60

1. (45) R. Blackley	Tod	65.49
2. (64) G. Arnold	Prest	73.20

VETERANS O/70

1. (72) D. Clutterbuck	Tod	77.35
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LADIES

1. (46) K. Rogan	Wharf	66.00
2. (51) J. Smith O/45	Tod	67.36
3. (56) C. Preson O/40	K&C	68.41
4. (60) J. Scarf O/40	CaldV	70.33
5. (73) S. Exon O/50	Traff	75.50

82 finishers

INTERNATIONAL SNOWDON RACE

Gwynedd

AM/10m/3300ft 24.07.04

Conditions were more or less perfect for running at this year's race. The level of competition was high as were expectations particularly for Tim Davies, in line for a first male hat trick.

France's Julien Rancon was first to the summit followed by Italy's Silvio Gatti. English man Ian Holmes was 9th to reach the summit but descended spectacularly to come home first, making him then first man to win the race three times.

Thanks to all for their support and help in my first year as organiser.

Jayne Lloyd

1. I. Holmes	Eng	1.05.38
2. J. Rancon	France	1.06.04
3. A. Vaughn	Cymru	1.06.12
4. T. Davies	Cymru	1.07.14
5. M. Zanaboni	Italy	1.07.21
6. W. Levett	Bed&C	1.07.43
7. C. Donnelly	Scot	1.08.12
8. R. Hope	Eng	1.08.28
9. P. Henri Valour	France	1.08.59
10. F. Torresani	Italy	1.09.00
11. B. Novak	Slov	1.09.17
12. S. Gatti	Italy	1.09.32
13. T. Austin	Eng	1.09.55
14. C. Roberts	Kend	1.10.08
15. L. Taggart	Eng	1.10.11
16. P. Thebault	France	1.10.22
17. N. Fish	Eng	1.10.31
18. M. Whittfield	Bing	1.10.38
19. S. Stainer	Eng	1.10.47
20. D. Hope	Eng	1.11.03

413 finishers

JUNIORS

U/18 Boys

1. J. Mellor	L'pool	29.29
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U/18 Girls

1. K. Hawitt	Warring	33.28
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U/16 Boys

1. A. Peers	Wirral	19.03
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U/16 Girls

1. A. Kevan	Prest	26.09
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U/14 Boys

1. G. Griffiths	ColwynB	22.34
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U/14 Girls

1. H. Timmins	Warring	25.06
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U/12 Boys

1. A. Harrison	Prest	9.40
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U/12 Girls

1. H. Tomos	Brynrefail	11.17
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U/10 Boys

1. O. James	MenaiT&F	10.10
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U/10 Girls

1. E. James	MenaiT&F	10.56
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U/8 Boys

1. R. Jones	MenaiT&F	10.25
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U/8 Girls

1. K. Pritchard	Unatt	10.32
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JAMES HERRIOTT TRAIL RUN

North Yorkshire

CM/9m/1000ft 25.07.04

The record time set last year still stands at 52.28. However, the runners this year faced very grim weather with rain and mist all round as well as the strong wind which they were running into along the top of the moor.

The winners this year were in the men's category. 1st Ian Archbold, a track runner entering a fell race for the first time in 55.52 seconds, 2nd Richard Johnson 57.23 seconds and 3rd was Graham Clewes 59.24.

The ladies winners were, 1st Erica Johnson 67.39, 2nd Marie Hart 68.51 and 3rd Clare Bevan in 71.29.

There were over 180 entries but due to the weather only a total of 145 competitors took part although a good number of these entered on the day in spite of the weather.

The race was started from Bolton Castle by James Wight and the runners battled through the slippery fields and muddy tracks to return triumphant at the finish line. Erica Johnson and others who had competed last year said that the alterations to the start and finish point and part of the route had greatly improved the course for the runners.

Mr Wight presented the winners' trophies along with Rotary President Gerald Grainger.

All the competitors were in agreement that they had enjoyed the run and would return next year. One runner tackling the race for her first time stated that it was harder than the Great North Run (even though it was shorter in distance)

The Rotary Club thanks all competitors for taking part and all those who assisted in the organisation and braved the weather conditions.

Alan Davis

JACK & JILL CHALLENGE

West Sussex

BS/5.5m/1100ft 25.07.04

A strong field of 200 runners tackled the 5.5 mile 'Jack & Jill' run which is now well established as one of the few registered fell races in the South.

A good entry at the 'sharp end' of the field threatened the course record of 31.12, set by John Taylor of Bingley Harriers in 1999, but three times winner James Baker, could not beat the stiff breeze over the final 2 miles and finished well down on the record and his last year's winning time in 33mins 16secs. His efforts, though, gave him a 2.28 margin over second placed Tony Byrne whose 35.44 run earned him the MV/40 award.

The race attracted a few from 'up north' with the MV/50 winner being Geoffrey Howard from Ilkley. The ladies' race showed mostly local winners, Katy Moore, winning in 41.25 closely followed by Tracey Martin.

Alison Marks, formerly a local runner with Lewes AC but now running for Bingley Harriers, upheld Northern pride by taking the LV/35 prize while local lady, Jill Bearman, took the LV/50 award

Haywards Heath Harriers look forward to seeing experienced Northern Fell runners coming down to to "Soft South" to attack our record on Sunday July 31st 2005

We can promise a warm welcome, good beer and a harder race than you will expect

Contact Race Sec. 24 Marlborough Drive, Burgess hill, West Sussex, RH15 0EU with SAE for forms or email - daveberyl@dalziel@dogrunner.fsnet.co.uk

B & B list available

Dave Dalziel

1. J. Baker	Chich	33.16
2. T. Byrne O/40	Unatt	35.07
3. G. Gray	Seaf	35.44
4. P. Guest O/40	Ports	36.15
5. S. Holmes O/40	StRad	36.28
6. L. Taub	Bright&H	37.37

VETERANS O/50

1. (7) G.Howard	Ilk	38.09
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LADIES

1.(20) K. Moore	Bright&H	41.25
2. (26) T. Martin	Steyn	41.47
3. (49) A.Marks	Bing	45.24
4. (58) L. Treadwell	Arunners	46.39
5. (64) S.Upton	Striders	47.40

200 finishers



On the descent through the rocks at Widdop (Photo Pete Hartley)

HOLME MOSS FELL RACE
West Yorkshire
AL/16m/4000ft 25.07.04

Despite appalling weather conditions the Holmfirth Harriers team saw off a strong local challenge from Dark Peak Fell Runners to take the first team prize at the Holme Moss Fell Race.

The winning trio of Andy Shaw (second), Paul Smith (fourth) and Dave Watson (fifth) regained this title last won in 2002. The actual race winner was Tim Werrett, whose time, almost 20 minutes longer than last year's winner, fully reflected the very wet and blustery conditions.

The race organiser, Russell Bangham, expressed his gratitude to the race marshals who, although literally soaked to the skin, stood on the open moor for many hours to ensure the safety of the 102 starters. The event was kindly sponsored by Brooklands Nurseries and access was generously given by both Yorkshire Water and United Utilities.

Russell Bangham

1. T. Werrett	Mercia	2.30.16
2. A. Shaw O/40	Holmf	2.30.27
3. A. Ward	DkPk	2.30.40
4. P. Smith	Holmf	2.33.57
5. D. Watson	Holmf	2.34.45
6. M. Robinson	DkPk	2.39.58
7. S. Macina	P&B	2.40.15
8. R. Glover O/40	P&B	2.40.52
9. K. Holmes O/50	DkPk	2.41.41
10. J. Bell O/40	DenbyD	2.48.28

VETERANS O/50

1. (9) K. Holmes	DkPk	2.41.41
2. (23) R. Bellaries	Clay	2.55.17
3. (25) H. Nicholson	Clay	2.56.07

VETERANS O/55

1. (12) D. Tait	DkPk	2.48.48
2. (37) y. Tridimas	Bowl	3.07.49
3. (77) R. Poole	Glossop	3.48.15

VETERANS O/60

1. (50) D. Lucas	Roch	3.18.24
2. (81) M. Coles	Skyrac	3.57.22
3. (82) R. Brown	Pen	4.08.12

LADIES

1. (46) H. Thorburn	DkPk	3.16.34
2. (48) N. Kime	Ilk	3.16.44
3. (58) A. Forrest	Amble	3.25.32

94 finishers

GOYT'S MOSS FELL RACE
Derbyshire
BM/6.2m/1100ft 28.07.04

The Goyt Valley was created when mud, gravel and sand were washed down to the Peak District by a vast river from the Scottish Highlands. These layers of mud and sand settled in the estuary where they were compressed to become shale and gritstone rock. They were then tilted and folded by the earth's movement creating a downwards fold known as the Goyt Syncline. Through the Ice Ages the exposed shales and gritstones were shaped, following which the river Goyt started to carve out the valley. The entire process is believed to have taken 280 to 350 million years.

Perhaps in view of the above most runners didn't mind a two week postponement of this year's race. For John Brown it was certainly worth the wait. Returning to the race, after setting a new course record last year, he was accompanied by his teammate, James Jackson, and again he led for the duration. John, who almost qualified for the Olympic Steeplechase team before coming to the sport of fell running, was chased hard by Vet James Jackson who finished second, making a Salford team prize inevitable but for the absence of a third runner.

Co-organiser, runner Lloyd Taggart, still recovering from knee surgery, made the carefully considered decision to race again with about five minutes to go. Not wanting to miss out on any of the fun or good weather he joined the other runners, one knee still a little bigger than the other, and surprised everyone when he emerged in third position at Pym's chair, eventually finishing in the same position a minute behind James Jackson.

Mark Richards, new to fell running, having made the natural progression from rowing! had an outstanding debut finishing sixth in his first fell race.

In the ladies' race Wendy Higginbottom was a clear

winner beating Estelle McGuire, into second position. Jane Mellor finished third.

Macclesfield Harriers, who regularly turn out a high quality field at this race, took the male team prize with Buxton AC claiming the female prize.

My usual thanks to those who help to make the race possible. Full results and details of other Goyt races can be found at our website: www.fellraces.co.uk

Alistair Fitzgerald

1. J. Brown	Salf	36.10
2. J. Jackson O/40	Salf	38.46
3. L. Taggart	Buxt	39.46
4. M. Hartell	Macc	40.18
5. N. Bassett O/40	Staff	40.32
5. M. Richards O/40	Goyt	41.04
7. T. Wild	Macc	41.06
8. V. Booth	Traff	41.14
9. P. Stitt	Gloss	41.54
10. T. Stock	Macc	42.35

VETERANS O/50

1. B. Blyth	Macc	43.49
2. M. Moorhouse	Matlock	45.00
3. T. Hulme	Pen	45.42

VETERANS O/60

1. R. Wignall	Altrin	51.50
2. B. Gane	Sale	53.27
3. R. Ashby	Sale	64.34

LADIES

1. W.Higginbottom	Buxt	47.00
2. E. McGuire	Stock	48.03
3. J. Mellor	Pen	48.26
4. K. Cooper	Gloss	50.49
5. S. Bradley O/40	Buxt	52.22

140 finishers

HEART OF THE LAKES RYDAL ROUND
Cumbria
AM/9m/3000ft 29.07.04

1. J. Blackett O/40	NYork	1.19.53
2. B. Proctor O/40	Helm	1.20.00
3. P. Brittleton	Unatt	1.24.03
4. D. Hope	P&B	1.26.35
5. S. Freeman O/40	Amble	1.26.41
6. B. Walton O/50	Horw	1.27.11
7. N. Ashcroft	Amble	1.28.24
8. D. Loan O/50	Kesw	1.28.56
9. C. Waters	Amble	1.29.32
10. C. Near	Eryri	1.30.48

LADIES

1. (29) M. Laney	Clay	1.35.11
2. (36) J. Dunn	Helm	1.38.36
3. (43) L. Clough	Wigan	1.40.17
4. (50) R. Metcalf	Eryri	1.42.25
5. (52) H. Sedgewick	Ilk	1.43.52

109 finishers



*A lot of effort going in here on the Rydal Round
 (Photo Mark Aspin)*

SCRABO HILL RACE
Northern Ireland
AS/3m/750ft 30.07.04

David McNeilly notched up his fifth win in the Scrabo Hill Race, clocking 22.02 for the three-mile course which included a limb-stretching climb of 750 feet.

The event incorporated the NI junior mountain running championship and there were some impressive performances from the leading juniors, with four finishing in the top six over all.

McNeilly, who is one of six seniors who will represent Northern Ireland at September's world championships in Italy was always in control but Shane Doherty produced an excellent run and finished just 14 seconds behind to take the NI under 20 title.

Adam Mitten made a good recovery from his senior debut at the previous week's Snowdon International to take silver in the junior championships, 19 seconds behind, with Jamie Stewart taking bronze, a further 17 seconds behind.

Mountain Running Association chairman Richard Rodgers showed some fine form finishing fifth and top veteran, before he heads out to Switzerland for the famous Zinal race next week and he was followed by North Belfast junior Owen Carleton who clocked 23.15.

Alwynne Shannon has missed most of the season with injury but she continued her rapid return to form as she came home in 26.03, a minute ahead of former NI and all Ireland champion Shileen O'Kane. Vickey Clegg took the under 20 junior title in 28.39

In the two-mile race the under 16 titles went to Aveen O'Reilly and Brendan O'Boyle, while young Thomas Simpson was the top under 14.

Brian Ervine

1. D. McNeilly	Ballyd	22.02
2. S. Doherty	MidUlst	22.16
3. A. Mitten	New	22.35
4. J. Stewart	NDown	22.52
5. R. Rodgers O/40	New	23.03
6. O. Carleton	NBelf	23.15
7. M. McMannus	Larne	23.22
8. M. Kendall	New	23.24
9. R. Cowan	WTH	24.06
10. D. McGreevy O/45	Ballyd	24.11

VETERANS O/50

1. (14) R. Rutherford	Ballyd	26.00
2. (18) M. McVeigh	New	26.39
3. (19) F. Hammond	BARF	26.54

VETERANS O/60

1. (29) B. Magee	Larne	28.07
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LADIES

1. (16) O. Shannon	New	26.03
2. (21) S.O'Kane	BARF	27.04
3 (34) C. Coey	BARF	30.27
4. (38) A. Harnan	Lleg	32.11
5. (40) M. McKeag	Unatt	37.47

41 finishers

BEETHAM SPORTS FELL RACE
Cumbria
BS/5.75m/927ft 31.07.04

Fantastic weather produced a record turnout of 71 runners resulting in a new race record of 36.41 from Chris Livesey - congratulations!

As usual the race proved popular with all ages and abilities with plenty of fun races for the younger families. We hope that all who took part had an enjoyable run and look forward to seeing you next year - watch out for us in the FRA calendar.

Thank you

Chris Merckel

1. C. Livesey	Unatt	36.41
2. M. Aspinall	Clay	37.55
3. B. Bolland	Horw	39.18
4. P. Brittleton	Helm	39.59
5. D. Peach	Horw	41.19
6. C. Taylor	Mercia	41.48
7. A. Carruthers	Hales	42.53
8. S. Lashley	Dall	43.4
10. A. Shepherd	Settle	43.54

69 finishers

WAUN FACH 2004
Powys, Wales
AM/7m/2000ft 31.07.04

1. A. Jones	MDC	53.17
2. J. Horton	NDevon	53.53
3. I. Hughes	Shrews	56.20
4. M. Horton	NDevon	58.18
5. D. Burton O/40	Dursley	59.04
6. H. Thomas	Telf	60.38
7. C. Lancaster O/40	Ludlow	61.45
8. R. Williams	MDC	62.01
9. M. Lawson	MDC	62.45
10. S. Littlewood O/50	Heref	63.33

VETERANS O/50

1. (10) S. Littlewood	Heref	63.33
2. (11) S. Herington	Heref	64.13
3. (15) R. Bromley	Dursley	68.44

VETERANS O/60

1. (24) E. Meredith	MDC	85.35
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LADIES

1. (4) M. Horton	NDevon	58.18
2. (14) A. Jones	Caerl	65.13
3. (18) K. Gimenez	USA	75.54
4. (19) V. Lawson	Chep	78.09
5. (22) E. Bayliss	Griffith	84.43

25 finishers

BEN RINNES FIVE TOPS HILL RACE
Grampian
AL/14m/4900ft 31.07.04

1. R. Gallagher O/40	Wester	2.06.06
2. P. Raistrick	High	2.07.57
3. A. Keith O/40	HBT	2.11.20
4. M. Gorman	Wester	2.11.48
5. A. Smith O/40	Dees	2.14.11
6. S. Simpson	Ochil	2.17.50
7. K. Varney O/40	Metro	2.19.43
8. D. Gooch	Dees	2.21.08
9. P. Rodden	High	2.21.25
10. S. Barrie	Carn	2.21.48

VETERANS O/50

1. (12) R. Farquhar	Moray	2.26.26
2. (20) G. Cowie	Moray	2.42.29
3. (21) T. Peters	Holland	2.43.14

LADIES

1. (13) S. Wingrove	Cosmic	2.29.13
2. (26) E. Paterson	High	2.55.57
3. (30) L. Bethell	Lochab	3.04.33
4. (32) E. Stewart O/40	Cosmic	3.05.06
5. (33) J. Anderson	Carn	3.07.40

43 finishers

TRUNCE 7
South Yorkshire
CS/4.25/550ft 02.08.04

The weather promised to be very hot for this holiday period Trunce but as teatime approached, the weather turned kind and cooled to a more accepted level. 134 finishers again shows the popularity of this race series.

Thank you for all who make it work, runners and helpers alike.

Andy Plummer

1. A. Middleditch	25.34
2. T. Tett O/40	25.42
3. J. Watts	25.55
4. M. Lavery O/40	26.02
5. S. Rippon O/40	26.16
5. A. Carruthers	26.21
7. K. Cooke	26.30
8. A. Meskimmon O/40	26.41
9. S. Storey O/40	26.55
10. P. Hague	27.02

LADIES

1. (24) R. Carney O/40	28.52
2. (54) L. Walton	32.09
3. (56) K. Woodhead	32.40
4. (65) C. Couch	33.43
5. (70) C. Trosh	34.06

134 finishers

CROW HILL FELL RACE
West Yorkshire
BS/5m/1000ft 03.08.04

A great turnout on a bit of a poor night – thanks for coming and making all the hard work worthwhile.

Thanks to all our landowners and Hebden Bridge Golf Club, and Mytholmroyd Community Centre for use of their room (and bar!) at short notice/

All our Mytholmroyd (formerly Dusty Miller pub) races will be based at this venue from now on.

Thanks to all the helpers – Thurza and Linda on registration, Mick Fryer and Richard Greenwood who flagged the course with me, our mums on drinks and marshals; my dad, Anne Johnson, Jon Underwood and Mick on the summit.

Allan Greenwood and Linda Crabtree

1. K. Gray	CaldV	30.43
2. S. Oldfield O/45	BfdA	30.50
3. C. Smales O/40	Tod	31.01
4. J. Hemsley	P&B	31.38
5. S. Gregory	HolmePP	32.09
6. W. Ali	Felland	33.01
7. C. Moses	Bing	33.11
8. S. Macina	P&B	33.40
9. D. Appleby	Rad	33.59
10. P. Burnett	Wharf	34.04

VETERANS O/50

1. (18) D. Beels	CaldV	35.58
2. (22) P. Clarke	Bing	36.49
3. (38) R. Sutcliffe	CaldV	39.50

VETERANS O/60

1. (64) D. Gibson	Saddle	42.23
2. (65) M. Coles	Sky	42.42
3. (69) R. Jaques	Clay	44.26

LADIES

1. (25) J. Smith	CaldV	37.06
2. (42) K. Drake O/40	H'fax	40.17
3. (44) C. Waterhouse O/40	H'fax	40.23
4. (47) D. Allen	Rad	41.04
5. (54) K. Mather O/40	Saddle	41.25

91 finishers

KRUNCE RACE 5
03.08.04

1. M. Snodgrass	22.52
2. H. Lorimer	23.57
3. A. Smith O/40	24.08
4. B. Sheridan	24.15
5. K. Robertson	24.59
6. S. Smith	25.21
7. S. Armitage O/40	25.36
8. B. Copeland O/40	26.20
9. S. Pearce	26.43
10. J. Yearsley	27.37

VETERANS O/50

1. (35) A. McKay	35.36
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LADIES

1. (7) S. Armitage O/40	25.36
2. (21) A. Miller	28.31
3. (27) E. Paterson	30.31
4. (29) A. Hamilton	30.54
5. (31) E. Stewart O/40	31.37

41 finishers

WHITTLE PIKE
Lancashire
AS/4.5m/1400ft 04.08.04

Tues. 6.30. A flash flood hits the 500 acres of hillside surrounding Cowpe village and when I arrive to flag the road is under inches of water, just passable by a car. Fellow flagger Tony Spicer sensibly wades up the road. The farmer correctly tells me it will all be gone in an hour but a night later and the race would have been lost. Nevertheless a very wet course, causing particular problems for people in road/trail trainers. Whittle is a classic and very tough fell course with, almost literally, no flat bits adding to the challenge. Its status as an English short race in 2005 means a lot more people will have to come to grips with this course next year.

First the gripes. A young runner in his first race failed to finish or retire and we had some anxious times until we found he had gone home. In accordance with the rules this has been reported to the FRA. However 4 local young lads also ran the course, having not registered. One of them fell a long way behind the race and had to be brought down.

This was the first race of the midweek series of three. This year we have sponsorship from Ultimate Outdoors and other support from Berghaus so that the value of the prizes exceeded the entry fees! All finishers were entered in a free draw for 2 pairs of Inov8's, donated by the sponsors and all finishers also received discount vouchers.

We caused a minor upset by awarding the older age category prizes first, which we felt was justified given the number of vets. Indeed the number of men aged over 60 was greater than the number of women. Don Ashton justified our decision, in our view finishing, in the top half as 1st over 65.

A group of 4 men pulled away led by local Steve Hoyle, who dropped back to 4th. In the end Darren Kay just won with Steve Sweeney 2nd and first vet, followed by improving local youngster Wajib Ali. Bowland won the team prize.

In the ladies' race Vanessa Peacock and Jo Smith were together at half way before Vanessa pulled away. Not enough ladies for a team prize.

Whittle will be on a Saturday next year but we are going to be able to keep the series theme going by linking up with other races in the Rossendale area – see next year's calendar for details.

Nick Harris

1. D. Kay	Horw	42.07
2. S. Sweeney O/40	Bowl	42.20
3. W. Ali	Felld	43.35
4. S. Hoyle	Ross	44.05
5. K. Gaskell O/40	Horw	44.12
6. C. Shuttleworth O/45	Clay	44.23
7. A. Preedy	Ross	44.43
8. L. Downtonwaite O/40	Bowl	46.11
9. T. Ellis	Bolt	46.20
10. R. Wynne O/40	Bowl	46.29

VETERANS O/50

1. (18) D. Schofield	Ross	47.29
2. (19) K. Taylor	Ross	47.33
3. (21) T. Spicer	Ross	47.56

VETERANS O/60

1. (42) D. Ashton	Darwen	52.29
2. (52) T. Peacock	Clay	55.14
3. (64) A. Peers	Spect	58.40

LADIES

1. (32) V. Peacock	Clay	50.16
2. (34) J. Smith	DkPk	52.23
3. (30) C. Anthony	BelleV	55.58
4. (59) H. Corbishley	Ross	57.50
5. (80) A. Leonard	ManYMCA	66.58

90 finishers

DERBYSHIRE CHEVIN FELL RACE
Derbyshire
BS/45.5m/800ft 04.08.04

Notts Athletic Club members scored a double victory in the annual Milfordt Chevin Fell Race.

Despite thunder storms and incessant rain, Bill Speake took over 50 seconds from his 2003 winning time to take the mens whilst Sharon Orridge ran superbly to finish in 8th spot overall to win the ladies event.

However, the run of the night was that of 12 year old Blue Haywood of Sutton on Trent but running for the Linclon Wellington club. The UK international runner finished in 17th place overall.

Runners came from Holmfirth, Surrey and even from Holland to take part in the popular race. The first local runner was a battle scared Chris Rowe of Ripley running for Matcook AC. The previous day, Chris had had a bike accident and spent hours in the Casualty Department of the Derby Royal Infirmary, losing 2 front teeth and having extensive body wounds attended to. He manfully struggled on to take 7th place but in a time 2 minutes slower than usual.

David Denton

1. W. Speake	Notts	28.07
2. M. Naunton	Burton	28.44
3. R. Harris	LEaton	29.25
4. P. Hands O/40	Leices	31.31
5. D. Stuart	LEaton	31.44
6. J. Birch O/40	LEaton	31.53
7. C. Rowe O/40	Mat	32.14
8. S. Orridge	Notts	32.27
9. E. Haywood	Linc	32.38
10. R. Keal	Unatt	32.58

VETERANS O/50		
1. (12) M. Moorhouse	Mat	33.12
2. (18) P. Pittson	Erew	35.14
3. (23) R. Booth	Shelt	35.53

VETERANS O/60		
1. (46) P. Westbrook	Elmb	42.42
2. (53) M. Edwards	DkPk	44.40

LADIES		
1. (8) S. Orridge	Notts	32.27
2. (17) B. Haywood	Linc	34.11
3. (32) V. Thorpe	LÉton	37.49
4. (37) A. Heading	Milltown	39.17
5. (45) S. Carnell	Shelt	42.38

67 finishers

MOURNE SEVEN SEVENS Mourne Mountains AL/18.9/8775ft 07.08.04

Conditions were good for this year's race with firm dry ground, a cooling breeze from the Southeast and broken cloud only occasionally touching the hilltops.

Brian Ervine was hoping to break the four-hour mark having been thwarted by last years sapping heat and he was joined by over forty other runners who had also opted to take on this the toughest race in the fell running calendar. Deon Mc Neilly a former Northern Ireland champion was entered and Gary Bailey and Eddy Hanna headed the enthusiastic young guns of the ACKC team. The ladies were represented by just one runner, Helen Cassidy of team U4EA.

As expected Brian Ervine was first to the top of Donard and Commedagh, but when he reached Bernagh he must have wondered about Gary Bailey who was still in contact. Gary is fast on the downhills so for every lead Brian built on the assents, Gary pulled it back on the descents. The long run down from Meel Beg to the Ben Crom Dam proved decisive for Gary found a better line and reached the Dam just ahead. Brian moved back into the lead up Binnian, held it over Lamagan and had a two-minute advantage by the saddle. Once again Gary's decent speed - undulled by the distance - proved to be the ace card, as he sped down the Glen River to catch Brian within sight of the finish line. It was a thrilling finish as Gary overtook Brian then made an error and had to run a longer route through the car park while Brian headed directly to the finish over the playing fields. One runner came from one direction, the other from another and produced one of the tightest finishes ever - Gary winning by a mere 2 seconds. Both runners smashed Damian Brannigans record and pushed the time below the four-hour mark to 3.54.10. Although stunned by his loss Brian was quick to congratulate Gary, the first local runner to defeat him in a long Mournes race in many years. From a neutrals point of view both runners are to be congratulated on serving up such an epic duel.

Behind them vet 40 Deon Mc Neilly ran a steady race for fourth place and Eddy Hanna just held off a fast finish from Richard Cowen who excels in long races. ACKC had a good day all round with five in the top ten, making them easily top team.

Helen Cassidy unsurprisingly won the ladies race, but she wasn't the fastest round the course on the day. That honour went to Hanna Shields of Everest climbing fame who had entered the challenge walk and completed it in 5.51. That just happens to be a new record time. We will have to talk Hanna into trying something really tough soon, like a fell race!

Jim Brown

1. G. Bailey	ACKC	3.54.10
2. B. Ervine	Ballyd	3.54.12
3. D. McNeilly O/40	N'castle	4.23.47
4. E. Hanna	ACKC	4.30.26
5. R. Cowen	Willow	4.30.31
6. R. Donaldson	ACKC	4.50.21
6. K. Grogan O/45	Dublin	4.50.21
8. R. Campbell	ACKS	5.01.30
9. W. Marks	ACKC	5.01.32
10. P. Howie O/45	Larne	5.01.51

VETERANS O/50		
1. (15) F. Hammond	BARF	5.15.44
2. (15) W. Kettle	ACKC	5.15.44
3. (17) H. Teggarty	ACKC	5.15.50

LADIES		
1. (32) H. Cassidy	TeamU4EA	6.26.38

CRACKEN EDGE FELL RACE Derbyshire BM/7m/1450ft 04.08.04

The forecast for the evening of the race was warm and overcast, with just the outside chance of a shower, but, at the annual Cracken Edge Fell Race in Hayfield, the shower never arrived - but 163 runners did turn up to compete in this splendid Peak District 7 miler, and, in so doing, support their local mountain rescue team, Kinder MRT.

The race was well supported by many of the local running clubs with Pennine, Dark Peak, Barnsley and Glossopdale all swelling the ranks. The race course makes for a fine ramble in its own right, and several of the runners' supporters took advantage of the lovely countryside and went to various vantage points to follow the race, and to get a grandstand view of the Kinder massif.

Visibility was never a problem, but the heat saw to it that none of the records was in danger. In the men's race, Phil Winkill, registered as a Hallamshire Harrier, managed to hold off record-holder Lloyd Taggart, beating Taggart by a mere 1 second. Third place, and first male veteran 40 place, went to Pennine's Malcolm Fowler

The ladies' record (50m 32s) dates back to 1999, when the route was last altered, and looks like standing for many years to come. The ladies' race was won by last year's winner Helen Berry in 54.00, with ladies' record holder Estelle McGuire in second place.

Pennine (Malcolm Fowler, Colin Fray and Steve Wyatt) won the team prize, and, for the first time, Kinder Mountain Rescue (Mike Burchell, Darren Wallis, Steven Cardwell) won the special mountain rescue team prize and trophy.

Thanks to all the helpers on the night for making this such a successful event, and to the members of Kinder Mountain Rescue Team for marshalling and safety cover.

Alan Brentland

1. P. Winkill	Hallam	43.08
2. L. Taggart	Buxt	43.19
3. M. Fowler O/40	Pen	44.21
4. K. Lilley O/40	DkPk	44.41
5. J. Chapman	Unatt	47.24
6. V. Booth O/40	Traff	47.37
7. A. Carruthers O/40	Crawl	47.41
8. C. Fray O/40	Penn	48.42
9. C. Moseley	Hallam	48.56
10. S. Swallow	Barns	49.55

LADIES

1. H. Berry	Holm	54.00
2. E. McGuire	Stock	59.35
3. L. Walton	Barns	60.43
4. C. Geddes O/40	Retford	60.52
5. C. Mosey O/40	DenbyD	61.43

163 finishers

LLANTHONY SHOW HILL RACE Gwent AS/3.5m/1100ft 07.08.04

A very warm, still day and a lively, well-attended show. The idea of using the soap-box derby track as a neat way of getting the runners up and out of the show field didn't seem quite so brilliant when the race leaders found a rogue kart bearing down on them. But all in a day's work for a resourceful fell-runner.

The course was firm underfoot apart from a few boggy bits. Some of the paths on the ascent seem to get no use apart from this race, so a lot of effort was put into clearing bracken, thistles and nettles (not entirely successfully, judging by one or two complaints from nettle-stung runners).

A small but select field of 18 (twice that of the first two years) were led throughout by local (Abergavenny) boy, George Thomas, who sliced 94 seconds off the course record. His even more local (Capel-y-Pffin) friend, Paul Phillips, and Dimitri Vorres treated the show-goers to a neck-and-neck sprint down the soap-box track for second and third place.

Dick Finch

1. J. Thomas	Card	29.39
2. P. Phillips	Hay	31.58
3. D. Vorres O/40	Griffith	31.59
4. P. Wooddisse	MDC	32.43
5. M. McDonald	Unatt	33.50
6. A. Darby O/40	Unatt	35.41
7. S. Herington O/50	Heref	35.50
8. J. Darby O/50	MDC	35.55
9. S. Blease O/40	Brych	36.04
10. R. Williams	MDC	36.36

VETERANS O/60		
1. (18) J. Battersby	MDC	51.58

LADIES

1. (17) C. Tanner O/40	Griff	51.58
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18 finishers

RHEWL ROUGH RUN Denbighshire AS/5.5m/2360ft 07.08.04

This year's Rough Run featured only SIX senior men, the rest of the field were veterans (masters!!) and 6 females in a start list of 42.

