

The Fellrunner Magazine

February 2005



Fierce competition at Rivoek edge between
Phil Davies and Mark Horrocks
(Photo David Brett)



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The Fellrunner Magazine

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First of all a huge thank you to our Fixtures Secretary, Margaret Chippendale. This year she had the unenviable task of seeing the weeks slip away past her scheduled deadline because of the insurance debacle (see more on this below) and was unable even to send registration forms out to organisers until it was resolved. When it WAS finally settled, ages past her deadline, she nevertheless managed somehow to collect all the information in, process it, check it, proof it and still get the Calendar out before Christmas – a truly Herculean effort and one that thoroughly deserves our gratitude!!

On the insurance issue, you will find a very detailed explanation of what happened, why it happened and what the implications are in an article by Alan Brentnall inside this edition of the magazine but there are a couple of points I would like to make on this:-

1. Despite what some people have been saying the FRA did not CHOOSE to withdraw insurance from Welsh, Scottish and Irish races, it had no option whatsoever because UK Athletics, via whom the FRA gets its insurance, decided without any consultation or discussion with the FRA that the FRA could only register races in England. This meant that therefore only English races could be insured via FRA registration. The FRA doesn't like this situation at all (and neither do a lot of Scots, Welsh and Irish !!) but it is, at present, stuck with it.
2. Because of this and a number of other indications that UKA couldn't care less about fell-running I have a feeling that it won't be long before a growing number of fell-runners start to share Scoffer's firmly expressed view at the AGM that he'd, "rather have £3 extra on the subs, have the FRA run the sport and kick UKA into touch !" - a sentiment I wholeheartedly agree with.

Your views on this, via the Letters pages of the magazine, would be very much appreciated indeed.

Sometimes I wonder whether some people think at all about the effects their behaviour can have. In the last "Fellrunner" we had the complaint about barging at the Borrowdale and in this edition another complaint about obscenities being hurled during a prizegiving. In this latest episode the person in question shouted his insults in a pub not just full of fellrunners (which would have been bad enough !) but in the hearing of lots of other people, including children, who had gone to the pub for a meal and a drink. Some of these people have, quite rightly, complained to the organiser and to the pub landlord and have probably recounted the events to numerous of their friends - none of which will do the image of fellrunners any good whatsoever. It's our sport and I assume we don't want a tiny number of imbeciles to wreck its currently high reputation, so how about being a touch vigilante-minded, taking things into our own hands and shutting loudmouths up before they get going, shouting at litter-droppers to pick the stuff up and generally trying to ensure that standards are maintained !!

I'm not sure what happened to the photographic contributors this issue, maybe they've all hibernated for the winter - after the pile of photos that came in for the last edition pictures were definitely a bit thin on the ground this time round. Please keep them coming - they add a lot of interest to the magazine, they are very much appreciated and, if they're prints, you'll get them all back once the magazine has come out.

As this is the first "Fellrunner" of 2005, best wishes for the New Year and may all your sporting ambitions be realised !!

Data Protection Act

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

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

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

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

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

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

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

Deadline for the next edition is Saturday 15th May 2005.

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Chairman's Chat

from Alan Barlow

Well, it's that time of the year when we are all making plans for the forthcoming season and I hope many of you will achieve your aims. The organising committee are on target to deliver a great event at the World Masters in Keswick on the weekend of 10th/11th September and I am sure many of our members are planning to be there.

Some of you will be aware that due to changes in legislation and to UK Athletics changing the terms of their public liability insurance policy we have had to change the way we register races. Whilst this has been resolved for events in England disappointingly there are still problems in Wales and Scotland and I sincerely hope these can be resolved soon so that all concerned can concentrate on developing the sport.

I know some of our coaches have been frustrated with the long delay by UK Athletics in launching their new coaching qualifications at levels 3 and 4. I am pleased to advise that we have a small band of highly qualified members who are meeting with UK Athletics to design new courses which will be specifically for Fellrunning and we anticipate that the first of these should take place in 2006. We have already got agreement that coaches will be able to decide whether just to pursue greater technical knowledge or complete the full course to obtain the higher level of qualification. Further information will be released as we make more progress.

You will be able to read elsewhere in this magazine the latest press release from the new 'England Athletics'. Hopefully we will be able to find out how these changes may affect us before too long.

Finally I am concerned to hear that one of our members was verbally abused at a prize giving in a pub. Whilst I accept that some runners may be more popular than others this type of behaviour is totally unacceptable and presents fellrunners in a poor light to other members of the public. I trust that I will not hear of anything like this again.

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Annual Presentation and Dinner Dance

Whilst we always seem to struggle to get members to attend the AGM that is not the case for the presentation evening which was almost at capacity with 185 there.

Once again we were at the Castle Green Hotel in Kendal, which has always looked after us well.

The only downside with the presentations was that U K Athletics had run out of medals and were awaiting a fresh supply. Consequently we were a few medals short, which mainly affected Pudsey and Bramley, who somehow anticipated this with only a very small number of members attending. However by the time they read this the medals should have been sorted out.

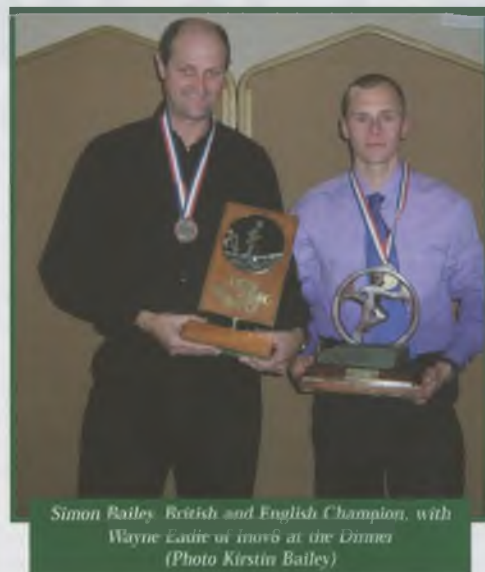
In addition to the usual British and English awards we also presented Bernard Grant and Maureen Laney with the gold medals they had won at the World Masters.

Fell runners are always generous at this event and over £300 was raised for the John Taylor Foundation from the raffle.

The evening concluded with dancing to the highly regarded live local group 'Off The Record'.

Our thanks are due to Pete Bland and his team who work hard to make sure this event goes so well and is enjoyed by all that attend. We have already booked this year's dinner for the same venue on 19th November, so pencil it into your diaries now.

Alan Barlow



Simon Bailey, British and English Champion, with Wayne Laidie at dinner at the Dinner
(Photo Kirstin Bailey)

Mountain Running PST Notes - January 2005

from Ian Taylor

At this time of the year we review the past and plan for the future. To judge from the FRA Forum, many of you have been adding up your mileage for 2004, reviewing your races and seeing how to change your training to be more successful in 2005. For us as a Policy & Support Group, our most obvious activities are the various British Championships – senior, junior and relay. We thank the local clubs and groups who actually organised these events. For 2005 the senior series is compressed more than in some previous years, beginning with Spelga in Northern Ireland in April and running through to Pen Y Fan in Wales at the end of July. Recognising that most people only do their nearest British Championship event, perhaps we can encourage you to try a new race from this series or get your club to take a weekend trip to one in hills you have not been to before. The junior Championship, held jointly with the Irish Mountain Running Association, is being hosted by them in the Wicklow Mountains in October, with the Relay the following weekend in Scotland.

My previous October article disappeared into an Internet black hole between myself and the editor ! At that time we were concerned about hill running in Scotland, with a serious fallout between hill runners there and Scottish Athletics. With pressure from various quarters some progress has been made on the way forward for hill races in Scotland, with the withdrawal by Scottish Athletics of their excommunication threat. In the meantime Scottish Hillrunners are offering their own insurance for at least a year, so perhaps this will encourage the powers that be to realise they are in a competitive situation. In the longer term some kind of compromise with Scottish Athletics needs to be found, with clubs seeking to get value from their affiliation. Hill running clubs need to be as professional in their approach as other disciplines, ensuring that coaching, club futures support, junior development funds, lottery funding for elite athletes, perhaps discounts at sports shops, etc are all part of the package that affiliation provides. They also need to be more political, getting maximum value from Scottish Athletics, perhaps by making common cause with road running clubs.

Equally it would be good to see Scottish Athletics recognising the diversity of its membership, meeting their very different needs and promoting the talents of its International Mountain Running teams. Of course Scottish hill runners are not the only group who feel they have become disenfranchised. The recent formation of an Association of British Athletic Clubs is an indication that even mainstream clubs feel that they have no input into decisions taken by what are seen as remote and bureaucratic bodies. Even PSTs are not immune from that danger although in defence of this one, most of its members are like other fell runners – either injured or competing as often as possible.

Another common concern for race organisers throughout the UK is insurance and its associated permits. No organiser should put him or herself in the position of being without insurance. Most athletes will say that they would not make a claim but a landowner might, as could relatives of an injured athlete. We need to ensure that the permit process is as simple as possible for organisers so that the wide diversity of races continues, with new ones encouraged. It is not clear yet whether it is better to opt for a brief form but with extra safety rules or a longer one which includes a check list that is especially helpful to newer race organisers. At our next meeting we hope to make progress on this issue and the related fees for unattached athletes.

I guess if we are confessing to failings, we have not been very successful in promoting coaching. As runners, we tend to be individualistic, planning our own training and getting occasional advice from others. There is a need for our coaches, whether self trained through experience or having qualifications, to be recognised and appreciated. Do our clubs support them and encourage them to seek further training? At present we see a need for more coaches at level 3 and 4 but to date have been unable to get a UKA-supported mountain running module in place. To judge from debates in Athletics Weekly and other arenas, we are not alone in this regard, with UKA needing to do some serious rethinking of how coaches are promoted and supported.

Calendar Update

In spite of various delays encountered during its production, I am pleased to say that the 2005 Calendar reached most members before Christmas. The main delay was caused by UK Athletics (UKA) making changes to their insurance policy at very short notice. This meant that in order to maintain UKA insurance cover for all the fell races that are Permitted through the FRA, the FRA had to affiliate to the North of England Athletics Association. As a result there was a delay of four weeks in sending Race Registration Forms out to race organisers. With the help of most race organisers who returned their completed forms very promptly, of the printers, who pulled out all the stops to meet the revised schedule, and of Martin Stone, the FRA Membership Administrator, who organised the mailing, we were able to make up most of the lost time.

By now members will be aware that the Calendar contains two sections, one for races held in England and the second for races in Northern Ireland, Scotland and Wales and that in addition there are far fewer races listed than usual in the latter category. This also results from changes forced upon the FRA by UKA. In previous years the FRA has Registered/Permitted races throughout the United Kingdom and Northern Ireland and all such races have been covered by UKA insurance. However, for 2005 UKA has insisted that races have to be Permitted by the appropriate UKA affiliated body in the country where the race is being held. This restricts the FRA to fulfilling this role in England only. For races held outside England we can only advertise them in the Calendar. It seems that some race organisers outside England are frustrated; for many the principle reason for registering a race with the FRA was to get insurance cover rather than advertising the race.

I have been observing the comments on the "Forums" on the FRA website and am aware that some members are concerned that details of many races outside England are missing. In future they would like the FRA to try to compile as comprehensive a list of races as possible. However, to my understanding, whilst this may be desirable, it has been made more complex by the fact that in both Scotland and Wales races are being organised and details compiled by two different groups. In each case one group is going down the UKA route of Permits and UKA insurance and the other is

operating independently of UKA with its own insurance cover for races. The more groups who are involved, all producing fixture lists on different timescales, the more difficult it would be to coordinate a hard copy version of a comprehensive list of races. However, I would welcome suggestions as to how this might be achieved.

Margaret Chippendale

Details of races received too late to be included in the Calendar are listed below together with corrections and amendments to the information in the Calendar. Please note that the update is in chronological order of when the races will NOW take place.

ENGLISH RACES

The following list of English races are permitted and insured to be run in accordance with the "FRA Safety Requirements for Fell Races" and the "FRA Rules for Competition".

SUN. MAR 6. IAN ROBERTS FELL RACE. Please note change of start time to 11.00 a.m. All other details unchanged.

SAT. APR 16. GLARAMARA FELL RACE. Please note change of date from April 23rd. All other details unchanged.

SUN. APR 24. 51ST THREE PEAKS RACE. The website given in the Calendar is incorrect. It is:
www.threepeaksrace.org.uk

SUN. JUN 5. MALLERSTANG & NINE STANDARDS YOMP. BL. 8.00 a.m. to 10.00 a.m. 23m/3700' from Kirkby Stephen Grammar School, Cumbria (GR 772088 on LR91). £8 (over 60 - £4) to organiser on official entry form. Teams (3) free. PM. Over 18. Records: 2.51.00 P. Tucson 1989; f. 3.23.00 R. Pickvance 1994. Also 11.5m and 6.25m courses. Water and first aid at checkpoints. Toilets, showers and refreshments at start/finish point. Details: Tourist Information Centre, Market Street, Kirkby Stephen, Cumbria, CA17 4QN. Tel: 017683 71199. Email: ks.TIC@eden.gov.uk Website: cumbria.gov.uk

SUN. JUN 12. AQUA3 EDALE FELL RACE. The organiser's address has changed to: 3 Water Meadows, Hope Road, Edale, Hope Valley, S33 7ZQ. All other details unchanged.

FRI. JUN 24. TIDESWELL FELL RACE. BS. 7.45 p.m. 4.4m/850' from Tideswell Dale Carpark (GR SK153742). £3 on

night only. PM. Over 16. Records: 26.04 M. Fowler 2002; f. 31.02 E. Batt 2000. Locally made trophies. Toilets and refreshments available. Details: Keith Houghton, Beechcroft, Whitecross Road, Tideswell, Derbyshire, SK17 8NY. Tel: 01298 871828 or 07768 983989. Email: keith@roadrider.com Website: home.btconnect.com/downsizer (without www)

SAT. JUN 25. GIBSON GRIND. BM. 2.00 p.m. 8.5m/1200' from Dean Gibson School, Hawesmead Avenue, Kendal. £4 on day only. PM. Over 18. Records: 58.04 N. Spence 2004; f. 61.56 L. Sharp 2004. Part of school fete, stalls, games, tea and cakes etc. Details: Alec McDaid, 3 Applewood, Kendal, Cumbria, LA9 5EJ. Tel: 01539 735132.

SAT. JUL 2. OAKWORTH HAUL. BM. 2.30 p.m. 6m/650' from Oakworth Gala Field, Victoria Road, Oakworth. £2.50 on day. Over 17. New race from gala field. Entry to field by donation. Junior races in gala field for U11s. Proceeds to Gala charities. Details: Charles Marshall, Hill Top Barn, Hill Top Road, Oakworth, Keighley, BD22 7PY. Tel: 01535 648017. Website: keighleyandcravenac.co.uk

SAT. AUG 27. DUFTON FELL RACE. AS. 1.00 p.m. 4m/1500' from the Show Field, Dufton (GR 684255). Entry to Show Field - race entry free. Over 16. Record: 24.11 P. Davis 2004. Also junior race 12.30 p.m.; 2m., age categories to be decided. Details: Jim Slinn, 1 Cross Fell Drive, Brampton, Appleby, Cumbria, CA16 6JJ. Tel: 01768 353 626. Email: jimslinn@aol.com

SUN. SEP 18. VIKING CHASE - FOUR PEAKS. BM. 10.30 a.m. 7.8m/1800' from Lord Stones Cafe, Carlton Bank, Near Stokesley (GR NZ 524030). £6 on day. PM. Over 18. Records: 58.33 J. Blackett 2004; f. 1.16.57 C. Pollard 2003. Cafe on site. Toilet facilities available at cafe. Ample off-road car parking. In aid of Cleveland search & Rescue Team. Details: Martin Codd, 17 Glendale, Guisborough, TS14 8JF. Tel: 01642 765421 (daytime). Email: martin@codd.wanadoo.co.uk Website: clevelandstrt.co.uk/events

SUN. SEP 18. YORKSHIREMAN HALF MARATHON. BL. 10.00 a.m. 13.1m/1700' from Westfield Lodge, Penistone Hill, Moorside Lane, Oxenhope (GR 020362). £8 to organiser. Over 18. Records: 1.29.01 W. Smith 2003. Full shower and changing facilities. Hot meal at finish. See website for further details. Details: Charles

Marshall, Hill Top Barn, Hill Top Road, Oakworth, Keighley, BD22 7PY. Tel: 01535 648017. Website: keighleyandcravenac.co.uk

SUN. SEP 18. YORKSHIREMAN OFF-ROAD MARATHON. CL. 10.00 a.m. 26.2m/3065' from Westfield Lodge, Penistone Hill, Moorside Lane, Oxenhope (GR 020362). £8 (individual) or £15 (team of two) to organiser. Over 18. Records: 3.25.54 C. Loftus/J. Callaghan 2000; f. 4.15.56 C. Preston/C. Fawcett 2004. Full shower and changing facilities. Hot meal at finish. See website for further details. Details: Charles Marshall, Hill Top Barn, Hill Top Road, Oakworth, Keighley, BD22 7PY. Tel: 01535 648017. Website: keighleyandcravenac.co.uk

SUN. OCT 9. DAVE BRAY TINTWISTLE MEMORIAL RACE. Please note correction to name of race.

SUN. NOV 27. RIVOCK EDGE FELL RACE. BM. 11.15 a.m. 9m/1500' from Hainsworth Road, Silsden (GR SE042461). £4 on day only. Teams free. ER/LK/NS/PM. Over 18. New course. No safety pins. Details: Eamon Hastings, 82 Bolton Road, Silsden, Keighley, West Yorkshire, BD20 0JY. Tel: 01535 654133. email: ehastings@hrp.hoerbiger.com

CELTIC RACES

The following races in Northern Ireland, Scotland and Wales are included for information only. They are not registered with the FRA and the FRA cannot vouch for their permit or insurance status. Please contact the race organisers for details.

SUN. FEB 20. Y LLETHR MOUNTAIN LAMB RACE. BL. 10.30 a.m. 14.25m/2448' from Victoria Hotel, Llanbedr (GR 25863268). £3.50 to organiser or £5.50 on day. Teams (3) free. LK/PM. Over 18. Record: 2.04.42 S. Gilliland 2004; f. 2.22.23 J. Lee 2004. No safety pins. Welsh Mountain Lamb as race prizes. Race series awards - prizes given after last event in October. Details including route map, accommodation and train times on website or from organiser. Details: Brian Macdonald, Rhiw, Llanbedr, Gwynedd, LL45 2NT. Tel: 01341 241469. Email: mail@rhinogfellraces.f9.co.uk Website: rhinogfellraces.f9.co.uk

SAT. APR 9. LLANGYNHAFAL LOOP. AS. 12.00 noon. 4.5m/1500' from the Golden Lion Inn at Llangynhafal, near Denbigh at GR 129633. £3 on day only. PM. Over 16. Records: 36.40 J. McQueen 2000; f. 42.32 T. Ambler 2002. Details: Brian Evans, 9 Garwyn Avenue, Prestatyn, Denbighshire, LL19 8LR. Tel: 01745 853982.

SAT. JUL 9. MOELFRE: BALD MOUNTAIN CHALLENGE. BM. 2.30 p.m. 9m/1900' from Llanbedr Community Fair Ground, west of village, adjacent to station (GR 25773266). £3.50 to organiser or £5.50 on day. Teams (3) free. LK/PM. Over 18. Records: 1.23.24 S. Gilliland 2004; f. 1.42.49 A. Goode 2002. No safety pins. Major event of village fair. Race details including route map, accommodation and train times available from website or on request from organiser. Details: Brian McDonald, Rhiw, Llanbedr, Gwynedd, LL45 2NT. Tel: 01341 241469. Email: mail@rhinogfellraces.f9.co.uk Website: rhinogfellraces.f9.co.uk

SAT. OCT 22. RHINOG HORSESHOE. AL. 10.00 a.m. 14.3m/5060' from Victoria Hotel, Llanbedr village centre (GR 25863268). £3.50 to organiser or £5.50 on day. Teams (3) free. LK/PM. Over 18. Records: 3.09.58 C. Donnelly 2004; f. 3.19.24 J. Lee 2004. Takes in all 4 major peaks of the Rhinog range. No safety pins. Details: Brian McDonald, Rhiw, Llanbedr, Gwynedd, LL45 2NT. Tel: 01341 241469. Email: mail@rhinogfellraces.f9.co.uk Website: rhinogfellraces.f9.co.uk

FRA TSUNAMI APPEAL

CALLING ALL RACE ORGANISERS! - CALLING ALL RUNNERS!

As we are all aware, on Boxing Day, amid the festivities of Christmas, and even as this magazine was being finalised, a disaster beyond comprehension struck the countries around the Indian Ocean. The area was so vast, the numbers of dead and missing so huge that most of us felt powerless to do anything about it.

Shortly after New Year, I was contacted by Nicola Davies with an idea which I think might make a difference. If all our race organisers were to charge an extra £1 on top of their normal race entrance fee, over the year we would raise a substantial amount of money.

Race organisers: If you don't feel you can just add £1 to your race fee, please consider just having a collection at registration.

Runners: If you do a race where there isn't a collection of some kind, please send £1 anyway.

Just think: every race you do will be helping the people blighted by this terrible tragedy. How many races can you do in 2005?

Matthew Bland, of Pete Bland Sports has kindly offered his company's services as a collection point for all the funds.

So, please send your cheques (made payable to Fell Runners Association) to:-

FRA TSUNAMI APPEAL
C/O Pete Bland Sports, 34A Kirkland, Kendal, Cumbria, LA9 5AD

So, come on, let's use our sport to make a difference!

Alan Brentnall

International Programme 2005 from Graham Breeze

World Mountain Running Trophy Trials - Braithwaite

Juniors: Sunday 31st July

In addition to the junior men's and junior women's trials there will also be U10/ U12/ U14 and U16 races.

Seniors: Sunday 14th August

Routes will probably be based on Stile End-Barrow but details will appear on the FRA website and in the next Fellrunner Magazine.

Knockdhu

The International Committee will not be selecting an England team for this event.

Black Forest Teenager Games

After nine years the German organisers have cancelled this event. Steve Fletcher, the Junior Team Manager, is exploring alternative European events. There is an article by Steve Fletcher elsewhere in this issue.

Contact details for all International Committee Members are on the FRA website.

World Masters - Keswick - 2005

Saturday 10th and Sunday 11th September

Well, now's your opportunity - you can now enter on-line at -
www.mountainrunningkeswick.org.uk
or, for those of you still not plugged in to the 21st Century you can also obtain a booklet/entry form from the address below:

World Masters Keswick, The Council Offices, 50 Main Street, Keswick, Cumbria, CA12 5JS
(but if you do it by post please include an A5 size SAE and remember when you return your form that you MUST include your entry fee cheque, made payable to "Allerdale Borough Council")

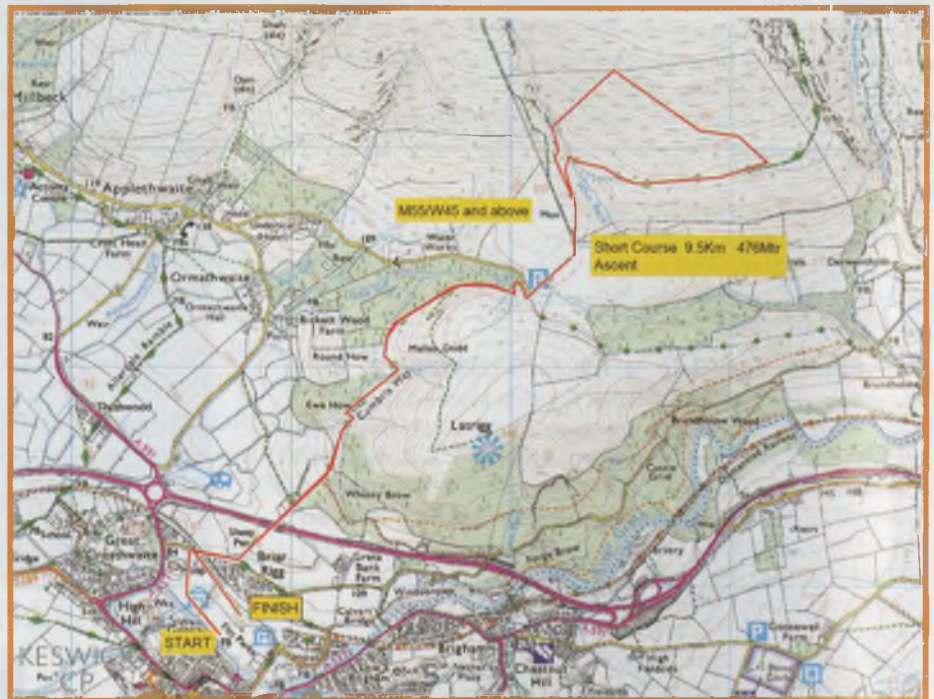
.....and you'll never have a better chance to be an International!!

The entry of £15 includes, entry to the appropriate Championship race, the pasta meal on Saturday night, A T-shirt, a goody bag and the Saturday night "Do".

This year's Masters will be the first one on an "up and down" course and the first international championship in England since 1988 and the races are open to everyone, just as long as you're old enough. It may not be quite fell-running as we know it in the Lakes but the downhill merchants should be able to hold the uphill fairies off - just !! It could be your chance to join Bernard and Maureen as World Champions

The Championship races, short and long courses, depending on your age category (see the course maps below for details of where you'll be going), will be held on the Saturday and there will be an Open race (entry on the day) for all-comers on the Sunday.

In-between those two sets of races there will



Masters Short Course



Masters Long Course

be the Saturday night "Do" which promises to be a really good event; it will start with a hot meal, which will be followed by the presentation of all the prizes and then you can degenerate with a Rock 'n Roll band and Jennings beer for the rest of the night !

If you really don't fancy running then come along to give your support at the races - it makes a huge difference to have a multitude of people urging you on !!

If you would like to help us with this major event then there are various ways you could lend a hand - the Local Organising Committee have done a great job to date but will need help on the actual weekend.

If you prefer to help on the course then contact Chris Knox at chrisknox2@compuserve.com or if you'd be happier with registration/reception then contact Lyn Thompson at lynt@barfside.fsnet.co.uk

We would be very grateful for your assistance.

Whatever you choose to do - don't miss what is potentially one of the best weekends of 2005.

THE INSURANCE ISSUE

from Alan Brentnall

INSURANCE, n. An ingenious modern game of chance in which the player is permitted to enjoy the comfortable conviction that he is beating the man who keeps the table. Ambrose Bierce (1842 - 1914)

I have been asked to write an article on "The Insurance Issue", as objectively as I can, so that our readers and members can understand what on earth has happened to our sport in the last two or three months of 2004. This is easier said than done, as there probably isn't anybody in the country who really knows all the answers but, at least, I can give you my version of events.

GOVERNING BODIES

But, first, a little bit of background. Looking back through the short, but colourful, history of the FRA, it is impossible to disentangle the subject of Insurance from that of Governing Bodies.

Insurance first crops up as one of the results of the FRA negotiating a seat at the AAA table back in the early-to-mid 1980s. I say "early-to-mid" because it did actually take almost half a decade for the FRA's negotiators to achieve AAA affiliation and governing-body status and some of the changes which were needed to gain AAA agreement (including insurance) caused just as much argument then as anything that you will see in "The Fellrunner" today.

Prior to 1985, you see, there was no national (with a small "n") insurance – a race organiser (or, more likely a gala committee) might sort something out but I'd lay money that most races were uninsured. And why not? – in those days it was never seen as necessary.

However, this new insurance was seen by many as part of the bureaucratisation of a sport where rules and regulations had, up until then, been very few. But having just decided to go shoulder-to-shoulder with other parts of athletics where rules are not kept in lists, but in volumes, it came, it stayed and we all, eventually, got used to it.

In the early nineties, British Athletics was reorganised, the British Athletics Federation was created and by 1992 its Fell and Hill Running Commission was formed. This became the Fell and Hill Running Policy and Support Team, or PST, and, latterly, has been renamed yet again - the Mountain Running PST. However, I digress - some three years after the formation of the original PST, in 1995, the FRA insurance was replaced by the BAF Public Liability Insurance.

As you may be aware, BAF went bankrupt in 1999 and was replaced by a new body, UK Athletics, but the PST and the Insurance carried on unchanged. Unchanged, that is, until 2004...

FINANCIAL SERVICES ET AL

Meanwhile, outside athletics, other things had been happening. During the latter part of the twentieth century, many everyday things were being deregulated, all in the name of the new post-privatisation, market-driven economy. Some of these deregulated items were financial services and, as anybody with any sense could have foreseen, this ultimately led to some people being mis-sold (I think that's the polite term) mortgages, pensions and, you've guessed it, insurance.

The ultimate backlash to this sorry state of affairs came in 2000, when the Government passed the Financial Services Act and created the FSA to set about the re-regulation of financial services and, in 2001, the FSA announced that it would, from 14 January 2005, be regulating insurance: only FSA-regulated operatives would be able to sell or advise on insurance from that date onwards.

For reasons I cannot for the life of me understand, the effect that this would have on the way in which we handle our UK Athletics PL insurance was not communicated to the FRA until late 2004, almost three years after the original FSA announcement.

THE FIRST CHANGES

The first inklings of any changes in insurance matters were informal communications from the NoEAA (not UKA) and these came at and after the September 2004 (Shelf Moor) Committee Meeting.

Basically UKA was trying to avoid being seen to be selling insurance and, to that end, it proposed that it would automatically insure all official events of all its affiliated organisations through an umbrella policy, which was simply a benefit of membership.

However, this still created major problems for the FRA because (a) not all our race organisers were "affiliated organisations" and (b) these changes were going to take place on the policy renewal date – 1 November 2004, two months before our Calendar end.

MORE CHANGES

Shortly afterwards, on 29 September, UKA's Operations Director, Helen Jacobs, called a meeting which included representatives from NoEAA, Scottish Athletics, AA Wales and Northern Ireland AF. She also invited UKA insurance brokers Beddis Hobbs & Partners but entirely forgot to invite anybody from the FRA. (We only found out about the meeting from a third party, after it had happened.)

At this meeting it was decided that, at the same time as the changes for insurance regulation, there would also be a change in the way that UKA permits races. Minute 16 of that meeting states that "*Permits must be obtained from the Home Country / Territory in which the event takes place*".

To clarify:- previously the rules had stated that a race could be registered with any of the governing bodies. This new change meant that any races held in Northern Ireland, Scotland or Wales could no longer register with the FRA – and this rule would also be applied from 1st November 2004, two months before our Calendar end.

"What's this got to do with insurance?" I hear you ask. Nothing at all – it's all about levies and the differences in regional registration fees. It should be remembered that ever since affiliation to the AAA in the eighties, there had never been any levies applied by FRA fell race organisers on non-affiliated runners. Such levies would simply have come back to the FRA, anyway and, let's face it, there weren't that many non-affiliated runners who weren't FRA members either.

However, when the FRA came under BAF in the nineties, the other home countries had to somehow form their own fell running governing bodies and, for whatever reasons, this had been left to the regional AA, or equivalent, and these bodies were used to charging unaffiliated levies.

The old UKA rule gave the organiser a choice and the regional AA a bit of healthy competition – the new UKA rule gave the organiser no choice and the regional AA a new source of funds.

COMMUNICATION, AT LAST

Following this meeting, the FRA Chairman, Alan Barlow, was informally told of the outcome by the NoEAA and, on 11 October

2004, he attended a meeting at NoEAA with Dave Jones. At this meeting, it was made plain that, from 1st November 2004, there would be no possibility of the FRA permitting either non-English races, or races which were organised by bodies who were not affiliated to UKA.

As UKA's rules 400 and 403 specifically declare the FRA to be the permitting body for England and as the FRA wasn't invited to the meeting, the legality of Jacobs' meeting's decision is extremely questionable. However, the likelihood of getting the UKA to reverse its ruling within the time available was slim to say the least and therefore, unfortunately, there was nothing at all which could be done about non-English races at this point.

However, it would be possible for the FRA to permit races organised by non-affiliates if the FRA itself were to affiliate to the NoEAA and if all race organisers were to become members of the FRA. Seeing this as the only viable solution, the FRA was affiliated at that meeting.

Subsequently, the NoEAA informed the UKA's insurance brokers that:-

- The NoEAA will issue permits for fell & hill events through the FRA in the same way that our County Permit Officers do for other disciplines;
- The FRA Fixtures Secretary will be appointed as NoEAA Fell & Hill Permits Officer;
- All Fell & Hill races in England are promoted by the Fell Runners Association;
- The NoEAA will advise Midland Counties AA and South of England AA of this action and request that they reach a similar agreement with the FRA.

THE AFTERMATH

While the FRA was able, by virtue of its affiliation to the NoEAA, to rescue those English race organisers who would otherwise have lost their insurance, there wasn't anything that could be done about the Welsh, Scottish and Irish races. Margaret Chippendale, FRA's Fixtures Secretary, was given the unenviable task of contacting each and every race organiser whose races fell in the two black months after the 31st October 2004.

These races were either cancelled, or they had to re-register with their territorial organisation – always at extra cost. There were alternative strategies, however: the Scottish Hill Runners made investigations and took out an insurance policy for their members' races and this action was repeated by the Welsh Fell Runners Association.

OTHER OPTIONS

As I stated earlier, when it first arrived on the scene insurance was viewed with a certain amount of scepticism but it has, over the years, come to be seen as a necessity. While there has never, in the whole history of fell running in the UK, been a case where a claim has had to be made on a fell race organiser's public liability insurance policy, there is a growing feeling that it is just a matter of time.

Consequently, insurance is given an importance which, historically, it doesn't deserve and, because of this, Dave Jones, on behalf of the FRA has sought alternative sources. He has discussed proposals with all the likely providers, and supplied them with evidence of lack of claims, as well as details of our safety requirements.

Although, initially, the source of insurance used by SHR and WFR was thought to be a likely source, their quotations were based on much smaller numbers of races than the FRA envisage. Indeed, quotations for the FRA's proposals are astronomical, being three quarters of the amount which the UKA pays for ALL its disciplines. Because of this, it is difficult to believe that these quotations have been derived, objectively, from any assessment of the actuarial risks alone.

WHAT NEXT?

Fell running has many exponents, and (unlike some other branches of athletics) very little in the way of infrastructural costs. The former has, on many occasions, caused us to be the target of some very greedy eyes and the latter should be remembered whenever we read in some of the other athletics press that we, as fell runners, don't pay our way.

Obviously, the short term solution to our insurance issue is to maintain the status quo but what has gone on in 2004 is far from satisfactory and I think that the FRA would be very short sighted if it didn't view the whole affair as a warning of worse to come.

That the FRA needs its own source of insurance seems to be what this little lot is telling us. But is this really true? It seems ludicrous that we should hand over ALL our members' subscription cheques to an insurance company just to accomplish this. (For that is what our current quotations would amount to.)

But this problem doesn't apply to fell running alone. It is reassuring to see that some of our MPs are waking up to the fact that the only winners from our "compensation culture" society are, in fact, the insurance companies themselves.

Julian Brazier's "Promotion of Volunteering Bill" made very interesting reading.

Here is an excerpt (the full text can be obtained from <http://www.parliament.the-stationery-office.co.uk/pa/cm200304/cmbills/018/2004018.htm>)

"That this House welcomes the Promotion of Volunteering Bill to protect volunteers from unreasonable litigation, particularly in the areas of sport and adventure training; welcomes the concept of statement of inherent risk as a means to reintroduce the idea of informed consent and to acknowledge that accidents can happen without contributory negligence; deplores the increasing cost of liability insurance which threatens the viability of many sporting clubs and societies..."

While this bill was unsuccessful (as many private members' bills are) it did receive a lot of cross-party support and I don't think that this will be the last we hear of the idea that volunteers are actually responsible for their own actions - and this should apply to fell running in exactly the same way as it might apply to, say, mountaineering.

Society is daily being robbed of the experiences which we culturally need so that we can survive tomorrow's disasters and this is becoming more and more the case because the teachers and other givers of these experiences simply cannot afford the insurance.

Similarly, if we are not careful now, we will see fewer races in the future, as organisers realise what their real liability is. This isn't what fell runners themselves want and it isn't how it should be.

I look forward to reading all your contributions on the letters page, and, of course, on the web.



British Fell Relays 2004 Report

16th October - Hayfield

from Alan Brentnall & Dave Jones

As a result of a series of problems which arose in Scotland, Jon Broxap couldn't give us much notice that he would appreciate it if we could step into the breach and host the 2004 British Relays but there's nothing like a bit of pressure to stimulate the brain and with a combination of collective concentrated thought, some good luck and some very positive and co-operative organisations and individuals we managed to put the outline of an event on the drawing-board.

You can't have an event like the Relays without the two pre-requisites of a venue and routes and here we were most fortunate - the old reservoir site in Hayfield, situated as it is right under Kinder Scout with instant access onto the fell looked ideal. It was big enough to give us a self-contained event centre apart from the parking, it had superb views from the dam top and, hopefully, an "in and out" changeover on the dam slope. We tentatively approached United Utilities and, to our delight, were met with instant enthusiasm and generosity; they granted us free and full access to the whole site and gave us permission to make whatever fence alterations we needed to make suitable access for the starts and finishes of the legs and generally were amazingly helpful. Even when it proved impossible to use our original changeover on the dam slope it was Mike Griffiths and Matt of United Utilities who came up with the alternative which actually turned out to be better than our first option.

At the same time we worked out suitable routes and, with some trepidation, being fully aware of the sensitive nature of much of the area and the pressures it is already under, submitted them to the National Trust. Once again the reaction was heartwarmingly positive - Steve Trotter and Shane Bates were wholly in favour of the concept and despite being unable to give their approval to two short sections of the planned courses came back with two alternatives of their own devising, one of which was barely different from the original and the second of which actually improved one of the legs and made it much more arduous than we had intended - so those of you who cursed the precipitous descent and steep following climb halfway through Leg Two can now lay the blame firmly on the National Trust!!

Once we'd got the two main requirements sorted we set to work on all the other multitudinous bits and pieces which go to make up an event of this complexity and, doing wonders for our views on the kindness of human nature, we came across a delightful willingness to help virtually everywhere we turned - our thanks to them all can be found at the conclusion of this piece. As a result of this the event gradually took shape, all the things that needed

booking were booked, all the jobs that needed doing were done and all the tasks that would be needed on the day were rehearsed (with the exception of the Mass Start!!*!\$!) until we were fairly sure that things would go as planned and Saturday 16th October drew inexorably closer!!

After a night of howling gales and torrential rain which left us wondering if there would be anything left of Kinder Scout let alone our carefully marked-out courses, the actual day of the event proved to be almost ideal - a little claggy and damp to start but rapidly improving until by midday the sun was actually appearing and spectators could wander comfortably onto the top of the dam to see what was going on.

Just to show that you can't plan for everything a unilateral decision was taken by the lady runners (obviously not as emancipated a bunch as we had assumed!) that our warm and cosy unisex changing tent wasn't acceptable, so they promptly turned the refreshment tent into a separate ladies-only establishment - there's a moral here for future organisers!!

Judging by the feedback we've had from competitors and spectators the venue and courses were very popular and certainly the amphitheatre-like setting of the Kinder Reservoir site with all the facilities, including Elaine Doherty and Dave Ambler's very popular pre and post-race massage service, situated on the one field right next to the changeovers, coupled with the fact that all the legs were totally on the fell from the first step to the last made for a most pleasant and enthusiastic atmosphere with good viewing for spectators and participants alike.

The details of who did what can be seen from the results at the end of this article, courtesy of Graham Fecitt, but in every category the positions swapped around to make things very competitive with clubs moving merrily up and down the table and with Dark Peak coming out on top by the slender margin of two minutes ten seconds after nearly four hours of racing. In every one of the three categories it was the Navigation Leg (3) which made the difference and put the eventual winners in a leading position which their Leg Four runners managed to maintain - a careful look at the tables to work out what happened on Leg Three makes it very obvious how crucial good navigation is to an event of this type and how much some clubs need to develop their skills in this area.

Although by 2.15 p.m. the majority of clubs were well into the final leg - Simon Bailey's spirited blast up the steep start of Leg Four in pursuit of Tim Austin being particularly notable - the tribulations of some runners on the Navigation Leg meant that there were still a few Leg Four runners waiting for them, so we decided on a mass start at 2.30 p.m. so as not to protract the proceedings too much and to ensure that nearly everyone would be back in time for the Prizegiving in the Royal at 5.00 p.m.

The Prizegiving itself was packed, cheerful and appreciative and a number of runners stayed on, as hoped, for an evening's chat, drinking and rock 'n roll. Prominent among these were the very satisfied, ebullient and extrovert members of Clayton-le-Moors, who certainly had a good time and were still there when we left at nearly 1.00 a.m.

No event of this size can succeed without being a team effort and in this regard we were very fortunate indeed and there are some acknowledgements we would like to give :-

Firstly we would like to extend our very sincere thanks to all the members of Pennine Fellrunners, Knott Fellrunners, Pennine Offshoots, friends, wives and associates who formed our team of helpers. Whatever your tasks, either on the day, before it, after it or all three you were superb. Everyone fulfilled their responsibilities



The start of Leg One of the 2004 British Relay
(Photo Andrew Mason)

admirably and coped with any glitches on the day with efficiency and good humour. Our thanks to you all - we couldn't have run the event without you.

There are other people and organisations to whom we are most grateful - to Richard Day for acting as Controller, casting an appraising and constructive eye on our plans and checking out the routes on one of the most atrocious days it's possible to imagine; to United Utilities, who were generous enough to grant us access to the reservoir site free of charge and so provided us with a first-rate venue; to Mrs Eva Hodgson, who not only kept everyone well fed during the day but was also kind enough to allow us the use of her grazing land for the event field and the run-ins on both sides of the dam; to Mrs Liz Hodgson, who provided us with the essential space on her land for car-parking; to the National Trust, whose positive and helpful attitude to the event from the start enabled us to provide routes which were both challenging and fun (we hope!); to Edmund Bradbury and Simon Burford, the farmers whose land was crossed by some of the routes, for their permission to go where we did; to LightTech for their generous loan of all the heavy-duty cabling, etc. which enabled us to run the P.A.system and the Results service (very efficiently provided by Graham Fecitt) and finally to the Kinder Mountain Rescue Team, who provided most efficient emergency cover and first-aid.

While on the subject of first-aid and injuries - we suffered a 2.1% injury rate; ten runners were treated back at the Event Centre for a variety of minor injuries and four people had to be taken off the hill, one of whom was taken to hospital but happily proved to be OK, more or less.

Our final, heartfelt thanks go to all the runners for the admirable example they set of sportsmanship, good humour and consideration - the Hayfield residents were full of praise for fellrunners and their sport afterwards and there wasn't a speck of litter anywhere.

Well done and we hope you all enjoyed yourselves - we did and the experience, although not one we would wish to repeat too soon, was most rewarding, not least because of all the goodwill and cheerfulness the event engendered.

Congratulations to Dark Peak (twice) and Clayton and over to the Scots for next year.

British Fell Relays Final Results

(first ten in each category - complete results are available on the FRA Website)

Open Team Results

(nn) is team position after the appropriate stage.

1 Dark Peak	3:51:36
1 Andrew Middleditch (12)	46:47
2 Phil Winskill/Olli Johnson (3)	1:11:02
3 Alan Ward/Mark Hayman (1)	1:10:23
4 Tim Austin (1)	43:24
2 Mercia	3:53:46
1 Tim Davies (1)	42:56
2 Tim Werrett/Mike Bouldstridge (1)	1:11:15
3 Pete Vale/Rob Little (2)	1:16:48
4 Simon Bailey (2)	42:47
3 Pudsey & Bramley	3:56:45
1 Danny Hope (5)	45:39
2 Gary Devine/Jon Hennigan (2)	1:08:39
3 Paul Sheard/Steve Bottomley (3)	1:17:27
4 Rob Hope (3) 4	5:00
4 Ambleside	4:10:50
1 S Stainer (4)	45:27
2 T Smith/C Waters (4)	1:13:20
3 I Mulvey/D Golding (4)	1:22:05
4 G Thorpe (4)	49:58
5 Clayton Le Moors Vets	4:12:16
1 Mark Aspinall (20)	49:13
2 Ian Greenwood/Garry Wilkinson (12)	1:15:44
3 Mick Wallis/Andrew Black (5)	1:17:52
4 Mark Brown (5)	49:27
6 Horwich R M I Vets	4:13:47
1 Paul Muller (44)	52:57
2 Steve Barlow/Kev Gaskell (23)	1:18:05
3 Mark Seddon/Tony Hesketh (6)	1:14:01
4 Steve Jackson (6)	48:44
7 Calder Valley	4:17:46
1 Karl Gray (13)	46:50
2 Andy Clarke/Richard Greenwood (11)	1:18:02
3 Bill Johnson/Dave Beels (9)	1:24:14
4 Adam Breaks (7)	48:40
8 Bowland 4:18:24	
1 Sean Bolland (11)	46:31
2 Chris Reade/Lee Passco (22)	1:24:17
3 Quentin Harding/Mark Chippendale (8)	1:17:19
4 Steve Sweeney (8)	50:17
9 Horwich R M I Harriers	4:18:46
1 Darren Key (10)	46:11
2 Chris Heys/Andrew Porter (20)	1:22:21
3 Brendan Bolland/James Logue (7)	1:18:37
4 Neil Wrigley (9)	51:37
10 Dark Peak Vets	4:19:19
1 Andy Dickenson (27)	50:37
2 Gavin Williams/Keith Holmes (25)	1:20:47
3 Steve Bell/Tim Tett (11)	1:19:20
4 Kevin Lilly (10)	48:35

British Fell Relays

Vets Team Results

1 Clayton Le Moors Vets	4:12:16
1 Mark Aspinall (5) 49:13	
2 Ian Greenwood/Garry Wilkinson (3)	1:15:44
3 Mick Wallis/Andrew Black (1)	1:17:52
4 Mark Brown (1)	49:27
2 Horwich R M I Vets	4:13:47
1 Paul Muller (12)	52:57
2 Steve Barlow/Kev Gaskell (6)	1:18:05
3 Mark Seddon/Tony Hesketh (2)	1:14:01
4 Steve Jackson (2)	48:44
3 Dark Peak Vets	4:19:19
1 Andy Dickenson (7)	50:37
2 Gavin Williams/Keith Holmes (7)	1:20:47
3 Steve Bell/Tim Tett (3)	1:19:20
4 Kevin Lilly (3)	48:35
4 Pennine Vets	4:22:41
1 Graham Macneil (6)	50:17
2 Tom McGaff/Colin Fray (5)	1:18:05
3 Andy Howie/Ian Warhurst (7)	1:28:12
4 Malcolm Fowler (4)	46:07

5 Kendal Vets	4:25:06
1 Craig Roberts (1)	46:04
2 Steve Varney/Mike Walsh (4)	1:22:11
3 Alan Miller/Phil Clark (5)	1:27:17
4 Phil Whiteing (5) 49:34	
6 Carnethy Vets	4:25:39
1 Stewart Whittle (3)	47:40
2 Adam Ward/Adrian Davis (2)	1:14:54
3 John Blair-Fish/Andy Spenceley (6)	1:33:12
4 Mark James (6)	49:53
7 Bowland Vets	4:30:05
1 Ali Welsh (15) 55:28	
2 Lee Dowthwaite/Clive Davis (9)	1:20:01
3 Leigh Warburton/Rob Wynne (4)	1:18:40
4 Terry Houston (7)	55:56
8 Eryri Vets	4:38:00
1 Jim Bennell (22)	59:27
2 Adam Haynes/Russell Owen (11)	1:17:27
3 Steve Jones/Trevor Jones (8)	1:25:24
4 Phil Tan Jones (8)	55:42
9 Clayton Le Moors Vets 'B'	4:39:28
1 Stephen Whitaker (8)	51:06
2 Mark Nutter/Peter Booth (10)	1:25:47
3 Peter Browning/Richard Bellaries (10)	1:28:09
4 Andrew Robinson (9)	54:26
10 Pudsey & Bramley Vets	4:40:22
1 Steve Woods (26) 1:00:04	
2 Brian Stevenson/Rob Glover (14)	1:19:35
3 Boff Whalley/Paul Stevenson (9)	1:25:16
4 Jon Hope (10)	55:27

British Fell Relays

Ladies Team Results

1 Dark Peak Ladies	4:51:27
1 Philippa Leach (8)	1:00:09
2 Lynn Bland/Lesley Atchison (5)	1:34:01
3 Helen Winskill/Jenny Whitehead (1)	1:22:25
4 Karen Davison (1)	54:52
2 Ilkley Ladies	5:10:31
1 Emma Barclay (5)	57:56
2 Andrea Priestley/Helen Sedgewick (1)	1:28:56
3 Alison Weston/Sally Malir (3)	1:43:25
4 Alison Eagle (2)	1:00:14
3 Keswick Ladies	5:15:46
1 Lou Sharp (1)	54:43
2 Jane Meeks/Lyn Thompson (2)	1:34:36
3 Angela Brand-Barker/Hilde Krynen (2)	1:38:56
4 Debbie Thompson (3)	1:07:31
4 Calder Valley Ladies	5:17:02
1 Jo Smith (9)	1:00:33
2 Celia Mills/Jackie Scarfe (10)	1:44:21
3 Sarah Noot/Anne Johnson (4)	1:37:58
4 Sally Newman (4)	54:10
5 Clayton Le Moors Ladies	5:27:13
1 Vanessa Peacock (4)	57:23
2 Candice Leah/Tracy Mitchell (6)	1:38:34
3 Wendy Dodds/Alison Smith (6)	1:47:55
4 Anna Kelly (5)	1:03:21
6 Eryri Ladies	5:27:34
1 Jackie Lee (3)	55:54
2 Ellie Salisbury/Tash Fellows (7)	1:46:28
3 Ruth Metcalf/Sue Hughes (5)	1:40:43
4 Victoria Musgrove (6)	1:04:29
7 Pennine Ladies	5:46:57
1 Jane Mellor (7)	59:02
2 Naomi Greaves/Mary Edgerton (3)	1:30:33
3 Joanna Dunn/Elaine Rose (7)	2:07:18
4 Rachel Lyons (7)	1:10:04
8 Horwich R M I Ladies	5:48:54
1 Sheila Norris (12)	1:08:14
2 Suzanne Budgett/Sue Jones (11)	1:41:37
3 Ros Murray/Geraldine Walkington (9)	1:54:29
4 Mary White (8)	1:04:34
9 Helm Hill Ladies	5:53:55
1 Jennifer Dunn (6)	58:27
2 Jayne Rigby/Shaar Holard (13)	1:55:43
3 Nicky Lavery/Jan McKenzie (8)	1:49:23
4 Ruth Nelson (9)	1:10:22
10 Newcastle Ladies	5:57:09
1 Tricia Sloan (2)	54:58
2 Alwynne Shannon/Anne Sandford (4)	1:36:19
3 Martina Hawkins/Sinead Murphy (11)	2:21:32
4 Kerry Harty (10)	1:04:20

British Mountain Running Relay Championship 2005

Alva, near Stirling, Scotland - 16th October

from Mark Johnston

This year's relay returns to the Clackmannanshire Hillfoots town of Alva, which was the venue for the 1999 event.

Once again the courses will climb steeply out of the town, up onto the Ochil Hills, which enjoy panoramic views south over the whole of Central Scotland and north to the Southern Highlands and the four big Bens; Lomond, Lui, More and Lawers.

The event in 1999 was very well received by all those who took part. The comments below from some of the competitors speak for themselves...

"The organisation, with attention to detail, was excellent. You made excellent use of the area."

"Every aspect of the day was superb; the courses, the venue, the organisation...and particularly the weather. Several Yorkshiremen and women were enchanted by their first encounter with the Ochil Hills"

"I was greatly impressed with the friendliness and professionalism of all the marshals out on the course."

We will be working hard to ensure that this year's event will prove to be just as successful. The routes will cover new areas, as well as some of the ground covered in 1999, all of which reflect the superb variety of running which is to be found in the Ochils. The first two legs will be slightly shorter solo legs, with the tough gradients and mixed terrain on leg 1 contrasting with the faster running to be found on Leg 2. Leg 3 will be the navigation leg, and Leg 4 the longer pairs' leg which is planned to incorporate the classic climb up 'The Law', a pyramidal peak which towers over Tillicoultry Glen, and run over the highest summit of the Ochil Hills, Ben Cleuch which rises to 2300ft above Alva.

We can't make any promises about the weather though, but everyone knows it's always sunny in Scotland during mid-October! And *no* midges!

There is plentiful accommodation nearby with three local campsites (special opening to be negotiated). With the event taking place on the Sunday, we'd encourage as many folk as possible to come a day early to recce a leg or explore the waterfalls and gorges in the Ochil Glens. Enjoy the Ochils at a leisurely pace before the racing begins!

Full event details and entry form will appear in the June edition of "The Fellrunner".

Please contact event organiser (Mark Johnston - Tel : 01506 670184 or email : info@shr.uk.com) if you have any queries about the event in the meantime.

New fell races in Wales

from Yiannis Tridimas

I would like to highlight two new race series, recent additions to fell racing in Wales.

The first is the Meirionnydd series organised by Graeme Stringer with three races: Roebell Fawr, Tarren Hendre and Aran. The Aran race is the longest in the series and takes in the whole Aran ridge to the summit of Aran Fawddwy, which at 907m is the highest hill in Wales outside Snowdonia proper. An excellent race with superb views all round, weather permitting. Route finding is easy as there is a fence almost all the way to the top.

All three races start from idyllic surroundings. Perhaps the Roebell Fawr start at the beautiful hillside village of Llanfachreth comes tops of the three. The Tarren Hendre race climbs steeply to the top and then ramps to the finish over a longer distance – a fast descent that can produce breakneck speeds.

The second is the Rhinog series, based in the picturesque Welsh coast town of Llanbedr, is organised by Brian Macdonald. It consists of three races: Moelfre, Y Llethr and the Rhinog horseshoe.

The Rhinog horseshoe is a 15-mile long race and is probably one of the toughest races in the calendar. For those who like a hard run, this is the one to do. It will more than meet any expectation.

Rhinog Fawr and Rhinog Fach stand side by side with a deep chasm, the Bwlch Drws Ardudwy, separating them. The race traverses both mountains. The descent from Rhinog Fawr, a mixture of rock and heather would make the path from Great Gable to Beck head appear easy.

Rhinog Fach, my hot favourite, is one of the nicest hills anywhere. Its top forms a small ridge of nearly a third of a mile long. The south end of the ridge drops precipitously down to Llyn Hywel, a bleak and dark wilderness. The north end overlooks Bwlch Drws Ardudwy and offers spectacular views of Rhinog Fawr.

The starting and finishing sections of the race are runnable and fast but the overall time is longer than that of comparable distance races.

The other two races do not visit the two main Rhinogs and although quite demanding, offer faster running.

I had the good fortune to run all of the races in both series and would like to recommend them to fellow fell runners. Both organisers and the many helpers went out of their way to do everything possible for an enjoyable day out by the competitors.

I have an emotional attachment to this part of Wales from my "Meirionnydd round", a challenge which I accomplished a few years ago. The route, a circle around the Meirionnydd district, visits Cadair Idris, the Rhinogs, the Arenigs and Aran. Cadair Idris has a well-established fell race. The Meirionnydd and Rhinog series have included most of the other hills. There is one Meirionnydd hill left out – Arenig Fawr, a large hill that dominates the area west of Bala. If anyone puts up a race there I will offer to share the work with them.

Those who have not visited the Meirionnydd hills before will find those races rewarding and worth the effort to get there. Friendly organisation and scenic surroundings will produce an unforgettable experience.

Payment options for Photographers

Tony Varley has made what I think is a good suggestion about payment for photographs. If people only submit, or have selected, a small number of photographs then quite often they're not that fussed about receiving any payment. Tony has suggested that in such cases the FRA will make a donation to the John Taylor Foundation instead, which seems an excellent idea. Hence if you would prefer the payment for your photos to be utilised in this way, please would you indicate the fact when you send them in to me and Tony will ensure the donation is made.

ENGLISH CHAMPIONSHIP RACES 2005.

Fiensdale Fell Race : AM : 9m/2600' : Saturday 19th March : 11.00 a.m.

Venue: This race starts from Fell Foot (G.R. 602442), 1.5 miles North West of Chipping, Lancashire.

Registration is at the race start and numbers will be issued on the day at registration.

Showers and changing facilities are available after the race in Chipping Village Hall.

Parking is very restricted and you may need to walk up to $\frac{3}{4}$ mile to the race start. It is essential that entrants share transport wherever possible. Additional parking is available in Chipping and is preferred, bearing in mind that the prizes will be presented in the village hall after the race. However, please allow time to make your way to the race start if you take this option. Chipping is about $1\frac{1}{2}$ miles from the start.

Entries for the race must reach the organiser no later than 12th March. Strictly no entries on the day. Entrants can receive confirmation of entry, if required, by phoning the organiser or providing an e-mail address for a response.

Course Description. The start is at GR602442 1.5 miles N.W. of Chipping, Lancashire. The race starts on the road, climbing for 400yds and joining the fell at Fell Foot. The route then climbs steeply in a northerly direction over open fell, joining a path that leads to a fence wall junction (CP1) GR596456. From (CP1) the route climbs steadily in a northerly direction initially following the wall for 400yds when the path forks to the right and continues to climb steadily until a small stream is crossed, from here the route crosses peat and heather to a fence junction (CP2) GR608473. Some runners take a direct line through the heather whilst others prefer to run directly north to the boundary fence and follow the fence to (CP2). From (CP2) there are two main route choices. Traditionally the route has descended in a northerly direction over Brown Berry Plain to the left of Bleadale Well and through heather to Bleadale. Alternatively some runners prefer to pick up a faint path 400yds to the east of (CP2) which becomes more distinct as it descends into the valley to the right of the stream. Once in the valley bottom a good path is followed before crossing Langden Brook to Langden Castle (CP3) GR606503. From Langden Castle the route follows a good path in a westerly direction before crossing Langden Brook and climbing Fiensdale Nab and on to Fiensdale Head. Cross the fence and head in a southerly direction, descending gradually at first then steeply across heather and rough grass to (CP4) GR586477 a sheepfold. From CP4 the route is flagged to follow the wall then the fence to a stile at the fence corner GR586473. The route then climbs to (CP5) Paddy's Pole GR591468. From Paddy's Pole the route follows a distinct path in a southerly direction, initially descending to meet and follow a wall then fence climbing gradually to (CP6) Parlick GR596450. The steep descent to the finish from Parlick will be flagged.

The route traverses a mixture of paths, peat, heather and rough grassland. The absence of paths over significant portions of the route, combined with the remoteness of the area, makes this race not only a test of physical fitness but also of navigational skill particularly in poor visibility. Anyone unfamiliar with the Bowland Fells will be in for a treat as the route gives a taste of the charm of this remote area of open fell and moorland.

Recommended map for the route is 'Outdoor Leisure' 41, 1:25000

Records:

Male : Mark Kinch : 1999 : 1:14:33

Female : Sarah Rowell : 1999 : 1:30:02

Last years' results:

Senior Male : Richard Thomas (Eryri) : 1:28:37

Vet 40 : Leigh Warburton (Bowland) : 1:32:28

Vet 50 : John Hope (Achille Ratti) : 1:39:13

Vet 60 : Tony Peacock (Clayton) : 1:52:00

Lady : Natasha Fellows (Eryri) : 1:51:19
Lady V40 : Karen Taylor (Rossendale) : 1:56:55

Prizes will be presented at Chipping Village hall about 2.00 p.m. There will be a bar and food available. A perfect opportunity to recover, sampling locally produced pies with mushy peas, served by the lovely ladies of Bowland Fell Runners at a small additional cost - the pies and beer, not the ladies!!!

There are numerous prizes and all categories are recognised. This race is also the second race in the 'Mad March Hare' series, which started last year and includes The Bleasdale Circle Race and The Half Tour of Pendle as well as the Fiensdale. Three very popular local races kindly sponsored by 'The Sweat Shop'.

For local accommodation please see the Forest of Bowland web site : www.forrestofbowland.com

Try Horns Inn at Goosnargh (Hotel & Camping) or The Corporation Arms, Nr. Longridge. There is also a camping barn at Chipping and a number of guest house and hotels in the area. Beware! Some of the hotels are of the exclusive variety.

For further details or information please contact Andrew or Pam Farmer on 01772 783285 between 6.00pm and 8.00pm weekdays or anytime at weekend. Alternatively e-mail chaigley59@aol.com.

Buttermere Sailbeck Horseshoe Fell Race : AM : 9.4m/4650' : Sunday 8th May : 1.00 p.m.

If you like a fell race with loads of uphill, loads of fast running and no rough stuff you'll love Sailbeck. It is without doubt one of the best medium races that you will do!

Registration is in the field behind the Bridge Hotel, Buttermere at GR175169.

No changing or showers. Toilets on National Trust car park. Voucher for tea and sandwiches at cafe. Parking is on field by the Bridge and is very tight - please car share.