With the temperatures nearing 80 deg F the competitors were looking for water containers to carry on the hill.

The race got underway with the tarmac section not splitting the field and the first climb on the moorland saw 10 runners grouping at the first stile. This didn't last long for they were now on the open broad track of the main climbs and descents. The first lady was in the front four for a while until the pressure was applied on the descent of Moel Morfydd, this is the start of the long, long descent to the finish covering rough eroded ground, stony tracks, and smooth grass. Experience of the course and daring running saw Ed Davies take the lead, no doubt his steeplechase method of taking the stiles gave him the few seconds required to win the event. Jan Kardasz journey from North Lancashire was rewarded with a close 2nd with Stephen Jones from the local club taking 3rd.

Tricia Sloan finished in 7th overall to win the ladies prize, it was great to have the Irish International runner competing. On the day we thought that she had broken the course record, but sorry Tricia, the record is under 40 minutes. See you next year!!!

Local lady Victoria Musgrove, came second and Sue Ellis third. All ladies received a prize (you can't leave one out can you?)

We hope to move this event into September for next year to avoid the holiday period and the traffic associated with it.

Thanks to all who helped and to the competitors who braved the traffic.

Geoff Gartrell

1. E. Davies O/45	Mercia	37.58
2. J. Kardodasz O/40	L&M	38.14
3. S. Jones	W5rex	39.09
4. C. Ashley O/45	Wrex	39.26
5. B. Hutchinson O/45	Kent	39.51
6. S. Bellis O/45	Wrex	40.23
7. T. Sloan	Salf	40.57
8. P. Stinton	Buck	41.10
9. H. Lewis O/45	Buck	41.43
10. S. Jones O/45	Eryri	42.29

VETERANS O/50

1. (12) M. Cortvriend	Macc	43.00
2. (14) F. Roberts	Pensby	43.30
3. (16) W. Helliwell	Unatt	44.39

VETERANS O/60

1. (15) P. Roberts	Buck	43.34
2. (27) P. Norman	Wrex	49.00
3. (31) R. Webster	Helsby	51.39

VETERANS O/70

1. (36) J. Carson	Eryri	56.29
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LADIES

1. (7) T. Sloan	Salf	40.57
2. (17) V. Musgrove O/45	Eryri	44.55
3. (29) S. Ellis O/40	Tatten	50.48
4. (34) G. Roberts O/45	Mercia	54.15
5. (37) S. Charman O/50	Helsby	57.48

42 finishers

HELLIFIELD GALA FELL RACE

North Yorkshire

BS/3.5m/850ft 07.08.04

Despite scorching conditions Steve Oldfield had a convincing win, only seconds outside his own 2002 course record. In second place was Paul Brittleton closely followed by Will Smith. In the ladies' race Karen Slater took the honours finishing over 3 minutes ahead of Helen Glover with fellow Keighley & Craven runner Fiona Raty in third.

37 runners completed the race and two did not finish due to the heat. It was good to see an increase in junior numbers in all four classes.

Many thanks to everyone who helped in any way and to the landowners as without their consent the race would not be possible.

S D Moor

1. S. Oldfield O/40	B&A	24.35
2. P. Brittleton	Helm	26.19
3. W. Smith	K&C	26.31
4. A. Preedy	Ross	26.59
5. A. Pilkington	Settle	27.08
6. P. Burnett	Wharf	28.00
7. R. Crossland O/40	B&A	28.20
8. J. Mercer	Airenteers	28.53
9. M. Addison O/40	Helm	29.06
10. M. McGoldrick	Settle	29.19

LADIES

1. (17) K. Slater O/40	Settle	31.12
2. (25) H. Glover	K&C	34.25
3. (28) F. Raty	K&C	36.33
4. (31) L. Whittaker O/40	Wharf	39.47
5. (37) V. Forster O/40	Tyne	59.53

37 finishers

BORROWDALE FELL RACE

Cumbria

AL/17m/6500ft 07.08.04

1. S. Booth	Borrow	2.50.37
2. S. Bailey	Mercia	2.53.53
3. J. Davies	Borrow	2.58.45
4. N. Sharp	Amble	3.00.06
5. R. Jebb	Bing	3.01.58
6. B. Bardsley	Borrow	3.02.19
7. C. Donnelly O/40	RonHill	3.02.29
8. I. Holmes	Bing	3.02.47
9. P. Davies	Borrow	3.03.26
10. T. Austin	DkPk	3.03.53
11. D. Neill O/40	Staffs	3.05.04
12. M. Denham-Smith	Kesw	3.06.59
13. P. Thompson	Clay	3.07.20
14. S. Stainer	Amble	3.11.35
15. J. McQueen	Eryri	3.12.04
16. S. Whittle O/40	Carn	3.12.33
17. M. Roberts O/40	Borrow	3.14.39
18. G. Bland	Borrow	3.16.34
19. J. Hunt	Cumber	3.18.13
20. A. Schofield	Borrow	3.20.03



Bailey and Booth battle it out in the heat at Borrowdale (Photo Doelindop)

21. J. Heneghan	P&B	3.20.35
22. A. Davies O/40	Borrow	3.21.25
23. M. Hartell O/40	Maccle	3.21.38
24. S. Livesey O/40	Bowl	3.21.51
25. P. Vale	Mercia	3.22.13
26. K. Gray	Calder	3.24.21
27. D. Golding	Harri	3.25.08
28. G. Thorpe	Amble	3.25.14
29. S. Hoyle	Ross	3.25.48
30. A. Smith	Amble	3.27.34

VETERANS O/50

1. (35) S. Jackson	Horw	3.28.33
2. (51) D. Spedding	Kesw	3.40.52
3. (61) B. Grant	Harr	3.43.28
4. (67) K. Holmes	DkPk	3.45.36
5. (69) D. Overton	Kesw	3.45.47

VETERANS O/60

1. (112) G. Howard	Ilk	3.59.58
2. (139) J. Nuttall	Clay	4.05.58
3. (165) D. Ashton	Darw	4.16.30
4. (177) P. Covey	Unatt	4.19.39
5. (207) F. Thomas	DkPk	4.27.12

LADIES

1. (53) J. Mykura	Carn	3.41.02
2. (63) S. Taylor	Bing	3.44.11
3. (73) S. Newman	CaldV	3.46.38
4. (115) K. Jenkins	Carn	4.01.27
5. (125) N. Davies	Borrow	4.04.10
6. (133) S. Dolan	Harr	4.04.54
7. (134) J. Lee	Eryri	4.05.05
8. (142) m. Laney	Clay	4.07.24
9. (144) R. Metcalfe	Eryri	4.09.20
10. (169) R. Cash	Borrow	4.17.29

404 finishers

WORSTHORNE MOOR FELL RACE

Lancashire

BM/7m/900ft 08.08.04

The race was yet again held in perfect conditions. The day was scorching.

It was good to have a turn out of 106 for this new race route, which now went up onto Black Hamledon, cutting out the tarmac section to Hurstwood.

The race was won convincingly by Thomas Cornthwaite, leading Brent Hoggan home by 82 seconds, with Mark Aspinall a very close third. Mark Aspinall specialist road runner in third place was the winning vet 40 with Ken Taylor in eleventh place being the winning vet 50, Ted Orrell first vet 60 with Lawrence Chew first vet 70.

The ladies' race was won convincingly by Amy Green with Candice Leah second again and Vanessa Peacock in third place.

Special thanks go to the race time keepers, marshals and runners, with particular thanks to United Utilities and English Nature.

Peter Thompson



Fred Lynch (Red Rose) climbing away from the reservoir (Photo Pete Harley)

1. T. Cornthwaite	B'burn	47.51
2. B. Hoggan	Acc	49.13
3. M. Aspinall O/40	Clay	49.23
4. G. Kay	Horw	49.50
5. P. Darbyshire	Wigan	50.10
6. M. Hunt	Pendle	51.25
7. B. Horrocks O/45	Clem	52.03
8. A. Green	Spenn	52.11
9. C. Balderson O/40	Clay	52.44
10. P. Archer	Unatt	53.14

VETERANS O/50

1. (11) K. Taylor	Ross	53.26
2. (23) A. Green	Brad	55.59
3. (27) E. Richardson	Ross	56.30

VETERANS O/60

1. (58) T. Orrell	Clay	63.04
2. (63) R. Jaques	Clay	64.15
3. (82) M. Wrigley	Clay	70.32

VETERANS O/70

1. (85) L. Chew	Clay	71.55
2. (104) R. Packer	RedR	86.37

LADIES

1. (8) A. Green	Spenn	52.11
2. (19) C. Leah	Clay	55.20
3. (30) V. Peacock O/50	Clay	57.07
4. (53) A. Kelly O/40	Clay	62.06
5. (61) D. Robson	Clay	63.21

106 finishers

THE FOREST BURN

Northumberland

BS/3.5m/500ft 08.08.04

The race experienced typical 'Forest Burn' weather - terrifically sunny and hot after a doubtful week. Unfortunately very few turned up to take advantage, and the race had the smallest field in its history.

At the first climb Nick Swinburn pulled away from Brian Robson and John Woods. A good part of the field took a bad line across the burn before the climb and split the field into two groups, which persisted to the finish.

The runners topping out over Wards Hill can (just) be seen from the show field and the order of finishing was that at which the runners started the descent, with Brian Robson making a huge effort to narrow the gap to winner Nick Swinburn.

Bill Tomlinson

1. N. Swinburn (Junior)	Morpeth	25.09
2. B. Robson	Unatt	25.42
3. J. Woods (Junior)	Morpeth	26.2
4. M. Graham O/40	Lowfell	26.39
5. V. Oldham	Norham	26.49
6. P. Graham O/50	Tyne	26.55
7. R. Alston	Unatt	29.16
8. P. Creighton O/40	NFR	29.52
9. W. Hutchinson O/50	Concord	31.02
10. B. Doidge O/50	Lowfell	31.16

VETERANS O/60		
1. J. Garbarino	NFR	32.21
LADIES		
1. V. Oldham	Norham	26.49
2. J. Walker	NFR	32.05
15 finishers		

THE ROUND HILL
West Yorkshire
CM/9m/1125ft 08.08.04



Richard Barrett all on his own at Round Hill
(Photo Emma Payne)

A great turnout and sweltering heat for the 2nd Round Hill fell race. The route took runners on a fast nine mile course of tracks and undulating moorland. Richard Barrett pulled off a fantastic win to take the Round Hill Trophy.

Barrett was at the head of affairs throughout the race, maintaining a large lead over James Franklyn and Bob Pritchard. Barrett crossed the line in 60.38 ahead of Franklin and Pritchard.

First lady was Sylvia Watson.

The course record set by Andrew Robertshaw of Otley AC still stands at 56.16.

Thanks to all Otley AC helpers who ensured the smooth running of the event and thanks to all competitors for participating for the 2nd year of the event.

Emma Payne

1. R. Barrett	Skip	60.38
2. J. Franklin	Abbey	62.12
3. B. Pritchard	Skyrac	68.19
4. J. Hutchinson	Ilk	68.42
5. S. Harris	Fellan	69.05

VETERANS O/40		
1. M. Horbury	ValleyS	69.43
2. P. Hunter	ValleyS	69.55

VETERANS O/50		
1. D. Ackroyd	Ilk	76.08

VETERANS O/60		
1. P. Robinson	Otley	77.06

LADIES		
1. S. Watson	ValleyS	83.50
2. C. Wayper	Abbey	87.01
3. C. Armistead	Otley	89.15
4. A. Seims	Kirkst	99.02
5. L. Casey	Abbey	99.09

LATRIGG FELL RACE
Cumbria
AS/3m/950ft 08.08.04

The 32nd running of The Latrigg Race was held in sunny and very warm conditions, which have blessed the race in recent years. First to the summit was the eventual winner Andi Jones. A welcome return to the race was Kenny Stuart, who holds the course record

of 16.37 which he set in 1984. The first over 60 was in fact 70 year old, Ian Addison, a relative newcomer to the home club who finished in an excellent time of 29.20.

Many thanks to the marshals and helpers.

Pete Richards

1. A. Jones	Salf	18.00
2. M. Bouldstridge	Mercia	18.32
3. I. Holmes	Bing	19.18
4. R. Jebb	Bing	19.43
5. R. Lightfoot	CFR	19.51
6. A. Schofield	Borr	19.55
7. K. Stuart O/40	Kesw	20.23
8. J. MacDonald	Traff	20.33
9. I. Greenwood O/40	Clay	21.11
10. S. Freeman O/40	Amble	21.25

VETERANS O/50		
1. (43) A. Bland	Borr	26.07

VETERANS O/60		
1. (43) D. Morgan	CFR	29.32

VETERANS O/70		
1. (58) I. Addison	Kesw	29.20

LADIES		
1. (19) N. White	Holm	22.43
2. (38) S. Taylor	Bing	24.50
3. (46) L. Thompson O/40	Kesw	26.28

GIANT'S WITHENS AND WINDMILLS
FELL RACE
West Yorkshire
BS/5m/1000ft 10.08.2004

After a torrential downpour, lasting the day long, the footpath around Ogden Reservoir was washed away in places, causing the wardens to close the place down to visitors. Our intended route would have passed along the Northern and Western edges of the dam, so a contingency plan was forced into action.

The revised course, almost the reverse route of our Tina Horne Windmills Whizz trail race in March was a popular choice with most of you going by the feedback in the pub afterwards. (You are invited to come and run it next March!) Thankfully the sun came out and we enjoyed a smashing evening for fell racing.

Thanks to Terry and Christine at the Causeway Foot, Thirza on registration, our parents on the drinks and finish recording and Alec Becconsall who offered to sweep round and gather the flags in.

Alec is the driving force behind Longcroft Engineering of Walsden who sponsored the race prizes.

Please let us know if you would like to see this race as a regular event. If so, your wish is our command...

Allan Greenwood and Linda Crabtree



Kieron Ashworth looking worried at not catching
Linda Hayles (Photo Alec Becconsall)

1. M. Aspinall O/40	Clay	34.42
2. K. Gray	CaldV	35.08
3. J. Hemsley	P&B	35.29
4. S. Frazer O/40	Bing	36.19
5. S. Macina	P&B	36.40
6. R. Glover O/40	P&B	36.44
7. D. Appleby	Rad	36.50
8. B. Stevenson O/40	P&B	38.22
9. M. Davies	Holm	38.39
10. D. Asquith O/45	Sky	38.58

VETERANS O/50		
1. (25) P. Butterworth	Clay	41.39
2. (29) B. Horsley	CaldV	41.50
3. (32) R. Durrant	Ruston	42.42

VETERANS O/60		
1. M. Coles	Sky	46.34
2. (63) R. Jaques	Clay	48.02
3. (85) P. Green	DenbyG	61.03

LADIES		
1. (33) C. Waterhouse O/40	H'fax	42.48
2. (37) A. Kelly O/40	Clay	43.21
3. (41) D. Allen	Rad	44.07
4. (46) A. Lupton	Rad	44.37
5. (53) G. Dewhirst	Rad	45.35

85 finishers

PILGRIMS CROSS FELL RACE
Lancashire
BM/6m/1100ft 11.08.04

We have had to change things around for this race before for a variety of reasons. This year the pub venue had become an Italian restaurant, so it was back to our old venue the Station and thanks to Trevor and his staff for being so accommodating.

The rains have been sweeping away the start/finish lane so we have been and found a better start for next year, farmers permitting!

The first three in the men's was almost the same as the previous week with Darren pulling away from Wajib and Steve, meaning these 3 have a big lead in the series.

In the ladies' we had three Clayton over 50s winning the team prize with Maureen beating Vanessa and Katie. They were split by Fay Beasley of home club Rossendale who got O/40 first place in her first race.

Don Ashton O/65 was again in the top half of the field. Those behind him need to get his regime and get in the gym, which we know is part of his success.

Nick Harris

1. D. Kay	Horw	40.07
2. W. Ali	Felld	42.29
3. S. Hoyle	Ross	42.45
4. T. Edward	Unatt	43.07
5. K. Gaskell O/40	Horw	43.14
6. M. Nuttall	B'burn	43.21
7. A. Preedy	Ross	43.45
8. L. Dowthwaite O/40	Bowl	43.50
9. R. Wynne O/40	Bowl	43.53
10. S. Clawson	Ross	43.55

VETERANS O/50		
1. (22) D. Schofield	Ross	46.18
2. (24) M. Laney Lady	Clay	46.32
3. (37) D. Kearns	Bolt	48.24

VETERANS O/60		
1. (42) D. Ashton	Darw	50.13
2. (67) G. Navan	Ross	56.55
3. (77) G. Corbishley	Ross	60.04

LADIES		
1. (24) M. Laney O/50	Clay	46.32
2. (40) V. Peacock	Clay	49.01
3. (55) F. Beasley	Ross	54.22
4. (63) J. Bellis	Bolt	55.48
5. (70) J. Robertson	Spect	57.24

104 finishers

STEEL FELL RACE
Cumbria
AS/3m/1115ft 11.08.04

1. P. Davies	Borr	22.07
2. G. Bland	Borr	22.52
3. A. Schofield	Borr	22.57
4. A. Davies	Borr	24.02
5. M. Robinson	DkPk	25.00
6. M. Cunningham	Borr	26.21
7. R. Greenwood	CaldV	26.33
8. J. Walker	CFR	26.53
9. D. Owens	Kesw	27.48
10. A. Bland	Borr	27.49

33 finishers

DENIS STITT MEMORIAL RACE

West Yorkshire

BS/5m/850ft 12.08.04

1. S. Oldfield O/45	Brad	31.02
2. M. Crane	DkPk	31.29
3. S. Storey O/45	Pen	33.12
4. P. Smith	Holm	33.21
5. K. Holmes O/50	DkPk	33.26
6. J. Hargreaves	DkPk	33.42
7. M. Jones	Holm	33.49
8. J. Rank O/40	Holm	33.50
9. G. Armitage O/45	Long	34.06
10. J. Carter	Holm	34.35

VETERANS O/50

1. (5) K. Holmes	DkPk	33.26
2. (20) R. Futrell	Holm	37.23
3. (21) J. Pollard	Glossop	37.36

VETERANS O/60

1. (34) K. Bamforth	Holm	40.45
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LADIES

1. (17) H. Berry	Holm	36.23
2. (22) J. Shotter O/40	Holm	38.12
3. (36) R. Elder	Unatt	41.04
4. (37) K. Woodhead	DenbyD	41.19
5. (38) B. Hoyland O/50	Holm	41.20

51 finishers

TEGGS NOSE FELL RACE

Cheshire

BM/6.5m/1100ft 14.08.04

Luckily the weather cleared after the downpours of the previous few days, and the race was run in warm and humid conditions. Malcolm Fowler regained the perpetual trophy, a few minutes down on his best time. He was followed by Kev Lilley in 2nd place, with Ed Gamble in 3rd. Sally Newman was a welcome visitor, and she won the ladies event coming 15th overall with Liz Batt 2nd lady.

The first two men were V40s, local lad Barry Blyth was first V50 home in 13th, with John Amies 1st V60 in 18th. Pennine won the team prize (again!) and David Fine might as well keep the locals trophy permanently.

This was the first event that I've organised, and it wasn't too painful, so I might do another one. Biggest problem was an over zealous policeman who tried to close the roads near the start/finish for the duration of the race, which would not have amused the locals. St John's Ambulance were also needed when one of the competitors fainted due to de-hydration 10 minutes after she had finished.

Thanks again to all the course setters, marshalls, time-keepers and helpers and also to Leek United Building Society for sponsoring the race.

John Bunyan

1. M. Fowler O/40	Penn	48.36
2. K. Lilley O/40	DkPk	49.50
3. E. Gamble	Stock	51.32
4. S. Storey O/40	P'stone	53.13
5. R. Marlton	Stock	53.36
6. R. Litherland	Macc	53.40
7. C. Fray O/40	Penn	53.54
8. M. Williams O/40	Penn	54.16
9. T. Stock O/40	Maccle	54.42
10. N. Holding O/40	WPenn	55.00

VETERANS O/50

1. (13) B. Blyth	Macc	56.26
2. (23) S. Brister	Mat	59.48
3. (24) M. Cortvriend	Macc	59.56

VETERANS O/60

1. (18) J. Amies	Macc	58.35
2. (38) A. Peers	Spect	64.32
3. (54) R. Wignall	Altrin	67.42

LADIES

1. (15) S. Newman O/40	CaldV	56.35
2. (21) L. Batt	Bux	59.01
3. (36) P. Glover	Wreake	64.03
4. (42) K. Forster	Spect	64.46
5. (44) M. Edgerton	Penn	64.57

86 finishers

ARNCLIFFE GALA FELL RACES

North Yorkshire

AS/1.8m/443ft 14.08.04

New U12 and U17 records, U17 time only one second slower than senior winning time over same course. Senior ladies time only 2 seconds off record. Great weather, kids races, other sideshows and amusements with no car park or entrance fees.

1. T. Mason	11.14
2. G. Hull	11.22
3. M. Horrocks O/40	11.29
4. I. Magee	11.35
5. G. Schofield O/40	11.44
6. C. Moses	12.13
7. J. Hemsley	12.15
8. R. Barratt O/40	12.21
9. A. Robertshaw	12.28
10. P. Burnett	12.35

LADIES

1. K. Slater O/40	13.25
2. K. Bailey	13.55
3. S. Glover	14.01
4. H. Dawe	14.25
5. C. De-Marie	14.40

UNDER 12s

1. T. Sessford	6.45
2. M. Cardus	7.40
3. J. Bradshaw	7.56

UNDER 14s

1. L. Maude	10.09
2. J. Thompson	10.24
3. S. Athersmith	11.20

UNDER 17s

1. D. Shephard	11.15
2. M. Athersmith	12.20
3. B. Morphet	12.55

HEART OF GRANITE RACE 1

Galloway

AL/20m/6400ft 14.08.04

The baking radiant heat on the Saturday combined with the typical Galloway tussocks, heather and rock to produce times longer than any of the previous races. Just getting round was a small personal triumph. Kenny Richmond was one of the few to improve their time from other attempts at the Heart of Granite and used his better navigation to pull away from David Atkinson and Adam Anderson.

Colin John Butler

1. K. Richmond	Bell	6.42
2. D. Atkinson O/40	Northum	7.03
3. A. Anderson	Carn	7.04
4. J. Goldsworthy O/40	Gall	7.42
5. T. Begley	Irving	8.27
6. S. McKendrick	Irving	8.27
7. N. Priestley O/40	Annan	8.58
8. N. Spinks (L)	Pen	9.01
9. P. Livermore	Unatt	9.01
10. I. Povey O/40	Cumber	10.52
11. R. Eveson	Unatt?	11.58

11 finishers

BRUCE'S CROWN

Galloway

AL/42m/13000ft 14.08.04

The Saturday of Bruce's Crown was hot and humid, and this, combined with the luxuriant tussocks, heather and abrasive rock to produce a true test of stamina to reach either of the overnight bivvies. The Galloway weather is reliably unreliable and Sunday's misty wet conditions led to many navigational errors on the Range of the Awful Hand.

Rob Blyth however proved once again that he is the master of this 2 day event, with good navigation and a relentless pace home from the overnight bivvy on Carmmadie Braes.

Colin John Butler

1. R. Blyth O/40	Helm	14.19
2. D. Brown O/40	Dumfries	14.26
3. D. Rogers O/40	Westies	15.33
4. G. Bryan-Jones O/60	Ochil	15.44
5. J. Thin	Carn	17.24
6. M. Diver	Clyde	17.49
7. I. Patterson	Whisky	20.10
8. B. Carson	Unatt	20.10
9. P. Garner O/55	Unatt	20.39
10. P. Musson O/40	LDWA	27.31

10 finishers

DWYGYFYLCHI

Gwnedd

AM/10m/2700ft 14.08.04

Colin Donnelly returned to Dwygyfylchi to win this increasingly popular race for the second time after an absence of six years. In typical Donnelly fashion, Colin gave a decent field a head start of about a minute as he missed the start by checking out the race toilet facilities. Passing through the start area again after about three miles, jaws were dropping as he was flying along in third place and thing looked really ominous for the front runners – Dylan Jones and Russell Owen weren't hanging about, but despite making a fist of it, they succumbed in the second half of the race as Donnelly used his considerable experience to overhaul his main rivals. It was a warm day and Donnelly was never going to threaten the record after starting late, but Jayne Lloyd took a couple of minutes off her own ladies best time to set a new mark which only the elite will aspire to beating, although Jackie Lee pushed her all the way with just 11 seconds splitting the two.

Our best wishes go to Don Williams, who took a fall near Sychnant and collected an awful knee injury – six days in hospital says it all, so take it steady Don, and we hope you will be back running again soon.

Thanks to the runners for a great atmosphere, staying on for a pint or two, and for observing the kit rule en-masse. Special thanks to Dewi Sinclair (he is the grafter, I'm just the face) – Paul Shepley of Conwy Outdoor Shop, Jean, Debbie, Geoff Clegg, Barrie Wells and Brian Evans (the usual reliable suspects) Conwy Radio group, Martin, Tony, and of course Beth!

We may have to change back to the original venue of the Legend Inn next year which has virtually the same course, but has better parking options. Bring your friends for another grand day over this wonderful corner of Eryri.

Steve Hurdman

1. C. Donnelly O/40	RonHill	1.17.28
2. R. Owen O/40	Eryri	1.18.14
3. D. Jones	Eryri	1.20.27
4. S. Ellis	Tatten	1.23.31
5. S. Jones	Wrex	1.24.36
6. A. Carruthers O/40	Hales	1.24.51
7. C. Jones	Eryri	1.26.06
8. R. Halliday	Eryri	1.27.55
9. P. Bullen O/40	Kesw	1.28.12
10. D. W-Thomas	Eryri	1.28.30

VETERANS O/50

1. (12) G. Hodges	Unatt	1.29.36
2. (16) A. Duncan	Bowl	1.31.33
3. (21) G. McAra	Penn	1.34.51

VETERANS O/60

1. (62) I. Roberts	Eryri	1.59.21
2. (64) J. Thomas	Buck	2.01.02
3. (65) M. Edwards	Wrex	2.04.17

LADIES

1. (18) J. Lloyd O/40	Eryri	1.31.43
2. (19) J. Lee	Eryri	1.31.49
3. (22) R. Metcalfe	Eryri	1.35.26
4. (27) V. Musgrove O/40	Eryri	1.39.01
5. (31) H. Thorburn	DPFR	1.40.55

72 finishers

BRECON BEACON FELL RACE

Gwent

AL/19m/4500ft 14.08.04

1. P. James	MDC	3.01.41
2. C. Flower	MDC	3.01.41
3. C. Clemerson O/40	Heath	3.14.37
4. G. Craft	Unatt	3.20.15
5. P. Fernander	Unatt	3.23.23
6. R. Ansell O/40	Tring	3.23.29
7. J. Carter	MDC	3.24.20
8. A. Orringe O/50	MDC	3.25.17
9. D. Booth	MDC	3.26.13
10. C. Davey	Bath	3.28.53

VETERANS O/50

1. (8) A. Orringe	MDC	3.25.17
2. (13) R. Hooley	MDC	3.33.00
3. (18) B. Graham	Bitton	3.49.59

37 finishers

**LAKELAND COUNTRY FAIR OPEN
FELL RACE
Cumbria
AM/6.5m/2350ft 15.08.04**

Ideal conditions boosted the number of runners in the Lakeland Country Fair Open Fell Race in it's third year at this venue. No records were broken but the first seven finishers arrived home under the hour, which testifies to the quality of the field. It is a class race - 6.5miles from the show field in Torver to the top of Coniston Old Man and back, and competitors came from a wide area for the run. Cumberland fellrunners were well represented, having chosen the race as one of their club championship qualifiers, and the race was won by one of their members, John Hunt, in a time of 56 minutes 13 seconds. However, the first lady back, of 9 female runners was Rebecca Cash in a time of 71 minutes 41 seconds. There was a large complement of veteran competitors, including 2 over 70! We are indebted to Sam Clarke of Coniston and his team of helpers for organising the race with their usual calm efficiency. We are also grateful to Burlington Ltd who donated mementoes and prizes, and to Lakeland Willow Water who donated bottled water for all finishers.

The country fair, which forms the occasion for this race, again offered an enjoyable family day out, with plenty to do and see, and this included a full programme of junior fellraces organised by Irving Block of Cumberland fell runners, as well as children's 'sports', wrestling, terriers, lurchers, pet dogs, falconry, heavy horses and fell ponies. A couple of heavy bursts of rain failed to dampen people's spirits and the afternoon finished dry and sunny.

Alison D. Bolt

1. J. Hunt	CFR	56.13
2. I. McGee	Skip	56.58
3. D. Golding	Amble	57.48
4. B. Taylor	CFR	57.59
5. C. Hope	Borr	58.04
6. C. Waters	Amble	58.57
7. N. Cockbain	CFR	59.04
8. C. Fray O/40	Penn	60.35
9. H. Jarrett O/50	CFR	61.11
10. R. Hall	Unatt	61.22

VETERANS O/50

1. (9) H. Jarrett	CFR	61.11
2. (17) J. Winn	CFR	62.41
3. (26) R. James	CFR	66.07

VETERANS O/60

1. (57) J. Ely	CFR	76.11
2. (69) B. Johnson	CFR	83.57
3. (75) J. Richardson	CFR	86.45

VETERANS O/70

1. (71) D. Rigg	CFR	85.59
2. (76) H. Catlow	CFR	87.29

LADIES

1. (47) R. Cash	Borrow	71.41
2. (58) A. Richards	Tod	77.02
3. (61) D. Pelly O/40	DkPk	79.18
4. (63) N. Goffe O/40	BCR	82.00
5. (66) B. Haywood	CFR	82.14

86 finishers

**GOLF BALL FELL RACE
Lancashire
BS/5.5m/800ft 18.08.04**

An hour before and the heavens opened again but in the end the race was dry, if very muddy underfoot.

For the first time in the series we had new winners. Danny Hope is well known to us but ladies' winner, Candice Leah, is a new winning name.

It was really a family evening. Fast improving Michael Corbishley and our 'lad to watch' from home club Rossendale managed 8th followed by sister Heather and dad George, from the same club dad Allan Yeomans was well up the field, daughter Sarah ran well to come second JL and her mum Helens won the FO/40 prize.

Under 18 winner David Shepherd, was followed home by Anthony, we assume his dad! The Aspinalls, Radcliffe were all running their first fell race with young Mathew leading the family home in road shoes, not a good idea, closely followed by 16 year old Alison, our 'lass to watch' and dad Manny.

It was great to see them all as we need the younger runners for the future of the sport.

Nick Harris

1. D Hope	P&B	37.26
2. D. Kay	Horw	39.37
3. I. Greenwood O/40	Clay	39.55
4. W. Ali	FellD	40.43
5. A. Whittam	Tod	40.50
6. S. Hoyle	Ross	40.58
7. M. Nuttall	B'burn	41.01
8. M. Corbishley	Ross	41.07
9. R. Glover O/40	P&B	41.10
10. A. Preedy	Ross	41.22

VETERANS O/50

1. (26) D. Schofield	Ross	43.51
2. (27) P. Booth	Clay	43.52
3. (29) T. Spicer	Ross	43.58

VETERANS O/60

1. (65) D. Ashton	Darwen	48.44
2. (89) A. Peers	Spectrum	51.54
3. (91) P. Heneghan	Unatt	52.27

VETERANS O/70

1. (122) D. Clutterbuck	Tod	58.54
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LADIES

1. (52) C. Leah	Clay	46.40
2. (57) V. Peacock O/50	Clay	47.26
3. (81) T. Mitchell	Clay	50.30
4. (87) D. Robson	Clay	51.34
5. (95) H. Corbishley	Ross	53.03

135 finishers

**RAS Y MYNYDD
Gwynedd
BS/4.5m/775ft 18.08.04**

1. A. Vaughan	Eryri	26.39
2. D. Jones	Eryri	27.42
3. R. Halliday	Eryri	29.04
4. L. Pierce	Eryri	29.36
5. D. Roberts	BroDys	30.36

VETERANS O/40

1. A. Moore	Totley	31.12
2. I. Edgar	Unatt	32.42
3. M. Thomas	Unatt	32.53

VETERANS O/50

1. M. Jones	Eryri	34.07
2. J. Burnell	Eryri	34.44
3. D. Wright	Eryri	35.38

VETERANS O/60

1. E. Davies	Eryri	34.11
2. R. Owen	Unatt	35.33

LADIES

1. R. McCartney	Eryri	34.16
2. M. Oliver	Unatt	36.15
3. E. Salisbury O/40	Eryri	39.41
4. A. Thomas	Unatt	40.14
5. M. Moore O/40	Totley	43.44

**ECCLES PIKE
Derbyshire**

BS/3.5m/650ft 18.08.04

An interesting day for the organiser this year as 3 hours before the race he was experiencing the birth of his first baby. Amy Darcey Whelan was born at 4:09 p.m., a future champion maybe?

Thankfully the rest of the Goyt Valley Striders rallied round and the record entry of 89 runners were dealt with as efficiently and effectively as ever. The weather was dramatic and spectacular as the thunder, lightning and torrential rain arrived for the start of the race.

No records were broken this year but a competitive race was had non-the less.

Once again thanks is given to the Navigation Inn for playing host, Running Bear and Paul Plant for the spot prizes and to members of Goyt Valley Striders for the organisation and work on the night.

Mark Whelan

1. A. J. Ellis	ValeR	23.11
2. S. Paton	DkPk	23.30
3. G. MacNeil O/40	Penn	23.49
4. S. Bradstock	Castle	23.59
5. M. Richards O/40	GoytV	24.33
6. M. Williams O/40	Penn	24.42
7. C. Fray O/45	Penn	25.01
8. M. Webster	Unatt	25.24
9. S. Crabtree	Penn	25.30
10. R. Edwards	Glossop	25.45

VETERANS O/50		
1. (21) F. Fielding	Penn	27.16
2. (22) R. Scotney	Penn	27.21
3. (23) T. Hulme	Penn	27.32

VETERANS O/60

1. (59) R. Wignall	Altrin	32.23
2. (81) M. Schofield	Altrin	36.21
3. (82) A. Bourne	StaffM	37.05

VETERANS O/70

1. (85) B. Thackery	DkPk	40.40
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LADIES

1. (56) J. Caddick	Unatt	31.54
2. (67) S. Varley	Holmf	33.47
3. (72)J. Cust	Penn	34.43
4. (73) A. Leonard O/40	Manch	34.55
5. (74) R. Lyons	Penn	35.20

89 finishers

**WEARDALE HORSESHOE
Cumbria
AM/8m/2000ft 21.08.04**

With Ravenstonedale Show moving to near to the original field for the first time since foot and mouth the new race route will hopefully now be settled.

This new route seemed to suit Paul Brittleton, however he was closely tracked by Graham Moffat, who has been hampered by knee injury over the last few years. Liz Batt was not pressed to win the female race. Hopefully there will not be the clash of dates with Sedburgh Hills and the crazy situation of two races in the Howgills on the same day for next year and therefore benefit the race with a slightly larger field.

Fraesr Livesey

1. P. Brittleton	Helm	1.01.18
2. G. Moffat O/40	Horw	1.02.32
3. M. Chippendale	Bowl	1.03.17
4. A. Heyes O/40	Eryri	1.04.46
5. S. Moffat O/40	Horw	1.05.15
6. M. Walsh O/50	Kend	1.07.09
7. M. Johnson O/40	Unatt	1.07.27
8. G. Davis O/40	N'land	1.08.52
9. K. Dacre O/50	Kend	1.10.31
10. M. Beresford	Kend	1.10.39

VETERANS O/50

1. (6) M. Walsh	Kend	1.07.09
2. (9) K. Dacre	Kend	1.10.31
3. (11) M. Hetherington	Rownt	1.11.50

VETERANS O/60

1. (26) J. Ewy	CFR	1.20.03
2. (28) A. Menarry	Durham	1.26.52
3. (34) H. Blenkinsop	Kesw	1.48.53

LADIES

1. (15) L. Batt	Bux	1.13.48
2. (29) S. Davis	N'berland	1.30.37
3. (31) C. Page	Unatt	1.38.55

34 finishers

**DARWEN GALA FELL RACE
Lancashire
BS/3.75m/900ft 21.08.04**

The senior event had slightly fewer entries than last year but the event was enjoyed by the 45 who did take part. The weather dried up nicely for the race and we had warm sunshine for the first time in the Dasher's race series this summer. It looked so nice in fact, that I couldn't resist putting in a last minute entry myself to actually try out the route in competition for the first time, on my fourth year of organising the event.

The winner was a local runner, Paul Thompson of Clayton-le-Moors winning with plenty to spare, but outside the course record. Sally Newman, winning the ladies race and finishing 8th overall trimmed 23 seconds of the previous best by Vanessa Peacock. Congratulations also go to Anthony Hayes. He was first under 18 in the senior race and gets a nice big trophy and a big box of sweets for his efforts.

Julian Donnelly

1. P. Thompson	Clay	24.38
2. I. Greenwood O/40	Clay	25.28
3. G. Kay	Horw	26.13
4. M. Nutter O/40	Clay	27.17
5. P. Booth O/50	Clay	27.23
6. S. Hemmings	Horw	27.48
7. N. Worswick	Clay	27.49



Paul Thompson concentrating very hard on his way down to victory at Darwen. (Photo Pete Hartley)

8. S. Newman O/40	CaldV	27.53
9. D. Lowe O/40	Unatt	27.57
10. J. Donnelly O/40	Darwen	28.19

VETERANS O/50		
1. (5) P. Booth	Clay	27.23
2. (24) G. Large	NVets	31.21
3. (25) C. Davies	Altrin	32.07

VETERANS O/60		
1. (38) G. Corbishley	Ross	35.18

VETERANS O/70		
1. (44) R. Packer	RedR	41.57

LADIES		
1. (8) S. Newman O/40	CaldV	27.53
2. (32) H. Corbishley	Ross	33.31
3. (36) M. Nino	Unatt	33.55
4. (42) K. Thompson O/50	Clay	37.40
5. (45) L. Riddall O/50	Roch	42.40

CRAIG YRHIW HILL RUN

Shropshire

BS/5m/1000ft 21.08.04

This was a record entry for the event and with the minor alteration to the original course everyone enjoyed the challenge of it being tougher but slightly shorter than last year. The weather was kind to us, keeping fine and sunny

Doug Morris

1. A. Peers	Wirral	22.47
2. I. Hughes	Shrews	24.01
3. D. Ardern O.40	Goyt	24.24
4. A. Gray	Shrews	24.47
5. D. Dylan	Aberyst	24.56
6. P. Whiting O/45	Kend	25.03
7. C. Near	Eryri	26.09
8. S. Jones	Wrex	25.18
9. J. Kardasz O/40	L&M	25.22
10. P. Stinton	Buck	25.35

VETERANS O/50		
1. (12) M. Foschi	Cumber	26.07
2. (16) M. Cortvriend	Macle	26.43
3. (25) P. Foale	Aberyst	28.24

VETERANS O/60		
1. (34) J. Morris	Buck	30.07
2. (38) C. Williamson	Shrop	30.42
3. (43) R. Webster	Helsby	31.38

VETERANS O/70		
1. (62) B. Thackery	DkPk	37.19

LADIES		
1. (26) A. Bartlett	Shrews	28.35
2. (28) K. Roberts	Helsby	29.10
3. (31) V. Musgrove O/45	Eryri	29.39
4. (39) V. Griffiths	Helsby	31.02
5. (42) L. Delrio	Trenth	31.33

70 finishers

RUSLAND 5

Cumbria

BS/5m/750ft 21.08.04

With all the rain during the previous week (or should I say previous month!) there was uncertainty as to whether the race could take place so it was a pleasure to have a warm dry day. Even with the bracken cut back the course was hard going in parts with it being wet and muddy, and there were not going to be any records set this year.

However C. Fray finished in a creditable 35.00, over two minutes clear of the field and was also the first V40. The next 7 places were a closely fought contest, spanning under 90 seconds. B Suringar was the first V50 in 4th place. Jill Robinson (V50) was the first lady home in 42.29 beating Dorothy Pelly (V40) into second place in 45.26.

Although one runner who shall be nameless managed to run right between two brightly painted right turn arrows to carry straight on, the rest of the field found the course well marked and easy to follow. One competitor unfortunately sprained an ankle but at least the provision of a Landover on the fell saved a painful hobble if not a bumpy ride!

The numbers were down slightly this year in all the fell races, probably due to clashes with races at Burnsall and Sedbergh, with some runners saving themselves for Grasmere sports the following day.

With over 80% of the runners over 40 and 40% over 50, I am not sure whether this reflects fell running in general or other commitments on the day.

The other shorter senior fell race (1.75 miles and 430ft of ascent) was won by Andy Hyslop from Tom Buckner and John Spencer (all V40s) with Helen Woodley leading Sharon Dixon home for the ladies.

Some of the junior fell racers started to the sight of an eagle owl swooping low over the field and a falcon stooping to its lure in a spectacular display. Whether this affected the speed of the races is uncertain!

David Higgs

1. C. Fray O/40	Penn	35.00
2. S. Bolland	Bowl	37.01
3. G. Booth	Chorl	37.36
4. B. Suringar O/50	Unatt	37.42
5. O. Fielden	Kend	37.45
6. B. Houghton O/40	FRA	37.57
7. C. Stemlich	Unatt	38.15
8. J. Spencer O/40	Roth	38.23
9. P. Harlowe O/50	Unatt	39.41
10. M. Smith O/40	DkPk	40.55

LADIES

1. (16) J. Robinson O/50	Garst	42.29
2. (18) D. Pelly O/40	DkPk	45.26
3. (20) J. Taylor O/40	L&M	47.33
4. (21) N. Roby	BICombe	47.49
5. (26) M. Bouker O/50	SWAC	52.06

28 finishers

TAP O'NOTH HILL RACE

Aberdeenshire

BM/6m/1200ft 21.08.04

Rain, and lots of the stuff. The North East of Scotland has had what seems like constant rain in one form or another for weeks now. The Wednesday night before the race we had torrential rain with thunder and lightning thrown in for good measure. On checking the course the next day it was apparent that the route had partially been washed away and I deemed it too dangerous to race down. Therefore, I had to change the route to a shorter 'out and back' course hence the different distance and climb reported. This year a lot of time, effort and money has been spent clearing the course as it had started to get a little overgrown and this was reported by the runners as great as the majority of the clearing had taken place on the remaining uphill section!

The weather was blustery and about 17 degrees C, but at least it remained dry!

On with the race and a healthy 32 entrants soon found themselves hill wards.

First to the top was Keith Robertson 25:15, a very good time indeed. In fact, there were three runners at the top within 20 seconds of each other. I can't recall it being so close at the halfway point.

On the way back, Keith was overhauled by Hayden Lorimer who was right behind him at the top but he managed to come in behind Hayden for second place. Third place was taken by Steve Rivers, who maintained his position throughout the race.

The ladies' event was a little more spread out but still, Ruth Mackenzie managed to hang on for her third successive win. Susan Johnstone finished well in second place? of a minute behind Ruth with Lois Noble 1? minutes further back.

The comments on the last minute changes to the course were all positive and many would like to see the route retained. We'll see what the weather brings next year. See you on the 20th August 2005 for the next run.

Simon Beeson

1. H. Lorimer	HBT	37.07
2. K. Robertson	Cos	37.38
3. S. Rivers	Cos	37.57
4. C. Love	DundH	40.00
5. O. Bass	Unatt	41.13
6. S. Smith	Aberd	41.43
7. J. Yearsley	Cos	41.49
8. C. Larmour	Cos	41.50
9. D. Wilkinson O/40	Cos	41.53
10. A. Jermieson O/40	Cos	41.55

VETERANS O/50

1. (21) D. Shinn	Dall	45.05
2. (27) D. Boyne	Unatt	49.05

VETERANS O/60

1. (22) C. Love	DundH	46.17
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LADIES

1. (23) L. Noble O/40	Cos	46.37
2. (28) E. Stewart O/40	Cos	49.55
3. (29) A. Stone O/40	Cos	54.02
4. (30) E. Munro O/40	Keith	54.45
5. (31) E. Verney O/50	Cos	63.45

32 finishers

LOMONDS OF FIFE HILL RACE

Fife

AM/9m/2200ft 22.08.04

After some of the wettest August weather on record our luck held – the sun shone all day. Starting instructions were drowned out by a combine harvester a few yards away but no-one got lost. With a few fields to cross the runners were well strung out by the time they reached the hill and the real battle began with a stiff 1000 foot climb to West Lomond. At the foot of the West most of the field was surprised to discover the soft track to Craig Med had been replaced by a 2 mile 'highway' of hardcore. The lead was contested out to East Lomond where unfortunately Phil Mowbray, one of the favourites, was forced to drop out. From the West Lomond a track leads down to an innocuous fence (no, the electricity wasn't on Ronnie!) and a few steps on and



A demonstration of Scottish descending technique at the Lomonds of Fife (Photo Ian Nimmo)

you're looking down the infamous Cations Gully. It's probably the steepest descent in any Scottish hill race and a goodly number descended on their backsides braving the thistles. Ronnie Gallagher had built up a superb lead and finished over 2 minutes ahead of Andy Kitchen.

Alan Graham

1. R. Gallagher O/40	Westies	1.08.07
2. A. Kitchen	Loth	1.10.22
3. A. Davis O/40	Carn	1.10.54
4. D. Anderson O/40	Fife	1.11.47
5. M. Gorman	Westies	1.12.39
6. N. Leslie	DundR	1.13.53
7. A. Ward O/40	Carn	1.15.47
8. S. Bennet O/40	Carneg	1.16.54
9. J. B. Fish O/50	Carn	1.17.10
10. A. Hunter O/40	Carneg	1.18.26

VETERANS O/50

1. (9) J. B. Fish	Carn	1.17.10
2. (15) T. Scott	Fife	1.21.01
3. (17) T. Ross	Fife	1.22.11

LADIES

1. (22) G. Godfree	Loth	1.23.43
2. (28) S. Legge	Carneg	1.27.03
3. (33) J. Scott O/50	Fife	1.30.31
4. (34) M. Keegan O/40	Carn	1.30.37
5. (42) V. Brunton	Westies	1.34.33

62 finishers

THE TRUNCE 8

West Yorkshire

CS/4.25m/550ft 23.08.04

Monday August 23rd saw persistent heavy drizzle after a dry weekend. Inspection of the first river crossing, junior and senior race, revealed 1/3rd of the stepping stones underwater. Decision made for me concerning the junior race, CANCELLED.

Just for backup I strung a rope across the river below the stones, not that it was needed.

107 runners turning up on a less than good evening in the August holiday period shows the pull of the Trunce.

No records broken except the speed of getting results onto the photocopier, helped by no junior results.

Andy Plummer

1. S. Masden	144 pts
2. K. Cooke	136 pts
3. D. Hague	126 pts
4. A. Middleditch	94 pts
5. P. Hinchcliffe	76 pts

LADIES

1. K. Woodhead	176 pts
2. L. Walton	153 pts
3. L. Bland	115 pts
4. C. Hulley	98 pts
5. S. Hulbert	98 pts

VETERANS O/40

1. R. South	154 pts
2. S. Storey	125 pts
3. A. Meskimmon	125 pts

LADIES O/40

1. C. Couch	165 pts
2. R. Bedford	154 pts
3. M. Millward	129 pts

BOYS

1. J. Rooke	139 pts
2. J. Chatterton	133 pts
3. L. Wray	111 pts

GIRLS

1. E. Bishop	175 pts
2. A. Cullen	165 pts
3. H. Woodhead	138 pts

ROUND LATRIGG

Cumbria

BS/5.5m/800ft 25.08.04

A good turn out on a night that promised rain, which fortunately never materialised. No records were broken but some keen competition. The results on the day were somewhat marred by a runner without an entry or number. Many thanks to Karen Lockwood, Felicity Knox, Carolyn Charlton, Steve Kemp, Geoff Summers, Wendy Knox and Dene Gibbon for their help. See you next year.

Lyn Thompson

1. J. Davies	Borr	32.00
2. M. Denham-Smith	Kesw	32.18
3. D. Morris	CFR	32.25
4. A. Schofield	Borr	32.31
5. P. Davies	Borr	33.04
6. C. Miller	Harr	33.23
7. P. Young	CFR	33.32
8. P. Singleton	Amble	33.47
9. N. Lockwood	Kesw	34.04
10. D. Birch	Kesw	34.07

VETERANS O/40

1. (11) P. Banks	B'burn	34.17
2. (14) P. Dawson	Unatt	35.01
3. (16) G. Byers	CFR	35.15

VETERANS O/50

1. (13) D. Overton	Kesw	34.47
2. (23) S. Sharp	CFR	38.00
3. (26) A. Bland	Borr	38.31

VETERANS O/60

1. (38) D. Hayes	Kesw	40.55
2. (69) D. Morgan	CFR	46.45
3. (77) S. Watson	CFR	49.09

VETERANS O/70

1. (62) I. Addison	Kesw	45.20
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LADIES

1. (28) S. Hodgson O/40	Felland	38.54
2. (31) K. Heaviside	Eden	39.40
3. (34) L. Wilkinson	NFR	40.09
4. (39) B. Blakeman	Sund	40.57
5. (43) K. Murdoch	Derw	41.50

86 finishers

CROOK PEAK CAKE RACE

Somerset

AS/3m/800ft 25.08.04

1. K. Leeson	Dursley	19.49
2. M. Duxbury	Stroud	20.04
3. C. Hallett O/40	Brist	20.30
4. A. Deamer	Wells	20.42
5. P. Wooddisse	ThamesV	20.50
6. M. Green	Thorn	21.18
7. B. Powell O/50	Wells	21.21
8. M. Bird O/40	Nailsea	21.35
9. M. Turner O/40	Brist	21.40
10. I. Powell	W'bury	21.46

VETERANS O/50

1. (7) B. Powell	Wells	21.21
2. (16) M. Cortvriend	Maccle	22.27
3. (19) T. George	Dursley	22.59

VETERANS O/60

1. (49) T. Kingham	Wells	28.55
2. (51) L. Green	West	30.08
3. (58) J. Battersby	MDC	34.21

LADIES

1. (23) A. Hurford O/40	Brist	24.36
2. (38) P. Richards	West	26.42
3. (45) J. Selley O/40	Brist	27.49
4. (46) R. White	West	28.02
5. (50) H. Bennett	Unatt	29.35

59 finishers

PILSLEY FELL RACE

Derbyshire

BS/5.5m/750ft 26.08.04

Tim Austin beat the rest of the record 138 field to win Pilsley Fell Race for a second time, in 36.40, 1.30 slower than last year's record time. Of course he still hasn't run the proper route, but in his defence there was no one to follow, last year's error was different from this year's error, and the errors were both due to poor marshalling. However, next year the race organiser will personally talk him through the course, particularly the parts he went wrong, so he stands a chance of a perfect win!

Jenny Whitehead won the other family ticket to Chatsworth House as the first lady with a time of 45.42.

Once again the village was delighted by the excellent manners of the visitors and will warmly welcome them back next year, and I am sure the Devonshire Arms will welcome any back between now and then!

The route afford spectacular views across Chatsworth Park with three memorable vistas of Chatsworth House, the first as the runners top the crest of the Dukes Avenue which is aligned with the house and the 300 year old Cascade. The view the other way

from the Cascade to the Avenue through which the runners descend is on the Chatsworth websites at www.chatsworth-house.co.uk

The going was wetter than usual underfoot, not surprisingly, but strangely the boggy field just before the end of the race was drier than usual, or perhaps less noticeably boggy. The route was well marshalled and marked out, not least by use of the new arrow as presented by Mason Design, Biggleswade (related to race organiser) which seems to work well the two out of three designs of pigtail! However, the gathering clouds reduced light level and later finishers were herded around the course by an assortment of noises from the marshal directed 'towards where they heard rustling'

By popular demand, next year the race will start half an hour earlier at 7pm.

Bakewell and Eyam Community Transport (BECT) were particularly happy to see the runners, as they were given all the profits (£260). £50 was also donated to Bakewell Red Cross for their first aid presence. They provided 10 marshals as their part of the bargain, which was a gamble as we might have made a loss! However, they really enjoyed themselves and will even marshal next year wherever the profits go!

Zoe Wareham

1. T. Austin	DkPk	36.40
2. P. Winskill	DkPk	38.00
3. M. Crane	DkPk	38.22
4. K. Lilley O/40	DkPk	38.22
5. S. Gregory	HolmeP	38.32
6. R. Baker	DkPk	39.16
7. S. Marsden	Hallam	39.20
8. N. Northrop	DkPk	39.35
9. L. Lewis	DkPk	39.48
10. S. Bradstock	Castle	40.12

VETERANS O/50

1. (26) S. Brister	Mat	44.14
2. (28) N. Boler	DkPk	44.19
3. (32) M. Moorhouse	Mat	45.21

LADIES

1. (34) J. Whitehead	DkPk	45.42
2. (45) K. Davison	DkPk	46.37
3. (58) S. Ward O/40	SChesh	48.33
4. (65) A. Varley	Totley	49.35
5. (72) H. Thorburn	DkPk	50.18

137 finishers

PENDLETON FELL RACE

Lancashire

AS/5m/1500ft 28.08.04

Danny Hope, disappointed with second place last year, came back to lead almost all the way for an emphatic win. Mark Horrocks, second overall and first Vet 40, showed a good return to form, with Derek Schofield in 10th position for Vet 50 prize.

Only a minute separated the first three ladies with Anna Kelly taking the honours, Lisa Lacon second, followed by Jackie Commons.

A much reduced field meant that we only showed a profit of £13.00. This will be presented to North West Air Ambulance.

Thanks very much to all Clayton Members who helped on the day, and to my family.

Roger Dewhurst

1. D. Hope	P&B	36.02
2. M. Horrocks O/40	Unatt	37.13
3. S. Bolland	Bowl	37.22
4. J. Hemsley	P&B	37.36
5. G. Schofield O/40	Horw	38.20
6. S. Livesey O/40	Bowl	38.53
7. S. Macina	P&B	39.01
8. S. Hoyle	Ross	39.31
9. B. Speake	Notts	39.53
10. D. Schofield O/40	Ross	40.09

VETERANS O/50

1. (10) D. Schofield	Ross	40.09
2. (15) P. Booth	Clay	41.32
3. (16) A. Robinson	Clay	42.18

VETERANS O/60

1. (28) J. R. Nuttall	Clay	44.35
2. (30) P. Walkington	Horw	44.56
3. (34) D. Ashton	Darw	45.47

VETERANS O/70

1. (82) L. Pollard	Achille	62.10
2. (83) B. Thackery	DkPk	62.18

LADIES

1. (38) A. Kelly O/40	Clay	46.39
2. (41) L. Lacon	Holm	46.55
3. (44) J. Commons O/40	Clay	47.40
4. (69) M. Schofield O/40	Unatt	54.27
5. (78) N. C. Pollard	EChesh	59.51

88 finishers

ARNISON CRAG HORSESHOE
Cumbria
AS/3m/1000ft 28.08.04

Firstly, thank you to everyone for supporting the 'return' of the Arnison Crag fell race which is held as part of Patterdale Dog Day. For 2004 it was the same superb course, but a different team in charge. Thank you to Peter Bradfield and his team for doing such a superb job in organising the race. They have said that they will be back next year! Hopefully you all enjoyed the race. At least the weather was good for the race itself, even if it was a bit wet in the morning.

Well done to Gavin Bland for leading everyone home...again...in a time of 24.08. He was 28 seconds faster than in 2002! First lady home was Jane Lowther in a time of 31.54. Well done to Gavin and Jane. Finally, thank you to Catstycam Outdoor Shop in Glenridding who sponsored the prizes.

Hope to see you again next year!

Christine Keyon

1. G. Bland	Borr	24.08
2. K. Gray	CaldV	24.15
3. P. Singleton	Amble	25.57
4. G. Moffat O/40	Howgill	26.10
5. M. Reedy	Unatt	26.12
6. D. Overton O/50	Kesw	26.22
7. T. Kelly O/40	Bowl	26.45
8. N. Armitage	PudseyP	27.35
9. P. Orton	S'hwel	29.26
10. K. Dacre O/50	Kend	30.03

LADIES

1. (14) J. Lowther	Amble	31.54
2. (17) L. Thomson O/40	Kesw	32.50
3. (22) A. Mills	Unatt	36.41
4. (24) M. Bridge O/40	Kesw	38.44
5. (27) J. Saul O/40	NFR	41.27

28 finishers

GYRN GALLOP
Shropshire
BM/7m/1200ft 28.08.04

Another record entry following last weeks Craig Y Rhiw run - both of these events are, in conjunction with local small village 'shows' helping to swell attendances at the same time as athletes having the opportunity to compete at new interesting venues.

This 'race' takes runners up to the top of the Gyrn Mountain which is the very one used in the famous film 'The man who went up a hill and came down a mountain' (Hugh Grant)

All said, it was an enjoyable experience.

Doug Morris

1. A. Gray	Shrews	43.34
2. S. Ellis	Tatten	43.56
3. A. Green O/40	Warring	44.04
4. P. Whiting O/45	Kend	44.25
5. S. Gilliland O/40	Brodys	44.28
6. J. Kardasz O/40	L&M	44.44
7. B. Heaton O/40	LastInn	44.50
8. S. Jones	Wrex	45.26
9. C. Ashley O/45	Wrex	45.39
10. M. Foschi O/50	CFR	46.50

VETERANS O/50

1. (10) M. Foschi	CFR	46.50
2. (13) M. Cortvriend	Maccle	47.21
3. (18) F. Roberts	Pensby	49.46

VETERANS O/60

1. (22) E. Davies	Eryri	50.54
2. (30) J. Morris	Buck	53.04
3. (37) C. Williamson	Shrop	56.26

VETERANS O/70

1. (35) M. Ward	Oswest	56.10
2. (61) R. Peel	Brody	74.23

LADIES

1. (20) A. Bartlett	Shrews	50.04
2. (26) V. Musgrove O/45	Eryri	51.44
3. (32) R. Naish O/45	Brody	55.17
4. (36) V. Griffiths	Helsby	56.15
5. (38) A. Tickner	Unatt	56.33

61 finishers

BECA RACE
Pembrokeshire
BS/5m/1050ft 28.08.04

On Sat 28th August a field of 80 runners turned out for the 27th Beca race. With all the rains of late, the course was under water in many places, and as a result no records were broken. Luckily the weather was kind to everyone. It stayed dry with not too much bright sun.

A large gathering of spectators were on hand to encourage all competitors, old or young. The children's race proved to be very popular with 70 youngsters having to be split into 3 smaller races over 7 mile for the under 6's and under 8's, with the under 15's, 14's and 16's competing over 1 mile.

It was good to see the increased number of competitors in the Beca rose over last year.

The organiser would like to thank both competitors (from all parts of the country) and the local help for making it a most successful day. Looking forward to next year.

John Evans

1. A. Abbott	Sarn	36.02
2. R. Barrett	Brecon	36.29
3. L. Ladd	Carmar	37.36
4. D. Dylan	Aberyst	38.15
5. C. Thomas O/40	Trots	38.40
6. P. Griffith	Trots	39.47
7. C. Phillips	Trots	39.59
8. I. Warhurst O/40	Pen	40.20
9. C. Williams O/40	Sarn	41.17
10. D. Jones O/50	Trots	41.28

VETERANS O/50

1. (10) D. Jones	Trots	41.28
2. (23) P. Foale	Aberyst	44.10
3. (37) C. Evans	Aberyst	48.15

LADIES

1. (25) R. Ace	Pemb	45.03
2. (33) N. Jones	Unatt	47.30
3. (35) S. Cuthbert	Cardig	48.01
4. (45) J. Hawking	Unatt	51.25
5. (49) J. Williams	Cardig	52.28

79 finishers

LINGMELL DASH
Cumbria
AS/4.5m/2500ft 28.08.04

The 3rd annual Lingmell Dash fell race on 28 August was a great success for Wasdale Mountain Rescue team. It's proving to be a popular course for many fell runners as well as attracting a few novices to the sport. The day was fair following an early heavy shower, there was a bit of a breeze and visibility was good.

Ricky Lightfoot was the clear winner in 49.09, chasing him were Chris Waters in 50.20 and Steve Birkenstall in 50.39. A good race for Steve who usually prefers longer endurance runs. First lady home was Anna Forest in a new ladies record of 65.32. She was followed by last years ladies winner Nicky Goffe who showed improving form from last year. This years race was used by Cumberland fell runners as a club championship race which resulted in a good turn out by CFR of 30 runners. So, good championship points for them and much appreciated support for the fell race + MRT.

Donald Rigg had an impressive run in 36th position in the MV70 category. A few runners new to the fell had an impressive first race, they handled the testing ascent and descent of Lingmell well. They include Lynne Woolcock and Julie Liddle.

All proceeds from the race, raffle and cake stall raised over £500 for Wasdale Mountain Rescue team.

Next year's race will be on Saturday, 27 August 2005, 2 pm.

See you there!

Jen Watson

1. R. Lightfoot	CFR	49.09
2. C. Waters	Amble	50.20
3. S. Birkenstall	NFR	50.39
4. A. Robertshaw	Otley	50.47
5. B. Thomson O/40	CFR	51.28
6. C. Hope	Borr	51.41
7. B. Taylor	CFR	51.55
8. N. Cockbain	CFR	52.05
9. M. Robinson	DKPK	52.51
10. I. Block O/50	CFR	56.27

VETERANS O/50

1. (10) I. Block	CFR	56.27
2. (18) D. Fell	CFR	59.03
3. (19) M. Litt	CFR	59.40

VETERANS O/60

1. (J. Ely	CFR	66.00
2. (320) J. Richardson	CFR	69.46
3. (36) B. Johnston	CFR	75.18

VETERANS O/70

1. (35) D. Rigg	CFR	74.55
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LADIES

1. (28) A. Forest	Amble	65.32
2. (33) N. Goffe O/40	Blcombe	70.05
3. (38) E. Moody	NFR	75.27
4. (39) B. Haywood	CFR	75.48
5. (40) K. Blakey	CFR	77.07

52 finishers

GOODRICH FELL RACE
Gloucestershire
BM/6.5m/1250ft 28.08.04

Forest of Dean AC staged the 25th and "Last Ever" Goodrich Fell Race over Coppitt Hill near Ross on Wye, Herefordshire.

The weather once again played ball and the afternoon was bathed in sunshine with temperatures in the high 60's. However the previous weeks of rain had made the course underfoot the trickiest known for the descent of the "Soldiers Footpath" to the river Wye.

At the start assembled the largest field ever for the event as 90+ seniors combined with 16 juniors to provide a fitting end to this race.

Once starter Alan Jones had set them off 2 former winners Bill Nock and Matthew Collins raced to the front for the downhill start to the river Wye which quickly strung out the field before the lung bursting climb up Charlton Hill where the Cub's race for 9-14 year olds left for the finish something many of the Seniors were hankering for.

The Cubs race of 1 mile distance including 250' of ascent was fiercely competitive with all 8 runners finishing within 2 minutes of one another Hayden Scamp of Stroud & District AC victored by the thickness of his vest over club mate Chris Newbould both being attributed with the same time of 10.02. Lucy Chesledine of Leeds City AC won the girls section of the Cubs race in 10.12 with Cristina Battersby of Chepstow Harriers 2nd in 12.04.

The main field thundered on down the treacherous Soldiers Footpath where the runners had to really concentrate to stay upright and out of trouble. Unfortunately FoDAC runner and triathlete Trevor Kingdon took a spill managing to soldier on for one lap before retiring bruised and battered.

The numerous marshals who turned up this year made navigation a sinch for the many first timers but it was the old hands who were to dominate rest of the race as Billy Nock ran on strongly to win but way short of his course record of 37m 32. Only afterwards did we find out why as only five months previously Bill had been in a life threatening position where he had been knocked off his bike by a lorry travelling to work and then run over by a car breaking his ankle only his lunch box in his ruck sack saving him from more serious injuries.