Pre entry only by April 30th.

Course: OS Outdoor Leisure 4 North Western Lakes or Harvey Lakeland West - see note for Wasdale!

Start :	Buttermere Village :	GR 176170
	CP1 Ard Crag	GR 207198
	CP2 Rigg Beck	GR 228203
	CP3 Causey Pike	GR 219209
	CP4 Eel Crag	GR 193204
	CP5 Whiteless Pike	GR 181190
Finish :	Buttermere Village :	GR 176171

The race starts with about 2 minutes of uphill on the road to Keswick but you are soon off this and onto a narrow path (bad to pass on) which follows the line of Sailbeck just below the road. After crossing Swinside Gill it's a steady grassy climb up onto Knott Rigg followed by a fast undulating ridge run onto the first checkpoint at Ard Crag. As you are running along the ridge the whole of the second part of the course can be seen just by looking over to your left - that is assuming there is no mist!

It's a fast descent off Ard Crag, steep at first then becoming more gradual as you cross over Rigg Beck and down the path to CP2. This section down to Rigg Beck is slightly different to when the race was last a Championship race.

As you turn sharp left to begin the climb of Causey Pike the view that you are greeted with is not unlike the view of the Matterhorn from a Zermatt Hotel window - well maybe not quite but it's still very impressive!

The first part of the climb is through the new bracken shoots which is ok but you are soon in knee deep heather: there is a small trod up through the heather though it's pointless trying to explain where it is; you just need to know but it is definitely easier going (follow Scoffer- JB).

Once onto the ridge it's a steep rocky path up onto the summit of Causey Pike CP3. For those who thought that Causey Pike was the

end of the climbing it's another two miles and 700ft. of climbing until you reach the high point of Eel Crag CP4. The section from Causey to Eel Crag is on a good path and is easy to follow even if it's thick mist, even for a Pudsey and Bramley runner.

From Eel Crag to the finish it's all downhill, well not quite, there is a bit of uphill onto Whiteless Pike but it is not much. This bit from Eel Crag can be tricky in the mist but a simple compass bearing sorts this problem out. This is something Mark Croasdale did not have a few years back when he ended up on Grasmoor throwing away the four minute lead that he had had on Eel Crag.

From Whiteless Pike it really is all downhill to the finish and if it's hot your feet will be burning by now but don't worry as there is a nice cool river to dip them into once back in the village.

Records: 1.27.15 Rob Jebb
1.49.31 Kate Beaty

(These records are for the new course)

2004 1st : 1.27.15 : Rob Jebb
2nd: 1.28.15 : Simon Booth
3rd : 1.33.40 : Phil Davies
Ladies 1st : 1.49.31 : Kate Beaty
2nd: 1.54.01 : Lou Sharp
3rd : 1.54.15 : Nic Davies

Prizegiving on start and finish field, usually around 3.30. No post race festivities but you have a choice of pubs.

Accommodation: This is the Lake District so there is plenty of choice - there are 2 hotels, several B&Bs, a Youth Hostel and Campsite in the village itself.

Tourist Information Centre: Moot Hall, Keswick-017687 72645.
Websites: www.golakes.co.uk or: www.c-f-r.org.uk

Aqua3 Edale Fell Race : AS : 5m/1400' : Sunday 12th June : 11.00 (Ladies); 12.30 (Men).

Registration: The race takes place in Edale, Peak District, with registration in Edale Village Hall (Grid reference SK124853). The hall is alongside the main pay and display car park. Registration will be available from 9a.m.

Bag storage will be available in the hall as will limited changing and toilets. No showers are available. More toilets will be available on the main car park and on the Country Day field.

Maps: OS Outdoor Leisure Map 1, the Peak District-Dark Peak.

Refreshments: These will be available on the Showground as well as in the two pubs, two cafes and post office/general store which are a short walk.

Parking: This will be on fields close to the start and finish. A car park will be allocated specifically for runners and will be marked as such. Follow the signs as you come into the valley and park as directed. Please car share.

Entries: Entry will be available on the day but entries in advance would be appreciated. All entries must be on the official form which can be obtained from the organiser or downloaded from the race website : www.darkpeaksnpikes.co.uk

The race is held on Edale Country Day which is an annual event to raise funds for village organisations such as the Church, School and Village Hall. Entry to the Country Day field will be free to runners.

Course Description: The course will be the same as previous years although there will be changes to the first mile of the route to account for the number of runners.

The race starts on the main road that runs north alongside Edale's main car park. Follow the marked and marshalled route to open moor land at the foot of The Nab (Path Junction SK12258630). Follow the path which goes to the top of The Nab (SK12508660). From the top of The Nab the route will not be marked. The path is taken which goes towards Ringing Roger. However runners do not go to the top of Ringing Roger but are marshalled along a path which takes them into and then up Golden Clough. At the top of Golden Clough is a checkpoint (SK12558755). The next checkpoint is at the path/stream junction (SK10608755) followed shortly afterwards by another at the head of Grinds Brook Clough (SK10258725). The next is at the top of Grindslow Knoll. Runners must go to the stone pile at the top.

The final stage of the race is the descent of the Knoll and the run down the road to the finish on the showground.

There is some route choice in the section of the race onwards from the top of Golden Clough. This is deliberate on my part so don't be surprised if runners go a slightly different route to you. Recce the route if you want. If you are not sure where you are going stick to the path. The route will be taped at the bottom of Grindslow Knoll from Archer Gate (SK11658615) before it joins Peat Lane. This must be followed and runners must also go down Peat Lane. At the bottom of the lane where the Nags Head pub is turn right, and run along the road back to the showground.

Records:

Tim Austin : 37.42 (2004)	Karen Dalton (Davison) (1999)
2004 V40 : Dave Neil : 38.56	Sara Hodgson : 49.02
winners V45 : Dave Neil : 57.03	Thirza Hyde : 57.03
V50 : Dave Tait : 45.05	Hilary Bloor : 57.13
V55 : Dave Tait	Alexis Dinsmor : 62.03
V60 : Robbie Webster : 58.18	
V65 : Barry Thackery : 67.10	
V70 : Barry Thackery	

Prize Giving: As soon as possible after the men's finish

Sponsorship: Many thanks to Chartech International, publishers of Aqua3 maps.

Accommodation: Camping with showers is available at Fieldhead Campsite (Tel. 01433 670386) - a short walk from the start/finish. However, book early. Other campsites are available. If you want any further info on where to stay ring 01433 670003.

Contacts: Andy Jenkins, 3 Water Meadows, Hope Road, Edale, Hope Valley, S337ZF Tel : 01433 670003 Mob : 07947 714470
Email : andy@darkpeaksnpikes.co.uk
Race Website : www.darkpeaksnpikes.co.uk

If anybody wants a training run over the course give Andy a call

Wasdale Fell Race : AL : 21m/9000' : Saturday 9th July : 11.00 a.m.

The Wasdale is without doubt one of the best in the book, not only is it arguably the hardest it is also the most scenic - the view as you drive up to Wasdale Head is worth the entry fee alone. I think it was Wordsworth who said that every fellrunner should do at least one Wasdale in their careers, something like that anyhow.

Registration is in a tent just beyond the National Trust car park on the track towards Brackenclough G.R.184073.

Parking is limited to the National Trust car park so please car share.

Start is on the track by Brackenclough; the finish is into the tent that you registered in. No changing facilities or showers - river very close by. Tea and cakes at finish.

Pre entry only - £6 by 25th June. Over 18. Limit of 250 so don't leave it late.

Course: Map - OS Outdoor Leisure 6 South Western and 4 North Western or Harveys Lakeland West. Harveys is the one to buy as it also has Ennerdale, Borrowdale, Langdale, Sailbeck and many others on the same map.

Start: Brackenclough	184073
CP1 Whin Rigg	151035
CP2 Seatallan	139084
CP3 Pillar	171121
CP4 Gt.Gable	211103
CP5 Esk Hause	235083
CP6 Scafell Pike	215072
CP7 Wall on Lingmell	193075
Finish	183075

Records: Billy Bland : 3.25.21 (awesome!)
Mari Todd : 4.22.10 (not bad also)

2004 Results	1. Phil Davies :	3.53.55
	2. A. Schofield :	3.54.18
	3. J. Blackett V40 :	3.55.01
Ladies	1. N. Davies :	5.08.35
	2. J. Lee :	5.09.25
	3. W. Dodds :	5.41.11

The race starts with a gentle climb up onto Illgill Head on the south side of Wastwater followed by a fast grassy run along the top

of the 'Screes' to the 1st CP at Whin Rigg. From here it is a grassy descent that gets steeper and steeper as you reach the valley bottom and the first of the flags that you must follow through to Greendale GR 143053. A word of warning here! Many a soul has gone too fast from Whin Rigg to Greendale and paid for it later on - you have been WARNED! There then follows a long slog up Seatallan CP2, first on a good path then knee deep grass. If your legs are tired here you are not in for a pleasant rest of the race! From Seatallan it is onto Pillar CP3. On a clear day this is a doddle, just drop into Pots of Ashness and head for the col between Red Pike and Scoat Fell. There is even a little trod most of the way - once its in the col it's the reverse of the Ennerdale route up onto Pillar. In the mist though it can be a nightmare - bearings and local knowledge useful - reccing needed! One year back in the twenties in a championship race even Billy Bland managed to get himself on the wrong side of Haycock, losing over 10 minutes - he did still win by over 10 minutes though.

Off Pillar to Black Sail it is straight forward. You then start to contour round Kirkfell, downhill at first but then it starts to climb upwards and before too long you'll be looking at the imposing sight of Great Gable. This is where the race really starts - it's hands on knees up Gable, not even Jebby will be running up Gable. Off Gable down the pitch path to Styhead - the reverse of what you slog up in the Borrowdale.

From Styhead to the finish is in my opinion what makes Wasdale the hardest of the Longs. In the Ennerdale the last six miles is mostly downhill on grass and if you were doing the Borrowdale or Duddon you would be finished by now but at Wasdale it's uphill for what seems like an age followed by a leg wobbling descent to the finish.

Styhead to Esk Hause CP5 is straight forward on a good path and from Esk Hause up to the highest point in England Scafell Pike CP6 just follow the crowds of folk either coming or going from the Pike.

It's all downhill now but care has to be taken in the mist as many a hope has been dashed by going down into Mickledore or down the main Brown Tongue path. The idea is to drop into Lingmell col then descending gradually contour under the rocks of Lingmell summit and hit the wide grassy path that takes you to the stile on the wall at CP7. It is then just half a mile of grassy downhill to the finish in the tent you registered in.

And that's the Wasdale. Good luck! Oh, and pray for a cool clear day, cloud base at about 4000ft. If it's boiling hot though the one good thing is you do go through plenty of becks and streams.

Prizegiving is usually about 4 o'clock by the tent. Usual categories but have been unusual in the past! No organised post race bash but many people who camp end up in the Wasdale Head.

Accommodation: Wide range available locally. Campsite right next to the start but also at Nether Wasdale close to The Screes. Many B&B's - Gosforth and Seascale are close and worth considering as options to the valley itself. Youth Hostels at Wasdale Hall and Eskdale (Lake District Booking Service 01539431117).

Tourist Information Office-Egremont 01946 820693
Workington 01900 606699

Websites: www.golakes.co.uk or: www.cfra.co.uk
Email: Richard@cfra.co.uk

Whittle Pike Fell Race : AS : 4.5m/1400' : Saturday 20th August : 1.00 p.m. (Ladies), 2.00 p.m. (Men).

Getting there -

Most people will come through Rawtenstall. Take the Bacup Road and just past the lights/shopping area of Waterfoot turn right up the no through road to Cowpe village.

You might come from Rochdale or Todmorden via Bacup. Head for Rawtenstall and just after the rocky/woody stretch known as The Glen about 3 miles west you will come into Waterfoot; turn left.

There are no facilities in Cowpe, apart from the Buck pub and the School hall we will use on race day. There is on street parking and on race day we will have off street parking.

There is a BP garage just out of Waterfoot, towards Rawtenstall and an Asda and filling station in Rawtenstall.

Reccies : I will organise a couple of runs nearer the summer. Watch the web site : www.whittlepike.co.uk

Route description : South Pennines map No. 21

This is from memory and some of the paths have migrated a bit over the years! The route will be flagged and marshalled on the day.

The race starts at Cowpe playing fields on the road (838207); run up the road about 200ms and turn right up a track towards the waterworks which bends and heads SW very slightly up hill to 839202.

At the top of the lane there are houses on your right and a five bar gate to your left. Go straight ahead and over the stile. There is a path which twists to the right and goes over a stream by a bush. Here turn sharply to your left and head steeply uphill. There is no path but you are heading towards the wall (838200).

Follow the path to the left of the wall, crossing a stream part way up until you come to a path and a five bar gate. Turn right through the gate and follow the track, again to the left of the wall. The path will level at 827204 and will shortly meet the quarry road coming in from your left and going down the hill to your right. Cross straight over and the path will curve round to your left and then begin to drop with an old tram way just up to your left and some quarry workings ahead of you. Turn right down a wide rutted track for 25 ms and then bear left/easterly across open moor land with tuft grasses. Ignore any footpaths on the map and there are often none on the ground. Stay high/contour and you will pick up a path as it gets very boggy near a wall corner. Here bisect the corner and head down hill, again no path, crossing a broken down wall until you hit a good path. Turn right and follow down to the footbridge at 817199. Cross the bridge and turn sharply uphill following what is now a real path.

As the hill crests and 25 ms before the wall cut across to your left and cross the stream, turning immediately right across a wall and then quickly left, another stream and head to the left of a slight ridge - there is a path. After a few hundred ms the path fades and it is all turks heads and you need to head up hill to your right, crossing a drain towards Whittle Pike on a bearing about 170. (I've never used a bearing.)

Whittle has a cross on top but even on a good day you can't see it until you are almost there. Ref. 824189

Turn back on yourself and follow the path on about 45 degrees down hill until you hit the culverted stream just above the reservoir. (This used to be an open walled stream for those with long memories.) Go right up the stream bed for 50ms and then steeply up hill to your left on a ridge, crossing the slight gully part way up and going gradually to your left. As the climb levels off you will see the wide track ahead. (Rossendale way.) On reaching the track go left for 50ms (829194).

Just before the path dips and turns left you will see a gully ahead of you with a rough path and a wall on the left side. (You may want to follow the path you were on for another 50ms to Waugh's Well and a drink.)

Follow this gully path for 50ms slightly uphill and it will steepen as it gets towards the quarry working and turns right up a rough shaly area. After a short little climb you will drop over the top onto a grassy area. Turn left and follow the path to the right of the wall for 500 - 600 ms, heading roughly north, dog legging at the end but continuing in the same direction.

Here you will rejoin the route up from the start. Retrace your steps.

In case you joined the route elsewhere than at the start here is the route to the finish. Carry straight on for a few yards onto a broad path. It will curve round to your right and after about 150ms you will come to a big wide quarry path at reference 831202

Cross diagonally to your right. (Do not turn right and into the quarries.) Go down hill south easterly with a wall on your left on a good runnable path, until you hit a five bar gate. Go through and immediately sharp left and follow to the right of the wall again down an increasingly steep descent, crossing a boggy stream. After another 150ms come away from the wall and head steeply downhill and to your right towards a bushy tree. Get onto the path just to the left of the tree and just before a small stream. Follow the path a few yards and you will see a fence to your left to the right of the back of some houses. Cross the stile here. You will see

a big wide track just ahead and to your left. Go down this for about 400ms and it will then turn right and drop onto the road in Cowpe. Turn left on the road and the finish is at the top of the first fields you come to on your left which have a wide car access path and a playing field/bmx bike track.

**Langdale Horseshoe Fell Race : AL : 14m/4000' :
Sat. 8th October : 11.00 a.m.**

A real Lakeland Classic which packs a bit of everything into its fourteen miles. Be prepared to go horribly wrong if your skills are not very good! Apologies for using Langdale again - our first choice was actually the Three Shires but Selwyn did not think he could cope with the parking - a wise decision given this year's deluge. Anyway it's roughly the same hills but you turn the other way off Blisco.

Registration is usually in the porch of the Old Dungeon Ghyll Hotel (GR280063) - leave yourself plenty of time as this race gets a big entry and parking can take some time. There's the warning again - try to car share or even walk/bike from the NDG car park. No changing or showers- river by/in? car park, toilets at hotel.

Pre-entry only - £5 by October 1st. Do it EARLY - this race fills up and there are definitely no late entries.

Course: OS Outdoor Leisure Sheets 6 or Harveys Lakeland West. Start on bridge 'in front' of ODG GR 280063.
CP1 : outflow of Stickle Tarn - may not be manned GR 287075
CP2 : Thunacar Knott GR 279079
CP3 : Esk Hause shelter GR 235082
CP4 : Bowfell summit GR 245064
CP5 : Long Top GR 248048
CP6 : Pike o'Blisco summit GR 271042
CP7 : Cattle Grid GR 289051
Finish : Field to left of ODG drive GR 286060

Sport-ident timing system is used for this race.

You start with a fast run out for a bit along the back of the wall on the horrible path that leads to the NDG but you climb steeply up the largely made path up to Stickle Tarn rather than going all the way to the NDG.

You run round Stickle Tarn anticlockwise and round the back of Pavey Ark then steeply up to Thunacar Knott, CP2 . This isn't the most obvious of tops if the visibility is poor - you wouldn't want to go wrong at only the second checkpoint would you?! Recce it.

From here you have a very long section all the way to Esk Hause, CP3, with a variety of route choices giving you bogs, grass, paths and rocks as you prefer. Most folk cross Martcrag Moor - beware if it's been raining - and climb through Black Craggs skirting round the back of Rossett Crag to Angle Tarn. From there you climb on the big path to Esk Hause. From Esk Hause you take a horrendously wet line under Esk Pike climbing up into Ore Gap and then taking the rocky path up onto Bowfell, CP4. The next bit, from Bowfell to the Crinkles, is also fairly straightforward, if a bit rocky on good paths, provided that you keep a sharp eye on your map so that you don't wander off on the wrong path. Those in the know traverse from Three Tarns to Long Top on the Eskdale side of the ridge but this can be tricky in mist. From the Crinkles to Pike o'Blisco ought to be straightforward as well and has some really good running but a surprising number of people have found themselves staring down into the west side of Wrynose Pass so keep an eye on your navigation equipment. Equally duplicitous can be the descent off Blisco itself, which can lead to finding yourself looking down onto the east side of Wrynose Pass, which would be a pity so close to the finish. What would also be a pity is if you lost concentration at the sight of the finish below you and you carried on tearing down the Redacre Gill path only to have to turn round and slog all the way back up to the last checkpoint on the cattle grid at the high point of the Blea Tarn road - a lot of people have done it, so think where you need to turn off!! From the cattle grid it's a few minutes downhill and you've done it!!

Record: 1.55.03 : Andy Styan, way,way back in 1977.
2.23.25 : Helen Diamantides 1992

2004 1st : Nick Sharp : 2.07.57
2nd : Gavin Bland : 2.13.07
3rd : Andrew Davies : V40 2.15.09
Ladies: 1st : Kate Beaty : 2.41.57
2nd : Ruth Metcalfe : 2.51.89
3rd : Sally Ward : 2.58.22

Prize giving outside the ODG usually about 3.30 - generous by any standards. Pasty and tea after race from the hotel.

Accommodation: This is the Lake District so you have a vast choice from the National Trust campsite to caravan parks, pubs, B&Bs, climbing club huts and all points in between.

Tourist Information Centres: Ambleside : 015493 32582
Grasmere : 015394 41533 Website : www.golakes.co.uk

BRITISH CHAMPIONSHIPS 2005

**Spelga Skyline : Northern Ireland : AL : 13m/6175' :
Saturday 2nd April : 11.00 a.m.**

Mourne Mountains, County Down. Entry £5 by 24th March
Registration, parking and toilets at Spelga Dam car park (GR 268 273).

Optional meal available at prizegiving - details on entry form.

Contact : Ian Taylor, 52 Blyadon Drive, Belfast, BT9 5JN.

Tel: 028 9028 0790 Email: ir.taylor@ntlworld.com

COURSE

Start & Finish: 268 274 Map: Mourne Country OSNI 1:25000

- 1: Butter Mountain 275 279
- 2: Road Crossing 280 278
- 3: Slieve Meelbeg 301 279
- 4: Slieve Muck 281 250
- 5: Road Crossing 271 253
- 7: Eagle Mountain 244 230
- 8: Pierce's Castle 234 239
- 6: Slieve Moughanmore 249 241
- 9: Rocky Mountain 233 258
- 10: Cock Mountain(north top) 253 268
- 11: Sheep Pen(taped route) 259 280
- 12: Spelga Mountain 265 280

INTRODUCTION

The race was previously a British Championship counter in 2002 and many Championship competitors will therefore be familiar

with the course or may know someone who is. The race is in the middle and western Mournes, starting from Spelga Dam about 8 miles south west of Newcastle. The course is varied and testing, climbing nine summits in total and unblemished by road. There are few paths but walls provide a navigational handrail for the middle section. The terrain is mostly grass and heather, but with heavier and softer going from Eagle to Cock mountain. Although the longest climb is about 1,200 feet there is 6,200 feet of climb in total.

COURSE DESCRIPTION

After the initial 450 foot climb up Butter Mountain a short descent leads to the first road crossing. A track is followed for a short distance before heading across the boggy valley above Foffany Dam to the climb up Meelbeg, which is the longest in the race.

Heading to Slieve Muck the established route is to contour to the east of Slieve Loughshannagh and to the west of Carn Mountain then join the wall up Muck. Note that the checkpoint is at the trig point 30 yards on the south side of the wall.

The wall indicates the general direction the whole way to Eagle Mountain although it is faster to follow its general direction rather than all its twists and turns. Head out to the north of the wall on Slieve Moughanmore as the checkpoint is at the summit cairn about 200m from the wall.

From Eagle there are a number of possible route choices both to Pierce's Castle, which is a granite outcrop rising out of the Castle

bog, and on to Rocky Mountain. The climb up Cock Mountain is around 1,000 feet and by this stage of the race may feel a lot longer. Note that there are two summits and the checkpoint is on the most northerly one.

The underfoot conditions turn grassy on the descent to the next checkpoint at a sheep pen above the 's' bend on the road at Spelga Pass. There will be a taped section which must be followed from a gate in the fence on the south side of the river at grid ref 259279. This will lead you across the river, up through the sheep pen and across the road.

The final climb of 750 feet is the steepest of the race. The checkpoint on the flat summit of Spelga Mountain will be beside a pond which is not marked on the map. After this it is just a pleasant half mile of grassy descent to the finish.

The course records are 2.21.23 Simon Booth and 2.53.32 Louise Sharp from 2002 which is the only time this extended version of the original Spelga Skyline course has been run. Conditions for the 2002 race were ideal and results are on the nimra website.

ACCOMMODATION

There are numerous B&Bs, guest houses and self catering cottages in the region. There is a Youth Hostel in Newcastle and a well appointed campsite at Tollymore Forest Park. Details are available from Tourist information offices:

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

Tollymore Campsite : Tel : 028 4372 2428
Newcastle YH : Tel : 028 4372 2133

Websites : www.kingdomsofdown.com
www.visitcoastofdown.com
E-mail : info@kingdomsofdown.com

TRAVEL

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

Also Dublin/Dun Laoghaire from Holyhead.

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

P&O : Tel : 0870 24 24 777	www.poirishsea.com
Stena : Tel : 08705 70 70 70	www.steneline.co.uk
Seacat : Tel : 08705 523 523	www.seacat.co.uk

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

MAP

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

PRIZEGIVING

This will be held at the regular venue for British Championship race prizegivings at the "Central Park" establishment in Newcastle where thirsts can be quenched and appetites satisfied! Details of the optional meal which can be ordered will be included on the entry form. Showers are available in the fitness suite of the Newcastle Centre on the Central Promenade for a small charge.

WEBSITE

www.nimra.org.uk

Moelwyn Three Peaks Race : AM : 10.5m/2800' : Saturday 23rd April : 2.00 p.m.

One of the most rugged mountain races with some of the best scenery in North Wales makes a welcome return as a British Championship counter for the first time since 1988. On that occasion Colin Donnelly at the peak of his form beat Shaun Livesey by less than twenty seconds in a time of 1 hour, 10 minutes and 48 seconds. The route covers the two main tops of Moelwyn Mawr and Moelwyn Bach with the smaller summit of Moel yr Hydd thrown in for good measure on the return to the

finish – all three are checkpoints. It passes through some of North Wales' oldest slate quarries and mines with many industrial ruins passed on route.

Registration at Ysgol-y-Moelwyn. Changing and toilets but no showers.

Start and finish from the Football Field, Ysgol-y-Moelwyn GR 695460. Course: Map OL Explorer 18 Snowdonia (Harlech).

Checkpoints :

Start :	Oakley Square School Field :	GR695460
CP1 :	Disused quarry :	GR665463
CP2 :	Moelwyn Mawr (2527') :	GR658448
CP3 :	Moelwyn Bach (2334') :	GR660437
CP4 :	Stwlan Dam :	GR665443
CP5 :	Moel Yr Hydd (2124') :	GR671454
CP6 :	Cwmorthin Lake :	GR676464
Finish :	Oakley Square School Field.	

All competitors must keep to the footpath and track between the start and CP1.

Care must be taken between CP2 and CP3 - Craigysgafn Ridge. After CP4 all competitors must cross the Stwlan Dam.

The race starts in the local school's football field in the old slate mining town of Blaenau Ffestiniog (GR 695460) from where, on a clear day, all the three main summits can be seen on the skyline (but it is well-known locally that clear days in Blaenau can be few and far between, so come prepared). A short road section soon leads via a footbridge over the Ffestiniog Railway and onto a footpath that contours under the cliffs of Craig Nyth y Gigfran ("Raven's Nest Crag") until it hits the quarry road above the village of Tan y Grisiau. The quarry road is followed north west past Cwmorthin Quarry and Llyn Cwmorthin before bearing south west up the first climb to the checkpoint amongst the quarry buildings on the col at Bwlch Cwmorthin (GR665462). From here the marshals will direct you due south, up two slate inclines and onto the open mountain near Rhosydd Quarry from where, if you're lucky, the summit of Moelwyn Mawr can be seen to the south east. After using the stile to cross the (electric!) fence on the right, the route makes a beeline for the summit ascending the north ridge until the summit is reached.

At 770 metres Moelwyn Mawr ("the big white bare hill") (GR 658449) is the highest point in the race. After rounding the trig point the route retraces its steps for 50 metres before bearing right and descending steeply to the rocky ridge of Craigysgafn which must be traversed to the col at Bwlch Stwlan (it's worth receiving this part as there are a number of alternative routes). From here the northern cliffs of Moelwyn Bach ("the little white bare hill") bar any direct route to the summit but there is an obvious path around the north eastern flank of the mountain that curves round at the top to approach the small rocky summit cairn (710m - GR 661438) from the east.

The route then heads back east to a small pool in the rocks from where a steep gully must be tackled before descending across grassy slopes to the checkpoint on the south end of the dam at Llyn Stwlan (GR 665444). After running the length of the dam there is a scramble through the rocks to the west of Craig Stwlan and across to the old quarry railway which leads to a gate through the electric fence (GR666453 near to the point marked as 566 metres on the OS 1:25000 map) and the last climb of Moel yr Hydd (648m GR 671454). From here it is a steep, slippery, tussocky descent back to Llyn Cwmorthin before retracing the outward route back through the quarry workings, under Craig Nyth y Gigfran and into the town and the finish.

Seventeen years ago, last time the race was a British Championship counter, the report in "The Fellrunner" described it as "a good course, excellent organisation and friendly atmosphere" – nothing's changed, it is still one of the best-loved races in the area.

Records :

1.14.39 : James McQueen 1.36.02 : Tracey Ambler : 2000.

2004 Results :

1.	Richard Thomas :	1.23.01
V40 :	Russell Owen :	1.26.56
V50 :	Malcolm Pickering :	1.34.34
V60 :	Donald Williams :	1.39.15
1st Lady :	Ruth Metcalfe :	1.43.39
LV40 :	Victoria Musgrove :	1.58.44

Prizegiving at Ysgol-y-Moelwyn for all usual categories dependent on entry.

Accommodation : This is Snowdonia so there is a plethora available.

Tourist Information Offices:

Blaenau Ffestiniog : Tel : 01766 830360

Email:tic.blaenau@eryri-npa.gov.uk

Betwys-y-Coed : Tel : 01690 710426

Email : tic.byc@eryri-npa.gov.uk

Websites : www.snowdonia-wales.net

www.gwynedd.gov.uk/tourism

Edale Country Fair - Sunday 12th June - See details in English Championships section above.

Culter Fell Horseshoe : AM : 11m/4900' : Saturday 25th June : 2.00 p.m.

Venue: The race takes place from the Crook Inn, Tweedsmuir, in the Scottish Borders. It is on the A701, about 16 miles north of Moffat (GR: NT112264).

Registration: Registration will be outside the Crook Inn. No changing facilities.

Parking: Parking will be in the field adjacent to the pub. There may be a charge for parking. Please park as directed.

No parking for runners in pub car park or on the road. Please car share as space is restricted.

Entry: Entry is on the day, please arrive in good time. Register between 12 and 1.30.

Course:

Start :	Burn corner near Crook Inn:	110264
Checkpoint 1:	Pass SW of Crook Head	100266
Checkpoint 2 :	Glenlood Hill Summit:	082282
Checkpoint 3 :	Chaplegill Hill Summit:	067303
Checkpoint 4:	Culter Fell Summit Trig point:	053291
Checkpoint 5 :	Coomb Hill Summit:	069264
Checkpoint 6:	Pass SW of Crook Head	100266
Finish :	Burn corner near Crook Inn:	110264

The Culter Race has been described as riding a roller coaster and hoping to get off eventually! It crosses two hill ranges and two valleys before ascending a third ridge and, just when you thought you were safe, the route brings you back across the same two ridges and valleys. There are some paths and tracks to follow en route but most of the terrain crossed is pathless heather, bog and grassland, and whilst the hill tops are gently rounded they are steep sided. All this makes navigation quite tricky in places. Take into account that you ascend almost 5000 feet in only 11 miles and you should realise this is one tough race.

From the start near the hotel, the route ascends steadily, initially on a path and then cross country beside a wall to the first checkpoint at the shallow col between Crook Head and Nether Oliver Dodd. After a fast grassy descent to cross the Kingledores Burn, you then climb, picking up some faint paths, to the fence and summit of Glenlood Hill (checkpoint 2). There are then various alternative route on the steep heathery descent to cross Holms Water and pass near Glenkirk farm, before you face the formidable task of climbing around 1500 feet in threequarters of a mile to reach the summit of Chaplegill (checkpoint 3). If hopefully you manage this, you will have completed half of the Chaplegill race, which is amongst the steepest races in Britain. But rather than turn round and plunge back towards the farm as competitors in that race do, you must gird the loins for, after a short gradual descent, there is yet another climb to the trig point on Culter Fell (checkpoint 4). At a shade under 750metres this is the highest point in the race.

Another fast descent on paths and tracks takes you to Holm Nick, from where you climb, mainly on paths, to Coomb Hill and checkpoint 5. The route then takes you steeply down through heather to ford the Kingledores Burn once again, before the final cross country climb back up to the col (checkpoint 6, the same as Checkpoint 1). Then it's a short fast descent back to the finish and the welcome sight of the Crook Inn.

Maps: OS Explorer 336, "Biggar and Broughton", or OS Landranger 72, "Upper Clyde Valley".

Records and results:

Male record : 1:43:18 : 1998 : S Booth

Female record: 1:59:16 : 1998 : A Mudge

2003 Results(No race in 2004)

1 : Ronnie Gallacher : 2.06.15 Lady : Gillian Godfree : 2.44.56

Prizegiving: This will be held inside the Crook Inn as soon as possible after the finish (approx 5.30). Usual prizes in individual categories and for teams.

Festivities: (none, sorry, apart from informal drinks and food available in the Crook Inn!)

Accommodation: Range of local B&Bs and hotels including the Crook Inn (www.crookinn.co.uk 01899 880272), details from Tourist Board, see below. Basic camping with no facilities available on request beside the Crook Inn, campsites in Biggar and Moffat.

Tourist Information Centre: Peebles 0870 608 0404,

email: info@scot-borders.co.uk

Websites:www.visitscottishborders.com

www.visitscotland.com

Contacts: Malcolm Patterson, 6 Nigel Gardens, Glasgow G41 3UQ. Tel: 0141 632 6986, e-mail: malpat3@ntlworld.com

Race details and any updates will be available on the club website: www.shettlestonharriers.org.uk

Wasdale - Saturday 9th July - See details in English Championships section above.

Pen Y Fan Race : AS : 3.5m/1700' : Sunday 31st July : 2.00 p.m.

Registration is from the car park in Cwm Llwh, 4 miles south west of Brecon GR006245. No changing or shower facilities but toilets.

Start and finish is up the track from car park at GR006235.

Entry on the day only - £3.50.

Course: OS Explorer 12 Brecon Beacons (West) Brecon

Before I start with a description of the course I have a warning for all competitors. If you turn up at registration and say you want to enter the "Penny-Fan" race you will be automatically given a five minute time penalty. The correct pronunciation is "Pen-uh-Van". I'm very sorry for this but along with people with fast cars who drive slowly; it would be an entry into my Room 101.

Now to the useful stuff. Race registration takes place at Cwm Llwh car park (006245). Competitors need to allow themselves enough time to register and then jog the kilometre along the obvious track to the start line (006235). The start is in a large field looking up towards Pen-y-Fan. The route heads straight up this field, keeping to the left of the trees and then merges with the Land Rover track after 200m. After about 800m the path narrows and a fence is crossed. Hopefully the land owner will be kind and let us open the gate. Once past the fence the hill steepens for a time before leveling off just below Llyn Cwm Llwh, the small lake. From here the path climbs diagonally up towards the Tommy Jones Obelisk (999218). If you are interested you can stop here and read the memorial inscription to the young boy that lost his life here over a hundred years ago. On the other hand you may have other things on your mind. The path now veers left and hugs the edge of the hillside until the craggy summit of Corn Du is reached (007213). From here the path drops down to the col and then climbs to the well worn summit of Pen-y-Fan (012217). The runners will then be directed off towards the North. After scrambling down the short rocky section the route then descends the steep grassy slope down towards Llyn Cwm Llwh. From the bottom of the slope runners cross an area of open ground before eventually meeting the path used on the outward leg and retracing their steps back to the finish. The section from the summit to the path will be marked by flags but runners are free to choose their own route. It may just be a legend but Keith Anderson is said to have gone from summit to finish in less than six minutes

Records:

30.00 : Keith Anderson : 1992 38.15 :

Tricia Calder/Clair Crofts : 1990.

Accommodation : Plenty in and around Brecon of all standards and types.

Tourist Information Centre: Brecon : Tel : 01874 622485

Email : brectic@powys.gov.uk

Website : www.brecon-beacons.com

CHAMPIONS' CHILDREN

by Bill Smith

The tradition of fell running parents raising their youngsters to compete in the sport has prevailed for many years among guide racers and a parallel can be found in the related sport of Cumberland and Westmorland wrestling. However, with the growth of amateur fell facing over the past twenty or thirty years, a like strain has gradually developed within this code and seven FRA champions have sired children who have achieved varying degrees of success in the sport, five of them now being full-grown: Dave Walker (Clayton), son of 1973 champion Harry Walker; Andrew and David Norman (Altrincham), sons of Jeff Norman (1974); William Styan (Holmfirth), son of Andy Styan (1979); and Matthew Whitfield (Bingley), son of the 1987 English champion, Bob Whitfield.

Those still competing as teenagers belong to Kenny and Pauline Stuart of Threlkeld and Mark Croasdale of Lancaster. Kenny was the (pre-BOFRA) Northern Sports Promoters' champion of both 1980 and '81, thereby terminating Fred Reeves' ten-year run of success, and, after being reinstated as an amateur in 1982, became the first man to win three FRA championships, 1983-84-85. His wife Pauline has also been a triple FRA champion, 1980-84-85, while Mark was both the British and English champion of 1993.

Kenny afterwards developed a successful but short-lived career as a road racer which was sadly terminated by allergy and virus problems. He has recently been competing again in some short Cumbrian fell faces like Kinniside, Latrigg, Ambleside Sports and Sedbergh Gala, though not on a serious basis, and he has no plans for a spectacular comeback. He also keeps fit following his local Blencathra foxhounds and is noted as a fine singer of hunting ballads. Of the proposed government ban on foxhunting with hounds, Kenny says: "We won't back down on this. It's no more cruel than other methods and much more effective in the fell country." Pauline no longer runs but cycles a lot. She recently had keyhole surgery to correct a knee problem but is still having trouble with it.

Sibling Rivalry

The Stuarts' eldest child Matthew (born 19.5.86) began competing in 1996 and two years later placed 2nd U14 at Coniston Gullies and 3rd at both Ambleside Sports and Hutton Roof. He achieved his first victory in 1999 at Cleator Moor Sports and made the first three placings regularly over the next few years, winning such events as the Latterbarrow Loop and Borrowdale

Shepherds' Meet. He came 3rd in the FRA's U12s championship in 1998 and 5th in the U14s two years later but hasn't raced since due to knee problems. He still keeps himself fit, however, with walking and cycling and some running and helps to control grey squirrels for the Lake District Planning Board. Matthew has now finished at college, where he was studying Game and Wildlife Management.

Emma Stuart (b. 14.1.88) began entering U12s races six years ago when she ran four of twelve BOFRA championship races – Coniston Gullies, Helm, Farleton Knott and Ambleside Sports – and won them all, finishing 8th out of 11 championship contenders. She has since run in other BOFRA races but has competed more regularly under FRA rules, winning its 2000 U12 girls' championship, placing 2nd in the 2002 U14s, 2nd in the 2003 U16s and then winning this age group last year. Also in 2004, she gained selection for the England team in the World Trophy in Italy, finishing 18th, and won an individual bronze and a team gold medal in the Home Counties International in October.

Says Emma: "Running in Italy was brilliant. I'd never been abroad before and certainly didn't expect to make the team. I was really nervous before the race and it was certainly the hardest event I'd ever done in such boiling temperatures, but the whole experience was amazing. I've got another three years to try to make the England team again, so hopefully I'll have another chance to travel somewhere different and improve on my 18th position."



The Stuart Family at the Three Shires 2004
Pauline, Rosie, Emma and Kenny
(Photo Bill Smith)

Rosie Stuart (b. 10.8.91) also began competing in occasional BOFRA U12s races like Ambleside and Grasmere (the latter now under FRA rules). In 2002, she took part in only three out of twelve championship events but still finished joint fourth with Gemma Crowther (Helm Hill Runners) out of ten contestants in the U12 girls' championship. Like Matthew and Emma, she then began to compete more regularly in FRA races and won the 2003 U12 girls' championship and last year placed a close 2nd to Blue Haywood (Lincoln) in the U14s, only two points adrift. Rosie also won a team gold medal for England in the 2004 Black Forest Teenager Games for 12 to 17-year-olds, placing 3rd overall. This was a splendid performance as Rosie was one of the smallest and youngest competitors there, though the uphill-only course suited her as she is a much better climber than descender. Her victorious team-mates were Danielle Walker (Burnley) in 4th position and Blue Haywood in 5th, while M. Kosovelj (Slovenia) was the individual winner, with her team-mate L. Krkoc taking 2nd place. Rosie was only 17 seconds behind the latter, and as these two girls placed 2nd and 3rd in the World Trophy, this performance underlines her tremendous potential.

Says Rosie: "I'm really looking forward to competing this season and my aims are to try to make the England team again for the Black Forest Games and the Home Counties International, especially as I had to pull out of last year's race on Latrigg due to the after-effects of a virus. I felt awful on the climb and my legs turned to jelly. It was so disappointing as I'd trained over the course quite a few times and it really suited me, especially the very steep ascent. The competition for England places will be even harder this year as some very fast girls like Amy McGivern (Holmfirth) are coming up from the U12s and my sister is also starting to train properly! In the long term I would like to run in the World Trophy and maybe even win like my Dad did."

Both girls had initially joined Keswick AC, for whom their parents had run, but as it didn't have many other juniors at that time, they transferred to Cumberland Fell Runners in 2002. However, due to the sterling efforts of Steve Fletcher in setting up a thriving junior section since then, Rosie and Emma have now returned to their local club and will be competing for them this season.

While Emma is equally good at climbing and descending, Rosie's skill as a climber far outweighs her descending ability, as noted above. They train three or four days

a week for around 20/25 minutes, usually alone if running from home. "If they trained together," grins Kenny, "they'd be squabbling all the time because of their rivalry." Living at the foot of Blencathra, they run on the grassy fell bottom but never on the road, and Kenny will sometimes take them for a run along the Glenderamackin river bank. "They don't do much heavy hill training," says Kenny, "but will occasionally do a little gym work and twice a week train with the Keswick AC juniors under the supervision of Steve Fletcher." Their cousin Jamie is also a highly-promising young fell runner and like them, he too moved from Keswick to CFR and back again for the same reasons. His father is Kenny's younger brother Duncan of Bram Crag Farm, St. Johns-in-the-Vale, a good fell runner himself and up to six years ago organiser of the Helvellyn and Two Riggs races, both of which are still run from his farm.

Fell Running Footballers

Mark Croasdale is a professional soldier in the Royal Marines with service in the Falklands, Ulster and Iraq to his credit. He became a member of the Marines' Biathlon team and proved so talented that he was regularly chosen to represent Great Britain in this discipline. In 2003, he returned from Iraq on Tuesday, May 6th, and four days later was placed 2nd in the Belmont Winter Hill race, going on to win the Clougha Pike and Hutton Roof Crag races over the following two weekends. He has lately been based at Arbroath but returned to Carlisle in January this year. He did little training while in Scotland and maintained his fitness with regular racing, concentrating on the road over the past two years but still producing quality performances in most fell races he contested. He turned 40 in January and has now settled down to some serious training, using the Skiddaw range for fell work, as he plans to contest the FRA 0/40 championship this year.

Mark's sons, Luke (b. 23.9.92) and Ryan (b. 26.9.94), began running in Devon six years ago when he was based at the Commando Training Centre Royal Marines near Exeter. He took them up to Grasmere Sports in August, 2000, where they got their first taste of competition in the U9s guides race, finishing 4th and 10th respectively. This was also the scene of their second race a year later when Luke won the U9s race and Ryan placed 3rd. They began competing more regularly in 2002 both in FRA and BOFRA events, though Grasmere remains their favourite venue, "because of its great tradition and because it's such a good day out," says Mark. Ryan won the U9s there in both 2002 and 2003 and finished 3rd in the U12s last year, Luke finishing 4th in the later category in 2002 and 2003 and beating his brother into 2nd place last August.

This was a reversal of their results at Ambleside Sports some three weeks earlier

when Ryan had come in 3rd, three places ahead of Luke. They also attained 3rd and 6th positions respectively in last year's BOFRA U12s championship, other outstanding results last season including Luke's 2nd place at Belmont and 4th at Clougha, both FRA races, and 3rd at Farleton Knott, 4th Kirkby-in-Furness, Hawskwick and Alva, and 5th at Kettlewell, all BOFRA events; while Ryan came 2nd at Wray and Clougha, under FRA rules, and emerged victorious at BOFRA's Hebden and Kilnsey, 2nd at Farleton Knott, 3rd Kirkby, Hawskwick, Cracoe and Alva, and 4th Coniston and Sedbergh. Both lads are equally adept at both climbing and descending, and, though quite comfortable on most steep English courses, were a little overawed on their first confrontation with the notorious Alva course in Scotland. However, says Mark, "Ryan says he hopes we go to Alva again this year as it was a good prize and that if he does well, he'll buy the Chinese meal that evening!"



Mark Croasdale with his sons Luke and Ryan at the 2004 Grasmere Sports (Photo Bill Smith)

Much as both lads enjoy fell racing, however, it takes second place to football for both of them. Ryan attends Preston North End's Centre of Excellence twice a week and plays midfield for them on Sundays, while Luke plays left and centre midfield for Non-League Lancaster City, whose senior team competes in the Nationwide Northern League, and also trains with them twice a week. The lads' fell racing is therefore run mainly off football training, save for the odd occasions when Mark is home at Lancaster and takes them for a run up Clougha Pike from the Birk Bank carpark.

This business of combing football with fell racing goes 'way back into professional running, incidentally, and one of the outstanding fell racers of the 1960s, Norman Beck of Skipton, used to play football throughout the season and then compete on the guides race circuit during

the summer, as did the champion guides racer of 1982/83/84, Mick Hawkins of Grassington, who has since become a highly-successful all-round international athlete with Bingley Harriers, specialising as a steeplechaser. (Mick's younger brother Steve was joint winner, with Steve Carr, of the 1986 BOFRA championship and following reinstatement became an outstanding amateur fell runner, also with Bingley Harriers, while a third brother, Graham, has continued to compete as a dedicated guides racer.)

It's quite possible that Ryan and Luke would have finished higher in last year's BOFRA championship had they not had to miss the final races of the season at Burnsall, Embsay and Wasdale due to their footballing commitments. They will be contesting both the BOFRA and FRA championships this season, though their football will again be taking priority over their fell racing when one clashes with the other. Of his younger son, Jacob, Mark says: "He'll be six this year, so I'll let him do a few BOFRA U9s races if I think they're okay. He's started doing a bit of football training and is keen to get going after watching his brothers. Luke is doing a lot more sport now he's started secondary school and he's in the school teams for rugby, cross-country and indoor athletics. Ryan is looking forward to the new season as the top lads will be moving up an age group, though he will still have Tom Doyle to contend with as Tom is one of the younger secondary school lads."

The boys also enjoy the fact that in BOFRA races they can get a bit of monetary reward for their efforts: "With Ryan it tends to burn a hole in his pocket and is usually spent before we get home," says Mark, "while Luke is the opposite and likes to save a bit. 2004 was a good year for both the lads and myself and we've all enjoyed our fell running, especially the BOFRA series – not just because we all achieved good results (Mark placed 2nd in the senior championship) but also because of the varied courses and relaxed atmosphere, which enable the rest of the family – Julie, Lauren and Jacob – to get out on the course to watch and support us."

In conclusion, we wish Luke and Ryan every success in both their sports, as of course we also do Rosie and Emma Stuart.

Note: Kenny and Pauline Stuart contributed two very interesting articles on their own racing and training to *The Fellrunner* for October, 2003 and February, 2004 respectively, while two good profiles of them can be found in Richard Askwith's book, *Feet in the Clouds*, and in the August, 2003 issue of *Northern Exposure*, the publication of the Northern Ireland Mountain Runners Association, written by athlete and coach Jim Johnston. Mark Croasdale was originally profiled in *The Fellrunner* for October, 1991, prior to his championship achievements, and, more recently, in Sarah Rowell's book, *Off-Road Running*.

Secretary's Corner

There has been the AGM and one meeting of the FRA Committee since the last issue of the *Fellrunner*. As you are also, no doubt, aware, there has also been an awful lot of work by committee members in the background. As I'm sure you'll appreciate, having to cope with some pretty major and unannounced changes in insurance and permitting procedures at this time of the year has given some of us quite a hefty workload. The result of all this activity is still far from perfect, but work is still in progress! Some details on the background should be found elsewhere in this magazine.

Here are some brief notes from these meetings. Further information can be obtained by contacting me direct.

ANNUAL GENERAL MEETING – KENDAL, Saturday 13 November 2004.

After the Chairman's and Secretary's Reports, we had a lengthy debate on recent changes which had been introduced in insurance and registration procedures by UK Athletics and how these changes had affected specific races, and the future ways in which the sport could be managed. Among other things, it was stated that the FRA was now officially affiliated to NoEAA, so that individual members could act as organisers of official events. The question was raised as to whether this new role for the FRA would increase our legal exposure in any way, and Sue Beconsall agreed to look into this with Morgan Williams, and report back to the Committee.

The only motions which were up for discussion concerned changes to our rules. The first was a Constitutional change which sought to clarify the role of our Website Officer, by calling him that, rather than "Press Officer". This was passed unanimously after very little discussion.

The second motion (after amendment) sought to change our Rules for Competition to incorporate the new UKA ruling regarding territorial restrictions, and also to ensure that the wording relating to charges did not look as though the FRA is selling insurance (which we most certainly are not). This motion did provoke a small amount of discussion, not least because some thought that the territorial issue was a retrograde step

which, in a way, limits our sport unnecessarily. None-the-less, it was agreed that there were no other options at this stage, and was carried unanimously.

The only officer not standing for re-election at this meeting was the Press Officer Bill Wayne, and the meeting thanked him for all his work over the years both in initiating and kindling our website (in the face of some pretty serious cynicism!!) and, of course, as the FRA's representative at the Midlands AA. The new officers, and their contact details, are all listed in your handbooks, on the website and at the front of this magazine. My only regret was that, as is often the case, there were very few volunteers to fill the Member Representative posts.

SOME NOTES FROM THE GENERAL DISCUSSION AT THE 2004 AGM

As usual, there was an informal discussion following the meeting. This is a good opportunity for any member to take up any fell running related issue with the committee, and, in the past, has been very productive in airing and, ultimately, solving problems.

This year's topics included the following.

Levies on unassociated runners, which are, unfortunately, a feature of registration via other territorial governing bodies, but have never been used for FRA-registered races.

The problems Dave Jones has met in seeking independently provided PL insurance for race organisers.

The advantages and disadvantages of a British fell running governing body.

The universally felt regret at losing so many Welsh, Irish and Scottish races from our Calendar.

I felt that this session, though rich in subject matter, was shorter, and less well attended than it maybe has been in recent years.

COMMITTEE MEETING – CHEADLE HULME, Saturday 4 December, 2004.

As is usual at the first committee meeting after the AGM, dates and venues for other meetings throughout the year were agreed, and the members of the various subcommittees were selected.

As you will see in your Handbooks, the FRA Welfare Policy is now complete and published. Also in your Handbooks you'll find your Access and Environmental Guidelines have been updated to include factors introduced by the Countryside Rights of Way (CRoW) Act.

Individual-only 5 year veteran categories (where appropriate) will be effective from January 2006. We are also to suggest that the PST introduce a Veteran 50 Team Award into the British Championship.

Following discussions between the FRA, UKA and the UKA's insurers, it was determined that while risk assessments are being sought in other branches of athletics, these risk assessments bear no relationship to the formal HASAW assessments we meet in our day jobs. Rather, they are a written record of risk determination and management, which could prove useful if litigation were to occur. An ad-hoc subcommittee has been created to look into the effectiveness and feasibility of the various models of risk management. This subcommittee will report back to the main committee later this year.

On the International front, a World Championship in New Zealand looks like stretching available resources considerably once again (especially two years after Alaska!!) and this provoked quite a discussion.

The meeting agreed to fund the Junior Training Weekend at the end of April, and it was also reported that we had received a donation from the Royal Bank of Scotland towards Junior development. Also on Junior matters, the meeting expressed its thanks to Chris Knox and Steve Fletcher for their work in organising the Open British & Irish Junior Home International last year in Keswick.

Organisers please note that it was confirmed that junior age reflects the age of the junior runner on 1st January of the year of the race, and that this applies to all races, and not only championship races. The full implications of this are to be considered by the FRA committee at a future meeting.

A subcommittee is to be formed to investigate the possibility of introducing higher levels for fell running specific coaching, hopefully from 2006.

ACCESS & ENVIRONMENT

FROM CHRIS KNOX

Green and pleasant land?

Well yes, mostly, apart from through most of last summer where grey clouds and torrential rain have often made it difficult to see, never mind enjoy, the scenery; although grey clouds do show off lightning to good effect - when it's not too close that is!

Now this winter is proving to be wetter than the summer was, as I write (8th January) disaster looms for the Eden Valley from Appleby right the way through to Carlisle. No lightning (yet) but around 18cm of continual rain on saturated ground, driven by gale force winds, has already knocked the electricity off to some 80,000 homes. Part of Keswick is an island as the river Greta flowed over Fitz Park and kept going straight through the properties on Crosthwaite Road and across the flood plain to the river Derwent and Bassenthwaite, fallen trees blocking other roads. Still had 'phone calls though asking if the Cumbria cross-country league was still on! It wasn't, even if we could have got there, parts of the course were under nearly a metre of water. Could this be another call to reinstate water meadows as part of our flood control?

I gather the river peaked at something like twelve feet over normal high level - which was bad, but pales into insignificance against the 30 to 40 foot Tsunami disaster around the Indian Ocean.....

Back home, on the green side, agricultural policy is reducing the number of sheep on the uplands for environmental benefits and cattle have been re-introduced in some areas to be a 'natural' control over the spread of bracken. Mind you if this is the case at the foot of Wansfell (Ambleside) it's not working very well as there is a sea of liquid mud where the recently restored footpath is supposed to start, beyond which the bracken is thriving. Speaking of which, the reduced sheep grazing should enable some of our other upland vegetation to thrive. In Cumbria a 'Flora of the Fells' project is in progress to record what plants we have, where and how much. I'll try to get an update on this for the next 'Fellrunner'.

The unpleasant bit may be the continuing saga of "hunting or no hunting" argued by so many ill-informed un-involved people on both sides of the debate. Love it, hate it or, like most of us, just possibly not that bothered about hunting one way or another, legislation seems determined to snuff more character out of the rural communities through which we compete. When the ban comes in (subject to appeals) on February 18th will we see a lot more guns out to control the fox population? Who knows!

Basic information on the new access rights

From one lot of legislation to another! As no doubt most of you will be aware the Countryside and Rights of Way Act (2000) [CRoW Act] is being implemented in parts of England. Five years of work and £30 million to give legislated access to "open" areas of Mountain, Moor, Heath and Down must be good, although I personally still feel it is a poor piece of legislation.

Open water is excluded as are coastal cliffs, I have been alerted to an area, not included in new access rights, that has already had closed/private signs put up despite currently being openly enjoyed by all. I think there will be lots of test cases coming up as implementation rolls out and is challenged.

The new access rights are being commenced by the Secretary of State on a regional basis, starting in the Southeast and the lower Northwest of England, where the rights came into force on 19th September 2004. Other areas are still being defined but should roll out from early 2005 when the new rights are expected to come into force in the rest of England.

Certain types of land will not be subject to the new access rights even if they qualify as open country or registered common land.

This includes buildings and livestock pens; land ploughed or drilled during the previous twelve months to grow crops or trees; quarries and other active mineral workings; land used as a golf course or race course and land where military byelaws apply.

What will we be able to do?

There will normally be a right of access on foot for open air recreation - this includes walking, bird watching, picnicking, running (yippee that's us!!) and climbing. This will include the right to walk dogs on access land - but between 1st March and 31st July, or at any time in the vicinity of livestock, the right requires dogs to be on a fixed lead of no more than two metres.

National restrictions will apply to the new access rights at all times. For example the CRoW Act does not include any rights to: ride a horse or bicycle, or drive a vehicle; *take part in organised games or commercial activities* (also us, which is why race organisers must confirm permission for their respective races); bathe in non-tidal water, or use boats there; hunt, fish or collect anything from the area including rocks or plants; camp or light fires. It is also possible for local restrictions to be imposed on the new rights where necessary.

The national restrictions and local restriction powers only apply to CRoW access rights. *They will not affect what people already do: by local tradition or tolerance; with express permission; on public rights of way such as footpaths and bridleways; or under any other existing rights or arrangements that apply locally.* Your local 'access authority' (the national park or highway authority) has special powers to help owners manage the new access rights. The Countryside Agency helpline has full details of these authorities if you are unsure about the one that applies for your area; www.countrysideaccess.gov.uk, or email openaccess@countryside.gov.uk or telephone 0845 100 3298.

Out of interest, Scotland took a much more holistic (and better?) approach to open access - see details of the Scottish Outdoor Access Code on www.snh.org.uk/soac. It does seem a little silly to have different rules within the UK, or is that just me?

Whatever, until aspects of the law have been tested in court, we won't really know how well this access will go.

Ramblers' Association

As a pressure group, it has always been about access for all and is best known for heading the fight for the public access along Britain's ancient footpaths. Without the positive action and suffering of the RA pioneers, it is doubtful whether we would have had access at all for most of our fell races, the push for more access continued into this century as 'Right to Roam'. In fact the RA were the main lobby group for the CRoW Act.

However the inclusive ethos in the origins of the RA has not always been reflected in its public image, with a popular, but debatable, view of ramblers being at least middle aged, white and middle class.

Yet despite the stereotype, the RA has apparently become a champion of racial integration, its ranks are being swelled by refugees eager to see more of their new country. The partnership seems to work well, the RA volunteers finding enthusiastic new walkers and the refugees a way to enjoy the UK without spending money they don't have!

'Walking Out Campaign' is the initiative that has started the partnership, run on a shoe-string budget, it targets groups not usually associated with rambling. Maybe its something the FRA should try, especially if it also helps to swell the number of younger runners in our ranks?

On another angle I hear that our National Park Volunteer Rangers

are going to be sidelined from their free guided walks and slide show presentations, apparently because they take the wrong people and it costs the Authority too much. The words nose, face, cutting, off and despite, come to mind, unless it's down to government interference that is.

Rambling Facts

- The Ramblers' Association has over 140,000 members
- About 38 million people in the UK walk for pleasure at least once a month
- Some 62% say walking is their main form of exercise
- An estimated 7 million visitors walk in the countryside every weekend

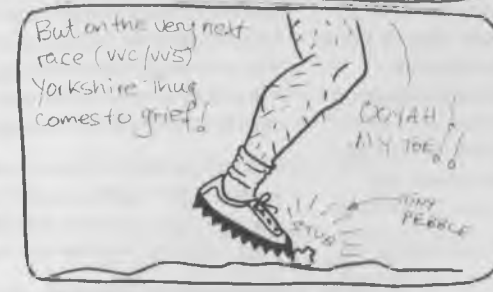
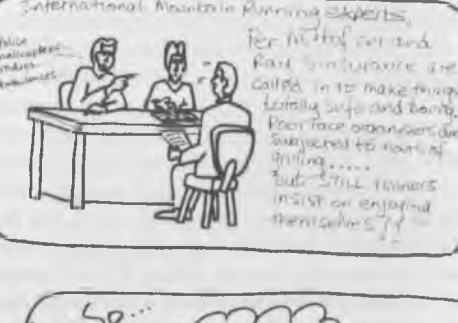
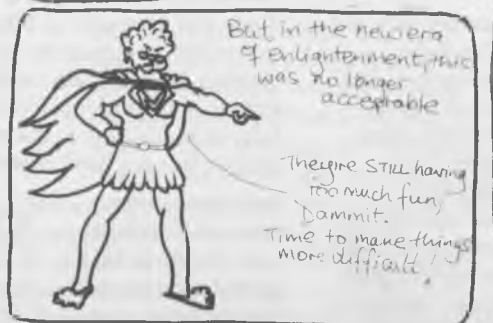
I was asked a while ago if our association (FRA) would support the Countryside Alliance as we represent another facet of country sports - I declined, as we are an association of individuals with a multitude of political views (and some radical/ridiculous ones to judge by our own forum pages!) and not in a position to do so. However there are points made by the Alliance, away from the hunting debate, that are certainly thought provoking.

Here goes....

Country Sports, Wildlife Management and Conservation

Country sports can only be considered fully in the context of sustainable wildlife management and conservation as a whole and these in turn have to be assessed in the context of sustainable land use. Governments must recognize that a balance must be struck between the interests of the countryside's human communities and wildlife biodiversity, and also that wildlife management has environmental, economic and animal health implications. A *modus vivendi* has to be found by which humans and other species can co-exist on a sustainable basis. An example of the problems which can arise from unmanaged wildlife populations is with badgers: the protected status awarded to badgers in the UK has led to an unprecedented explosion in their population, which seems to be closely correlated with a corresponding decline in ground nesting birds and an increase in bovine TB.

Have any of our 'twitcher' (bird watchers) members noticed a link between badgers and a lack of ground nesting birds?



Congratulations Jim Brown!!

As a response to the appalling events in Asia, Jim Brown, a member of the Northern Ireland Mountain Running Association, really got his act together and in the space of ten days organised 240 people into entering for the "Asian Quake Charity Run". This was a mountain run with a difference as it was finally held over four miles on Newcastle beach, thus racking up approximately zero feet of ascent but presenting the hazard of a serious headwind on the return leg!! The race raised over £5000 for the Tsunami Disaster Appeal - well done, Jim - a fine effort by both you and the participants and money desperately needed, and no doubt much appreciated, by the Appeal.

~~Max Jones~~

Max Jones

Thalia Jones

Domne Allen

Alister Crowder

D. Williams

Blue Hayward

Sandy Gopphat



John Teers

Ben Mackay

Michelle

Karina Howarth

Sharon

Rosie Stewart

Cherise

Stacey

Emma Stank

~~Michelle~~

John Teers

Chris Joyce

ENGLAND ARE GO!