In second, some 50 seconds in Bills wake, was Matt Collins, winner some eight years ago on the old course, and 3rd was Under 20 runner Matt Clay who with Carl Harris stormed the team prize.

The veterans' section was fiercely contested as usual with Tony Byrne victoring by 20 seconds over Carl Harris.

First local prize went to race organiser Martin Green.

The women's race was blown wide open this year as many times champion and course record holder Sally Newman didn't show up. It was down to two local

girls to contest the final event and after the first 2 miles veteran Ann Nixon was shadowing Helen Fines all the way. It was up the never ending climb through the kilns that Helen dropped Ann on the first lap to eventually pull away to a winning margin of 100 seconds. Helen finished 22nd overall whilst Ann finished 2nd and 1st V45, the pair taking the team prize quite emphatically.

The Junior race was well contested with a record eight entries chiefly made up from runners from FoDAC, Halesowen and Stroud. The race result might have ended up differently if Richard de Camps and Ethan Cross had decided not to go for a full one lap recce of the course getting back to the start a full 4 minutes after the race had started!!

Andrew Clay of Halesowen took the Juniors race in an impressive 27.27 from FoDAC's middle distance sensation of the season Andrew de Camps 2nd in 27.30 and FoDAC's Ethan Cross 3rd in 33m 42s. Alison Drew of the host club comfortably took the girls 1st place in 34.38 but thinking that nice flat 400m tracks are far nicer places to exhaust oneself!

The prize giving was an emotional occasion as Alan Shaldon former Head of Goodrich School and founder of the race said a few pertinent words before presenting the prizes and thanking all the current and previous organisers of the event with a few suitable anecdotes. The anecdote of the 2004 event was that the local farmer Eric Roper who's land the race crosses in the early and latter stages entered 2 visitors from Canada who were staying with him. The 22 year old twins from Canada Vera and Margaret Cummings vowed after the race "never ever to run a fell ever again" - lucky for them it was the "Last Ever" or will another club step up to the stage the event after the Forest hosted it for the last 10 years and Gloucester AC the previous 5 years to that!!

Martin Green

1. B. Nock O/40	Hales	41.29
2. M. Collins	MDC	42.19
3. M. Clay	Hales	42.47
4. M. Fawcett.	Wye	43.57
5. M. Humphries	Stroud	44.03
6. T. Byrne O/40	FRA	44.14
7. C. Harris O/40	Hales	44.34
8. T. Lewis	Brackla	45.12
9. D. Vorres O/40	Griffiths	45.35
10. K. Spilman	Chelt	45.43

VETERANS O/50

1. (21) S. Herington	Heref	49.31
2. (30) P. Allen	Hales	52.23
3. (36) G. Jones	MDC	54.07

VETERANS O/60

1. (35) R. Bunn	Hales	56.49
2. (71) S. Wheeler	Chep	65.47
3. (74) B. Bewg	Chep	66.16

LADIES

1. (22) H. Fines	FODAC	49.36
2. (25) A. Nixon O/45	FODAC	50.55
3. (48) L. Little	Stroud	57.39
4. (56) V. Cumming	Unatt	60.24
5. (60) J. Nott	Chep	60.47

85 finishers

**DUFTON FELL RACE
Cumbria
AS/4m/1500ft 28.08.04**

Phil Davies broke the record. Last year it was 25.05. First local was Jim Slinn.

We had a better turn out of runners.

J. Elliott

1. P. Davies	Borr	24.11
2. S. Stainer	Amble	24.32
3. A. Davis	Borr	25.15
4. L. Siemoszko	Borr	26.02
5. P. Brittleton	Helm	26.12
6. Paul. Brittleton	Helm	26.42
7. A. Labram	Eden	28.12
8. S. Howsley	Howgill	28.55

LADIES

1. N. Davis	Borr	30.53
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**BRADBOURNE FELL RACES
Derbyshire
CM/6.2m/600ft 29.08.04**

The annual fell races held in the small village of Bradbourne, Derbyshire (pop : 97) raises funds for village activity and attracted record fields on a breezy but brightly August Bank Holiday Sunday morning.

Most rewarding was the huge increase in junior runners taking part and surely that is good for the future of the sport.

The main race was a close battle between Phil Winskil and Robert Little with Phil taking the honours.

Finishing in 14th place was veteran Cecilia Greasley, who took the womens title from the diminutive junior international, Blue Haywood.

David Denton

LONG RACE

1. P. Winskil	DkPk	32.49
2. R. Little	Mercia	32.59
3. D. Adern	GoytV	33.50
4. M. Rose	Shep	34.28
5. L. Footitt O/40	Buxt	34.50
6. A. Leck	L&M	35.51
7. N. Halliday	Derby	36.01
8. R. Keal	Unatt	36.26
9. J. Birkett	Unatt	36.40
10. M. Firth O/40	Qs'bury	36.51

VETERANS O/50

1. (23) P. Pittson	Erewash	39.15
2. (26) R. Booth	Shelt	39.34
3. (30) T. Press	Hatton	40.21

VETERANS O/60

1. (82) M. Edwards	DkPk	50.58
2. (95) D. Capel	RollsR	57.43
3. (98) D. Horsfall	Pen	61.04

LADIES

1. (14) C. Greasley O/40	Macc	37.46
2. (20) B. Haywood	Ling	38.32
3. (22) L. Lilley	Mans	38.48
4. (36) C. Howard	Mat	41.34
5. (41) P. Glover	Wreake	42.11

100 finishers

SHORT RACE 3.1m

1. J. Barber	Gloss	19.31
2. Sam Varley	Holmf	20.28
3. S. Varley	Holmf	21.35

22 finishers

**NORLAND MOOR
West Yorkshire
CM/7.1m/800ft 29.08.04**

Conditions underfoot were much wetter than in previous years, but that didn't stop 82 runners taking to the bridetracks and moorland paths of Copley and Norland in a race that sees its numbers grow every year.

Adam Breaks had his sights set on the course record, and a battle at the head of the field quickly developed with the current record holder, Andy Whitworth, who was equally keen to retain it.

Andy however slipped on a wet rock cutting his hands and knees, whilst traversing Norland Moor which slowed him up considerably, and he ended up finishing 9th, over 4 minutes outside his previous record time.

Adam eventually won the race in 43.15 - leaving Andy's record intact for at least another 12 months, much to his delight. Had the battle at the front continued, I'm sure the course record would have fallen, even with the slightly slower conditions.

The ladies' race was won by Andrea Dennison in 51.36, again just outside the course record, closely followed in second by up-and-coming young athlete Emma Clayton who ran an impressive time of 53.24. Sarah Iannelli knocked a good chunk of her time last year to take third.

This year saw a few runners go slightly wrong after some kind members of the non-running public took it upon themselves to remove a large proportion of the flagging, undoubtedly affecting the final finishing results. And from my post race conversation with Dave and Eileen Woodhead, it's a problem that unfortunately is become more and more familiar with race organisers these days.

A pre-race recce of the course by Geoff Cumber

resulted in him confronting several people who were pulling the flags out as they walked round, and although the vast majority were replaced, a proportion on the latter stages of the course sadly weren't. I'm flabbergasted at some people - I have a name for them but we couldn't possibly print that here. These people have no care for the many hours spent by those dedicated individuals who are just trying to give back something to sport, but what can you do?? I guess we'll just have to use more marshals next year and flag it immediately prior to racing. Some people just have it in for sport!

Anyone, rant over, hope to see you all again next year.

Heath Reilly

1. A. Breaks	Caldv	43.15
2. M. Crabtree O/45	H'fax	46.19
3. R. Glover O/40	P&B	46.23
4. A. Whittem	Tod	46.24
5. R. Sturgess	H'fax	46.30
6. P. Butterworth O/50	Clay	46.31
7. A. Meshiman O/40	Dews	46.36
8. M. Hunt	Pendle	47.08
9. A. Whitworth	Melth	47.11
10. R. Greenwood	Caldv	48.08

VETERANS O/50

1. (6) P. Butterworth	Clay	46.31
2. (21) R. McArthur	Melth	50.10
3. (23) K. Midgley	H'fax	51.01

VETERANS O/60

1. (28) D. Collins	Tod	52.40
2. (38) G. Webster	Valley	55.41
3. (63) M. Dowling	Unatt	63.42

VETERANS O/70

1. (82) D. Gill	Bing	96.10
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LADIES

1. (24) A. Dennison O/40	BfdA	51.36
2. (31) E. Clayton	Scun	53.24
3. (45) S. Iannelli	H'fax	57.07
4. (54) A. Johnson	Caldv	58.54
5. (57) C. Willgoose O/45	H'fax	59.13

82 finishers

**MOEL FANMAU
Flintshire
AS/4m/1237ft 30.08.04**

136 runners participated in the Moel Fanmau mountain race on a dull, very windy Bank Holiday Monday in Cilcain. Sadly there were only 15 female entrants aged between 16 and 47 years. As in previous years nearly 25% of the runners were over 50 years of age.

The overall winner, Colin Donnelly, was in first place at the half way point at the top of the mountain and completed the course in 28.32 minutes, a new course record. Adam Peers, aged 16, finished a very close second in 29.14 minutes. All 136 runners, including several novices completed the course and many said they had enjoyed it and would return again the following year. The marshals from the top of the mountain needed reviving with hot drinks on their return to base. Hopefully next year will see another large number of entrants but slightly better weather to send them on their way. Helen Davies was the overall ladies winner in a time of 37.45 mins.

J. M. Scholes

1. C. Donnelly O/40	RonHill	28.32
2. A. Peers	Wirral	29.14
3. J. Mellor	L'verpool	29.39
4. J. Hunt	Cumber	29.57
5. I. Houston	Wrex	31.01
6. T. Higginbottom	Eryri	31.53
7. C. Fray O/40	Penn	31.59
8. C. Jones	Eryri	32.02
9. G. Norcrove	Wrex	32.08
10. S. Jones	Wrex	33.00

VETERANS O/50

1. (17) A. Duncan	Bowl	34.00
2. (26) T. Hulme	Penn	35.10
3. (28) B. Williams	Wirral	35.20

LADIES

1. H. Davies	Wrex	37.45
2. K. Ayres O/40	Wilm	37.53
3. V. Musgrove O/40	Eryri	38.56
4. M. Gille	Wrex	40.46
5. J. Jeffreys O/40	Osest	42.17

136 finishers

GREAT LONGSTONE CHASE
Derbyshire
BS/4.8m/950ft 03.09.04

1. T. Austin	DkPk	27.38
2. S. Marsden	Hallam	29.09
3. D. Taylor	DkPk	30.01
4. T. Beautiman	Hallam	31.05
5. G. Moffit	HolmeP	31.18
6. K. Holmes O/50	DkPk	31.42
7. M. Bowen	Hallam	32.09
8. A. Moore O/45	DkPk	32.32
9. R. Hutton o/40	DkPk	32.35
10. M. Cortvriend O/50	Maccle	32.51

VETERANS O/60

1. (65) J. Titterton	Mat	41.40
2. (71) A. Bourne	Staffs	44.05
3. (78) M. Edwards	DkPk	45.16

VETERANS O/70

1. (58) B. Rogers	NVets	40.45
2. (68) F. Makin	HolmeP	42.41

LADIES

1. (21) S. Hodgson O/40	Fellan	34.18
2. (38) F. Shackerly		37.53
3. (40) V. Dawson	HighPk	38.11
4. (48) H. Bloor O/50	DkPk	39.18
5. (54) A. Whatmore O/50	DkPk	40.05

90 finishers

BEN NEVIS RACE
Inverness-shire

AM/10m/4400ft 04.09.04

1. I. Holmes	Bing	1.29.33
2. R. Jebb	Bing	1.30.40
3. D. Rodgers	Lochab	1.36.06
4. S. Booth	Borr	1.32.52
5. M. Whitfield	Bing	1.38.24
6. P. Brittleton	Howg	1.39.07
7. R. Lawrence	Bing	1.40.03
8. J. Brooks	Lochab	1.40.37
9. S. Jackson	Horw	1.40.54
10. A. Schofield	Borr	1.41.03

LADIES

1. (59) S. Taylor	Bing	1.55.54
2. (88) K. Beaty	CFR	2.00.22
3. (130) B/ Whitfield	Clay	2.07.20
4. (140) L. Shaw	Lochab	2.10.01
5. (155) S. Legge	Carneg	2.11.28

364 finishers



Alone with the hills - Rob Jebb at Ben Nevis (Photo Ian Nimmo)

CROSS KEYS ROAD AND FELL RELAY
Lancashire

2x3m road + 2x2.5 fell 04.09.04

29 teams took part on what turned out to be a glorious day - thanks to all the clubs who fielded teams. We had the highest ever finish by a junior team, with East Cheshire finishing a splendid 3rd overall, and very few veteran teams. Is this the shape of things to come? Special thanks must go to the team of course markers, especially Mike Elwell whose "enthusiastic" flagging made the last mile resemble a slalom course. Up until the day before the race it was unclear as to whether a local shoot would share the course with the runners - in the event we missed each other by a couple of hours. The joys of race organisation!

Dominic Franklin

1. Salford Harriers "B"	1.20.27
2. East Cheshire Harriers "A"	1.22.19
3. East Cheshire Harriers	1.25.16
4. Saddleworth Runners "A vets"	1.27.53
5. Oldham's Best	1.28.42
6. Middleton Harriers "A"	1.28.54
7. BAE Systems	1.30.16
8. Salford Harriers	1.30.31
9. Chorley Harriers	1.33.07
10. Manchester YMCA "A"	1.35.24

LADIES

1. Chorley Harriers Ladies A	1.42.29
2. Manchester YMCA	1.46.32
3. Middleton Harriers	1.49.05
4. Chorley Harriers Ladies B	2.00.42

LONGSHAW SHEEPDOG TRIALS

FELL RACE

Derbyshire

CS/5.5m/650ft 04.09.04

This was the second running of the Longshaw Sheepdog Trials Fell Race. The course was the same as last year but the August rains had made the wet bits even wetter! Nevertheless, the weather on the day was kind with a calm warm morning.

Tim Austin ran away with the trophy, beating Kev Lilley into second place by two and a half minutes, but missing Phil Winkill's course record by 11 seconds. Kev's time was a new veteran's time.

First lady was Sally Ward with a new ladies' record, beating the old one by nine seconds.

Dave Moseley

1. T. Austin	DkPk	30.04
2. K. Lilley O/40	DkPk	41.38
3. A. White	Hallam	41.55
4. R. Baker	DkPk	42.38
5. T. Beautyman	Hallam	44.55
6. R. Marlton	St'port	45.15
7. J. Hargreaves	DkPk	45.52
8. B. Hanley O/50	DkPk	46.16

9. T. Hall O/40	DkPk	46.32
10. M. Bown	Hallam	46.48

VETERANS O/50

1. (8) B. Hanley	DkPk	46.16
2. (23) C. Barber	DkPk	50.51
3. (26) P. Gorvet	DkPk	51.59

VETERANS O/60

1. (62) M. McDonald	Bowl	66.58
2. (64) T. Tovey	Barns	68.44

LADIES

1. (30) S. Ward O/40	DkPk	53.24
2. (36) J. Caddick	Unatt	56.17
3. (38) A. Shepherd	DkPk	56.45
4. (40) C. Leventon	Unatt	57.46
5. (41) J. Smith	DkPk	58.06

66 finishers

BRADLEY FAMILY DAY FELL RUN

West Yorkshire

BS/3.5m/750ft 05.09.04

Once again Bradley was bathed in sunshine for the annual fell runs. The senior event was won by Richard Barrett who led from start to finish and although the gap at the turn was slight he extended his lead on the descent to win by over a minute from second placed clubmate Stuart Hunn. Richard received the Frank Hopkinson trophy and also the prize for the first Vet 40+. Andrew Preedy came in third closely followed by Stefan Mancini, who had just won the gruelling Mountain Bike Race. John Wootton, in fifth place, was the first Bradley runner home and he retained the Bob Marchant Cup. Daniel Walmsley, last year's under 17s winner came in a creditable 10th. The first female was Jane Hodgkinson in a time of 35.41. Pete Jepson (60+) came home in 35.33 and Basil Thompson (70+) in 57.30.

Jonathan Pawson was the winner of the under 17s in a time of 25.47 followed by Skipton A.C. teammate James Kelly. 25.47. Third was Grant Cunliffe of Burnley. Fourteen year old Helen Naylor of Cononley was the first girl home in 32.21.

The day's closest finish came in the Under 14s where Bradley's Luke Maude crossed the line only 4 seconds ahead of Harry Croft). Richard Shuttle was only 3 seconds behind Croft. Maude retained the trophy for the first local runner and Sarah Wilson of Bradley was the first girl home.

Only 11 seconds separated the first three home in the Under 12s, Jonathan Bradshaw, leading from Jacob Uren and William Heseltine. Melanie Morphet of Ingleton led the girls home and Jessica Wootton retained the local Trophy.

The under 9s was won by James Hall. He was followed by Ben Johnstone of Lothersdale and Marcus Preedy of Burley. Phillip Done was the first Bradley runner home and Joanna Kelly the first girl.

Thanks once again go to the "Voice of Craven Sport" Roger Ingham for his witty and knowledgeable commentary.

Jim Rosser

1. R. Barrett O/40	Skip	25.15
2. S. Hunn	Skip	26.25
3. A. Preedy	Ross	27.07
4. S. Mancena	P&B	27.24
5. J. Wootton	Wharfe	28.08
6. I. Rowbotham O/45	Harr	28.23
7. D. Scholes	Kghly	29.24
8. J. Brewster	Thresh	31.07
9. P. Caton O/40	Lanc	31.29
10. D. Walmsley	Skip	31.35

VETERANS O/50

1. (12) R. Hawksby	Otley	32.29
2. (27) G. Hignett	Bury	36.02
3. (30) R. Hall	Bing	37.04

VETERANS O/60

1. (24) P.Jepson	Ross	35.33
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VETERANS O/70

1. (41) B. Thompson	Aire	57.31
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LADIES

1. (25) J. Hodgkinson O/40	Prest	35.41
2. (38) H. Hutchinson	Brad	44.12

U17s

1. J. Pawson	Skip	24.21
2. J. Kelly	Skip	25.47
3. G. Cunliffe	Burn	26.21
4. B. Morphet	Ingle	28.59

LADIES			
1. (6) H. Naylor	Conon	32.21	
2. (7) S. Morphet	Ingle	37.39	

UNDER 12's			
1. J. Bradshaw	Wharf	7.23	
2. J. Uren	Kghly	7.28	
3. W. Hesletine	Skip	7.34	
4. T. Stapleton	Skip	8.21	

LADIES			
1. (4) M. Morphet	Ingle	8.04	
2. (5) E. Throup	Silsd	8.15	
3. (7) M. Naylor	Conon	8.33	

UNDER 14's			
1. L. Maude	Brad	11.29	
2. H. Croft	Skip	11.33	
3. R. Shuttle	Prest	11.37	
4. K. Biddle	Pendle	13.29	

LADIES			
1. (12) S. Johnson	Brad	19.05	

U9'S			
1. J. Hall	Bing	3.51	
2. B. Johnstone	Loth	4.17	
3. M. Preedy	Burl	4.22	
4. R. Mellin	Ilk	4.33	

GIRLS			
1. (6) J. Kelly	Skip	4.52	
2. (9) K. Symmonds	Brad	5.36	
3. (11) A. Stapleton	Skip	7.14	

SHELF MOOR FELL RACE Derbyshire AS/5.9m/1500ft 05/09/05

Tim Austin, 28, a chartered surveyor in Sheffield successfully completed a personal three day challenge by winning three fell races on successive days, the most important one being the Shelf Moor fell race, the final counter in the 2004 English Championship.

The sweltering heat may have dried the peat but slowed times considerably. Austin took 42.37 against the course record of 39.45 and Sally Newman, the first lady clocked 53.22 to 47.17.

Both were impressive and emphatic victories, Austin won by 46 seconds and Newman by 1.18. Both race victories followed the same pattern, the early race leader 'died' whilst the winner hung back and took the lead on the steep grassy slope of James's Thorn, 11/2 - 2 miles into the six mile race from Old Glossop.

Austin was the winner of races in the Peak District on previous days: Great Longstone Chase (BS/4.8 miles)

and Longshaw Sheep Dog Trials Show (CS/51/2 miles). He said "I was tired from the races and by James's Thorn it all clicked, so on James's Thorn I booted it from there. I had a lead of 100 yards on the summit." Austin is no stranger to the area. Winner of the 23-mile Edale Skyline in March this year, he has notched up a win at Shelf Moor in 2002. Austin did not have sufficient races in the English series to mount a challenge.

Maureen Laney gave Sally Newman a shock by her fast early pace. After one mile Laney led from Newman and Beconsall. Being poorish descenders Laney, a 2.41 marathoner, finished fourth with Beconsall fifth.

Newman won the English open title in 2002. "I'm over the moon because my pelvis was out of line and was just put back by a chiropractor last Wednesday. So to get a medal at all is a great achievement. An even greater achievement is our Calder Valley girls taking silver team medals away from Ilkley "This is the third year in a row that Sally has won an individual silver medal. She is also the top English veteran.

Much was happening in the two separate races of 202 men and 41 women. With 243 individuals and most teams chasing points, many tales can be told. A praiseworthy run was that of Steve Jackson who was ninth the day before in the Ben Nevis and was 26th here, tenth veteran and first over 50. Sterling stuff Steve.

Thanks to: Running Bear for numbers and prizes, SportSoft for the results service, St Johns Ambulance and Glossop Mountain Rescue for emergency cover, George Scott on 07798 504807 for the 2-way radios, Firth Rixon for use of their covered area, and Glossopdale Harriers for the rest

Neil Shuttleworth

1. T. Austin	DkPk	42.37
2. D. Neill O/40	Staffs	43.23
3. D. Hope	P&B	44.16
5. T. Werett O/40	Mercia	44.23
5. P. Sheard	P&B	44.31
6. M. Derhamsmith	Kesw	44.36
7. J. Heneghan	P&B	44.52
8. M. Fowler O/40	PFR	44.58
9. A. Davies O/40	Borr	45.04
10. P. Thompson	Clay	45.12
11. M. Bouldstridge	Mercia	45.17
12. R. Little	Mercia	45.40
13. S. Bolland	Bowl	45.46
14. A. Robertshaw	Otley	45.50
15. S. Bottomley	P&B	46.19
16. P. Vale	Mercia	46.26

17. K. Gray	CaldV	46.31
18. S. Neill	P&B	46.37
19. M. Aspinall O/40	Clay	47.13
20. N. Lockwood	Kesw	47.24

VETERANS O/50

1. (26) S. Jackson	Horw	47.57
2. (40) D. Overton	Kesw	49.13
3. (44) T. Hesketh	Horw	49.48

VETERANS O/60

1. (90) P. Covey	P&B	55.17
2. (122) T. Minikim	Kghly	59.02
3. (124) G. Fielding	Ross	59.26

VETERANS O/70

1. (188) D. Clutterbuck	Tod	71.29
2. (192) C. Henson	DkPk	74.48
3. (197) B. Rhackery	DkPk	82.28

LADIES

1. S. Newman O/40	CaldV	53.22
2. K. Davison	DkPk	54.40
3. H. Diamantides	Carn	55.36
4. M. Laney O/50	Clay	55.50
5. S. Beconsall O/40	Bing	56.49
6. A. Brockington	DkPk	56.51
7. A. Raw O/40	Darling	56.52
7. S. Noot	CaldV	57.12

243 finishers

KRUNCE 6 3.5m/500ft 07.09.04

With thanks to Janet Rennie for officiating and to Forest Enterprise for access. Warm and slightly soft in places underfoot - ideal conditions.

1. J. Duncan	21.50
2. A. Smith O/40	24.07
3. K. Robertson	24.23

VETERANS O/40

1. (2) A. Smith	24.07
2. (5) C. Pryce	25.05
3. (6) D. McDonald	25.40

VETERANS O/50

1. (10) A. Jermison	26.39
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LADIES

1. (20) L. Noble	29.07
2. (22) N. White	29.16
3. (23) L. Chellingsworth	29.47

33 finishers

ILKLEY INCLINE West Yorkshire CS/1m/560ft 08.09.04

This was the third running of the Ilkley Incline. A one mile uphill only race (category CS) 560. The race this year was a great success. A record turnout of 32 for what is a slightly unusual race made the evening a success. Record times for both men's and ladies races. John Heneghan 7.01 and Sarah Glover 9.20.

The race represents excellent value for the £1.50 registration fee. Each runner received a gel sachet; there is a cash prize for 1st man and 1st lady donated by our main sponsor Bicycle Shop, Skipton and lots of kit donated by Complete Runner, Ilkley and Up and Running, Leeds

Andy Wolfenden

1. J. Heneghan	P&B	7.01
2. I. Fisher	Otley	7.14
3. T. Ashelford O/40	Ilk	7.35
4. N. Smith	Shrews	7.43
5. C. Needham	Chester	7.44
6. M. Cox	Dragons	7.46
7. J. Hemsley	P&B	7.49
8. A. Robertshaw	Otley	8.06
9. I. Rowbotham O/40	Hgte	8.28
10. E. Welsh	Ilk	8.33

LADIES

1. (16) S. Glover	Skip	9.20
2. (19) S. Haines O/40	Airien	9.59
3. (21) A. Bennett O/40	Ilk	10.06
4. (26) J. Marshall O/40	Ilk	11.12
5. (28) L. King O/40	Ilk	12.00

32 finishers



"Hot was it then??" Runners cool off after a sweltering Shelf Moor. (Photo Tony Hulme)



Celia Mills and others getting very determined on the climb at Buckden (Photo Alec Becconsall)

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Dark Peak Profile

by Paul Sanderson and Roger Woods

As a young lad living just south of Manchester I spent many days walking across Kinder and Bleaklow. I would sometimes ponder whether it was Dark Peak or Dark Peat but it did not seem an important thing to get to the bottom of. Jumping across peat groughs made me heave with joy and youthful logic suggested the correct name was Dark Peat as I used to come home covered in the stuff. Time has done little to change my mind.

The distinctive brown vests with the purple and gold hoops have been a feature in fell running for almost three decades. In fact it always amazes me that no matter what part of the country you are in or what race you are competing in there will nearly always be an encouraging shout of, "Come on Dark Peak" from somewhere on route. Sometimes conversational comments such as, "You wear those brown vests" accompany the obvious facial distaste that reminds me of the look on Margot's face when Tom from the Good Life emerges in his home made green suit. Confusingly there are at least four different regularly used versions of the vests - Jim Fulton even has a lovely hand knitted version which comes out on special winter occasions (there are matching hand knitted green shorts but fortunately I have never seen these!). The club colours were carefully chosen and represent the peat, grass, sun and heather of the Dark Peak. The numerous versions of vest reflect in a way the makeup of the club - it is not just one big club but lots of little clubs all loosely stuck together by the pastime/hobby/passion/obsession of fellrunning.

Formed in 1976 by Chris Worsell and a group of like minded individuals out of a need to establish a club to meet the needs of all local fell runners in the South Yorkshire and North Derbyshire area Dark Peak Fell Runners quite quickly grew from strength to strength. Today membership is over 300 with teenage runners through to V70 - though I guess most are in the V40 category. Many combine their love of fellrunning with cycling, orienteering, climbing and walking and can easily move from one to another. It is unlikely however that back in 1976 Eric Mitchell would have believed he would still be club President 28 years later.

Achievements for a club are one mark of success, however what probably has made Dark Peak special is in some ways not measured by athletic achievement but rather its rich source of character and personalities. Fell running as a sport does tend to attract more than its fair share of eccentrics and Dark Peak over the years has attracted more than most and this in part is what has made the club special. What probably symbolises this more than anything else is the annual award of the 'Pertex Trophy' at the club dinner. This



Dark Peak's Eric Mitchell in relaxation mode
(Photo Roger Woods)

award is given to the club member who has over the year demonstrated a level of navigational buffoonery in the mountains that far exceeds anybody else's. Although it is not the most sought after trophy the roll of 'dishonour' over the years has managed to encompass a number of the club's best runners and we have never been short of suitable recipients. Therefore a word of warning when racing in the Peak District - be careful if you are following someone in a brown vest, they may have even less of an idea of their whereabouts than you do.

The club meets every Wednesday night often at its "club hut" which is thought to be an old POW hut just behind the Sportsman pub on the western edges of Sheffield. In the winter about 30 or so runners meet at the Sportsman to run on the roads with about 10 "warts" (short for stalwarts) who continue to run on the moors aided by a mishmash of torches, hip flasks and friendship. In the summer the runs steadfastly stick to the moors and the numbers attending generally increases with a mixture of runs from the hut and various favourite locations in the Peak, club races, and local races. Annual organised events include an AGM in May, club championships and dinner dance in November, and a weekend get together in the Peak in late summer as well as entering teams in the Ian Hodgson, the FRA and the Calderdale Way Relays.

Runners come to the club for many reasons - be it winter training runs for the Sheffield Student Orienteers and South Yorkshire Orienteers or a focal point for passion-filled obsessive fell runners. It is a rather loosely organised bunch of enthusiasts of all speeds, preferred distances, and aptitudes. Some couldn't navigate their way out of their own house and others like nothing better than to Worsell someone - that is to drop back in a race, take an alternative route/short cut and end up in front complete with self-satisfied grin.

Going The Distance

Since its formation in 1976 Dark Peak has had a long association with the distance challenges such as the Bob Graham Round. Past club members such as Martin Stone and Helene Diamantides were prominent in establishing the precedent that has continued to this day.

The association with the Bob Graham has been probably the most well established. In fact since 1976 only one year has gone by when there wasn't an attempt and this was due to the foot and mouth outbreak in 2001. Most fell runners have probably at some point heard mention of the so called 'Dark Peak BG machine' which gives the impression that all any self respecting contender has to do is just turn up and Dark Peak will take you round the BG. This view in some ways does a disservice to all those who have achieved their goal and got round and in any case the number of high profile failures that we've had over the years goes to prove there is no certainty in the outcome. What Dark Peak has got is a pool of experience that has been established over the years that is used to the full - those that complete it are usually more than happy to help with support for quite a few years. Besides, what other club has members like Mike Hayes who has done the BG wearing a heart rate monitor and then downloaded the data for the whole route onto his computer!

In the history of Dark Peak one of the finest achievements, and a feat yet to be repeated is the double Bob Graham round within 48 hours by Roger Baumeister in 1979. The original account of this mammoth undertaking, edited by Martin Stone and first published in Dark Peak News, makes epic reading. What is equally amazing is that a month later, having

accompanied Roger for a significant proportion of his double BG Brian Harney broke the then record for the Pennine way achieving a time of 3 days 42 minutes.

As well as its well documented association with the Bob Graham Round Dark Peak has a rich history associated with the other long distance challenges. From the mid 1980's, when Martin Stone first broke the record for the Paddy Buckley, interest in the Welsh Classic round, although initially slow with only one successful attempt in the 1990's, has steadily increased over the years. In fact in the last three years Dark Peak have recorded five successes on this challenging round - the most recent by the staggering margin of sixty-six seconds under the 24 hours.

The Ramsey Round has probably seen the least amount of attention, however of special note must be made of Bob Berzins' unsupported round in 1991.

As you would expect from a club that is growing old (dis)gracefully the Joss Naylor Challenge from Pooley Bridge to Greendale Bridge has been given a fair share of attention over the years. As well as a number of sub 18 hour successes from the over sixtys (Colin Henson, Roger Baumeister and Dick Pasley) a number of sub 12 hour successes have now been recorded over the last few years (Dave Lockwood, Alan Yates and Ken Jones).

Closer to home Dark Peak have over the years developed some club challenges of its own. Possibly the best known is the '15 trigs'. This challenge requires a visit to each of the 15 trig points detailed on the Harvey's Map of the Dark Peak used in the 1984 KIMM in under 15 hours. This

round, by tradition unsupported, starts at either the Sportsman at Lodge Moor or the Royal Hotel in Hayfield.

In 1994 by way of celebrating the centenary of the parish of Bradfield, the largest parish in England, a number of Dark Peak undertook to 'beat the bounds'. This necessitated a mid-winter run of approximately 50 miles around the parish boundary and includes notable Peak district landmarks such as Swains Head, Barrow and Grinah Stones, Back Tor and Stanage Edge. This has now become somewhat of a club tradition and this year we will be celebrating our 10th anniversary.

Races

Over the years Dark Peak has been associated with the organisation of a number of races from the British Relay Championships to local club classics such as the Cakes of Bread, Margery Hill, Alport and Crookstone Crashout as well as the classic long "A" tests of the Edale Skyline and Marsden to Edale, and local Peak District races such as the Burbage and others in the Hope valley.

The Edale Skyline has for many years been the first long A race of the season and as such has been a championship race on a number of occasions in the past. Traditionally it has been organised to coincide with when the clocks go forward - a scheduling that on occasion has seen a number of runners turn up an hour after the start!! Although it has seen a number of course alterations over recent years its testing nature and the character of the event has not diminished.

Historically this support for races is not however restricted to the Peak District.

Back in 1983 Donald Booth of Dark Peak was responsible for revitalising the then Bens of Jura Fell race. Although it was originally run in the early 1970's for four years it wasn't until Don's involvement, with the added support of the Isle of Jura distillery that the race become truly established on the calendar. Support for the now renamed Isle of Jura Fell Race continues to this day. Although Don is no longer involved in the organisation on many occasions club members have often exceeded twenty runners with many returning every year. Probably Dark Peak's finest achievement was in 1985 when the race was won by one of our top runners of the day, the late Ray Aucott in a time of 3.18.36. For this achievement Ray took home 2.5 gallons of whisky for first place, first vet and first team. Not bad for someone who didn't even drink whisky.

Without fell running and fell races life can be a bit dull - foot and mouth taught me that - and I'm glad there is a fell running club in Sheffield. For me there is now't special about Sheffield other than it is right next to the Peak District and without the freedom to enjoy the Peak District or some similar place I would feel lost and imprisoned. Dark Peak Fell Runners is part of all that. The club has evolved to cater for all aptitudes, speeds and preferences and there has always been a number of talented and committed runners in the club who compete well in the wider world of running - their talents spread across short and long fell races to orienteering and mountain marathons. Behind these elite runners there is the rest. In the end it all about enjoying running and nothing else - Dark Peak fell runners do just that.



Dark Peak outside their spiritual home (Photo Roger Woods)

from Neil Shuttleworth

Harry Griffin, the renowned Kendal-based writer died last July aged ninety-three: a highly respected member of several outdoor societies, an award-winning journalist and a very active person, he set high standards at work and play. Through his writings and other skills he was a key man in the early days of the 'Bob Graham' and the Mountain Trial. He wrote in *"Fifty Years Running"* (2002) *"Despite a lifetime's devotion to mountains and skiing, I have never been a runner and have always regarded the competitors in the Mountain Trial as a breed apart."*

Born in 1911 to creative parents in Barrow-in-Furness, he matriculated from the Grammar School and began work on the *Barrow Guardian*. When he was eighteen he met George Basterfield, the Mayor of Barrow, and, as a leading climber of the era, was introduced to rock climbing and rock climbers. He climbed rock faces for exactly sixty years and skied for fifty.

After the War he rejoined the *Lancashire Evening Post* as their Northern Editor in Kendal, where he and Mollie, whom he had married in 1937, brought up two children. His fortnightly *"Country Diary"* for the *Manchester Guardian* began in 1951,

an incredible, unbroken fifty-three year reign. Four years later he was the first to review A. Wainwright's guide-books. Harry himself wrote over a dozen books.

In a *Post* column he commented that Dr Barbara Moore's Lands End to John O'Groats walk was not as great a challenge as that by Bob Graham of Keswick in 1932. Clayton-le-Moors Harrier Alan Heaton successfully took up the challenge in 1960. With much inspiration from Fred Rogerson the Bob Graham 24 Hour Club was soon formed. They worked together on *"History and Records of Notable Fell Walks within the Lake District 1864 - 1972,"* which chronicled previous exploits.

Harry's involvement in the Lake District Mountain Trial is described in *"Fifty Years Running"* (2002), the history of the Lake District Mountain Trial. Co-author John Nettleton recalls how, in 1956, the original Trial committee was reconstituted with Harry as Chairman and the *Post* as sponsor. Both as Chairman, and later President of the Lake District Mountain Trial Association as it became in 1965, his knowledge and enthusiasm played a leading part in ensuring the growth and

success of the event over the years. He strongly believed that the Trial should be a true test of the ability and skill to navigate safely through mountain country and so be more than a normal fell running or orienteering competition.

Joss Naylor, who sat on the Mountain Trial committee and has an unprecedented ten Mountain Trial wins, remembers Harry with much affection. The retired Wasdale shepherd said, *"Harry was a great inspiration to me: he was part of the Lake District. In 1960 he invited me to run my first Mountain Trial at Wasdale Head. This changed my life. The next Trial, also from Wasdale, was misty. I went off course and missed the check-point on Seatallan, only to finish the race at the prize giving. Although Harry disqualified me, he gave me a prize to encourage me. It was a good story for him: "Young Wasdale shepherd gets lost on his doorstep. He said his sheep do not go on Seatallan or else he would have been OK." This banter went on for ever in good taste."*

Joss concluded, *"Harry, I will miss you. Thanks for the pleasure you have given to thousands on the second Sunday in September. I will always spare a thought for you."*

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Robin's Rant - where does "Mountain Running" fit in?

from Robin Bergstrand

About a year ago, Athletics Weekly 'discovered' mountain running for a few weeks, on the back of good performances by British athletes at the World Trophy in Alaska. Those of us who have been around a while know that British athletes have always performed well over up and down courses, including winning 10 gold individual and team medals at junior and senior level. Certain individuals have also excelled at uphill only racing. What is more notable about these achievements is that 'mountain running', as practiced internationally, does not actually exist in the UK.

What we do have is fell or hill running. As we all know, this can bear little resemblance to international mountain racing, and this fact is sometimes used as an excuse why international events have no credibility, and why 'real' British fell runners have no chance of success. However, there have always been many events in the UK that require the same sort of climbing and descending ability as international events, rather than tussock or crag hopping ability. Some of the best fell and hill runners do support international events, but it appears that a majority of fell and hill runners have little or no interest in elite international competition – either in aspiring towards it or supporting those that do. I cannot think of another sport where there is this apparent 'disconnect' between the grass roots and the elite. We have a number of good road and country runners that are encouraged for various reasons to 'have a go' at mountain running, sometimes with considerable success. I find it odd that road and country runners are welcomed into the fold at grass roots level as having 'seen the light', but those that leapfrog straight to international competition are somehow made to feel less welcome in certain quarters. Finally we have literally a handful of athletes who might genuinely call themselves mountain runners. As a result they spend much of their summer training and competing overseas. Trying to bring these groups together is a small group of enthusiasts that select and assist teams for international events.

The AW coverage in 2003 focused on funding for mountain running. The recent significant reduction in funding by the AAA for the England international team has created difficulties, but in truth the England mountain team has always been one of the best funded to attend events in a sport that is generally not awash with cash. The AAA's financial problems mean that alternative sources of support for the mountain running team are being explored, but support 'in kind' is easier to find than the hard cash that is needed for travel costs etc. Funding of international activity, particularly seniors, from the FRA funds has always been a sensitive topic. This stems from the disdain felt by a body of the membership towards international events, and is fair enough in an open and democratic association such as the FRA. However, the fact is that the FRA is simply not wealthy enough to fund international activity beyond short term or stop gap measures. A decent international programme can easily consume a five figure sum per annum (excluding kit), so the future of the AAA finances, 'legacy funding' etc. is of critical importance.

However, the issue of funding to send teams to international events should be just one part of the overall picture. Developing the sport in the UK is of key importance. We need to create a sizeable body of athletes that consider themselves 'mountain runners', and whose ultimate goal is to perform well in international mountain races. At the moment we have a disparate group of athletes with different racing and training

backgrounds, and different motivations and goals, which comes together once or twice a year at international mountain events. Indeed, selecting a team from such a mixed bag of contenders can be a challenge in itself. Sometimes it yields excellent results, but as is often the case with UK athletics it is more by luck than judgement. Snow, or heavy rain in my case when I won a senior medal, is not guaranteed every year. We therefore need to develop, and keep, runners with the physical and mental strength to climb and descend at speed on the typical 'alpine' style terrain over which most competitions take place. I know from personal experience that there is no reason at all why this should preclude the same athletes from running well on the UK fell scene. There is always the issue of 'domestic championships' v 'international aspirations'. This is not insoluble, but would require a change to the existing championships format (another sensitive topic).

A key element that is missing is a high profile for events in the UK that reflect international style courses. As already stated there are plenty of suitable existing events that could be developed, but the creation of new courses and competitions may be beneficial in some cases. What we need is a group of committed, capable and enthusiastic runners who identify with these events, and who compete against and push each other over these courses. We had something approaching this for a few years in the late 80's and early 90's, but once again it was more due to luck and coincidence. While that period yielded some of our best ever performances, it also yielded some of the worst. To excel at uphill only racing, runners will ultimately have to spend time overseas, but this should be an extension of a thriving domestic scene, not a stand-alone activity. We also need a group of committed and capable organizers, supporters, team managers etc. Events over the past year have clearly demonstrated that we cannot assume someone will always be there to organise races, book flights, kit or whatever. Long-term reliance on key individuals is a risky strategy, and the nurturing of new support capability is almost as important as nurturing new athletic talent.

I believe a major incentive to develop mountain running in the UK, both for athletes and governing bodies, should be the fact that mountain running presents probably the best opportunity for British athletes to achieve significant team and individual success in endurance running at world level. The African distance running nations, with no tradition of domestic mountain racing, are only starting to show interest. Eritrea's performances at the recent World Trophy confirm that they are pretty good at uphill only racing, but up and down could be a different matter. It is ironic that the main reason for their absence so far is probably the lack of money in mountain running. This may well change if and when the IAAF officially recognizes a Mountain Running World Championship, though current word from the IAAF is that this will be further away than some might have expected. In any case we have a window of opportunity to build a foundation for success in the medium and hopefully longer term.

So to athletes, supporters and governing bodies, I suggest that it is time to review priorities, and show some commitment to a discipline that, with a bit of effort, could yield consistently good international results. The fact that the events take place in some of the most beautiful and stimulating sporting environments on the planet should make the decision a 'no brainer'.

WHEN IS AN INJURY NOT AN INJURY?

from Jon Stanfield

From 1988 to 1994 I played American Football (in the UK), I bulked up (naturally) from 14 to 18 stone to play at the highest levels. I was a lineman, tackling ball carriers or blocking others from getting to the carriers, I played back to back seasons College and National and sometimes never left the pitch, playing offense and defense and on occasion I would finish training and immediately play rugby.

But what relevance does this have to fell running? The point is that during that time, when I was training 5 times a week, weights, fitness and contact, playing once a week for 6-8 months of the year I never missed a game or training session through injury.

Once I returned to a sensible weight again, endurance sports took over as a consuming passion, biking, running, kayaking, if it was outdoors I was involved, but in a very short timeframe, probably 18 months, I started to develop "overuse" injuries. My right knee (pain behind the knee cap) and lower back specifically.

Gradually they intensified to the degree that I despaired of taking part in any of the sports again. What I couldn't understand was how I had gone from a contact sport practitioner dealing with 20 stone opponents to a pain wracked specimen, in fear of running across the road, let alone up and down a hill.

The ceaseless search began, physios, osteopaths, Bowen Technique, acupuncture, prolotherapy, Alexander Technique - I was prepared to try anything. I did make progress but it was slow and confusing, and I began to question whether everything I was learning from the medical profession made sense, I just didn't have evidence to counteract it.

I found that sometimes I was pain free, especially biking, but at others I experienced the familiar twinges in my back and knee. If I ran or hiked, leg symptoms would appear. The knee pain disappeared, to be replaced by ITBS, I switched to swimming with tentative plans to swim Coniston, and my left shoulder disintegrated. I started freediving but the shoulder and back pains still prevailed, despite the languorous rhythm required to dive deep on a single breath.

My training between 1999 and 2003 was sporadic, focused heavily on strengthening but despite following the rehab advice available I wasn't making the progress I wanted and seemingly the injuries would relocate at will-although I didn't really acknowledge this until later. But I wasn't about to quit.

Late on in 2003 I stumbled across a website called "runningpain.com", which contained information that struck a chord. I ordered

the book and started studying the concepts. Incredibly it suggested that the bulk of overuse injuries are not related to structural physical issues at all, but rather manifestations of stress or more specifically psychological stress.

Most people are familiar with the idea that skin disorders or more commonly ulcers are caused by stress. What is less well understood is why this should occur. The theory at the centre of this book, backed up by nearly three decades of research suggests that the brain deliberately creates a diversion from acknowledging intensely uncomfortable, unconscious emotions.

In the case of muscular skeletal pain, the brain restricts blood flow to the nerves and tissues in an area, this reduces oxygen supply resulting in localised, but ultimately harmless pain. Naturally the afflicted individual focuses on the physical pain, and away from any emotional issue, so the brain's strategy succeeds.

So does this mean that anyone with an overuse injury is also an emotional cripple? Not at all, virtually everyone, according to the research is affected because the trigger is unconscious; i.e. the emotions that cause the problems are not obvious to the individual. Psychology teaches that we all have three portions to the mind, which tend to co-exist in conflict; this conflict can unconsciously create reservoirs of rage that modern, polite society cannot acknowledge, and the resulting repression reappears as pain or an "injury".

Not everyone's brain deals with this the same way, and a huge range of physical symptoms have been linked to this process, from immune disorders to yeast infections. However most common of all are the epidemics of muscular-skeletal issues. RSI, low back pain, fibromyalgia, overuse injuries.

The incredible beauty of this diagnosis is that treatment is simple and cheap. As soon as you become aware of the strategy the brain is employing, challenge the pain straight on, change your focus from the physical to the emotional, there is no mileage left in the strategy because it is no longer diverting attention.

This is a very glib statement, but in essence true. What is required though is a complete leap of faith away from tried and tested medical approaches to more esoteric mindfulness.

So how has this affected me? I started running again in October of 2003 before discovering the "cure", but it was far from plain sailing. ITBS was still appearing from time to time, along with low back pain. I read the book over Christmas, decided to register for the FLM in January, started fell running and launched into a training

schedule which included plyometrics, tempo runs and speedwork.

It hasn't all been easy, at one point on a long run I was experiencing pain alternately in both ITB's, which was so severe it almost put me on the floor. The fact that it was swapping from left to right sometimes mid run encouraged me though, because injuries cannot just appear and disappear. Despite the pain I ran again the day after and sure enough the effects were minimised by just accepting the strategy for what it is and challenging it.

Patterns appeared; painless runs from Tuesday, regardless of length/intensity, pain during the weekend long run and residual problems on Monday. This again is said to be very typical, but it does start to erode any lingering thoughts that the pain could possibly be structural.

I am now virtually free from the last vestiges of the syndrome with no rehab of any kind, and recently led a team to victory in an assault course event that required log carrying and tyre portaging over eight miles of technical terrain. Quite simply twelve months ago this would have been unthinkable.

I no longer experience any pain in normal every day activities, at a low point in 2000 I would stand up to work at my desk, which had been supported on stilts. Again the literature suggests that often the fear of pain connected with certain activities can be the most challenging aspect of the syndrome to address, but persistence and acceptance that the pain is pain, but ultimately benign will win through eventually.

Perhaps the other really challenging element to accept is that the standard medical advice is not correct. The well-intentioned advice of physios, chiropractors, neurologists and so on, does not stand up to scrutiny. Countless studies have proved that herniated discs do not automatically lead to pain. Piriformis syndrome is losing credibility because structurally it does not make sense, tight hamstrings and biomechanical deficiencies don't result in injuries, otherwise double amputees like Chris Moon, couldn't complete events such as the Marathon Des Sables.

Unfortunately though, the industries that have emerged around sports injuries have programmed individuals to almost expect damage to occur as a result of sustained exercise. The mind is a powerful, programmable tool and all of the available advice about the risks of exercise serves to reinforce these insidious strategies and enforce a sense of fragility that is simply not viable from an ancestral perspective.

The supporting literature highlights the fact that *Homo Sapiens* is a lot stronger than we allow ourselves to believe, our

hunter/gatherer, pioneering and warring ancestors are proof of this, otherwise we couldn't have developed as much as we have. The largest bone in the body, the femur, will heal if broken within six weeks, generally stronger than previously, this is survival and evolution at work.

How then can chronic symptoms prevail for months or even years at a time often in the absence of any trauma at all and yet are completely absent for others despite Herculean sporting prowess?

This has been very refreshing for me; it has given me an escape route from the cycle of pain and injury at the very least. In addition though it has radically changed my training concepts and challenged me to question accepted doctrine.

For instance I have not performed any stretching since discovering this concept, it is contraindicated in the recovery because it focuses you on the physical and structural not the emotional. I now only complete strengthening exercises to improve my efficiency and endurance, not to resist injuries.

I have dispensed with the conservative mileage increase dogma; I run on any surface, I choose the most minimal and lightest possible footwear; I perform traditionally contraindicated exercises such as bridging. My attention is focused not on external factors, but on internal effectors, such as emotional state and mental processes.

I genuinely believe that this is powerful medicine for anyone who has suffered with a so called overuse injury, even if this has arisen from a trauma incident and not resolved itself in a sensible timeframe. In a sport like fell running it could be vital, where "injury" is an ever-present spectre, but it might just be that the spectre has been created by you, not by what you do.

If you have had an "injury" or "injury sites" for over three months, I would recommend that you look at this with an open mind. The site www.runningpain.com is a very good starting point along with any of the seminal works on the subject by John E Sarno. Alternatively I am more than happy to discuss this with anyone directly via e-mail at mandandjon@glanfieldj.freereserve.co.uk

NoEAA OFFICE MOVE

The NoEAA Office will be re-locating on 1st November 2004. The new address is 7 Wellington Road East, Dewsbury, West Yorkshire WF13 1HF. All telephone and fax numbers and e-mail addresses will stay the same.

Moses' Trod

by Peter Travis

The day's work done and quarrymen
descend the path to cottage in
the dale.

But one holds back,
a facial wryness tells of work as
yet unfinished,
as from behind the raking
drystone wall

he lifts the weighty hessian sack
and with measured tread
climbs steeply
until the summit of the Gavel
lies beneath his feet.

Along the rock flank,
the stars his only light,
he treads the downward path
until he reaches deepest lake.
And here the danger lies,
the excisemen may be about
and, cautious as a cat, he
moves with feline silence.
On the coast the deals are done.
Tomorrow is another day,
and he'll return by lake and fell.



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- ◆ Osgood Schlatters Syndrome
- ◆ Chondromalacia Patellae
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- ◆ Hip Pain
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Laugevágurinn 2004

from Andy Shaw

In 1997 I visited Iceland for the first time. Whilst there I walked from Landmannalaugur to Þorsmörk, a distance of about 55km. The route climbs gradually from the hot springs and multi-coloured mountains of Landmannalaugur before descending past lakes, across a desert and finally to the wooded valley around Þorsmörk. Unless you stop at the mountain huts along the way the only option is camping and all food for the walk must be carried, there is nothing along the way. The walk is normally completed in three to four days and with scenery so spectacular there is no desire to hurry. Several years later whilst in Iceland again I learnt that there is an annual race over the course in mid July - the Laugevágurinn. One day, I decided, I would return and give it a go.

2003 was to have been the year but a number of injuries over the winter and spring meant that it wasn't to be so 2004 it was.

A 9.00 a.m. start meant either a bus ride from Reykjavik at 4.30 a.m. or the option of spending the night in a hut about 40 minutes from the start and getting up at a more sensible hour. I chose the latter. After a pasta meal, look around and a photo or two of the nearby volcano Hekla it was off to bed.

The next morning was still and clear and at 7.00 a.m. quite cool. It soon became clear that the 40 minutes ride to the start was a bit optimistic. Our bus was fine on surfaced roads but on the un-surfaced ones that cover most of the interior of the country it was not really up to it. Progress was very slow and we eventually arrived in Landmannalaugur with about 15 minutes to spare. A quick change of clothes, visit to the toilet and a bit of food and drink and I was just about ready. We joined the others who had set off from Reykjavik that morning on the start line and after a short wait were off.

Within a few metres we were single file over a narrow bridge then climbing up around the lava. There were a number of people in front of me but at this stage it was impossible to overtake. As the path levelled off and the going became easier I got past most of the others and settled into second place about 100m behind the leader. He had set a tremendous pace over the good ground; surely he couldn't keep it up. He couldn't, on the short descents or over more difficult ground he slowed allowing me to catch him. Over the next few minutes we were close together as I would get away in places and when the path improved he would catch me.

The route continues to climb up towards

the first checkpoint and drinks station at Hrafninnusker at a height of just over 1100m. This is the highest part of the course and there was still some snow and ice left, the snow bridges making crossing the deep gullies easier. By now I had a good lead and was going well up the final climb to the summit just before the checkpoint. Here the path is black sand studded with mounds of lava and glistening black chunks of obsidian. As I reached the summit I saw the hut below and the first checkpoint. There were some people there but none of the expected drinks. I carried on down the steep descent, trying to make the most of my advantage.

The following section consists of a numbers of short climbs and descents as the route crossed numerous small streams. Whilst this section has a net descent of some 500m I was certainly starting to feel the climbs. The weather was now quite warm and my supply of water was beginning to get low. The freshwater streams are all drinkable and I used these to wash down the odd jelly baby. Several kilometres after the checkpoint the route climbs onto the Jökultungur ridge. I took a look back: no one in sight but I didn't stop long to look. The view from the ridge down to the next checkpoint at Álftavatn is for many the highlight of the route. I have a couple of pictures from the last time I was here on the walls at home but no pictures or words can describe the view over the ridge, you simply have to see it for yourself.

The path now dropped steeply into the valley bottom and I made good time,

receiving words of encouragement from those walking along the route. Along the valley bottom the going was good with a few small streams to cross. Part way along the path I passed a small green painted sign informing me that it was 2.3km to Álftavatn. Why had someone decided that at that particular point it was necessary to inform those passing of this fact? It was the only such sign I saw on the whole run. Shortly after this I noticed a man approaching on the path carrying an aluminium ladder. He swung the ladder to one side to allow me past and wished me luck. I knew I had done about 20 pretty tough kilometres up to that point but I hadn't yet lost it completely. The nearest vehicle access was 2.3 km away, the sign had just told me, so this man must have carried it at least that far, why? Just what in a flat valley bottom was he going to lean it against? I carried on rather bemused to say the least.

At the drinks station at Álftavatn I took half a banana, a cup of water and another of the electrolyte drink, which the staff also filled my bottle with. Now I have long held the belief that nothing we eat or drink should be blue, not even blueberries are really blue, (remember I was brought up in an era before blue Smarties) but I was thirsty and it tasted OK.

It was just after here that I made my biggest navigational mistake of the race. The marker posts followed a down a stream but the path climbed up onto a ridge. I started to follow the markers but soon realised that the stream bed wasn't the correct way. Cursing myself for being so stupid I climbed up to the path and



The Icelandic moonscape at Laugevágurinn (Andy Shaw)

continued, pushing myself a little harder to try and make up some time. The halfway point was reached just after this and a large group of people were gathered. It was here that I would pick up the remainder of my jelly babies that I had left in Reykjavik to be brought here. However there was no sign of them or the drink station I was hoping for. I had beaten the bus to this point. I did receive plenty of encouragement from the crowd there – "Come on my son", someone had read the England t-shirt I was wearing under my Holmfirth vest.

The next, and longest section of the race is a flat run through a desert of black sand punctuated by occasional streams of glacial melt water. The majority of these were bridged, though a knee-deep wade through one was refreshing to say the least. After what seemed an eternity trudging through the dry sand I took one last look back before the path turned. I couldn't see anyone but the next runner was wearing a black top, how could I hope to see him against the sand?

The next checkpoint was at the hut at Botnar where more drinks were expected. Again there was no one there and I carried on past the tiny oasis of grass where I had pitched my tent 7 years earlier. I was very thirsty now, there had been no streams that were drinkable over the last 16km section and my bottle was nearly empty. A short undulating section passed several streams where I was able to get some water. I made another slight mistake as I continued along a ridge for too long, leaving the path at the base of a low crag. Again I cursed as I looked for a safe place to regain the path, more time lost. I continued to weave my way around chunks of lava and behind one

was greeted by a woman with chocolate covered raisins and a malt drink that seems to be sold almost everywhere in Iceland - heaven. The final climb was a short and steep one 5km from the end. I could see someone on the top, how I wished I were already there instead of toiling up at the bottom. On the top of the ridge the land started to change. Gone were the barren volcanic landscapes and there was some vegetation in the form of dwarf birch. No more than a fraction of an inch high at this point but a definite sign that the end was not too far away. The final major obstacle is the river Þrongá. Here there were people to help you and a rope strung across to hold onto. It's little more than knee deep but quite wide, fast flowing and very cold. At the other side I was told there were just 3km to go.

The path now made its way between birch trees, gently undulating, though any incline reduced me to a walk. I tried to think what the course record was. I had been running for 4.26 with 3km to go and was convinced that the course record was 4.31. There was no way I could cover that last 3km in five minutes, no-one could, never mind. I tried my best to keep running as much as possible but I was hungry, dehydrated and tired. Words of encouragement from the many people over the final section spurred me on, I had to try and look as if I was a runner at least. Finally round one last corner there was the finish, off the path and a final sprint over the grass and I could stop. I clocked 4.40.52; I was soon reminded that the record was 4.39.21. If only. Still, I had won and it was too late to regret what might or could have been but for a couple of minor errors.

The bus with my clothes had yet to arrive so I was given a sweatshirt and soup, toasted sandwich and coke from the café. The second runner arrived 13 minutes later; it was his best time on his eighth attempt at the race. In time the bus arrived along with the finish banner and the barbecue. Iceland may not cater well for vegetarians but for us meat eaters the lamb is superb. As the later runners arrived so did the rain and the presentation was held indoors.

Of the 93 finishers 10 were from the UK, of these, Louise Burt the ladies' winner from Fife AC ran 6.03.09 the second fastest time ever. At about 8pm the busses set off on the return journey to Reykjavik. It was then that you could begin to appreciate just why there were problems getting drinks etc. to some of the checkpoints. This was only the second time that I had ever witnessed a round of applause for a bus driver (for safely negotiating a particularly tricky river crossing), the first a few months ago at home when the driver kicked (literally) a drunk off the bus.

For the record these are the GB runners who completed the race this year, full results on www.marathon.is (there is an English version):

1	Andy Shaw	4.40.52
11	Armin Wellig	5.47.59
13	Bruce Hall	5.55.18
14	John Donnelly	5.58.34
18	Louise Burt	6.03.09
27	Paul Scullion	6.25.16
48	Garry Smith	7.01.42
56	Paul Eastwood	7.20.24
74	Brian Layton	7.49.45
89	Brenda Collingborn	8.49.50

And the ladder? To bridge a stream apparently.



Rasus Gaeaf

Meirionnydd

Winter Race Series

Prizes/Trophies in each individual race and for overall race series winners: Lowest cumulative time from all 3 races.

Series record: C. Donnelly, Eryri, 198.33, 2004, Alison Price, Bro Dysynni, 321.44, 2004.

6 Miles, 1900' Ascent, Grade AS **Rhobell Fawr** Saturday, November 13th, 2004

Course Record, C, Donnelly, Eryri, 52.46, 2003, T. McQueen, 64.40, 2003

Start 1200, Village Hall, Llanfachreth, Nr. Dolgellau (OS 124 - SH756225)

6+ Miles, 2000' Ascent, Grade AM **Tarren Hendre** Saturday, January 29th, 2005

Course Record, P Whiting, Kendal, 56.42, 2004, J. Lee, U/A, 1.06.35, 2004

Start 1200, Railway Inn, Abergynolwyn, Nr. Tywyn (OS 124 - SH677069)

10 Miles, 2500' Ascent, Grade AM **Ras Yr Aran** Saturday, March 26th 2005

Course Record, C. Donnelly, Eryri, 1.28.50, 2004, J. Lee, U/A, 1.50.46, 2004

Start 1300, Eagles Inn, Llanuwchllyn, Nr. Bala (OS 124 - SH880297)

Prizes-Trophies in all categories (subject to entries). Teams (AAW/FRA): 3 to count. Entry on day only - £4.00

Min age for short races 16 years, 18 years for longer race. Safety kit MUST be carried. No Dogs.

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Dr Martyn's Problem Page

What a busy last few months this has been, what with the start of my TV series and the Olympic Games, I have hardly had a minute to myself without some element of the media calling me for an opinion on this, that, or the other. It was interesting to see the Australian view of our Olympic achievements, pointing out that most of our success came in events where we sit on our arses – rowing, sailing, canoeing, equestrian, and cycling – over 60% of our medals involving the so called backside sports.

Seniors

Dear Dr Martyn,

I write to seek guidance on an increasing problem in our sport – that of senior runners (60 or over, but younger runners are eligible if they can demonstrate advanced decrepitation). There appears to be an ever increasing number of these extreme aged athletes taking part in races. The problem is not so much the race itself but getting stuck in the traffic as they arrive at the race driving at 30mph with a four mile queue of traffic behind them. What do you advise?

I. M. Patient

Dear I. M.

A difficult subject indeed. It is not just a simple case of banning them as they are protected by legislation and a phenomenon known as the "grandfather effect" - a fact that no matter how much they may infuriate you whilst they are driving the minute they are out of the car they transform into loveable people universally liked by all. The simplest advice I can give is that of avoidance, but first you must know how to spot them? Whilst they are in a car it is easy, they obviously have other vehicles stuck behind but other tell-tale signs are driving with a strange hat on and a thermos flask somewhere in the vehicle - avoid parking near cars with such items left in them. However, the physical signs are not so obvious, as due to the advances in cosmetic surgery and advanced grooming products many seniors are now extremely well preserved (some would say "pickled"). So subtler signs are needed - they usually have all the latest high tech gadgets but can only use a fraction of their functionality and they often write down even the most basic of instructions in order to avoid forgetting. They take two hours to text "hello" and have more pairs of glasses than specsavers. But its not all doom and gloom, many clubs continue to successfully cope with increasing numbers of seniors and thanks to a covert campaign of offering them lifts to races – most traffic problems have been avoided.

Rocky & Southern's Big Day

Dr Martyn,

A few weeks back me and the lads went down South to attend a lad from the club's wedding – Rocky Steel. Well what a do – you had best see the following quotes from the day.

".....well when we invited them to stay the weekend I didn't think he would bring his ferrets" Glynis Lass

".....I told you Southerners were different to us, they don't have houses they have a property.... their kids are all very intelligent and sensitive and just need more stimulation – a clip round the ear more like. ...you can put that bottle of girls' pop (lager) back on the shelf and get me a proper pint.....if that French Uncle of hers tries kissing me on the cheek I'll deck him.....what's the score in the cricket....." Jed Steel

".....its a lovely house, right posh, they even have an indoor toilet.....Jed, do you not think you've had enough....." Ethel Steel

"...it's such an emotional day, to see one's only child pass into wedded bliss, one has a sense of transition, in some respects it's the end of an era but also the start of another, the mixed emotions of happiness and sadness, one cannot help but cry, what do you think Mrs Steel or may I call you Ethel..." Julian Lass

".....what was that dear, yes very sad, is there any more sherry...." Ethel Steel

".....sad, good riddance I say the soft lad barely trains twice a day and hasn't won owt.....if he starts crying once more I'll give him something to cry about...." Jed Steel

".....Rocky can you come and talk to my relatives, you can't spend all night at the bar with the lads...." Southern Lass

".....uh oh...." the lads

"....that's not a hill, why the moles up our way make bigger hills than that.....now your London teams are just

full of foreign, diving jessies.....and another thing....." Jed Steel

".....yes we know there are differences but at the end of the day we just love each other...." Rocky and Southern

".....Jed Steel you get your head out of that toilet bowl this instant,in all my born days.....just you wait till I get you home..." Ethel Steel

".....uh oh...." the lads

It was a very eventful day.