F.A.B. = FELL ATHLETES BONANZA

THE KESWICK INTERNATIONAL from Dave & Eileen Woodhead

"The general feeling among the team as we stood at the bottom of the hill looking up with painful necks was, "Goddamit!" Soon we were all red in the face and almost kneeling ourselves in the face, struggling up the incredibly steep hill and we knew that we were in for a tough run the following day." This statement by Welsh team member, Dafydd Dylan, could certainly be echoed by all the athletes that reced Latrigg that day and then the two-hundred-plus who scaled its heights the day after.

As the title implies, England flourished on home turf, cheered on by a flag waving, hat wearing, ecstatic and enthusiastic home crowd, chanting encouragement to all the runners of all ages, of all nationalities; this is sport exactly as it should be.

For the England squad, inclusive of our reserves, it all started after walking the courses and then having a bite to eat, while, unknown to the athletes, the team management had arranged for the official England team photograph to be taken in the Keswick car museum, standing around the famous "Thunderbirds" pink Cadillac. What a treat, as although the museum owns the car, they had to get permission from Universal Studios to allow the England photo shoot. Some members even had the chance to wear Parker's peaked cap, and sit behind the wheel, which was "F.A.B." as Virgil and his brothers would say.

After this the team slogan had to be "ENGLAND ARE GO!"

What a start to the weekend - could it get any better?

The answer was YES - England did go and win, 16 gold medals, 7 silver and 3 bronze. What a treasure chest to be proud of, all achieved in the glorious Autumn sunshine which bathed the event.

As our role as England team managers, it was a great weekend and a privilege to be associated with such fine athletes, they excelled themselves athletically, but more importantly in their attitude. The previous evening saw them playing bingo in the Keswick YHA, with us being the callers, all for selection boxes and chocolate - they were even competitive at this!

Haunted by the below par performance at the World Trophy, Alistair Brownlee put the ghost to rest by winning the under 16 British championship gold, ahead of defending champion, Rhodri Buffet, whilst

the other crowned champions that day (U16, Dionne Allen, U18, Rachael Thompson and U18, Chris Doyle, who also led their teams to gold medals) give their accounts below.

In these pages, it's impossible to mention everyone but to all the athletes, parents, officials and especially organisers who contributed to this hugely successful, and enjoyable weekend, a big thank you.

"DREAM COME TRUE" from Dionne Allen - Under 16 double Gold medallist.

How I felt getting my England vest Getting my England vest is the biggest achievement in my life so far, it was something I had always dreamed about. When I received the phone call telling me I was in the team I could not believe my ears, I ran round the living room shouting,

"YES!!" I just wanted to tell everyone that I was an England runner.

When I arrived at the Keswick Youth Hostel I couldn't wait to get my England tracksuit and put it on. Once I had put it on I knew that this was for real and not a dream.

About the weekend

At first I was nervous about staying on my own, it was the first time I had been anywhere without my twin sister Dannielle, she is usually the one who does all the talking, however Eileen, Dave and the England team were great and made me feel welcome. Eileen and Dave had organised a brilliant weekend with a number of different activities:- A car museum tour with England photo shoot; team games (e.g. quizzes) and Bingo - I knew my luck was in when I won.

There was so much going on that I didn't have time to think about being nervous and the activities helped me to get to know the other team members.

The race route

I had never raced up Latrigg before but my sister, Dannielle had, she told me that it was a hard and tough course. However a couple of weeks before the race my mum took my sister and me up Latrigg, so that I could get some idea of what the course was going to be like. After seeing the route I knew that it was going to be a hard and challenging race. The day before the race the England team walked the course. At first I wasn't sure about this, because I never usually walk up a fell before a race in case it makes my legs tired, however it seemed to do me good rather than harm.

The route started straight up hill with a long hard climb to the summit, then around about 800 metres of good running until it reached a steep descent. All in all I thought the course was a good one and, hopefully, many more races will be held here in the future.

The race

Before the race once I had put on my England tracksuit I felt proud but very nervous. However I knew I had to keep myself calm and relaxed, because if I got too nervous I knew I would end up wasting energy that I would need for the tough race ahead. I had a good night's sleep, a good breakfast and felt good warming up and in good shape, raring to go.

In the race I felt quite strong, I was 3rd at the summit, still feeling good, and managed to get back in contention on the flat section; I was ready for the descent. Then I just went for it, I gave it my all, once I passed Emma I could then see Blue in my sights. I didn't think I could catch her but I never gave up hope, and on the last stride I nicked the title.

After the race I was full of excitement, my heart was pounding, I had actually WON!

I was the BRITISH CHAMPION.

To add to the excitement my team mates Emma and Blue came in 2nd and 3rd meaning England had won the team event. We all had our photos taken, shook hands with the other runners and then I just grabbed all my stuff to go and find my family, who had been watching higher up the fell. I couldn't wait to tell them. They couldn't believe it, they were wondering if I had managed to gain second place, never mind first, they were all so proud.

Back to school

When I went back to school I took my medals in to show my friends and teachers of my achievements, they couldn't believe that I was British Champion and they all congratulated me. The head teacher presented the medals to me in assembly and the school also got the local newspaper to take a photo and write an article which appeared in the sports section. I was surprised at the response I got, I was treated like a hero.

How I came into the sport

I came into the sport by following my mum Angela's footsteps, and becoming a runner, where initially I did track and cross - country, and managed to gain a county vest on the cross - country. I was introduced to fell running through my

mum's coach, Norman Matthews at Horwich, who told me to try a fell race. I did my first fell race at the end of 2003, and finished 3rd. Then in 2004 I won the Rivington Pike race and then decided to have a go at the English fell championship, missing the first race at Pendle. I surprised myself by winning West Nab, and this gave me the determination to do the remaining races, to see what I could achieve.

I was further inspired after a FRA Fell Training Weekend, this was a great weekend and I learnt a lot about the sport, and got to meet other fell racers.

How my season's gone so far

In 2004 I have achieved quite a lot since moving clubs to Leigh Harriers and taking my training more seriously. I finished 2nd in the English Fell Championship but my fell season was topped off by my England selection and becoming British Champion.

Through fell racing, my running has improved. I was in the Leigh team which won silver medals in the Northern Road Relays and Bronze in the National Cross-Country Relays, where I ran one of the fastest legs of the day. My Cross-Country season has started well, since I have already gained a County vest, finished 2nd in the Red Rose League and 4th in the Greater Manchester County Championships.

I hope to do well on the fells in 2005, and maybe gain that England vest again.

**WHY RUN ...?
BECAUSE I LOVE IT!**
from Rachael Thompson -
Under-18 double Gold Medallist.

Running?!" I hear people say, "Why run"?

This has been one of the most rewarding sports I have ever been involved in, thanks to the commitment of others who have worked together to enable me to achieve my goal.

It all started in Year Five at school, when I represented the school after becoming involved in x-country, it was these competitions that sourced my determination, skills and competitive nature. After moving schools in Year Eight, it was suggested that I join a running club, this being Horwich RMI (Railwaymen's Mechanical Institute) Harriers, which provided me with the challenge that I needed, and I have never looked back!

Here I was introduced to fell running at the beginning of last year, 2003, and with the help of Pete Ramsdale, Steve Pearson, and not least my family (who have had to endure my tantrums when races went badly) I have been able to achieve my goals. I can quite honestly say I never thought I would have accomplished what I have. I felt at home straight away with fell running, what a great excuse for getting dirty, wet and losing clothing.

After being selected to represent England in the World Championships in Alaska, much to my amazement after an injury, I realized my dreams, and went through some gruelling training to enable me to gain 8th place. My sights then shifted towards the Home Internationals and British championships in Edinburgh, where I was awarded an individual silver medal, but the international is all about team work and the Under 18 girls team won gold medals, Karrie Hawitt 1st, Katie Ingram 3rd and Polly Veazey-French 5th.

This year, I again had my sights set on representing England; this however was nearly destroyed by another injury, this time to my sacroiliac joint, which meant having a month off running and even with intensive physiotherapy I was unable to complete the Keswick trials race to run in the World Championships in Italy. To the relief of my mum, (who says I'm hard to live with if I can't do much), I made a rapid recovery, and was determined to get back to fitness, this time enabling me to compete in the Keswick Home Internationals and British Championships.

This weekend rapidly drew near as I prepared with anticipation, excitement and dread and it was hard to fit in training as I had just begun my first year at University studying physiotherapy, but I managed. The one thing was, was I ready?!

The evening before brought the high standard I was against sharply to the foreground and I needed to ensure I stayed focused. The whole team set up was fantastic giving support, fun - especially the bingo with added competition - and also understanding for each athlete. The photo shoot was also one to remember, "England Are Go", in front of the famous pink "Thunderbirds" car. Walking the course was very beneficial to me, it helped me prepare and settle myself for the following day, however my sleep pattern wouldn't agree - planning the race in my head that night. It was hardly surprising I woke with a start when Dave knocked the following morning!

I awoke with a great feeling of excitement but also nerves, however I knew the course suited me as it was tough and challenging, which I love. Watching the younger athletes made me feel more nervous and fidgety, wishing it was over - why do we put ourselves this pain and emotion?

Simple answer really - I don't know about you, but I love it!

Warming up was important not just for the muscles and breathing, but to enable me to focus and psyche myself up. One problem though - where were my parents? Standing at the start wishing all the team members luck, I felt a huge adrenalin rush throughout my body. It was a tightly packed start but feeling strong I quickly made my way to the front, after all it was

my final year at the Home Inters and I was going to give it my best shot; pushing beyond my normal limits. I settled into the race loving every minute and feeling the freedom. Whilst running on top of Latrigg, Sarah (Tunstall), and myself gave each other the thumbs up, whilst Karrie kept appearing in various places like a magician, while many other members of the team, and parents were very supportive which was great encouragement. On the descent I just decided to give it my all from the reserve I had left, I had really enjoyed it. As I crossed the finish I was overwhelmed with emotion, and disbelief, I had actually achieved a gold medal, I just couldn't believe it and, being truthful, still can't. Sarah came in behind me - 2nd, and so we were in for a good chance of the team gaining a gold medal too. What luck!

I was glad my parents had made it to the finish too after taking a wrong turning, then the photos - well what can I say - good for blackmail, when I'm 70, or want to impress someone! Thanks Dave!

The presentation just finished a brilliant and exhilarating day, even the England headgear couldn't put a damper on it!

FINAL LAST CHANCE!
from Chris Doyle - Under 18
double Gold medallist.

My first ever race was in my first year at secondary school in 1997. I finished 6th which I was really pleased with as I had only been training for two weeks prior to this race. After this I carried on training and I caught the bug for running. I started getting coached by my cousin, who held the records for every school year until he left.

My next race was a mid Lancs cross-country in the under 13's. I remember running up to the start line and having the butterflies big time! I thought I was going to be sick, then the gun went and all the bad feelings disappeared and in no time I crossed the finish line in 16th place. I went on to complete the series and finished overall 10th. I also competed in the Kendal Winter League and finished overall 4th. This was where I got my first taste of fell running, although I didn't start competing properly until 1999, this was the year when I started to win things. My best results came in the Kendal Winter League, BOFRA League and the FRA English Championship. Everything was going well that season because I hadn't been beaten until I ran my first English Championship race at West Nab and came across Mark Buckingham, aka "Sharky", who beat me on the finish. This was the start of a battle that lasted the whole series. It came down to the last race at Sedbergh and I had never been as nervous for a race. I had a lot of pressure put on me by my family and friends, saying if I won this one I could be

English Champion! The day of the race finally came, the course suited me by being steep and rough. Although it was a race after the gun it felt as though there was only 'Sharky' and me running against each other. Then after all this build up I finally came out on top and was crowned English u/14 champion. I would give up the gold medal to be in 'Sharky's' position now though!

The following year still u/14 and now training and good friends with two high profile intermediate fell runners, Lee Siemaszko and Stuart Reid, I won the title again. Later that year I qualified to run for England at u/16 level for the first time at Sedbergh in the Home International where I achieved individual 4th and team gold. Then the year after I went even better and gained individual 2nd and team gold once again, in Northern Ireland, at Cave Hill. The race was won by Iain Donnan of Scotland, who is a year older than me. So I thought all things being well I should win the Home International the following year but that was too good to be true.

The season leading up to it was going well because I had four straight wins in the English Championship series, and I competed for England at The Black Forest Teenager Games in Germany, where Mark Buckingham, Matthew Pearson and myself won team gold, plus I beat a now well established track runner, Richard Newton, twice. In the week leading up to the Home International in Wales, I was probably too keen and ended up over training, resulting in me coming home in a very disappointing 15th position. I was gutted, I felt like all the hard work I had put in all season had got me nowhere. Instead of dwelling on this race it made me even more determined to win a home international.

The following season there was worse to come, or so I thought. I was at the bottom end of the U/18 English Championship, it felt like everybody that I was used to beating was beating me! This was because I found it hard to handle the transition from school to my joinery apprenticeship, it seemed to take me at least eight months to get used to it because my only decent results came at the very end of the season in the World Mountain Running Championships in Alaska, finishing 21st and 30 seconds behind Mark Buckingham who hadn't been beaten all season, and the Home International in Edinburgh where I finished individual 4th and team silver. By now I was getting used to the different routine and coping much better with hard training and work. Secretly I wish I'd taken the easy life and gone to college, but that's another story!

Before I knew it, I was into a new year and starting to prepare for my much favoured part of the year, "the fell season 2004". This was going to be my final year in the

U/18's, so I wanted to do well. My preparation for the races ahead started much harder and earlier than usual but it was paying off, as in racing 5 times in 8 days, and having my first ever Bunny Run win (maybe because Sharky had already won enough Easter eggs!). But the sad part about the win was the fact that I can't eat chocolate.....I get migraines!!!

The "Bunnies" definitely kick-started my season by giving me a turn of speed, which I hadn't really had before. Forward planning was the Home International and the World Mountain Running Championship. My training for these prestigious events included more serious fell races i.e., the Senior British and English Championship races, which were much longer than I was used to running. I also did a couple of runs with 2003 British champion Rob Jebb, who ran me "into the

ground". I started training with Mark Roberts as well as Lee Siemaszko, for the annual Lakeside Gummers Howe row and run race. Mark, Lee and myself won the team event, breaking the record by roughly two and half minutes!

I also won the U/18 English Championship with four straight wins for the 4th time. So by the time the World's Trial came around I knew I was ready. I had a good run on the day with a final position of 2nd when really I should've won because Alistair Brownlee and Andrew Ellis went the wrong way. But I ended up making the mistake of letting Mark Buckingham catch me up to show him the right way. But anyhow I achieved one of my main goals and booked my ticket to Italy, where I had a fantastic trip but suffered from the altitude a bit, resulting in me finishing 25th.



"Nice taste, this Gold" - Sarah Tunstall, Sheryl Slater, Rachel Thompson and Thalia Jones
(Photo Woodhead)



The U18 Gold team - Joshua Reece, Stuart Hunn, Jonny Mellor and Chris Doyle
(Photo Woodhead)

Shortly after getting back from Italy I received a phone call from Dave Woodhead asking me if I wanted to run for England at the Junior Home International. I immediately said, "YES". (well, "Yes, yes, yes" really!) because it was one of my priorities that I hadn't done yet. When I got off the phone to him I already started to get nervous, just because I knew it was my final chance of winning the event. The phone call was shortly followed by the race details. We met at Keswick the day before the race, and I had nothing to eat until the afternoon because of what time I had to set off and then we walked the course when I got there, so I ended up having too much food late at night. As you can imagine I was quite nervous about the race, but Dave and Eileen organised quizzes and bingo, which I really enjoyed playing, so that took my mind off the race!

I felt quite relaxed on the morning of the race, conditions were perfect and I felt quite good. Race plans were to set off hard to try and make a gap, which worked well and by the time I reached the top I had about a ten second lead but I paid for it on the climb back up to the trig point, when I just about got caught by my team mate Johnny Mellor but managed to make a bit of a gap on my favoured part of a fell race, the descent. I held on to this gap to win by a margin of four seconds.

The feeling of winning on my fifth and final attempt was amazing; then to make this day even better we won team gold and my younger brother Tom won the u/12 race. So from my point of view this was the perfect way to finish off my season. This wouldn't have been possible without all the hard work and effort Dave and Eileen Woodhead put into the sport.

So I'd like to take this opportunity to thank anybody that has ever helped me or supported me. Especially Pete Bland Sports for giving me such a good sponsorship for the last two seasons. But the main person I would like thank is my Dad, Peter, I don't think I would still be running if it wasn't for him helping me get through the highs and lows and always being prepared to take my brother and me to any race, any location!!!

RESULTS

UNDER 12

BOYS

1 T. DOYLE	HELM HILL	7-49
2 R. ADDISON	HELM HILL	7-53
3 J. QUAIL	KESWICK	8-18
4 J. ADDISON	HELM HILL	8-19
5 N. TILL	HELM HILL	8-23
6 A. HARRISON	PRESTON	8-35
7 T. HAYNES	ERYRI	8-41
8 M. ATKINSON	KESWICK	8-44
9 S. BYERS	CFR	8-48
10 M. CARDUS	SETTLE	8-58

GIRLS

1 B. PETTIT	HOLMFIRTH	8-49
2 A. HOWARTH	LEIGH	9-02
3 L. MILLER	CFR	9-12

4 M. MORPHET	CFR	9-19
5 F. JORDAN	ILKLEY	9-20
6 E. KEVAN	PRESTON	9-51
7 E. KERR	ILKLEY	9-52
8 C. KENYON	EDEN R.	9-54
9 M. ROBERTS	KESWICK	10-32
10 M. ARCHBOLD	CFR	11-53

UNDER 14

BOYS

1 M. GILLESPIE	CENTRAL	16-05
2 A. EVANS	FIFE	16-17
3 J. MOUNTAIN	SKIPTON	17-13
4 R. SHUTTLEWORTH	PRESTON	17-13
5 K. COLLIER	Co. MEATH	17-15
6 L. MAUDE	SKIPTON	17-33
7 R. CHALLINOR	DEESIDE	17-34
8 C. CONEY MID	ULSTER	17-46
9 T. YATES	KESWICK	17-50
10 P. FITZSIMONS	DUBLIN	18-00

GIRLS

1 S. INGLIS	LOTHIAN	19-32
2 M. INGLIS	LOTHIAN	19-44
3 A. WHEATMAN	SCARBORO'	19-56
4 H. TIMMINS	WARRINGTON	19-57
5 L. PARK	ELLENBORO'	20-23
6 R. HOARE	WREXHAM	20-33
7 R. ARMITAGE	ABERDEEN	20-39
8 J. BIBBY	KESWICK	21-02
9 S. VARLEY	HOLMFIRTH	21-05
10 C. CLARK	ELGIN	21-08

UNDER 16

BOYS

1 A. BROWNLEE	ENGLAND	18-53
2 R. BUFFET	WALES	19-17
3 M. GILLESPIE	SCOTLAND	20-04
4 N. CORNOCK	WALES	20-09
5 B. LINDSAY	ENGLAND	20-18
6 C. DOONEY	REP. IRELAND	20-31
7 S. MITCHELL	VALE ROYAL	20-35
8 C. THOMAS	WALES	20-37
9 D. SHEPHERD	ENGLAND	20-42
10 M. JONES	HOLMFIRTH	20-45
11 A. DUFFIELD	LOFTUS	20-53
12 A. PEERS	ENGLAND	21-00
13 M. McLOONE	SCOTLAND	21-01
14 J. FOREST	UA	21-07
15 T. ADDISON	HELM HILL	21-11

GIRLS

1 DIONNE ALLEN	ENGLAND	23-09
2 B. HAYWOOD	ENGLAND	23-09
3 E. STUART	ENGLAND	23-16
4 J. KIBBLE	SCOTLAND	24-39
5 E. KIRK	WALES	24-48
6 D. WALKER	BURNLEY	24-52
7 M. FINN	REP. IRELAND	24-55
8 F. SLATTERY	REP. IRELAND	25-02
9 M. TWHIG	REP. IRELAND	25-08
10 R. HOWARTH	LEIGH	25-20
11 K. McPARTLAND	REP. IRELAND	25-46
12 J. TONER	SCOTLAND	25-57
13 DANNI ALLEN	LEIGH	26-25
14 H. ARMITAGE	SCOTLAND	26-26
15 E. SMITH	LANC & MORC	26-37

UNDER 18

BOYS

1 C. DOYLE	ENGLAND	26-11
2 J. MELLOR	ENGLAND	26-15
3 K. COWIE	SCOTLAND	26-30
4 D. WARD	SCOTLAND	26-43
5 J. KEVAN	HORWICH	27-13
6 J. TEECE	ENGLAND	27-30
7 D. PHEE	SCOTLAND	27-35
8 E. CALLAGHAN	REP. IRELAND	27-45
9 J. STEWART	N. IRELAND	27-50
10 S. CRUCHLEY	HALESOWEN	27-54
11 C. FITZPATRICK	REP. IRELAND	28-06
12 A. McCALL	GREENOCK	28-11

13 S. HUNN	ENGLAND	28-22
14 O. CARLETON	N. IRELAND	28-24
15 J. McCLOY	N. IRELAND	28-50

GIRLS

1 R. THOMPSON	ENGLAND	30-16
2 S. TUNSTALL	ENGLAND	31-42
3 E. DISKIN	REP. IRELAND	32-01
4 J. EMSLEY	SCOTLAND	33-02
5 V. CLEGG	N. IRELAND	34-55
6 T. JONES	ENGLAND	35-25
7 D. McGEE	CFR	35-50
8 E. GIBSON	WALES	36-06
9 E. KENDRICK	WALES	36-45
10 L. GOODBAND	WALES	37-38
11 R. TWHIG	REP. IRELAND	37-45
12 S. SLATER	ENGLAND	38-15
13 A. BRADY	REP. IRELAND	38-43
14 S. MORPHET	CFR	40-05
15 N. McCAUGHEY	N. IRELAND	42-05

HOME COUNTRIES INTERNATIONAL TEAM RESULTS

U16 MALE		U18 MALE	
1 WALES	14	1 ENGLAND	9
2 ENGLAND	15	2 SCOTLAND	14
3 REP. IRELAND	46	3 N. IRELAND	38
U16 FEMALE		U18 FEMALE	
1 ENGLAND	6	1 ENGLAND	9
2 REP. IRELAND	24	2 WALES	27
3 SCOTLAND	30	3 REP. IRELAND	27

Junior Caption Competition

Sponsored by Inov8, who will be providing hats and socks for the prizes!!

All you have to do is study the photo below and think up an amusing caption that would suit it - then contact Dave or Eileen, by phone, by postcard or in person at a race and let them know your caption.

All entries to reach Dave or Eileen by Sunday 1st May.

If we get sufficient interest then we'll probably make this a regular feature of the Junior Pages.



GHOULISH FESTIVITIES - THE SPOOKY DO

Our two boys Jonathan and Thomas enjoyed the 'Do' even though we had just arrived back from Cyprus that morning after a 16 hour journey, and hardly any sleep. Hopefully, you will appreciate why we did not make the time to putting more effort into dressing up!

It was also good to see so many of the top fell runners supporting the event, and helping to motivate the youngsters.

Jonathan was very proud of his bronze medal, which was very nicely engraved on the back, and the certificate which will be framed for his bedroom. He also liked his championship 'T-Shirt' so much so, that he insisted in sleeping in it that night.

So, once again thanks for your efforts. We think the care you took in organising it and getting a very high quality presentation with excellent certificates, medals and t-shirts will make all the youngsters feel that the effort they put in was worthwhile. We think this will help to motivate them all to have another go, and produce the next generation of 'STARS'!

John & Liz Wright, proud parents of under 14 bronze medallist Jonathan

SUCCESS!! It seems we hit the right note at the end of season English Championship Award Presentation, at the new venue in Skipton, the Rendezvous (formerly the Hanover Hotel) did us proud, allowing rooms to be used for showering, changing and an excellent buffet, all for £6. The FRA's contribution cannot be understated, with the spooky pumpkins, skeletons, balloons, lanterns etc. and with photos covering all the wall space, it was how a proper bash should be.

The room was set, but the atmosphere was provided by the 210 souls, 60 of whom entered into the 'spirit' coming as warlocks, witches, ghouls, skeletons, Frankenstein's, vampires, ghosts, hags, devils both evil & not so evil, Lord of the Rings Gimlin, a bat, you name it, we had it!

Before the presentation, all the fancy dress contestants massed and danced to the Monster Mash with the chance of winning prizes for

their efforts, and ghoulishness. Halloween cakes were won by Harry Sessford - The Mummy, Lou Sharp - The Alien, Chris Knox - Vampire come Undertaker, with other chocolate prizes going to Louis Holmes - Skeleton, Blue Haywood - She Devil, Andy Peace - Frankenstein. Michael, Karrie's nephew - a pumpkin, and several others so good were their disguises, even we don't know who they were!

Our guest celebrities, World Champion Karrie Hawitt, English Champion Lou Sharp, Ben Nevis winner Sharon Taylor, four times Three Peaks winner Andy Peace, Multiple Champion Ian Holmes and of course reigning British and English Champion Simon Bailey, were great role models for several awe-struck juniors. We don't know who had more fun, the celebrities presenting the awards or the juniors receiving the awards.

Another feature squeezed into the busy time table was the GRAND PRIZE DRAW, where all juniors attending were issued a raffle ticket, with a chance to win prizes donated by, Pete Bland Sports, Running Bear, FRA, Richard Asquith, JTF and pop stars Chumbawamba, with signed merchandise. The lucky winner of the Inov-8 Champion of Champions prize draw, was Intermediate Champion Lucy Griffiths, who can now be seen running in pair of their shoes.

More chocolate could be won on the dance floor, with Ant & Dec providing the disco music, and competitions, before at 5 p.m., when athletes, parents and friends had the chance to take home the photos as a memento of the season's running, along with the special edition 'Spooky Do' presentation booklet.

No surprise, 'Spooky Do 2' is already booked for 30th October, same place, same time, same price, but the Halloween Howler is at a different venue, see calendar, website or information sheets for more details. Do remember we had 210 attend in 2004, and with a limit of 220, this year could be a sell out. Hence tickets £6 are available even now, sad we know, but you have been warned, first come first served, no ticket, no entry!

The Woodentops, organisers



Open British and Irish - Event Managers View

from Chris Knox

I can't remember quite how it happened, but somehow I ended up being volunteered to take over a chunk of what Barry Johnson and Mark Kinch had set up from our previous International Committee. Their idea of raising the profile of the Junior Home International was passed on along with provisional bookings for accommodation and access for the event. The next bit is extracted from the business plan just to indicate where we were and how we intended to bring new interest to our sport.

Introduction

Mountain Running

Is often referred to as 'Fell Running' or 'Hill Running' in the UK, the governing body for mountain running in England is the Fell Runners Association (FRA). They in turn operate under the auspices of UK Athletics (Mountain Running PST) and the AAA of England.

The FRA is to promote in 2004 and 2005 two prestigious international mountain running events.

In 2004 the Open British and Irish Junior Hill Running Championships, incorporating the Junior Home Countries International, will involve the most talented junior mountain runners from Scotland, Northern Ireland, Eire, Wales and this years host country, England.

England currently boasts the junior women's world champion.

In 2005 the FRA are to promote the World Masters Mountain Running Championships. The Masters' event will attract many hundreds of 'veteran' runners between the ages of 35 and 70+ for women and 40 and 70+ for men, who will compete in age group blocks of 5 years.

Contracts for both events are secured, and both events are to be promoted from Keswick in Cumbria.

Support for the Events

The events are sanctioned and authorised by the WMRA, UK Athletics and AAA of England who have delegated organisation to the FRA.

The Keswick Town Council and Allerdale Borough Council, the local authorities, have both pledged support.

Private sponsors have strongly indicated the possibility of financial support.

A main financial sponsor is being sought.

Why Keswick as the Venue?

Keswick lies at the heart of one of the birthplaces of fell running in Britain. The

mountains of Cumbria have over many generations produced runners to match the best in the world, and many of the most prestigious domestic fell running events already take place in the area.

The town is situated within the Lake District National Park, widely regarded as one of the most beautiful areas in the world, it is a tourist destination well suited to welcoming visitors all year round.

The town boasts a wide range of accommodation including high quality international-standard hotels, guesthouses, bed and breakfast establishments, Youth Hostels, caravan parks and campsites.

The weather in any mountain area is never entirely predictable, but in autumn, when both events are scheduled, the Lake District is generally mild, and often enjoys a period of settled sunny weather.

The mountain running courses proposed are testing, with spectacular views and provide excellent opportunities for spectators and the media to follow the progress of each race.

The facilities that Keswick has to offer are impressive. Sports halls, Leisure Pool with Gym, Recreational Parks, conference facilities and the stunning new 'Theatre by the Lake'. Marquees are available on appropriate sites for civic receptions and opening and closing ceremonies. In addition, the natural attractions of the area, which include mountaineering and water sports, are excellent. Athletes, officials and supporters will be welcomed warmly to a unique town.

1) The official title of the championships is the **'Open British and Irish Junior Hill Running Championships, incorporating the Junior Home Internationals'**.

2) The subtle wording of the title represents a fundamental shift in emphasis from a relatively closed, low key Junior Home International (incorporating the open British and Irish junior hill running championships) towards an open, high profile **Open British and Irish Junior Hill Running Championships**.

3) The shift in emphasis is part of a general campaign to reposition junior hill running as an integral and important part of the wider spectrum of running related activities; as a sport that offers a different yet complementary set of challenges to cross-country and track, and that links to high activity outdoor pursuits such as orienteering and adventure racing.

4) The championships are also one of the very few junior events that confer the status

of British and Irish Champion on the winner and offer official UK Athletics medals. Consequently, they provide an unrivalled opportunity for the successful launch of the campaign to effect this shift.

5) As part of a successful organisation I'm sure you're aware that if we are to fully exploit this opportunity we need to develop a pro-active programme of advertising and marketing, and provide an infrastructure that is consistent with the national status of the event.

6) Fortunately Keswick and the Lake District provide us with an exceptional location in which to stage the event and we hope that we can both secure the support of local people and businesses and provide them with an opportunity to promote their business.

7) However, as a national event we also hope we can attract some support from national or international companies that are committed to high energy outdoor activities and recognise the importance of supporting and stimulating exercise and aspirations in young people; the sport is about both mass participation and high performance and the person who receives the UKA gold medal should be able to genuinely say 'I am the best hill runner in Britain and Ireland [and I will strive to be world champion]'.

8) Whilst we are grateful to receive both monetary and 'in kind' support of all sizes there does exist the opportunity for a lead sponsor to secure the future of the event through a £1,000 sponsorship. £1,000 from a single source is a critical amount as it enables us to apply for matched funding from the Government sponsored Sports Match scheme, i.e. £1,000 from the sponsor will actually provide us with £2,000 of funds (subject to approval).

9) In return for the £1,000 the sponsor will effectively 'brand' the entire event including:

500 fliers distributed at selected fell races.

Front and back page advertising space on 300 programmes.

Targeted mailshot to the top 100 running clubs in the UK.

Inclusion in letterhead on all correspondence.

Inclusion in press releases and editorial copy to major athletics magazines.

Inclusion in copy included in AAA regional development newsletters and websites, regional AA newsletter and websites, etc.

**Event Managers
Steve Fletcher and Chris Knox**

**Registration and Entertainment
Dave and Eileen Woodhead.**

Well that should do it, a big title, lots of fliers, Dave and Eileen to calm us down, did we need anything else? OK well apart from runners, signs, flags, marshals, race numbers, accommodation then. Courses of course! We'd looked at options and knew that we'd need to start and finish without any road crossings. Help from Mirehouse Estate and the two farmers for access was worked out and allowed us a dry run of most of the courses in August, preceding the annual Latrigger race. This taught us four things; 1. Some of these juniors run at an incredible pace. 2. A path through 6' and 7' tall bracken can be scary when you're only 4' or less. 3. The finish line had to be more obvious. 4. We needed better communication on the fell. Other than that it was fine. Each course managed to combine hard climbs, fast running and good descents to be a tough but true test of all round ability in each age group.

Sponsorship was covered and entries came in at such a rate that we didn't need to

worry about numbers, except not having enough accommodation for the teams! However with a lot of juggling, cooperation of team managers, one or two 'colourful' phonecalls and an extra hostel, I think we fitted everyone in.

The venue was based around the Keswick Country Lodge Hotel, who own the old station platform which gave us shelter, space and a wonderful location for the celebration meal and the awards ceremony. The courses were flagged (thank you Adrian & co.), teams walked the routes, marshals briefed, radios/mobile numbers issued with safety kit and we were off. The first race flew off and was finishing before we knew it, the second race set off well but could we raise any communication on the course? No. Both radio operators had contrived to leave the instructions behind, one mobile phone was switched off and the fourth contact, it transpired, had no reception. Ah well it's the human touch that counts! With great relief the summit radio came into life and with willing messengers we were able to monitor where all the athletes were. The start and finish areas were working well until we spotted too late that someone had moved the finish banner and safety tape as the U/16's

sprinted in. This possibly affected the result of the first three girls, for which we hope the guilty person/s didn't get whatever it was they were trying to get. St. John's Ambulance were doing a wonderful job of support to athletes who'd pushed themselves to their limits, loads of national flags were lending different support in the crowds or draped round athletes' shoulders. There was certainly a buzz developing all the while with intense friendly competition and social banter going on. One example to mention must be the very colourful person watching on the last descent who had been heard cheering at least five or six girls in the same race. As each one had come past he'd shout in a cheery voice and with a great big grin, "Come on there **** you're third girl, well done", brilliant! This same happy atmosphere carried on down to the presentation area decked out in national flags. We'd had 230 entries, really good competition in each category and some excellent exposure for our sponsors.

This was an intense open team effort to bring this junior event into the high profile it deserves and we look forward to Ireland in 2005.

WOODENTOPS CHINWAG

It was a fantastic 2004, we had fifty more athletes competing compared to 2003 and from our perspective we've thoroughly enjoyed ourselves as Junior Co-ordinators and England team managers for the Keswick Home International - we hope it's been the same for you.

Remember the Woodentops' motto, "If it's no fun, it's no good".

An exciting new year is now before us, with the introduction of the under 10 non-championship series, some new championship races ready for the challenge and the first ever Junior Relay Championships, it looks like fun.

Congratulations to the 114 that managed to gain a yellow commemorative t-shirt by finishing 4 out of the 6 championship races, the same offer is on for 2005 but the colour will change. Don't forget the under 10 series, where extra special t-shirts are on offer, because you have to design the motif yourselves, again just finish 4 from 6 races - see the t-shirt competition advert in your junior section.

A big thanks to Jack Ellis for being Junior England team manager but he is no longer involved in that post, this has been taken on by Steve Fletcher, who with Chris Knox made the British & Irish championships incorporating the Home International a major success, see enclosed article. Steve does have a junior vote on the International and England Selection Committee, we also have a vote between the two of us. Please note the FRA calendar has selection criteria for juniors on page 91 and there have been several changes since 2004.

The second championship race at Wrekin, 10th April is also the senior Inter-Counties championship event, so if you happen to be an U18 or Intermediate runner you will be running with the seniors and if you're good enough you could get chosen for a county vest. Why not contact your county secretary now, to put

your name forward for consideration, county selectors aren't mind readers!

You will notice from the Intermediate championship that the two senior A-Short English Championship races of Edale and Whittle Pike have been added, the reason behind this is to give you more competition and to see how good you are against, Simon Bailey, Ian Holmes, Robert Jebb, Lou Sharp, Sally Newman, Sharon Taylor, etc. We believe that the seniors are in for a shock or too. It will also introduce you to bigger fields, and, hopefully, put you in good stead for when you have to run senior races. You may even score points in the senior English team championship, if your club participates, thereby it's possible you could collect a senior team championship medal at the end of the season - and senior points. Remember that the men and ladies run in separate races, although you will wear a number 20 on your back to identify you to other Intermediates.

However you can still do the other four championship races without facing this new challenge, there's no pressure to do them, it's entirely up to you.

It was suggested and discussed that maybe 'AM' races should be included, but with that category taking in up to 12 mile races, it was felt this could be one step or run too far. **Let us know your feelings, remember it's your championship.**

FRA Training Weekends the FRA have agreed to pay for two junior training weekends, the first being on Saturday 30th April - Sunday 1st May, at Westfield Lodge, Oxenhope, near Haworth, Keighley, West Yorkshire, the other is yet to be decided. Please note that each athlete attending will need to pay £10 towards the event. It's going to be a great weekend for everyone who attends, coaching tips, orienteering, physiotherapy, nutrition, MBT - Trials bike displays and lots of FUN!

Entry forms are available from 01535 669100.

Junior International Update

Hi, I'm Steve Fletcher, the new England Junior Team Manager. Dave and Eileen have kindly provided me with some space to introduce myself and update you on what's happening on the International side of Junior Fell Running.

A Bit of Background (feel free to skip this bit)

Although I grew up in the Peak District with Kinder not far from my backdoor I'm a late convert to the joys and challenges of fell running; most of my youth was misspent as a 400m runner with far too many interval sessions on the track and not enough hill reps and fartleks over the fells. To make matters worse I spent most of my early adult life working for an investment bank in London so my running was confined to city streets and treadmills. Fortunately, the Fletcher family moved to the Lake District in 2001 and I started to run on the fells, and the more I ran the more convinced I became that of all the running disciplines fell and mountain running offer the most complete challenge. I still relish the purity of the 400m – taking your anaerobic system to the limit and judging it just right so your legs give way as you cross the line - but it seems one dimensional compared with the complexity of Buttermere Sailbeck.

After moving to the Lakes I qualified as a coach and set-up the junior section of Keswick AC. So I guess a good way to find out more about me is to find someone at a race in a yellow and green vest and ask them. Alternatively, just give me a call on 017687 79362 or email me at steve.j.fletcher@btinternet.com or if you're near Keswick perhaps we could go for a run over the fells (work permitting, however, I'm working for the AAAoE to produce and implement the development plans for Cumbria so perhaps it could count as research).

Black Forest Teenager Games

Unfortunately, the Black Forest Teenager Games have been cancelled. Sadly, the organisers have been unable to find a sponsor. The Games have been a fantastic success and I know lots of you were aiming for the Trials race. However, we are committed to finding a replacement and have identified a possible alternative event in Italy.

The Woods and Ilkley Harriers have kindly agreed to continue to host an uphill only race on June 5th (see <http://www.ilkleyharriers.co.uk/jh/bfgqualify.html>).

This will give those of you who are strong climbers a chance to shine. The England selectors will be at this race and form in the race will be actively considered when selecting the team for any replacement for the BFTG.

Knockdhu

We've made a positive decision not to go to Knockdhu. Instead I'm hoping we can find one or two races in Continental Europe during the summer months that will provide the U20 age group with a flavour of mountain running, some fresh competition and complement this year's welcome innovation of including some senior races in the U20 domestic calendar.

Open British and Irish Championships/

Junior Home International

The Republic of Ireland is the host this year on Sunday October 9th at

Brockagh, Glendalough in Co. Wicklow. Course details can be found at: <http://www.iol.ie/~imra/BIJFRCinfo99.html>. This is the website for the 1999 race so ignore everything apart from the course details. I'm planning to organise a coach to take us so any runners who fancy a go at the Open races will be welcome to join us, and I also hope we can continue last year's initiative to include travelling reserves.

World Trophy

This year it's an up and down course in New Zealand on September 25th. Course details can be found at: <http://www.mountainrunning.org.nz/worldtrophy.html>. The trial race is on Sunday July 31st over a course near Keswick that replicates the profile and terrain of the race in Wellington. There will be U10/U12/U14/U16 and a senior (non-trial) race on the same day.

Selection Policy

As the selection policy for both events involves an element of discretion, athletes who would like to be considered for either event should register their interest (plus details of form they wish to be taken into account) with me by Saturday July 30th for the World Trophy and by Monday September 12th for the JHI.

Training Camp

And last but not least I'm planning a two-day training camp for current and prospective internationals during the week of August 22nd. Mountain biking, fell runs, physiological tests, core stability workshops and much more!

Additional details can be found in the Handbook, in the International section of www.fellrunner.org.uk, on the Junior pages www.felljunior.org.uk and in regular updates on Dave and Eileen's information sheets (so don't forget to pick one up at every race).

If you'd like to be kept in touch with what's happening either drop me an email or give me a call with your contact details (if you skipped the 'Bit Of Background' my contact details are in there).

Good luck in your training and racing and see you around.

Competition ...

We need a **logo** for the new U10 race series. It's not a Championship, so don't include that in the design, but almost anything else goes! The logo will be used on the t-shirt, which will be awarded to all U10s who finish 4 out of the 6 races. The best 3 will get prizes AND a free t-shirt,

The **WINNER** will get

designed by ... YOUR NAME, AGE, CLUB

printed on every T-shirt!

Design



the U10 Series
T-shirt ...
and WIN one

Send your designs to us by the last race (Crowden, 3rd Sep):
Dave & Eileen Woodhead, 166 Hainworth Wood Rd., Keighley, BD21 5DF

FRA JUNIOR RELAY CHAMPIONSHIP HOW GOOD IS YOUR CLUB?

Helm Hill will host the first ever English Junior Relay Championships on 25th September, from Sedbergh People's Hall, Sedbergh on the grassy slopes of Winder in the Howgill Hills.

All race routes are spectator orientated, which will make for exciting viewing, and with courses designed with the runners in mind, spectacular scenery, the day's racing is bound to be captivating. The new format of one runner from each age group, under 12, under 14 and under 16, ought to enable most clubs to field at least one competitive team. If your club doesn't have one of each age group runners, then maybe it's time to go on a recruiting drive.

You will notice no under 18 runners, this is because most clubs have difficulty in fielding athletes in this age group; however if there's healthy competition, and demand for it there is no reason why the championship relays couldn't include under 18's in the future.

Championship Gold, Silver and Bronze medals are on the prize table for the first three boys' and girls' English club teams, plus there is an extensive prize list which Helm Hill are putting together.

Use the entry form here, or photocopy it, so your club can become the first ever English Junior Relay Champions.

A brief history of Helm Hill Runners

By Alan Westworth

Helm Hill Runners was formed in 1990 by Ken Shuttleworth, Billy Proctor and a small group of parents. The purpose was to train their children for fell running and x-country. Meeting every Wednesday evening at Kendal Leisure centre they ran on footpaths and with more and more people turning up each week, the foundation was laid for the club as it is today.

In May 2001, we became an affiliated club to the North of England Athletics Association with a membership of 60



Katie Robinson of Helm Hill at the 2004 Relay
(Photo Woodhead)

members. 14 years on the club has grown to 170 members, of which 66 are impressively juniors. We still meet on a Wednesday evening, and in summer train on the Helm, which is a small fell overlooking Kendal, and where our club name originates. In the winter we meet at Kendal Lads and Girls club in Kendal, doing hill reps on the footpaths and quiet streets.

Objects of the club

To encourage the practice and development of athletics.

To provide coaching for members, and to organise competitions.

To organise teams to represent the club in championships, leagues and other competitions which are appropriate to the club.

To make sure juniors enjoy training and races.

The Kendal Winter League which is a series of 12 races, on Sundays, with a mixture of

fell and x-country from January to April is run by Helm Hill. This series caters for under 12's, under 14's, under 17's and seniors, with the courses well flagged, so as to encourage all runners new and old.

Johnny Morgan founded the league which Ken Shuttleworth took over the running of in the early 90s and he handed over to Helm Hill last year, although he keeps a close eye on things.

Without people like Johnny and Ken junior running in Kendal would be lost!

For the past two years, Helm Hill have staged a junior relay race at Sedbergh, over Winder, the race being the idea of Billy Proctor and Richard Sewell to give juniors the same opportunity as British senior relay fell runners. We have been disappointed with the response to the relay, but maybe the format of 2 under 12's, 2 under 14's, 1 under 16 and 1 under 18, comprising a team wasn't quite right. However with the new formula and having championship status we hope to attract more teams, the venue is excellent, with a village hall able to provide toilets, a warm shelter and a wonderful array of cakes to be accompanied with a pot of tea, whilst cheering on your club.

This year we introduced an under 10's race before the relay, which was won by Nathan Metcalfe of Broughton Runners, in 6-40, with only 6 seconds behind Settle's Shannon Moorhead, we intend to keep this race as an introduction to the relay championships to get everybody in the mood. We also run a senior race which is shortly after the relay, The Round the Flags race, 4m/1175ft which was won by Billy Proctor in a new record time of 37-56, with under 18 Samantha Morphet the first lady home. Helm Hill Runners finished 1st and 2nd team, while the girls from Preston Harriers pipped Helm Hill girls, in the mixed section Settle Harriers took the team trophy in 2004.

These results have no relevance to this year's Relay Championship.

1 Helm Hill	T. Wright	24-23	J. Wright & T. Doyle	13-39	N. Till & C. Tuson	22-17	C. Doyle	25-27
2 Helm Hill	T. Addison	22-20	J. Parkinson & M. Cannon	20-00	Rory Addison & Josh Addison	20-27	M. Addison	27-09
1 girls Preston	A. Kevan	29-23	N. Jackson & E. Kevan	18-13	B. Goodwin & D. Clayden	30-39	S. Rowe	34-31
2 girls Helm Hill	K. Robinson	33-47	A. Lavery - Hoffe & H. Appleyard	20-33	R. Addison & J. Addison	24-58	K. Parnell	38-30
1 mixed Settle	Morphet	26-08	M. Morphet (G) & B. L. Moorhead (G)	17-34	M. Fretwell & M. Cardus	22-02	D. Shepherd	26-48
2 mixed Broughton	L. McCrae (G)	26-32	J. Wright & P. Burkett (G)	17-30	J. Jardine & P. Metcalfe	22-44	A. Crowe	29-46

HELM HILL JUNIOR FELL RELAY RACE

FRA ENGLISH JUNIOR RELAY CHAMPIONSHIP

25th SEPTEMBER 2005

ENTRY FORM

The FRA will award Medals to the first three boys' and girls' teams

Please note only English Affiliated Clubs can win the medals in the Championship but all the other teams can win the vouchers. Vouchers will be given to the first four teams in each category :

1st Team £45, 2nd Team £30, 3rd Team £24, 4th Team £18

NAME OF ENGLISH AFFILIATED CLUB		Address:
	
	
NAME OF NON - ENGLISH CLUB	
		E-mail:
		Phone:

Team Name		Team Manager	
LEG 1 U/12	Full Name	LEG 2 U/14	Full Name
LEG 3 U/16	Full Name		

Official use only	Category (tick box below)	£8 per Team
No	BOYS	Cheques payable to : "Helm Hill Runners" Return entry form together with the entry fee to : Helm Hill Runners, c/o Alan Westworth, 5 Willow Drive, Kendal, Cumbria, LA9 6AY.
	GIRLS	
	MIXED AD HOC	

SIGNED DATE.....

"I understand that this race is held in accordance with both the Rules and Safety Requirements of the FRA. I accept the hazards involved in fell running and acknowledge that I am entering and running in this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in the race"

FINAL JUNIOR CHAMPIONSHIPS RESULTS

										Points	Pendle	W Nab	Helv	Settle	Seb	Shires	3 races										
										Points	Pendle	W Nab	Helv	Settle	Seb	Shires	3 races										
U12B 1=	Ryan Gould	East Cheshire	75	0	0	20	20	17	18	4	U14B 6=	Grant Cunliffe	Burnley	59	18	11	17	9	13	9	0						
U12B 1=	Thomas	Sessford K&C	75	18	0	17	16	20	20	5	U14B 6=	Sam Tosh	Rossendale	59	17	13	0	12	16	13	0						
U12B 3	Jonathan Wright	Helm Hill	71	0	18	18	18	16	17	5	U14B 8	Jonathan Walker	CFR	58	14	0	15	14	7	15	5						
U12B 4	Tom Doyle	Helm Hill	70	20	15	16	15	18	16	6	U14B 9	Mark Loughlin	Skipton	53	12	14	14	13	9	11	6						
U12B 5	Oliver Webster	Bingley	65	17	17	14	17	13	0	5	U14B 10	Jamie Stuart	CFR	47	0	7	0	15	15	10	4						
U12B 6	James Ellis West	Cheshire	62	0	20	15	10	15	12	5	U14B 11	Ben Morphet	CFR	45	8	5	8	8	17	12	6						
U12B 7	Harry Liuba Carmichael	Ilkley	56	14	16	0	12	0	14	4	U14B 12	Joseph Kelly	Rossendale	41	13	10	0	11	6	7	5						
U12B 8=	Andrew Harrison	Preston	48	15	0	11	0	12	10	4	U14B 13	Josh Moody	Matlock	34	0	2	0	6	12	14	4						
U12B 8=	Jordan Beard	Radcliffe	48	13	13	8	13	9	9	6	U14B 14	Daniel Gaskell	CFR	32	3	0	10	1	11	8	5						
U12B 10	Niall Till	Helm Hill	44	0	0	12	11	10	11	4	U14B 15	Elliot Dawson	Leeds City	29	6	12	7	0	4	0	4						
U12B 11	Rory Addison	Helm Hill	36	0	0	0	14	7	15	4	U14B 16	Tom Strong	Keswick	28	5	0	9	0	8	6	4						
U12B 12	Jos Addison	Helm Hill	31	0	0	1	8	14	8	4	U14B 17=	Benjamin Page	Halifax	24	2	4	11	0	5	4	5						
U12B 13	Marcus Bennett	Ilkley	24	12	12	0	0	0	0	2	U14B 17=	Robert Nichol	Altrincham	24	10	6	0	3	3	5	5						
U12B 14	Joseph Quail	Keswick	23	0	0	10	0	0	13	2	U14B 19	Tom Rose	Scarborough	18	0	18	0	0	0	0	1						
U12B 15	Nicholas Wheatman	Scarborough	21	10	5	2	0	0	4	4	U14B 20	Jonathan Sharp	Scarborough	17	0	17	0	0	0	0	1						
U12B 16	Joseph Rooke	Holmfirth	19	9	10	0	0	0	0	2	U14B 21=	Liam Johnson	Scarborough	15	0	15	0	0	0	0	1						
U12B 17=	Angus Jones	Holmfirth	17	0	11	6	0	0	0	2	U14B 21=	Harry Croft	Skipton	15	11	0	4	0	0	0	2						
U12B 17=	Luke Proudfoot	Wirral	17	8	9	0	0	0	0	2	U14B 23	Christopher Tuson	Helm Hill	11	4	0	0	2	2	3	4						
U12B 19	Nathan Proctor	Wharfedale	16	16	0	0	0	0	0	1	U14B 24=	Ben Smith	Wirral	7	7	0	0	0	0	0	1						
U12B 20	James Howard	Radcliffe	15	6	2	0	2	4	3	6	U14B 24=	Matthew Fretwell	Settle	7	0	0	0	7	0	0	1						
U12B 21=	Alex Sinclair	Wharfedale	14	11	3	0	0	0	0	2	U14B 26	John Jardine	Broughton	6	0	0	6	0	0	0	1						
U12B 21=	Shaun Egan	Wirral	14	0	14	0	0	0	0	1	U14B 27	Wayne Rayson	CFR	5	0	0	5	0	0	0	1						
U12B 23=	Duncan Lund	Settle	13	0	0	0	7	0	6	2	U14B 28=	Zack Archibold	CFR	4	0	0	2	0	0	2	2						
U12B 25=	Sam Adnett	Skipton	13	0	0	13	0	0	0	1	U14B 28=	Michael Kenyon	Eden Runners	4	0	0	0	4	0	0	1						
U12B 25=	Jack Bridgeman	Scarborough	11	7	4	0	0	0	0	2	U14B 30=	Carlisle King	CFR	3	0	0	3	0	0	0	1						
U12B 25=	Sam Fisher	Hewgill Harriers	11	0	0	0	0	11	0	1	U14B 30=	Luke Maude	Skipton	3	0	3	0	0	0	0	1						
U12B 25=	Wahid Ali	Felldancer	11	0	0	0	6	5	0	2	U14B 32=	Richard Cossey	Unattached	1	0	0	0	0	0	1	1						
U12B 28	Stewart Nichol	Altrincham	10	4	0	0	1	3	2	3	U14B 32=	Andrew Fleet East	Cheshire	1	0	1	0	0	0	0	1						
U12B 29=	Sumsal Mohammed	Felldancer	9	0	0	0	9	0	0	1	U14B 32=	Tom Marper	CFR	1	0	0	1	0	0	0	1						
U12B 29=	Simon Byers	CFR	9	0	0	9	0	0	0	1	U14B 32=	Oliver Exley	Skipton	1	1	0	0	0	0	0	1						
U12B 31=	Luke Crossdale	Unattached	8	0	8	0	0	0	0	1	U14B	Jack Barber	Glossopdale	0	0	0	0	0	0	0	1						
U12B 31=	Matthew Cardus	Settle	8	0	0	0	0	8	0	1	U14B	Glyn Griffiths	Unattached	0	0	0	0	0	0	0	1						
U12B 33=	Adam Byers	CFR	7	0	0	7	0	0	0	1	U14B	Jon-Phillip Seymour	Wirral	0	0	0	0	0	0	0	1						
U12B 33=	Matthew Atkinson	Keswick	7	0	0	0	0	0	7	1																	
U12B 33=	Conor Jolly	Unattached	7	0	7	0	0	0	0	1	U14G 1	Blue Haywood	Lincoln	78	0	20	18	20	0	20	4						
U12B 36=	Adam Bateson	Lancs & Morecambe	6	0	0	0	0	6	0	1	U14G 2	Rosie Stuart	CFR	76	18	18	20	18	20	18	6						
U12B 36=	Dominic Barrow	Hallamshire	6	0	6	0	0	0	0	1	U14G 3	Alex Wheatman	Scarborough	71	20	17	17	17	0	17	5						
U12B 36=	Roam Hamilton	Wharfedale	6	5	1	0	0	0	0	2	U14G 4	Heather Timmins	Warrington	66	17	16	15	0	18	0	4						
U12B 39=	Jack Wright	Broughton	5	0	0	0	0	0	5	1	U14G 5	Rachel Seanson	Blackburn Harriers	61	0	11	13	16	17	15	5						
U12B 39=	Kristopher	Lund Settle	5	0	0	0	5	0	0	1	U14G 6	Holly Page	Halifax	56	0	13	14	12	16	13	5						
U12B 39=	Jamie Riley	CFR	5	0	0	5	0	0	0	1	U14G 7	Helen Naylor	Skipton	53	14	15	10	14	0	0	4						
U12B 42=	Callum Carine	Unattached	4	0	0	0	4	0	0	1	U14G 8	Katie Ireland	Rossendale	52	15	0	11	13	13	0	4						
U12B 42=	Phillip Metcalfe	Broughton	4	0	0	4	0	0	0	1	U14G 9	Sophie Varley	Holmfirth	46	0	5	0	11	14	16	4						
U12B 44=	Richard Pawson	Skipton	3	0	0	0	3	0	0	1	U14G 10	Gemma Crowther	Helm Hill	38	0	12	16	10	0	0	3						
U12B 44=	Dan Jones	CFR	3	0	0	3	0	0	0	1	U14G 11=	Hayley Cameron	Matlock	30	8	0	0	10	12	4	4						
U12B 46	Matthew Cannon	Helm Hill	1	0	0	0	0	0	1	1	U14G 11=	Heather Florence	Warrington	30	12	4	5	9	0	0	4						
U12B	Tom Haynes	Eryri	0	0	0	0	0	0	0	5	U14G 13	Amy Ogden	Hallamshire	25	16	9	0	0	0	0	2						
U12B	Dean Robinson	Keswick	0	0	0	0	0	0	0	1	U14G 14	Amy Bridgeman	Scarborough	22	7	7	8	0	0	0	3						
U12B	Nathan Thompson	CFR	0	0	0	0	0	0	0	1	U14G 15	Rosannah Cornthwaite	Keswick	21	0	0	7	0	0	14	2						
U12B	Sam Allsopp	Settle	0	0	0	0	0	0	0	0	U14G 16	Sarah Hanabury	CFR	17	11	2	4	0	0	0	3						
											U14G 17=	Hannah Bateson	Lancs & Morecambe	15	0	0	0	0	15	0	1						
U12G 1	Amy McGivern	Holmfirth	80	0	20	20	20	20	20	5	U14G 17=	Claire Lilley	Skipton	15	0	0	0	15	0	0	1						
U12G 2	Bethany Pettit	Holmfirth	74	20	18	18	18	18	0	5	U14G 19	Scarlett Gray	Scarborough	14	0	14	0	0	0	0	1						
U12G 3	Jenny Addison	Helm Hill	69	0	0	17	17	17	18	4	U14G 20	Fiona Gilbert	Matlock	13	13	0	0	0	0	0	1						
U12G 4	Fiona Jordan	Ilkley	66	17	17	14	16	16	15	6	U14G 21=	Lauren Figg	Holmfirth	12	9	3	0	0	0	0	2						
U12G 5	Rachel Gyte	Scarborough	61	18	16	13	0	14	0	4	U14G 21=	Emma Flanagan	Rossendale	12	0	0	0	12	0	1							
U12G 6	Melanie Morphet	CFR	59	13	9	11	15	15	16	8	U14G 21=	Stephanie Jones	CFR	12	0	0	12	0	0	0	1						
U12G 7	Sinead Devlin	Skipton	56	0	15	16	14	11	0	4	U14G 24=	Helen Brown	Skipton	11	0	0	0	0	0	11	1						
U12G 8=	Alice Cullen	Hallamshire	52	14	13	9	12	0	13	5	U14G 24=	Jessica Bibby	Keswick	11	5	0	6	0	0	0	2						
U12G 8=	Emily Kerr	Ilkley	52	12	0	8	13	13	14	3	U14G 24=	Kara Shuttleworth	Preston	11	0	0	0	0	11	0	1						
U12G 10	Jessica Wootton	Wharfedale	47	15	12	0	9	0	11	4	U14G 27=	Linda Martin	Unattached	10	0	0	0	0	0	10	1						
U12G 11	Emily Kevan	Preston	43	9	10	0	0	12	12	4	U14G 27=	Cerian Lancaster	Ludlow	10	0	10	0	0	0	0	1						
U12G 12=	Brittany Dawson	Leeds City	32	0	11	12	0	9	0	3	U14G 27=	Dawn Warriner	Radcliffe	10	10	0	0	0	0	0	2						
U12G 12=	Lyndsey Miller	CFR	32	0	0	15	0	0	17	2	U14G 30	Bridget Penellum	Broughton	9	0	0	9	0	0	0	1						
U12G 14	Megan Seanson	Blackburn Harriers	31	0	0	10	11	10	0	3	U14G 31=	Charlotte Harrington	Warrington	8	0	0	0	8	0	0	1						
U12G 15	Poppy Liuba	Carmichael Ilkley	27	10	0	0	7	0	10	3	U14G 31=	Gemma Lawlor	Wirral	8	0	8	0	0	0	0	1						
U12G 16	Olivia Ellis	Bolton	21	0	14	7	0	0	0	2	U14G 33=	Lottie Driver	Wharfedale	6	6	0	0	0	0	0	1						
U12G 17	Harriet Middlebrough	Ilkley	18	11	7	0	0	0	0	2	U14G 33=	Rebecca Hannah	Wirral	6	0	6	0	0	0	0	1						
U12G 18	Annie Riley	Skipton	16	16	0	0	0	0	0	1	U14G 35	Yasmine Stevenson	Scarborough	1	0	1	0	0	0	0	1						
U12G 19	Meg Archbold	CFR	14	0	0	6	0	0	8	2	U14G	Rosie Jones	Wirral	0	0	0	0	0	0	0	1						
U12G 20	Amy Fretwell	Settle	10	0	0	0	10	0	0	1	U14G	Stephanie Edge	Wirral	0	0	0	0	0	0	0	1						
U12G 21	Connie Parr	Unattached	9	0	0	0	0	9	9	1	U14G	Zara Burford	Ludlow	0	0	0	0	0	0	0	1						
U12G 22=	Shannon Moorhead	Settle	8	0	0	0	8	0	0	1																	
U12G 22=	Ellen Welsh	Unattached	8	0	8	0	0	0	0	1	U16B 1	Adam Peers	Wirral	80	20	20	20	20	0	0	4						
U12G 24	Siobhan Lamb	Keswick	7	0	0	0	0	0	7	1	U16B 2	David Shepherd	Settle	70	18	16	0	16	20	13	5						
U12G 25=	Georgina Brown	Keswick	6	0	0	0	0	0	6	1	U16B 3	Max Jones	Holmfirth	69	0	0	18	17	18								

			Points	Pendle	W Nab	Helv	Settle	Sedb	3 Shires	3 Shires	Points	Pendle	W Nab	Helv	Settle	Sedb	3 Shires	3 Shires			
U16B 11	Sam Webster	Bingley	42	13	11	0	9	9	0	4	U16G 12	Tori Wheatman	Scarborough	16	0	16	0	0	0	1	
U16B 12	Thomas Pettit	Holmfirrh	37	11	9	9	0	8	0	4	U16G 13=	Kaie Robinson	Helm Hill	14	0	0	14	0	0	1	
U16B 13=	Ryan Thornborough	Helm Hill	35	10	7	8	6	10	0	5	U16G 13=	Caroline Hall	Skipton	14	14	0	0	0	0	1	
U16B 13=	Dexter Haywood	Lincoln	35	0	0	10	14	0	11	3	U16G 15=	Becky Parker	Scarborough	13	0	13	0	0	0	1	
U16B 15	James Kelly	Skipton	34	0	0	3	15	7	9	5	U16G 15=	Isabel Marshall	Skipton	13	0	0	0	0	13	0	
U16B 16	Carl Andrew	Rosendale	33	12	8	1	4	5	8	6	U16G 17	Clare Kane	Preston	12	0	0	0	0	0	12	
U16B 17=	Ben Lindsay	Pendle	20	0	0	0	0	0	20	1	U16G 18	Lauren Campbell	Helm Hill	11	0	0	0	0	0	11	
U16B 17=	James Walker	CFR	20	5	0	6	3	6	1	5	U18B 1	Chris Doyle	Trafford	80	20	20	20	0	20	0	4
U16B 19	Elliot Haywood	Lincoln	19	0	5	2	8	0	4	4	U18B 2	Jonny Mellor	Liverpool Harriers	76	0	18	18	20	0	20	
U16B 20=	James Kraft	Scarborough	18	6	1	5	0	4	3	5	U18B 3	Stuart Hunn	Skipton	71	18	17	17	18	17	18	
U16B 20=	Carl Muise	Wirral	18	8	6	4	0	0	0	3	U18B 4	Joshua Teece	Matlock	68	17	16	16	14	18	17	
U16B 20=	Alistair Brownlee	Bingley	18	0	18	0	0	0	0	1	U18B 5	James Kevan	Horwich RMI	64	16	15	15	16	16	6	
U16B 23=	Timothy Pattison	Unattached	17	0	17	0	0	0	0	1	U18B 6	Wayne Jackson	CFR	58	15	10	12	15	15	13	
U16B 23=	Tom Grant	Matlock	17	7	4	0	0	0	6	3	U18B 7=	Sam Watson	Wharfedale	52	13	12	13	12	0	14	
U16B 25	Kieron Alderson	Helm Hill	13	0	0	0	13	0	0	1	U18B 7=	Kevin Cooke	Hallamshire	52	0	13	14	13	0	12	
U16B 26	Thomas Mountain	Skipton	12	0	0	7	5	0	0	2	U18B 9	Daniel Walmsley	Skipton	45	14	14	0	17	0	0	
U16B 27	Robert Jackson	Preston	11	0	0	0	0	11	0	1	U18B 10	Stephen Marr	Wirral	23	12	11	0	0	0	2	
U16B 28	Jason McGonigle	Warrington	7	0	0	0	0	0	7	1	U18B 11	Alasdair Russell	Kendal	15	0	0	0	0	0	15	
U16B 29=	Lindsay McCrae	Broughton	5	0	0	0	0	0	5	1	U18B 12=	Christopher Lowe	Unattached	11	0	0	0	0	0	11	
U16B 29=	Sean Madine	Unattached	5	0	0	0	2	3	0	2	U18B 12=	Matthew Otway	Helm Hill	11	0	0	11	0	0	1	
U16B 31=	Anthony Jackson	Burnley	4	4	0	0	0	0	0	1	U18G 1	Sarah Tunstall	Border	76	20	18	17	18	0	20	
U16B 31=	Sean Pollen	CFR	4	0	0	0	0	2	2	3	U18G 2	Rachael Thompson	Horwich RMI	74	18	17	18	15	20	18	
U16B 33	Thomas Wright	Helm Hill	3	0	3	0	0	0	0	1	U18G 3	Katherine Cole	Horwich RMI	67	16	16	16	17	18	0	
U16B 34	Aaron Kelly	Rosendale	2	0	2	0	0	0	0	1	U18G 4	Sheryl Slater	Settle	63	17	15	15	16	0	0	
U16B 35	Richard Oggland	Unattached	1	0	0	0	1	0	0	1	U18G 5	Karrie Hawitt	Warrington	60	0	20	20	20	0	0	
U16B	Ben Proctor	Scarborough	0	0	0	0	0	0	0	1	U18G 6	Samantha Morphett	CFR	59	14	13	14	14	17	0	
U16B	Richard Smith	Holmfirrh	0	0	0	0	0	0	0	1	U18G 7	Thalia Jones	Holmfirrh	29	15	14	0	0	0	0	
U16B	Sam Varley	Holmfirrh	0	0	0	0	0	0	0	1	U20B 1	Ricky Lightfoot	CFR	77	20	17	20	20	0	0	
U16G 1	Emma Stuart	CFR	78	20	18	18	18	20	20	6	U20B 2	Felldancer	72	18	16	0	18	20	0		
U16G 2	Dionne Allen	Leigh Harriers	76	0	20	20	0	18	18	4	U20B 3=	Adam Godwin	Rosendale	65	0	14	0	17	16	18	
U16G 3	Ruth McGivern	Holmfirrh	70	0	0	17	20	17	16	4	U20B 3=	Danny Kevan	Wigan	52	0	15	0	0	17		
U16G 4	Danielle Allen	Leigh Harriers	64	0	17	16	0	16	15	4	U20B 5	Mark Buckingham	Holmfirrh	20	0	20	0	0	0		
U16G 5	Emily Knox	Keswick	59	17	15	13	0	12	14	5	U20B 6=	Tim Ellis	Bolton	18	0	0	0	0	18		
U16G 6=	Katharine Woodhead	Holmfirrh	58	16	12	15	0	15	0	4	U20B 6=	Andrew Ellis	Vale Royal	18	0	18	0	0	0		
U16G 6=	Amie Kevan	Preston	58	15	14	0	16	0	13	4	Judges' Decision - Danny Kevan awarded equal 3rd place due to a racing anomaly										
U16G 8	Sarah Griffiths	Holmfirrh	47	0	11	12	0	14	10	4	U20G 1	Lucy Griffiths	Holmfirrh	80	0	20	20	20	0		
U16G 9	Stephanie Roe	Preston	18	18	0	0	0	0	0	1	U20G 2	Holly Williams	Unattached	20	20	0	0	0	0		
U16G 10=	Emma Clayton	Scunthorpe	17	0	0	0	0	0	17	1											
U16G 10=	Alice Lilley	Skipton	17	0	0	0	17	0	0	1											



HALLOWEEN HOWLER FELL RACE



3.5M/690FT 31ST OCTOBER 2004

“Wow, what a brill race. From the misty cold start to the red hot showers at the end.

The other junior races returned before ours began, covered in mud and soaked through...were we running through a stream or what???

The under 16s, and under 18s lined up with the seniors for the 3 mile race. GO! We were off.

100 metres of road, and on to a track, it gradually became muddier and muddier until we reached patches that were knee deep, waterlogged, and ground that somehow squeezed into our shoes, pulling them off our feet!!! The mud became a muddy stream and still we climbed, feeling like we had lead boots on, following the trail to the top, swerving around boulders and holes, dodging and keeping on our feet, enjoying every minute!?!?

Downhill, at last, but back to marshy mud, being careful not to fall head first, and then running on heather, dodging the cow pats where possible. Before we knew it the race was nearing the end - a downhill cobbled path dragging us to the finish. Phew, that was fun!!! Shook a few hands, and appreciated the guy that said, 'I enjoyed that so much I could do it all again right now!'

We took a bath in a freezing cold stream, and

set off to the Spooky Do. We were greeted with a hot bath or shower. Ahh, bliss.

Under 16 Elliot Haywood, Lincoln Wellington.

Not for the faint hearted, that was what runners soon realised on tackling this 'howler' of a route, it wasn't its steepness or roughness, but the mud which soon hubbled and bubbled, and gave toil and trouble to the athletes as they tried desperately to run. This just made it more fun and certainly challenging as several juniors and parents took the race in on their way to the 'Spooky Do' at the horribly haunted hotel at Skipton.

It's a pity that Spooky Do celebrities Ian Holmes and Simon Bailey didn't appear, because Jon Brown heard the rumours there was going to be a head to head, and anticipated spoiling the party. He duly won, chased by under 16 champion Adam Peers in 2nd, whilst under 14 champion Blue Haywood piped under 16 silver medalist Dionne Allen to take first lady and junior honour.

UNDER 8		
1 D. ROWBOTHAM	HARROGATE	5-05
2 M. ELLIS	UA	5-06
3 O. COFFEY - GIRL	WHARFEDALE	5-40
4 E. ROBERTS - GIRL	TODMORDEN	5-49
5 D. THOMAS	KLY & C	10-44

U10		
1 B. HAYWOOD - GIRL	UA	4-43
2 G. DENNIS	KLY & C	5-14

3 O. HARGREAVES	ILKLEY	5-23
4 H. SESSFORD	KLY & C	6-40
5 B. INGLETON	KLY & C	7-40
6 M. TAYLOR	UA	7-55

UNDER 12		
1 J. ELLIS	W.CHESHIRE	13-58
2 M. EADUS S	ETILE	14-12
3 M. MORPHET - GIRL	CFR	14-57
4 E. THROUP - GIRL	WHARFEDALE	15-28
5 B. DAWSON - GIRL	LEEDS CITY	15-30
6 R. THOMPSON - GIRL	PENDLE	15-59

UNDER 14		
1 P. BOLTON	ROSSENDALE	11-54
2 R. SHUTTLEWORTH	PRESTON	12-06
3 J. KELLY	ROSSENDALE	12-15
4 B. MORPHET	CFR	12-18
5 T. SESSFORD	KLY & C	12-20
6 G. CUNLIFFE	BURNLEY	12-24

GIRLS		
9 A. WHEATMAN	SCARBORO'	13-32
11 H. NAYLOR	SKIPTON	13-56
15 E. THOMPSON	PENDLE	15-12
16 A. TAYLOR	KLY & C	16-20

SENIOR & UNDER 16		
1 J. BROWN	SALFORD	23-35
2 A. PEERS	WIRRAL	24-45
5 S. MITCHELL	VALE ROYAL	25-41
17 D. HAYWOOD	LINCOLN W	28-25
18 P. WADSWORTH	ROSSENDALE	28-42
21 E. HAYWOOD	LINCOLN W	29-09
22 B. HAYWOOD	LINCOLN W	9-10
23 DIONNE ALLEN	LEIGH	29-25
32 H. TIMMINS	WARRINGTON	31-45
34 L. GRIFFITHS	HOLMFIRTH	32-02
39 DANNI ALLEN	LEIGH	33-43
40 N. YATES	MANSFIELD	34-24



Coaches' Croakings

from Mike Hancock



Midwinter and I'm creaking more than croaking. Hello again! It's time to look ahead to the next fell season and offer up a few more bibs and bobs of ideas to you loose-limbed youngsters. Now there's a reminder - you won't be loose if you haven't got a regular stretching routine set up for each muscle group. Do you know all your muscle groups? Better now than when there is an injury in one of them.

I am sitting down at present to draw up plans for my young athletes' summer season. Hopefully they will have their own ideas too and not just rely on mine. Perhaps you too should be thinking what your priorities are.

PLAN AHEAD. How about deciding on what your main goals and target races are going to be. For some it may be easy but others may be considering fell running, track racing and even the odd short road race. You can be spoilt for choice, so you are lucky, but it is easy to get it all wrong. Up to 14-16 years there is a good case for 'mixing it' except that there is a danger of either over-racing or of falling between two stools. One doubts the sense of younger runners racing twice over a weekend, say a track race one day and a fell race the other. How many times I've heard the lament, "He/she raced yesterday" as an explanation of a poor run or a 'drop-out'. Racing every week all summer (or winter for that matter) usually ends in disappointment or injury in the long run. OK, you may be the odd exception but more likely not.

Why not choose just a few targets to be achieved in a small number of races and use a handful of minor races in the build up/preparation. This can be mapped out on a calendar months ahead. For example it is probably realistic to set a time goal for one or two of the 800/1500/3000 metres and to focus just on the English Junior fell championship series. If you try to combine fell/track (never easy!) you could focus on track in early summer (you will have endurance from cross-country) and then fell racing later. That way you develop your speed early on and then concentrate on the fells. So what if the first couple of fell races are not too good - there are six races in the series and four need to count. However, you may decide to avoid the track, "because I don't like it" or, "I'm too slow" and to make fools of the track runners who occasionally venture into the hills thinking they will be too classy for you. Of course you may beat them initially if you have spent a couple of months in the hills and they run into a brickwall on their first effort uphill. Be warned though, results tend to show that at the very highest level in mountain running (not quite the same as fell racing) the guys and gals who run are top class on the level. Twice world champion (uphill) Jonathan Wyatt is a world class marathoner and his fellow New Zealander Melissa Moon (twice up and down champion) has been very highly placed in the World Cross-Country. Also consider that a few of those classy Southern wimps who protest about the danger of unevenness or potholes and rough bits on a cross-country course would almost certainly make quality fell runners if they concentrated on it and toughened up a bit; One day you will have to improve your speed if you aspire to be anything other than a recreational or traditional fell runner (now I've upset most of the senior fell racers). A relatively small number of the older elite juniors have an extra planning headache The 'big' races (World Trophy/Home International) are in September/October, so their main season is late summer into autumn, beginning with a trial in late July. Not much use peaking in May is it? Some difficult choices have to be made. Sit down now with coaches and parents and talk it over. Some serious athletes even take their holidays at completely the wrong time.

THE HEAD. Last time I suggested that, "50% of running is in the head". The problem is that some athletes regard that part of their body as an appendage which is just extra weight on top for the arms and legs to drive along. Others just use it to fret with and burn up loads of nervous energy. Ideally you use your head to gain an advantage and show your rivals that nothing fazes you. Don't line up at this year's first championship race and look at the opposition to decide that there are five or six or more who can beat you. How the hell do you know what will happen just because of last season's results or even winter cross-country? Young athletes grow and develop at different times and at different rates so you may now or soon have the beating of some one who stuffed you last year or quite recently. Most young athletes hit a temporary plateau, shoot up six inches or put on unwanted weight for a while. Feel sympathy for them by all means (for 10 seconds) and then go out and bury 'em. I look for and admire the athlete who looks around and thinks, "who the hell are this lot?" as they line up. If indeed someone beats them heaven help that athlete next time because they are the next target to be overhauled. There is only one time to be or appear gormless and that is when you are running dead relaxed, jaw loose and dropped, eyes focused in front, oblivious to all around you. In fact if you are running that well there probably won't be anyone around you.

TRAINING WRINKLES. I've got wrinkles because of age but there are a few which may be of use to you.

On hill running - For youngsters too much uphill work stresses the achilles and calf muscles, too much downhill the quadriceps, knees and shins. So be careful! You can improve uphill technique over short steep stretches (20 to 100m) of grass or dirt woodland and someone can watch you. Likewise down hill, though here varying gradients are needed as technique is very different on steep as opposed to gentler slopes. Again someone needs to watch and comment. Pay particular attention to uphill power walking technique. Many youngsters use the walking just as recovery. In fact you probably walk more on steep uphill so the running is the recovery bit. If you are timid downhill then maybe you could try running over sandhills. Running down steep dunes you can really dig your feet in to give you initial confidence. If you get it wrong and go arse over head you will be very unlucky if you hurt yourself. It will only briefly upset your dignity, though possibly you may be combing out or chewing sand for a few days. It is possible to devise tough up and down circuits of varying length over the dunes - it's fun, but it's tough. Short timed sprint runs over a switchback are entertaining, with marks out of 10 for the quality of the falls downhill.

On the "track" (which can be simply a good grass surface.) I believe everyone needs a good speed endurance and a quality speed session during the summer weekly training. Actually you cannot beat a good cricket field to run on - summer or winter. Preferably stick to the outside as the 'cricketers' get a bit touchy about their 'square' and pitch, though actually that is a superb place to do warm up drills. Sprint drills make for an excellent warm up. They also improve your co-ordination and the speed at which you can get your feet down on the ground. If you don't do them ask someone to teach you - a few at a time. It's fun.

Now all you have to do is to go out and enjoy the summer season. Good luck!

P.S. How about giving the Junior training weekend a try in the spring (end April/early May)? As another afterthought try a 5k too - a wonderful chance to thrash the 'oldies' and boost your confidence.

THREE SHIRES RACE - 18TH SEPTEMBER 2004 LAST CHAMPIONSHIP RACE

Ambleside Ac were proud to welcome the English Junior Championship contenders for the final round held at the 3 Shires race. In fact junior racing at the Shires goes right back to 1984 (yes! It's before I was born too!). No famous names that year, but lots of competition, then who do you think ran in 1986? Only Robert Hope and his brother Danny, along with Matthew Whitfield - how old must they be? And in 1988 a future world



Ruth McGivern and Sean Follen battle it out near the finish at Three Shires (Photo Woodhead)

champion, and top cyclist, Victoria Wilkinson won the under 12 girls. All this before a certain Rob Jebb made his first appearance in 1989, finishing 3rd under 16 to Rob Hope and Matt Whitfield.

Of course that was before championships as you see them now. But when the FRA got round to organising one, the Shires Races were right at the front of the queue - the event has been part of the championship half a dozen times over the last few years. And although we're not in this year, we're happy to host the event anytime. So it's worth while coming to have a run over the courses this September, just so you're ready when the time comes, plus it's a great day out.

So you see, when we say we're committed to providing quality racing for Juniors, we think we've been around long enough to prove it. Seriously though, it gives us no end of pleasure when we get the chance to have a banter with any of the 'stars' and dozens of others we could mention, who've graced our junior races over the years. What a friendly, personable and cheerful lot you are - a real credit to our sport!

Selwyn Wright (Three Shires Race organiser)

Jemima Puddleduck would have been well at home here, because talk about rain, it seemed it had rained forever, as 105 juniors plus parents turned up for the final round of the championship, not forgetting the 199 seniors. Pre-race weather had been the worst for 20 years, and that's about how much organisers Selwyn and Elaine aged on race day. When we arrived poor Jon Broxap with Pete Blands van was up to

its wheel arches in the finish field, blocking everything. After nearly an hour the van was finally freed, but this meant Selwyn had to redesign all the race infrastructure as the runners were starting to arrive, which was no easy task.

With standing water on the long run out through the fields, and the steep rocky zig zag path up Bield Crag and Lingmoor fell itself more like a running stream, the juniors coped well with the conditions and the technical course, which probably came as a shock to a few runners.

Several champions were crowned here, Thomas Sessford winning the U12's in a field of 34 meant he shared the title with Ryan Gould, Sarah Tunstall won the U18's, Emma Stuart the U16's, and Blue Haywood the U14's. Little Blue was certainly having a purple patch as she won the winner's prize draw, Inov-8 shoes, and incredibly turned 3rd at the summit, before finishing 5th overall. Her time of 22-14 was nearly a minute faster than the under 16 girl winner, Emma, as both the U14 and U16 courses were run over the same route, making selection for the Home Countries International easier.

These are cracking fell courses, although improvements can be made, adding climb for the U12's, alleviating the early stiles, car parking, if wet! But to be fair Selwyn is already addressing these issues, and has voiced that the junior championships are now big enough and strong enough that they deserve their own slot in the calendar, hence he would stage the event not necessarily in September, if championship status was awarded.

3 SHIRES RESULTS

UNDER12

BOYS

1 T. SESSFORD	KLY & C	10-13
2 R. GOULD	E.CHESHIRE	10-31
3 J. WRIGHT	HELM HILL	10-39
4 T. DOYLE	HELM HILL	10-51
5 R. ADDISON	HELM HILL	10-58
6 H.CARMICHAEL	ILKLEY	11-01

GIRLS

7 A. McGIVERN	HOLMFIRTH	11-09
15 J. ADDISON	HELM HILL	11-54
16 L. MILLER	CFR	12-03
18 M. MORPHET	CFR	12-45
20 F. JORDAN	ILKLEY	13-02
21 E. KERR	ILKLEY	13-01

UNDER 14

BOYS

1 P. BOLTON	ROSSENDALE	21-23
2 R. SHUTTLEWORTH	PRESTON	21-54
3 T. YATES	KESWICK	21-58
4 N. GOULD	E. CHESHIRE	22-07
5 J. WALKER	CFR	22-23

GIRLS

5 B. HAYWOOD	LINCOLN W.	22-14
6 J. MOODY	MATLOCK	22-27
15 R. STUART	CFR	23-56
19 A. WHEATMAN	SCARBORO'	25-56
22 S. VARLEY	HOLMFIRTH	26-42
23 R. SEARSON	BLACKBURN	26-57
24 R. CORNTHWAITE	KESWICK	27-15

UNDER 16

BOYS

1 B. LINDSAY	WIRRAL	20-08
2 M. HIRST	SKIPTON	20-17
3 S. MITCHELL	V. ROYAL	20-26
4 M. JONES	HOLMFIRTH	20-41
5 J. PAWSON	SKIPTON	20-57
6 T. ADDISON	HELM HILL	21-04

GIRLS

15 E. STUART	CFR	23-12
19 DIONNE ALLEN	LEIGH	23-59
20 E. CLAYTON	SCUNTHORPE	24-27
21 R. McGIVERN	HOLMFIRTH	24-31
24 DANNI ALLEN	LEIGH	26-54
25 E.KNOX	KESWICK	28-36

UNDER 18

BOYS

1 J. MELLOR	LIVERPOOL	36-01
2 S. HUNN	SKIPTON	36-04
3 J. TEECE	MATLOCK	36-31
4 J. KEVAN	HORWICH	37-11
5 A. RUSSELL	KENDAL	37-43
6 S.WATSON	WHARFEDAILE	38-01

GIRLS

9 S. TUNSTALL	BORDER	39-42
10 R. THOMPSON	HORWICH	40-36

UNDER 20

BOYS

1 D. KEVAN	WIGAN	39-26
2 A. GODWIN	ROSSENDALE	44-42

NO LADIES RAN

RESULTS

FROM
JULY
TO
JANUARY

COMPILED BY
DAVE
WEATHERHEAD
& BARBARA
CARNEY



*Tom Murfin giving it his all at Kelbrook
(Photo Pete Hartley)*

NORTH BARRULE FELL RACE
Isle of Man
AS/3.5m/1750ft 27.07.04

Ramsey's Andy Cannell pulled off a surprise win in this year's race beating off the challenge of the more experienced fell exponents. It was no surprise that the current Manx cross country champion was first to arrive at the summit halfway point but most on-lookers were sure that the rough, steep and technical descent back to the Elfin Glen finish would not suit him as it was only his second bash on the fells. How wrong they were though as Cannell increased his advantage eventually finishing nearly 2 minutes ahead of Paul Clarke.

There was a new winner in the female's class with former British Olympic cyclist and British Champion Marie Noon scoring her first win on the hills.

Richie Stevenson

1. A. Cannell	NAC	35.42
2. P. Clarke	MH	37.16
3. B. Osbourne	MFR	37.18
4. I. Gale	MFR	37.26
5. T. Okell	MH	37.28
6. S. Skillicorn	MFR	37.59

VETERANS O/50

1. D. Young	MFR	41.18
2. R. Webb	MH	43.56
3. A. Bagley	MH	44.42

LADIES

1. M. Noon	IOM	45.56
2. R. Hooton	MFR	46.59
3. C. Barwell	WAC	49.36
4. B. Kaneen	MH	50.24

JUNIORS

1. B. Wilson	Unatt	53.09
2. J. Cowin	Unatt	54.32

RAS MOEL HEBOG RACE
Gwynedd
AS/5.5m/2560ft 01.08.04

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	62.02
9. N. Coppach	NWales	63.26
10. C. Ashley O/40	Wrex	64.53

VETERANS O/50

1. (16) Y. Tridiams	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
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VETERANS O/70

1. (35) J. Carson	Eryri	90.33
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LADIES

1. (8) J. Lee	Eryri	62.02
2. (31) S. Hughes	Eryri	80.48
3. (34) J. Bastin	Unatt	88.07

41 finishers

FALSTONE FALCON
Northumberland
CS/5m/500ft 21.08.04

1. N. Cassidy O/50	Tyne	44.40
2. K. Robertson	NFR	44.45
3. R. Cranston	Teviot	44.45
4. D. Bateman O/50	AchR	45.20
5. L. Wilkinson	NFR	45.56
6. C. Nichol	Teviot	46.20
7. C. Carr	Unatt	47.35
8. J. Humble O/50	NFR	48.20
9. R. Halliday O/40	Teviot	49.21
10. A. Welsh O/40	NFR	49.24

VETERANS O/70

1. (15) J. Pittillo	Teviot	59.48
2. (16) D. Wright	Tyne	70.00

LADIES

1. (2) K. Robertson	NFR	44.45
2. (5) L. Wilkinson	NFR	45.56
3. (11) S. Welsh	NFR	51.00

17 finishers

BURNSALL CLASSIC

North Yorkshire
AS/1.5m/900ft 21.08.04

On a bright but threatening afternoon it was reasonable underfoot and Rob Hope was on a hat trick. Not unusual for Burnsall, having Campbell of Salford in the 1930s, Humphreys of Bingley in the 1950s, Hall of Barrow in the 1960s, Watson of Bramley also in the 60s, John Wild of Cumberland in the 80s and Andy Peace of Bingley in the early 90s.

Determined Rob led at the top in 9.12, well outside his own record of 8.22 (2000).

Hoping for a fast descent and a new record, the committee offered £1,000 if the time of 12.48 was broken. The heavens opened and this was not to be, but Hope held on for his deserved hat trick in 13.54, 5 seconds ahead of former winner Ian Holmes, with J Henigan a creditable 3rd place.

Conditions deteriorated rapidly and amongst the slipping and sliding A Shaw was first vet for the second year running and the sports chairman, Alan Stockdale, running in a Skipton vest, lost the sole of his shoe and defying the Fell Rescue, hopped home in 29.58!

Alan Stockdale

1. R. Hope	P&B	13.54
2. I. Holmes	Bing	13.59
3. J. Heneghan	P&B	14.40
4. A. Peace	Bing	14.44
5. T. Mason	Wharf	15.11
6. G. Devine	P&B	15.19
7. D. Taylor	DkPk	15.21
8. T. Werrett	Mercia	15.29
9. R. Lightfoot	CFR	15.44
10. C. Moses	Bing	15.50

VETERANS O/40

1. (12) A. Shaw	Holm	16.15
2. (13) J. Feeney	Bing	16.19
3. (16) C. Urmston	Clay	16.28

VETERANS O/50

1. A. Robinson	Clay	18.46
2. L. Sands	Unatt	20.20
3. C. Wilkinson	Unatt	20.51

VETERANS O/60

1. A. Wikeley	ThirskS	22.27
2. P. Watson	P&B	23.15
3. B. Speight	Fellan	27.23

VETERANS O/70

1. D. Robinson	Unatt	31.28
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LADIES

1. H Glover	Kghly	20.04
2. S. Hodgson O/40	Fellan	20.28
3. J. Smith O/40	Tod	20.47
4. K. Chown O/40	Skip	21.31
5. A. Wilson	Fellan	22.22

101 finishers

CHIPPING SHOW FELL RACE

Lancashire
AM/8m/2000ft 28.08.04

Preston Harriers presented the 3rd Annual Chipping Show Fell Race held in conjunction with the Annual Chipping and District Agricultural and Horticultural Society.

At the start an elite field of 94 runners, male and female, presented themselves for competition,

the crowds giving tumultuous applause as the runners sped off out of the arena and headed across the fields for the mist-shrouded fells.

The leading runner back into the arena was M Moorhouse, Salford, who was disqualified after missing out a control point, closely followed by D Hope from P&B in a time of 1.06.15. In second place I Greenwood, Clayton, first MV40 in a time of 1.08.42, chased in by T Taylor, Rossendale in 1.08.59. First lady back was T Sloan, Salford in 1.17.14.

Prize winners: first five men, first three ladies and vet; age groups, MV40 G Gough, Clayton 1.12.43, MV50 K Carr in 1.15.56, MV60 D Ashton, Darwen Dashers, 1.27.13, LV40 C Kenny, Ambleside, 1.30.29.

Clayton won the team prize with 19 pts, also filling the second, third and fourth team places out of sixteen teams. Calder Valley ladies finished a team in 13th position.

General opinion was that the race and show was successful and a good family outing, children's races also taking place.

M. Dean

LAXEY FELL RACE

Isle of Man
AM/8.5m/2200ft 29.08.04

A record entry took part in this year's race that was run in very windy conditions. Paul Sheard recorded his 4th win in the Manx League from Brian Osbourne, Tony Okell and Mike Quine, less than one minute separating the top four.

The race for the female's prize was even closer with Cal Partington out sprinting former British Cycling Champion Marie Noon, just one second the difference after 8 miles of hard racing.

Richie Stevenson

1. P. Sheard	P&B	1.14.43
2. B. Osbourne	MFR	1.15.03
3. T. Okell	MH	1.15.12
4. M. Quine	MFR	1.15.39
5. R. Jamieson	NAC	1.17.37

VETERANS O/50

1. D. Young	MFR	1.20.53
2. R. Webb	MH	1.27.05
3. R. Moughtin	WAC	1.29.49

VETERANS O/60

1. D. Corrin	MH	1.28.14
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LADIES

1. C. Partington	MH	1.26.12
2. M. Noon	IOM	1.26.13
3. R. Hooton	MFR	1.36.02

NEW BULLOCK SMITHY

Cheshire
BL/56m/5000ft 04.09.04

In bright sunshine Anne Allen, a fundraiser for Christie Hospital, sent 218 walkers and runners on their way out of Devonshire Park. The afternoon was, if anything, a little too hot as they followed the route through checkpoints at Bow stones, Chinley Churn, Edale Cross, Edale, Castleton, Peak Forest, Millers Dale, Chelmorton, Earl Sterndale, Brand Top, Cumberland Cottage, walker Barn and Whitely Green before returning to Hazel Grove.

This was the fifth year on the new route and although more people are now familiar with it, it doesn't get any easier. This year 80 entrants had to retire at various stages. Three were determined to reach Hazel Grove even though it was after twelve o'clock and the later checkpoints closed. Although the event had officially ended they will get certificates for their efforts, which will enable them to achieve their sponsorship targets.

For the second year running Tony Okell, all the way from the Isle of Man, was first home, also for the second time Davina Harrison from Ashbourne was the first lady and she took 3 minutes off her own record. The fastest scout was Andrew Sidgwick who took 101 minutes off the previous record.

Entries were up this year mainly due to a number of sponsored walkers. One group were walking on behalf of the Booth Centre, a registered charity providing help for the homeless. Kev the organiser told us the experience had been a huge success and they had raised over £200 for Pendlebury Hall Childrens Hospital.

A group led by Anne Allen were walking under the banner "LiVling for Christie" (LV1, 56, geddit?). Anne and her husband wanted to thank the Christie Hospital who are treating their daughter Ann Marie who is suffering from leukaemia. Thirty two started out and although many found the route a bit too tough, eleven did finish successfully, including Catherine Wells of Poynton who, although over the 24 hours, was determined to finish. In total, an amazing £10,000 in sponsorship was collected for the Hospital.

We also know of at least two other groups walking on behalf of Cancer Research. Please forgive us if we haven't mentioned your charity but well done everyone!

It was very pleasing that several people thanked us for organising such a successful event, however behind the scenes we had the usual little mishaps and panics, such as not being able to find the security code to let us into the Edale checkpoint and then finding we didn't need it anyway, running out of water at Chinley drinks point, forgetting to order the milk and not getting the jam to Earl Sterndale until most people had gone through – never mind it all worked out in the end!

Next year is our 30th and will therefore be a special occasion, it will also be the last in charge for the organising team who will take the opportunity to hand over the reins.

John Corfield, John Feist and Peter Wood

1. T. Okell	9.24
2. M. Hartell	9.29
3. D. Waide	10.06
4. S. Watts	10.44
5. S. Temple	10.48
6. A. Pead	11.04
7. P. Rushworth	11.18
8. S. Jackson	12.17
9. N. Aston	12.17
10. C. Travis	12.25

LADIES

1. D. Harrison	12.52
2. A. Wade	14.31
3. J. Miles	14.54
4. K. Sulley	15.54
5. L. Martin	15.58
6. J. Mathews	16.51
7. M. Howard-Cutts	16.51
8. S. Allonby	19.29

GRISEDAL HORSESHOE – DEREK PRICE MEMORIAL RACE

Cumbria
AM/10m/5000ft 04.09.04

The race took place in humid conditions but with low cloud on all the tops. The poor visibility proved too much for some runners, as many were to go astray. No such problem for Nick Sharp though, who was virtually unchallenged in winning the race. A good run by Wendy Dodds saw her come home as the first lady.

A special mention must be made of Barry Shaw who sacrificed his race to assist an injured competitor who sustained a broken wrist on St

Sunday Crag. Thanks are also due to all the helpers, checkpoint marshals and the members of the Manchester Raynet team, without whose assistance the race could not take place.

S. Henry

1. N. Sharp	Amble	1.46.12
2. S. Stainer	Amble	1.50.58
3. J. McQueen	Eryri	1.56.04
4. A. Symonds	Kend	1.58.45
5. J. Helmsley	P&B	1.58.47
6. J. Symonds	Kend	1.58.55
7. P. Addyman	N'umbland	2.02.27
8. C. Near	Eryri	2.02.30
9. T. Owens	Brist	2.03.02
10. I. Mulvey	Amble	2.03.38

VETERANS O/40

1. (11) C. Speight	Amble	2.08.39
2. (12) M. Seddon	Bolt	2.08.44
3. (14) L. Warburton	Bowl	2.09.21

VETERANS O/50

1. (13) P. Clark	Kend	2.09.02
2. (17) J. Win	CFR	2.12.33
3. (37) P. Blanshard	Eden	2.33.07

VETERANS O/60

1. (26) P. Walkington	Horw	2.23.48
2. (35) P. Murray	Horw	2.32.16
3. (46) D. Ashton	Darw	2.37.10

LADIES

1. (47) W. Dodd O/50	Clay	2.37.35
2. (59) A. Forrest	Amble	2.44.26
3. (66) M. Huyton O/50	Macc	2.48.26
4. (67) M. White O/50	Horw	2.48.26
5. (75) J. Leather	Amble	2.52.43

99 finishers

THE TORMENTOR FELL RACE South Yorkshire AL/15m/4150ft 05.09.04

It was a hot and sunny day so those helping had a nice time. For the runners it was hard work, especially as this year I put a bonus 200ft climb near the end. It is worrying that a Lakeland A fell race can attract so many incompetents unable to own (or read) a map and dependent on volunteers handing out water. A storming run and clever route choice meant Andy Middleditch won by four minutes. First vet, Steve Storey, was an impressive 4th overall and Pippa Weir and Helen Thorburn as first female F40 should be proud of their achievements.

Next year many of the checkpoints will be announced on the day so if you cannot read a map don't turn up. Thanks to all the helpers and of course those runners who struggled in the heat.

William Airey

1. A. Middleditch	DkPk	2.11.56
2. R. Baker	DkPk	2.15.33
3. L. Banton	Clowne	2.15.45
4. S. Storey O/40	Penn	2.22.18
5. S. Gregory	HolmeP	2.24.29
6. A. Moore O/40	DkPk	2.24.36
7. K. Holmes O/50	DkPk	2.24.50
8. S. Marsden	Hallam	2.25.32
9. J. Bell O/40	DkPk	2.25.49
10. M. Bown	Hallam	2.29.48

VETERANS O/50

1. (7) K. Holmes	DkPk	2.24.50
2. (17) P. Pittson	EreV	2.46.43
3. (20) R. Hopkinson	DkPk	2.49.58

VETERANS O/60

1. (65) C. Radcliffe	DkPk	3.17.58
2. (74) M. West	DkPk	3.32.53
3. (91) A. Gordon	Unatt	3.39.55

LADIES

1. (27) H. Thorburn	DkPk	2.53.19
2. (31) P. Weir O/40	Totley	2.55.19
3. (41) P. Leach O/40	DkPk	3.01.03
4. (47) N. Spinks	Penn	3.06.13
5. (52) L. Thompson O/40	Totley	3.10.39

132 finishers

HADES HILL RACE Lancashire BS/5m/1200ft 09.09.04

1. P. Winskill	DkPk	32.19
2. W. Ali	FellD	34.01
3. M. Corbishley	Ross	34.07
4. A. Preedy	Ross	34.20
5. P. Burnett	Wharfe	35.03
6. A. Pilling	Roch	35.15
7. M. Whittall	B'burn	35.35
8. S. Godsman	Tod	36.03
9. P. Wadsworth	Ross	36.04
10. S. Power O/40	Unatt	36.15

VETERANS O/50

1. (12) D. Schofield	Ross	36.31
2. (16) B. Waterhouse	Sadd	37.11
3. (24) H. Waterhouse	Sadd	38.51

VETERANS O/60

1. (61) R. Blakeley	Tod	43.10
2. (88) G. Corbishley	Ross	48.00
3. (97) A. Daniels	AchR	49.05

VETERANS O/70

1. (119) J. Newby	Tod	66.50
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LADIES

1. (39) C. Kenny O/40	CalDV	41.05
2. (56) D. Allen	Rad	42.49
3. (58) H. Corbishley	Ross	42.55
4. (66) J. Smith O/45	Tod	43.33
5. (73) K. Brierley O/40	Tod	44.52

119 finishers

VIKING CHASE – FOUR PEAKS TRAIL RUN North Yorkshire BM/7.8m/1800ft 11.09.04

Runners rose to the fundraising challenge to tackle a race across the moors set by a group of rescue volunteers. Cleveland Search and Rescue team organised the eight mile Viking Chase The Four Peaks fell race across the North Yorks Moors.

About 30 runners took part in the race, to boost the rescue team's funds.

It is hoped about £200 has been raised by the event, which started and finished at Lord Stones Country Park on Carlton Bank.

The Viking Chase is in its third year as the Four Peaks Challenge, taking in Clay Bank, Cold Moor, Cringle Moor and Carlton Bank, with runners climbing a total of around 1,800 feet across moorland during the race.

Runners travelled from as far as Newcastle, York, Cumbria and South Shields to take part. The male winner was Joe Blackett and the female winner was Kendra White. They were presented with the Lord and Lady Stones trophies.

Cleveland Search and Rescue comprises about 50 men and women volunteers who are on call 24 hours each day to help those injured or lost on the North York Moors.

Last year the team was called out 34 times and so far this year there has been 15 incidents.

Martin Codd

1. J. Blackett O/40	NYM	58.33
2. S. Deakin		62.25
3. C. Mustill		62.36
4. D. Chippett		64.50
5. J. Graham		66.37
6. P. Chapman O/40	Ripon	67.12
7. A. Henderson	Quakers	67.46
8. S. Backhouse O/40	ScarB	69.01
9. M. Dietrich O/40		70.58
10. A. Bennett		75.33

VETERANS O/50		
1. (15) D. Plews		80.45
2. (16) I. Bowran		81.31
3. (20) B. Wood		88.32

VETERANS O/60

1. (53) M. Overton Tadc 84.04

LADIES

1. (13) K. White 8.38
 2. (18) T. Mayne 83.27
 3. (22) M Gibbs ThirskS 88.58
 4. (28) V. Barr 110.46
 5. (29) J. Spittle 115.37

29 finishers

VETERANS O/50

1. C. Davies Sadd 70.24
 2. D. Beels CaldV 72.50
 3. S. Moss Spen 79.59

LADIES

1. M. Jagan O/50 Epoc 88.02
 2. J. Scarf CaldV 88.21
 3. L. Hayles O/50 CaldV 94.04
 4. S. McNulty O/55 Radc 96.24

1. P. Winskill DkPk 38.09
 2. S. Sweeney O/40 Bowland 39.05
 3. C. Miller Hgte 39.26
 4. C. Pass Wesham 39.51
 5. I. Greenwood O/40 Clay 40.03
 6. G. Moffatt O/40 Howgill 40.07
 7. A. Preedy Ross 41.01
 8. M. Aspinnall O/40 Clay 41.17
 9. A. Orr Clay 41.21
 10. M. Johnson O/40 Unatt 41.46

VETERANS O/50

1. (12) J Holt Clay 42.17
 2. (17) A. Robinson Clay 44.01
 3. (20) I. Robinson Clay 44.11

VETERANS O/60

1. (27) N. Bush Ilk 46.28
 2. (43) T. Peacock Clay 49.20
 3. (66) A. Daniels AchR 57.38

LADIES

1. (28) T. Sloan Salf 46.35
 2. (59) J. Bowe HelmH 54.30
 3. (69) N. Pollard EChesh 60.28
 4. (47) A. Kelly O/40 Clay 50.42
 5. (58) B. Weight O/40 Bing 54.23
 6. (61) S. Jackson O/40 Unatt 56.06

79 finishers

DUNSOP BRIDGE JUNIOR FELL RACE

Lancashire
 11.09.04

1. R. Jackson Boy Prest 13.25
 2. S. Varley Girl Holm 16.15
 3. J. Capstick Boy Unatt 17.23

5 finishers

THE GARBURN TRAIL RACE

Cumbria
 12m/1600ft 11.09.04

Early on Saturday morning, the 11 September, a badger led a group of runners to the train station in Staveley, and escorted them by train to Windermere. The first Garburn Challenge was about to begin, a new non-competitive event for runners, joggers and walkers through some of the most scenic countryside in England. An hour later, an even bigger group of more serious runners arrived with the badger, for the start of the first Garburn Trail Race, over the same course.

From the private grounds of Elleray School, the course winds its way along footpaths through woodland to the scenic viewpoint of Orrest Head. Fabulous views of Lake Windermere and the Lake District fells greet the runners as they emerge from the woods. Following well-marked footpaths and bridleways the course gradually climbs the old Roman Road to Garburn Pass, before dropping down to the picturesque Kentmere Valley. The route returns along the valley through woodland and meadows to finish in Staveley, 20km later.

More than 30 marshals were along the route – 5 of them badgers. There were kilometre markers, and two water stations after 5km and 15km. The course was well marked throughout, with kit transferred and waiting for the runners at the finish marquee.

After the rigours of the race, the runners were treated to a fabulous meal provided by local outdoor caterers Wilf's Cafe. They could then spectate the junior races for U12, U14, U16 & U18, or read their free copy of British Runner magazine.

The race was won by Internationals Rob Jebb from Bingley Harriers, and Lou Sharpe from Keswick AC. They both collected £100 for their efforts. Cash prizes totalling £500 were provided

ERRINGDEN MOOR FELL RACE

West Yorkshire
 BM/8m/1900ft 11.09.04



Alan Breaks of Calder Valley coming in at Errington
 (Photo Allan Greenwood)

Once again the weather turned out fine for this tough pennine race, the forecast thunderstorms held off although strong headwinds on the outward section caused problems for the runners. The race was won by Steve on his first visit, although it has been on his to do list for a long time, he didn't have things all his own way though as he raced neck and neck with Chris all the way. Chris took the lead on the final steep climb up to Stoodley Pike and began to extend it on the run out to Erringden Steve admitted that at this point he thought the race had gone but he caught and passed Chris on the descent down through the woods, where Chris sadly turned his ankle, allowing Steve to race through to victory and break nephew Gary's record in the process. A poor turnout in the ladies field (only 4) saw victory go to Margaret with Jackie right behind her on the entrance to the finish field. Many thanks to those who gave up their race to marshal, at least it stayed dry for you! Also thanks to the runners who all seemed to enjoy the course and raised 86 pounds for Overgate Hospice. Hope to see you all next year,

Tony Bradley

1. S. Oldfield O/40 BfdA 63.09
 2. C. Smales O/40 Tod 63.19
 3. K. Gray CaldV 65.09
 4. S. Gregory HolmeP 66.52
 5. A. Clarke O/40 CaldV 67.40
 6. S. Willis Tod 68.38
 7. S. Machina P&B 68.56
 8. R. Crossland BfdA 69.31
 9. B. Stephenson P&B 70.18
 10. C. Davies O/50 Sadd 70.24

HODDER VALLEY SHOW FELL RACE

Lancashire
 AS/5m/1650ft 11.09.04

Imagine the scene: You have marked the course out and set up the race frame tent on the show ground the evening before the race. Freak September winds re arranged your plans, by next morning half of the course tape has disappeared and your frame tent is reduced to a crumpled heap 100 meters from its pitch!, (hence the very cosy registration this year).

After three years of glorious weather, a poor forecast and leaden skies threatened to deluge the runners whilst the Langden Brook was rising ominously. Fortunately the rain held off, the brook 'manageable' and 79 seniors and 5 juniors enjoyed the tough course. Phillip Winskill took an early lead pulling away on steep climb onto the summit of Totridge. Once over Totridge Phillip's lead was never threatened. Local runner Steve Sweeny for second place with Chris Millar. Chirs had the edge on the climbs but Steve's quicker descending allowed him to pull clear finishing second and first V40. Charlie Pass showed his talent on the fells finishing third. Ian Greenwood just held off Graham Moffat. Jack Holt Norman Bushwon the V50 and V60 categories in excellent times. The ladies event was dominated by two outstanding Clayton Le Moors V50's, newly crowned World Champion Maureen Laney followed by Vanessa Peacock (our usual winner). Both made light of their years with outstanding times! Tricia Sloan was the third lady. Eleven of the first twenty finishers were Clayton Le Moors runners, friends and rivals battled for supremacy and it was no surprise when Clayton won both Men and Women's team prizes.

In the junior race, all the competitors made light work of the brook crossings and steep climb up to the base of Mellor Knoll.

Rob Wynne



Phil Winskill with a big, big lead at Hodder Valley
 (Photo RHW)

by race sponsors Lakeland Limited, for the first three men, women and leading veterans classes.

Then the fun prize-giving began. All the finishers of both Challenge & Trail had a chance of scooping one of 30 great spot prizes, with a total value of over £1000. The spot prizes, donated by local businesses and individuals, ranged from a free eye examination and prescription sunglasses, £100 worth of Rohan store vouchers, an original Lakeland painting, signed copies of Sarah Rowell's book *Off-Road Running*, outdoor and sports gear, a years membership of Cumbria Wildlife Trust, guest passes to Total Fitness, and outdoor and sports vouchers.

The race had a total of 104 starters and 104 finishers, more than a third were women and less than 20% were veterans. The race is suitable for any standard or ability, and requires no fell running or navigational skills.

The race was supporting the Cumbria Wildlife Trust, hence the presence of so many badgers, the logo of the trust. Part of the entry fee was donated to the trust.

Next year's race is being planned for Sunday 5th June 2005. Details can be obtained from the forthcoming race website www.garburn.co.uk which should be up and running soon.

Graham Patten and Claire Boothroyd

SENIOR MEN

1. R. Jebb	Bing	1.18.06
2. M. Roberts O/40	Borrow	1.19.29
3. P. Singleton	Amble	1.22.52
4. J. Deegan	Amble	1.25.23
5. C. Fray O/40	Penn	1.25.42
6. G. Thorpe O/40	Amble	1.27.51
7. J. Aylward	Unatt	1.28.17
8. C. Hawxby	York	1.29.34
9. P. Buchanan O/40	Edinb	1.30.05
10. M. Addison O/40	Helm	1.33.01

SENIOR LADIES

1. L. Sharpe	Kesw	1.31.01
2. S. Taylor	Bing	1.34.29
3. H. Jones	Dallam	1.37.29
4. L. Thompson O/40	Kesw	1.46.25
5. P. Lernelius	Kend	1.53.50

51 finishers

GARBURN CHALLENGE

1. J. Hall	Kend	1.47.45
2. A. Ridding	Staveley	1.47.45
3. D. Spiby	Windermere	1.50.55
4. L. Elliott	St.H	1.55.31
5. T. Wrathall	Kend	1.55.31
6. R. Cousins	Staveley	1.56.16
7. J. Bryne	Kend	2.00.06
8. C. Muzeth	Bown	2.01.36
9. M. Ridding	Staveley	2.04.20
10. D. Binks	Grange	2.08.19

33 finishers

RESTON SCAR

UNDER 12

1. W. Parkinson	3.10
2. G. Milligan	3.24
3. T. Harrison	3.50
4. A. Hamer	3.57
5. C. Milligan	4.10

UNDER 14

1. B. Jackson	4.51
2. S. Cousins	5.09
3. C. Raven	5.14
4. B. Vanhinsbeigh	5.20

UNDER 16

1. T. Addison	10.41
2. E. Burgon	12.18
3. L. Redfern	14.09

UNDER 18

1. T. Winsor	10.46
2. J. Burgon	11.35
3. S. Dunn	17.46

BLACK MOUNTAINS Gwent AL/17m/5200ft 11.09.04

Thank goodness that we can still get weather forecasts wrong! Bad weather was predicted, but 50 runners set off in fair conditions and it remained so for most of the race. Chris Near led most of the way and was a worthy winner, with past winner Andrew Carruthers a close 2nd. Female, Jackie Lee, has now won twice: hat trick next year means an extra prize of a bottle of champagne! At one point I thought Jackie would get Menna's ladies' record time. 68% of the runners were over 40 years of age, as seems to be the norm nowadays.

Thanks must go to all helpers: John S. Kay, Martin, Derek, John B. Phil, Adrian and anybody else that I have missed.

Puffing Billy Darby (I just had enough steam to finish this year)

1. C. Near	Eryri	2.51.13
2. A. Carruthers O/40	Hales	2.51.40
3. S. Jones O/40	Eryri	2.52.09
4. M. Humphreys	Stroud	2.55.23
5. J. Lee	Eryri	2.55.34
6. G. Craft	MDC	2.57.06
7. T. Morgan O/40	MDC	2.57.25
8. A. Orringe O/50	MDC	3.00.52
9. D. Evans O/50	Aberyst	3.03.52
10. D. Burton O/40	TarrenH	3.04.08

VETERANS O/60

1. (32) D. Davies	Eryri	3.44.48
2. (45) M. Edwards	Wrex	4.21.28

LADIES

1. (5) J. Lee	Eryri	2.55.34
2. (33) S. Ashton O/50	Chep	3.45.03
3. (34) V. Lawson	Chep	3.45.03

50 finishers

YORKSHIREMAN OFF-ROAD MARATHON West Yorkshire CL/26.2m/3065ft 12.09.04

Again a good increase in competitors on 2004. The weather held for all but the last few runners and walkers. Chris Loftus smashed the individual record by 14 minutes finishing 19 minutes ahead of last year's joint winner and first vet Simon Shoesmith.



Chris Loftus on his record-breaking run at the Yorkshireman (Photo Steve Bateson)

First team taking the Yorkshireman Trophy were Rossendale vets, Steve Duxbury and Philip Taylor.

Last year's ladies' team from local club Keighley & Craven, Cath Fawcett and Chris Preston, not only retained the ladies' trophy, but took three minutes off their course record.

Carole Waterhouse who has run the course before as a team ran solo and took first lady in a creditable time of 4.01.17, just outside Kath Drake's record.

Charles Marshall

SOLO

1. C. Loftus	Kghly	3.04.55
2. S. Shoesmith O/40	BfdA	3.23.04
4. G. Bailey	P&B	3.37.40
4. S. Curtis O/40	Kghly	3.39.34
5. T. Spices O/50	Ross	3.40.30
6. M. Bottomley O/40	Unatt	3.41.14
7. S. Gregory	Killam	3.45.34
8. L. Hill O/45	Dumfries	3.45.34
9. P. McDermott O/50	Kghly	3.48.50
10. M. Loftus	ValleyS	3.57.18

VETERANS O/60

1. (91) D. Stead	P&B	6.48.46
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LADIES

1. (14) C. Waterhouse O/40	Hfx	4.01.17
2. (35) J. Wiseman	Chorl	4.31.57
3. (37) C. Mills	CaldV	4.36.08
4. (40) C. Davies	CaldV	4.38.58
5. (44) H. Wigmore	Unatt	4.46.30

TEAMS

1. S. Duxbury/P. Taylor	Ross	3.28.08
2. G. Cunliffe/P. Atherton	Clay	4.04.18
3. M. Terry/.N. Worswick	Clay	4.14.47

LADIES

1. C. Preston/C. Fawcett	Kghly	4.15.56
2. H. Gill/F. Raby	Kghly	5.09.21
3. J. Ackroyd/S. Simpson	Hgte	5.20.50

68 solo

27 teams

HALF YORKSHIREMAN West Yorkshire BL/13m/1750ft 12.09.04

Entries increased substantially on last year's inaugural race. Jason Hemsley ran in with local Shaun Wilkinson, just taking the honours. Last year's winner Willy Smith came third some 4 minutes behind and over 8 minutes slower than his winning time last year. Laura Wooffenden was first lady and only just outside the top ten.

First MV50 Paul Harris one place behind in 12th overall and local club president, Tony Minikin, took first over 60 prize in a creditable 1.54.30.

A large contingent travelled down from the borders with 10 runners from Dumfries Running Club, only topped by a dozen from Preston Harriers.

Charles Marshall

1. J. Hemsley	P&B	1.34.07
2. S. Wilkinson O/40	Kghly	1.34.07
3. W. Smith	Kghly	1.38.07
4. L. Kellett	Kghly	1.41.24
5. D. Ashcroft	Darwen	1.41.37
6. S. Bamber O/40	Prest	1.42.08
7. M. Brown	Hallam	1.42.26
8. S. Turland	Unatt	1.43.05
9. P. Crabtree	Kghly	1.43.13
10. R. Sturgess	Hfx	1.44.20

VETERANS O/50

1. (12) P. Harris	Abbey	1.45.20
2. (15) J. Pickup	Clay	1.48.20
3. (22) A. Appleby	Prest	1.49.48

VETERANS O/60

1. (27) T. Minikin	Kghly	1.54.30
2. (49) K. Pratchett	StBed	2.02.48
3. (105) J. Howard	Prest	2.20.04

LADIES

1. (11) L. Wooffendon	LeedsC	1.45.18
2. (23) T. Carney O/40	Dewsb	1.50.42
3. (25) H. Glover	Kghly	1.52.12
4. (32) S. Brett	Dumfries	1.57.30
5. (37) M. Douglas	Dumfries	1.57.51

186 finishers

CHELMORTON 5 CHASE

Derbyshire

BS/5m/1000ft 12.09.04

The Chelly Chase once again saw an outstanding field of entries. The autumn sunshine delivered a splendid morning that saw a stream of colour over Chelmorton Low representing clubs that included Buxton, Dark Peak, Macclesfield, Glossop, Stockport, Staffordshire and as far as Wells in Somerset.

One of the highest events in the Peak District, the Chelmorton Chase has gained fame over the last six years as one of the toughest events in the fell race calendar. The race is set in the heart of the Peak District. South of Buxton and this year drew an excellent field to a highly successful event in great weather and all donations going to local charities including the Chelmorton Institute and Church.

First runner home was Kev Lilley just outside the course record (held by Andy Wilton) and for the five miles that topped out at one thousand feet of climb before a very fast descent into Main Street where many villagers turned out to cheer the finishers home. Andrew Wright took second place and Les Footitt took third. Chelmorton villager Ian Hulse regained his title of first local.

The team event for both men and women was won by the club Dark Peak.

The climax of the run was climbing Chelmorton Low at over a thousand feet and it came at the very end of the race. Runners passed the prehistoric tombs at the Low summit before a steep descent into the village. Cheers from many locals down the Main Street of the ancient linear village brought the entrants home to a finish outside Primitive Hall in a morning of glorious sunshine. Revival was organised at Primitive Hall where runners were treated to free bacon butties and as much tea as they could drink.

Chelmorton race director Tracey Worth and course directors Arthur Gratton and Anddy Wilton set out the course on the morning over the rakes and five wells to Taddington before returning for the thousand feet of Chelmorton Low. Tracey has worked with top local runners and clubs, landowners and the fell race association to bring the course up to championship standards.

Very special thanks to Mrs Allen for permission to use Chelmorton Low, The Arden family, Hollands, Swindells and Wheldons for access and Derek Wood for official timing.

Tracey Worth

1. K. Lilley O/40	DkPk	33.14
2. A. Wright	Mercia	34.08
3. L. Footitt O/40	Buxt	35.29
4. D. O'Brien O/40	Buxt	37.18
5. A. Moore O/40	DkPk	37.39
6. R. Fawcett O/40	DkPk	37.43
7. M. Webster	Unatt	37.44
8. M. Stenton	Unatt	38.04
9. D. Ausell	CFR	38.19
10. J. Lowe	PennyL	38.29

LADIES

1. (11) L. Batt	Buxt	38.37
2. (14) L. King	WellsC	39.20
3. (18) S. Hodgson O/40	Felland	39.26
4. (19) C. Greasley O/40	Macc	39.29
5. (24) K. Davison	DkPk	40.36

73 finishers

CREG-NY-BAA FELL RACE

Isle of Man

AM/10m/2700ft 12.09.04

Simon Skillicorn finally made a big breakthrough in the final round of the Manx Fell League when he stormed to victory to score his first ever win on the fells. The popular Douglas man has slowly but surely improved over the last 18 months progressing from a top 6 finisher to regular first three and now the big one!

He was followed home by Brian Osbourne who, in finishing second, became the 2004 Manx League Champion. It was a close finish as third placed, Tony Okell, would have taken the league if he had been in front of Osbourne at the finish.

Marie Noon produced another excellent run to win the females and also made it into the top ten overall.

Richie Stevenson

1. S. Skillicorn	MFR	1.16.18
2. B. Osbourne	MFR	1.21.14
3. T. Okell	MH	1.22.02
4. R. Jamieson	NAC	1.22.25
5. M. Quine	MFR	1.22.56
6. I. Gale	MFR	1.24.46

LADIES

1. M. Noon	IOMV	1.34.22
2. C. Barwell	WAC	1.53.30
3. S. Folley	Unatt	2.13.08

THE LAKE DISTRICT MOUNTAIN TRIAL

Cumbria

12.09.04

Courses started and finished at Thirlspot.

We can only commiserate with Austin Farr whose original courses would have been an excellent test of navigation and endurance but on a day when the weather forecast was atrocious an early decision to use shortened courses proved to be wise as late finishers encountered gale force winds and hail on the Helvellyn ridge. The shortened courses did remove some of the navigational and physical challenge but this was still a tough day out for many, with some competitors out for over five hours.

From the map issue in Fisherplace Gill the Men's Trial had a first checkpoint at a knoll just below St Sunday Crag and a variety of routes were used including lines through Keppel cove or over Swirral Edge to Hole in the Wall as well as the more popular descent off Striding Edge into Nethermost Cove before making the final climb across Grizedale to the checkpoint. Running on home ground Gavin Bland contoured round Brown Cove to the hause on Swirral Edge and took an early lead which he then extended on the subsequent legs to HardTarn, the ruined mine below Brownrigg Well and the long contour through the front of Helvellyn to Brown Crag just above the finish.

The Women's Trial meanwhile visited a branch of Browndale beck just north of Stybarrow Dodd (which most competitors contoured round) followed by the disused quarry at the North-East end of Birkhouse Moor with the most popular route being over Stang then a fairly direct line across Glenridding Beck before a steep climb to the checkpoint. The women then went to the same ruined mine as the Men's Trial with a wide variety of routes including both Striding and Swirral Edges and Brown Cove. The final legs were the same as the Men's Trial with the problem of crossing Dry Gill to be solved en route. The pattern of the race was similar to the men's race with Nicola Davies running the fastest times on every leg except one.

The Short Trial was as for the Women's but

omitted the first checkpoint so that competitors went direct to the disused quarry using a wide variety of routes from an almost straight line over Raise to various attempts to minimise height loss by contouring round Keppel Cove. The Short Trial competitors seemed mostly to favour the Red Tarn and Swirral Edge route to the ruined mine with Dry Gill again causing some problems on the final leg.

With the biggest entry for some years we hope to see you all again next year and bring along a friend!

Mike Hind

1. G. Bland	Borr	2.34.37
2. A. Kitchin	Loth	2.48.01
3. A. Davies O/40	Borr	2.48.59
4. J. Davies	Borr	2.51.37
5. S. Birkinshaw	N'land	2.52.06
6. P. Clark O/50	Kend	2.54.03
7. I. Powell	Westb'y	2.54.19
8. N. Bunn	TVOC	2.59.05

VETERANS O/40

1. (3) A. Davies	Borr	2.48.59
2. (11) C. Hope	Borr	3.00.54
3. (13) A. Miller	Kend	3.07.20
4. (14) K. Harding	Tring	3.08.16

VETERANS O/50

1. (7) I. Powell	Westb'y	2.54.19
2. (46) P. Nelson	WCOC	3.34.52
3. (48) M. Walford	Kend	3.36.14
4. (54) K Adams	W'lands	3.41.45

VETERANS O/60

1. (47) P. Murray	Rucks	3.36.09
2. (60) P. Walkington	Horw	3.46.29
3. (73) D. Lucas	Roch	3.55.55

111 finishers

LADIES RACE

1. N. Davies O/40	Borr	2.56.37
2. S. Clough	Amble	3.09.41
3. W. Dodds O/50	Clay	3.14.42
4. R. Cash	Borr	3.21.45
5. M. Edgerton O/40	Penn	3.26.38
6. K. Kitchin	Loth	3.33.37

VETERANS O/50

1. (3) W. Dodds	Clay	3.14.42
2. (13) K. Thompson	Clay	3.56.31
3. (22) M. Rosen	L&M	5.14.54

22 finishers

Short Trial

1. I. Mulvey	Amble	2.29.55
2. T. Harling	Border	2.35.52
3. P. Dewhurst	Unatt	2.41.32

VETERANS O/50

1. (7) D. Palmer	Unatt	3.02.12
2. (13) N. Hambrey	Kend	3.10.16

48 finishers

MILFORD FELL RACE

Derbyshire

13.09.04

The annual short fell races over the Derbyshire Chevin Hill on Monday 13 September provided the town of Belper with winners in both the men's and women's main race.