Elvis Ramsbottom (Best Man)

Dear Elvis,

Thank you very much for the note and I am pleased to see that you all survived the harrowing trip down south.

PS.

".....did you notice how that strange puppy of Rocky & Southern's was weeing over everyone's shoes, they are very peculiar these Northern people, I heard someone say that his father runs up mountains for fun, I only hope for Southern's sake that the boy is clearly not as daft as his father....." Unknown relative of Southern

New Television

Dr Martyn

I want to buy a new television, not an ordinary one – but one of those ones that comes with a box and a tray of scrabble letters in front. I think they are made by a firm called Computer. What do you advise?

Ronde Blunner

Dear Ronde,

How nice to hear from you again and in the circumstances I think I should keep my advice on Computers simple – and what can be simpler than a picture.

iMac for men



iMac for women



Salamon XA Harrier - product review

from Mark Williams



Salamon are a company who are well known for their walking boots and shoes. They have produced a number of trail running shoes which have proved popular for adventure races. The main disadvantage for the fell runner is that unless the route is either hard or fairly dry, they are not really suitable for running up and down steep hillsides or in wet conditions. To try and bridge that gap, Salamon have now produced the XA Harrier.

The shoe upper is constructed from a lightweight 'sandwich mesh' which allows for good breathability, and in this country, allows water to escape. There is a protective material around the shoe and at the toe to give better durability. A gusseted tongue, which attaches the upper and tongue and stops debris getting in; Salamon's speed lacing system and a patented 'Sensifit system', all allow for a very snug and comfortable fit from the first wear. Cushioning is provided by a 14mm mid sole and the grip is down to 6mm deep 'arrow head' shaped studs. The shoe weighs in at a reasonable 305grams for a size 9.

I purchased my pair in the French Alps where the first run was up the 2000 feet climb of the Bosse de Clapouse from Ailefroide. The path is a fairly stony one with rocks scattered around. On the ascent, I found the shoe to be responsive and the grip was more than adequate. The descent saw the shoe give a positive feel over the stones and rocks, although it must be said that this was done in dry conditions.

On return to England, I have found that the shoe has coped admirably with the wet conditions encountered during August. The mainly soft, grassy running around Lyme Park and the gritstone of Kinder have proved to be no problem so far. The studs, although fairly soft, have not shown any noticeable wear; although I have only covered about 70 miles in them so far. One aspect of the shoe's performance I have been pleased with during the wet weather has been its lack of water retention. Due to the open mesh upper, which was probably more for breathability in warm conditions than the wet ones of England, I have found that this allows water to be shed and thus keeps the weight down as compared with some shoes that absorb water and increase greatly in weight.

In conclusion, although I have not had chance to use the shoe for an extended period, I have found them to be instantly comfortable with a secure fit and providing a responsive ride. The shoe has performed well over softer ground and the rockier terrain of Kinder. I feel that they should be a good training shoe for all but the most extreme type of running. A good alternative to the usual suspects when it comes to choosing a training shoe.

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Letters, opinions et.al.

A big "thank you" from Dave & Eileen Woodhead, Junior Co-ordinators

We must say it was quite a surprise when we were approached at the Sedbergh Junior Championship races by Simon Ellis, who is on the board of trustees for the Marjory Boddy Charitable Trust, indicating he was going to suggest our junior section was worthy of a donation.

A cheque of £500 duly arrived for the FRA juniors and a very big, heart felt thank you must go to the generosity of the trustees, we can assure them it will be used wisely for the benefit of our young athletes. It's very reassuring to us as junior co-coordinators when a wonderful gesture like this is made.

On behalf of all the juniors themselves may we also thank you.

And another "thank you" from Dave & Eileen Woodhead

Many thanks to Karon Forster of Warrington and Mhairi Cameron of Ulverston and several anonymous contributors for answering our "STOP - THINK - HELP" advert plea for unwanted fell shoes in the last issue of the *Fellrunner*. Your contributions are now firmly on the feet of our junior members, who now have a better grip of fell running.

Any other fell runners out there who can follow these good people's example, please do feel free to send us your old worn out, even smelly, trainers.

Inconsiderate fellrunners from Peter Nuttall

I have spoken to Danny Hughes to get your address and I would be obliged if you would consider this communication for inclusion of a future edition of "The *Fellrunner*".

My wife and I live on the edge of the Lake District and fall very definitely into the category of walkers. We have both completed the Wainwrights and enjoy a relaxed day on the fells. We like nothing better than to take visitors out and show them what we have on the doorstep. On Saturday the 7th of August we took three weekend visitors out to take in Green Gable, en route to Great Gable from Honister. On the ascent to Gable from Windy Gap we met the Borrowdale race. It was bad on the way up but worse on the way down. At least on the way up you could see what was coming!!

It's obviously the few spoiling it for the many. We tried to avoid what we could but there should not be a presumption that the onus lies with the non-competitor. We were jostled several times and on the descent, from behind me a competitor put his hand on my shoulder and pushed me out of the way. I remind you, this is not on a grassy sward but on a steep path with loose stones where there is the real capacity to cause serious hurt.

I spoke to the official taking numbers at the top of Gable, and told him that it would be a miracle if a member of the public was not hurt. I was given the statements -
"Nobody's complained before"
"We only do it one a day a year"

Well someone has complained now and there is absolutely no justification for being unsafe one day a year. I assume the organisers have a responsibility to the public and fill in a risk analysis for the event.

Is this briefed to the competitors and clear guidelines given?
Are stewards available to police behaviour?
Has anyone ever been disqualified because of such behaviour?

I have friends and colleagues who are runners and have always had the highest regard for the sport. However, you have left an indelible impression on three visitors by the behaviour of a few. As they used to say at college "Please Discuss!"

Alan Brentnall's reply to the above

Dear Dr Nuttall,

Thank you for your letter concerning your experiences with some of the runners at the Borrowdale Fell Race earlier this month. I took part in that particular race and can only say that at no time was I witness to any of the kind of behaviour which you experienced. On the contrary, I was particularly impressed with how well the race organisation handled the large number of runners who turned out and with how patient and courteous the runners were - especially considering the hold-ups which can occur in a race of this size.

However, I do not doubt what you say, and I can only apologise to you for the behaviour of what I hope is a small minority of fell runners. This behaviour was, probably, a reflection of their inexperience in the sport. It is a pity that you didn't record the numbers of these runners, because, had you done so, I would have been able to take more specific action.

Fell runners by and large are painfully aware of how delicate our sport is - in terms of the environment, the land and the farms over which we race and the other hill users with whom we share this delicate environment. I'm sure that most fell runners will not need reminding that such behaviour puts our sport at risk, along with its reputation and the very existence of some excellent races.

None-the-less, your letter, my response and an editorial comment on this matter will be published in the next edition of our magazine "The *Fellrunner*". I'm sure that this will provoke the discussion which you request, and I can only hope that the specific runners involved will take notice, and behave more appropriately in future.

Himalayan 100-mile Stage Race from Sean McCabe

I am writing to bring to your attention an incredible run/walk adventure that takes place amongst the stunning scenery of the Himalayan mountains and I think might be of keen interest to many *Fell Runner* readers. It's called "The Himalayan 100 Mile Stage Race" and is described as the most spectacular and beautiful running course in the world -
<http://www.himalayan.com/index.htm>

During the Race, views of Mt. Everest, Lhotse, Makalu, and Kanchenjunga are clearly visible and regardless of level of ability - whether a 10K, marathon, or ultramarathon runner - you can run at your own pace. There are no age limits or stage cutoff times. Five daily stages of 24 - 20 - 26 - 13 - 17 miles are designed for middle distance runners. Alternating running and walking, you can easily take in mountain views, catch a glimpse of national Park wildlife, and chat with villagers at fully stocked aid stations every few miles. This event was first held in 1991 and there is a course for walkers to admire these sights too!

I have run this great event and can say that the organisation, support and scenery are second to none - I am a friendly

ambassador for this great event and I think that this will be of interest to your readers - I would like to introduce you to the amazing person who organises this event every year - contact detail as follows :- Mr Pandey - hrtpl@del2.vsnl.net.in

Please do not hesitate to contact me if I can assist you further
Sean McCabe Business : 01724 408778 Home : 01756 748738
seanm_mccabe@hotmail.com
http://www.himalayan.com/index.htm

Clarification on use of GPS systems in FRA Fell Races. from Philip Addyman (Northumberland Fellrunners)

Before spending over £100 on a GPS system I carefully checked the rules in the current edition of the FRA handbook on the use of GPS in races.

On finding no clause whatsoever forbidding or banning their usage, not illogically, I therefore presumed them to be permitted! As I still carry a traditional compass and map of the route during FRA races, I believe myself to be 100% compliant with competition rules.

However, without wishing to be neither particularly "flashy" nor particularly clandestine on my occasional use of GPS at fell races, I am nonetheless inevitably greeted with the comment, "Oh, you can't use those in fell races!" when other competitors catch sight of this piece of equipment.

I point out that there is nothing in the rules stating this and that perhaps they are confusing fell races with orienteering competitions, where, for obvious reasons, GPS systems are not permitted.

Fundamentally, I must stress that, in my recent experience, there are NO competitive advantages to be gained by using handheld GPS systems in fell races:

- following a comprehensively marked route,
- running the route for a second (or nth) time, or, better still,
- thorough local knowledge,

will ALWAYS offer a far greater advantage in any fell race than an "out of local area competitor" arriving at a race for the first time equipped with the most sophisticated GPS system that money can buy!

The principal attraction of GPS systems in fell races is more one of performance measurement and feedback: with the trip function reset at the start of the race, one gains an accurate measure of such details as race distance, average speed and maximum speed. Also, during the race, the system may provide accurate height information, which again is interesting as a comparison to where you were down in the valley half an hour ago!

The reassurance of a GPS systems as additional backup to a map and compass should not be completely overlooked from the point of view of safety: a very tired and disorientated runner who finds himself off course would perhaps be able to pinpoint his position more quickly and with more certainty on his map using GPS; however, once he had ascertained his position it should be stressed that it would be the map itself, rather than the GPS, that would be the most important tool in his returning to the race route or finding safety. Hence the importance of adhering to FRA rules on the carrying of map and compass.

As a reasonably recent subscriber to "The Fellrunner" magazine, apologies if this topic has already been raised in the past: if it hasn't, perhaps it is worth publishing this letter and the FRA's reply for the interest of all; if it has, please simply reply directly to myself for my own clarity on this situation.

Finally, I couldn't help but notice that a Garmin GPS system very similar to my own formed a considerable portion of the retailer's advertisement on the back page of the current issue of "The Fellrunner".

Alan Brentnall's reply to the above

The FRA has not made any ruling on the use of the GPS within the sport. This is left, quite rightly, to individual race organisers.

Mr Addyman is correct when he states that, if you need to use a GPS on a competitive fell race, you are not likely to win - but a GPS could be of advantage in certain conditions on a navigational event, and, I believe, most organisers of such events do forbid their use.

I think the FRA is right to stick to requiring a minimum of map and compass on those events which navigational aids, and it is also right in not having a blanket ban on other aids, such as the GPS. They can have their uses, but they certainly aren't the magic wand which some people would like them to be.

I would like to see this debate opened up through the pages of "The Fellrunner", with Mr Addyman's well thought-out piece as the starting point. What do you think?

Rivington Pike Fell Race from Peter Watson

I write to put the record straight with regard to the report of the 2004 race in which Rob Jackson was credited with being the first to run 20 consecutive years at Rivington. It was my error which gave rise to the accolade going to Rob. Shortly after the 2004 race, whilst out with the usual small group of "old timers" on our regular Saturday morning run,

I was extolling Rob's achievement to Ed Swift. Ed jolted to a stop and finally broke his silence. "You know someone who ran 20 consecutive Pikes before Rob Jackson," he asserted. The horrible truth dawned immediately. Ed Swift had done the deed some years earlier, and I should have known, having sat on all the data. This particular horrifying error came on top of an earlier mistake when I had overlooked Ed again when presenting the first "tranche" of awards to those who had competed 20 Pike races some years ago. Sorry Ed, and sorry for giving rise to the incorrect report.

On a more positive note, as Gordhen Entwistle referred to in his race report, next year will be the 50th running of the Horwich RMI Harriers series of "open" races at Rivington. We are intending to invite all past winners back, but have no address details for the following. Can anyone help? If so please let me know at the above address. The characters we are trying to track down, with their club at the time of their victory, are:

MEN		LADIES	
Billy Burns	Salford	J Clarke	Pudsey & Bramley
Keith Anderson	Ambleside	Janet Kenyon	Unattached
M Aspinall	Rossendale	Clare Crofts	DPFR
P Campbell	Bolton UH	A Kostilek	Burnley AC
John Wild	RAF Cosford	L Heron	Haringey
A Taylor	Kendal	Carole Haigh (Greenwood)	Holmfirth
J Calvert	Blackburn	S Lonsdale	Sale
Martin Weeks	Bingley	L Brennan	Preston
Alan Blinston	Altrincham		
Fred Reeves	Barrow	P Hall	Barrow
H R Fowler	N Staffs		

Eeh, what it is to be young!!

A letter from Connie Parr

Yesterday I went to the Three Shires Fell Race. It was the first time I have run in a fell race and I ran in the Under 12s. I really enjoyed it, even though I had old trainers without studs and I kept slipping around in them. Even though I was not 1st, 2nd or 3rd I still got a special mug. I would like to say thank you to all the people who organised the junior races. I have asked my dad to take me to more fell races because it is a lot of fun. Everybody was really nice - including the man who helped me choose my Inov8 trainers, because I have one foot bigger than the other. Now I am going to go to lots more races with a proper pair of shoes.

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

This year's Manx League is nearing its conclusion. With just two races left there are still four runners who can win the league, Ian Gale, Tony Okell, Brian Osbourne and Simon Skillicorn all have a realistic chance. The league has been sponsored since 1980 by a local agricultural distribution company called Managrakem. Even when they were taken over by a Cheshire firm a few years ago they continued to back the league thanks to the support of Malcolm and Bryn Jones, the founders of the company. Unfortunately it looks like the firm will close in the near future and so end what has probably been the longest running sponsorship that any sport on the island has enjoyed. Everyone involved with Manx fell running would like to thank Managrakem for their wonderful support.

Isle of Man teams have taken part in both the Knockdhu and Snowdon Internationals this summer and have performed very well. Former Common Wealth Games race walker Cal Partington has produced a couple of top results which is very pleasing and will hopefully encourage a few more local girls to have a go at fell running. Thanks to Billie Magee and Jane Lloyd for all their support and help to the Isle of Man team. To see the National flag of the Isle of Man flying at the start line at Snowdon was a very proud moment for the Manx runners.

Fell running, and indeed all sports and recreations that enjoy the countryside, have been given a real boost on the island by the appointment of a Government official who is responsible for encouraging everyone to enjoy and appreciate the outdoors. Graham Watson is a member of the Isle of Man Forestry, Amenity and Lands Division and has shown a genuine interest in our sport. Already he has been a great help in obtaining permission for our races to cross Government owned land and we look forward to working with him in the future.

Notes from Northern Ireland from Ian Taylor

Northern Ireland Championship

The nine race senior championship was closely fought all year with Neil Carty (North Belfast) and Brian Ervine (Ballydrain) being the leading contenders in the men's category. In the penultimate race, the long four hour Seven

Sevens, Brian was outprinted by two seconds at the finish by Gary Bailey (ACKC). In the final Lurig race, held during Cushendall's festival week, Neil maintained his winning streak at short events to win both the race and the Championship with 149 points to Brian's 148, with Deon McNeilly third and Gary Bailey fourth. In the ladies' category Violet Linton (LVD) came first with Barbara Brown (ACKC) second while most of the faster females did not do enough events to qualify. However towards the end of the season there seemed to be an increased number of female runners around, leading to the prospect of more competitive events and higher standards in 2005. Overall the current format of 5 from 9 races allowed a record number of 35 athletes to complete the championship.

Internationals

Since May our mountain runners have taken part as individuals or teams in five international events. Four athletes (Neil Carty, Alan McKibbin, Anne Sandford and Kerry Harty) were selected for the all-Ireland team for the European Championship in Poland. The men's team was 15th out of 19 and the ladies were 12 out of 16.

Over 20 NI athletes participated in the Snowdon Home International, with the leading team members being Gary Bailey and Shileen O Kane. In August at the World Masters in Italy there were 12 NI athletes competing, with the best positions being from Tricia Sloan (4th in F35) and Jim Patterson (10th in M55).

In the World Mountain Running Trophy we had an excellent result from the Ladies team, coming in 15th place ahead of Ireland (17th) and Wales (18th). The men's team was 22nd out of 27 teams, with Neil Carty the leading finisher in 83rd position. Under the hot conditions one of our three junior men failed to finish so we had no overall junior team position. Another leading NI female runner took part in the Southern Irish trial and gained a representative vest for their World Trophy team.

Other Activities

Over recent weeks our athletes have taken part in a whole range of races and events, being prominent in the Rathlin Island Run, the Maxtrek event on Slieve Donard, the Slieve Foye navigation event and similar challenges. Many look forward to the Mourne Mountain Marathon. Our juniors will soon be heading to Keswick for the British & Irish Junior Championships while in October we hope that some clubs

will send teams to the British Relay Championship.

Over the coming year we need to maintain our competitive programme, encourage more athletes to take part in UK and European events and provide a more structured development for juniors and younger senior athletes. In addition of course we need to keep our eye on all the political changes within the wider athletics scene, ensuring that we negotiate the best deal with respect to permits, race insurance, non-affiliated levies and international support and encouraging clubs to make use of coaching and resources available through UKA.

News from the Bens & Glens from Keith Burns

The politics of Scottish hill running

Just when we thought that hill runners in Scotland had a new prospect of rescue from the flawed Scottish Athletics Membership Scheme, we discovered that SAL had recruited a quirky product from an arcane stable of the Edinburgh University Business School – a new Chief Executive, Geoff Wightman. He had started well by inviting a broad cross-section of hill runners (including the notorious grumble groups) to meet him and advise what we wanted to make us happy. We told him, in a hurried shopping list of concerns (we were only given three days' notice of the SAL Board Meeting at which our grievances were to be tabled).

Three days later, the SAL Board Meeting ignored our shopping list and, instead, took a proposal from Wightman that the Board should support him in seeking to excommunicate hill runners from the governance of SAL. His proposal was supported by an adequate majority of the Board, including famous endurance athlete, and chair, Liz McColgan. So the Board want to punish their faithful and obedient SAL hill running members for the stubbornness of those who choose not to give SAL their money because they don't believe they deliver value! I presume the new business theory here is that this threat to the non-believers will have them rushing to the doors of the Governors asking for forgiveness. No carrots in this business model. The stick rules!

It was too late for the Board to put a proposal to the 2004 SAL AGM to secure the necessary changes to their Articles of Association. However, the fuse has been lit for 2005, with a declared timescale for the severance of the public funding to which SAL hill running members are entitled.

At the SAL AGM, proposals for election of the hardworking incumbent and valiant acting Hill Running Commission had been received from the membership. Before the vote, chair Liz McColgan strongly advised the meeting not to support their election, or the election of any kind of Hill Running Commission! In the new business model, democracy from the floor has no significant role – it gets in the way of the leaders. Despite the advice from the top, and despite their temporary forgetfulness about the need for an adequate majority, the Hill Running Commission officers were elected, but on a minority vote. At this point one might expect someone at the top to resign humbly. No chance with the new business model where principled behaviour is thrown to the wind.

So SAL has a Hill Running Commission to which the Board will have to delegate the winding down of SAL's governance of hill running! This is almost inevitable at the next AGM because (a) the dominant track and field votes always go for the hate option with hill runners (we're always moaning), and (b) SAL's expectation that non-believers will repent is very unlikely to happen without the reforms which the Board are not inclined to propose. There is one solution that doesn't seem to be on the agenda of the champion of the new business strategy – to listen to those whom you'd like to win over, and do something to please them.

This bizarre tale has amazing sub-plots as well. The ever-vigilant and great guru of the anarchist hillbillies, Roger Boswell, has thrown his full support behind Wightman to get hill runners thrown out of SAL. It has always been the ambition of Roger and many other hill runners in Scotland to secure autonomy for hill running. But the situation is not so simple because there are also a lot of contented and SAL-faithful hillrunning members who are being dreadfully abused by this incredibly stupid approach to problem solving by SAL.

So what is that other body, Scottish Hill Runners (SHR), doing about all this? Well, nothing but observing at present. It is a problem internal to SAL until such time as they might excommunicate hill running. If that happens, SHR will probably request governing body status from Sportscotland, and seek to manage the public funding to which hill runners are entitled. There is a proposal to this effect already in for the Scottish Hill Runners AGM in November from – Roger Boswell, Wightman's most enthusiastic supporter. Funny old world!

You may find this account at odds with what you glean from journals like Athletics Weekly. It is for you to decide whom you believe. Contact me if you feel the need for more details.

Meanwhile, hillrunning in Scotland is alive and well, with the experimental open market for hill race organisers into its fifth year, and about half of all Scottish Hill Races under SAL rules and the other half having decided to turn their backs on SAL

(turning to FRA registration, or none, instead). Next year could see the big break from SAL, or it might see new proposals from SAL to encourage discontented hill runners to join up. And pigs might fly for the new Chief Executive of Scottish Athletics. Watch this space.

Scottish Hill Runners 2004 Championship Report

By the time you read this the SHR Scottish Championship will all be over but, at time of writing, because everybody still has to complete a long race, no championships have been decided. A natural break point was reached after the Meall an T Suidhe race with all the medium and short races completed and a two month break before the two long races (Two Breweries and Pentlands Skyline). Time for holidays and international duties.

However some categories such as senior men are as good as decided as Jethro Lennox (Shettleston) would have to be incredibly unlucky not to win after holding off Brian Marshall (HELP) to get the top Scot spot at Meall an T Suidhe. All he needs to do is log round one of the final races, keeping an eye out for his rivals, Lance Armstrong style! Brian's second place at Meall an T Suidhe, also left him second in the championships. It will be interesting to see if he can hang on this or whether the long distance guys such as Tim Lenton (Lothian), Stewart Whitlie (Carnethy) or Dave Rodgers (Lochaber) will pull through. The ladies' championship is still very open. Helen Murray (Lothian) is currently leading but other runners, such as Jill Mykura (nee Tait) of Carnethy, Claire Whitehead (Cosmics) and Kate Jenkins (Carnethy) have races in hand. However, they must all do both long races to catch up.

Other categories almost decided are both O/40 categories – Stewart Whitlie (Carnethy) for the men and Helen Murray (Lothian) for the women both look unbeatable. In the more senior classes there is everything to play for. The O/50s ladies see Alison West (Carnegie) and Anne Nimmo (Carnethy) on the same points, which is the same situation in the O/60 men. In this case Gareth Bryan-Jones (Ochil) managed to keep in front of Charlie Love (Dundee) at Meall an T Suidhe which pulled him to equal first. In the O/50s men, John Blair-Fish (Carnethy) has just edged ahead of Martin Hulme (Corstorphine) and is probably favourite given his ability at long races.

Westerlands lead the Ladies' team, having so far managed to get a team out at each race. Carnethy Ladies, who have just become British Champions, need to finish teams in both long races to catch them. Shettleston are now edging away in the men's competition with 3 wins and all Carnethy can now hope for is either to get maximum points in both long races or that bubonic plaque hits Shettleston!

Positions after 4 races:

Men

1. Jethro Lennox	(Shettleston)	63
2. Brian Marshall	(HELP)	57
3. Stewart Whitlie	(Carnethy)	52

Ladies

1. Helen Murray	(Lothian)	56
2. Jo Whitehead	(City of Edinburgh)	49
3=Clare Thomas	(HBT)	44
3=Sarah Legge	(Carnegie)	44

Male O/40

1. Stewart Whitlie	(Carnethy)	63
2=Adam Ward	(Carnethy)	54
2= Malcolm Patterson	(Shettleston)	54

Ladies O/40

1. Helen Murray	(Lothian)	33
2. Elspeth Scott	(Westerlands)	24
3. Joan Wilson	(Carnethy)	19

Male O/50

1. John Blair-Fish	(Carnethy)	60
2. Martin Hulme	(Corstorphine)	59
3. Nat Taylor	(Girvan)	52

Ladies O/50

1=Alison West	(Carnegie)	31
1= Anne Nimmo	(Carnethy)	31
3 Pat McLaughlin	(Westerlands)	24

Male O/60

1=Gareth Bryan-Jones	(Ochil)	61
1=Charlie Love	(Dundee)	61
3Drew Turnbull	(Westerlands)	41

Male Team

1. Shettleston	33
2. Carnethy	29
3. Westerlands	24

Female Teams

1. Westerlands	29
2. Carnethy	22
3. Cosmics	20

News from Wales John Sweeting and Adrian Woods

Welsh Fell Runners Association developments

In the last issue of "The Fellrunner" notice was given of a meeting (June 26th), called by members of the ex-WFRA, to discuss the desirability of re-launching the organization independently of the AAW. Unfortunately, that issue of the magazine arrived in the week following the meeting! However, a good number of people turned up, and even more sent their apologies and/or expressed support for the initiative. As a result, it was decided to form a Steering Committee to canvas opinion further, and if the response was positive to launch the "new" organisation after the Penmaenmawr race in November.

An "interim membership form" was distributed, and at a second meeting on September 11th it was decided that support was sufficient to take the next step, and details of the launch meeting will be circulated in the near future. The text from the membership form (English version) is reproduced over the page:

WELSH FELL AND MOUNTAIN RUNNERS

Many fell runners in Wales feel that a body independent of the Athletics Association of Wales is needed to look after the interests of grass roots fell runners.

At a meeting on 26th June 2004 it was decided that the Welsh Fell Runners Association (WFRA) would be reformed as a body independent of the Athletics Association of Wales. At this meeting a steering committee was set up to move things forward. It is proposed that a General Meeting will take place after the Penmaemawr fell race on 20th November 2004 at which a Committee will be elected.

This WFRA would like to provide the following services for fell runners in Wales – an annual race calendar, regular Newsletters, website, an Open Welsh Championship.

The steering committee believes that the organization/management of fell running should be kept as simple as possible with the minimum of bureaucracy.

It is anticipated that there would be a nominal membership fee of approximately £5 to cover administration costs. This will be decided at the General Meeting.

The above can only happen if we have sufficient active involvement and support. Register your support now by completing the form below (no charge). If you would like to be involved at Committee level or can help with funding this Organisation until it gets off the ground then please let us know.

- Also, if these people are serious about debating the future of fell running in Wales and the structure of relationships with the wider athletic community, then the first thing to do is establish a baseline of agreement before exploring our differences. Letters which refer to a "handful of people in Wales..." and "you and your friends..." and that our opinions do not "represent the opinion of the majority of Welsh runners" are long on assertion, but rather short on data, and certainly doesn't sum up my understanding of the level of disaffection that has existed in Wales for a number of years. It will be hard to discuss a problem if we can't agree that a problem exists!

Finally(!): there are two sides in any healthy democratic organisation – people who offer their services to represent the interests of the members and fulfil the aims and objectives of that organisation, and a membership that accepts the offer through an election process. If only a "handful of people" come to Penmaemawr that should settle the matter.

John Sweeting

WELSH MOUNTAIN AND FELL RUNNING

Trial races for the Teenager Games, Germany, were held at Monmouth, South Wales, and were well contested in all the age groups. The Welsh Team had some great individual and team successes at the games and it was a wonderful opportunity for the home Countries youngsters to make friends with one another as well as compete and gain experience at International level.

Trial races were also held at Llanberis, North Wales to help select the youngsters for the British Junior Fell Championships, to be held in Keswick in October, and also trial races for the World Mountain Running Championships in Italy were held on the same weekend. A report by Rod Jones on the World Trophy follows this one.

I am extremely pleased to say that every member of the Welsh Mountain Running Committee and a number of local stalwarts were in attendance to ensure the weekend was a tremendous success.

The international Snowdon Mountain race was an enjoyable (although in some cases painful) weekend for everyone involved. A Twinning Ceremony was held with representatives from Marbegno, Italy and representatives from Llanberis over the weekend, the towns being twinned this year. The Italians have been coming to the Snowdon race since 1980. The first three British athletes to finish are invited to participate in the Trofeo Vanoni race in Italy every October. A ceremony will be held in Marbegno and the two towns will be twinned - a fantastic achievement that has come about through the sport of Mountain running. The GB representatives in Italy will be Ian Holmes, Alun Vaughan from Llanberis and Tim Davies. A large

delegation from Llanberis will also attend and will be led by the man who made all this possible – Ken Jones.

The Welsh Mountain Running Committee are currently looking at the selection of Welsh Championship races for next year and will be canvassing as many people as possible for their opinions. Please let your views be known to any committee member. Race organisers whose races are selected will also be encouraged to include junior races to assist in the development of Mountain Running in Wales.

Committee Members are currently liaising with clubs and race organisers to organise 2 British Championship races in Wales next year. The two possibilities being looked at are the Moelwyns race in North Wales and

Pen y Fan in South Wales – both excellent races which should provide a tough test for athletes if they are agreed.

The constitution of the Welsh Mountain Running Committee has been accepted by the Management Board of the Athletics Association of Wales who have been extremely supportive and helpful to our committee throughout the year.

The next meeting of the Welsh Mountain Running Committee will be it's 'open' meeting on 30th October at Llandrindod Wells to elect it's Officers and committee members. Full details will be put on the AAW Website.

On a personal note it has been an absolute pleasure to have worked with such an enthusiastic and dedicated group of individuals this last year and I hope that the new committee can continue in the same way and if so I'm confident Mountain Running in Wales will go from strength to strength.

Adrian Woods

Wales at the World Mountain Running Trophy 2004, Sauze d'Oulx, Italy From Rod Jones

The World Trophy returned to the Alps in 2004 and attracted a record number of nations, 37 in all being represented. The host village of Sauze d'Oulx was just great, the hospitality, hotels, bars and shops were everything we could have wanted.

Our teams of Senior Men and Senior Women together with Under 20 Men and Women had prepared and trained on some of our biggest mountains like Snowdon and the Brecon Beacons as well as their normal routines of hill reps and road running. Sauze d'Oulx, though, was something else. It's at 1510 metres, that's nearly one and a half times higher than the top of Snowdon with the finish line up at 2137 metres. Altitude acclimatisation was going to be important, as was being able to cope with temperatures of 26 degrees C.

The Team flew out to Turin on Thursday 2nd Sept and got the coach for the 70K journey to Sauze. There we were met by Stefano, our hotel owner. We experienced

If you would like a form, or to be kept informed of developments, please contact one of the two people listed below:

John Sweeting, Lower Lodge, Cynghordy, Llandoverly, Carmarthenshire, SA20 0LD

Dafydd Whiteside Thomas, Bron y Nant, Pontrhyallt, Llanrug, Caernarfon, LL55 4BA

Finally(!) a couple of personal observations:

- Developments over the past year have not surprisingly caused a good deal of controversy. I have received four communications from individuals or groups who have taken the time and trouble to detail the mistakes they feel I and others are making in following the current path. I'm sorry their views were not heard while the WFRA was trying to operate as an AAW sub-committee, and equally sorry that they have failed to address the serious issues (failure of AAW to support WFRA authority to take action on matters of race safety/discipline and international team selection) that convinced the majority of the WFRA that the current route was the only option.

our first huge Italian pasta dinner before even unpacking! It wasn't really until Friday morning that we could appreciate the fantastic alpine views all around us. Clear blue skies and sun added to the excitement everybody was feeling. The athletes received their respective courses whilst Team Managers attended various Congress and technical meetings. There was an evening VIP banquet with a 19 course (yes, 19!) dinner attended by one of our party. She claimed to be the only one with a suitably posh frock!