Andrew Leck, running for Lancaster & Morecambe AC, seemed to be taking a leisurely stroll as he cruised to victory ahead of Ripley based Chris Rowe with former Belper resident, Tom Plant in 3rd place.

The women's race was won by 12 year old Tamara Armouh of the local Amber Valley AC with Angela Leck taking the silver medal.

D Denton

3 mile race

1. A. Leck	L&M	18.55
2. C. Rowe O/40	Matl	20.39
3. T. Plant	Derby	21.01

4. J. Birch O/40	LongE	21.07
5. M. Kuszynski O/40	Matl	21.08
6. D. Stuart	LongE	21.09
7. R. Gibson O/40	Belper	21.33
8. M. Moorhouse O/50	Matl	21.44
9. P. Pittson O/50	ErewV	21.59
10. N. Lander O/40	ErewV	22.28

VETERANS O/60

1. (34) M. Edwards O/60	DkPk	29.10
2. (35) A. Bourne	StaffsM	29.41
3. (42) T. Long	RollsR	33.09

LADIES

1. (11) T. Armoush JW	Amber	23.16
2. (16) A. Leck	Unatt	25.21
3. (17) C. Lee	Shelt	25.27
4. (19) L. Armoush	Amber	26.14
5. (29) N. Kuszynski	Matl	27.48

45 finishers

1.5. mile race

1. J. Moody JM	Matl	10.15
2. D. Hall JM	Highw	10.16
3. H. Cameron JW	Matl	12.08
4. F. Gilbert JW	Matl	14.08
5. P. Bricher	Unatt	19.00
6. D. Wilde O/40	Derby	21.04

6 finishers

DODD FELL RACE Cumbria 16.09.04

A new venue for the show and a new race up, or to be more accurate, part way up Dodd Fell with a long run through fields on the way out and back, and a very steep climb to the check-point and back. Comments after the race were favourable, most people seeming to enjoy it (memory is a wonderful thing!) The weather wasn't particularly kind, the wind especially being very strong, but it all added to the interest. My thanks to Jim and June Hall, Steve Harwood, Angela Brand-Barker, and members of Cockermonth Rescue team for their invaluable help – it even allowed me to run.

Lyn Thompson

1. R. Lightfoot	CFR	24.11
2. J. Bland	Borr	24.16
3. N. Lockwood	Kesw	25.32
4. P. Brittleton	Howg	26.18
5. R. Lawrence	Bing	27.37
6. G. Armitage O/40	Holmf	29.48
7. L. Thompson O/40	Kesw	32.03
8. S. Johnson	CFR	33.16
9. W. Rawling O/40	Derw	33.28
10. C. Knox O/50	Kesw	33.55

VETERANS O/50

1. (10) C. Knox	Desw	33.55
2. (15) P. Gilchrist	Kesw	34.50
3. (18) P. Hawley	CFR	35.20

VETERANS O/60

1. (21) M. Breslin	Unatt	35.57
2. (22) B. Johnson	CFR	36.02
3. (25) D. Morgan	CFR	37.52

LADIES

1. (7) L. Thompson O/40	Kesw	32.03
2. (13) N. Goffe O/40	BCR	34.28
3. (14) S. Ayers	CFR	34.49
4. (23) C. Charlton O/50	Kesw	36.10
5. (24) M. Bridge O/50	Kesw	37.41

27 finishers

PERIS HORSESHOE Gwynedd

AL/17.5m/8500ft 18.09.04

This gruelling course takes in most of the Peaks around the Llanberis valley, including Snowdon. The day started off very wet but fortunately the rain had stopped by the time of the start of the race. During the race the weather was dry, mild

and with sunny intervals. Several of the competitors said later that it had been their most enjoyable run of the year to date.

The first runner home was Dylan Jones of Eryri in a time of 3 hours 22 minutes and 34 seconds, who just managed to hold off clubmate James McQueen who was gaining in the latter stages. The ladies race was won by an ever improving Jackie Lee of Eryri who finished 6th overall in 3.59.11.

Thanks to all the Race Sponsors – Royal Victoria Hotel, Sinclair Power Access, Joe Brown Shops, Ultimate Outdoors, V12 Outdoor, Running Bear. Radios supplied by Valkris Communications.

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

Ross Powell

1. D. Jones	Eryri	3.22.34
2. J. McQueen	Eryri	3.23.30
3. C. Near	Eryri	3.37.45
4. T. Higginbottom	Eryri	3.48.16
5. C. Stead	N'land	3.56.02
6. J. Lee Lady	Eryri	3.59.11
7. B. Johnston	Eryri	4.06.05
8. C. Jones	Eryri	4.07.59
9. R. Lamb O/40	Mercia	4.08.37
10. P. Janaway	Pensby	4.09.19

VETERANS O/40

1. (9) R. Lamb	Mercia	4.08.37
2. (11) T. Laney	Clay	4.16.59
3. (12) R. Answell	Tring	4.19.53

VETERANS O/50

1. (19) J. Bennell	Eryri	4.36.35
2. (29) A. Oliver	Eryri	4.54.25
3. (33) C. Hartfall	Eryri	5.01.03

LADIES

1. (6) J. Lee	Eryri	3.59.11
2. (22) E. Batt	Bux	4.44.08
3. (28) G. Harris O/40	Mercia	4.53.00

51 finishers

MERRICK HILL RACE Wigtonshire AM/8.5m/3300ft 18.09.04

No ladies part this year except one junior lady in the separate junior race.

Peter Trenchard

1. B. Marshall	HELP	1.24.32
2. M. Scotney	Dumf	1.27.17
3. A. Anderson	Carn	1.29.47
4. M. Whitelaw	Annan	1.33.45
5. R. Irving O/40	Annan	1.33.51
6. N. Bulloss O/40	Arran	1.36.05
7. D. Brown O/40	Dumf	1.37.41
8. G. Bartlett	Forres	1.38.18
9. N. Taylor O/50	Girvan	1.39.40
10. S. Gorgas	W'lands	1.46.07

VETERANS O/50

1. (9) N. Taylor	Girvan	1.39.40
2. (11) D. Milligan	Solw	1.46.19
3. (12) J. Goldsworthy	Gallow	1.47.59

VETERANS O/60

1. (32) A. Anderson	Dumf	2.15.32
2. (33) D. Turnbull	W'lands	2.23.16

35 finishers

JUNIOR RACE, FELL OF ESCHONCAN 2m/800ft

1. J. Hope	LomTri	21.23
2. I. Docwra	LomTri	21.25
3. D. McKenzie	Girvan	33.57
4. R. Nelson Female	Girvan	36.27

LANTERN PIKE FELL RACE Derbyshire

BS/5m/1050ft 18.09.04

Great turn out for what was supposed to be a wet day - The sun shone and a good race was had by all.

Thanks to the marshals, landowners and helpers for making it work yet again.

The new venue for registration (in the beer tent) worked extremely well - I wonder why!!!!?

Cracking race at the front, well done Nick Leigh, and a good battle in this final race of the Hayfield Championship going to Darren Dunn.

Please come back next year - all profits from the race and show went to Christies Hospital.

Thanks for your contribution.

Mel Cranmer

1. N. Leigh	Altrinch	32.42
2. M. Bouldstridge	Mercia	33.36
3. K. Gray	CaldV	34.28
4. A. Wright	Mercia	34.35
5. G. Schofield O/45	Horw	35.44
6. D. Dunn	Penn	35.54
7. S. Bradstock O/40	Unatt	36.00
8. A. Kirk O/40	Penn	36.03
9. L. Footitt	Buxt	36.06
10. V. Booth	Traff	37.16

VETERANS O/50

1. (11) L. Best	Stock	37.20
2. (14) C. Davies	Saddle	37.35
3. (19) K. Holmes	DkPk	38.54

VETERANS O/60

1. (82) K. Bamforth	Holmf	43.26
2. (86) P. Roberts	Buckley	43.31
3. (94) J. Morriss	Buckley	44.15

LADIES

1. K. Davison	DkPk	39.23
2. S. Hodgson O/40	Fellan	40.04
3. E. McGuire		43.06

218 finishers

JUNIOR RACE

Due to bad planning, bad eyesight and thin crosses on the race numbers eight of the ten 7-11s did the longer course. The positions would not doubt have been different. I do apologise for this error.

Very well done to them all – bet they slept well!

Mel Cranmer

JUNIORS 12-15

1. S. Cameron	Stock	19.09
2. J. Gratton	Hallam	19.18
3. L. Harvey	Altrinch	20.28

JUNIORS 7-11

1. A. Ward		10.24
2. R. Hodgson		11.20
3. M. Ward		21.14

SIMONSID FELL RACE Northumberland BM/6.75m/1200ft 18.09.04

Simonside is on the south side of beautiful Coquetdale which is itself the dale that divides the Pennines from the Cheviot Hills. The race is run as part of the village show at Thropton which is only 13 miles from the border with Scotland as the crow flies (or the runner runs). The mixture of race, show, and location make it a firm favourite with runners and their supporters. Added to this, fording the Coquet, scrambling up and hurtling down crags and a great mixture of other terrain makes for a sporting race.

Morgan Donnelly, last year's winner, as usual set a cracking pace to be first at the summit with Matthew Whitfield and Ian Twaddle in hot pursuit. As the runners descended below Little

Church crags, Matthew took the lead. After the hamlet of Gt Tossion the route hit the road and descending Morgan was again in front. Hitting the flat of the river pastures there was a final tussle and Matthew pulled out in front to finish first. All this was watched by Ian who maintained his position as 3rd throughout the race.

This competitive spirit was very much in evidence among the other categories. Alison Raw again was 1st women

Jan Webb

1. M. Whitfield	Bing	43.35
2. M. Donnelly	NFR	43.54
3. I. Twaddle	NShields	47.00
4. P. Addyman	NFR	48.44
5. K. Maynard O/40	Durham	48.56
6. N. Swinburn	Morp	49.00
7. D. Armstrong O/40	NFR	49.04
8. S. Coxon O/40	Tyne	49.09
9. M. Jeffrey O/40	NFR	49.23
10. C. Musthill	NewtonA	49.52

VETERANS O/50

1. (17) N. Cassidy	Tyne	52.14
2. (28) J. Dallinson	NFR	54.07
3. (33) K. Brewis	Unatt	55.30

VETERANS O/60

1. (106) A. Purvis	Elvet	77.52
2. (109) K. Dallinson	NFR	78.43

VETERANS O/70

1. (100) R. Laverick	Aurora	71.20
2. (101) J. Pittillo	Teviot	71.40

LADIES

1. (24) A. Raw O/40	Darling	53.30
2. (29) V. Oldham	Noram	54.31
3. (31) B. Whitfield	Clay	54.54
4. (34) K. Robertson	NFR	55.36
5. (49) L. Wilkinson	NFR	59.04

122 finishers

**THREE SHIRES RACE
Cumbria
AL/12m/4000ft 18.09.04**

Thanks to everyone for coping with the car park being; (a) under water, and (b) over 300 metres from the pub and the start! Pre race weather had been the worst for twenty years and that's about how much I aged on race day. Completely redesigning all the race infrastructure as the runners were starting to arrive was ever so slightly stressful!

In spite of the weather more Juniors than ever turned up for the final round of their championship, thanks to Dave and Eileen Woodhead for all their help on the day. Some great competition was enjoyed on our steep and technical course, which came as a bit of a shock to some runners!

The senior turn out held up remarkably well too, and they were rewarded with an improvement in conditions as the day went on, and at the end we even had some sunshine. An excellent run from Simon Stainer to get under 2 hours, and the usual high proportion of vets, with a close finish between Lou and Sharon for the women's race. Sorry to those finishers between 181 and 193 who didn't get a time because of a technical problem.

It takes 20 helpers to put this event on, and 48 hours before the races we didn't have all our checkpoints staffed. I know this is a common story among race organisers, but that doesn't make it any less worrying for the sport. The message is simple, runners who compete all year without helping out at a race are selfish, and if they can't change then there will be less races for them to do in the future!

Thanks to all those who helped, and the Three Shires Inn for supporting the event.

Selwyn



Alex Pilkington just keeping ahead of Matt Beresford near the Three Shires finish (Photo Bill Smith)

**ISLE OF WIGHT FELL RUNNING SERIES
Isle of Wight
18/19 September 2004**

The Isle of Wight Fell Running Series consists of three races held over two days with the runners covering 24 miles of off road running with over 4300 feet of ascent, this year was the tenth anniversary of the event inaugurated by Eddie Leal in 1995. Whilst we can't boast proper Fell conditions on the Island the races meet the FRA classifications and Eddie did pick the worst ascents and descents around Ventnor for his races. Eddie no longer runs these days but was out marshaling and giving encouragement to the runners on both days. The races were again hosting the SEAA Fell Running Championships.

Race one, the St. Boniface Fell is held on the Saturday morning and consists of a straight dash from the seafront at Ventnor to the top of St. Boniface and back down, the runners covering 3 miles and 776 feet of ascent.

It's then all too short a gap to race two, The Ventnor Horseshoe, held on Saturday afternoon. The runners again start at the seafront and ascend St. Boniface before descending to Wroxall, through to Cooks Castle and then the railway line before the long ascent to St. Martins Down, Luccombe Down before returning via a descent of St. Boniface. The runners cover 8 miles here with 1600 feet of ascent.

Sunday morning sees quite a few stiff runners lining up for the Wroxall Round, the longest with the runners covering 13 miles and 2000 feet of ascent. The race starts off relatively flat through La Falaise Park before ascending to Watcombe Bottom and Stenbury Down. It's then a steep descent to Stenbury Manor Farm before another ascent to Gat Cliff, Freemantle Gate. Then through to the Donkey Sanctuary and the railway line before another long ascent to St. Martins Down (the same course as race 2 but it seems so much worse on the second day) and Luccombe Down before the descent of St. Boniface to the finish.

Over the series of three races men's winner and SEAA Fell Running Champion was Dean Lacy of Cambridge Harriers with 3 points with Laurie King of Wells City Harriers ladies winner and SEAA Champion also on 3 points. In the series team event first and SEAA Champions were Worthing Harriers (Lowdon, Leitch and Masson) on 17 points with Cambridge Harriers (Lacy, Dowson and Kent) second on 31 points and London Heathside (Welshman, Owen and Kemp) third on 38 points.

In the SEAA Championship mens event second was Zippy Grice of Stubbington Green Runners with Kenny Leitch of Worthing and District Harriers third. In the vet 40 category first was John Lowdon of Worthing and District Harriers with Keith Masson of Worthing and District Harriers second and Andrew Mason of Springfield Striders third. In the vet 50 category first was Peter Young of Ryde Harriers with Tony Crossley of east Grinstead and District A.C. second. In the vet 60 category first was John Cash of Loughton A.C.

In the SEAA ladies event second was Natasha Cendrowicz of Highgate Harriers with Sue Cook of Wells City Harriers third and first vet 40 and Lorraine Baron of Ryde Harriers second vet 40, Lorraines times for the three races were 27:14, 1:20:06 and 2:01:19.



Past the beach up the road and (soon) onto the fell at the Isle of Wight (Photo Chris Lewis)

Many thanks to Andy Green for giving up his races to 'sweep' the last runner in the races. Over the series Peter Young, Jason Primers, John Stone, Lorraine Baron and Andy Green completed all races for the Harriers with Peter Young winning the Chris Blow Memorial Trophy for the first Harrier over the Fell Race Series.

The races are organized by the Ventnor Fell Run Association with assistance from Ryde Harriers. Many thanks to the Red Cross, Ventnor Police and the many marshals for their help, without which the event would be impossible to stage.

Many thanks to Bob and Suzanne Niblett, Dave and Joy Furmidge, Ray and June Stickland, Chris Powell, Chris Law and Ceri Lewis for timekeeping, recording and collating results over the two days and to Graham Maitland for organizing the computerized results.

Next year's races are held over the weekend of 17/18 September. If you would like information or an entry please send an SAE to Ryde Harriers, 31 High Street, Oakfield, Ryde, Isle of Wight, PO33 1EJ or see our web site at www.rydeharriers.co.uk.

Chris Lewis

ST BONIFACE FELL RACE AS/3m/776ft 18.09.04

1. D. Lacy	Camb	17.52
2. Z. Grice	Stub	18.17
3. A. Welshman	LondHeath	18.21

VETERANS O/40

1. J. Lowdon	Worthing	18.33
2. K. Masson	Worthing	18.56
3. M. Bird	Nailsea	19.57

VETERANS O/50

1. P. Young	Ryde	20.29
2. T. Crossley	EGrinst	20.52
3. P. Western	Havant	22.08

LADIES

1. L. King	Wells	21.48
2. N. Cendrowicz	Highg	22.21
3. E. Parfitt	Nailsea	22.57

VETERANS O/40

1. N. French	WWight	23.08
2. S. Cook	Wells	23.52
3. C. Rivers	Read	26.55

VETERANS O/50

1. C. Hall	Ports	29.05
2. J. Hart	Lought	30.30

VENTOR HORSESHOE BM/7m/1500ft 18.09.04

1. D. Lacy	Camb	55.35
2. J. Lowdon	Worth	56.02
3. Z. Grice	Stubb	59.27

VETERANS O/40

1. J. Lowdon	Worth	?
2. K. Masson	Worth	60.10
3. T. Cummings	Lough	60.35

VETERANS O/50

1. P. Young	Ryde	61.37
2. B. Pentland	Ports	63.27
3. T. Crossley	EGrins	65.59

LADIES

1. L. King	Wells	66.47
2. N. Cendrowicz	Highg	69.03
3. N. French O/40	WWight	72.02

VETERANS O/40

1. N. French	WWight	72.02
2. S. Cook	Wells	74.09
3. C. Rivers	Read	80.44

VETERANS O/50

1. Cl. Hall	Ports	95.03
2. Ch. Hall	Dawl	99.12

WROXALL ROUND CL/13m/2000ft 19.09.04

1. D. Lacy	Camb	1.24.46
2. T. Cummings	Lough	1.25.32
3. Z. Grice	Stunn	1.25.56

VETERANS O/40

1. T. Cummings	Lough	1.25.32
2. J. Lowden	Worth	1.27.42
3. J. Green	Nails	1.30.51

VETERANS O/50

1. P. Young	Ryde	1.33.02
B. Pentland	Ports	1.39.11
3. A. Whitewood	Ryde	1.40.16

LADIES

1. L. King	Wells	1.46.42
2. N. Cendrowicz	Highgate	1.50.37
3. S. Dommett	Nails	1.53.50

VETERANS O/40

1. S. Cook	Wells	1.59.25
2. L. Baron	Ryde	2.01.19

OVERALL RESULTS

1. D. Lacy	Camb	3 pts
2. Z. Grice	Stubbing	8 pts
3. J. Lowden O/40	Worth	11 pts
4. K. Leitch	Worth	16 pts
5. A. Welshman	LndnHeath	17 pts
6. N. Bunn	ThamesVO	23 pts
7. T. Cummings O/40	Lough	27 pts
8. J. Dowson	Camb	34 pts
9. J. Green O/40	Nailsea	34 pts
10. K. Masson O/40	Worth	39 pts

LADIES

1. L. King	Wells	3 pts
2. N. Cendrowicz	Highgate	6 pts
3. S. Cook O/40	Wells	13 pts
4. S. Johnsen	VictPk	19 pts
5. L. Baron O/40	Ryde	21 pts

DALEHEAD FELL RACE Cumbria AS/4.5m/2210ft 19.09.04

This is the first time we have personally organised a fell race so we accepted the challenge with trepidation! I am pleased to report the race went very well from our side and we hoped all those taking part were happy with our organisation and the race itself. We were greatly indebted to Billy and Ann Bland for passing on all the information they could and this no doubt reflected on the smooth organisation. The race was run under very wet conditions, attracting a field of 69 runners.

Once again the Borrowdale contingents were to command the race leadership. One must also notice the increasing field of vets and applaud the times which they achieved.

I was not aware of having to write a report on the race but knowing this I will try to be more enlightening as to its highlights next year!

L. Miles, P. David

1. J. Davies	Borr	46.06
2. J. Bland	Borr	46.57
3. G. Bland	Borr	46.58
4. N. Lockwood	KAR	49.50
5. R. Lightfoot	CFR	50.14
6. C. Hope	Borr	51.50
7. D. Truman	LES	52.32
8. T. Kelly O/40	Bowl	54.05
9. D. Birch	Kesw	54.23
10. C. Upson O/40	W'morland	55.03

VETERANS O/50

1. (17) M. Walsh	Kend	58.54
2. (40) C. Knox	KAC	66.39
3. (41) G. Summers	KAC	66.39

VETERANS O/60

1. (61) D. Morgan	CFR	76.55
2. (67) F. Wood	Horw	91.52
3. (69) H. Blenkinsop	KAC	98.58

LADIES

1. (21) S. Wood	Amble	60.34
2. (33) L. Thompson O/40	KAR	65.20
3. (47) R. Cash	Borr	68.25
4. (48) J. Carter	Unatt	68.39
5. (56) A. Tucker	DFR	72.21

69 finishers

LOCKWOOD BOUNDER North Yorkshire BL/22m/3300ft 19.09.04

Following the breakaway of fell runners to a new club, and with it the winter series, the Lockwood Bounder was no longer a classified fell race with category winners of team points.. Some club runners did still enter as seen by the results, and well done to them and all who completed the course on a very bright, breezy and sunny day.

The two early leaders were running alongside each other until the 16 mile stage. The 3 miles of road saw the eventual winner pull away arriving at Commondale 3 minutes ahead. Andrew closed on John Goodwin over Quakers Causeway but was out sprinted along the roads into Lingdale.

Sharon Gayter took the ladies title and record by 9 minutes from last year.

This was the last Lockwood Bounder to be organised by Middlesborough Athletic Club in conjunction with the Long Distance Walkers Association.

J. King

1. J. Goodwin	NYM	3.05
2. A. Henderson	Quakers	3.08
3. M. Dietrich	Unatt	3.34
4. S. Gayter	NMH	3.40
5. E. Grant	Unatt	3.41
6. J. Price	CLOK	3.42
7. A. Scott		3.51
8. C. Pollard	ThirskS	3.51
9. S. Vallance		4.00
10. T. Coupland	Unatt	4.20

LADIES

1. S. Gayter		3.40
2. C. Pollard		3.51
3. H. Owens	Quakers	4.25
4. I. Evans		4.34

62 finishers

THIEVELY PIKE FELL RACE Lancashire AS/4m/1000ft 25.09.04

Given the number of other events on this date it was pleasing to welcome 114 entrants to this year's race. I was delighted to see Simon Bailey, the newly-crowned FRA Champion supporting the race, which he won in a very good time considering the very wet conditions. There was very keen competition in all the veteran sections, as well as good performances by Tom Cornthwaite and Anthony Hayes in the U20 and U18 sections. A super run by Vanessa Peacock brought about a comfortable win in the ladies' race. She is still showing the younger runners a clean pair of heels. My sincere thanks go to the landowners, who allowed access to their land, also to the loyal band of helpers and marshals whose hard work ensured that the race went ahead smoothly and the results were produced efficiently. I would like to make special mention of Paul Healey and the Clayton X Team, a fine bunch of athletes whose levels of ability and fitness are far too high to allow them to take part in the race. For many years, on race day they have run over from Accrington to Thieveley in order to marshal checkpoints approaching the trig point. They then de-flag part of the course and run back to Accrington. Well done to one and all!

See you all again in 2005.

Peter Booth



Simon Bailey at speed at Thieveley
(Photo Pete Hartley)

1. S. Bailey	Mercia	23.23
2. J. Heneghan	P&B	24.38
3. G. Devine	P&B	25.21
4. R. Lawrence	Bing	25.25
5. C. Smale O/40	Tod	25.44
6. J. Logue	Horw	25.50
7. I. Greenwood O/40	Clay	26.22
8. J. Wright	Tod	26.23
9. A. Preedy	Ross	26.27
10. A. Whitem	Tod	26.29

VETERANS O/50

1. (25) T. Hesketh	Horw	28.18
2. (27) C. Davies	Saddle	28.47
3. (28) A. Robinson	Clay	28.55

VETERANS O/60

1. (61) D. Scott	Clay	32.50
2. (66) M. Coles	Skyrac	33.28
3. (71) T. Peacock	Clay	33.42

VETERANS O/70

1. (109) L. Pollard	AchRat	42.01
2. (113) R. Packer	RedRose	45.45

LADIES

1. (39) V. Peacock	Clay	30.27
2. (53) C. Waterhouse O/40	Hfx	32.08
3. (69) A. Kelly O/40	Clay	33.32
4. (74) J. Smith	Tod	33.50
5. (84) M. Jagan O/50	EPOC	35.51

113 finishers

JUNIOR RACE

1. S. Webster U/16	Bing	20.17
2. T. Addison U/16	Helm	20.18
3. O. Webster U/12	Bing	24.06
4. R. Addison U/12	Helm	24.21
5. J. Addison U/12	Helm	25.10
6. S. Varley FU/14	Holm	27.37
7. J. Thompson U/16	Pendle	28.30
8. M. Samsul U/16	Felld	45.40
9. W. Ali U/12	Felld	45.46
10. R. Ali U/12	Felld	47.52
11. Shakir U/14	Felld	48.02

11 finishers

SCAFELL PIKE FELL RACE

Cumbria

AS/4.5m/3000ft 25.09.04

The Scafell 2004's course was very slightly longer this year as the farmer had re-built a collapsed stone wall and a diversion over a gate was needed. The gear requirement was full kit, again

as the weather was dicey on the summit with poor visibility, but right on cue for the race the clouds lifted almost to the summit, but *not quite!* We had 43 runners (42 finished) as once again we were in competition with Thieveley and this year the Two Breweries. Thanks to CFR for attending in such numbers.

The first three led by Bingley's Ian Holmes had only just over a minute between them but were 5 minutes clear of the field at the finish. Runner-up Simon Stainer climbed ahead of last year's winner Nick Fish but was passed on descent. Ian Holmes, 16 seconds up on Nick, was a minute ahead of Simon. V65 category won by Harry Blenkinsop. Harry Catlow was injured this year and couldn't run but very kindly helped with the gates.

The ladies' race was won with an excellent 20th place by Jane Meeks, just ahead of runner-up and team mate Lyn Thompson.

The winning team (any gents/ladies combination now) with 22 points were CFR comprising Ricky Lightfoot, Brian Taylor and Brian Thompson.

Unlike last year with none, 2004 saw 4(!) Jack and Jill competing couples. The third couple ran in holding hands and the fourth couple also finished together. This must be a new perspective - family prizes next? There was only one retirement.

Thanks go to all of my hard working helpers and to the Wasdale Head campsite and National Trust for allowing us to use the farmland fields and the race to keep its original course.

Richard J Eastman

1. I. Holmes	Bing	53.49
2. N. Fish	Amble	54.05
3. S. Stainer	Amble	55.07
4. A. Wrench	Tod	60.25
5. R. Lightfoot	CFR	60.43
6. A. Breaks	Cald	61.07
7. M. Robinson	DkPk	61.55
8. B. Taylor	CFR	62.22
9. B. Thompson O/40	CFR	65.08
10. J. Winn O/50	CFR	65.22

VETERANS O/50

1. (10) J. Winn	CFR	65.22
2. (12) R. James	CFR	67.14
3. (14) I. Block	CFR	67.43

VETERANS O/60

1. (40) H. Blenkinsop	Kesw	114.27
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LADIES

1. (20) J. Meeks O/40	Kesw	74.02
2. (21) L. Thompson O/45	Kesw	74.43
3. (26) A. Forest	Amble	79.38
4. (29) N. Goffe	BICombe	86.29
5. (37) E. Kooper	Unatt	104.29

42 finishers

WREKIN WRECKER FELL RACE

Shropshire

AM/8m/2400ft 26.09.04

For the third consecutive year, the Wrekin Wrecker fell race took place in warm and calm conditions last Sunday. Rapidly gaining something of a reputation as a tough and challenging race, the organisers from Newport and District Running Club were again pleased with the field of 42 who took part, coming from a wide range of clubs around the country. Runners came from as far a field as Worthington, Yorkshire, Stroud and Northumberland, as well as runners representing all of the local clubs. In the event, it was the visiting runners who took the honours.

Last years winner, Andy Yapp, came home in 1.02.47, nearly 30 seconds off his course record last year.

In the women's race, Anne Johnson won, nearly a minute slower than last year's course record set by Sarah Hammond.

The race starts at the old rifle range at the base of the Wrekin. The course is an 8 mile one lap route over 2400 ft of ascent - 2 and a half ascents of the Wrekin! Runners again praised the course and how well it was marked out and marshalled. The race uses some of the smaller less well known of the Wrekin's paths which were again dry for this third running of the race. The route features some tough ascents and challenging downhills but there is also a good deal of undulating ground where runners could pick up speed. So overall, no particular style or strength of fellrunner is favoured.

Noel Hogan

1. A. Yapp	Mercia	1.02.47
2. M. Humphries	Stroud	1.06.07
3. M. Griffiths	Telf	1.08.36
4. N. Hogan	Newp	1.09.40
5. D. Coley	Mercia	1.09.51
6. T. Sharp O/45	N'umbland	1.11.17
7. R. Mapp O/45	Ludlow	1.11.42
8. B. Johnson	CaldV	1.12.30
9. M. Fenn	Telf	1.12.39
10. A. Orringe O/50	Griffiths	1.12.52

VETERANS O/50

1. (10) A. Orringe	Griffiths	1.12.52
2. (11) P. Pittson	ErewV	1.13.47
3. (13) S. Herrington	Heref	1.14.43

VETERANS O/60

1. (31) A. Hodgkiss	Telf	1.31.58
2. (33) J. Brown	Newp	1.35.45

LADIES

1. (15) A. Johnson	CaldV	1.16.40
2. (23) P. Gibb	Mercia	1.22.59
3. (34) J. Valentine	Unatt	1.44.41
4. (36) S. Parkin O/45	Unatt	2.03.28
5. (39) J. Edwards	Shrop	2.16.50

40 finishers

STANAGE STRUGGLE

Derbyshire

BM/6.75m/950ft 26.09.04

The Stanage Struggle Fell Race is organised by a group of local runners - mainly living in Hathersage - who run under the name of Fat Boys Running Club.

A fast start from Hathersage village (in the Peak District) along easy tracks spreads the field quickly before the climb through the Plantation and up onto Stanage. The route follows Stanage Edge along to the high point of High Neb before turning off the Edge for the fast return off the tops through fields, woods and tracks and back to civilisation.

The race was extremely well supported by Dark Peak Fell Runners who took the first 3 places in the overall results as well as 1st and 3rd in the Ladies. Many of our runners are from the local area but increasing numbers are travelling from further a field - feedback suggests that a large proportion of the entrants found out about the event via the FRA listings but you can find out about the event through the website www.hathersage.org.uk (follow the 'fell racing' link). Results for this and previous years are also on the site.

All 'position' prize winners as usual benefited from the generosity of 'Outside of Hathersage' who continue to strongly support events such as ours - whilst 'spot' prizes of 3D computerised mapping software were donated by another local firm 'TrackLogs'. The first 60 competitors also received 'T' shirts provided by chief Fat Boy and spouse - Mark and Elaine Jervis. Even the last runner in won a TrackLogs map.

There were lots of positive comments on the day as well as quite a few via e-mail - the consensus seems to be that the 'Struggle' was a friendly, well organised, well marked/marshalled event with a lively atmosphere. It's a great route for quick runners as well as those of a more sedate disposition (who will probably have time to

admire the outstanding views – as well as being able to see the front runners for much of the race).

In an attempt to raise the profile of fell-running amongst youngsters a shorter version of the race - organised by the PTA - provided an opportunity for fell runners of the future - with over 120 local children competing.

We are pleased to be able to make a donation of £400 to Edale Mountain Rescue Team in appreciation of the work they do in the locality.

Gordon Evans & Alison Hartley

1. P. Winskill	DkPk	40.09
2. O. Johnson	DkPk	40.30
3. K. Lilley O/40	DkPk	41.01
4. M. Fowler O/40	Penn	42.19
5. S. Gregory	HolmeP	42.30
6. S. Patton	DkPk	42.48
7. L. Martin O/40	Ross	42.55
8. G. Moffatt	HolmeP	43.23
9. S. Bradstock O/40	Castle	43.27
10. A. Dickeson	DkPk	43.32

VETERANS O/50

1. (26) B. Blyth	Macc	46.27
2. (30) S. Brister	Mat	46.40
3. (42) K. Bowskill	Penn	48.48

VETERANS O/60

1. (117) R. Maher	LowRd	55.02
2. (119) M. West	DkPk	55.10
3. (140) D. Haynes	NDerby	57.59

LADIES

1. (53) H Winskill	DkPk	49.50
2. (67) P. Weir O/40	Totley	51.00
3. (73) J. Whitehead	DkPk	51.22
4. (78) C. Howard	Unatt	51.45
5. (98) N. Spinks	Penn	53.10

221 finishers

LONG MYND HIKE Shropshire BL/50m/8000ft 02.10.04

A very heavy downpour one hour before the start did not dampen too many spirits, a race was on. Andy Davies was in contention and took the lead early on. Having a little local knowledge he pulled a way, but David Waide was chasing Andy and eventually took the lead. David set a new record by 27 minutes and Andy Davies by 17 minutes, so a very good effort.

Gill Harris stormed in as first lady in a time of 10.35. Rick Ansell who was 3rd overall won the novice trophy with a time of 9.28. Jenny York was 2nd lady with a time of 12.10.

Phil Harris

1. D. Waide	Mercia	8.03
2. A. Davies	Mercia	8.13
3. R. Ansell	Tring	9.28
4. J. Brown	Unatt	9.28
5. J. Carter	MDC	9.28
6. R. Williams	MDC	9.28
7. S. McCartney	Unatt	10.28
8. G. Harris O/40	Mercia	10.35
9. R. Robson O/40	Mercia	10.35
10. C. Taylor O/40	Mercia	10.35

LADIES

1. (8) G. Harris	Mercia	10.35
2. (24) J. York	Shrop	12.10
3. (38) R. Edwards	Unatt	14.18

AUTUMN LEAVES FELL RACE Lancashire CM/10m/1200ft 02.10.04

This is the event where cakes and runners come together in a post race feast of ooohs and aaahs as the home produced confections are consumed by the hungry race finishers.

This year cool but dry (ish) weather met the 114 starters, as they set off up Boat Lane. The size of

the entry grows slightly every year and this was a new high mark. For a variety and an experiment the 'lollipop' course was reversed, so the runners went via Black Moss reservoir then down to Wessenden, before climbing up around Marsden golf course. Opinions were mixed at the end, as to preference of direction, probably just edging in favour of this anti-clockwise direction. Maybe we will just alternate it in future years.

The use of GPS by a couple of runners revealed the true length and amount of ascent in the course. The length was recorded at 9.9 miles, with 1772ft ascent. We had always billed it as 10 miles and 1200 feet, so a revision to the Calendar entry is required.

The race winner set a new course record, Paul Green, in 1.02.13. First lady was Lynne Clough. Team prizes both went to Saddleworth.

In the cake competition, the Ratcliffe girls tied for best junior, Most Original was awarded to Colin Bishops 'Walsh' cake, and Chris Miles won Best Cake with a chocolaty creation in the form of a sailing ship.

With thanks to: Platt Halpern solicitors sponsorship, Personal Best Sports for the discounted prizes, Oldham Mountain Rescue Team, St. John Ambulance, my Mum and Sam Butler for the cake judging, and the Saddleworth Runners who helped with the marshalling and organisation on the day.

Bruce Bridgestock

1. P. Green	Sale	1.02.13
2. M. Fowler O/40	Penn	1.04.56
3. K. Gray	CaldV	1.07.50
4. J. Ingram	Sadd	1.09.54
5. C. Bishop	Sadd	1.10.22
6. L. Kellett	Kghly	1.11.25
7. A. Clarence O/40	CaldV	1.12.07
8. R. Green	Sadd	1.13.08
9. I. Rowbotham O/45	Hgte	1.13.28
10. C. Upson O/40	W'lands	1.13.36

VETERANS O/50

1. (17) B. Waterhouse	Sadd	1.17.00
2. (27) K. Bowskill	Penn	1.19.52
3. (39) R. Innes	Penn	1.23.30

VETERANS O/60

1. (82) T. Green	Sadd	1.38.15
2. (84) R. Brown	Penn	1.38.28
3. (86) I. Robinson	Garst	1.39.41

LADIES

1. (25) L. Clough	Wigan	1.19.30
2. (53) J. Robinson O/50	Garst	1.27.38
3. (55) N. Spinks	Pen	1.28.47
4. (56) S. Gorman	Horw	1.29.38
5. (59) K. Mather O/40	Sadd	1.30.24

112 finishers

IAN HODGSON MOUNTAIN RELAY Cumbria 25m/8500ft 03.10.04

Last year we had very good weather for the event so I suppose we were due a bad day. We certainly got it. Saturday gave us high winds and heavy showers. Sunday morning was better but from 2pm pouring rain and poor visibility made for severe conditions. We gave serious consideration to the introduction of modified courses but eventually decided to stick with the prescribed route. This proved the correct decision because Leg 1 conditions were good and the more difficult conditions on Legs 3 & 4 provided testing navigation, which certainly influenced the minor placing results.

Borrowdale dominated the race, winning by almost 16 minutes and taking all fastest leg prizes. In addition, they took the Mixed team award. However, difficulties in finding the High Street and Caudale Moor check points caused several teams serious problems and effectively ended the hopes of Bingley and P & B. Superior

navigation enabled Dark Peak. Horwich Vets and Ambleside to move through the field and take the minor awards. This was the first time a veteran's team has been placed in the top three of the Mountain Relay. Ilkley took the Ladies team award and the good condition on Leg 1 enabled the Dark Peak pairing of Helen Winskill and Karen Davison to set a new Ladies record.

Although not shown on the results sheet, we have disqualified teams 53 and 63 for failure to locate the tarn on Caudale Moor and more seriously, team 13, because their last leg pair arrived at the final check point 6 minutes apart. Given the severe weather conditions at the time this was a serious breach of our Race Rules.

The Sportident system again operated well and provided an excellent results sheet with intermediate hill times available on www.sportident.co.uk website. Thanks to Andrew and Anne Leaney for their expertise. Our introduction of the shuttle bus service between Brotherwater and Kirkstone was deemed a moderate success and we already have an offer to repeat it next year. Hopefully, it will then be used more intensively.

We announced at the presentation that the 2005 event will be the last Mountain Relay organised by the Hodgson family. We hope to make it a special race. There is of course a possibility that another organiser may come forward to take on the event in future years and if so we will give any help and cooperation needed to hold a relay over the superb mountains around Patterdale.

Mike Rose Campervan Award

A new award was introduced this year in memory of Mike to be given for the outstanding performance over the weekend by an athlete or a marshal. Our thanks to Shane Green in helping to make the trophy. The selection panel have awarded it jointly to Paul Dennison and Phil Maud of the organising team. Their valiant efforts before, during, and after the event, enabled the marquee to be erected and taken down in severe condition, the shuttle bus service to operate and numerous other tasks ranging from taking out mountain controls and manning road crossings to ensuring a plentiful supply of hot water and power for refreshments.

Acknowledgments

As usual the success of the event depends very much on all our friends and fellow members of Fellandale who so willingly give their help to organise this race in memory of Ian. Conditions this year were trying to say the least, particularly for the manned fell controls. Our thanks to them all. We are also grateful for the co-operation from the owners of Syke Side Camping Park, Alan and Eric Wear at Hartsop, Patterdale Playing Fields Committee, Jimmy Hodgson at Hartsop Hall, The National Trust, Dalemain Estate, and the Lake District National Park. The Leeds Raynet team provide us with invaluable radio communication and their dedication in adverse conditions is much appreciated.

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

1. Borrowdale	3.38.24
2. Dark Peak	3.54.32
3. Horwich Vets	4.08.22
4. Ambleside	4.09.10
5. Bowland	4.11.07

VETERANS

1. (3) Horwich	4.08.22
2. (7) Kendal	4.16.08
3. (10) Clayton	4.18.54
4. (12) Dark Peak	4.22.15
5. (14) Cumberland FR	4.27.49

LADIES

1. (31) Ilkley	4.57.02
2. (37) Dark Peak	5.06.33
3. (41) Keswick	5.12.23

4. (54) Clayton	5.40.20
5. (62) North Yorks	6.17.24

MIXED

1. (20) Borrowdale	4.38.41
2. (23) Cumberland FR	4.42.31
3. (33) Settle	4.58.35
4. (36) Ambleside	5.05.23
5. (39) Bingley	5.10.00

65 teams

SANDSTONE TRAIL RACES Cheshire 03.10.04

In the A race, Manchester-based orienteer Martin Crosby continued his steady improvement from joint 3rd in 2002, 2nd last year, to claim a win by nearly a minute. Congratulations to Martin who has also previously won the B race in 1998. Glen Groves recovered well to finish second, having been in 8th place at Beeston following an early navigational error. Glen may be one to watch next year. GB age-group triathlete Ruth Isaacs won the ladies' race, setting a new LV40 record in the process. A fantastic achievement considering the increased course length had less than ideal conditions underfoot. Ruth gained 15 places after Beeston.

Andy Jackson also had a good "second half" gaining 7 places to finish 15th overall to take the Orienteer trophy.

Veteran men featured strongly with MV40 winner Sean Butler placing 3rd overall, one position ahead of MV50 winner and consistent campaigner, Peter Pickwell. Peter and Sean, along with Dave Ainsworth, picked up the team prize for Altrincham.

West Cheshire AC took the first three places in the B race, with former A Race winner Paul Frodsham sharing the spoils with Ken Begley. The pair also shared the MV40 prize. Ann-Marie Jones of Altrincham announced her return to the race in style after an absence of several years, comfortably winning the ladies' prize, showing the stamina as an LV50 to see off her younger challengers. Flying the flag for local club Tattenhall was Sandra Owen who won the Lady Veteran prize. Andy Garnett (Spectrum Striders) took the MV50 prize.

I am already planning to include a LV50 prize and MV60 prize next year to reflect the shifting age profile of our entrants. Only 26% of this year's runners were aged under 40. Where are the next generation of runners going to come from?

Thanks to Mark Hartell, Barry Barnes and Jill Barnes for their advice and assistance in my first year as organisers and thanks to the many volunteer helpers from Deeside, Pensby and Tattenhall, without whom the race could not function.

Phil Janaway

A race

1. M. Crosby	MDOC	1.57.10
2. G. Groves	L'pool	1.58.36
3. S. Butler O/40	Altrinch	2.00.42
4. P. Pickwell O/50	Altrinch	2.01.49
5. G. Earlam O/40	WChesh	2.02.24
6. A. Timmins	Warr	2.04.23
7. A. Clague	WChesh	2.04.41
8. M. Hatton O/40	SChesh	2.05.35
9. D. Ainsworth O/40	Altrinch	2.07.10
10. P. Taylor	M/sideM	2.10.09

LADIES

1. (19) R. Isaacs O/40	Pensby	2.16.40
2. (21) S. Jackson	L'pool	2.17.22
3. (49) K. Roberts	Helsby	2.29.33
4. (70) R. Arnold O/40	Helsby	2.37.41

124 finishers

B race

1. K. Begley O/40	WChesh	1.05.56
2. P. Frodsham O/40	WChesh	1.05.56
3. I. Wedge	WChesh	1.08.47
4. G. Rawlinson O/40	L'pool	1.09.05
5. J. Spencer O/40	Spec	1.11.44
6. P. Nield	Macc	1.12.35
7. A. Garnett O/50	Spec	1.12.49
8. W. Heaton O/40	Wilm	1.14.01

LADIES

1. (10) A. Jones O/50	Altrin	1.16.59
2. (14) S. Hammond	Tatt	1.19.15
3. (29) S. Owen O/50	Tatt	1.25.34

138 finishers

LANGDALE HORSESHOE Cumbria AL/14m/4000ft 09.10.04

Another good turn out for this Autumn Classic, with the best weather we've had since 1998. A good result for the host club, with Nick Sharp winning the senior men's race and victories for the men's and lady's teams.

Thanks again to all the checkpoint staff and race control staff, Raynet radio team, Pete Bland, Mike Toms (for his fields and for letting the race pass through his farm), the Old Dungeon Ghyll, St. John's Ambulance and Andrew Leaney (sportident).

See you all next year on Saturday 8th October 2005.

Jonathan Fish

1. N. Sharp	Amble	2.07.57
2. G. Bland	Borr	2.13.07
3. A. Davies O/40	Borr	2.15.09
4. J. Hunt	CFR	2.20.17
5. D. Golding	Amble	2.20.52
6. J. Deegan	Amble	2.20.56
7. I. Mulvey	Amble	2.21.58
8. C. Hope	Borr	2.23.33
9. M. Robinson	DkPk	2.23.42
10. H. Jones	Unatt	2.24.36

VETERANS O/50

1. (24) D. Spedding	Kesw	2.32.33
2. (27) D. Tait	DkPk	2.34.32
3. (28) D. Schofield	Ross	2.34.42

VETERANS O/60

1. (77) P. Walkington	Horw	2.52.43
2. (96) T. Peacock	Clay	2.58.40
3. (98) D. Lucas	Roch	2.59.38

LADIES

1. (54) K. Beaty O/40	CFR	2.41.57
2. (74) R. Metcalfe	Eryri	2.51.09
3. (93) S. Ward O/40	DkPk	2.58.22
4. (97) H. Jones	Dallam	2.59.26
5. (104) S. Clough	Amble	3.01.08

216 finishers

FAN FAWR Glamorgan AS/2m/1000ft 09.10.04

Bright, brisk and nearly autumnal conditions greeted a small but elegantly proportioned field following the September monsoon season in South Wales for the 2004 spring up the alternative side of the A470, Fan Fawr. This opener of the 2004-05 winter league season encapsulating all that we know and love in a short fell race. Optimistically paced initial sprint, a bit of bog in the middle and a short steep pull to the summit plateau before tottering on to the top. Then it's the headlong dash for home, pain, oxygen debt and of course the post race gossip. And fresh off the press this year the fear that with the enforced insurance shake-up small independently organised races such as this would perish. After all what have the AAW empire ever done for us to even contemplate affiliation for grass roots fell racing. Watch this space!

Meanwhile Andrew Jones, with the benefit of a weight-watcher inspired diet shot to the top in a shade over 10 minutes. His relatively sluggish descent in 6 plus minutes the product of some serious bog and running into the teeth of an easterly gale. He surprised the finish marshal with the first sub 17 minute time for many a year while not threatening Graham Patten's 13 year old record. His opposition trailed in an age behind with Peter Ryder comfortably thrashing his father in finishing third in his first ever winter league race. Mark Bryant, Steve Littlewood, and Alice Bedwell all won their respective categories as the now traditional Wales v England cake baking challenge commenced. Traditionally the Welsh win the winter league series and the English bake the cakes!

My thanks to Kay, Jenny, Derek and the two German shepherd summit marshals. No-one argued!

Roll on the Bloreng, insured or not. Now that's a nice steep, dangerous race!

Steam Bunny

1. A. Jones	MDC	16.42
2. M. Duxbury	Stroud	18.18
3. P. Ryder	Brychein	18.24
4. I. Powell	Westbury	18.42
5. D. Adlam	MDC	19.24
6. M. Bryant O/40	MDC	19.27
7. R. Williams O/40	MDC	19.55
9. A. Gillard O/40	Harleq	20.05
10. D. Burton O/40	TarrHen	20.23

VETERANS O/50

1. (11) S. Littlewood	Heref	21.13
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VETERANS O/60

1. (21) J. Battersby	MDC	30.17
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LADIES

1. (16) A. Bedwell O/40	MDC	22.52
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21 finishers

BRONTE WAY West Yorkshire BM/8m/1150ft 10.10.04

The big attraction of this race for many runners is beer. You see, all finishers get a bottle of Timothy Taylor's (as drunk by Madonna) Championship Ale, Landlord. And the pub finishes in the doorway of the Fleece Inn on the cobbled street in Haworth village. All this makes for a very healthy entry and this year we broke the record with 199 registering for the race.

The low level route also attracts those trying fell running for the first time and top end runners looking for fast times, so it's a great mix. For many, having to carry extra clothing and safety kit is a new concept and if I had a £1 for each time I have been asked, "Do I really have to carry all this stuff?" I'd be seriously wealthy!

The race outcome was pretty well decided from the start with local runner Ian Holmes showing he's still the man to beat in these parts. Ian has dominated fell running in the Pennines for many years and his winning time of 53:57 proved he's still a great talent.

The real fight was for 2nd and 3rd place between two top athletes, Lloyd Kellett and Shawn Wilkinson. These two battled it out for 8 miles and it was only on the uphill sprint, across the cobbles to the finish that Kellett showed he had the edge, finishing just a few seconds ahead of Wilkinson – a fine spectacle for the coach tourists to witness.

First lady home was Tracy Mitchell in a winning time of 1:10:52 just over a minute ahead of team-mate Avril Duckworthy in second place overall. Third place went to Tizz Wooffenden.

Thanks go to Sharon and John at the Fleece for all their help (plus the free soup and Timothy

Taylor T-Shirts) and everyone else involved in making this a great little race. Sadly a few late finishers did miss out on the soup but they were advised to run a little faster next year to avoid disappointment. The Landlord however, as per usual, did not disappoint.

John Preston

1. I. Holmes	Bing	53.57.00
2. L. Kellett	Kghly	57.29.00
3. S. Wilkinson O/40	Kghly	57.39.00
4. N. Armitage	P&B	58.02.00
5. A. Thomas	Kghly	59.30.00
6. R. Pattinson	Unatt	59.30.00
7. G. McMahon /40	Unatt	01.00.48
8. J. Butler O/50	Kghly	01.01.00
9. B. Hoggan	Accring	01.01.04
10. S. Whitaker O/40	Clay	01.01.15

VETERANS O/50

1. (8) J. Butler	Kghly	01.01.00
2. (13) K. Taylor	Ross	01.02.02
3. (21) P. Harris	Abbey	01.05.13

VETERANS O/60

1. (61) T. Minikin		01.12.11
2. (134) P. Mitchell	Kghly	01.27.09
3. (147) M. McDonald	Bowl	01.31.43

LADIES

1. (50) T. Mitchell	Clay	01.10.52
2. (59) A. Duckworthy O/40	Clay	01.11.53
3. (65) T. Woffenden	Kghly	01.13.06
4. (72) C. Jones O/40	Unatt	01.15.19
5. (82) R. Sharples O/40	Kghly	01.16.38

178 finishers

**MANOR WATER HILL RACE
Borders**

BM/10m/2200ft 09.10.04

This year the start/finish was moved and runners found the new section quicker. The difference between times on the old course and the new course were very variable, but the average worked out at 67 minutes, a great surprise to the organiser, who only measured 300 yards less distance with 150 ft less climb.

The winning time of Donald Naylor was 68m 49s, more than 2 minutes under the previous record set by Rob Lee in 1994. Second was Rob Baker, third was Ronnie Gallagher. Ronnie won the race in 2002 in a time 5 minutes longer than this.

First woman home was Kate Jenkins. Her time of 81.40 was two minutes slower than the record set by Angela Mudge on the old course in 1999.

There were no runners in the 16-19 years class this year but in the Younger Junior Boys (13-15) class Mark McLeod completed the 3? ml course in a creditable time of

33m 37s. In the equivalent Girls class Rachel Robson took 37m 07s and Hilary Theaker took 42m 23s for the same course.

The weather was cool and cloudy with a little drizzle and a light headwind on the descent. Surprisingly, after so wet a summer and autumn so far, runners reported good underfoot conditions, but then this always was the best part of the country for hill running!

Graham Pyatt

1. D. Naylor	HBT	68.49
2. B. Baker	DkPk	71.34
3. R. Gallagher O/40	W'lands	72.37
4. M. Whitelaw	Annan	72.51
5. R. Irving O/40	Annan	73.36
6. C. Godfree	Loth	75.17
7. S. Bennet O/40	Carneg	75.58
8. A. Anderson	Carn	76.32
9. D. Theaker O/40	Helens	78.54
10. S. McKendrick	Irv	80.32

VETERANS O/50

1. (19) M. Macleod	W'lands	84.53
2. (23) J. Goldsworthy	Gallow	87.32
3. (34) B. Knox	Teviot	93.04

VETERANS O/60

1. (28) B. Waldie	Carn	90.03
2. (41) T. Staoley	Portob	100.29
3. (45) A. Anderson	Dumf	103.57

LADIES

1. (13) K. Jenkins	Carn	81.40
2. (26) V. Oldham	Norham	88.40
3. (39) D. MacDonald O/40	HBT	97.29
4. (42) L. Provan	Fife	100.58
5. (43) C. McLeod O/40	Moorfoot	101.11

58 finishers

**BREIDDEN HILLS RACE
Shropshire**

AM/7m/2300ft 10.10.04

Having been selected as a Welsh Championship AM race this year, it was with great care and attention that the course was marked out. Particularly as one of the landowners wanted me to extend the tarmac section by another ? mile; so we had to carefully negotiate the route (Shame some of the runners in front of me left gates open!!) Next year sees the 20th running of this race and he was perturbed that we could claim a legal president - the troubles we cause some folks!

Anyway the weather was fantastic and all the runners had a great day on the hill. Tim Davies came for a run round as it is on his home territory, and led a strong Mercia gang around behind him; including Davies Senior. Edward reaches the V50 category next year and should present some real challenges to his peers and younger entrants. The women's race saw a good field with GB international Amanda Wright leading the way, Lesley Clague from Tattenhall was the first over 60 lady.

Last years profits went to the Air Ambulance, this year it will be split between High Sports' " Youngsters in the Mountains fund and the Mercia coffers. Thanks to my family and friends for their support with marshalling etc.; see you again on 9/10/05.

Rick Robson

1. T. Davies	Mercia	52.43
2. T. Weerritt	Mercia	53.34
3. R. Lamb O/40	Mercia	55.32
4. A. Yapp	Mercia	55.59
5. P. Vale	Mecia	56.59
6. T. Sedman-Smith	Telf	57.04
7. I. Hughes	Shrews	57.53
8. G. MacNeil O/40	Penn	58.04
9. E. Davies O/40	Mercia	58.21
10. S. Link	Unatt	59.24

VETERANS O/50

1. (32) A. Orringe	MDC	1.06.33
2. (36) G. McAra	Helsby	1.07.05
3. (40) M. Cortvriend		1.07.55

VETERANS O/60

1. (56) E. Davies	Eryri	1.10.48
2. (97) R. Webster	Helsby	1.22.13
3. (99) M. Edwards	Wrex	1.22.56

VETERANS O/70

1. (121) J. Carson	Eryri	1.31.01
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LADIES

1. (20) A. Wright	Birchf	1.02.40
2. (35) A. Brand-Barker O/40	Kesw	1.06.58
3. (39) J. Lee	Eryri	1.07.51
4. (54) Y. Lewis	Telf	1.10.32
5. (65) S. Hammond	Tatten	1.13.44

137 finishers

PENTLAND SKYLINE HILL RACE

Borders

AL/16m/6200ft 10.10.04

It is a long course with a lot of climbing, some of it steep, 16 miles, 6200ft total climb. Some of it is grassy, some on gravel paths, some in deep heather without useful paths and there are some muddy bits. Low cloud often covers the hills so a runner MUST be able to find the way using map and compass. The course is not marked. Weather conditions were good for running this year, cool but not cold, overcast but no rain and almost no wind. Visibility very good throughout. There is a nice pub near the finish serving food and PROPER beer.

The field was well spread out by the finish, taking from about two and a half hours to just over four and a half hours. It was the last race for the Scottish Hill Runners Championship 2004 which perhaps explains the larger than usual field of 169 against 80 to 100 in recent years. Mostly from Scottish clubs but there was a good turnout from Northumberland Fell Runners and others from Borrowdale, Yorkshire, Keswick and Lithuania.

Richard Robertson

1. J. Lennox	Shettle	2.26.39
2. S. Whittle O/40	Carn	2.26.52
3. P. Davies	Borrow	2.27.45
4. C. Stead	N'berland	2.34.04
5. D. McGonigle O/40	Shettle	2.35.33
6. M. Patterson O/40	Shettle	2.35.33
7. M. Johnston	Carn	2.36.23
8. K. Riddle	Highland	2.37.16
9. A. Davis O/40	Carn	2.38.14
10. B. Marshal	HELP	2.40.54

VETERANS O/50

1. (31) J. Blair-Fish	Carn	2.59.19
2. (70) I. Cumming	Corstor	3.15.29
3. (72) R. McInroy	Helens	3.15.36

VETERANS O/60

1. (61) G. Bryan-Jones	Ochils	3.11.55
2. (82) C. Love	Dundee	3.19.18
3. (105) A. Harkes	Carn	3.32.23

LADIES

1. (29) J. Mykura	Carn	2.56.47
2. (50) G. Godfree	Lothian	3.06.47
3. (52) S. Wingrove	Cosmics	3.07.31
4. (62) L. Burt	Fife	3.12.00
5. (74) C. Gordon	HBT	3.15.41

169 finishers

**BRITISH RELAY CHAMPIONSHIPS
See article elsewhere in the magazine**

MOEL PEN-Y-BRYN

Conwy

AS/2.5m/1200ft 23.10.04

I was at a local carnival in the late 80s and I remember running the junior race, although the race has not been held since 1991. I thought why not try to get it going again. At the time I was running out on the hills with Russell a lot. He kindly offered to sponsor the race in 2003 Ultimate Outdoors.

Seventeen people turned up, some as far as Swansea in Wales and two from Clayton-le-Moors in England. Dylan Jones won on the day and Ellie Dunnington 1st in the ladies.

Great support from local runners meant shortly after this race Russell and myself agreed that there was enough local interest to form a club. We agreed to call the club Betws Bro Machno (or Bro Machno for short). As the Llyn Elsi race was

cancelled this year the Moel Pen-y-Bryn race was the last race in our club championship.

Due to FRA insurance changes we had to put the race forward to October. With this and heavy rain some roads were closed meaning the number of entries were down to five.

Registration was at the Eagles and the weather was ideal for the race after early morning mist had cleared on the summit.

Chris Upson who had come from Glasgow took full advantage of this and made the summit in a quick time, holding the lead to win in a time of 23.22, although about 3 minutes outside the course record, still a good time. Myself, Chris Marshall and Trevor Marshall (no relation) followed shortly. Although John Bennet had us worried at one point wearing road running shoes he wasn't too far behind and soon made it back. All of us enjoyed a well deserved drink in the Eagles afterwards.

I would like to thank Gareth Evans for a good job on the timekeeping, Dylan Griffiths our professional photographer!! Also Seb Phillips for marshalling and one last thanks to Gerry and Linda, not only for sponsoring this year's race but for letting us use the pub for the registration and prize giving.

Ololech yn fawr.

R. Arwyn Jones

1. C. Upson O/40	W'lands	23.22
2. A. Jones	BBMach	24.39
3. C. Marshall	Ellesm	29.05
4. T. Marshall O/50	Unatt	30.15
5. J. Bennet	Prestat	38.44

5 finishers

THE SCREES FELL RACE

Cumbria
AS 23.10.04

1. R. Lightfoot	CFR	44.17
2. B. Taylor O/40	Unatt	49.21
4. W. Jackson	CFR	49.52
5. A. Miller O/40	Kend	50.10
6. G. Byers O/40	CFR	51.04
7. P. Bullen O/40	Kesw	51.24
8. C. Valentine O/40	Kesw	51.26
9. D. Richardson O/40	Helm	53.49
10. R. Cannon O/40	Helm	54.05

VETERANS O/50

1. (13) M. Berry	BiCombe	55.54
2. (21) B. Martin	Amble	61.59
3. (29) D. Sharrock	Darw	65.34

LADIES

1. (15) L. Thompson	Kesw	56.53
2. (24) N. Goffe	BiCombe	63.11
3. (26) L. Buck	CFR	64.42
4. (31) J. Taylor	L&M	65.53

41 finishers

RHINOG HORSESHOE

Gwynedd

AL/14.3m/5060ft 24.10.04

The weather cleared with blue skies almost exactly as the runners got onto the mountain and closed in again as they left which just tipped the balance to make this a great first race with much positive comment from runners.

This new race is 14.3 miles long, 5060 total climb (FRA Grade AL) and attracted a strong field of serious fell runners.

Colin Donnelly won the Sterling Exhaust trophy comfortably at 3.09.58. Colin Upson following at 3.12.44.

Jackie Lee took the Hafod Wen ladies prize, also coming in 3rd overall in a very creditable 3.19.34.

There were 31 started, 4 dropping out of a hard race at various points, giving 27 over the finishing line.

Hoping that the success of the race and range of finishing times will encourage entries in 2005 from the 4 parishes for the Atro Property Services Shield for local runners.

Looking forward to overcoming the race registration and insurance problems currently facing all unaffiliated race organisers in Wales and repeating this year's 3 races with full Rhinog Race Series creditation and awards.

Brian Macdonald

1. C. Donnelly O/40	RonHill	3.09.58
2. C. Upson O/40	W'lands	3.12.44
3. J. Lee	Eryri	3.19.24
4. P. O'Brien	Eryri	3.23.45
5. Y. Tridimas O/50	Bowl	3.25.59
6. A. Duncan O/50	Bowl	3.27.28
7. R. Mapp O/40	Ludlow	3.27.39

8. R. Bellaries O/50	Clay	3.36.34
9. R. Metcalf	Eryri	3.38.16
10. J. Williams O/40	Eryri	3.38.16

LADIES

1. (3) J. Lee	Eryri	3.19.24
2. (9) R. Metcalf	Eryri	3.38.16

27 finishers

13TH WITHINS SKYLINE RACE

West Yorkshire
BM/7m/1000ft 24.10.04

Romford, 'southern softie' born, John Heneghan, 22, a Leeds student, and now Yorkshire man won his first ever fell race, breaking away on the climb of Bronte Waterfalls in this the 13th running of this route which visits Oxenhope Stoop, Top Withins, Bronte Bridge, Falls and Chair, before traversing back to Penistone Hill. John first ran here last year in the colours of Leeds University and finished 10th, and being the University's X-Country captain had enticed several others along who ended up taking the mens 2nd team prize, behind P&B his new club colours now.

25 year old, Sharon Taylor, the English bronze medalist for 2004, and twice a runner up here, led all the way to finish 59th and proved she is still the Queen of Haworth Moor, adding to her Auld Lang Syne and Soreen Stanbury wins. Sharon did fulfil one of her ambitions in 2004, after 6 attempts, she won her favourite race, the classic Ben Nevis event, but it was the time of 1-55-45 which meant the most.

Normally this race attracts between 150-200 runners, so to have a record 274 amassing in the quarry was quite a shock, especially for 18 year old, Swiss international orienteer, Rahel Friederich who had the honour of being the starter.

A little further back in the English championships, 16th, Nicky Kime passed 2002 winner, Vanessa Peacock, on the heathery section after the scramble up Bronte Waterfalls, and then overtook Candice Leah on the run for home in the very heavy conditions. A first timer here, she thoroughly enjoyed it, although only living at Ilkley she hadn't been round the course, a recce would have certainly helped. Only taking up fell running in 2003, having been a road runner previously, and admiring the scenery from the tarmac, Nicky now relishes the challenges of running over the hills she viewed. This year has seen steady improvement, with 3rd at Sedbergh Hills, 4th - Dunnerdale, 3rd - Full Tour of Pendle and 2nd at Holme Moss, the last two being only seconds behind the next lady. This 39 year old, Ilkley Harrier helped them in winning an English championship bronze medal, which was 'fantastic'. By the time you read this Nicky will be married to Ken Jaquiere a New Zealander, and the marriage will have taken place in Dunedin, in South New Zealand, although they are expected back in England late January, where she will resume her studies at Leeds Metro for her PhD.

But O/60 record holder, Lawrence Sullivan, was the star of the day, knocking 22 minutes, yes that was 22 minutes, off John Newby's, course record to have 100 runners behind him, finishing in 175th, with a new time of 64-41. It was only 2 weeks previous that Lawrence celebrated his 70th, so obviously this was his virgin run with the 70s, and he reckons he can go faster next year. Actually he only took up running the fells when aged 44, and his first race then was the Honister Pass race, which is now the Buttermere Sailbeck race, although the route has changed somewhat.

In 1995 he won the English over 60s championship, after setting out his stall to win it, he never really challenged again, although well capable, it never came into his plans as it



Rickie Lightfoot coming in to win the Screes (Photo Danny Hughes)



John Heneghan (the "Southern Softie") winning his first fell race at Withins. Stop Press: he has also won the Yorkshire Cross Country Championship (Photo John Parminter)

requires a lot of time studying routes and training over them, if you want to be successful. Of course there was no British title then, so that honour couldn't be won, and the O/60s didn't have to do long races, it was decided it was too challenging for them. Nowadays it's commonplace for O/60s to do long races, and the championship incorporates these. How times have moved on! How long will it be before the O/70s championship has long counting races; at the moment it's short and medium only to count in the championship.

Lawrence did his National Service in the navy, where he competed in the inter-services championship at 800m, before family and career took over. He's been a chartered engineer all his working life, working in machinery manufacturing, and worked his way on to the board of directors, this meant travelling the world wherever cotton was grown or



Sharon Taylor, 1st lady at Withins (Photo David Brett)

manufactured. His studs were always with him, which was a good thing as he has climbed volcanoes, been chased by grizzly bears, enjoyed many a run through jungle terrain and much, much more.

Earlier 75 juniors contested the Quarry runs, with James Hall improving his under 8s record by 13 seconds, to now 2.29, even George Akester, 2nd was inside the old mark, 3rd was Marcus Preedy a chip off the old Andrew's block, from the 21 runners.

Two other records were set in the U10 and GU12 ages by Rory Addison and his cousin Jenny, both of Helm Runners, Rory even finished 4th overall, while Jenny finished 8th overall. Fiona Jordan 2nd, Arinna Zenti 3rd, Brittany Dawson 4th, Nicola Waddington 5th, also left the U14 girls way behind. While up the front the winner was U14 Ben Morphet in 6.0, with only 4 seconds separating him from English U12 joint champion Thomas Sessford, and U14 Richard Shuttleworth, from the 49 eager young pups.

Dave Woodhead

1. J. Heneghan	P&B	44.24
2. M. Fowler O/40	Penn	44.54
3. N. Leigh	Altrinch	45.14
4. G. Devine	P&B	45.32
5. M. Horrocks O/40	Wharfe	46.07
6. S. Oldfield O/40	BfdA	46.29
7. S. Bottomley	P&B	46.45
8. J. Hemsley	P&B	46.59
9. S. Macina	P&B	49.26
10. J. Rank O/40	Holmf	49.43

VETERANS O/50

1. (22) K. Taylor	Ross	50.46
2. (28) D. Schofield	Ross	51.07
3. (50) P. Clarke	Bing	53.49

VETERANS O/60

1. (136) T. Peacock	Clay	61.20
2. (168) D. Illingworth	BfdA	64.23
3. (177) M. Coles	Skyrac	64.55

VETERANS O/70

1. (175) L. Sullivan	Clay	64.41
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LADIES

1. (59) S. Taylor	Bing	54.19
2. (87) N. Klime	Ilk	56.39
3. (88) C. Leah	Clay	56.52
4. (93) V. Peacock O/50	Clay	57.24
5. (105) H. Diamantides	Carn	58.27

274 finishers

JUNIOR QUARRY RUNS

Under 16s

1. T. Addison	Helm	12.25
2. D. Gallagher	Unatt	15.34

2 finishers

Under 14s

1. B. Morphet U/14	CFR	6.50
2. T. Sessford U/12	Kghly	6.52
3. R. Shuttleworth U/14	Preston	6.54
4. R. Addison U/10	HelmH	7.17
5. J. Thompson U/14	Pendle	7.21
6. E. Dawson U/14	Leeds	7.33
7. T. Crowley U/14	Bing	7.44
8. J. Addison Girl U/12	HelmH	7.46
9. K. Thompson U/10	Wharfe	7.49
10. D. Lund U/12	Settle	7.53
11. O. Whelan U/12	Bing	7.54
12. W. Clutterbuck U/12	Unatt	7.54
13. A. Wright U/14	Unatt	7.55
14. F. Jordan Girl U/12	Ilk	8.02
34. L. Alderman Girl U/10	Pendle	9.16
35. H. Askew Girl U/14	Hgte	9.41

49 finishers

Under 8s

1. J. Hall	Bing	2.29
2. G. Akester	Unatt	2.32
3. M. Preedy	Unatt	2.49
4. E. Middlebrough Girl	Ilk	3.01
5. B. Acornley	Unatt	3.02

21 finishers

HELM HILL FELL RACE

Cumbria

AS/4m/1175ft 26.10.04

1. B. Procter O/40	Helm	37.56
2. D. Scholes	K&C	40.48
3. M. Walsh O/50	Kend	40.53
4. S. Addison O/40	Helm	41.29
5. P. Tuson O/40	Helm	41.38

LADIES

1. (13) S. Morphet	CFR	67.00
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FFORDD Y BRYNIAU

Mid Glamorgan

BM/9m/2000ft 31.10.04

Despite many announcements to the contrary, the FyB 2004 took place as scheduled, but with one or two minor changes. As there was no-one available to take entries or money the race was declared free to all participants (and prize less)

From the start Derek Thornley charged away on a fine route to the first summit and claimed the honour of first there. Excellent route choice (maybe combined with other factors) kept him unchallenged through the forest to Caerphilly Mountain summit, and although making some dodgy route decisions off both this and the next summit, Craig yr Allt, he was never headed and claimed first place on the Garth in a time best not disclosed.

D. Thornley, Abandoned Celtic Fringe was 1st overall, 1st male vet, 1st MV50 and with a little forethought and a pair off pinking shears he could also have claimed 1st Lady/LV/LV50!!

Philip Holder

SHEPHERD'S SKYLINE FELL RACE

Lancashire

BM/6.25m/1150ft 06.11.04

This was the first race I'd ever organised. Following weeks of meticulous and somewhat over-zealous planning all my lists were ticked and everything was ready. Or was it? I still had one or two worries. The weather was dank and drizzly, conditions that were all too conducive to losing a few runners on the moors. Surely no one would have been mischievous enough to have moved any of the hundred or so flags? Would they? And will all the marshals get here on time? Have we got enough prizes? Do we specify full body cover? Where's the laptop? How many numbers did I bring? That bloody clag gets lower every ten minutes. Will any runners turn up...? The morning was a blur.

I needn't have worried. All my volunteers arrived, got on with it, and by lunchtime we were sat drinking coffee and twiddling our thumbs waiting for the competitors. Two hundred and nine runners did turn up and at last, as I blew the whistle; they were off. I remember standing expectantly at the finish forty minutes later. (the men's record - Ian Holmes - is 39:59). At forty two minutes I was a little fidgety. At forty three I was starting to panic. Where were they? A vision of two hundred and nine puzzled runners wandering around the centre of Littleborough filled my mind. Then we spotted him. Flying down the hill Ian Holmes crossed the line in first position just over a minute ahead of Karl Gray. Sally Newman was first lady home but was less than a minute off Vanessa Peacock's record despite the conditions. Team prizes went to the Rossendale men, and the Ilkley ladies.

It was another great turn out for the race despite the wet and muddy conditions. These added a few minutes to most runners' times with one or two looking like they'd become intimately acquainted with the skyline bog. The 'carwash for runners' proved very popular.



A group trying very hard at Shepherd's Sklyne (Photo Allan Greenwood)

**THE FIRST GREAT WHERNSIDE
FELL RACE**
North Yorkshire
AS/4m/1555ft 13.11.04

Most of the main hills of the Dales have catered for fell runners over the years with many classic fell races now being established on their slopes, the exception being Great Whernside, which although featuring in Bingley's TTT race weekend, hitherto did not have a race in its own right. It has, however, been a long favourite of mine and I well remember the feeling exhilaration I first got when running hard down the tourist path from the summit to Kettlewell via Hag Dike during my early running years.

As so it came to be that 92 runners lined up for the first race from Kettlewell directly to the summit and back.

It was a classy field including British Champions Simon Bailey, Rob Jebb and Lou Sharp.



Rob Jebb flying down to 2nd place at Great Whernside (Photo Pete Jebb)

I hope everyone enjoyed the race. My thanks to the army of marshals and helpers who ensured that it ran so smoothly. Hope to see you all back next year when we'll also be organising junior races starting from 12.30.

Phil Hodgson

1. I. Holmes	Bing	44.01
2. K. Gray	Cald	45.16
3. L. Kellett	K&C	45.25
4. C. Smale O/40	Tod	45.49
5. I. Greenwood O/40	Clay	47.03
6. M. Lee O/40	Ross	47.18
7. G. Schofield O/40	Horw	47.26
8. S. Macina	P&B	47.3
9. A. Preedy	Ross	47.41
10. A. Clarke O/40	Cald	47.46

VETERANS O/50

1. (21) D. Schofield	Ross	49.52
2. (24) K. Taylor	Ross	50.32
3. (28) J. Holt	lay	50.45

VETERANS O/60

1. (91) P. Walkington	Horw	59.04
2. (99) G. Webster	ValIS	60.01
3. (101) T. Peacock	Clay	60.04

VETERANS O/70

1. (122) L. Sullivan	Clay	63.03
2. (208) J. Newby	Tod	97.55

LADIES

1. (35) S. Newman O/40	CaldV	52.03
2. (50) T. Sloan	Salf	53.22
3. (56) E. Berclay	Ilk	53.53
4. (63) L. Lacon	Holmf	54.49
5. (65) C. Leah	Clay	55.03

209 finishers



Holmes and Newman clearly delighted at winning Withins (Photo Pete Hartley)

A lovely November morning dawned and ensured fast running on a partially frozen surface. Simon Bailey had the better of Rob Jebb by the summit which he attained and by the finish had stretched the lead by almost two minutes. Helen Diamantides was the dark horse amongst the females and finished almost one minute ahead of Lou Sharp.

Pete Jebb

1. S. Bailey	Mercia	29.00
2. R. Jebb	Bing	30.44
3. D. Hope	P&B	31.34
4. C. Dale U/18	Traff	32.14
5. L. Kellett	K&C	32.30
6. K. Gray	CaldV	32.41
7. R. Lawrence	Bing	32.44
8. S. Bolland	Bowl	33.29
9. P. Targett	CLM	34.50
10. C. Moses	Bing	35.11

VETERANS O/40

1. (11) B. Stevenson	P&B	35.15
2. (12) J. Feeney	Bing	35.46
3. (17) I. Rowbotham	Harr	37.04

VETERANS O/50

1. (22) D. Emmerson	Unatt	37.43
2. (35) J. Adair	Holmf	39.50
3. (39) R. Sutcliffe	CaldV	40.27

VETERANS O/60

1. (45) N. Bush	Ilk	41.47
2. (55) T. Peacock	CLM	43.58
3. (59) J. Cederholme	Bost	44.32

LADIES

1. (27) H. Diamontides	Carn	38.35
2. (31) L. Sharp	Kesw	39.21
3. (32) S. Taylor	Bing	39.25
4. (33) L. Lacon	Holmf	39.35
5. (44) J. Smith	CaldV	41.25

92 finishers

RAS RHOBELL FAWR
Gwynedd
AM/6m/1900ft 13.11.04

A bright but chilly morning greeted 67 starters on the 2nd Rhobell Fawr fell race near Dolgellau, Gwynedd, a welcome change after weeks of wet weather. The race started at noon and the runners set off up the ancient bridleway of Bwlch Goriward on a very runnable gradient. Veteran Scotsman Colin Donnelly quickly established a good lead and reached the 2300 ft summit in 31 minutes, two minutes ahead of Dylan Jones. First woman to the top was Ruth Metcalfe closely followed by Jackie Lee. Both Colin and Ruth saw their leads severely shortened on the descent however, but managed to hold off their pursuers to finish in course record time of 50.33 and 59.14 respectively.

All starters completed the course and enjoyed soup and a roll with the marshals and helpers.

Tony Hodgson

1. C. Donnelly O/40	RonHill	50.33
2. D. Jones	Eryri	50.46
3. R. Sedman-Smith	Telf	51.46
4. S. Gilliland	Bro?	52.22

VETERANS O/50

1. M. Cortvriend		59.17
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VETERANS O/60

1. E. Davies		61.11
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VETERANS O/70

1. J. Carson		81.52
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LADIES

1. (18) R. Metcalfe	Eryri	59.14
2. (20) J. Lee	Eryri	59.27
3. (36) V. Musgrove O/40	Eryri	65.55
4. (52) A. Goode		
5. (53) M. Oliver O/60		

67 finishers

COP HILL FELL RACE
West Yorkshire
BM/7m/900ft 14.11.04

Sunday 14th November saw the annual running of Meltham AC's Cop Hill fell race in dry and bright conditions with a cold wind- especially strong on the cop summit - tackled twice in this 7 mile event.

Dave Watson led away from the line at a fearsome pace to cries of "it's early yet" and "it's a long race" from others in the line up of 49 athletes from all across the North.

Watson ignored the jeers and stormed away to a convincing victory by almost 2 minutes recording 45.22 from team mate and international veteran Andy Shaw, 47.06. Shaw had the host club's Andy Whitworth for company for most of the race but managed to shake him off on the tricky descent off the Cop on the 2nd lap, Whitworth finishing 15 seconds down in 47.21.

Fourth place went to the other Holmfirth super vet fell runner Julian Rank, suffering from a late breakfast timed at 47.49.

Holmfirth dominated the ladies' category as well with Helen Shirley taking top spot in 54.16 and

an excellent 12th place overall. Team mate Rachel Mellor finished 2nd with 56.57 to take 21st overall.

There was no ladies' team award as no club had 3 runners but Holmfirth took the men's prize with 6 points from Meltham AC with 21, who had Owen Mitton and Dave Taylor in 9th and 10th.

Martin Sturdy

1. D. Watson	Holm	45.22
2. A. Shaw O/40	Holmf	47.06
3. A. Whitworth	Melth	47.21
4. J. Rank O/40	Holm	47.49
5. J. Armitage	Unatt	48.52
6. N. Holding O/45	WPenn	50.26
7. D. Kilpin	Penist	52.35
8. K. Midgley O/50	H'fax	53.16
9. O. Mitton	Melth	53.44
10. D. Taylor O/45	Melth	54.02

VETERANS O/50

1. (8) K. Midgley	H'fax	53.16
2. (11) L. Crowshaw	Killam	54.05
3. (13) R. Futrell	Holmf	54.39

VETERANS O/60

1. (31) K. Bamforth	Holmf	58.56
2. (44) T. Cock	Holmf	72.36
3. (46) D. Bamforth	Holmf	79.06

LADIES

1. (12) H. Shirley	Holmf	54.16
2. (21) R. Mellor O/40	Holmf	56.57
3. (40) M. Dempsey	Wesh	63.42
4. (42) G. Markham O/45	Melth	67.41
5. (45) R. Thomas O/40	Melth	76.08

49 finishers

CANDLELIGHTERS KELBROOK
FELL RACE
North Yorkshire
BS/3.5m/800ft 14.11.04

After a sunny Saturday, Sunday morning was overcast but dry and over 200 runners and riders (to quote Roger Ingham) stood respectfully for the two minute silence in front of Kelbrook church, after prayers for those lost but not forgotten were said, we all moved quietly off to the U/14s start.

The course leads off on a tarmac road, with early cattle grid to negotiate. The ascent then starts, the tarmac turns into a stoned bridleway then to grassland at the covered reservoir site.

A testing descent into the beck bottom to follow the beck on to the under 12s turn, (A very boggy

section where you need to hold on to your shoes!) In the U/14s race Richard Shuttleworth (Preston Harriers) had already carved out a clear lead at this point as he climbed up the rain soaked muddy terrain to the moor road. At the turn he was 30 seconds in hand. The descent saw him increase his lead to win by 42 seconds from Joe Kelly (Rossendale) 2nd and Sam Bartlett (Giggleswick) 3rd.

The under 12s saw three of the Helm hill lads led by Tom Doyle locked together up the boggy climb just after the turn. Racing across the fields to begin the road descent Rory Addison overhauled Doyle to win by a clear 19 seconds with Joss Addison a further 9 seconds back third to make an impressive Helm Hill 1, 2, 3.

The seniors and U/17s went last at midday and this saw Chris Waters of Ambleside take an early lead which he maintained to the end, finishing nearly a minute in front of his next rival Ben Lindsey (U/17) from Pendle A.C. Mark Aspinall from Clayton was 3rd and 1st Vet. Ex Giggleswick pupil Waters has attended the race every year since its inception and been part of the winning U/17s school team a few years back. His improvement this year has seen him at the fore of many races and to win here was a fantastic achievement.

Vanessa Peacock returned this year to take both the veteran prize and 1st lady as she wore down the opposition, maintaining her steady climbing pace to open a sufficient gap by the top to give her the race.

Many thanks to landowners and marshalls and to the team that turn out to help each year. A special thank you to Dennis Mendoras (Euravia Engineering), who supports us every year and to Sutcliffe's builders for generously adding to their support.

We expect to raise over £2000, so thanks to all for supporting Candlelighters helping research into Children's cancer.

Barry & Karen

1. C. Waters	Amble	23.29
2. B. Lindsey U/17	Pend	24.13
3. M. Aspinall O/40	Clay	24.20
4. T. Kingsnorth	B&W	24.30
5. D. Shepherd U/17	Settle	24.52
6. R. Jackson U/17	Pres	25.01
7. H. Coates U/20	Skipt	25.06
8. T. Addison U/17	Helm	25.19
9. L. Passco	Bowl	25.21
10. T. Wild	ACNE	25.24



Vanessa Peacock (1st), Anna Anderton (3rd) and Anna Kelly (2nd) at Kelbrook (Photo Woodhead)

VETERANS O/50

1. (32) J. Anderson	Pend	28.43
2. (52) B. Scholes	Settle	30.52
3. (67) J. Hignet	Unatt	32.22

VETERANS O/60

1. (58) P. Jepson	Ross	31.33
2. (68) T. Peacock	Clay	32.31
3. (106) N. Dyson	NYork	39.27

LADIES

1. (36) V. Peacock O/50	Clay	29.05
2. (43) A. Kelly O/40	Clay	29.39
3. (56) C. Leah	Clay	31.12
4. (74) S. Jackson O/45	Unatt	33.15
5. (76) A. Carrington	Settle	33.25

126 finishers

U/14s

1. R. Shuttleworth	Prest	15.49
2. J. Kelly	Ross	16.31
3. S. Bartlett	Giggie	17.56

U/12s

1. R. Addison	Helm	11.53
2. T. Doyle	Helm	12.12
3. J. Addison	Helm	12.21

U/9s

1. T. Bailey	KMal	5.25
2. M. Preedy	Burnley	5.30
3. O. Allsopp	Clap	5.31

LEG IT ROUND LATHKIL Derbyshire

BM/7.4m/1200ft 14.11.04

As you will have gathered from the day, and evidenced by the question marks in the results we had some problems at the finish of the 2004 Lathkil race. Thank you to those of you who I was able to contact and who helped me fill in some of the gaps. Most of all, apologies to those who we failed to time in, Dave, Alistair and Damian, and to any of you for which the details are incorrect. We will get it right next year.

Notwithstanding our problems, we hope you enjoyed the race. The weather was kind and a large and competitive entry saw all records smashed, well done to Andrew, Freya and Andy in the male, female and V40 categories, respectively.

A big thanks to all of you as the fell race, together with all of the other fun day events organised by Robert and Helen of the Lathkil Hotel, raised over £3,000 for Children in Need. We hope to see you again next year, on or around the same day (check the Fell Calendar nearer the time, but it will be on the Sunday before the Children in Need 2005 appeal).

Jo & Al

1. A. Middleditch	DPFR	46.48
2. R. Baker	DPFR	46.55
3. A. Trigg O/40		48.24
4. D. Taylor	DPFR	48.28
5. R. Foley	Mat	48.55
6. N. Holmes O/40	Nthbrook	48.59
7. M. Williams O/40	Penn	49.08
8. R. Barry	Nthbrook	49.40
9. D. Brown		49.56
10. R. Neal		50.12

VETERANS O/50

1. (34) M. Hetherton	Acorn	58.00
2. (38) K. Whittaker	Saddle	58.20
3. (40) M. Fround	Sutton	58.39

VETERANS O/60

1. (53) J. Armistead	DPFR	60.58
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LADIES

1. (25) F. Bloor	Sheff	55.22
2. (44) S. Costin	Redhill	59.14
3. (47) D. Claridge		60.00
4. (50) J. Griffith	DPFR	60.21
5. (58) N. Dick O/40		63.16

99? Finishers

KIRBYMOOR FELL RACE

Cumbria

BM/6.5m/1600ft 20.11.04



Jane Leather, 1st lady, battles with male rivals on the final descent at Kirkbymoore (Photo Bill Smith)

1. C. Doyle	Traff	54.33
2. L. Siemaszko	Borr	54.35
3. C. Waters?	Amble	54.40
4. P. Brittleton	Helm	55.03
5. W. Procter O/40	Helm	55.08
6. S. Addison O/40	Helm	56.57
7. C. Speight O/40	Amble	57.54
8. J. Mur??	Settle	58.07
9. A. Miller O/40	Kend	59.02
10. C. Taylor O/40	Merc	59.06

VETERANS O/50

1. (12) N. Hewitt	Bowl	59.52
2. (19) I. Robinson	Clay	63.10
3. (25) K. Dacre	Kend	64.23

VETERANS O/60

1. (55) M. McDonald	Bowl	82.03
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LADIES

1. (28) J.??	Amble	64.52
2. (39) A. Richards	Tod	74.02
3. (41) B. Sendhofer	Unatt	74.15

61 finishers

RIVOCK EDGE FELL RACE

West Yorkshire

BM/10m/1500ft 28.11.04

A fast race on a new course (big problems with farmers on the old course necessitated a last minute route change). Excellent running conditions, a great turnout and good beer in the Bridge Inn to round off the day.

Only 5 seconds separated the top three runners and congratulations go to Lloyd Kellet (3rd at the turn) to hold off a strong challenge from Phil Davies and Mark Horrocks.

Thanks to all the runners who took part and helped raise some cash for Silsden and Keighley youth groups.

Next year's race is on Sunday 27 November. Make a note in your diary now as senility has caught up with me and I missed the deadline for the FRA handbook. Thanks once again to all who took part; we hope to see you next year.

R.E.F.R Organisers/E Hastings

1. L. Kellet	Kghly	50.03
2. P. Davies	B'dale	50.05
3. M. Horrocks O/40	W'dale	50.08

4. J. Helmsley	P&B	50.38
5. S. Gregory	HolmeP	50.57
6. S. Green O/40	P&B	51.11
7. P. Stevenson O/40	P&B	51.18
8. A. Robertshaw	Otley	51.29
9. S. Wilkinson O/40	Kghly	51.43
10. A. Pickles O/40	Settle	52.00

VETERANS O/50

1. (11) P. Grimes	H'fax	52.04
2. (35) P. Booth	Clay	57.18
3. (36) J. Butler	KCAC	57.22

VETERANS O/60

1. (38) G. Howard	Ilk	57.27
2. (97) T. Minikin	KCAC	64.35
3. (101) M. Coles	Skyrac	65.04

LADIES

1. (41) S. Taylor	Bing	57.36
2. (44) E. Barclay	Ilk	58.18
3. (69) V. Peacock O/50	Clay	61.07
4. (74) S. Malir O/40	Ilk	61.46
5. (96) C. Waterhouse O/40	H'fax	64.26

168 finishers

DAVID STAFF MEMORIAL FELL RACE

Lancashire

BS/5m/900ft 28.11.04

The ninth running of the David Staff Memorial so the long standing record of Sean Willis, was beaten by the first 3 runners home. Rob Hope knocked 2.15 minutes off the previous record.

Conditions on the day were ideal for this short circuit of Dorwen Moors. Donna Allen secured first place by 30 seconds from Nabasha Fellows.

Thanks go to Akzo Nobel for race sponsorship and all those who helped on the day of the race.

Gary Taylor

1. R. Hope	P&B	31.43
2. B. Fish	B'burn	32.03
3. N. Leigh	Altrin	32.49
4. D. Kay	Horw	34.12
5. S. Bolland	Bowl	34.50
6. L. Passco	Bowl	35.53
7. C. Heys	Horw	36.19
8. P. Taylor O/45	Ross	36.36
9. S. Clawson	Ross	36.40
10. M. Tickle	Horw	37.02

VETERANS O/50

1. (35) N. Hindle	Unatt	42.04
2. (39) S. Moral	Unatt	42.42
3. (43) N. Cochrane	Newb	43.10

VETERANS O/60

1. (45) D. Ashton	Darwen	43.43
2. (54) P. Jepson	Ross	45.06
3. (78) R. Wignall	Altrin	48.18

LADIES

1. (52) D. Allen	Radc	44.44
2. (57) N. Fellowes	Eryri	45.15
3. (58) E. Doherty	Penn	45.33
4. (67) J. Robinson O/50	Garst	46.07
5. (72) R. Metcalfe	Horw	46.30

JUNIOR

1. (13) T. Cunningham	B'pool	37.25
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117 finishers

BOLTON BY BOWLAND FELL RACE

Lancashire

CM/8m/800ft 05.12.04

A mild sunny December day welcomed 180 runners to Bolton by Bowland for the 18th running of this popular race. For the first time we had a local winner. Tom Cornthwaite whose family have farmed in the area for many years led the field throughout. He had placed second last year to Mark Aspinall, but this year the positions were reversed.

Amy Green placed well to win the ladies prize. Good runs at each end of the age spectrum with



Geoff Newsam coming down past Heights Farm at Bolton-by-Bowland (Photo Bill Smith)

Tom Addison first junior in 12th place and a good effort from Lawrence Sullivan who was first V70.

A sign of the times was that out of the field of 180 there were 138 vets aged 40 or over. Thanks to all who helped on the day, the prize donators and farmers. We raised £529 towards our Village Hall funds.

Roger Dewhurst

1. T. Cornthwaite	B'burn	48.23
2. M. Aspinall O/40	Clay	49.11
3. P. Hall O/40	Clay	49.30
4. G. Schofield O/40	Horw	49.54
5. T. Mason	Wharf	50.18
6. M. Brown O/40	Clay	50.39
7. G. Wilkinson O/40	Clay	50.39
8. I. Greenwood O/40	Clay	51.12
9. A. Pickles O/40	Settle	51.12
10. S. Wilkinson O/40	K&C	51.42

VETERANS O/50

1. (26) M. Walsh	Kend	55.01
2. (30) N. Hewitt	Bow	55.23
3. (31) P. Booth	Clay	55.34

VETERANS O/60

1. (72) G. Fielding	Ross	60.44
2. (84) M. Barnwell	NVets	63.11
3. (88) P. Jepson	Ross	64.22

VETERANS O/70

1 (101) L. Sullivan	Clay	65.31
2. (178) A. Ball	Clay	97.49

LADIES

1. (51) A. Green	Spem	58.13
2. (65) H. Jones	Dall	59.29
3. (79) C. Leah	Clay	61.50
4. (99) J. Commons O/40	Clay	65.23
5. (111) J. Robertson	Spec	66.22

179 finishers

HEXHAMSHIRE HOBLE
Northumberland
CM/10/5m/1220ft 05.12.04

It may be global warming but the weather for Allendale's Hobble fell race seems to improve year by year. The record field of 97 competitors in the 11th running of the race enjoyed dry clear conditions, although they had to battle against a fairly stiff headwind for the last 3 miles.

The route follows the old lead mining bridleways which criss-cross the fells around the Allen Valleys and Hexhamshire, long popular with grouse shooters, more recently walkers, horse riders, fell runners, and mountain bikers, the latest activity apparently trail motorcycling. Controversy is currently raging as to whether some of these routes should be designated as byways open to all traffic. Perhaps it is just as well that the right to roam is about to arrive, so that us fell runners can get away from the traffic!

Hexham's flying multi talented sportsman, Morgan Donnelly having cycled 11 miles up to Allendale won for the third time, this year breaking Shaun Scott's long established record by 21seconds.

Tim Wylie having won the 2nd and 3rd races many years ago made a welcome return, finishing in 2nd place.

Karen Robertson had a great run enjoying her 4th victory in the event.

The award to the first resident of the Allen Valleys was Paul McClintock who was a creditable 16th overall and 1st non-club runner. It must help when you live on the route.

This was the last counter in Northumberland Fell Runners championship and 31 members took part, N.F.R. winning both the gents and ladies team prizes. The other local club Tynedale Harriers based in Hexham, had a good turn out of 16 runners.

Virtually all the competitors finished within 2 hours, many enjoying hot soup in the Fire Station, the profits from the race being donated to the Fire Service Benevolent Fund.

Stewart Beaty

1. M. Donnelly	NFR	1.05.19
2. T. Wylie O/40	Tyne	1.08.32
3. P. Addyman	NFR	1.10.49
4. K. Maynard O/40	DFR	1.11.01
5. S. Coxon O/40	Tyne	1.11.05
6. D. Armstrong O/40	NFR	1.13.06
7. S. Birkinshaw	NFR	1.13.52
8. D. Atkinson O/40	NFR	1.14.11
9. G. Bishop	LowFell	1.14.25
10. P. Kelly O/40	Darling	1.14.38

VETERANS O/50

1. (13) N. Cassidy	Tyne	1.16.46
2. (23) J. Bunn	NMarske	1.21.06
3. (32) D. Woonaby	Sunderland	1.24.54

VETERANS O/60

1. (81) J. Garbarino	NFR	1.43.03
2. (83) K. Rawlinson	NFR	1.43.20

VETERANS O/70

1. (94) D. Wright	Tyne	2.00.58
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LADIES

1. (19) K. Robertson	NFR	1.18.57
2. (26) A. Raw O/40	DFR	1.22.03
3. (45) L. Wilkinson	NFR	1.27.53
4. (46) R. Vincent	Tyne	1.29.56
5. (50) C. Bruce	NSP	1.31.49

95 finishers

SIMONSDALE CAIRNS FELL RACE
Northumberland
BM/11m/1400ft 12.12.04

1. T. Wylie O/40	TyneD	1.17.44
2. P. Addyman	NFR	1.20.03
3. K. Maynard O/40	DFR	1.21.59
4. R. Maynard O/40	DFR	1.23.19
5. N. Swinburn	Morpeth	1.23.39
6. D. Steel	NFR	1.23.53
7. G. Owens O/40	NFR	1.25.32
8. D. Atkinson O/40	NFR	1.36.00
9. C. Upson O/40	W'lands	1.28.00
10. P. Kelly O/40	Darling	1.28.44

VETERANS O/50

1. (14) R. Hall	NFR	1.31.30
2. (20) J. Burn	NMArske	1.35.32
3. (31) J. Brown	NSP	1.42.44

VETERANS O/60

1. (39) R. Clarke	NYM	1.46.25
2. (52) T. Ward	Morpeth	1.51.30

LADIES

1. (23) A. Raw O/40	DFR	1.37.47
2. (24) K. Davis	NSP	1.38.52
3. (28) L. Wilkinson	NFR	1.39.18
4. (30) C. Pollard O/40	NYM	1.40.37
5. (32) J. Walker O/40	NFR	1.43.11

69 finishers

CALDERDALE WAY RELAY
Yorks/Lancs
50m/6000'x 6 12.12.04

Pudsey and Bramley won the 21st open Screentone Calderdale Way relay. Paul Sheard and Jason Hemsley carried the baton over Norland and Ripponden to Cragg Vale to hand over in third place just over a minute adrift of Clayton veterans Hall and Aspinall.

However, Steve Neill and Steve Bottomley pulled into the lead on leg two and although Clayton's Gary Wilkinson and Ian Greenwood were only 20 seconds adrift by Centre Vale Park



A tense hand-over from Bowland at Cragg Vale (Photo Pete Hartley)

Todmorden after leg 2 and Roger Brewster and Graham Cunliffe drew level by the Blackshawhead hand over at the end of stage three, the Pudsey men steadily opened the gap to over six minutes by the start of leg six (Shelf) and were not headed. They retained their title in 6 hours 5 mins and 28 seconds and take their 8th win in the biggest single day off road event in Britain.

Pudsey's total number of open victories now equals that of Bingley Harriers, with only Rossendale (3 wins) and Clayton le Moors (2 wins) having a look in over the 21 years.

Clayton veterans came closest ever to a vet's team taking outright victory with a superb squad including some recent (or 'young') vets, finishing just 5 mins down by the Copley finish.

Todmorden Harriers surprised many (but not themselves) with a terrific performance to take third place, having been in second place at the end of leg four thanks to Sean Willis and Alex Whitem who set off a minute down on Clayton vets and finished a minute up.

Ilkley Harriers won the ladies trophy for the first - and hopefully not the last time, in 7 hours 33 minutes 58 sec, beating Holmfirth and nine times relay winners Clayton ladies.

The mixed category was again hotly contested and Pudsey lifted that award 12 minutes faster than their only other previous win in 2000 but fellow Leeds club Valley Striders were not far behind.

Finally, Clayton retained our newest award, for the first "B" team 23rd overall in 6-54-14.

Though heavy underfoot conditions made leg times generally a few minutes slow, a new leg record of 44-02 was set by Carole Waterhouse and Rosie Edwards (Halifax Harriers B) on stage 3.

A few complaints were heard about short-cutting and cheating. We cannot mark the whole route or marshal the moors. We can only trust you to play fair and stay on the prescribed race route. By the feedback at Copley, most of you seemed to have had an enjoyable day out with makes the mammoth task of organising the event worthwhile

This year, at least twenty teams did not enter the relay early enough and were left disappointed. For reasons of safety and to help minimise traffic congestion at leg changeovers we are limited to 100 teams (that is 1200 fell runners!!)



Forms are sent out by our entries secretary in good time to team club captains, then processed on a first come first served basis. Please enter early next year to avoid missing out.

Many thanks to Screentone screen printers and Pete Bland Sports for their assistance, the landowners and farmers who's land we cross and Old Rishworthians RUFUC for use of their club house as our race control. Special thanks to Richard and Sue Corney for their motorhome as a results facility, to entries secretary Linda Crabtree and to Halifax Harriers and their friends and helpers for giving up their time.

1. Pudsey & Bramley A	6.05.28
2. Clayton Vets A	6.10.26
3. Todmorden A	6.18.07
4. Horwich Vets	6.18.18
5. Bingley A	6.18.25
6. Rossendale H A	6.20.01
7. Horwich A	6.22.53
8. Dark Peak A	6.23.35
9. Wharfedale H	6.27.46
10. Skipton AC A	6.28.43

VETERANS

1. (2) Clayton A	6.10.26
2. (4) Horwich	6.18.8
3. (18) Dark Peak	6.48.08
4. (19) Keighley & C A	6.48.33

LADIES

1. (43) Ilkley	7.33.58
2. (47) Holmfirth	7.39.56
3. (29) Clayton A	7.48.22

MIXED

1. (34) Pudsey & Bramley	7.20.58
2. (36) Valley Striders	7.24.31
3. (52) Bingley	7.48.54

15th STOOP RACE West Yorkshire BC/5m/800ft 19.12.04

39 year old, King Holmes may have relinquished his crown at this festive race, but the younger fleet footed Prince Hope has a lot to live up to in surpassing Holmes' 10 straight wins. But who would now bet against him having won the Stoop 4 successive times, although he still only ranks 7th on the fastest times chart, being only 30. Rob has years to surpass Holmes' achievements. He first appeared at the Stoop in 1999 finishing 3rd, 2000 saw him 2nd, and since then he's reigned supreme, having timed his efforts superbly on the slight incline to the finish. This year his confidence was even higher, and although he trailed Holmsey by 10 yards over Holmes Intake and into Spa Hill Clough beck, that advantage disappeared in no time, as Robert increased the tempo, and broke Ian's resolve to win by 16 seconds.

Ian, not strictly race fit, was always going to be up against it with an in form Rob, having won the David Staff Memorial race, been a winning member of Pudsey & Bramley's team domination of the Calderdale Way Relay, and having finished 2nd in a recent West Yorkshire X-Country. Rob and Sarah's Christmas shopping was virtually done for them, with his prize haul containing: Christmas cake, Cadbury's Heroes tin, selection stocking, Santa jester hat, blow up Christmas tree complete with decorations, I'm dreaming of an orange Christmas (a yard of McVities jaffa cakes), and of course, what else, but a brussel sprout tree, all washed down with a case of Budweiser lager which he chose off the table. Not content with that he led John Heneghan 4th, and Gary Devine 6th to the selection box first team prize for P&B.

Malcolm Fowler, now having joined Cheshire Hill Runners would also not have had much Christmas shopping to do since he won the over 40's in 7th, and after winning the over 40's at Withins Skyline is becoming a regular.

This could also be said about 22 year old Natalie White, this being her 2nd successive victory with 42nd position overall, although her 'Paula Radcliffe' style, hooped black and red knee socks may not earn her a fortune on the fells fashion catwalk, they helped in the icy conditions, especially when breaking through the ice. She has been keeping race fit, by competing in the West Yorkshire X-Country league, and was crowned ladies champion in early December, and raced with Helen Shirley on leg 4 of the Calderdale Way Relay, where Holmfirth finished 2nd.

Lisa Lacon, another Holmfirth Harrier finished 2nd making a welcome come back after being the 2000 winner, and having 8th and 9th position on the fastest time ever chart.



Times this year were irrelevant, because of drainage work being carried out on the normal outward journey to the Stoop standing stone, so an alternative route took in the first mile, before rounding Harbour Lodge and then climbing via Oxenhope Bogs to Oxenhope Stoop, then the normal return route was used. It would have been reckless and dangerous to have sent the 280 runners out the way the runners came back, because the great British workforce had seen fit to put all the excavated muck onto the existing path, making it 'unpathable'. We believe this added 2 minutes to the runners times, and several expressed their approval of the alternative route upwards, the jury is out on any decision at the moment.

Twice over 40 winner, and record holder with 28-56 from 1995, local school teacher Jonnie Butler now has the distinction of having his name engraved on the over 50's trophy, after a battle with Ken Taylor, who already has his name on the over 50's silverware, 1998 and 2001; Ken also happens to be the over 50's record holder with 32-17 from 1998. These two Stoop stalwarts finished behind each other with only 15 seconds separating the pair, and last years winner Nick Pearce not far behind in 3rd, his first race after many months with injury. A few years older, but still as competitive, Todmorden's Richard Blakeley, 62, enjoyed victory, although a leg strain in the last mile nearly threatened this, as he believed Malcolm Coles was bearing down on him; a young 72, John Newby won that category.

In the junior Quarry Runs, for the 4th year in a row seaside's Scarborough Harriers supplied



Under 9 runners going for it at the Stoop. (Photo Paul Wood)

several prize winners with Amy Bridgeman Gu14, Rachel Gyte 2nd Gu14, Ben Proctor 1st u16, John Sharp 2nd u16 and star yet again Alex Wheatman who improved her Gu16 record by 49 seconds.

Another new record was set by Ryan Gould, who chased home his older brother Niall, who finished first in the combined u14, u12 and u10 races where 57 raced. Was it chasing Niall or was it English championship rival Thomas Sessford chasing him that pushed him to the u12's record?

Surprisingly the first Gu10 Rosie Helliwell of Keighley and Craven, finished just one second ahead of Fiona Jordan the first Gu12, with Aisling Ogden and Amy Fretwell being the other Gu12's, in the fiercely contested races. This year the under 8's was a blanket finish, with Conor Hobbs, Marcus Preedy, David Rowbotham and Odin Hargreaves all finishing within a vest of each other, while Ella Roberts had 4 seconds on Flora Martin with Marcus' younger sister Zara 3rd girl.

70 to 80 competitors seems the norm now, which is a fantastic sight to behold, if you're a senior planning to run later, why not come along earlier, and watch these races, there's loads of enthusiasm, encouragement, fun and sporting ability to see. Plus why not warm up round the Quarry Run route, you'll be shocked and surprised at just what these youngsters have run. Although you won't get a goody bag and pop, like these little hardy souls do.

Chris Mass

1. R. Hope	P&B	30.43
2. I. Holmes	Bing	30.59
3. L. Taggart	DPFR	31.04
4. J. Heneghan	P&B	31.25
5. N. Leigh	Altrin	32.13
6. G. Devine	P&B	32.31
7. M. Fowler O/40	Chesh	32.27

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8. G. Ehrhardt	Tod	32.41
9. D. Kay	Horw	32.50
10. C. Doyle U/18	Traff	33.01

VETERANS O/50

1. (36) J. Butler	K&C	36.58
2. (37) K. Taylor	Ross	37.11
3. (46) N. Pierce	Ilk	38.21

VETERANS O/60

1. (107) R. Blakeley	Tod	42.52
2. (123) M. Coles	Skyrac	44.23
3. (133) T. McDonald	Bing	45.03

LADIES

1. (42) N. White	Holmf	38.07
2. (71) L. Lacon	Holmf	40.15
3. (79) J. Smith	Calder	40.36
4. (85) S. Malir O/40	Ilk	40.58
5. (98) E. Clayton U18	Scun	42.06

220 finishers

**WHINBERRY NAZE DASH
Lancashire
BS/4m/750ft 26.12.04**

It was the Feast of Stephen and as in the Carol, the snow was deep and crisp and even! In fact, icy conditions meant we had to shorten the course to finish higher up the lane than usual, so no records and therefore no complaints or injuries to the runners.

Last year's winner, Simon Bailey, looked effortless as he crossed the line more than a minute later by Bob the Builder (Danny Hope). Pirate George Erhardt was close behind with what appeared to be a turkey on his shoulder – seasonal perhaps but a parrot might have been easier!

As usual, the fancy dress surpassed most athletic performance, Sharon an Ozzy taking the major honours and the Rossendale Junior Hospital Bed complete with casualty and attendants, narrowly beating the seniors D Day Landing Craft, both completing the full circuit including Cowpe Lowe summit!

Thanks to Rossendale Fell Rescue who were on hand to rescue a runner who had lost his shoe! Shoes.....a luxury! In my day.....etc.

Steve Duxbury

1. S. Bailey	Mercia	22.21
2. D. Hope	P&B	23.33
3. G. Erhardt	Tod	23.47
4. A. Hilton	Yor	24.57
5. M. Lee O/40	Ross	25.10
6. C. Heys	Horw	25.31
7. C. Rigby	Horw	25.45
8. I. Greenwood O/40	Clay	25.50
9. N. Worswick	Clay	25.52
10. S. Hoyle	Ross	25.55

VETERANS O/50

1. (11) S. Jackson	Horw	26.18
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2. (14) C. Davies	Saddle	26.47
3. (17) K. Taylor	Ross	27.03

LADIES

1. L. Lacon	Holmf	29.01
2. M. Laney O/50	Clay	30.05
3. S. Budgett O/40	Horw	30.33
4. M. White O/50	Horw	33.22
5. S. Norris O/50	Horw	34.35

128 finishers

**TURKEY TROT
Nthn Ireland**

AS/5.5m/1500ft 26.12.04

Conditions were almost perfect for the annual Turkey Trot race, with little wind, bright sunshine and crisp snow on higher ground, giving plenty of soft landings for those who overcooked it descending the Happy Valley. As an added incentive generous prizes were contributed by sponsors Surf Mountain, Jackson Sports and especially Tiso's.

Congratulations to Martina Hawkins who won the ladies' section in a time of 58:43, breaking the 2000 record of Anne Sandford by 45 seconds. Anne herself was second, also inside her old record. Both Martina & Anne have obviously been benefiting from Newcastle's serious winter training programme. It was good to see a record number of ladies taking part, a pointer to higher standards in 2005.

In the men's race, after numerous attempts including second place last year, exile Steve Neill finally claimed the Martin McMahon trophy for the winner, with a time of 46:46, well clear of Alan McKibben (first last year) and Steve Cunningham. However Steve's time was over 3 minutes slower than his third place in the 2000 race, when even more perfect conditions and a ding dong battle between Steve, Neil Carty and Brian Ervine led to Neil winning in 42:48, one second outside Brian's 1997 record. Back from injury and in flying form, Richard Rodgers was well clear of others to win the vet 40 category in 50:38 and an excellent 5th place overall. Obviously Richard is also getting faster with Newcastle's hard training regime. First team was Newcastle AC with 10 points, with ACKC not far behind on 27 points. A record number of competitors appeared for the event. It provides an opportunity for exiles and visitors to meet up - we welcomed the winner Steve, third lady Catherine Wilson of Kennilworth, Patricia Sloan based in Salford, Dave Till of Helm Hill amongst other. A usual returning exile and entrant Dermot McGonigle was injured but was seen jogging round part of the course. Thanks to the organising club BARF for their usual high standard of hospitality in the Mountain Centre, the marshalls out on the course and especially to Jim Brown who pulled it all together.

1. S. Neill	P&B	46.46
2. A. McKibben	N'castle	48.22
3. S. Cunningham	N'castle	48.48
4. G. Bailey	ACKC	49.08
5. R. Rodgers O/40	N'castle	50.38
6. S. Taylor	BARF	51.12
7. P. Mawhirt	N'castle	51.27
8. K. O'Hara O/40	Unatt	53.00
9. R. Donaldson	ACKC	54.16
10. P. Elliott	Unatt	54.55

VETERANS O/50

1. (12) J. Patterson	N'castle	56.38
2. (24) P. McGookin	ACKC	59.08
3. (27) W. Kettle	ACKC	59.29

LADIES

1. (21) M. Hawkins	N'castle	58.43
2. (26) A. Sandford O/35	N'castle	59.27
3. (29) C. Wilson	Kennil	59.55
4. (36) S. O'Kane	BARF	61.12
5. (47) A. Shannon O/40	N'castle	65.12

74 finishers



Linda Lacon ploughs on to victory at Whinberry (Photo Steve Bateson)



An unseasonably clad Todmorden crew at Whinberry (Photo Pete Hartley)

UP THE NAB FELL RACE
Derbyshire
4m/1100ft 27.12.04

This was a new course with an extra 400ft climb giving a total of 1,100ft over 4 miles. John Brown, fresh from his world fell series 2nd overall placing leapt from the start and never looked back as he stretched his lead over this new testing course to over 2 minutes. Des Gibbons now on the comeback trail finished a strong 2nd, Alice Bedwell making the long trip from Wales with a rewarding 1st place.

Thanks to Glossop/Kinder mountain rescue for marshalling and Glossop rugby club for use of facilities.

Des Gibbons

1. J. Brown	Salf	33.14
2. D. Gibbons	Penn	35.35
3. M. Saunders O/45	MDC	36.04
4. M. Burchell	Penn	36.12
5. R. Holt O/45	Glossop	36.28
6. N. Winfield	Penn	38.15
7. D. Riley	Penn	38.19
8. A. Howie O/50	Penn	38.21
9. T. Bedwell O/45	Unatt	38.23
10. A. Bedwell	Unatt	38.32

VETERANS O/50

1. (8) A. Howie	Penn	38.21
2. (12) R. Scotney	Penn	39.40
3. (13) F. Fielding	Penn	39.54

VETERANS O/60

1. (30) R. Wignall	Altrin	47.51
2. (33) M. Schoefield	Altrin	50.15
3. (35) B. Robinson	Unatt	53.35

LADIES

1. (15) A. Bedwell O/40	MDC	40.20
2. (32) A. Holt	Glossop	49.59
3. (34) B. Buckley O/55	Glossop	51.00
4. (36) A. Dinsmor O/55	Penn	55.37

37 finishers

11th BRISCOE'S BREWERY
AULD LANG SYNE
West Yorkshire
BM/6m/900ft 31.12.04

1. A. Jones	Salf	39.05
2. I. Holmes	Bing	39.46
3. J. Brown	Salf	39.54
4. G. Ehrhardt	Tod	39.59
5. A. Peers U/18	Wirral	40.37
6. G. Devine	P&B	41.00
7. T. Cornthwaite	B'burn	41.06
8. S. Bolland	Bowl	41.22
9. S. Thompson	Clay	41.29
10. I. Wellock	HBT	42.11

VETERANS O/40

1. (13) S. Hall	Clay	42.32
2. (14) A. Shaw	Holmf	42.36
3. (15) G. Wilkinson	Clay	43.01

VETERANS O/50

1. (30) S. Jackson	Horw	44.52
2. (43) K. Taylor	Ross	46.24
3. (62) K. Holmes	DPFR	47.50

VETERANS O/60

1. (65) K. Carr	Clay	48.12
2. (165) G. Howard	Ilk	53.21
3. (192) N. Bush	Ilk	54.39

VETERANS O/70

1. (371) I. Sullivan	Clay	68.16
2. (411) B. Leathley	Clay	75.05
3. (430) J. Newby	Tod	87.18

LADIES

1. (49) K. Ingram	Horw	46.49
2. (72) S. Taylor	Bing	48.27
3. (106) C. Leah	Clay	50.40
4. (119) S. Malir O/40	Ilk	51.12
5. (150) S. Budgett O/40	Horw	52.34

432 finishers

ST JOHN'S FELL
Isle of Man
AS/3m/90ft 01.01.05

Despite the atrocious weather there was an excellent turnout for the opening round of the HSBC Fell League on New Year's Day at St Johns.

Andy Cannell gained an early lead over Simon Skillicorn on the tough climb up through Slieu Whallian plantation and looked as if he would have a convincing win. Simon had other ideas and must have made light work of the treacherous conditions underfoot on the descent to finish a mere 3 seconds adrift.

The water splash at Mullen Y Cloie must be the most popular vantage point for Manx fell race supporters. There were no spills in the water this year, however Brian Osborne took a nasty tumble on the approach, injuring his shoulder and thigh, but to his credit he picked himself up and finished second in the O/40 category behind Tony Okell.

With another superb performance, Cal Partington took the women's prize, finishing an impressive 9th overall. Rose Hooton comfortably took second spot, ahead of Christine Barwell. It was great to see a few new faces from local athletics having a go at their first fell race and is encouraging for the future of fell racing for women on the Island.

Congratulations to the juniors who tackled the 3 mile course, with wins for Mark Stevenson and Rachael Franklyn, who knocked almost 2 minutes off her time from last year.

Doug Drown

1. A. Cannell	NorthAC	24.35
2. S. Skillicorn	ManxFR	24.38
3. T.Okell O/40	ManxH	26.05

VETERANS O/40

1. T.Okell	ManxH	26.05
2. B. Osborne	ManxFR	26.39
3. M. Quine	ManxFR	27.33

VETERANS O/50

1. D. Wheeler	Oxford	30.35
2. R. Webb	ManxH	31.14
3. A. Postlethwaite	NorthAC	31.43

LADIES

1. C. Partington	ManxH	30.44
2. R. Hooton	ManxFR	33.30
3. C. Barwell	WestAC	34.37

JUNIORS

1. R. Franklyn	ManxH	34.56
2. M. Stevenson	Unatt	36.38
3. S. Lace	ManxH	38.52

HILL FORTS & HEADACHES FELL RACE
Northumberland
AS/3m/1020ft 01.01.05

1. N. Armitage	PudseyP	24.08
2. S. Pigford	Chester LS	24.09
3. D. Steel	NFR	25.50
4. M. Golightly	NSP	26.57
5. G. Owens O/40	NFR	27.03
6. G. Davis O/40	NFR	27.13
7. J. Duff	NFR	27.22
8. F. Whitford O/40	Hought	27.38
9. G. McDougal O/40	Morpeth	28.33
10. A. Poreous Girl 16	Morpeth	28.37

VETERANS O/50

1. (12) M. Henry	Alnwick	29.14
2. (13) J. Cockburn	Alnwick	29.30
3. (14) R. Hall	NFR	30.07

LADIES

1. (10) A. Porteous Girl 16	Morpeth	28.37
2. (19) J. Walker	NFR	30.52
3. (25) S. Porteous O/40	Morpeth	33.29
4. (27) J. Duggan O/40	Morpeth	34.02
5. (31) P. Cooper O/50	NFR	36.43

37 finishers

GIANT'S TOOTH FELL RACE
W Yorks
CS/3m/400ft 01.01.05

Thanks for making the Giant's Tooth race – the first race of 2005 – a great success. The weather stayed fine for the duration but as we were leaving the pub we had a torrential downpour and wind-blown hail shower. We were very lucky, especially as officials, our parents on refreshments and those standing around waiting for competitors to finish would have been soaked and frozen.

Despite a damp course underfoot, both the men's and women's record times fell to George Ehrhardt and Sue Beconsall, both top flight internationals. However the main thing is that you all appeared to have a great time and raised a tidy sum for the Asian earthquake tsunami disaster appeal.

Thanks to Peter at Screentone printers for the 2005 diaries to all runners and Mark at SMK Sports for assistance with prize vouchers. Also to all our marshals, helpers and Terry and Christine at the Causeway Foot Inn.

Allan Greenwood and Linda Crabtree

1. G. Ehrhardt	Tod	17.05
2. C. Smales O/40	Tod	17.18
3. A. Wrench	Tod	17.26
4. A. Clarke O/40	CaldV	18.03
5. G. Schofield O/45	Horw	18.06
6. P. Grimes O/50	Hfx	18.20
7. B. Johnson	CaldV	19.14
8. A. Green	Tyne	19.18
9. K. Taylor O/55	Ross	19.37
10. D. Bancroft	Hfx	19.40

VETERANS O/60

1. (44) D. Gibson	Saddle	23.53
2. (58) R. Shaw	EPOC	25.26
3. (63) S. Anderson	W'field	27.08

LADIES

1. (13) S. Beconsall O/45	Bing	20.11
2. (18) L. Lacon	Holm	20.48
3. (29) K. Mather O/40	Saddle	22.30
4. (31) S. Iannelli	Hfx	22.35
5. (34) C. Hanson	Hfx	22.45

80 finishers

THE 15th EL-BRIM-ICK DASH
Scotland
AS/3m/800ft 08.01.05

With thanks to Forest Enterprise, Aberdeen City Council and the Agricultural College for access and to Helen Mackie, Neil Proven, Peter Chapman, Ann Griffiths and Chris MacMillan for help on the day. Cold and windy but without the horizontal sleet that faced me marking the course!

1. D. Whitehead	Cosmics	22.28
2. J. Musgrave O/40	Deeside	22.40
3. R. McLennan	ScottishO	22.47
4. A. Smith O/40	Deeside	22.55
5. H. Lorimer	HBT	23.41
6. C. Pryce O/40	Cosmics	23.50
7. S. Rivers	Cosmics	23.54
8. J. Tullie	ScottishO	23.58
9. M. Pinker	Unatt	24.03
10. D. McDonald O/40	Cosmics	24.06

VETERANS O/50

1. (14) D. Armitage	Cosmics	24.44
2. (25) A. Jermieson	Cosmics	26.50
3. (43) P. Thompson	Cosmics	30.50

LADIES

1. (24) C. Ward	HBT	26.32
2. (32) S. Dunn	Deesdie	27.54
3. (34) L. Noble O/40	Cosmics	28.29
4. (37) D. Unwin	Garioch	28.51
5. (41) J. Hensman	ScottishO	29.55

56 finishers



And out they come from the quarry the Auld Lang Syne start (Photo David Brett)

While I think that Keven is looking VERY much on the black side of things in this article and that Alan Brentnall addresses many of his points in his article "The Insurance Issue" elsewhere in the magazine, nevertheless it is a very thought-provoking piece which includes just about every worry that a race organiser might have and is well worth including in the magazine if only make people aware of what a worst-case scenario could result in.

Litigation - the death of fell running?

from Keven Shevels

I was asked to write this article after a bit I put on the forum on the FRA website. Bear with it and try and keep awake till the end as despite the not so promising title, this is something that potentially could have very serious consequences for fell running and running in general.

At the moment there is a great deal of concern among a considerable number of race organisers over what exactly they are liable for if something goes wrong in a race. Well basically the short answer is everything!

A couple of weeks ago I was taking some professional advice on an unrelated matter and just in the conversation the fact that I organised races came up and the resulting conversation scared the crap out of me. The race organiser personally, has unlimited liability in the event of anything happening in the course of the race. You may ask what this means. Well if anything happens and a case is held against the race organiser than that organiser has unlimited liability to pay the resulting damages. If it is held that £10 million is awarded in damages then it is the race organiser who has the liability to pay those damages. The reply that I've only got £200 in the bank account does not hold. The organiser would be declared bankrupt and his property, including his home, would be sold to meet the debt.

Can I hear the answer but that's why we have race insurance. Perfectly true but it is the organiser who owes the liability not the insurance company. What happens if the insurance company decides not to pay or the damages awarded exceed the £10 million maximum on UK Athletics insurance cover? It's the good old organiser's liability and he's got to make up any shortfall.

You then get the bog standard fell runner's reply of, "Well if I was injured I would never sue". This means nothing. The general opinion is that fell runners, being the similar sort of out-doorsy type of folk, are of the same sort of mindset as climbers, easy going, rather have freedom than red tape. Yet if you look in December's "Climber" magazine at the article on page 6 entitled "Climbing walls are one-big payout from commercial disaster", you'll see that climbers are suing. In this case Bristol Indoor Climbing Centre. If it is happening in the climbing world then surely it is just a matter of time before it comes to fell running.