First race on Saturday was for the Under 20 men, the start was in the village centre and it was hot, 26 degrees hot! From the start the race appeared to be in the control of the Eritreans. They packed together at the front with a Mexican and Ian Donnan of Scotland. Further back our guys were going well with Ian Williams being first Welshman just in front of first time mountain runner Nicki Cornock, Mark Davies and Dafydd Dylan. Onto the higher slopes and Ian Donnan was leading with three Eritreans and the Mexican very close behind. Ian Williams had been overhauled by Nicki Cornock with everybody feeling the effects of the heat. Well, maybe the Eritreans didn't find it too hot! They took 1st, 2nd and 4th places whilst Scotsman Ian Donnan slipped to 6th. For Wales it was Nicki Cornock in 52nd place, Ian Williams 54th, Mark Davies 71st and Dafydd Dylan 73rd.

Next up were the Senior Women, by then it was 12.30pm and getting hotter. The same course as the Under 20 men and our athletes Jayne Lloyd, Angela Brand-Barker and Jackie Lee had taken on all the water they could drink during the morning. Angela's struggle with the after effects of a cold took its toll and she had to work hard to keep in touch with Jayne and Jackie. At the front of the race were Italian, Czech and Austrian athletes with top Brit being Scotland's Tracey Brindley in 5th place. Our women came in, Jayne Lloyd 58th,

Jackie Lee 65th and Angela Brand-Barker 75th.

Final race of Saturday was the Under 20 Women where we had Sarah McRobie, Emily Kendrick and Lizzy Goodband. All had run on the mountains at home but not at this altitude or in this heat. They had been taken to their start by bus and had a two and a half hour wait for their start due to road closures, not ideal but it was the same for all the Junior Women. An equally tough but shorter race saw the race controlled by Russian and Slovenian athletes with our girls finishing Sarah 30th, Emily 31st and Lizzy 34th.

Back to the hotel and Italian TV was showing the Junior Men and Senior Women's races on the evening sports programme.

Sunday morning brought some slightly cooler conditions although the start was held up for 12 minutes at the request of the live TV director. He wanted the clouds to go away whilst the athletes wanted more of them! The clouds did break and off they went. The first part of the race again belonged to the Eritreans but former World Champion, Jonathan Wyatt of N.Z. took the lead once the race reached the mountain paths. Our guys all went well with Tim Davies reaching the top in 15th place and 3rd Brit with Alun Vaughan 50th. Close behind Alun was Don Naylor in 58th place after a battle with Colin Donnelly of Scotland, Don had just 3 seconds lead over the Scotsman at the finish! Marathon man Mark Roberts was 98th with Matt Collins 11 seconds back in 100th place. Andrew Jones was 128th. Jonathan Wyatt won the race with well over a minute in hand over the Eritrean athlete in second place. An incredible achievement especially when you consider he won the Stellina Challenge Mountain Race just 3 weeks earlier, then travelled to Athens to run the Olympic Marathon for N.Z finishing in 21st place. A worthy World Champion, Respect! Our Senior Men got

12th team beating Scotland in 17th, Ireland in 20th and Northern Ireland in 22nd.

All that was left now was the famous post race party and what a party! Six courses of dinner with dancing in between courses and all the wine you wanted! Yes, there were a few sore heads in the morning but everybody had good reason to celebrate.

Lots of talk about 2005 in Wellington N.Z. get your Walshes on and get up on the hills if you want to be there!

Results

Junior Women

1st Jiuulla Mochalova	Russia	26:40
30th Sarah McRobie	Wales	35:30
31st Emily Kendrick	Wales	35:42
34th Lizzy Goodband	Wales	36:29

Junior Men

1st Mohamed Haben	Eritrea	45:16
52nd Nicki Cornock	Wales	54:16
54 Ian Williams	Wales	54:29
71st Mark Davies	Wales	60:19
73rd Dafydd Dylan	Wales	62:15

Senior Women

1st Rosita Rota Gelpi	Italy	50:27
58th Jayne Lloyd	Wales	64:03
65th Jackie Lee	Wales	65:23
75th Angela Brand-Barker	Wales	69:36

Senior Men

1st Jonathan Wyatt	N.Z.	48:47
15th Tim Davies	Wales	52:40
50th Alun Vaughan	Wales	55:16
58th Don Naylor	Wales	55:43
98th Mark Roberts	Wales	58:20
100th Matt Collins	Wales	58:31
128th Andrew Jones	Wales	62:24

Some other noticeable performances in Italy by Welsh athletes were a bronze medal by John Collins from Swansea in the over 60s category and a Silver medal for the evergreen Dic Evans from Aberystwyth in the over 50s Open race category. Da Iawn I chi gyd.

Full results from www.wmrt2004.org

LAKE DISTRICT MOUNTAIN TRIAL ASSOCIATION

"5 Girls in a Boat"

Wendy Dodds, Nicky Lavery and Ali Bramall

will be giving an illustrated talk on their experiences in

The Three Peaks Yacht Race 2004

at about 8.30 pm, following the AGM of the LDMTA which is to be held on Friday evening, 19th November, at the King's Head Hotel, Thirlspot, Nr. Keswick

EVERYONE WELCOME - NO CHARGE

LAMM 2004 - GLEN CARRON

by Felicity Martin

It takes a strong heart to win a mountain marathon, but an even stronger one to accept disqualification graciously, after crossing the finish line half an hour ahead of the nearest competition. Such was the fate of Ifor Powell and John Hunt in June's Lowe Alpine Mountain Marathon, after they inadvertently missed control number four on the Elite course during the second day of the race. When the download of their electronic 'dibber' revealed an error, they realised their mistake and immediately acknowledged that they had lost the race to their pursuers, Jim and Phil Davies.

The event was held this year in the northwest Highlands, to the south of Torridon, using a specially printed OS 1:50,000 map that covered the ground between Glen Carron and Loch Monar. The mountains here have steep, craggy sides and flattish tops, often littered with lochans and knolls that make for difficult navigation in mist. Between them lie peat hags, thick heather and fast flowing rivers.

Martin Stone, the Race Director, has a reputation for keeping the location of the LAMM secret and including surprise means of transport. In the past these have included ferry, steam train and cable car. On this occasion he used a fleet of buses and the scheduled trains on the Kyle of Lochalsh to Inverness railway to carry nearly 1,000 competitors up Glen Carron so they could work their way over the hills back to the event centre during Saturday and Sunday.

The two-person teams came from all over Britain and further afield, many flying to Glasgow or Inverness airports then catching the LAMM coach or hiring a car. As usual, the marquee was the hub of the event, with registration and a LAMM Shop at one end and a large area of trestles tables and chairs at the other. Here Wilf's and Compass Point met competitors' physical needs with nourishing food and essential gear. Those that camped rather than going to a B&B on Friday had good warning of what was in store, as it was a decidedly chilly night.

With a date of 19th to 20th June – just before mid summer's day – the runners were hoping for fine, sunny weather that would allow them to enjoy the views. However, they encountered unseasonable conditions, especially on the Saturday when strong winds and heavy rain developed into a full-scale snow blizzard on the tops. Many became severely chilled and difficult river crossings added to the trial. As a result a third of the competitors retired during the first day or at the overnight camp, from where the most severely affected were ferried out by means of a remote hill and forest track.

Angela Mudge, who planned the six courses – Elite, A, B, C, D and Novice – commented afterwards: *"When planning the courses I didn't anticipate winter conditions in mid-June. Some competitors complained of being unable to find a kite, due to it being camouflaged by the snow! Several people dropped out with the early stages of hypothermia and I hope a lesson was learnt, that even in summer pack for winter conditions in Scotland. If it's any consolation I resembled a drowned rat 75% of the time spent on the area."*

The B, C, D and novice courses started at the foot of Moruisg to minimise the amount of 'dead' ground traversed before hitting the hills. I wanted competitors to experience the remoteness and appreciate the impressive views. The courses were planned with route choice in mind – I didn't want a snake of competitors tramping across the hill. Unfortunately, due to the weather conditions, fewer competitors than expected went for the up and over option on Maoile Lunndaigh.

The A and Elite courses started near Lair, catching the train to Achnashellach and paddling across the river. Blame Martin if you didn't like getting wet feet, but I could not keep him away from using the train! These courses traversed their way across the area, giving options of up and over, or contouring round."

As the sheer scale of the landscape meant a lot of climbing, Angela set courses with slightly less distance than normal for the LAMM. The Elite course was 29km with 2430m climb on Day 1 and



Novice LAMM competitors learn about "wee burns" (Photo Felicity Martin)

22.5km with 1450m climb on Day 2. The shortest course, the Novice, was 14.8km with 1050m climb on Day 1 and 15.5km with 680m climb on Day 2, following practically a straight line from mid camp to the finish.

On the whole the winning times were on target, except for the C, which proved too long, and the Elite, where the leaders were quicker than expected. Angela was going to have the Elite go over Moruisg before entering the overnight camp, but decided that this entailed too much climb. After seeing how the lead pairs flew round day one, she thought maybe she should have been tougher on them.

John Hunt probably would not agree. Although he and Ifor Powell stormed into mid camp with a 12-minute lead on the Davies brothers, he reported later that he had been struggling badly with the cold and took many hours to get warm again. However, he was fully recovered on Sunday and ready to follow Ifor's navigational lead and pace setting. Their tactic as race leaders was *"to go off like stink"*. They knew Jim and Phil would try to keep on their tail and wanted to *"stay out of sight for most of the second day course and not lead them into any checkpoints or provide easy targets for the runners in them"*.

Like many of the top runners, they did not stop at the start to mark up the course, but simply established their route to the first control, planning the rest on the hoof. Their racing tactics appeared to work, until it transpired that – while focused on the potentially tricky location of control 5 – they had shot off Beinn Dronaig after control 3, missing an easy leg of 0.75km along the ridge to control 4. Surprised, but grateful for their luck, Jim and Phil, who had kept up the pressure throughout, claimed the LAMM trophy.

On the A course, overnight leaders Jeff Green and Darrell High extended their lead to 17 minutes, despite wasting time on a control that they had both wrongly marked on their maps. After ten years of competing in the event, Darrell was delighted with their achievement.

John Helme and Simon Richardson won the B course by half an hour. Richard and Timothy Lawes were first on the C, and Robin Orr and James Kellock triumphed on the D. Mixed and female team prizes were hotly contested on all courses except the Elite, where only men finished, while the traditional veterans' handicap saw keen competition.

Despite Saturday's atrocious weather and the cloud that obscured views from the hills both days, the sun broke through – in true LAMM style – for the finish and prize giving. Martin Stone looked remarkably unstressed and praised the organizational team for providing a great event for competitors and for handling the weather related problems as they occurred. As he said, *"People really enjoyed the second day and most teams have the satisfaction of having got round the whole course."*

OLD COUNTY TOPS FELL RACE

by John Duff

“**H**ave a banana! Try the flapjack. More tea?” The marshals at Cockley Beck Bridge seemed intent on catering for our every need. We had arrived at the vital checkpoint with 15 minutes to spare and could now take our time. As we rested in the sunshine with a cup of tea in hand, the rigours of the Old County Tops Fell Race suddenly seemed not that bad.

The race had started 7 hrs 15 mins earlier at The Old Dungeon Ghyll Hotel in Great Langdale. 78 runners mingled in the cool of the early morning, nervously chatting about the challenges of the day ahead. At 8 am on the dot we were off, plodding down the old road before the first climb over to Grasmere.

The race is run in teams of two. The circular route takes in the highest peaks in the old counties of Westmorland (Helvellyn), Cumberland (Scafell Pike), and Lancashire (Coniston Old Man). This covers 37 miles and approx 11,000 ft of climbing. Speed most definitely gives way to endurance. The order of the day was to walk the ups and run the downs.

After crossing over to Grasmere, the race heads up the tourist path to Grisedale Tarn. I was running in company with three others, and our two teams soon settled into the pleasant company of the back-markers. The front runners took a bee-line up the side of Dollywagon Pike eschewing the path and we followed suit. This set the tone of the race – take the line of least resistance.

Helvellyn was soon ticked off in 2 hrs 15 mins. The views were superb – blue skies and a cooling breeze showed the Lakeland panorama at its best. However there was little time to linger, and we were soon making a grassy descent to Wythburn car park where refreshments – cake and orange juice – were on hand.

The next section up the Wythburn is remote and a bit of a slog. It's all uphill and so difficult to run, and the climb out to Greenup Edge seems to go on for ever. We elected to go over High Raise; others contoured round it and in retrospect that was probably the easier (if not quicker) route. We were now firmly the back-markers and had no-one to follow as those in front had all disappeared. In bad weather this section could have been difficult, but luckily the clouds were high. After a jog off High Raise, a good path leads from Stake Pass to the Angle Tarn checkpoint.

A well-trodden path leads over Esk Hause to Scafell Pike. The tourists were there in number – bizarrely one lady was carrying a guitar case on her back. We reached the second Old County Top in 6 hours where the marshals were dispensing jelly-babies. Mickledore is out of bounds for this race, so we took a direct route off the west face. This was extremely rough in the upper sections with unpleasant scree and rocks; we later learned that others had dropped into Little Narrowcove. However once down, the course through Upper Eskdale and Mosedale to Cockley Beck Bridge is both a delight and runnable, especially if you have recce'd it.

Suitably refreshed from the Cockley Beck Bridge checkpoint, we headed for the last Top up the back of Grey Friar before traversing under Swirl How. Here we saw the other teams as they made their back from Coniston, and realised that we weren't too far behind. The marshals on top of Coniston Old Man included a fellow Geordie, and we enjoyed a few minutes in their company watching the climbers on Dow Crag.



The team at Scafell Pike (Photo John Duff)

The final 6 miles back to Great Langdale are mostly downhill, but seemed to last an eternity. We mustered a sprint [reality – stumbling jog] to the finish in 11 hrs 5 mins, and were greeted with a round of applause. We were last (every time we overtook a team they dropped out), but didn't mind. It had been a great day out, and the finishers' T-shirt was the business – many thanks to the organisers Achille Ratti [a Catholic climbing club].

This race is a 'must' on your fell-running CV.

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Light in the Dark

from John Fleetwood

The origins of my deliberations with the Paddy Buckley go back to 2000, a year in which I first set foot on the classic Welsh 24 hour round. Seven hours of solitary squelching through the mirk and mires of Cerrig Cochion and Moel yr Hydd disabused me of this particular ambition and I turned my attention elsewhere.

Four years later, after a successful second attempt on the Ramsay, I was naturally drawn to reconsider the Paddy Buckley. However, my earlier feelings were confirmed by a further examination of the route. The diversion through the quarries to Moel yr Hydd seemed to disturb the symmetry of the round and I didn't relish the prospect of the Elidir Fach quarries. Also I really wanted to include the ridges of Crib Goch and felt that I would rather sacrifice other tops for this most dramatic of mountains.

Thus it was that I decided to attempt my own round, largely based on the Paddy Buckley, but with significant differences. After a few reces I settled on a route which omitted the Moelwyns and Moel yr Hydd in the interests of taking a direct line from Cnicht to Moel Siabod. The route also included the 3000 foot peaks of the Northern Carneddau and the classic scrambles of the North Ridges of Tryfan and Crib Goch. The latter dictated an anticlockwise direction and permitted the replacement of the slate quarries of Elidir Fach with the steep grass of Elidir Fawr, and swapping Yr Aran for Mynydd Mawr, thus allowing a logical round to be completed.

So it was on 2 May 2004, that I found myself at Aberglaslyn, ready to test my self made challenge. Having overslept I began 25 minutes later than scheduled, but made very rapid progress to Capel Curig, which I maintained to Carnedd Llewellyn where the mist descended. Despite getting lost on the traverse out to Yr Elen, I was still 30 minutes up at Glan Dena and aggressive descending saw me increase this margin by Nant Peris. Now for the real action – Crib Goch in the dark. A third of the way up, rain began to be driven along by a fresh wind and I called to Simon, my support, for leggings and a cagoule. Disaster! These had not been transferred and nor had my spare batteries for my main torch, which immediately proceeded to fade to a dim gleam. The gloom of the surroundings began to reflect my mood with my Tikka torch casting very little light. By the summit it was fully dark, but the rain mercifully relented and I enjoyed traversing the pinnacles, more by feel than by sight. The enjoyment was short lived, however, as the rain became persistent on Crib y Ddysgl, exposing the inadequacy of my shorts and pertex top. I could barely see my feet and 'running' became a hesitant shuffle in truly dispiriting conditions. Simon used his GPS to great effect however, and we maintained our course even if I could manage no more than a slow trudge. I felt as agile as a sack of potatoes, and my lack of progress seemed to reflect this on the easy ridge out to Moel Eilio. The final brutal descent to Betws Garmon only served to compound my misery, sending shooting pains searing through my knees. I no longer seemed to care and time had drifted away to the extent that I was now more than 10 minutes behind my rough schedule. A change of clothing seemed to do little to dispel the chill that had gripped my body and the life force seemed to have been sucked from my body as I slowly ambled up towards Mynydd Mawr. In the continuing dark we lost the small track through the heather and I took the opportunity to stop and try to ease the thumping in my head. I immediately regurgitated two paracetamol resulting in me feeling even worse. I did a quick calculation on my rate of progress, considered my guesstimated schedule and decided that the five hours remaining was just not long enough for me to complete my round in 24 hours. The only way for me was down.

Six weeks later, the memory had faded sufficiently for me to repeat the experience, this time without support. Summer gales

led to a sleepless night, but by the Carneddau I had regained my stride and this time made no route finding errors. Yet the wind was all pervasive and as mile followed mile, it sapped my strength, so that by Glyder Fach I had few reserves. These were soon to be severely tested, since a violent rain storm swept Glyder Fawr and cut through my inadequate cagoule, literally soaking me to the skin. The storm showed no signs of relenting by Llyn y Cwn and I reckoned that I was on the point of risking hypothermia. Without support I had no option. For a second time, the only way was down.

Three more weeks and my growing obsession with this challenge requires another attempt. However, I know most of the route too well by now to want to repeat it in exactly the same fashion. I therefore elect to start from my tent at Betws Garmon at the somewhat earlier hour of 4.30 am. Typically, I actually begin ten minutes later than intended, and disturbingly, it is a struggle from the start. I am having to push myself hard to keep to schedule, rather than gaining time without effort as is the norm for me to begin with. Nevertheless I start to pick up time despite the thick mist, that is until I lose my way on the confusing col to Bryn Banog which proves the value of a thorough recce, since this is the only section that I have not traversed. This is followed by a pathless descent through thick bracken and reeds, but I am prepared for this and that makes all the difference. I recover my hidden bags at Bwlch Gwernog and sweat it out up Cnicht where my troubles begin. Despite running as much as I can on the gentle uphill I lose time. My legs are leaden, my head starts to spin and the sweet energy drink fails to refresh. In such poor form, the bogs, heather and rocks of Ysgafell Wen, Cerrig Cochion and Y Cribiau are at their most trying. Near the top of Moel Siabod I bonk and collapse by the summit cairn to refuel for the descent. I am now half an hour down on my schedule, having lost time on every lap since Bwlch Gwernog. I fail to recover on the slog up Pen Llithrig y Wrach and effectively abandon any hope of success by dozing flat on my back for over half an hour. What an antidote to time-pressured running this is – absorbing the mountains, the tickle of the grass, the freshness of the breeze, simply being. Whilst dozing I resolve to descend to Capel, and trot downwards for a few minutes. And then everything changes ... but nothing changes: I change my mind.

Faced with the prospect of complex bus rides, collecting pre-placed bags and a depressingly early conclusion to my challenge, I resolve to walk back to Betws Garmon and retrace my steps to the summit. By Craig yr Ysfa I am regaining energy and the thought occurs to me that I might just complete the round but omit the 'out and backs' to Foel Fras and Yr Elen, extensions that in any case detract from the logic of the round except for their



A light in the dark!! The author looking far too cheerful (Photo John Fleetwood)

The Lakes in a day – an attempt on the Bob Graham

by Alan Stone

inclusion as 3000 foot peaks. My recovery continues and I am soon picking up time on my original schedule. A beautiful evening spurs me on as I scramble up the North Ridge of Tryfan and pass over the boulders of the Glyders. The sun dips below the horizon on Mynedd Perfedd but I reach Nant Peris by nightfall feeling fresher than when I started. I munch a sandwich from my hidden stash by the river at Blaen y Nant, change in to my night garb and set out once more up Crib Goch. This time it feels truly Alpine in the absolute darkness. The feeling of solitude is strangely heightened by the occasional car headlamp in the Llanberis pass, but I am soon engrossed in awkward scrambling by the Dinas Mot waterfall. The rocks are wet and slimy to the touch, so I move precisely, lost in my very personal world of the few metres illuminated by my torch.

Flash! Fireworks, flares or someone signalling for help? The sky is clear, I can hear no thunder. Flash! I turn my head to try to catch the next one, but it doesn't come. I move on. Flash! There it is again. My mind wrestles with the unsolved mystery but in the absence of any further clues I scramble upwards. Then above the waterfall a deep rumble is quickly followed by a brilliant flash which rents the darkness to the West. Hmm, the experience is becoming more Alpine by the minute, but having been exposed to several violent electric storms in the Alps, I reason that until my hair stands on end or things start buzzing, I will continue. Yet it feels somewhat unreal to be clambering up the sharp ridge, quite alone in the dark with an approaching thunderstorm. As I near the summit of Crib Goch, the flashes almost dazzle me. There is little thunder but sheet lightning completely fills the sky to the West, and it is near enough to make me distinctly apprehensive. I feel exceedingly exposed on the pinnacles and I almost sense that I am trespassing on forbidden ground. This lends a tension to proceedings and provides a welcome relief from the effort of the round. I am lifted out of the ordinary in to a quite extraordinary situation which persists all the way to Crib y Ddysgl. A vole scuttles across the stony desert of the summit, and this unlikely life seems to emphasise the surreal nature of the experience.

It is then that teeming rain breaks the spell, returning me to the ordinary of the ascent of that most desecrated of summits; Snowdon. It is a cheerless place and I waste no time before descending. Once more the ridge to Moel Eilio proves tedious in the dark and drumming rain. I shuffle onwards knowing that the end is near, and ease my creaking knees down the steep slopes to Betws Garmon. As I approach the tent, day breaks the mystery of the night, and a remarkable night comes to a close.

The completed round of 63 miles and 26,700 feet of ascent was completed in 23 hours and 20 minutes solo unsupported on 7/8 July 2004. The inclusion of the Northern Carneddau 3000 foot peaks adds a further 7 miles and 1300 feet and about 2 hours.

The omens were not good. Four weeks before the scheduled date for our attempt at this classic route, Mick hurled himself to the floor and broke his arm. He had obviously decided that this would be far less painful than running the full round. For those who choose to remain ignorant of such matters (and most sane people would choose this option) the Bob Graham Round is a 72 mile gentle stroll around the scenic Lake District calling in at almost every tea shop for scones and Earl Grey. For 'gentle stroll' read sweaty slog, for 'tea shop' read summit and for 'scones and Earl Grey' read billions of calories and litres of one's chosen fluid. Just to add interest there is approx. 28,000 feet of ascent and it's to be completed in less than 24 hours.

However, Mick was later to learn that he had only earned himself a temporary stay of execution and sentence was duly carried on Saturday 7th August 2004. Fellow condemned man, Alan (Falling) Stone was to be his companion into the 5th dimension. 1.00am at the Moot Hall in Keswick we looked slightly incongruous in running kit and head torches next to the late night townies throwing up their sixteen pints and a kebab into the gutter.

The first lesson to be learned that night was that you should always check your head torch has fresh batteries and not assume that the children haven't been playing with it. On top of Skiddaw the bulb was fading to a pale glow when Alan was forced to his knees. Not by a 'Road to Damascus' conversion and a desire to find God, but by a large rock embedding itself in his shin. The blood flowed. Despite being a man rather partial to Quiche, he carried on.

We were lucky with the weather. A clear night and a half moon were a beautiful backdrop. We discovered why most runners choose earlier in the season when we encountered the waist high bracken and heather coming off Gt. Calva. This slowed us down and we descended into Threlkeld from Blencathra behind schedule. The views were awesome. A multi-coloured sky and mist settling in the valleys, greeted the rising sun. Hard drugs couldn't have beaten that for a visual spectacle.

We made up a little time getting up Clough Head. The summits then flowed thick and fast to Helvellyn. We really hacked off a walker who wanted to be the first to the summit that day. But hey, that's what makes it all worth while, hacking off the walkers. We could see the entire range of mountains and our putative route laid out in front of us. If we hadn't had an inkling of the size of the undertaking beforehand, we certainly did now. The sad reality for anyone attempting this is that you see

almost the entire route to be run from this point. Respect to Bob Graham who was the first to complete this route in 1932, including a summit for each of his 42 years (why couldn't he have done it age 28?!*!?).

We arrived at the second road meet to find our armchairs and army of servants awaiting our arrival. We were over an hour off the required pace. Slapping on the sunscreen was to be the closest thing to sunbathing we were going to get that day. Roy Ruddle was to be our guide, porter, Sherpa and priest in the confessional on this leg. A big thanks to Roy who put himself out in such a generous and warm spirited manner on the day. A big raspberry to the members of the MDC (*Mynyddwyr de Cymru*) who were last seen mumbering into their beards that they were too busy bathing the budgerigar.

Despite Roy's encouragement and the high 'acid' content of the Jelly Babies we were being fed (I did say this was a story about really tough men) we continued to drop off the pace. We lost more time at Broad Stand, a rock climbing cliff separating Scafell Pike from Scafell. Mick's half-healed arm objected to being asked to take his weight, Alan's Yellow Streak objected even more. We took the longer route around Lord's Rake. We breathed very gently when by-passing the precariously balanced rock at the top.

We came down into Wasdale having had a right cracking day out on the mountains. We were so off the pace it was a mutual decision to call it a day. An 'old school' Consultant Obstetrician once taught me, "Never let the sun set twice on a labouring woman". This should be amended to read, "Never let the sun rise twice on a labouring fell runner". If we had carried on to completion we would have ceased to enjoy ourselves and a second sunrise could not have out done the first. As dusk came, Alan raced down the last hill, knowing that at the bottom would be his dearly beloved wife waiting with hot drinks, soft chairs and massage and beauty treatments. He was somewhat disappointed to discover an empty car park. His wife was later found in a local pub, a mile down the road, chatting up the locals and making defensive comments about how all car parks look the same to her.

We'd completed over 50 miles and close to 20,000 ft of ascent and were surprisingly fresh. The bug has bitten deep (and I'm not talking midges), we'll be back next year, after my winter sojourn in Whitchurch Psychiatric Hospital. If you ever find yourself in the lakes and have only got a day to see it all.....

Race results compared

from Jerry Sharp

Fellrunners in general are, I suggest, a dogged group of individuals brought together by the love of a sport which allows the body to be tested, both mentally as well as physically, in an environment divorced of many of the comforts of modernity. The fact there is often a pub in the vicinity at the end of a long session on the hills and that the environment is often stunningly beautiful, quiet and populated by other likeminded individuals is purely coincidental!

While we participate in fell runs we are, by and large, not aggressively competitive. In general we leave the winning to the racing snake superheroes, who achieve feats we mortals consider unobtainable. Nevertheless we do enjoy pitting ourselves against ourselves.

While results over the same course are directly comparable just how do you compare your AM race result with that of the latest BL? The AM race might have felt easier but was the overall result in the longer race more impressive?

It struck me that an individual's average times for a unit distance (mins/mile, mins/km) and the rate of climb (feet/min, metres/min) could be independently ascertained. These values could then be applied to the distance and height figures provided for a given race and it should then be possible to calculate a predicted time.

By plotting the actual vs. predicted time for a series of races, and then constructing a best fit straight line, direct comparison of results for differing races becomes possible.

Points on the graph located above this "best fit" line represent better than expected results and vice versa. The distance away from the line reflecting just how good (or bad) the performance was.

This might sound complicated but bear with me! -I will use my figures for illustration:-

I chose to calculate the min/mile and vertical feet/min rates using my results from

- The Roaches (BL 15/3700 : 148.5 min) and
- Shining Cliff (BM 6.75/1100 : 61.5min)

Therefore

- $15.00m + 3700f = 148.50t$
- $6.75m + 1135f = 61.50t$

where m represents miles, f feet and t time

therefore

- $15m + 3700f = 148.50t$
- $15/6.75 \times b. \Rightarrow 15m + 2522f = 136.66t$

and so $a - b \Rightarrow 1178f = 11.74t$

and the rate of climb is therefore for all intents and purposes $100' / \text{min}$

Plumbing these values back into the equations gives

- $15m = (148.5 - 37)t = 111.5$

and so

$$m = 111.5/15 = 7.42 \text{ mins / mile}$$

Using these $100' / \text{min}$ and 7.42 min/mile values I then plotted the expected vs. actual results for all my efforts over the last year or so on an Excel spreadsheet.

These runs vary over a very large range from local AS races (5m/900 32m.48s), via longer BL and KIMM efforts right up to

long endurance runs like the Fellsman AM (61m/11,000 15h 56m) and the Bob Graham AL (72m/27,000 22h 44m).

It cannot be too difficult I did it! The results are shown on the accompanying figure.

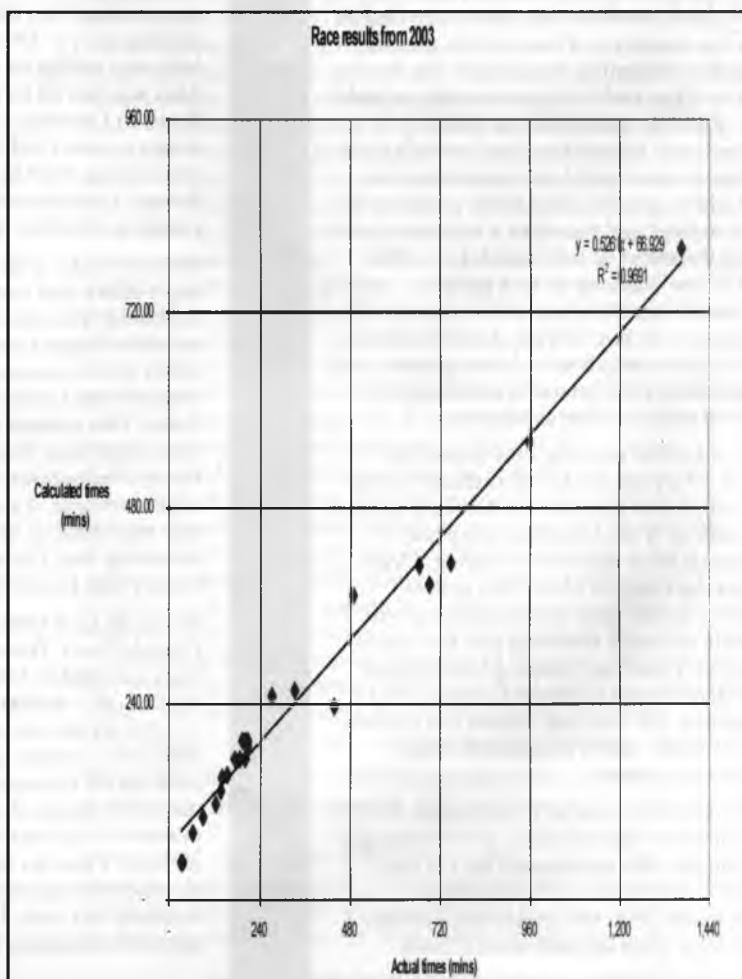
Excel also provides the facility to plot the best fit line and the results show surprisingly good correlation, with an R2 value of 0.9691.

Obviously my times drop off from the expected value the longer the run but what appears remarkable is just how close the values are to the best fit line. This suggests that the rate of slowing relative to the predicted speed is directly proportional to distance and not progressively greater i.e. it is a linear and not a power function.

From the graph it appears my own personal best effort was the Old County Tops (37/10,000 486 mins) highlighted with open arrow, and the worst appears to be a Bob Graham attempt (21/8800 424mins), stopped due to bad weather, marked with a black arrow.

The best fit line is a dynamic feature, changing with each new entry and therefore the best/ worst runs may change with time.

Once the principle has been established and your own individual min/mile and vertical climb/min values have been calculated, putting the results on the accumulated spreadsheet in the computer and generating the graph takes a matter of minutes. Try it and see if you have had any outstanding efforts which you can savour and similarly think of any reasonable (and unreasonable) excuse for your less good efforts!!



YORKSHIRE - SECOND TO NONE?

Yorkshire Championship Report

from Dave Woodhead

“God’s country”, as Yorkshire folk call it, is by far the most predominantly active region regarding fell running both at junior and senior levels, you only have to look at the levels of competitors in Yorkshire events to realise we are second to none.

Maybe that’s why the 9th Junior Yorkshire championships are so well supported, this year Natalie and Graham White with their West Nab races again hosted the event, with 70 ‘Tyke’ youngsters toeing the various start lines at Royd Edge, Meltham. Obviously these races were also a part of the FRA Junior English Championships, with a total of 140 attending.

Amy McGivern in her first season only just missed out on winning the English under 12 race outright, with 2nd, only 6 seconds behind Jamie Ellis, of West Cheshire. Amy did however beat all the Yorkshire boys, where Oliver Webster was overjoyed to receive the U12 John Taylor memorial trophy from John’s parents June and Antoni. Showing their dominance Yorkshire girls filled the first 5 English places.

Soon to be crowned English U14 champion, James Mountain, last year’s bronze medallist had the strength to see off Scarborough’s Tom Rose and Jonathon Sharp. The seaiders’ day trip was rewarded when Alex Wheatman retained her U14 title to go with her Yorkshire cross-country title, and elder sister Tori won the U16’s, with the Mike Wallis coached athletes taking 6 medals back home to the immensely popular seaside resort. Triathlete, Alistair Brownlee, twice a winner at U14 level, achieved the same feat at U16, despite having only just flown back from Spain at 1a.m. that day, after competing in a duathlon.

The Black Forest Teenager Games trials race on Ilkley Moor, devised by Alistair, was also won by him, with two other Yorkshire athletes selected as England reserves, Amy McGivern and Robert Hall. In Germany Alistair finished a vest thickness away from retaining his title there, with England finishing second; full details on the junior pages in this magazine.

The reigning English U18 champion, Stuart Hunn won the U18 gold, to add to his two other golds at U16 in 2001 and 2002.

Holmfirth Harrier, Mark Buckingham is having a year of dreams, being the AAA’s 3000m and 3000m steeplechase U20 champion, and having improved his steeplechase time from 9-29-00 to 8-51-93,

which led to him competing in the IAAF World Junior Championships in Grosseto, Italy for the Great Britain team. Having won the Yorkshire Fells title 4 times previously, twice at U14, and twice at U18, ‘Sharkey’ relishes the Yorkshire’s, having won 3 track titles, the 800m, 1500m and steeplechase, along with the cross-country title. He became the first Holmfirth Harrier to have his name engraved on the inters trophy, thereby making it a clean sweep that every perpetual trophy has the club name in it’s history. His club also has supplied 19 champions to date, with Skipton and Bingley providing 11 each, while newcomers Scarborough have provided 6 champions in their 3 year participation.

Interestingly the white rose county has provided 43 FRA junior English champions to date, with many more still to come.

Not counting the English championships at Settle Hills and West Nab, Yorkshire certainly lead the way in the number of junior participants with Ilkley Moor, Rombalds Moor, The Stoop, Withins Skyline, Stanbury Splash races having an outstanding 60-80 running. But the surprise event so far was the early May, Jack Bloor races, where 106 eager beavers raced, probably making this the most popular junior event?

BIG ‘UN’S

This year’s senior championship rotated to a ‘A’ long race, and of course with the 3

Peaks celebrating 50 years and English championship status, it had to be here. Postman Andy Peace, of course won the race for the 4th time, 1994, 1995 and 1996 the others and with it the Yorkshire trophy, which he last won here in 1996, when setting the course record of 2-46-03, although he first won gold in 1991 at Thieveley Pike (not a Yorkshire race we know, but needs must sometimes). Andy has the unique distinction of being the only Yorkshire man to have completed a hat trick of victories at the Peaks, and also to have achieved the ‘double’ of winning both the 3 Peaks and the Cyclo Cross races - not once but twice: 1995 & 1996.

Ian Holmes, 4 times a Tyke winner, took silver with Karl Gray ecstatic to be bronze medallist, having overtaken Gary Devine in the last mile, in the 27th year of the championships.

The ladies only began in 1994, with Kirsty Lowther, now Hall, winning at the very short Kettlewell event. Sharon Taylor who featured in the last Fellrunner took the trophy back to her Cumbria home and led Bingley to team gold medals with Sue Becconsall and 2002 winner , Kirstin Bailey.

On 3rd July 38 year old Ian Holmes took the 7th Inter Counties title at Blisco Dash, 5m/2000ft on 3rd July to add to his impressive collection of titles, surprisingly this was his first gold medal at these championships. Despite the driving rain and atrocious conditions, he recorded a fast 37-27, having been 2nd to Rob Jebb at the rocky 2304ft Pike summit. 20 years ago Ian finished 76th in the Blisco Dash on his earliest exploits into fell running, with his great rival and friend Ian Ferguson being his mentor then. Yorkshire teams finished second to Cumbria in both men’s and ladies’ events, with initiates John Heneghan, Alison Eagle and Helen Sedgwick performing with typical true Yorkshire grit, where Lou Sharp of Cumbria won the event for a third time. Next year, Cumbria, WATCH OUT!

Remember we have provided 5 out of the 7 individual winners.

It’s a pity that only 3 team medals are presented to the 4 team counters, which means Sue Becconsall and John Heneghan were denied a medal, even though they finished ahead of all the Shropshire, Lancashire, Middlesex, Warwickshire, Gloucestershire and North Wales athletes, knocking them all back a place, thereby helping the team. Maybe the Inter



Gary Devine takes a direct approach to Blisco
(Photo Woodhead)

Counties could have a rethink, and reward the 4th member in each medal winning team.

Yorkshire round-up; at the 148th Alva Games, near Stirling, Helen Sedgwick took the ladies title for the hill race, and also won the Kilnsey Crag race, from Sarah Glover. The P&B pairing of Shane Green & Steve Bottomley won the unique/unusual Oxenhope Straw race. Wearing an England vest, Ian Holmes won the Snowdon International race for the 3rd time, having won previously in 1993 & 1997, and led England home first in the team event. Recording a time of 8 mins, 17 secs Ian won the ultra rocky Crag race at Kilnsey. Natalie White also earned an England vest for Snowdon, finishing 3rd, and also was awarded a GB vest for the European championships in Poland.

Congratulations to Geoff Howard of Ilkley Harriers who on completing the Borrowdale fell race, became the English and British V60 champion for 2004.

WEST NAB 18th APRIL 2004

YORKSHIRE JUNIOR FELL RUNNING CHAMPIONSHIPS

UNDER 12 GIRLS
 GOLD AMY McGIVERN HOLMFIRTH
 SILVER BETHANY PETTIT HOLMFIRTH
 BRONZE FIONA JORDAN ILKLEY

UNDER 12 BOYS
 GOLD OLIVER WEBSTER BINGLEY
 SILVER HARRY CARMICHAEL-LIUBA ILKLEY
 BRONZE MARCUS BENNETT ILKLEY

UNDER 14 GIRLS
 GOLD ALEX WHEATMAN SCARBOROUGH
 SILVER HELEN NAYLOR SKIPTON AC
 BRONZE SCARLETT GRAY SCARBOROUGH

UNDER 14 BOYS
 GOLD JAMES MOUNTAIN SKIPTON AC
 SILVER TOM ROSE SCARBOROUGH
 BRONZE JONATHON SHARPE SCARBOROUGH

UNDER 16 GIRLS
 GOLD TORI WHEATMAN SCARBOROUGH
 SILVER BECKY PARKER SCARBOROUGH
 BRONZE KATHARINE WOODHEAD HOLMFIRTH

UNDER 16 BOYS
 GOLD ALISTAIR BROWNLEE BINGLEY
 SILVER DAVID SHEPHERD SETTLE
 BRONZE JONATHON PAWSON SKIPTON AC

UNDER 18 GIRLS
 GOLD SHERYL SLATER SETTLE
 SILVER THALIA JONES HOLMFIRTH
 BRONZE SAMANTHA MORPHET CFR

UNDER 18 BOYS
 GOLD STUART HUNN SKIPTON AC
 SILVER DANIEL WALMSLEY SKIPTON AC
 BRONZE KEVIN COOKE HALLAMSHIRE

INTERMEDIATE WOMEN
 GOLD LUCY GRIFFITHS HOLMFIRTH

INTERMEDIATE MEN
 GOLD MARK BUCKINGHAM HOLMFIRTH

50TH 3 PEAKS RACE 25th APRIL 2004

27TH SENIOR YORKSHIRE FELL RUNNING CHAMPIONSHIPS

SENIOR MEN
 GOLD ANDY PEACE BINGLEY
 SILVER IAN HOLMES BINGLEY
 BRONZE KARL GRAY CALDER VALLEY

MENS TEAM
 GOLD ONLY BINGLEY ANDY PEACE, IAN HOLMES & ROBIN LAWRENCE

SENIOR WOMEN
 GOLD SHARON TAYLOR BINGLEY
 SILVER SUE BECCONSALL BINGLEY
 BRONZE SUE DOLAN HARROGATE

WOMENS TEAM
 GOLD ONLY BINGLEY
 SHARON TAYLOR, SUE BECCONSALL & KIRSTIN BAILEY

BLISCO DASH 3rd JULY 2004

7TH INTER COUNTY FELL RUNNING CHAMPIONSHIPS

MEN
 GOLD IAN HOLMES YORKSHIRE
 SILVER GAVIN BLAND CUMBRIA
 BRONZE ROBERT JEBB YORKSHIRE

YORKSHIRE SCORERS
 1. IAN HOLMES BINGLEY,
 3. ROBERT JEBB BINGLEY,
 8. GARY DEVINE P&B,
 10. JOHN HENEGHAN P&B.

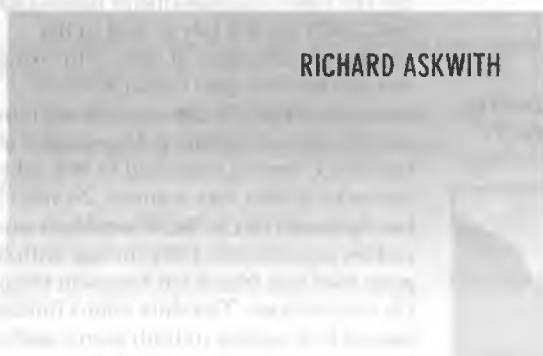
MENS TEAM
 GOLD CUMBRIA 11
 SILVER YORKSHIRE 12
 BRONZE DERBYSHIRE 45

WOMEN
 GOLD LOU SHARP CUMBRIA
 SILVER NIKKI DAVIES CUMBRIA
 BRONZE SHARON TAYLOR YORKSHIRE

YORKSHIRE SCORERS
 3. SHARON TAYLOR BINGLEY,
 5. ALISON EAGLE ILKLEY,
 6. HELEN SEDGWICK ILKLEY,
 9. SUE BECCONSALL BINGLEY.

WOMENS TEAM
 GOLD CUMBRIA 7
 SILVER YORKSHIRE 14
 BRONZE SHROPSHIRE 39

'Sports book of the season... a terrific story of fell-running and obsession' - Guardian



RICHARD ASKWITH

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A ROUGH RIDE

FROM JOHN FLEETWOOD

The Scottish midge is living proof that a very small being can make a real difference to a much bigger body. In the absence of midges this is a comforting thought to those of us that feel too insignificant to make a difference, but in a still, pre-dawn, it is an irritating fact that curtails breakfast. I had driven up the previous evening to spend a few hours curled up in the back of the car, before braving the Scottish scourge to set forth upon my day's venture. At 3.45 am. the hillside above the Quoich Dam looms menacingly, and the steep black folds of the hill reveal knee deep grasses and waist deep bracken. I tell myself that the day will get better, but it is a truly brutal start – a veritable vertical jungle of rocks, bracken, thick grasses and bog. I pull myself up by the fronds of foliage and slowly, oh so slowly, move up the slope to better ground above. As night turns to day, the angle eases and the first summit appears.

I am embarked upon a long journey in the rough bounds of Knoydart and the dim light of a grey dawn gently reveals the hills before me. I pick up a track on the ridge, but am surprised by its faintness given the relative accessibility of the hills, and the stalkers' track on the descent is no more than a shallow indentation in the grass. In the height of summer, all is green, the product of the rain that makes this the wettest part of Britain. The deep tussocks make for a jolting running style which is both slow and wearing, and I take a direct line for the stream crossing. On the far bank I pick up a small path which is a delight to run on and once on the unmetalled road, I am flying by comparison. This comes to an end all too soon, and a steep ascent of deep tussock grass resumes. Up, up, up it goes for 900 metres; then down, down, down for the same 900 metres of difficult tussocky ground. At Coireshubh, I contemplate a rest but the midges and flies drive me on. The day is developing into a steamy one with hot sunshine, water everywhere underfoot and the air replete with horseflies, dragonflies, midges, daddy-longlegs and innumerable other insects which I fail to identify. I sip at my water but the atmosphere saps my energy as I make a third ascent of more than 700 metres. A very brief jog down a broken ridge and it is once more 800 metres downhill. The very steep slope down to the path leading to Barrisdale is especially trying with bracken and deep grass overlying rocks and covering big holes. Once upon the track, however, I resume a more normal running speed and enjoy the relative firmness beneath my feet until I reach the bothy by the sea.

I savour a doze in the hot sunshine, before resuming my journey with the climb of Ladhar Bheinn. The 1000 metre ascent from sea level following the previous three big climbs and descents is almost too

much for me. The stalkers' track weaves in and out of chest deep bracken, before traversing out to Coire Dhorraicall and emerging on to yet another very steep grassy slope. My progress slows to a crawl, but I am committed and can only drag myself onwards. The superb cliffs of Ladhar Bheinn act as a temporary diversion, but even searching for future winter routes fails to relieve the omnipresent effort of the upward grind. This is self imposed torture with no-one to cry to, no-one to shout at, no-one to blame. Why am I doing this?

The answer comes, eventually, on the summit of Ladhar Bheinn where the expansive view of the Western Isles and ridges to the East lift me out of my torpor. The breeze revives me and I relish the privilege of my solitary perch. I have seen no-one since the start and only meet three parties a little later in the day. The airy ridge to Stob a Chearachall is a delight and is a welcome respite from the huge up and downs that preceded it. The path is soon lost once more, however, on the descent to Mam Barrisdale, and its continuation to Luinne Bheinn is an oozing black trail which sucks at my shoes. A rain shower darkens my mood once more and I struggle on the fourth big climb of the day. The incessant steepness is taking its toll and this is exacerbated on the descent by painful toes. Every step downwards sends a shooting pain through my foot. I forgot to take any plasters, so I dare not examine my feet. I suspect that my large toe nails are coming off, a prognosis which later proves to be correct.

Once on the track to the next Munro, Meall Bhuidhe, my misery is lifted and I enjoy the saunter over the rocky ground. The benefit of a decent path is obvious, as is the ardour of successive large ascents and descents. Unfortunately the latter resumes with the steep and broken descent to sea level at Carnoch. I fail to take the best line which results in a very steep sideways hobble amongst tussocky grass, boulders and bog. My relish at reaching the path from Mam Meadail is tempered by its frustrating zig zags on a



The view from Ladhar Bheinn (Photo John Fleetwood)

gentle downhill incline. I am forced to follow the path in its sinuous entirety, as the intervening ground is the bracken/bog/tussock grass mix, with which I do not wish to re-acquaint myself.

I have no idea of the time at Carnoch as I have been relying on my Garmin Forerunner which has an integrated clock. Having borrowed a friend's Forerunner to complement my own (the batteries only last for 15 hours), my friend's has now run out of battery power and I have switched my own on. To my horror, whilst finding the satellite, my Garmin has frozen and refuses to function at all, meaning that not only can I not track my distance, but I have no watch! I have no schedule but fear that I may be falling behind a 24 hour completion time if the rough ground continues and I fail to recover.

The next ascent is another 'killer': an 1100 metre ascent from sea level to Sgurr na Ciche. This begins by a trog over the bog and a thrash through vertical vegetation up to the ridge. I decide to accomplish the initial ascent before resting, and as a result manage to reach the summit of this fine cone of a mountain without undue toil. The summit scrambling is enjoyable and I have sufficient reserves to appreciate the incredible interplay of slabs, gushing streams and steep grass that makes this one of the roughest parts of Britain. I am keen to traverse Garbh Cioch Mor before nightfall, so press on along the rocky but well trodden track. The commitment and roughness of the ridge is a real antidote to the interminable slogs of earlier in the day and I escape the mist before it descends over Sgurr na Ciche. Eventually I lose my race with the darkness and stop to don extra clothing before the climb up Coireachan. The weather is less certain now, with a stiff breeze and a few spots of rain, but it remains clear until I reach Sgurr Beag, at which point the cloud envelops me to set the pattern for the night. I can hear, but not see, the stags which roar eerily in the darkness. There is a good path, but the descents are very slow as I am forced to peer at the path in the mist and dark and I am prevented from running. Nevertheless, I enjoy the simplicity and commitment of the night-time traverse:

my course is set, I have no options and I simply have to follow the ups and downs of the long ridge back to the Quoich dam.

Did I say simply? In the comfort of an armchair at home perhaps, but it is at this juncture that my map confounds me, since a previous battering by rain has left it a bit worn and difficult to read in places. I meant to pick up a new map before embarking on this expedition but have not had time to do so. This results in my poor line off Meall Buidhe and now causes me to select the East ridge of Sgurr an Fhuarain, rather than the North East ridge. This is trackless and requires intricate route finding to locate the correct spur in the dark and mist. A cliff looms out of the darkness on the left but the ground straight ahead is also steep and indeterminate. It is therefore only on my third attempt that I find the correct route down and it is steep and broken ground, leading to the bog and thick tussock grass beneath. Running is a distant memory and I manage no more than a slow trog through the bog until I hit the stalkers' path. It is a delight to be off the ankle-jerking grass but the gentle inclines of the stalkers' path seem to weave depressingly slowly upwards. The night is once more turning to day as I emerge on to the shoulder of Gairich Beag but it does little to enliven me. I stop for a wonderful interlude to close my eyes, feel the grass on my back and rest my aching shoulder blades. For a brief moment I am lost to the struggle, cosy in my mountain reverie, but it is all too brief and a nagging voice tells me to get up, have another caffeine pill and plod on up the hill. I respond and am surprised by the effect of a brief pause. My legs are re-ignited and my pace increases accordingly, reaching the summit of Gairich as the sun rises to the East. The glowing orb draws me to it as I descend the bogs of this most uninteresting of hills. I am now in sight of the end and even the pain in my toes fails to stop me as I squelch my way back. I can not run, but I can walk and the thought of an end to my solitary vigil lifts me over the black bog that stands between the dam and me. I manage a hobble across the dam and suddenly I'm there. But what of the time: is it mid morning, breakfast or??? My watch reveals that it is just before 7.25 am and I have taken 27 hours and 40 minutes. The rough bounds of Knoydart have proven to be rough indeed.

THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

Twins for Joss Naylor! How's that for an opener? It has been a good season all round and were it not for writing to meet the editor's copy date of September 9th, there could well be more to add to the list for 2004.

First out in May was Dick Pasley M60, of Dark Peak. He was supported by a classy team of Dark Peak runners, three of whom had already completed the run.

Then came Peter Cockshott, of Black Combe, a 'bionic M65', revelling in his one-year old new hip. This, coupled with the previous bionic runner's success from way back should indeed encourage every vet faced with a similar challenge. Feel free to quote these facts to dubious surgeons!

Not to be outdone, another Black Combe M65, in the form of Richard Courchee followed a week later in July, boosting the M65 total. It began to look as though we would struggle to have any youngsters of 50 on the list this year and they were only one ahead of the v60s by the end of July.

Then along came Joss's twin girls! Margaret Huyton and Mary White of Horwich RMI saved the skins of M and W50 with a splendid run in August. In a week of very poor Lakeland weather they had selected the one 24 hour weather window and enjoyed sparkling conditions all day. Their form sparkled to match the conditions.

It is very good to see so many who have previously succeeded over the Naylor course supporting new aspirants. They go right back to

year one, with Don Talbot, of '91, Colin Henson, '93 and John Peel, '97 our notable octogenarian, who continues to celebrate the enduring huntsman's genes of his famous ancestor. Paul Murray, also '97, happily paces all ages from the speedy v50s through to the over-night requirements of the 'leisured classes'. Others are frequently doing road support and such continuing interest is much appreciated.

There is one more planned attempt by two M50s for October, and this will be in time for the Presentation Dinner on November 20th, details of which will have reached all successful runners by now. I look forward to meeting many of you that week-end.

LATE NEWS

There has been a re-appraisal, with immediate effect, regarding time allowances.

Please add two new categories :	M55 – 59	15 hours.
	W55 – 59	16 hours.

Date of birth will be required, as for all categories.

Information: SAE please.

Monica Shone, Swn y Gwynt, Penmynydd, Llanfairpwll, Isle of Anglesey. LL61 5BX

e-mail:
mandc@gwyntog.freereserve.co.uk (please add postal address to e-mail)

Martin Stone's Long Distance News Summary Sept 2004

FRA LONG DISTANCE AWARD – NOMINATIONS PLEASE

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the next month or so, a panel of long distance 'enthusiasts' will look at 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: 870 7661792, FAX:01931 714107, EMAIL: martin@sportident.co.uk*

BOB GRAHAM ROUND UPDATE

Brian Covell reports that so far there are 22 new members in 2004, two of whom are ladies. If you have completed the BG this year but not registered it with Brian, please contact him at 26 Westwood Avenue, KENDAL, Cumbria LA9 5BB. Tel: 01539 737049

WELSH CLASSICAL ROUND UPDATE

Paddy Buckley is custodian of the records for this round of Snowdonia that he created in the 1980's and he reports only 2 completions of the Welsh Round this year, both by members of Dark Peak Fell Runners who started at Aberglaslyn. This makes a total of 47 completions. Tom Westgate completed his round on June 4/5th in 23hrs 26mins and Kevin Saville made it the tightest finish yet in 23hrs 58mins 54secs on July 16/17.

Please contact Paddy Buckley at paddy.buckley@lineone.net if you have been omitted from this year's round up.

CHARLIE RAMSAY ROUND UPDATE

Jon Broxap has been keeping a list of successful rounds. Since the route was first established by Charlie Ramsay in 1978 only 31 stalwarts have managed to complete the round within 24 hours while many more have failed in bad weather. Jon hasn't been made aware of anyone who has completed the round this year. If you have been missed off this year's round up please contact Jon Broxap - jon@dbroxap.freemove.co.uk so that he can add you to the list.

TWO SOLO-UNSUPPORTED RUNS - JOHN FLEETWOOD

You may have already read the two articles in this edition of the Fell Runner by John Fleetwood. It has been another remarkable year for John whose appetite for long solo-unsupported mountain challenges continues unabated. In 2003 he focused on Lochaber in Scotland, completing Winter & Spring Tranter's Rounds and a finally a Ramsay Round.

A Welsh Round - This year he turned his attention in the late spring and early summer to North Wales. He established a new route in Snowdonia based on the Paddy Buckley Round. After

two abortive attempts in May and June, he set off on the successful third attempt from Betws Garmon on 7th July. His route of 63 miles with 26,700 feet of ascent was completed solo-unsupported in 23hrs 20mins and included some exciting overnight electric storms on Crib Goch and Snowdon. His article elsewhere in the magazine underlines the perseverance that is often required to complete these rounds, especially if the summer proves to be as poor as 2004 has been.

Rough Bounds of Knoydart – John's focus shifted 400 miles north to Knoydart for the remainder of July. It is such a wild, isolated and rough part of the Scottish Highlands and totally committing for anyone embarking on a long solo journey. You can read John's article elsewhere in the magazine but here are a few notes he wrote to me soon after the run. *"I had a bit of an epic struggle in Knoydart, Martin. I found the tussocky ground very difficult as the grass was very high. Also my route choice was not the best as one massive descent followed a huge ascent and so on for the first four mountains. This wore me out by Ladhar Bheinn. The 'run' (more of a walk actually) was very slow as a result and what I originally intended to do in 20-22 hours took me over 27! It was an on sight, solo-unsupported run and I hadn't measured the route properly beforehand which contributed to an underestimate of its length. I can't say that I'd recommend this route - there are too many huge ascents and descents and not enough ridge running. It's very difficult to devise a good route of any length because the middle section doesn't lend itself to continuous ridge running.*

Anyway, it was certainly a challenge and a really committing one without anyone nearby and no mobile reception. The bare statistics don't tell the tale of this round. It's much, much harder than the figures indicate. I think I'll have a rest for a bit!"

RIGBY CAIRNGORM ROUND – PHIL CLARK

Phil Clark had been looking at the Cairngorms with a view to extending the number of Munros climbed in a 24 hour round to 30 from Jon Broxap's current record of 28 Munros which was set in 1988. Phil reckons that he has found a tough but doable route of about 75 miles in the Cairngorms that crosses 30 Munros and is possible for someone a bit faster than himself. He wishes that he "had given it a try 10 years ago." I don't have full details but the route extends as far west as Lochnagar and quite surprisingly, it doesn't take in some well known summits such as Cairngorm. For more details you should contact Phil.

After spending some time reccyng the new route, the weather on the weekends reserved for the attempt was dire. Phil cut his losses and decided to attempt what may be the first repeat of Mark Rigby's Cairngorm Round of 17 Munros since 1988. He felt this should be a little easier than committing himself to a record breaking attempt on the 24 hour Munros record. Mark's round takes in the 17 Cairngorm Munros, starting and finishing at Loch Morlich Hostel. The route is a figure of eight and he visited Braeriach, Cairn Toul, Sgurr Gaiath, Mullach Clach, Bheinn Bhrotain, Monadh Mor, Devil's Point, Carn a Mhaim, Ben Macdui, Derry Cairngorm, Beinn Mheadhoin, Chaorainn, Bhreac, Ghuid, Avon, Bynack More and finally Cairngorm. Mark covered the 76 miles with approx. 20,000ft ascent/descent in 22hrs 44mins and had to contend with strong winds and rain during the night.

I don't have very much detail from Phil about his repeat of the Cairngorm Round as I was hoping for article from him about the weekend and the possible new round of 30 Munros.

However he repeated Mark's round on 8th/9th July as a solo run with one support point on Ben Macdui which was provided by Ian Rooke. The weather was mixed – a dark, misty and windy night, mist on about half the tops with intermittent showers and heavy rain for the last three hours. His time for the round was 22hrs 4mins.

9 ? MAN CAMBRIAN WAY RELAY

Chris Gildersleve contacted me with news of MDC's return to the Cambrian Way, sometimes known as the Dragon's Back. Their route was about 309 miles with about 71,000ft ascent, from Conwy in north Wales to Cardiff Bay in the south. Chris writes "I thought that you might be interested in a little jaunt we had on the 1st - 3rd of July

You may recall the successful completion of this route in 1989 by MDC using an attritional 35 runners and 3 minibuses in a huge logistical assault. This was reported in the Fell Runner in the article "Top to bottom, side to side". To my certain knowledge, no further attempts of this nature have been made on this route. Until now that is! Last weekend we completed a slightly modified and extended route in 65hrs 54mins using an altogether more "alpine" approach with 10 runners and 1 minibus. This was a considerable achievement by a small team made smaller by me being crocked with plantar fasciitis and not running my full quotient, hence the oblique reference in the title, but helped by Roy Ruddle for some of the N Wales legs. The weather was foul for almost the duration of the event, only brightening up on the 3rd morning and turning quite warm and balmy as we sipped champagne in Cardiff Bay to celebrate our achievement. For the most part however it was unseasonably cold, with strong winds, poor visibility and lots of rain. The conditions reached their worst on the second evening where after a traumatic traverse of the Rhinogs in gathering darkness the winds increased frighteningly and the rain became unremitting and torrential. In these conditions we made the very sensible decision that Cadr Idris would be too dangerous so we continued the relay with a circumnavigation of the mountain using minor road, track and mountain bike route. We survived a difficult night thereafter in Mid Wales as it took some guts to continue in the awful conditions. Things finally improved during the S. Wales Traverse section as we racked up the adrenaline in the long sprint for home, managing to claw back big chunks on a schedule that had been running behind for most of the route.

I would guess that several hours could come off this time in any decent conditions. Nonetheless, this still represents an outstanding time for a short handed relay.

The participants were:

Runners: Tom Gibbs, Keith Byrne, Martin Lucas, John Aggleton, Kit Edwards, Douglas Adlam, Astrid Wheatcroft, Keri James, Mark Bryant, Roy Ruddle and Chris Gildersleve.

Support Team, without whom the whole thing would have collapsed and deserve huge thanks: Del Thornley, Fred Parry, Kay Lucas and Phil Brown.

Given that on the previous MDC attempt a pebble from Conwy, used as a baton was lost somewhere in deepest Mid Wales and therefore did not complete the route, we would claim that as in any relay, failure of the baton to complete the course would naturally invalidate any claim to a record. Following this logic, our completed transfer of pebble from Conwy to Cardiff must therefore represent a record!!"

LAKELAND 3000 FOOT PEAKS & ROAD PASSES – ROB BLYTH & CHRIS LUMB

In April 2003, Rob established this cycling and running route in the Lake District. On April 13th (Easter Sunday) 2004, Rob and Chris Lumb repeated the route which starts/finishes at Glenridding and takes in Helvellyn, Kirkstone, Wrynose, Scafell, Scafell Pike, Hardnott, Whinlatter, Newlands, Honister and Skiddaw before returning to Glenridding. The distance is 100 miles, with 20,300ft of climb of which 9100ft is on the bike and 11,200ft on foot. The round took 15hrs 52mins and as with the inaugural round was unsupported on the fell and the road. This lowered Rob's original time by just over an hour and reflected both the better weather, (less wind) and the fact that they were a team of two. Rob still believes the round can be done significantly faster.

2000 FOOT TOPS OF THE YORKSHIRE DALES – RICK ANSELL

Ever since completing one of the early continuous rounds of the Munros in the 1980's, Rick has been making long solo excursions in the hills. In late July he completed a route on which he visited all the 2000 foot tops of the Yorkshire Dales south of Wensleydale. Rick writes "I started and finished at the entrance to the campsite in Horton in Ribblesdale. According to Bridge there are 16 summits and 2 tops (Tor Mere Top and Green Hill). The route covers similar terrain to the Fellsman Hike, though it is a bit longer and being a complete circuit is aesthetically a bit more pleasing. I reckon it is 10 - 15 miles longer than the Fellsman. It took me 6 hours longer in slightly worse conditions than it took me to finish the Fellsman a few years ago but as I had no support, I set off with quite a heavy bag of food. On the map using a wheel I got a distance of 59 miles and 4,250m of ascent. This gives rise in my mind to a debate on how race/run distances are calculated. Any which way it was a good day out if slightly longer than intended. I felt strong throughout. The grassy terrain and lack of rock was easy on the feet and the relatively little amount of descent left my legs in reasonably good order. There are plenty of road crossings so a supported round would be very practical. It would also be possible to start somewhere like Stone House and have Kettlewell as a resupply point about half way round for a solo runner not wishing to carry a day's food. An earlier start would have given me less time in the dark which would have made things quicker and easier. I didn't get my tent up till about 1.00am on Saturday morning, so felt a 6.00 am start was a bit too severe. A 4.00am start would have been ideal, but I always feel awful at that time of day. I've a feeling something similar was completed by someone a few (10?)years ago. It does seem like an obvious if not very extreme challenge. As I say, a good and very satisfying day out."

BOB GRAHAMS & IRONMAN TRIATHLONS?

Phil Cheek contacted me, expressing an interest in knowing who has completed both a BG and an Ironman Triathlon. Phil writes "Over the August Bank Holiday weekend Chris Cripps of CFR became the youngest member(at 27) of a very small band of folk who have completions of both a BG & an Ironman triathlon to their name. Chris only did his BG last year so he also has the distinction of having done both within 14 months. Pete Simpson, Mark Seddon, myself, Annette Morris & Chris Ray are the only other 'members' I know of, though there could well be a few more.... I would be interested to hear of anyone else on philcheek@tinyworld.co.uk"

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