But getting back to running. To my knowledge within the wider athletics world, there have been two cases that have been through the courts and I suspect that there may have been a third but not quite sure. In each case it was the family of the runner who sued, the runner being dead. In one of the cases, St John's Ambulance was jointly sued as well as the organiser.

Forget the fact that indemnity forms are not worth the paper that they are written on, the runner may have signed them but their next of kin have not. After an accident a devastated widow, worried about bringing up children, may seize any chance to commence legal action intended to ease her financial problems. While this scenario may not be true in every case, it has to be assumed that in any instance where there is a fatality or serious injury, then legal action will follow.

On top of that, most runners think that it is only the runner that would sue. What about such as the land owners, tenant farmers and other third parties. The race organiser holds a duty of care to all of them and they can all hold an organiser liable. A recent court case awarded damages against a farmer where a walker had left the gate of a field open and a cow had strayed out onto the

road and been in an accident with a motor bike. It was held that the farmer hadn't taken enough care to prevent the walker leaving the gate open and damages were given to the biker. Can you imagine if this had happened on a race? The organiser could quite likely be held liable to the farmer, the biker and quite probably the cow as well.

It was interesting to see the letter written by the walker who was manhandled during the Borrowdale race, in the last Fellrunner. Assume for a moment that as a result of the push, he had fallen and been injured. The liability for this would have been on the organiser and the walker could very easily have sued. However, this does pose more questions.

As the injury would have been as a result of a deliberate action, the push from the runner, would the race insurance cover have still held. Or could the situation have been that the insurance company would refuse to pay out and the race organiser would have to personally pay any resulting damages.

If the individual runner could be traced could he have been sued by the injured party. Here, a reminder that the individual competitor is not covered by event insurance. Any resulting claims against the runner would have to be met by the runner's own insurance. If the insurance doesn't cover it, well back to what I was saying about the organiser above.

Also if injury did result because of a deliberate action, could the runner then be criminally prosecuted for assault.

And if you think that I'm over reacting on this side, then I'm not the only one. One of the areas that I organise fell races in is Teesdale in Co Durham. As those that live round that area will know Teesdale is basically owned by two very large estates, Strathmore estate on the south side of the river and the Raby estate on the north side. When obtaining permission for the Strathmore estate I have to sign a declaration stating that I have insurance cover and what the amount of that cover is and then I have to agree to a long list of conditions which basically is limiting the estate's liability in the case of anything going wrong. Raby estate is even worse. Because this year, for the first time, the race route included a stretch that was not on Rights of Way the whole proposal went before the estate's solicitors and I ended up having to sign a document that was effectively a legal contract absolving the estate of any liability whatsoever in the event of an accident. Don't get me wrong, both estates couldn't be any more helpful in getting the races going; the head gamekeeper of Raby estate even helps me marking the course. But the point that I am making here is that it is not just race organisers who are scared of the possible effects of litigation but it is also the land owners.

So what's the next point? Well even if there were an accident and something went seriously wrong, the race organiser could only be held liable if he or she was negligent. Well that's true but the question here is who decides what negligence is. If you think that you're going to have a jury consisting of experienced fell runners saying that you've done everything right, think again. The odds are that the people who are deciding whether a race organiser has been negligent or not, will be people who will have never done a fell race in their lives. Their view of what constitutes negligence is very likely to be a whole lot different to yours.

Example, one fell race I organise has three road crossings. I've been organising this race for about nine years and have never had any problems at all crossing the road. I use a minimum of two

marshals at each crossing and take all precautions that seem reasonable to me. However, it is the stated aim of Durham Police to take all events off the public roads. So to the police I am being negligent just by stepping foot on the road. If it came to the point of whether I was being negligent or not whose voice would carry the most weight

One further point on negligence while I'm wittering on and I am as guilty as anybody else on this one.

We plan, and where appropriate, mark our courses on the assumption that all the entries are experienced fell runners. **But our races are then open to all.** Anybody can quite literally walk off the street and enter a fell race whether they have experience or not.

We are then immediately negligent in our treatment of the person who does not have experience.

So unless we want to close our sport to outsiders and quite literally prevent them from taking part by some sort of vetting procedure we must plan our race around the assumption that competitors will be from the most basic level. Yes even to the point of assuming that road runners have entered.

Yet even if a vetting system were used care would still be needed. It's a very similar situation to not inviting burglars onto your property but if they trip and hurt themselves it is still your responsibility!!

So what are the likely effects of all this on fell running. Well, two fold.

First, from the race organiser's point of view. There are a lot of them out there very worried. Granted not all of them but there is a fair number wondering whether it is worth the risk to continue. So what are the chances of it happening. You've got a 1 in 14 million chance of winning the lottery but we still buy tickets in the hope of winning and it does work for someone. As the litigation culture is here and now and is happening, is it fair to say that at some point a race organiser is going to be held liable. That does seem a certainty. The only questions are who and when.

At the moment despite worries and concerns most race organisers are sticking by it but what happens when the first case happens. The probability is that the sport will haemorrhage race organisers like no-one's business. And who could blame them but where will that leave the sport. A runner can only compete in an event **if** someone has organised that event!

Secondly, from the land-owners point of view. As land-owners also get more and more concerned about the effects of litigation and the possibility of them being sued it does, potentially, mean that it will get harder and harder to obtain permission to hold events. Even when permission is forthcoming, the constraints that are attached may be so onerous and difficult for the organiser to fulfil that it may just not be worth his while to carry on staging the event.

So what can be done about the situation. Well with regard to the land owners there is not a lot we can do to influence that situation other than keep our own house in order and just hope.

With regard to the threats to race organisers, there is a hell of a lot we can do and it all boils down to risk assessment. Immediately I can hear you all out there saying not that old chestnut again. Well bear with it.

My understanding of risk assessment is that it is the identification of any possible risks and then the implementation of actions to reduce the effects down to an acceptable minimum. But the thing that amazes me is the fact that people just assume that the risk assessment is just for the runners.

What about the risk to the organiser.

Surely that should be minimised as well. It's ok saying that you should accept that risk but if there are ways out there to reduce it then surely these should be adopted. After all we do our best not to put the competitors at unnecessary risk so why should we put the organisers in this position even if it means adopting things that runners don't necessarily like such as risk assessment, limited

liability, minimum kit, route grading etc, etc.

In the event of a fatality, then the assumption is that the organiser has been negligent; otherwise the fatality would never have happened. It is then up to the organiser to prove that he was not negligent and how can he prove this without written procedures, risk assessments, method statements etc. After all, if you were doing race organising as a job of work you would need to have all the training records, risk assessments and so on. So why do we assume that because we are doing this as a hobby we have some sort of protection from the consequences that we wouldn't have if it was work.

As for me, well I've been given the advice to either stop organising races or to form a limited liability company for my own self protection and organise races through that. However, even though that has its attractions, doing things through a company would open up another argument about what is acceptable or not acceptable in our amateur sport and no doubt the dinosaurs among us would object to an organiser seeking self protection through that method!

At the moment, for my part, the jury is still out but the way it is looking is that the North East may be short of 20 races next year. And the way it is going I doubt that I'll be the last to jack it in.

Does anybody think that I'm just wittering on. Look at it this way. The whole culture of fell running is based on individuals organising events and these individuals do not know and are not told what the possible repercussions that could be held against them are. Fell running and athletics as a whole is going to have to change because of the litigation culture and those people who are just saying "that it shouldn't be like that" are just burying their heads in the sand.

Last point. Has any race organiser out there actually been trained in how to organise a race????

I know I haven't and I've never even seen any courses on the matter.

So in the case of negligence how can we even prove that we know what we are doing.

As the governing body it would be nice to see the FRA take some sort of lead in this matter.

How about courses in race organising, risk assessment, course design, mountain first aid or similar.

Or even, what is the probability of registering a limited liability company as a member of the FRA. Event organisers could then have the benefit of insurance cover at a reasonable price AND have the security of limiting their liability.



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Celtic Corner

In which we are kept up-to-date with developments around the UK via articles from our International Correspondents

NIMRA NEWS from Ian Taylor

British Senior Championship

The first round of the British Championship 2005 series is the Spelga Skyline race, based in the central Mourne Mountains on 2nd April. This race, in a slightly shorter form, has been a long NI Championship counter since the 1980s. It was last used as a British Championship event in 2002, when the winners were Simon Booth (2:21:23) and Louise Sharp (2:53:32). An information pack with entry form is available on the Web site while a list of confirmed entries will be published on the site from March onwards. If you fancy a weekend away just after Easter, come to Ireland for a good time and a great race.

Recent Events

From October onwards NI mountain runners rest, recover from injury, run in cross-country or road races or even do some serious training. Over Christmas a mountain race and two trail events give us an opportunity to test our fitness and identify further training needs before the new season begins in March. The Boxing Day mountain race was won, after numerous attempts, by exile Steve Neil (Pudsey) with Alan McKibben (Newcastle) second. Richard Rodgers continues to enjoy his vet 40 status being first in that category and 5th overall. Martina Hawkins, also of Newcastle, was the first lady in a new record time of 58:43. New Year's Day saw many mountain runners out for the Race over the Glens – a trail race but in much worse weather conditions than the earlier mountain race. At his first attempt, vet 40 runner Deon McNeilly (Newcastle) was third, just half a minute behind the winner Jarlath Falls of Ballymena.

Quite a few mountain runners have also been selected for NI Senior and Masters cross-country teams, reflecting our common endurance background. Others have enjoyed a variety of challenges – a few climbing up Slieve Donard ten and a half times (the height of Everest), others attempting the WMRA Long Distance event at Sierre-Zinal, many took part in the World Masters, some in the Mourne Mountain Marathon, one did the 56 mile Bullock-Smithy Hike in the Peak District while others thought this was too short and, joining with Scottish fellow-travellers, did the Tour of Mont Blanc in record time.

2005 Calendar

In the last two years our Championship format has been five out of nine races, allowing for variety in the events and more flexibility in completing the series. Indeed

a record 35 runners did so in 2004. However for 2005 the committee has decided to revert to an earlier format of four out of six, presumably to allow our elite competitors to participate in a wider range of high level events. As readers of the NIMRA Forum will realise, this has not met with universal approval from many of our members, as they have expressed the view that the Championship should be designed for them as much as for elite competitors.

Issues

Apart from the Championship format, we have also faced the issue of permits for our events. A draft race permit form is being developed, similar to the Welsh version. We hope that through our fairly harmonious links with the Northern Ireland Athletics Federation, a process can be worked out that secures insurance but does not put off race organisers by its complexity. Indeed for race organisers in affiliated clubs, insurance is now part of their club expenses, rather than coming from race income. Unfortunately many race organisers now feel that an advertisement in the FRA calendar is an unnecessary extra expense. There are only six Northern Irish events in the 2005 FRA calendar compared to about 27 last year. As a consequence of enforcing permits from within a region, we no longer have a comprehensive list of UK mountain races in one publication. Hence, if you are in Ireland and are looking for a race, check up on our website www.nimra.org.uk for a full current list.

Manx News

from Christine Barwell

Manx Fell League

There was an exciting climax to the final round of the 2004 Manx league with three runners - Ian Gale, Tony Okell and Brian Osborne all in with a chance of the title. Simon Skillicorn, who has shown excellent recent form set the early pace, steadily increasing his lead with every mile to win his first fell race. The title contenders' private battle saw Ian struggle to keep in contention and it was left to Tony and Brian to battle it out. Brian eventually managed to open a small lead at the final checkpoint to take second place and the title of Manx Fell Running Champion.

Winter Hill League

A new course at Tholt-y-Will was the final round in the 2004 Winter Hill League. This series of three races offers a wonderful opportunity to experience the wide variety of terrain encountered in fell running, but

on well-marked, short courses of about three miles. Although athletes from many disciplines support the league, it was Manx Fell Runner Simon Skillicorn who took the title. Cal Partington demonstrated her talent for hill running by winning the women's prize. Andrew Newton and Rachael Franklyn were the two junior finishers. They also produced excellent performances in the Junior Manx Championships at Peel, winning their respective categories.

Manx Mountain Marathon

The premier event of the year, to be held on Easter Saturday, 26th March 2005, is the Manx Mountain Marathon. This 31-mile race runs from the north of the Island to the south, over 13 summits, with 8000ft of ascent.

Manx Fell Runners are entering a new era. With the election of a new committee, there seems to be a rejuvenation of enthusiasm amongst members, both on and off the fells. We have regular get-togethers in a local pub and our weekly training sessions are well supported. However, we would like to take this opportunity to say a big thank you to the previous committee for all their hard work in establishing fell running on the Island, in particular to Richie Stevenson and Tony Rowley for their continued support - their knowledge and expertise is invaluable.

Many thanks to our new league sponsors, HSBC. They offered their support after hearing of our plight in the local press, and we look forward to the benefits their involvement will bring to the sport.

SCOTTISH NEWS from Keith Burns

Scottish Hill Runners Championship Report

What a great finale to the 2004 Championship, the Pentland Skyline race was. Even with it being the end of the season and some of the categories decided, there was great competition and a record field; perhaps with people desperate to get their SHR mugs or make one final attempt to improve the ranking.

To start with the most open category before the final race, the women. In the end pre-race favourite, Jill Mykura (Carnethy) stormed round to retain the championship she won last year. The next 3 positions were very tight. Jo Whitehead (City of Edinburgh) was leading going into the Pentlands but was suffering from a cold. She still gamely tried to run round

but had to drop out and ended up dropping to 4th in the championship. Kate Jenkins (Carnethy) had a rare bad run but did enough to pull up to 2nd in the championship, just in front of Louise Burt (Fife), who finished a well deserved 3rd after a great run.

The Women's O/40 was also down to the last race. Leading all season had been Helen Murray (Lothian). Unfortunately she had injured herself last month, but was determined to have a go. However, like Jo Whitehead, it was too much and she had to drop out, which unfortunately meant she hadn't completed a long race and so was out the championship. However, it's great to see people trying but commiserations to both Helen and Jo. Louise Burt's strong run was then enough to win with Elspeth Scott (Westerlands) moving up to 2nd.

The Women's O/50 ended up a tie as Anne Nimmo (Carnethy) got maximum points at the Pentlands to draw with Alison West (Carnegie). The good news is that 3 women finished the series (it's the first year of O/50) so championship awards will be given out.

Back to the men. Most of the individual categories had been decided before the Pentlands, but Jethro Lennox (Shettleston) finished in style to get maximum points from his counting races and Stewart Whitlie continued to show his fantastic recent form to get 2nd in the Pentlands and so 2nd in the championship. 3rd went to Brian Marshall (HELP), who despite not liking long races, did enough to get in the medals. Stewart Whitlie, not surprisingly, won the O/40 championship with maximum points. Malcolm Patterson's determination to help the Shettleston team, pulled him up to 2nd place after a really great result in the Pentlands and he ended up just 1 point in front of Adrian Davis (Carnethy) with Adam Ward (Carnethy) not far behind in 4th.

There was no change in the O/50 men, with the top 3 remaining as before the last race, though John Blair-Fish (Carnethy) ended up with maximum points. Gareth Bryan-Jones (Ochils) did just enough to keep in front of Charlie Love (Dundee) and that gave him the championship.

Both the ladies' and men's teams went down to the last race. In the end Carnethy, perhaps not unexpectedly, won the ladies, but Westerlands had really made the effort to turn out all year. The men's team had been a closely fought battle between Shettleston and Carnethy all year and both clubs had strong squads out at the Pentlands and were gunning for each other. So congratulations to Shettleston, who won an "away" leg on Carnethy's home ground, a great win to cap their centenary year.

Finally, thanks to the race organisers for letting us use their race and to Ronnie Gallagher for selecting a great series of

races so that interest was retained throughout the year. You will also get your SHR mug from Ronnie if you completed 4 races. Full results can be found under the Download menu on the SHR web site. If there are any queries, such as you think you have completed 4 races but are not down as completing then get in touch with me. Remember all awards will be given out at Glenmore Lodge on 20th November and if you didn't get a mug this year ...there's always next year!

Andy Spenceley, SHR Statistician

Men

1. Jethro Lennox (Shettleston)
2. Stewart Whitlie (Carnethy)
3. Brian Marshall (HELP)

Women

1. Jill Mykura (Carnethy)
2. Kate Jenkins (Carnethy)
3. Louise Burt (Fife)

Men O/40

1. Stewart Whitlie (Carnethy)
2. Malcolm Patterson (Shettleston)
3. Adrian Davis (Carnethy)

Women O/40

1. Louise Burt (Fife)
2. Elspeth Scott (Westerlands)
3. Joan Wilson (Carnethy)

Men O/50

1. John Blair-Fish (Carnethy)
2. Martin Hulme (Corstorphine)
3. Nat Taylor (Girvan)

Women O/50

- 1= Alison West (Carnegie)
- 1= Anne Nimmo (Carnethy)
- 3 Pat McLaughlin (Westerlands)

Men O/60

1. Gareth Bryan-Jones (Ochil)
2. Charlie Love (Dundee)
3. Drew Turnbull (Westerlands)

Male Teams

1. Shettleston
2. Carnethy
3. Westerlands

Female Teams

1. Carnethy
2. Westerlands
3. Cosmic

The future of hill racing in Scotland under the national governing body (Scottish Athletics - SAL) is still not resolved. Since my last report, we have learned that the SAL Board of Management has quietly withdrawn its threat to excommunicate its hill racing members. This was a wise move since SAL's hill racing members had done nothing wrong. So the crude and misdirected weapon of mass destruction seems to have been decommissioned. Its withdrawal should pave the way for the Board of Management to repair its relationship with its own Hill Running Commission and SAL hill running members. David Armitage takes over convenorship of the Hill Running Commission and deserves maximum support in building a better working relationship with the professionals. He

replaces Martin Hyman who has ably led the Commission through a very difficult period. Martin will continue his formidable support for junior athletics in Scotland, and much more.

The new Financial Services Act insurance restrictions led to Scottish Hill Runners (and the Welsh Fell Runners Association, for the same reasons) arranging a new policy to replace the now inaccessible route to insurance through the FRA. It was not our choice, but we had to act when we learned of the FRA's difficulties in securing a policy which would be available UK-wide. At about the same time, Scottish Athletics introduced a new associate membership category to provide wider access to their own (UKA) policy. So we go into the 2005 season with a choice of insurance arrangements for race organisers. The policies have significant differences in cost and benefits, and race organisers should choose very carefully. Time will tell whether there's a long term demand for alternative insurance policies.

A few (but not all) end-of-season Scottish and Welsh races in November and December were saved by the new Scottish Hill Runners policy because some race organisers chose not to use UK Athletics based insurance. How things will stabilise from here on is uncertain, but an all-UK policy available from FRA still, to me, seems the best hope for the future. This would prevent the fragmentation of the FRA Calendar caused by the current confusing situation.

So there's still a lot we can do to get our collective UK act together. Malcolm Slesser, in his recent book, said "Mountaineering may be the sole remaining pastime that is not regulated by overzealous authorities. Long may we continue to enjoy this freedom: the nanny state must be kept in its place." - That's not a bad aspiration for hill racing either.

WELSH NEWS

Welsh Mountain Running Committee Report by Adrian Woods

I Fell or mountain running in Wales has survived a period of uncertainty during 2004 with a new Constitution, new permit scheme, new regional representatives and a new Welsh Championship format for 2005; the only things that aren't new are the faces of those actively working together on promoting and developing our sport.

Perhaps we don't always welcome the growth of officials and committee members but in this case it is to be welcomed. Our sport is being run by fell runners for fell runners from across Wales whether it be the newest club, Mynydd Du in South East Wales, or probably the oldest club, Eryri in North West Wales.

The Mynydd Du Club was born on the 1st November 2004 from an idea conceived by Adrian Orringe to set up an athletic club dedicated to fell or mountain running. The club is based in the East Wales Region and is affiliated to Welsh Athletics. Since being formed the club has quickly grown in size and momentum. The website is one example- www.mynydd-du.org.uk.

Much has been written about changes to race insurance legislation but two things are of vital importance:

An official fell or mountain race in Wales is one held under UK Athletics Rules (FRA Rules are the same) for fell or mountain running.

A club or organisation as referred to in these Rules is a club which is affiliated to UK Athletics or one of its constituent bodies (in Wales it is Welsh Athletics).

Races organised outside these two parameters are not official and are not therefore covered neither by the UK Athletics insurance nor the personal accident policy for those who are registered with Welsh Athletics. Welsh Athletics must permit/register all races held in Wales and for fell and mountain races this is through the Welsh Mountain Running Committees Regional Permit Officers.

We continue to commit ourselves to promoting the grass roots development of our sport within Wales and also in the international sports arena, looking forward, with some trepidation, to the World Mountain Running Trophy in New Zealand.

Wales took teams to five International races in 2004 and whilst we can be proud of our athletes performances we need to recognise the need for specific training and experience for International Mountain Running. This is often very different in character and intensity to the club fell races, which are our athletes' usual competitions. Wales were represented seventy three times in International events, a new record.

On the domestic front the number of race entries is predicted to rise in Wales during 2005 as the popularity of enjoying the free and easy going nature of fell running increases. Regional officers are working with local race organisers from clubs and other bodies through the permit scheme and with the publication of guidance notes

for those new to the sport or new to race organisation. Feedback from athletes has resulted in a new format for the Welsh Championship Races including reducing the length of the season; introduction of an uphill only race and using established high level competition venues.

Other initiatives continue to develop including the introduction of a dedicated web page via the Welsh Athletics website, production of a fixtures calendar, Junior Team development weekend, sponsorship for the Welsh Championships and continued development / promotion at grass root level. Looking back there can be no doubt that we have made progress and the future for clubs, organisers and runners looks healthier for 2005.

A supplementary calendar of Welsh Mountain/Fell races by the Welsh Mountain Running Committee has been produced for 2005. If you would like to receive a copy please contact the Welsh Mountain Committee Secretary Sharon Woods on Tel 01495 791754 or email sharon.woods@virgin.net.

Welsh Fell Runners Association from John Sweeting
The last edition of the "Fellrunner" was published just before the Penmaenmawr meeting on November 20th, called to launch the Welsh Fell Runners Association. It turned out to be a very encouraging meeting, attended by over 30 people, with Race Organisers as well as athletes well represented.

A number of decisions were taken by the meeting, and these are outlined below, together with the progress made since then:

- **The WFRA** was formed, as an organization independent of Welsh Athletics and a Constitution adopted.
- **A Committee** of 9 was elected (Chairman Ross Powell, Secretary Andrea Goode, Membership Secretary Geoff Clegg). Contact details appear on the WFRA website, and in the WFRA Fixtures Calendar.
- **Membership fees** - were set at £10.00 per annum (year running January to December). The figure was calculated to include the cost of taking out an Insurance Policy to cover members, in particular members organizing races. In the event, several members have made

substantial donations, so that the first year's premium has been covered without use of membership funds – a boost to morale as well as the kitty – thanks!

- **Membership forms** are available on the website or from the Membership Secretary – Geoff Clegg, Westpoint, 19 Deganwy Road, Deganwy, LL31 9DL. E Mail geoffclegg@wfra.org.uk.
- **Insurance Policy** - this is now in place (for the year beginning 1st January 2005). Details from Ross Powell or John Sweeting (Fixtures Secretary - 01550 721086, johnsweeting@wfra.org.uk). Over 30 races have already been insured using this Policy (see Calendar for more details).
- **Fixtures Calendar** – this is in the final stages of production, and will have already been published by the time this Fellrunner arrives. Free to WFRA members; also available to non-members (price to be agreed) from Geoff Clegg – see above.
- **Website** – this is now in place (www.wfra.org.uk). Send fixture updates, results, photos, long-distance news, relay/individual/bike-run/adventure challenge news, etc to the Webmaster (Russell Gill - russellgill@wfra.org.uk).
- **Newsletter** – available to all members. Send letters, fixture updates, results, photos, long-distance news, group/individual/bike-run/adventure challenge news, etc to the Editor (Geoff Clegg – see above).
- **Open Welsh Championships** – fixtures for this will have been decided (see Calendar or Website) by the time you read this (3 in the North-ish, 3 in the South-ish). Traditional format (4 from 6) but result based on times rather than positions. If you want to know how it works, contact John Sweeting (see above) for a copy of the Millennium Open Welsh trial result – if you ran any of the Championship races in 2000 you'll be in the result!
- **Regional Championships** – the Open Championship races in the North will be supplemented with other races to make a North Wales Series. Hopefully this will also happen in the South. See Website, Calendar or Newsletter for updates (or contact a Committee member).

A PLEA TO HORWICH & SALFORD MEMBERS

Rob Grillo is amassing a large collection of the histories of UK Athletics Clubs but he is having great difficulty getting hold of the Horwich (Ian Campbell 1987) and Salford histories.

If any members of the two clubs could help with this Rob would be extremely grateful and would gladly pay whatever is necessary.

*You can contact him either by email on rob@grillo.freeserve.co.uk
or by phone at 01535 663053*

RING OUT THE OLD, RING IN THE NEW

Auld Lang Syne report from Dave Woodhead

After a decade of dominance is 'old age' finally catching up with thirty-nine year old Ian Holmes? Remember he lost the Stoop title to Rob Hope after a decade of wins - mind you he still is on course for a Soreen Stanbury Splash '10'.

But it did take the calibre of a world mountain running 4th placer from Alaska (just fourteen seconds outside a medal),

a 29m-34s - 10k, 49m-07s - 10 miler, as well as a GB and England cross-country, road and mountain runner to take Ian's beer pump trophy and crown - Andi Jones is that athlete.

Just as at the Stoop race, a route change had to be implemented on the outward circuit, which meant climbing Oxenhope Stoop via Harbour Lodge, after Louis Holmes (now five), the official starter, dressed as Dash from the Incredibles had shouted, "GO, GO!!" at the massive 434 field. Due to the change, it meant the normal route had to be run in the reverse direction, before returning to Penistone Hill on the old route. It wasn't until the Top o' Stairs bridleway, that Andi and John Brown remembered where they were and then really increased the race tempo. "We really tanked it along the flat water channel, although I fell at the turn in a bog, I knew I had John on the descent, again I fell several times in the deep muddy bogs. At the beck, I looked back, and noticed Ian had got past John but I felt strong on the climb back, I also deliberately ran in all the deep water, trying to clean myself up. At the finish, I just jumped into one of the large water butts to wash off," said the twenty-six year old winner, who over Xmas was 2nd at the Ribble Valley 10k in thirty minutes.

Back in the 2001 Auld Lang Syne, Andi surprisingly only finished 5th, three minutes behind Ian, when challenging with Andy Peace, then his "novice" regard for fell runners, and the icy terrain let him down.

A Design & Technology teacher at Didsbury, Manchester he rarely runs on the fells, but did win the Rivington Pike Classic, Up the Nab and Latrigg races, and a 9th in the Leeds 2004 National X-Country also shows his class.

After the 2005 London marathon, maybe a Commonwealth Games place could be on the cards but he will need to improve on

his 2h-52m time; this was set when, as an eighteen-year old, he was inspired to compete after watching it on TV. London is his aim, so beer and chocolate is a no, no, so his prize haul is a real treat for the 'Northern Boys Love Gravy' lads he trains with.

'Champion' Ian Holmes was pleased with his run, especially since his family had the "cold bug" over Xmas. "On the day I didn't feel like it, I even struggled early on and to hear Andi and John just chit-chatting along didn't help. But I should still have taken closer order, although if Andi had known the route he would have won by minutes."

Third came John Brown, another Salford lad, who like Andi ran in the 2004 European mountain championships, helping the GB team to silver medals, and he has a world best position of 8th, before an inspired run by George Ehrhardt.

P&B's Gary Devine wasn't impressed to have English under-sixteen champion, Adam Peers, thirty-seven seconds ahead in 5th - but then Adam was only a baby of one year old when Gary won the senior English Championship in 1989.

YOUNG 'UN' COMES THROUGH

It's always encouraging when a junior athlete makes it through the ranks, and Katie Ingram has certainly done that. Since the age of fourteen she has represented England ten times, four of these have been at world championship level, although a massive disappointment for her was being injured and then diagnosed with a stress fracture after the 2004 event in Italy. Now, with all that behind her, she is concentrating on cross-country but did win the Leyland 8k - it was meant to be 10k, except ice caused the organisers to shorten the route.

A student at Loughborough University, studying English and Sports Science in her 2nd year, her finest moment has been winning gold in the Black Forest Teenager Games Berglauf race in 2000. However the British title and gold medal, which is incorporated with the Home Countries International has always eluded her but Katie has won the English junior championship three times at U14, U16 and U18 level.

Katie was just too fast for the defending lady the 'Queen of Haworth Moor', Sharon Taylor, who won Wansfell by forty seconds from Nicola Davies just days earlier. "On the Harbour Lodge path, she just ran away, I could see her all the way round and expected to gain on her, but it never happened."

From 'sunny scunny' came, 4th U18 Sam O'Neill and 7th U18 Jarratt Perkins but it was FU18 record holder, Emma Clayton, who repeated last year's double wins of Stoop and Auld Lang Syne, who had the best prizes.

The traditional Briscoe's Auld Lang Syne beer, given to all finishers, was handed out at race entry, thereby the bottle was kept nice and clean. Do you realise people pay hundreds to visit health farms and bathe in mud baths, or have it smeared on them - well at this race, for just £3, you get some beer, a healthy workout, free coffee and biscuits plus all the life giving properties of Haworth Moor mud that you can fall into; but DEFINITELY no colonic irrigation!

BITTER AFTER TASTE

A sad note at the prize giving was the diabolically unsportsmanlike conduct of one individual, who saw fit at the winner's moment of glory to shout obscenities. Why is beyond us and this certainly won't be tolerated in any form at any of our races. We work hard, you the runners work hard, the marshals work hard, the pub works hard at making it a successful day but one idiot can undo all this - and, on this occasion, has done!! The matter is in hand, and our sincere apologies to everyone, especially to those who spoke and wrote to us.



Mike Bradshaw looking suitably cheerful and festive at Auld Lang Syne
(Photo Paul Wood)

The Matterhornlauf - Sunday 22nd August 2004

by Graham Patten

We arrived in the Swiss Alpine village of Zermatt, fresh from the scenic train journey from Visp. Outside the train station posters advertising the 22nd Matterhornlauf confirmed we'd got the right weekend. Entering the race at the tourist information was straight forward and we started looking around for a campsite.



Billy Burns on his way to his 3rd Matterhornlauf victory Photo-Graham Patten

A British voice and trademark Ron Hills – Mark Hayman from Dark Peak surrounded by a knot of his disciples. They walked with us down to the nearby campsite. A head popped out of a tiny yellow tent, having heard the English voices outside. It was Billy Burns. He started packing up his tent and gear - tonight he was getting the five star treatment in a Zermatt hotel, courtesy of the race organisers.

We spent the afternoon walking the first half of the course, up to the 7km marker near the dam. It was hot and sunny, the mountains stunning against the blue sky, with a bright red paraglider catching the thermals and slowly circling upwards.

On the way down we marvelled at the skills of a mountain biker speeding down the single track – even more as he flew into the air and off the path, landing in a crumpled heap 20m from the path. He picked himself up as though nothing had happened and pushed the bike back onto the path further down, away from all the witnesses, before disappearing.

A quiet pre-race night at the North Wall bar. The Dark Peak contingent, showing admirable restraint, sipping hot chocolate whilst the rest of us were re-hydrating, knocking back the beers.

Race day, and we chipped out of the frozen tent to see the tourist class set off. Even at 8 o'clock in the morning music was blaring away and the commentator was on fine form. Half dressed locals were sipping coffee and hanging out from upstairs balconies watching the action. The air was cold but the sky a fantastic blue and the white spire of the Matterhorn dominated everything.

We were off, charging along the narrow spectator-lined street, aiming for the Matterhorn itself. The first mile is along tarmac and the pace was fast and furious. Then the climbing begins – at first so gradual it is barely noticeable. But then the pace takes its toll and the climb starts to feel like hard work. The kilometre markers drag further apart, the runners making a long ribbon of colour snaking upwards.

Half-way and we cross the Dixence, the dam. From here the course follows narrow paths through alpine flowers, with stunning views. The north face of the Matterhorn looms over, impossibly steep. At its base the outline of the cable car station where the race finishes. The sounds from the loud speakers drift over, distorted but getting louder and louder, until, over the next small hill, the welcome sight of the finish.

Billy Burns is already being interviewed and photographed by the press, proudly wearing his no 1 number on his vest. This was the third time that Billy had won the race and he was pleased with the way things went. Tim Short continued his good form after a top ten finish in Sierre-Zinal with 6th place. He didn't know it at the time but this secured a call up for the English team at the World Trophy in Italy a few weeks after.

Keswick AC and Dark Peak were battling it out for team honours, with Dark Peak coming out on top, collecting 1000 Swiss francs for their efforts – enough to pay for their week's holiday.

Beer was only a cable car ride away and it was back to the North Wall to watch Paula Ratcliffe win the Olympic marathon. It wasn't to be her day, so, after a few minutes of blubbing, she was turned off and the bar became alive again with numerous video showings of really hard runners FINISHING the Matterhornlauf.

And what happened to your reporter, I hear you ask? Well, after pulling a calf muscle after only three kilometres, I was content to walk the course, soaking up the atmosphere and enjoying the views. I didn't want to miss out on getting my finisher's medal!

Next summer, I'll be organising trips to all the major Alpine races in July and August. If you fancy some sunshine and clear mountain air for a long weekend or a week, please get in touch.

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This summer my girlfriend and I spent two months in Kyrgyzstan climbing, trekking and working for an NGO called Alpine Fund (www.alpinefund.org). While I was there I decided to run up a high peak in Ala Archa national park called Uchitel.

“The Teacher”

by Es Tressider

For me running uphill for several hours on end is an intense experience, something that burns a memory in your brain that no digital image could capture. I set off at midday, sweeping past Kyrgyz families enjoying a Sunday out; the smells of Sashlik, beer and watermelon drift on the breeze.

As a teenager I was a keen fell runner, competing around the country in local and national series races. Racing was an addictive and delicate balance of ambition and success, but, from time to time, when the high pressure atmosphere of competition became too much, I would escape to solo adventures in the mountains. By the time I was seventeen I had posted respectable times for the Snowdon horseshoe and the Welsh 3000s. Here I found release for my competitive side in the beauty and freedom of the mountains. I dreamed of record attempts on the Bob Graham round and the Cuillin ridge. Then, shortly after gaining my first international vest, I found climbing. Climbing offered a refreshing change from the increasingly up-tight nature of my running. Rebellious, without formal competition and with a strong “anti training” ethic, the social scene of climbing was just the escape I needed. I lost myself in the intoxicating world of pushing my own limits, especially in winter.

The day is perfect, overcast enough to be cool but with the clouds not looking too threatening. I pack light, in the minimalist fell running style of my adolescence - a packet of sweets in a pocket and a windproof top around the waist.

Pic Uchitel - The Teacher - so called because under the old Soviet mountaineering system this was regarded as an ideal training peak, comfortable in a day from the Ak Sai glacier. To climb it from the road involves around 2300m of ascent.

The steep initial section soon gives way to pristine alpine meadows and beautiful runnable paths, leading me to a pretty waterfall where I drink a little and scoff some sweets.

This isn't my first time on the

mountain. During our first week in Kyrgyzstan the locals had put Erica and me through our paces. Following our glimpse of “Russian style” climbing with toast after toast of fine vodka in the Ratsek hut the night before, we could do little more than stagger in the rarified air.

After the waterfall the going gets really steep. The path crests the moraine of the Ak Sai glacier, gaining 500m in a few kilometres. Here the surface deteriorates from firm ground to loose scree. This terrain characterises the upper part of the route. When we had first walked here there had been the clatter of rockfall from the cliffs above, large rocks smashing right on the path a few metres below us. The recollection makes me eager to get through this section as fast as possible but running for more than a few steps at a time proves problematic. I resign myself to a hands on knees power-walk. The sweat stings my eyes and blurs my sunglasses.

Approaching the hut I am able to break into a run again before stopping at a stream for a drink. The Ratsek hut; once the most important Soviet mountaineering camp in the Tien Shan. On I run, savouring the last flat section before a large memorial stone marks the beginning of the final 1200m climb to the summit. Here photos, plaques and occasionally flowers pay tribute to those who have lost their lives in these mountains. I ponder the idea that, if I were a Kyrgyz Muslim I would cup my hands here, accepting a blessing from the dead or Allah (I'm not sure who), before symbolically washing it over my face. Instead I resolve to try my utmost to avoid ending up as a plaque on some rock at the bottom of a glacier.

The next hour is spent head down, hands on knees and gasping. I pause occasionally to marvel at large, bright-green, cushion-like mosses, clinging defiantly to the constantly shifting slope. Colourful, hardy little flowers grow around these oases

creating a bonsai alpine rockery.

My sister once asked me whether running didn't mean I missed out on the views, these being central to many people's enjoyment of the hills. Maybe I do see fewer views. But those I do see are all the more beautiful - enhanced by a heady cocktail of endorphins, dehydration, low blood sugar and, at this altitude, oxygen starvation.

I join the ridge that marks the final stretch to the summit. The cloud closes in and it starts to snow. I exchange my light cotton shirt for a jacket. I can't afford to stop if I am to keep warm. There is something exquisitely liberating about survival in the hills with only the bare minimum. The knowledge that everything will be fine... so long as I don't mess up.

I'm at around 4000m now and my pace really begins to slow. I haven't been this high since the beginning of our trip six weeks ago. The air feels thin.

Time is drawing in on my randomly assigned target of three hours and I become obsessed with my altimeter. What had been 16 or 17m/min on good paths, fresh legs and thicker air



Alone among the trees and rocks - Photo Es Tressider

has slowed to 10m/min up here. My mind juggles the figures, 300m to go - that's 30 minutes at this pace. After perhaps ten minutes of doing it, it strikes me as stupid. I have been checking the altimeter with increasing frequency; stumbling each time I do so as my focus wanders from the rocks. The compulsion to check on my progress gains me nothing and loses me valuable time. The parallels between this and the end of my previous running career strike me as the Vaseline squidges between my toes. Here I am a slave to the altimeter just as then I was a slave to the stop watch, training schedules, pulse monitors and weighing scales. Then, as now, technology that could be a useful tool encroached on the passion and exhilaration of simply running fast. Ultimately it slowed me down.

The summit ridge resembles a Welsh or Scottish hill in spring (with requisite mist!), bare loose rock on one side and resilient winter snow on the other. The memory of other hills run, enjoyed or dreamed about creates in me a strong desire to return to some of my old ambitions. Older, wiser and with a greater appreciation of my own strengths and weaknesses. As I hit the summit I know that success is there for the taking.

The clouds clear.

Two hours fifty-five.

I've done it!

From the summit, at 4527m, it is easy to see why this peak was dubbed The Teacher. Having arrived here by a route with little technical difficulty I share the exclusive, above-cloud world with much less hospitable peaks: Semenova Tienhanski, Svobodnaya Korea and Korona. Peaks on whose faces were played out great battles of endurance, suffering and camaraderie. Uchitel allowed young recruits to the Soviet mountaineering system a glimpse at the achievements of their predecessors. Importantly it provided a stepping-stone for their own future battles.

The sun is warming and I enjoy fifteen minutes of lucid north face gazing, dreaming of future adventures to be had. Running and climbing no longer appear as opposing forces in my life: Kyzyl Asker, these faces in winter, the Ruth Gorge, the Cuillin ridge record. They all blend seamlessly as simple ambition.

The descent passes quickly. From time to time one foot dislodges a large rock. The time it takes for the other foot to hit the ground and the rock to roll onto it is just long enough to wonder: "Is this it? Is this the time I crush my ankle and have to hop all the way down?"

I slow to a walk at the road head.

Five hours after leaving.

I already know I will go below four next weekend.



"Beat the hour for Eddie" a fund-raising relay race up and down Ben Nevis.

Eddie Campbell (opposite), who completed 44 Ben Nevis Races, winning 3 of them, would have been the person to write the book about The Ben, but he died of cancer in 1996 aged 64. Eddie was always up The Ben, whether it be running up or standing at the summit

handing out "I have climbed Ben Nevis" certificates to the tourists.

When I retired in March 2003, I collected stories and photos about The Ben in his stead and soon had a very massive tome! Bill Smith has kindly said he'll go through it for a review for The Fellrunner. I'd like to give a big thank you to all those authors, photographers and runners who gave me full use of their material.

It is in Eddie's memory that money is being collected to print 2,000 copies of the book "Up The Ben wi' Eddie", then donate them to the Fort William Cancer Research shop for sale at £10 each.

Sunday 3rd July '05 will hopefully be a nice day, because that is the date for a fund-raising relay race up and down Ben Nevis.

There is no fixed number in each team and team members can put themselves down for as little or as much as they wish. This could be simply handing on the baton in the park or on the road or you might fancy a glory leg high up on The Ben. With 10 miles and 4406 feet the choice is limitless!

To help get "Up The Ben wi' Eddie" printed before the tourist season, closing date for entries will be 31st March '05. This will access the money... £20 per team member. "Money now - race later, not quite the Corinthian spirit!" said Leen Volwerk of the Ben Nevis Race Association, but needs must!

The Lochaber Athletic Club will be "going for it" with their crack team and there is great speculation about the possibility of getting under an hour. The Ben Nevis Race record is 1hr 25mins 34secs set in 1984 by Kenny Stuart of Keswick and perhaps a Lake District select will come and challenge Lochaber? "Beat the hour for Eddie" is the slogan, but my team (42 so far) is going for glamour!

For the day itself, the race starts and finishes at Claggan Park and the nearby An Drochit Centre will be open - an ideal place for warming cuppas if it be wet and for an after the race get-together.

If you wish to enter a team then simply appoint a captain to make a list of names, collect the money and allocate the stages the team members want.

For further details contact Jimmy Jardine, 52 Henrietta Street, Avoch, IV9 8 QT.

Tel : 01381 620097 e-mail : mjardine@ukonline.co.uk

Believe it or not

Political correctness at its cutting edge ??!!*! The following quote (provided by Bill Smith) is from the Sunday Express; not my favourite paper but I made a couple of phone calls and what is below is accurate.

"The Bowland Mountain Rescue Team has been refused a lottery grant - because they have not saved enough asylum seekers, people from ethnic minorities or the elderly. They were told they did not qualify for the £200,000 grant to help save lives because they did not serve "the needs of those at greatest disadvantage in society." The Community Fund, which distributes lottery cash under its new name as the Big Lottery Fund, rejected the grant application because the voluntary rescue service provided did not specifically help any of its six priority groups. These include refugees and asylum seekers, ethnic minorities, older people, the disabled and children - but not people stranded up mountains."

The 50th Open Rivington Pike Fell Race

Sponsored by Walsh and Sweatshop from Pete Watson

2005 will be the 50th year in which Horwich RMI Harriers & AC have organised a Rivington Pike Fell Race. The race can trace back to 1884. Since its inception the race has always been well supported by the people of Horwich, the crowds of spectators always lending a great atmosphere to this short, classic race. The 2005 race will be a very special occasion. Every attempt is being made to locate and invite the men and ladies who have won the race over the last 50 years (ladies since 1978). Past winners who attend will receive a limited edition Royal Doulton plate bearing all winners names. Consideration will be given to anyone else who would like to purchase one of these plates. The purchase price will be £30 excl of p&p. (Anyone who is interested in this offer should let Peter Watson know by January 21st 2005, Tel: 01257 481264). The first 400 entrants to the race in 2005 will receive a smaller commemorative plate.

When the race was re-started after World War 11 it was run as a race "closed" to the Horwich RMI Harriers. There was only one award. This was the "RMI Cup", which has been awarded ever since, to the first Horwich runner in the race. This situation persisted until 1969 when a cup was presented to the overall winner. This new cup was presented by Councillor Mr. Moss. Subsequently a ladies' trophy was donated by Councillor Mrs. Doris Moss. Mrs. Moss is to be on hand to assist in the race start for the 2005 event.

Cash prizes were awarded in the 1950's races. Last year cash prizes were re-established (kindly donated by Jason Hodgson) and it is expected that these cash prizes will be available again in 2005. As an innovation from 2005 there will be a "roll-over" offer on all senior age group records of £10 per annum, for the continuing years over which a record remains unbroken. This will apply to the eldest age categories as precedents are set. It is hoped, for example, that Idris Evans of Lostock AC will become the first person aged over 80 years to have run the race next Easter, and thus collecting a £10 reward!

Other recently established awards are a framed, limited edition print of runners descending the Pike, for those competing 20 or more races (donated by Peter Watson); and a cup for the first runner to the Pike tower, the Cyril Hodgson Cup. The cup was donated by Cyril's family in his memory. Cyril Hodgson marshalled at the Tower for approximately 30 years.

The long history of the race has been recorded for posterity in "Rivington Pike History and Fell Race" (copies still available for £11.60 incl. p & p from Peter Watson, see above 'phone number - all proceeds support the race). Since the compilation of this history new pieces of information have come to light. Particularly relevant for the 50th "open" running is the handwritten results sheet for the first "open" race won by the late Jack Haslam of Bolton United Harriers. This was found in the old club training logs kept by past Life President Jack Prescott, long serving secretary and stalwart of the Horwich Club. These logs had been in the safe keeping of Pete Schofield, another long serving club member and former club secretary. The page is reproduced opposite.

The last two names on this results sheet connect the pre-World War 11 race series (organised by Bolton United Harriers) to the current race series. Stan Bradshaw (CLM) aged about 40 at that time came in at number 19 with a very creditable 22-44 (he told me recently that he never enjoyed the Rivington Pike race!). In last place came the man who totally dominated the 1929-1939 series, Pat Campbell. Pat Campbell is not numbered. This was most possibly because he acted as race starter, ran the course and then presented the prizes! It is also interesting to note that all the runners were from only three clubs.

Pete Schofield also had a "scrap" book of his own club memories, from which the photograph of Gerry North finishing the race in 1959 is taken.



Gerry North broke the record by 59 seconds in 1959 to finish in 16 minutes 48 seconds. (Photo courtesy P Schofield)

Gerry North, a noted international runner of the time was the first to break the 17 minute barrier for the race. Also from Pete Schofield's scrap book comes the picture below of Ron Hill winning in 1961 (time 17-22)

In the last few years the event has been diligently promoted and fields of over 250 runners have been re-established. The race has also re-gained the "carnival" atmosphere of old. The organisers are confident of an event in 2005 which will do justice to the fine reputation of this classic race.

Make a date in your diary for Easter Saturday at the traditional time of 3pm, and come and take part in another piece of Rivington Pike history.



Ron Hill winning in 1961 for the first time. He was to return to win again in 1965 and 1966

Rivington Pike Fell Race		Bury Oc. - Horwich Harriers	
1	J. Haslam BHU 17 5 15	1	G. Haslam BHU 16 4 6
2	A. Bradshaw BHU 18 2 10 11	2	J. Haslam BHU 16 5 8
3	H. Haslam BHU 18 4 8 15	3	H. Haslam BHU 17 2 2
4	V. Haslam BHU 19 2 2 20		
5	E. Haslam BHU 19 3 1 20		
6	N. Haslam BHU 19 3 7 20		
7	A. Haslam BHU 19 3 8 20		
8	J. Haslam BHU 19 4 4 15		
9	B. Haslam BHU 19 5 4 20		
10	D. Haslam BHU 20 4 8 30		
11	E. Haslam BHU 21 1 0 30		
12	A. Haslam BHU 21 3 2 20		
13	K. Haslam BHU 21 4 3 20		
14	J. Haslam BHU 21 5 4 20		
15	B. Haslam BHU 22 0 9 20		
16	H. Haslam BHU 22 2 4 20		
17	A. Haslam BHU 22 3 0 20		
18	I. Haslam BHU 22 4 2 20		
19	S. Haslam BHU 22 4 4 20		
	Pat. Campbell 23 5 1		

Navigation is a skill that a lot of fellrunners could do with a lot more of - witness what happens every year on the British Relays Navigation Leg and just listen to the post-race chat after the Duddon, Borrowdale or Edale Skyline if a bit of mist has descended during the race. The event described below took place in Allan's back yard, so he had no real excuse for what happened

Lords of the 'O' rings

from Allan Greenwood

I fancied having a go at our club pre-Christmas navigation event, a low key three hour score from Bill and Anne Johnson's house, near Halifax. I mentioned it to my Calder Valley clubmate Andy Wardman during lunch at work, who said he'd like to tag on and learn to navigate. I told him there might be someone there who could teach him.

After a fairly heavy snowfall on the Friday and subsequent freeze, conditions on the moors would be tricky. Added to this, thick fog high up on the tops would make it doubly testing.

Andy and myself arrived at Bill's very early as I'd been asked to help out with registration. As we walked across the yard, a hand was waving from an upstairs window. They say every Englishman's home is his castle, so we reckoned the king was on his throne. Then Jon Underwood came out of the kitchen with a steaming pot of tea. Jon was nursing an injury so had kindly offered to step in and help, allowing me and Andy to get an early start. Our club champion Karl Gray arrived as we were getting ready but we warned him against following our tracks in the snow!

By 9-20 a.m., as lots of other competitors were arriving in cars, we were handed our punch cards and course map - with checkpoints, or "controls" marked by red circles together with a description - and we set off down the road towards the Luddenden valley in search of a control. Leaving the road by a gap in the wall I very nearly earned an early bath as I stepped on an ice covered paving slab, performing a twist with a pike worth 8.2 which I put down to my wearing Tuf Pathfinders with the compass in the insole.

The air was bitterly cold causing our breath to form as steam on the climb to Booth. Have you ever wondered what, "It is cold enough to freeze the balls off a brass monkey" means *

A long drag over muddy farmland took us to a stile onto the Calderdale Way path at the edge of a mist shrouded, Midgley Moor, where the snow lay deep and crisp and even.

According to the description, control number 2 (we'd left no.1 for later) was sited in a gully. "Right Andy," said I, "I know exactly where it is: there's a gully up here". Onto the snow covered moor we bounded right up the length of a deep sided gully. No marker here so we decided to split up and search other gullies in the vicinity. Soon we gave up and retraced our steps to the stile.

I took a bearing, pausing to let Andy see how I'd done it, then we were off again, up a gully much further to the right (or North). We thrashed around in the thick, snow covered heather for a few minutes, then I started panicking. According to the map, we were just about right (or North) though the control seemed to have gone west. Andy was getting a bit down in the north and south so I gave in and set off toward the Calderdale Way path to go and find no.3. "It's there!" shouted Andy excitedly, as he pointed to a ghostly figure 200 yards away through the fog in the distance. "He just bent over into a ditch", though I reasoned it might be Jon having another dump.

We ran pell mell towards where the grey man had just taken off from and, picking up his

footprints in the snow, found the clip with ease. We punched our cards and shot back to the wallside path. Piece of piss this.

If we can't navigate, we can follow snowtracks. Trapper John and Bingo that's us. Lucky thing I was wearing my raccoon skin hat with tail.

Away we went in search of control 3, dragging juniper bushes behind to cover our own tracks. Running along the wall, we soon reached Garnett Edge where the icy fog was much thicker, then following some studmarks, we ran round in a great circle and after five minutes came to Garnett Edge.

Up Dimming Dale we went towards Hough Dean where we saw a dead Kestrel in the snow, a beautiful thing with bright yellow talons. Onto the rough moor on a bearing and as we ploughed through the deep snowy heather in the eerie fog, a massive owl swooped up and away. What a fabulous sight! By now we'd seen more bird than Ronnie Biggs.

Then we found no. 3, an equally fab thing to see. Andy commented that we needed eyes like a hawk's to find these punches, but I made him put his Swiss army knife away and leave it be. Back to the path and Barry Shaw came into view then disappeared again in t'mist.

No 4 was next, near Low Brown Knoll, an area I know well. Running hard now we came to the familiar big peaty stream crossing we ford en route to High Brown Knoll, done countless times in training. We took a left towards the shafts from where we could bear off to the checkpoint, described as another bloody gully. As gullies go, however, I knew this one would be dead easy to locate.

Twenty minutes later, having been to High Brown Knoll Edge, we were retracing our steps down the compacted snow on Limers Gate, half a map square off route. Almost immediately we passed Mike Wardle, a veteran of the Karrimor who unbeknown to us was destined for imminent greatness and his name in the local paper.

For some reason he didn't seem to want to stop and chat, let alone tell us where number 4 was. We eventually found the gully after circumnavigating Low Brown Knoll three times, and landed upon the sweet pea cane with a plastic punch attached by string. In reality it was a pig to locate, that is unless experienced super vet orienteer Trevor Smith of Todmorden Harriers is reading this, then it was a gollywog's cake walk, as he didn't find it - (*did I just hear trumpets?*)

Nine was described on the key as 'stream north of Bob Hill' with the control on the South West bank. Soon we discovered that it was at the bottom of a deep gully, whilst 10 would a knoll top (hooray!!) but only accessible by dropping into and climbing steeply out of - yes, another gully!

We had seen Barry at 9 and agreed that we would choose different routes to the next nearest control rather than follow each other round. Andy and I climbed steeply out of the trench back to the catchwater so running a mile or so on the level drain side. Barry however dropped down to Upper Dean Head reservoir and up a soggy stream bed (Luddenden Brook). We all arrived at 10 bang together!!

After clipping we headed North-West towards Fly Flatts reservoir, though we couldn't see either it or the windmills beyond. We, or rather I, had chosen a direct line to the reservoir and it was hard going over the rough tussocky ground.

Time was getting awful tight - like my soaking wet underpants - so we had to start heading back. I pointed at my map: "Look Andy", I said. "We are 'here' and Bills house is 'here' ". Opposite extremes of our map. We decided there and then to simply enjoy the rest of the route and get a few more bonus checks in en route.

Andy said he was really starting to feel confident now and after almost three hours he was warming up a bit. "These frozen streams are getting warmer by the hour", he chuckled. We made for Cold Edge Road and took a stile to cross Rocking Stones Moor. Check 8 was just off our route so we thought we'd bag it. This one was a stream gully, so it took us longer than we thought. Footprints, at first along our bearing, led us astray for a time and soon we began to get frustrated as every gully looked the same, filled with snow and ice but no wood stake or plastic clip. Even by splitting up and searching up the soggy dykes we drew a blank so we eventually had to give up. Our feet were hurting with the cold slush and ice, so we retraced our footprints. A glimpse of blue over to the right caught my eye and caused me to pull up sharply. It was Chris Smales of Tod Harriers standing in the gully, by the clip, reading his map! Ta Chris, next time wear a flashing neon light on yer 'at!

Clipped and away, on a bearing for Sleepy Lowe where we saw Andy Carnochan. He asked whether we'd been to 8, to which we pointed into the fog and I said, "Yeah, just over there, piece of cake!"

By now we were well over the three hours allowed and still having a great time though a long trek from base.

Bill knew I had my mobile phone in the bumbag so there was no worry on his part so we agreed, why rush... why not get the miles in and enjoy it.

Down to Castle Carr and along the lane to Wainstalls and on to Cat'y Well. Number 6 was gained with ease, though Rod spied us through some bushes so Andy farted to put him off our scent. Rod followed us to the pub then shot off down a lane to find 5. I reckoned it much quicker to run up the road and off left through a stile to the checkpoint. Rod found it, while closer inspection of the map now shows we were in the wrong field. Up the road and steeply down to headquarters and we made it back, just 59 minutes over the allowed time. Mike Wardle won it while Barry got a prize for the best improvement since last year. We just might win that one next year?

*nb A "Monkey" was the name given to the brass rails used to hold cannon balls alongside the cannon. In extreme cold the brass would contract quicker than the iron balls, causing the rails to move closer together and the cannon balls would be forced up and fall out. It was cold enough to freeze the balls off a brass Monkey.

I enjoyed this reminiscence of the Hogson Relay, one of the great events of the fell-running year both from a sporting and a social point of view, and thought it was appropriate to include it as this year will be the last year that the Hodgson family will organise the Relay because, quite simply and understandably, after twenty years they have had enough of all the complexities and difficulties that go into making an event of this size work. What will happen to the Relay after this year I don't think anyone knows for certain as yet but it is to be hoped that an event as superb as the Hodgson doesn't just vanish from the Calendar!! Well done, Dave, Shirley and family and thank you very much indeed.

Experiences of the fells

The Ian Hodgson mountain relay 2004

from Allan Greenwood

(With grateful thanks to Dave Hodgson for much of the background information.)

The Ian Hodgson mountain relay is based on Patterdale and takes in some of the most rugged and spectacular scenery in the Lake District. The route covers 24.5 miles with 8400 feet of climbing in four stages, two sections of 7.5 miles and two of 4.5 miles.

Ian Hodgson, after whom the Relay is named, was a lover of the outdoors and a keen fell runner, the Karrimor Mountain Marathon being his favourite event and one in which he competed nine times. With a dad like Dave Hodgson (twice winner of Burnsall (1958 & 1960) and in the top three there on ten occasions and organiser of The Three Peaks, in which he finished 2nd four times), it is not surprising that he, and his three brothers, all dabbled in the sport. Described by his Dad as a man with 'relatively modest fellrunning ability' Ian was a typical 'top third of the field' fellrunner who enjoyed the hills, the competition and the "crack" afterwards.

Ian was tragically killed in a road accident at the age of 25 whilst cycling, the day after winning the "Score" class of the 1985 KIMM with Jem Wilson, based in Patterdale. Unfortunately, due to the time delay in calculating the results of the "Score" class, Ian never knew that he and his partner had won.

His very large family have organised the memorial event - the first first 'true fell' relay - for the past 19 years. In 1989 it was used as the inaugural FRA relay.

The 2004 relay took place in fine to start with, but worsening weather conditions - and Calder Valley fell runners were there!!

Leg 1 - Allan Greenwood

I was delighted to be asked to run in the Lakes Mountain Relay but the first leg worried me a bit as the pressure is on to give the team a good start. The first leg also has the most climbing and is the most exposed route of the day ending with a long rough descent which gets incredibly steep right at the end when your tired legs are screaming for mercy.

I knew that this route would suit my partner Rod Sutcliffe to a tee. He was very fit, having had a blinding run at the Two Breweries in Scotland the week before, so I knew he was climbing well. Rod is also a demon descender, especially on steep and rough ground, so I would have to run out of my own skin to have a chance of staying with him in the race.

I decided to travel up on the Saturday and do a bit of route finding. When I got to Patterdale it was bouncing with rain and the hills were shrouded in low cloud. I ate some lunch, then went for a walk up the final descent in reverse direction of the race. As luck would have it, the rain soon stopped and the sun came out, chasing the cloud away, so I carried on to the summit of St. Sunday Crag. The wind was so fierce on top I could barely stand, then with a rainbow in the valley and Hellvellyn becoming fuzzy and grey, I sensed a shower coming on so turned to descend, finding as much grass as possible around the vicious crags of the rocky path. The rain poured down all the rest of the night and we had a violent thunder storm later on.

I met some mates at the camp site, had some tea and then we went off to spend some beer tokens.

Rod came up on Sunday and we agreed to set off steadily and keep together the whole way. "I will try to keep with you on the first climb," he said, which wouldn't be too hard, I thought. Soon we were away and though the rain held off, the mist was swirling around on the tops. As we reached the steepest part - we were on hands and knees up to Hart Crag summit - Rod took the lead and went out to the cairn to "dib" his e-tag into the barcode reader at checkpoint one. I forged into the lead, determined not to let him thrash me on the rocky path down from Fairfield to Cofa Pike. The Summit of Fairfield was clear, though I checked the compass bearing I'd set last night for peace of mind. Yes, we were bang on, and there was Grisedale Tarn to the left, Seat Sandal rising behind.

I confidently slung myself into the gully that leads to the narrow exposed ridge traversing Cofa Pike, a sort of rib joining the steep slopes of Fairfield and St Sunday Crag.

The slate path was loose and craggy, the sharp stones cutting right through my Walshies' fabric instep. To the left I could see and hear Nethermost Beck thundering down into the valley. Just then, Rod shot past me on his way down into the valley and I suddenly realised that I was not performing as I should. I tensed up and hurled myself over the rock steps in panic. In my mind I was saying, "Rod's going to get away, he's going to get away..."

Come to think of it, It was more "Oh flip. Oh sh*t. Oh, flipping sh*te..."

Just then Rod stood on a wet rock and spun round 180 degrees, with his arms out though he carried on running backwards trying to balance saying, "Wooahhup! *!!..." Oh yeah."

I thought, "you can even run faster than me backwards, next you'll be showing me how you can do it standing on your head."

We got through the col and onto the final long climb. I *had* to dig in now. Come on, I thought as I jogged to Rod's side, keeping the momentum going until the ground got steep and I started to breathe heavier. "Keep it going", I told myself, "Keep jogging..."

I kept it going until I was almost exhausted. I was at breaking point. My lungs were bursting and my calves were screaming with pain, though secretly, I knew I was punishing my partner, making him wish he'd never agreed to run with me. Then Rod spoke to me.. "So are you still going to organise your Ogden races next year then...?"

Eh?, What? Was he passing social pleasantries while I was crumbling to dust?

Over the final summit and now my recce would come into play. Down we went, all on grass and we very soon caught four teams who had gone down the rocky path. However they were now on the grass and we couldn't quite reel them in. Down to the left of another craggy section and we drew almost level with the backmarker of the bunch. Faster, faster we ran on the level path but the distance was getting no shorter. Soon we neared the last checkpoint, the stile on Thornhow End, where I knew we would do the damage. Rod dibbed his plonker and I grabbed Rod's map to pass to the girls at the changeover. Over the stile and the steepest descent in fellrunning was suddenly beneath our feet. We were frantic. Four teams scuttled down in front of us and we were hungry for victory. Together we charged at the grassy banking and we both lost our footing at the same time. Legs straight up in the

air and we were soon sliding down at break neck speed on our knees picking up grass and mud. The grass ended and we hit a rocky zigzag path. I was desperate. I wanted to run so hard but my legs were buzzing and shaking with all the jolting.

"Come on Rod, there's a short cut here," and we ploughed to the left, through deep bracken and thick mud, a much shorter route but a mite slower than the way the majority had chosen. My shoes weighed an extra stone each with all the clay, legs spattered with mud. Undeterred I tried again, leaping wildly over to the right. "Come on Rod, there's a short cut here!" and down to a tree we shot, gaining on our rivals.

Beyond the tree was a dirt track to the road and the final run in awaited us. A massive burst of energy and we shot past six runners in 20 yards, overtaking three teams in one fell swoop. Rod shouted encouragement and as we went through the fell gate onto thearmac a crowd cheered and whistled. Down the road we flew, me on wooden legs, shoes clattering on the asphalt. I was so tired, I couldn't push myself any faster. A voice far behind us at the gate shouted, "Go on Gary, you're used to road running..." and Gary zoomed past us, along with his partner. Then they all came foot-flapping down the lane together, racing each other and leaving us in their wake. I was gasping, and everything hurt. Rod got in front of me and urged me on as with 200 yards to the finish they'd all swallowed us up. A right turn and sharp left into the field between red and white tapes and flags. The final run in went on forever. Now we were sprinting, gasping, desperate for the line, I strained to see the girls, where were the girls? Then they were there, Celia and Clare, arms outstretched for the map and plonker as we collapsed over the line, shook hands and watched their clean white socks turn and disappear from view.

Allan G

Leg 1 - Rod Sutcliffe

This is a great event and it is a real shame that more members of the club don't have a go at it. We were warned about severe conditions with a windchill of -6C on the tops. We agreed that Allan would set off at his pace on Leg 1, and I would try to hang on until I warmed up. Hanging on was helped by the fact that we were queuing on the narrow path, and by half way up Hart Crag, I was with him. We then ran the rest of the leg together, which is how it should be done. The promised bad weather had not arrived yet, and it was comfortable, even calm, along the narrow ridge of Cofa Pike. Although I was descending faster, Allan seemed to find something extra for the steady climb to St. Sunday Crag. His recce of the final descent the day before paid off and we were on a fast and grassy line most of the way down. Allan was really going for it, and when he got on his bottom and slid, so did I. It was only later I learnt that this was not part of the plan. Lung bursting sprint down the road and we handed over to Celia and Clare.

Leg 2 - Clare Kenny (and Cella Mills)

Last minute team changes, gossip, hanging around, following hand-overs, losing team mates and kit, tea and cakes – all this and more are regular occurrences in 'The Hodgson' and this year was no

exception. Celia and I felt we ran well on Leg 2, with no navigational problems as the weather was kind to us allowing a fast run out on the road to Side Farm, followed by a steady ascent, battling it out with some men in red & blue.

We had two ladies' teams in our sights and we caught up with them both, passing first Keswick then Pudsey and Bramley after the Angle Tarn check point and putting space between us with a good descent (on which I was no competition for Celia, who attributes her descending abilities to horse-riding and trampolining, but not at the same time!) We strode into Hartsop in style and handed over to Barry and Jez, and I must admit to feelings of relief that I didn't have to run up into the mist on High Street!

The only mishap was my ability to keep track of my kit, having first left my bum bag in Alec's car prior to the Leg 2 start, then losing my rucksack which went straight up to Leg 4 start, without me having the chance to rendezvous with it and my warm, dry clothes first. Be warned – this woman could be a liability!! A good day out, thanks.

Leg 3 - Jeremy Wilkinson (and Barry Shaw)

The key thing for me on Leg 3 was not to slow down Barry too much as I was recovering from a bit of a virus. We were going alright until arriving at the top of Stony Cove Pike with Sarah Rowell & Debbie Hardy from P&B.

The mist had descended quite low by then so I stopped to check the map. Sarah said, "It's easy, you cross the wall and head straight on." We arrived at the wall but it was a wall junction - at that point Sarah said, "I don't recognise where we are!!" We set off in almost opposite directions in a bit of a panic then came back together again quickly and using my altimeter we found the correct broken wall and the checkpoint, phew!!

The strange thing was that when we were on High Street there were loads of pairs behind us and yet once we were on Caudale Moor at the checkpoint there was nobody anywhere around. So where had everybody gone?

Leg - 4 Sarah Noot (and James Williams)

Thoughts on the relay... shame it could be the last one next year...have to get a girls team out there!!

Had a really great time once we'd scrambled up Red Screens into the mist on the top. The climb was hard, I had managed to get rather cold waiting at the bottom in the wind and rain and so it took a long time to get going (not that I think I would have gone much faster had we been warm in my present state of fitness!!) but anyway it felt hard!!

As experienced orienteers the mist was a blessing for us as it posed little threat to our navigation and gave us the advantage over other runners.

Checkpoint one was rather a spectator's control, on arrival we met a large group of walkers who appeared to be admiring the view...you could only see 5 metres max!! I think they were rather surprised to see us too.

The rest of the race was pretty uneventful...

All I remember about the route is down to the marsh, up the other side, across the wall, trudge over the tussocks on the tops (had a good tail wind to keep us moving at this point), hit a wall, turn right, start to drop down, hit the re-entrant, follow it to checkpoint two, descend rapidly and sprint for the line!! Simple....

I didn't actually look at the map until we finished - James did all the navigation for us in an attempt to slow him down...

We did take quite a safe route over the top due to the mist and very poor visibility but the descent was great fun hurtling down grassy slopes. It was great to get out there and race again. It's definitely one I'll put in the diary for next year. Anyway enough rambling from me. Thanks for the opportunity to run in a great event!



Steve Wyatt & Carl Moriarty of Pennine leaving the Angle Tarn checkpoint on Leg Two
(Photo Woodhead)

“Something to think about for those winter evenings”

from Pete Shields

The drawing in of the winter nights coupled with the vagaries of our climate and our isolated environment can, for most of us, impair any form of consistency in our training programmes.

If you are like me, the feelings of guilt when a session has been missed or a day has gone by without much activity can lead to all kinds of self analysis. So how can we help ourselves to alleviate those feelings and keep mind and body in prime condition for the weekend events and the new calendar?

Over the years I have offered advice on how to develop programmes to help sportspeople overcome such problems and employ activities they can undertake without leaving their front door.

This period of the year I do not see as disruptive but as an opportunity whereby you can develop, tone and improve some areas of your body that are sometimes neglected when running again every day takes precedence.

Some of you will already do some form of exercise during this period, so if I am going over old ground I apologise but hopefully there will be something that catches your eye. For those of you who feel they are a little inactive during the winter months, motivate yourself and look at developing a programme!

For the athletes that I advise, whether they are runners, swimmers or cyclists, I insist on three set exercises they must do every day. These exercises, which consist of press ups, crunches and dips are done in sets of three, with variations on the repetitions they do based on each individual's training programme. For some of you this could be the start of building up your core strength, which if really worked at will bring untold benefits, not only in competition but for your whole wellbeing.

As with all fitness programmes and fitness regimes I cannot over-emphasise the need to warm up before embarking on any physical activity. This can be as simple as running on the spot or rolling your arms for a couple of minutes but always include one. Three sets of exercises every day is a useful start but needs to be added to if running regularly is out of the equation. Before we get to those, if you do undertake some of these activities, it is useful to spend some time looking at how they should be done. For many people taking up an exercise and then not doing it correctly can lead to a lot of time wasting and also the risk of injuring yourself. So if you are unsure get some advice or look at the text books on the subject.

Another three exercises I use to complement the press ups, crunches and

dips need two dumb bells weighing no more than 6kgms each. The first are squats, usually done in repetitions of ten, the number of sets is variable as to your ability but should always be seen as the challenge. To do these correctly you need your feet placed firmly on the floor, no lifting your heels when going into the actual downward squat. You should also try and keep your back as straight as possible throughout this exercise. Holding the weights away from your body helps you to do this and is essential to gain the maximum benefits. You will be surprised how quickly the profile of your upper leg muscles change when doing this exercise and the benefits it brings when you get to climbing again. The secret is to do the reps fast, have short breaks between the sets and build them up as your tolerance levels rise.

The second exercise combines stretching while developing your muscle groups from your thighs upwards. Lie on your back and place the dumb bells at either side of your waist. The start position is to lift the weights above your shoulders keeping your arms straight. You then lower your arms over the back of your head slowly (keeping them straight) until they are a couple of inches from the ground. Count to twenty and raise them slowly to the start position, repeat this as many times as you can with the emphasis on gradually building the numbers up. Breathing evenly throughout this exercise, as with all the work you do is important, so do not hold your breath as the pressure builds.

The third exercise is nothing simpler than doing an exaggerated arm running action, keeping a stationary position while holding the weights. Two sets of fifty reps or arm movements would be a good start, alternate between leading with your left and right legs. If done properly this can be a really useful exercise to develop and can bring greater benefits when driving hard up those hills.

If you have the luxury and room for a turbo trainer in addition to the above exercises, you could complete a good well balanced session. Used correctly, regular turbo sessions can help develop strength in your climbing muscles and extend your cardio-vascular system. Combined with weekend runs, you could



Pete Practising what he preaches!! Photo Pete Shields

see very little loss in fitness levels, while developing some areas of your body that tend to get neglected.

Without getting overly technical, a good turbo session would be 30-45 mins long. Some athletes like to do these sessions guided by a heart rate monitor, something I whole heartedly agree with and find more useful than when running. However, for this discussion I will give you this tried and trusted routine as a guideline. Depending on your ability and fitness you should start with the resistance level set on the turbo to a level that will allow you to finish the session. You are going to use five gear ratios; again these will be directed by the bike and your individual abilities. Start in the highest gear you want to use and pedal at a reasonable cadence (leg speed) for three minutes. On the third minute drop down a gear but continue to pedal at the same cadence, do this for a further minute. At the fourth minute, drop down a further gear and keep the same cadence for a further thirty seconds. Drop another gear for fifteen seconds and the last one for a further fifteen seconds continuing to keep your leg speed high. This gets you to five minutes. Without stopping raise the gears back to the highest one used and pedal really hard for forty seconds then ease off a little until the eighth minute and repeat. Do this for the selected time and ease down at the end

for five minutes. Personally I find the run up to doing one of these sessions really daunting and feel it can be as difficult as a track session; but done properly and consistently it will keep you at a good physical and mental level. Using all the exercises above along with a turbo session cannot be recommended enough, even to the point of keeping an odd session going when the lighter nights return.

I am a big believer in the use of plyometrics to help improve athletic performance and have been led to this view because of the success it has brought to my athletes' training programmes. Plyometrics is a dynamic form of exercise that really needs to be treated with respect if you choose to use it. Some of the more basic plyometric exercises we use are ideal for fell and hill running and are easily adapted to be undertaken at home.

Basically, plyometrics is a method of developing explosive power and is about minimal contact with the floor to gain maximum force. You can enhance strength and speed, and avoid injury if utilised with the other training ideas mentioned. Press ups involving the clap of your hands as you push up from the floor will quickly show benefits in strength, hopping, skipping, bunny hops, and jumping on the spot, jumping from

a slightly raised position to the floor and either over or onto another raised position. These are all very basic uses of the discipline which you should look at incorporating into a home programme.

All these exercises are easily developed into programmes that can be undertaken in the home. Spending set periods of time on your flexibility is also a very beneficial activity that can be done alongside them. Stretching is something endurance athletes often tend not to put high on their "must do" lists but it is important and can help enhance your performance and in some cases stave off those nagging injuries we collect. Going through the host of appropriate stretches here would take too long. However, I can not emphasise the benefit regular flexibility sessions bring and they should be developed as a matter of habit. They can easily be done while at work or those times when you have a few seconds to spare like waiting for the kettle to boil - put them into your programme!

You probably all have some form of programmes to go back to when getting out is difficult. What I have tried to do here is raise the issue and, if it stimulates further thought on the matter for you, then it has done the job.

Keep on running!



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Entry is £400 for teams of 4 or 5 and £200 for teams of 2 before Easter. Full info at: www.hebrideanchallenge.com

THE INVISIBLE RUNNER

from Kevin Wright

In the mid 70's at the age of 21 I holidayed in the Lakes for the first time. I couldn't believe I was in the same country. Being born in the soft south, Essex to be precise, all of my holidays had been by the coast or visiting relatives in the Midlands. I returned to the Lakes at every opportunity after this. When I took up running in 1984, after giving up football and fags, it didn't take too long before I thought I might have a go at fell running.

My first race was Clougha Pike. Absolutely loved it. Sunny day, village gala and a great course – hooked, even if the organiser did take the pee out of me and my mate Pete as we crossed the line together in matching T shirts. Over the next few years all holidays were arranged around fell races and my club, Springfield Striders, also started to make regular weekend trips away. It meant that most of the races we did were long ones as a 600 mile round trip is a long way for a three mile category C race. We did Edale Skyline, Haworth Hobble, Three Peaks and the Roaches for several years.

Meanwhile we discovered the Shropshire weekend. The mile up, mile down Titterstone Cleve is a great race for newcomers (as long as the cloud isn't down) and the Long Mynd Valleys is a real challenge the following day. The first year we did the Long Mynd was in 1989 in a complete whiteout and I have probably run a different route each year ever since.

But my reason for penning this little piece is that in almost twenty years of fell running I have never had my name, yet alone picture in the holy of holies "The Fellrunner". I once spotted the top of my head in a photo of the start of the Tour of Pendle in the much missed "Up and Down" magazine. "The Fellrunner" printed a similar picture in February 1992 but cut me and all the runners on the left hand side of the road out of the photo. Ironically the caption for the picture read "Not a Southend vest in sight at the start..." as the picture accompanied an article by another Essex fellrunner Mike Fry.

Now I know that Dave Woodhead knows me as he always gives me an encouraging shout and he has even been known to send me photos of myself in action (under plain wrapper I might add) and I even had quite a long conversation with Steve Bateson at the Wadsworth Trog last year (yes the Steve Bateson who appears in the latest edition) but to no avail. I expect to see pictures of the greats Ian Holmes, Rob Jebb, Simon Bailey etc and think you seem to have a very fair policy of showing runners from further down the field.



A rare sighting of the invisible runner
Photo Kev Wright

My club, Springfield Striders, from the plains of Essex (our biggest hill is 302 feet high) have produced some good results over the years, winning many category prizes (in admittedly smallish races) and even had the winner in a fog blanketed Titterstone Cleve one year, thereby getting their name and the club's into the results section. Albeit as SpringS or Sprf St but at least we've shaken off the organisers

automatically putting us down as Springfields AC. Even my mate Dave has had his name in, being awarded the over 60 runners up prize at Titterstone Cleve. He immediately informed the organisers that they had prematurely aged him and returned the prize to its rightful owner, but still his name appeared in the results section of the next "Fellrunner".

Last year my doctor told me that my cholesterol count was a bit high so I stopped my weekly intake of a pallet of crisps and all things fatty (still drinking the beer though) and promptly lost a couple of stone. My running improved almost overnight, especially on the hills.

On a weekend trip to Derbyshire four of us ran the Wincle Trout (a tough little race) and all made the top 30 out of a field of almost 200. Refusing the trout, as we didn't think the B&B would appreciate it, we moved on the next day to run the Shining Cliffs race. After a night on the town (Matlock Bath!) and an injury I hobbled around this two lap circuit of the woods. Out of a field of only 46 runners I managed to finish as second over 50.

Imagine my dismay when on opening my October/November edition and probably, like many other subscribers going straight to the results section, I found that the entry for Shining Cliffs not only named the winner of the O/50 but also the next two. You've guessed it my name was missing. O me miserum (one of the only bits of Latin I can remember from school) doomed to continue my running career of magnificent insignificance.

You've had features on veteran runners, one armed runners and even one on runners of bigger build. May I suggest a feature on not particularly good runners who travel miles to enjoy the hills, camaraderie and beer as I think this is the only way I'll ever see my name in your esteemed publication. But then there are probably hundreds of us in the same boat. I can think of at least ten at my own club.

I have an apology to make here - in addition to Peter's poem I had another contribution, an excellent poem about the general high fell and valley area of the western Lakes which made a good partner to Peter's poem. I set them side by side, proofed them and set them and then somehow in the sorting process before putting them on disc for the printer I lost them both !! I had the original copy of Peter's poem but I have lost the other one completely - including the name of its author - so all I can do is ask him to send it again and I'll try not to lose it a second time.

Seathwaite (Borrowdale)

by Peter Travis

So many years have passed since
first I went by Seathwaite Farm.

More than half a century
spans the time when, with friends,
so young and mindful of our task,
we strode the stony path that
leads to Gavel's height.

Each time I take this route
fond memories return to fill my mind.
Happy days inside the farm,
steaming mugs of tea, hot scones
that dribbled butter from our mouths.
Stan Edmondson, diminutive and lean,
a fellsman born and bred,
fell runner of some repute.

Not long ago I passed this way
and talked with Stan
about his days on high fells
and races where he took on the best
and led them over familiar crags.
And now he too has gone,
yet Seathwaite still remains.
For me there is a sadness
as I pass this place of memories.

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Wednesday	June 22nd	❖ On The Run Jubilee Road Race 4 miles (Permit No. 05/6496)
Thursday	June 23rd	❖ Walsh Two Lads Hill Race (under FRA Rules) 5.25 miles, 900' ascent
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Sunday	June 26th	❖ Georgia Pacific Horwich Carnival 5k - (Permit No. 05/6495)

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The Crown Hotel Lever Park Run, XC and Carnival 5k (6R 50634118)
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POST CODE

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Tour Entry Fee: £25 (Club), £35 (unattached) Postal Closing Date 10th June.

£22/£30 if you have already paid entry to Jubilee Series or June Jubilee Race

DECLARATION

Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by the UKA and agree to abide by their rules. I am medically fit and understand that the organisers will be in no way liable for any injury, loss or illness caused to me during or as a result of the race(s) or for any property lost or damaged during the event. (Parent to sign if under 18)

Signed _____

Date _____

Your name and address may be passed on to Running Fitness Magazine. If you do not wish them to use your name and address, please tick the box

Letters, opinions et.al.

How to spoil things from Andi Jones .

An amazing day let down by one member of the fell running association.

What better way to spend the last day of the year 2004. A well organized and well supported fell race, run in some beautiful countryside. The Auld Lang Syne fell race is obviously very popular amongst the fell running world as I noted a variety of athletes from throughout the UK.

All started well, with Ian Holmes having to be extremely sporting in the early stages of the race and call me back as I had gone the wrong way. Having not competed in the Auld Lang Syne fell race since my first run in the race in 2001 I had little knowledge of the course but knew a small amount about the terrain likely to be encountered. Just as I had thought, wet and very muddy in the peat bogs, which just added to the race experience in that I spent a great deal of time on the ground rolling around in the mud. The race went fine and I even managed to beat the winner of the past eleven races which I was very pleased about. Not knowing much about Ian Holmes other than the fact that he's a very good fell runner and extremely talented at this sport I was very grateful to him for correcting my early mistake and for his words of congratulations at the end of the race.

So far everything was going great. I had won the race and beat John Brown which always adds to the friendly rivalry we have. It is the prize presentation which has prompted me to write to the magazine again as things began to turn worse. The presentation of prizes was great fun. Not having won a prize at a Dave Woodhead race I was not expecting the amount of chocolate and beer I was given. It was great fun carrying it back to the car. Thanks for the great race - Dave and his team did a wonderful job. But unfortunately a member of the FRA had to spoil the whole event, not just for me but the many others that had gathered in the Sun Inn. As Dave called my name out a man called out an inappropriate word to be used in a public place, especially considering there were young children in the pub as well as members of the general public enjoying a quiet meal at the end of the year. The man in question repeatedly called out this inappropriate word every time Dave Woodhead called my name out. What a great advert for this sport that so many of us enjoy and participate in. Ok, so I haven't done that many fell races, but I am a fully paid up member of the association and I consider myself to be a fell runner. I have run at the World Mountain Running Trophy and the European Mountain Running Championships. I come into contact with a large number of athletes and often discuss the variety of races that I participate in. How can I continue to promote fell running to my running friends when I know that if they were to try a race they could be subjected to the same poor attitudes demonstrated by the man in question?

I look forward to my next fell race and won't let this incident put me off competing again. In conclusion I would just say that the man in question in this disgraceful event knows who he is and his friends do as well. Please stop trying to discourage athletes from fell running through thoughtless comments which do offend.

Junior Pages from Bill Smith

I enjoyed the eleven junior pages in the last, The Fell Runner, and I hope this will become a regular feature of the magazine.

All the best

Spooky Special Thanks from Dave & Eileen

What a trick or treat it was when the senior fell running celebrities were invited to the junior 'Spooky Do'. They all got into the spirit and theme of the presentation, donning costumes so good even we didn't know who they were. Andy Peace as a larger than life Frankenstein complete with size 18 feet; Lou Sharp (or was it Sharon Taylor?) as the alien and Lord of the Rings, Gimlin - these two cheekily kept swapping costumes all afternoon. Ian Holmes, with a white bed sheet with eye holes cut out, took the simple but effective approach to being a ghost and adopting this approach herself Karrie Hawitt decided to go as Sabrina the teenage witch, while 2004 British and English champion, Simon Bailey came as 'Simon'. Many thanks, the juniors loved it, the parents thought it was a hoot and it just added even more to the FRA junior 2004 prize presentation .

Also Shoe Special Thanks from Dave & Eileen

The response for unwanted fell shoes appeal has taken off better than we could have hoped for and at the Pendle English junior championship races on 20th March all of these shoes will be ready for new owners. We have had physio Denise Park assess them, so they are 'good to go' or 'good to run'. Thank you one and all!

Cut-offs In Long Championship Races from Lindsay Buck

I wonder if it might be possible to consider more achievable cut-offs for some of the English and British Championship long races.

I understand the reasons for cut-offs and very much appreciate the hard work that organisers and marshals put in but it does, however, make it difficult for slower, but experienced runners who nevertheless want to compete in the English and British Championship.

Just a thought.

Many thanks to all the organisers and marshals for such excellent races.

Junior matters from Peter Erhardt - Todmorden Harriers

The Christmas and New Year break gives a great opportunity to catch up on reading postponed from recent weeks and months:

and it was in this relaxed spirit that I have just completed reading the October "Fellrunner".

I hope everybody else who read it was as impressed as me at the enthusiasm which leapt out of the Junior Pages.

I'm sure that many pages could have been filled with photographs: the runners did really well at the Black Forest and what they have written for us indicates just how much they enjoyed these events, and, therefore, how much advantage they have had from them.

We hear all too much about obesity in children these days and, as a paediatrician, I can confirm that I see far too many youngsters for whom physical activity is definitely out of fashion. It's good that our minority sport is enthusing youngsters as demonstrated in these pages. In this way we can be playing our part, and, while we are at it, safeguarding the future of fell running.

So maybe the New Year resolution should be to put on plenty more junior races alongside the regular events and to reinvigorate the junior sections of all our clubs. Certainly, we must all encourage youngsters into fell running and encourage them when they've started, so that they stick with us and with our sport.

Thank you to all who are doing this – and, for the rest of us, let's give it a go.

"Robin's Rant" from Jon Blair-Fish

I read with interest "Robin's Rant" in the October 2004 "Fellrunner". The term "mountain running" must be a

misnomer as all the races I have done in the Alps have been on well defined trails and paths unlike the truly rough mountainous running of Lakeland long races such as the Wasdale or the Bens of Jura. Even the scrambly descent on the Tour du Dents du Midi from Col du Susanfe is aided by chains and a plethora of the Territorial Army standing by in case of mishaps. Further this race has now been abandoned as being an insurance risk.

Runners can train for any style of race in the British hills. If you are looking for good paths and long ascents you may need to be selective. But equally if you are living in the metropolis you may need to look to find rough terrain such as encountered on the Wasdale or the Bens of Jura.

There now seem to be several options for cheap flights to European destinations. They do not pay any charge for aviation fuel and cause considerable environmental damage - more than that incurred by driving a car the length and depth of Britain to a fell race. But it does mean that travel to an Alpine race for the weekend can be cheaper than long distance travel to a race in Britain, especially if you are travelling alone as an elite athlete. Race organisers in Europe are also usually very pleased to assist with accommodation.

Twenty five years ago an organisation called Spiridon GB acted as broker between European race organisers and mountain trail runners. This was a voluntary activity carried on by one or two individuals who both had full time jobs and were runners of some calibre. This work was later carried on by some members of the FRA when it became established as the governing body. I do not know what happens now but I can be sure that anyone who can demonstrate form from races can easily negotiate their own tours and training for them.



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You Have To Be A Real Fellrunner... Lakeland Classics 2004

from Graham Breeze

Only a Pottery Mug

Prizewinners in the Lakeland Classics Trophy series receive only a pottery mug but, as Dave Tait (Dark Peak) once said when stressing the importance of the long Lakeland races to the heritage of fellrunning, "You have to be a real fellrunner to complete the Lakeland Classics". And he is right.

Of course no one actually enters the series because runners who complete at least two of the SuperLong trio of Duddon Valley, Wasdale and Ennerdale automatically become eligible and can complete the series by running a Long race. The important thing is not the series itself but finishing these great Lakeland classic races.

In 2004 27 runners completed the series and 8 of these completed all three SuperLong races.

On the other hand it is intriguing that 18 runners completed all three of the Long races but did not finish any SuperLong race. This may be due to the myth of any race categorised as SuperLong but in fact there is less than 10 minutes between Billy Bland's records for Duddon Valley (2.43 - the easiest Super Long) and Borrowdale (2.34 - the hardest Long).

The total of 27 completions is lower than in 2002 and 2003 but the series has become more difficult to complete because of the loss of the Dockray Helvellyn (SuperLong) race and the higher likelihood of race clash problems with the three remaining SuperLong races e.g. in 2004 the British Championship Melantee race clashed with Wasdale.

Not The Usual Suspects

There are some Championships where the same runners appear at the top of the list year after year so it is pleasing that the three years of the trophy have produced three different winners and of the calibre of Jonny Bland, Rob Jebb and Andrew Schofield.

Through the kindness of the FRA the major awards were again announced and presented at the 2004 Annual FRA Presentation & Dinner Dance and the LCT organisers were delighted that the 2003 winner Rob Jebb agreed to award the prizes. It was Rob who, after receiving his award in 2003 exhorted everyone to compete in at least one of the SuperLong races in 2004 and "take along a friend".

To say there wasn't a dry eye in the house when Scoffer received his award may be exaggerating a little but after coming third in 2002 and runner-up in 2003 his perseverance finally awarded him victory in 2004 when he beat Gavin Bland by 4 points in 300. Scoffer did not run Dockray-Helvellyn in 2002 when it was part of the LCT series but otherwise he has done all 9 SuperLong races. Only John Hunt (CFR), who did run the Dockray-Helvellyn race, has a comparable record.

In 2004 Borrowdale regained the Team prize they won in 2002 but had yielded to Ambleside in 2003.

It was also encouraging to see the 2004 Female trophy won by a newcomer to the event, Jackie Lee (Eryri), and that the number of women completing the series increased from two in 2003 to four.

In 2004 three runners completed all six races in the series; Wendy Dodds, John Hunt and Dennis Lucas and all received trophies (see below).

Three years' data does not support much extrapolation or the identification of trends but it can be reported that the proportion of open category men competing is still only around one third of the total; and falling!

Trophy & Category Winners

Slate Trophies

Male Trophy	Andrew Schofield	Borrowdale
Female Trophy	Jackie Lee	Eryri
Team Trophy		Borrowdale

Bentham Pottery "Lakeland Classics 2004" Mugs (10)

First Male	Andrew Schofield	Borrowdale
Second	Gavin Bland	Borrowdale
Third	John Hunt	CFR
MV40 & 4th	Gary Thorpe	Ambleside

MV50 & 6th	Dave Tait	Dark Peak
MV60 & 20th	Dennis Lucas	Rochdale
Second MV40 & 5th	Ian Cowie	Mercia
Third MV40 & 7th	Leigh Warburton	Bowland
First Female & 12th	Jackie Lee	Eryri
Second Female & 17th	Wendy Dodds	Clayton-le-Moors

Several runners have now completed all three series. Wendy Dodds (Clayton le Moors) and Andrew Schofield (Borrowdale) who both have a set of all three mugs whilst John Hunt (CFR), Dave Tait (Dark Peak) and Leigh Warburton (Bowland) all have two.

Recipients of mugs for the first time in 2004 were Gavin Bland, Jackie Lee and Ian Cowie. Gary Thorpe already held one from 2003 as an Ambleside team member.

Full results can be accessed through the Ambleside, FRA and Skyrac websites.

Ennerdale, Wasdale & Duddon Valley

The LCT was established to support the Long A classics in general and the SuperLong races in particular and so it is appropriate to keep them under review.

Ennerdale had 33 finishers in 1999, 30 in 2002 and in 2000 when it was an English Championship counter finishers rose to 207. Perhaps cancellation in both 2001 (F&M) and 2003 (low pre-entry) brought home to runners that races do need competitors to survive because there were 85 finishers (with 27 from CFR) in 2004.

Wasdale over the same period 1999-2003, has typically had just over 50 finishers, although circumstances in 2000 meant only 25 finished from 36 starters. There were 49 finishers in 2004 even with the aforementioned Melantee clash suggesting that perhaps some stability in entries has been achieved. Wasdale is a British & English Championship counter in 2005 so entries will soar.

Duddon Valley is a lovely race and something of a community affair but there were only 58 finishers in 2004, although there is also a shorter race on the same day. In 2002 when it was a British/English Championship counter there were 197 finishers.

Perhaps the easiest way for the FRA to indicate their support for these great races is to routinely allocate them Championship status in turn; for if these races are not truly the test of a Champion then which are?

Thank You Again

Selwyn Wright who played an important part in developing the idea of the series and diverts funds from the Three Shires Race every year towards the purchase of the Bentham mugs. The organisers of, and helpers for, the six races in the series; no races - no Lakeland Classics. Eddie Bland (Ambleside) who arranges for the results to be accessible on websites and Brian Martin without whom the LCT would not exist.

The Future

The start of this article recognised that the LCT is tough and Brian and I never thought we would be troubled by large numbers of runners completing the series. There are 5000 members of the FRA and only around 30 complete the series each year and just 10 of them are awarded Bentham mugs.

Five runners have completed all three series (but not, of course, all the counting races), 12 have completed two series and 60 runners have one completion making a total of 77, 8 of whom are women. Hopefully with Wasdale as a Championship race in 2005 this total will soar over the 100 mark.

The organisers are always pleased to receive feedback about the LCT and it has been suggested that a mug should be awarded just for completing the series. Brian and I have not yet been convinced and we believe that the mugs should be won. We think the reward for completing the Lakeland Classics Trophy is reward itself. These six races are amongst the greatest fell races in England and, as another fellrunner once said, "When these races are on why would you wish to run anywhere else?"

I really do have a problem with the piece below - I'm sure its aims are very laudable and that those concerned will do their utmost to ensure that appropriate strategies, structures, committees and councils come into being. It's just that, firstly, unless I'm mistaken, I can't find a single mention of fell-running anywhere in the document and, secondly, I can't see how this vast plethora of bureaucratic organisations has ANYTHING to do with our simple little sport at all!!*\$!

The new England Athletics - a further update

This document provides more detail about England Athletics - the new organisation that is to be established in 2006 as a key part of the modernisation of athletics in the UK. The intention of this paper is not to provide an in-depth account of every issue but to summarise several months of discussions and give a context to the decisions that need to be made in 2005.

There is still a huge amount of work to do in implementing the changes recommended in the Foster report. The Project Team will need the advice and support of all involved in the sport of athletics if we are to deliver our main objective - a forward looking sport capable of prospering in today's challenging environment.

BACKGROUND

The Foster report was published in May 2004. These are the main recommendations as they relate to the sport in the UK and particularly England.

Q: Why does athletics need to change?

A: The sport of athletics could do better. Athletics is fragmented, has no clear system of accountability and isn't achieving its potential as a sport. There are lots of reasons for this. The Foster report mentions many of them and whilst structural change will not solve all the problems, it should deliver an outward-looking sport capable of attracting and retaining more people.

Q: What are the principles for the sport's organization?

A: The principles are outlined in the Foster report. Briefly :-

Devolution: Responsibility, authority and accountability should be devolved to the appropriate level closest to the point at which the sport is delivered

Flat Structure: as few levels in the structure as possible

Clear Separation of functions: maximum clarity about the purpose, roles and responsibilities of each organisation, with minimum duplication or overlap

Inclusion: clear and widely understood arrangements to ensure that individual athletes, coaches, officials, volunteers, regular spectators, club administrators and others can have a 'shout' on policy issues and monitor and influence the way the sport is managed

Authority matched to responsibility: those with responsibilities for which they are accountable must have the authority to make decisions

The report is also clear regarding the characteristics of future organisations and

structures responsible for athletics in the UK.

The organisation and administration of athletics must facilitate achievement and reflect good practice

As a modern enterprise in a modern world, it requires a modern approach to organisation and management

A new beginning, a new organisation, proud of the past but suited to the modern world and built on a modern approach to management

Partnership thinking, an acknowledgement of interdependence between organisations.

Q: Why is England Athletics being created?

A: England Athletics is being created to replace the AAA of England and the Territories in their roles as governance and managerial organisations responsible for athletics in England. This will be a light touch organisation with a Chief Executive. The new organisation will:-

"have operational responsibility for all aspects of athletics in England except the management of elite athletes and anti-doping work." (Foster Report p21).

The defining feature of athletics in England will be the regions.

"Everything appropriately possible should be devolved to the regional level."

Q: What does the Foster report recommend for UKA?

A: The Foster report recommends UKA fulfils a more strategic, higher-level role. The specific responsibilities are outlined on Page 19. The implications of this are covered on Pages 20 -22. A paragraph of particular importance is:-

"Becoming a genuinely strategic body would obviously have implications for the size, structure and staffing of UK athletics. What it now does with an England focus would be devolved to English Athletics and its regions, and this would have implications for the composition of the top team and the board."

PROGRESS TO DATE

Q: What's been going on since the report was published?

A: Following the publication of the Foster Report in May 2004, a series of working groups were established to develop the necessary detail to implement the recommendations of the report. The process has been overseen by a Project Board chaired by Sir Andrew Foster, providing continuity from his initial review of the sport. This board has representatives from each of the home country athletics associations, UK Athletics, Sport England and UK Sport.

Members of the working groups were selected by the Project Board to offer a mix of people from all areas of the sport - volunteers, officials, coaches, athletes and administrators - supplemented by experiences from business and other sports. The working groups are:

- New England Athletics.
- Membership and data.
- Legacy pump-priming.
- Internal athletics relationships i.e. between the associations.
- External athletics relationships i.e. between the associations and the sports councils /Government.

Jack Buckner who was appointed as Project Director in September is managing the working groups, and the implementation of the Foster Report recommendations.

Q: Who was on the new England Athletics Working Group?

A: The detailed plans for England Athletics have been produced by a working group. The group was designed to reflect views across the whole of England, with additional independent expertise in business, law and sports administration. The members included Jack Buckner, George Bunner, Chris Carter, Geoff Durbin, Abi Ekoku, John Griffiths, David Moorcroft, Walter Nicholls, Ken Oakley, Peter Radcliffe and Karena Vleck.

Q: What are the group's main decisions?

A new company, "England Athletics", will be established to manage delivery of the athletics strategy in England from April 2006 onwards.

An interim company is being formed, chaired by Peter Radcliffe, to oversee the establishment of England Athletics and its key appointments.

England Athletics will be built around a regional structure with the great majority of its staff located in the nine English regions, managed by a compact HQ.

The local priorities in context with the national strategy and the budgets of each regional team, will be guided by a Regional Council of volunteers.

The chair of each Regional Council will sit on an England Council. Up to two additional members could be added to the England Council to meet identified needs.

Two members of the England Council will sit on the board of England Athletics alongside two executive directors, four non-executive directors and a Chair.

The Chair of England Athletics will then connect formally into a new UKA structure, providing bottom to top democratic connection.

ENGLAND ATHLETICS

Q: What will be the role of England Athletics?

A: As laid out in the Foster Report, the new organisation will contribute to the creation of the UK strategy for athletics, and then be charged with managing its delivery in England. It will be responsible for all aspects of athletics delivery in clubs, schools, colleges and universities, below the elite level. It will aim to offer all athletes an identifiable pathway to fulfil their ambitions and potential, through competition opportunities and developmental programmes.

Q: How will England Athletics be managed?

A: The guiding principle is that anything that can be devolved to its nine regions will be. The management team at the centre will be as lean as possible: there will be a Chief Executive supported by a Finance Director and minimal administrative support. Each of the nine regions will have a Regional Manager, reporting directly to the Chief Executive.

The Chief Executive and Finance Director will be part of a board that will also include two members of the England Council and four non-executive directors that meet the required skills and experience profile, of whom two will be appointed through an election process.

The board will be chaired by a Chair, appointed in line with corporate best practice and as recommended by the Combined Code on Corporate Governance. The position will be advertised publicly. A committee comprising senior professionals and volunteers will shortlist, interview and appoint.

Q: How will the new regions be managed?

A: The new regions will be managed by a Regional Manager working closely with the Regional Council. The nine Regional Managers will be given a devolved budget and will work with a small team of staff to deliver the strategy in their region, taking into account local circumstances. The regional priorities will be devised in conjunction with, and then endorsed by, a Regional Council comprising volunteers from all areas of the sport. One of these volunteers will be selected by his/her peers on the Council to act as the Regional Chair.

GOVERNANCE, DEMOCRACY and ACCOUNTABILITY

Q: What rights will the clubs have?

A: The Clubs will form the membership of England Athletics. They will determine the elected members of the Regional Councils and have additional power through the AGM process. The clubs will have the ability to bring motions for debate, examine and then vote on the annual report, budget and the appointment of directors and Chair.

Q: Why won't the clubs determine all the members of the Regional Council?

A: It is essential that the Regional Councils have a balance of experience including club athletics, coaching, officiating, the counties, competition (track & field, cross-country, road racing), school athletics, higher education athletics, disability athletics, business, commercial, etc. A wholly elected Council cannot ensure this, but it is envisaged that the majority will be elected.

After the initial elections, the skills and experiences of those elected will be reviewed, and additional members selected to achieve the necessary balance. An annual 'open meeting' of the Council will also be held to ensure a wider voice can be heard by council members.

Q: How do the Regional Councils connect with each other?

A: The nine Regional Chairs will come together to form an England Council, allowing the exchange of ideas and best practice as well as ensuring that there is appropriate consistency between the regions. Two further volunteers could be co-opted onto the England Council to meet identified needs.

Two members of the England Council will also act as directors on the board of England Athletics, ensuring a strong voice and influence for volunteers in the operation of the new organisation, both at regional and national level. Furthermore, the Chair of England Athletics will then connect formally into a new UKA structure.

Q: What about cross-country and road running?

A: Athletics means all disciplines, not just track and field athletics. The Regional Council will be able to select a defined number of members to balance its membership, and this will ensure the sport is represented in its widest context. Similarly, the England Council also has the power to co-opt up to two additional members to ensure a balanced representation.

Q: What about competition?

A: The Foster Report called for reform of the UK competition structure. This was not part of the brief of the England Working Group, but it is envisaged that the Territories, all disciplines, and other competition providers will contribute to this ongoing process. In the meantime, current Territorial competition in all disciplines will continue.

NEXT STEPS

Q: What does the creation of England Athletics mean for UK Athletics (UKA)?

A: As laid out by the Foster Report, the future role for UKA should be to devise the national strategy for athletics in the UK as well to manage directly certain functions (including elite programmes and anti-doping). UKA has become involved in direct delivery in some 'developmental' aspects of athletics in England, and

therefore will need to hand these roles over to England Athletics in a managed transition.

The lack of connection between the home country associations and UKA has contributed to a perception that there is insufficient accountability in the sport at UK level. UKA recognises this, and is examining its governance structures with the aim of forging bottom to top connection. The Chair of England Athletics will form the link between the England and UK levels in the sport.

Q: Is this officially the end of the AASA of England (AASAoE)?

A: It has been agreed that many of the current functions of AASAoE will pass to England Athletics after the Commonwealth Games in April 2006. However, the future of the organisation remains in the hands of its members: the clubs in England. They may choose to wind up the company after the handover, but this will be their decision.

In the 18 months leading up to the handover, AASAoE's role will continue as now. This is particularly important with a Commonwealth Games approaching, and the aim will be to minimise disruption for athletes and their support team at this important time.

The heritage of the AASAoE is an important aspect of the sport's history. It is premature to assume the AAA Championships will not have a role in the sport's competition structure. Equally importantly, the experience and knowledge of individuals in AASAoE and the Territories must be retained as far as possible in the new England Athletics.

Q: And the three Territories?

A: There will be a similar handover of the territorial governance functions to England Athletics in April 2006 from the North of England AA, South of England AA and Midland Counties AA. However, the three territories will still provide competition opportunities in all disciplines.

The existing membership schemes in the North and Midlands will continue in their current form throughout 2005, with an England-wide membership scheme not expected until the launch of England Athletics in April 2006 at the earliest.

Q: What about the Celtic home countries?

A: In parallel with the England Athletics, the Celtic home country associations, England Athletics and UKA are part of another Foster project working group reviewing their future working relationships to ensure consistency and clarity of purpose.

Q: How will appointments be made to England Athletics?

A: Peter Radcliffe, and the Board of England Athletics 2005, will oversee the appointments of the Chief Executive and Finance Director, with the process beginning early in 2005. Members of the Foster Project Board and England Working Group will be engaged in the process to

ensure the right person emerges in both of these vital appointments.

The Chief Executive (again with appropriate advice and support from the Foster Project Board and England Working Group) will then begin the process of recruiting nine Regional Managers and determining the office locations and staffing budgets for each region in conjunction with the Finance Director.

Finally, the Regional Managers will assemble their regional teams. Existing staff from the three territories, the AAA of England and UKA will have the first opportunity to demonstrate their suitability. Any further vacancies will be filled in an open recruitment process.

Q: What about the other administrators?

A: The main Project Board will continue to be chaired by Sir Andrew Foster. It is scheduled to dissolve in Spring 2006. George Bunner (Chair of AAAoE) will continue to lead AAAoE through the transition process and will be involved in all the key decisions as will David Moorcroft (Chief Executive of UKA). This will help to ensure a smooth transition from the existing to the new structure in April 2006. Jack Buckner will manage the project implementation over this time period.

Q: When do I get my say?

A: During late January and February 2005 members of the project team will be hosting meetings in all nine regions to

discuss these proposals and the next steps in implementing England Athletics. Dates and locations will be published in early January.

There is much still to decide. England Athletics should be dynamic and entrepreneurial especially at the regional level. We'll need your help to make it happen!

Assuming that we get your support, we intend to have England Athletics fully

operational by April 2006. This will require comprehensive planning and regular communication throughout the transition process over the next 18 months.

Signed :-
Sir Andrew Foster
David Moorcroft
George Bunner
Peter Radcliffe
Jack Buckner

England Athletics Consultation Sessions

Date	Location	Time
31st January	Thistle Hotel, Grasmere, Cumbria	TBC
1st February	County Hall, Durham	6.30 for 7.00pm
2nd February	Robin Park Stadium, Wigan	6.30 for 7.00pm
3rd February	South Leeds Stadium, Leeds	6.30 for 7.00pm
7th February	Thames Valley Athletic Centre, Eton	7.00 for 7.30pm
8th February	Sport England, Bloomsbury	7.00 for 7.30 pm
9th February	Broadfields Stadium, Crawley	7.00 for 7.30 pm
10th February	Cambridge University Sports Centre	7.00 for 7.30pm
14th February	Calthorpe Room, Edgbaston House, Birmingham	7.00 for 7.30 pm
16th February	Beckwith Lecture Hall, John Beckwith Building Loughborough University	7.00 for 7.30pm
19th February	Exeter Harriers Club House, Exeter Stadium	10.30am

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WHERE DOES MOUNTAIN RUNNING FIT IN?...A REPLY.

from Simon Blease

In the October 2004 magazine, Robin Bergstrand wrote with clarity and commitment about the issues surrounding 'mountain running' for which read International Uphill Racing. A number of assertions were made and some apparent paradoxes were discussed. I'd like to review some of these as part of a reasoned response which may, or may not, represent the view of the majority of fell runners in the UK. We should then consider the viewpoints in the wider context of what Fell Running means and its place in the new litigious environment.

Interestingly, Robin kicked off his article by acknowledging that "mountain running", as practised internationally, does not actually exist in the UK." Its tempting to stop there, agree and say, "so don't worry about it – QED". But that would not address the important issues that flow from a desire to create a cadre of international standard athletes. However, his cause is further undermined by his next sentence that admits that fell running "...can bear little resemblance to international mountain racing..." and he follows this up by stating that "...it appears that a majority of fell and hill runners have little or no interest in elite international competition..." Quite rightly, he bemoans the fact that he "...cannot think of another sport where there is this apparent 'disconnect' between the grass roots and the elite". This is a very revealing statement and it's a shame that Robin did not offer an opinion as to why it should be so. I think the answer is really quite simple. In any other sport, the ascent to elite standard can be easily shared by all those involved. Any aspiring track athlete can be motivated by ready access to competition involving the elite and can attend international standard events in their own backyard. Furthermore, the sport the elite are practising is just the same as the one that the aspirant is practising. As Robin readily admits, Mountain Running is a different sport, practised, in the main, in another country. It should therefore be no surprise that the majority of club fell runners do not associate with this presumed elite level in the same way as in other athletic disciplines.

Robin then explores some of the problems of funding and agrees that the FRA is not wealthy enough to fund these aspirations and that to do so would go against the wishes of a body of the FRA membership. The solutions proposed are therefore to do with development and encouragement. He asserts that "Developing the sport in the UK is of key importance." and that this would need a change to the existing championships format and that "...runners will ultimately have to spend time overseas, but this should be an extension of a thriving domestic scene, not a stand alone activity." Looked at from the perspective of a rank and file fell runner this has the unappealing appearance of a proposal to change the emphasis and efforts of an association which currently represents a majority, to instead support a small elite who practise a different sport in a different country. The pay-off 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'." only compounds the sense of unease. It would be terribly jolly for most of us to reflect in the glory of elite athletes competing in a different sport, abroad, in alpine beauty. Much like receiving a post card from a rich friend saying "Having a wonderful time, wish you were here". Yeah, right, thanks.

But I'm more concerned about an assertion that 'developing the sport in the UK is of key importance' because of what this may mean. Development will obviously mean different things to different people, but to create a body of runners with aspirations to mountain, as opposed to fell, running will take time, commitment, restructuring and coercion. And of course, money. And as the FRA does not have the money, then it can only really come from commercial sponsorship, given that UK Athletics is broke as well and has already made its view of fell running abundantly clear. No amount of window dressing as an international mountain running sport is likely change the view that our sport is not of sufficient strategic importance. But are our wilderness places really the right environment for the corrosive effects of commerce? As long ago as 1983, Selwyn Wright noted with dismay the deleterious effects of elitism and professionalism on orienteering and sounded warning notes about the impact of commercialisation in fell running. His comments were so eloquent that they were reprinted in the October 2001 Fellrunner magazine and his summary bears repetition here.

"I'm in favour of international competition, so long as it doesn't cut across the character of fell running as we know it. I believe there are many who share my unease; who believe that its character is the most attractive thing about our sport – and the most fragile; who came into fell running to escape the bureaucratic, over-commercialised, over-organised world of "accepted" sports. For me, fell running is in grave danger of becoming far too serious a

business. To run up a fell is the simplest thing – lets not make it complicated."

Those words, 21 years old now, perhaps have even more relevance today, particularly when the added burden of the 'compensation culture' disease is added to the mix. Make no mistake; once you let the commercial devil in, the purity of our sport would be at risk. Those involved in the sponsored Welsh Waters relay disaster in 1991 will remember only too readily the tragic circumstances that arose from commercial influences that resulted in the death of an inexperienced runner. That the death occurred on an easily completed, relatively straight line run (but in foul weather) only serves to highlight the risks of an unpredictable sport in potentially dangerous terrain – risks that an experienced fell runner accommodates to without even consciously thinking about it and in fact welcomes as part of the essential character of the sport. What we take for granted and, vicariously, enjoy, can be fatal for those who may be encouraged to take part. And it's the element of encouragement that troubles me. There's no law against a group of like-minded individuals clubbing together to share an activity that they all have in interest in. And, equally, there's no law against such groups arranging races between themselves and training courses to enhance their knowledge and ability. But it's quite another thing to arrange events and courses to encourage other groups to join in and within this category I would have to include Junior events. Such events are specifically designed to encourage juniors to take up the sport with the aims of providing the next generation runners and, hopefully, a cadre of elite standard runners. A court of law would take a much sterner view of an accident resulting from an event that encouraged non-experienced groups to take part in a risky sport versus an incident that happened to an experienced participant in an event where no such encouragement was deemed to have taken place. But here's the rub. I take my hat off to all those who devote time and energy to junior events. It's noble, laudable and quite the right thing to do in face of the shocking increase in childhood obesity. It's the context that worries me. And this really brings me full circle and back to the original question posited by Robin – where does Mountain Running fit in? I believe that the recent schisms brought on by the insurance debacle only go to reinforce the fact that a divorce is inevitable and, arguably, long overdue.

So, lets finish by considering the pro's and con's of separating Mountain Running from Fell Running.

Athletic endeavours in this country cater for the desire to create an effective group of international standard participants by recognising and funding Elite Groups. I know this is the case for England and Wales and I suspect it will be true for Scotland and Northern Ireland too. This funding allows access to training, coaching, travel and medical support necessary to ensure the best chance of international success. UKA also provides a management structure and governance that ensures the correct and safe running of events. So, if Mountain Running, as an individual sport, split from the FRA and stayed under the wing of the UKA, it could have access to all these keystones to success, safe in the knowledge that the FRA would not be competing for funds. Mountain Running would also be the appropriate organisation to look after the worthy needs and aspirations of those involved with Junior development. The development of the sport that Robin supports could continue unfettered without having to negotiate through the FRA. Fell running would be left to get on with supporting the needs of its majority without the distractions of responding the necessarily expensive demands of an international elite. It would be able to continue to arrange events that minimised the impact on the environment, particularly impact that may come from commercial involvement, and it could negotiate a return to a bespoke insurance cover that did not place unrealistic expectations on race organisers.

Against this, one could place concerns of an 'us and them' mentality developing and the potential loss of FRA members. The first problem is easily overcome by every one behaving in a mature manner and the second could be addressed by considering amalgamation with other like-minded groups such as the Trail Runners Federation and perhaps even bringing the Celtic Fringe back under its wing!

So, in answer to the question raised in the previous Fellrunner, 'Where Does Mountain Running Fit In?', my answer is that it does not. But I believe that all parties have nothing to fear and potentially lots to gain by allowing the establishment of separate disciplines of Fell and Mountain running.

Dr Martyn's Problem Page

I am devastated, feedback to date has revealed that my column has been considered to be offensive and demeaning to women, clearly this was not my intent – I was aiming to be offensive and demeaning to **all** sections of society without prejudice to gender, age, ethnic origin, etc. If I have unwittingly been more offensive to women I can only apologise to the other sections of society and promise to try harder in future. I was not deliberately trying to exclude you, it's just that some things come more naturally than others. Please be assured that I will try to be more rounded with my offence in the future.

Agent Big Charlie

Dear Dr Martyn,

For these last few years I have put my inordinate weight gain down to lack of training and laziness but the recent Ukrainian election poisoning scandal set me thinking. My investigation has revealed that in order to prevent me from winning our club championship, my competitors have poisoned me with Agent BC (Big Charlie). This was a chemical agent developed by the Americans during the Vietnam conflict, designed to induce obesity in the Viet Cong in order to prevent them from using their extensive network of tunnels. These underhand tactics have prevented me from winning numerous club championships over these last few years. Do you know if there is an antidote to Agent BC?

F. B Darlo

Dear FB

Club Championships are fiercely contested but this underhand doping of rivals cannot be condoned. My investigations into an antidote for Agent BC have been hampered by the extreme secrecy placed on the matter by the American Government. The conspiracy theorists have long since suspected that an accidental release of Agent BC occurred during testing in the USA. My recent trip to the USA seems to confirm this with obesity fairly widespread. Sadly I have to report that no simple cure exists. The programme was closed down before an antidote was developed. The only known treatment at the moment is removal of the remote control and some form of short sharp blow to the backside. Usually best administered by a foot.

Up and Down or Up only?

Dr Martyn,

Can you help? The debate still rages on as to whether the World Champs should be an uphill only race or not, can you please advise?

Anon

Dear Anon,

Basically there are four options

- Up
- Up and Down (or Down and Up)
- Down
- And combined Uppy/Downy

The British approach has largely been based on options 2 and 4, whilst Johnny Foreigner has favoured option 1, with option 3 favoured mainly by mad Italians. Our approach has a military origin dating right back to the grand old Duke of York (although he tended to have unworkable Entry Numbers by today's standards). The French approach has largely been based

on supporting the exact opposite of the British approach, no matter what, whilst the German approach originally was to invade and thereby own all of the hills, so enabling there only to be a German approach. However, it's fair to say that now they have a softer approach and favour an altogether more harmonious or European approach, which at some point in the future can be renamed as the German approach. The Spanish haven't got involved in the debate, largely sleeping through most of it. The Scots and Welsh have favoured whichever approach statistically injures most English whilst the Irish have favoured whichever method gets them quickest to the pub. The African nations to date have not been active in the sport but have advised that they intend to compete next year and would be grateful if the winners' medals could be forwarded in advance to enable engraving to be completed before the presentation ceremony. All the different approaches have some merit but in order to avoid conflict and satisfy the nanny state requirement I would propose that we run all future world Championships over flat courses. In order to maintain a mountain element these event would have to be staged on perfect contours. If we wanted to run clockwise the French would want to run anticlockwise so I would propose that we alternate every year. The French are considering this and are understood to be proposing that we alternate every two years.....and so the debate continues.

Back to Business

Dr Martyn

My last few letters have largely been concerned with our lad's Wedding. They are off on their honeymoon right now so I think it's back to business for me. I need some help on a tricky subject? Some lad at the Club has tabled a motion for the upcoming Rock Hard Northern Fell Runners (RHNF) AGM asking if our club should allow Gay Members - you know, those Homosapien fellows. Not that any of that goes on at our Club mind, it's just that as a forward thinking club the Club thinks that if any did exist up our way then perhaps, hypothetically, we should allow them to join the club. I've never quite understood it myself as most fellows are right ugly and have no chest at all. Mind you, thinking about it, fat Bob has a canny pair on him. How should I vote, are there any benefits to having any in the club? How have these Southern Clubs coped with having them in?

Jed Steel

Dear Jed,

These days most clubs allow anyone to join without any concern for sexual preference, social background, etc. Why many clubs now even allow politicians and lawyers in - although most still remain circumspect with regard to Teachers. The Benefits, well it is rumoured that showering times have decreased and more Club vests are including light pastel colours.

Show Us Your Medals Then!

20 Years of the World Mountain Running Trophy

from Graham Breeze

Forty-Nine Medals

In his report on the Sauze d'Oulx 2004 World Trophy Robin Bergstrand wrote that the fourth places achieved by the senior and junior male teams were amongst the best ever performances by an English team in an uphill only World Trophy. Admittedly there were no medals for England in 2004, but this was only the fifth time in twenty years that English teams have come away from a WMRT event without a medal: the others being Zermatt (1991), Berchtesgaden (1994), Bergen (2000) and Innsbruck (2002).

The World Trophy has a confusing history. Initially it included both uphill only and up and down races at the same event before moving to the current alternate years pattern. Even so England has won an astonishing 49 medals in World Trophy events. What is surprising is not that England has had so much success, but that there is so little recognition and celebration of this excellent performance. For some years *The Fellrunner Magazine*, our journal of record, did not even report the results. Could it be that English athletes not regarded as "true" fellrunners won some of those medals?

The Quiz

So Dear Reader, can you name the seven runners who have won Gold Medals for England in the World Mountain Running Trophy since 1985?

And can you then name the three Gold Medals won by Scotland?

And if you cannot isn't it lamentable given that these runners have achieved the pinnacle of your sport and beaten the elite of the world?

The answers lie at the end of this article. There is also a website reference which provides the winners of every English medal and much else, researched by Martin Rix.

WMRA World Mountain Running Trophy

The purpose of this short article is to keep international mountain running towards the front of *The Fellrunner Magazine* and it may be useful to sketch out the twenty year history of the WMRT as outlined by Martin Rix on the aforementioned website.

The Trophy was introduced in 1985 by the then International Mountain Running Congress that is now known as the World Mountain Running Association. Until 1993 the word "Cup" was used rather than "Trophy".

For the first eight years the Association mounted both a Short race (up and down) and Long race (uphill only) at the same event and the current alternate years approach was adopted in 1993. England has been more successful in up and down rather than uphill only races.

Ten countries were represented at the first race in San Vigilio di Marebbe (Italy) including England, Scotland & Wales. Entries had grown to thirty-five for Innsbruck (Austria) in 2002 and despite the much debated travel difficulties associated with the choice of Girdwood, Alaska as the venue in 2003, the number of countries attending was still twenty-seven.

So the World Mountain Running Trophy is a worldwide event and, as night follows day, its progression and status will continue to rise in the eyes of the EAA and the IAAF.

Received wisdom is that the Italians are the best mountain runners in the world, but with over 30 countries taking part even the Italians do not win everything, every year. In 1988 at Keswick, England won six medals and to prove that this was not just home ground advantage England also won six medals in Susa (Italy) in 1992.

Things Change. Or Do They?

If one reads the reports of England Team Managers over the last

twenty years it appears that little has changed. There are the same debates about funding, selection, whether fellrunners identify with mountain running, and so on. Fortunately whilst the talkers talked our runners were winning medals for England.

In 2003 the debate came into focus when the unwillingness of the FRA Committee to use FRA members' money to subsidise runners who were to compete in England vests in Alaska could be juxtaposed against the FRA bid to mount the WMRT in England in 2005!

England had previously bid for the 2001 WMRT for Sedbergh but lost in the ballot by one vote to Italy. A repeat bid was to be made for 2003 but this was withdrawn because of funding issues.

Unquestionably in 2003 the FRA Committee believed its Janus position reflected the views of domestic fellrunners. Which is that fellrunners enjoyed the WMRT when it was held in Keswick in 1988 and wanted to repeat the experience but had little sympathy in funding perceived elite mountain runners in England vests running in WMRT events outside Great Britain. "Perceived " because the team sent to the last "up and down" WMRT in Alaska in 2003 included Simon Bailey, Simon Booth, Andrea Priestley, Louise Sharp, Mark Roberts, etc, all of whom most observers would regard as proper fellrunners and England returned with one Gold and two Silver Medals!

It has been suggested that the explanation for this hypocritical approach is that most UK fellrunners believe that on home territory their true fellrunning skills will show through and their reward will be just. However over 80% (40 of the 49) of the English WMRT medals have been won outside Great Britain – so it appears that our fell running skills can be put to good use almost anywhere.

A Bad Day Mountain Running Beats A Good Day In The Office

The subject of mountain running was debated on the FRA Forum towards the end of 2004 and produced an avalanche of responses. This was interesting, first because there are those who would argue that most fellrunners are indifferent to the mountain running scene; yet the topic became the most viewed site within days. Secondly, because of the intensity of the debate and thirdly because of the breadth of misunderstanding on display.

Some aspects of the debate, particularly in relation to the challenge offered by WMRT courses, are worth considering. One issue is the use of flagged courses so that navigational skills are not needed. But as one of the correspondents asked:

- how many fell races actually require genuine navigation skills to win the race - as opposed to local knowledge / a pre-race recce / following someone / luck? None of which provide a 'fair' basis for an international competition.
- how many fell runners (who are not orienteers) can really navigate across unknown terrain at speed? (as distinct from getting home safely once lost).

Another issue seemed to be on the choice of a "park" in Wellington, NZ for the 2005 WMRT course. Well this "park" includes two climbs totalling 310m (1017ft) in a 4.7k (2.9m) lap, so it is not quite bowling green terrain. One might argue, with tongue slightly in cheek, that much of Lakeland lies inside a "park" of the National variety but then, everything is a matter of perception. Some fellrunners would pretend that most English fell races consist of miles and miles of crag hopping, when in fact the majority of races are relatively tame.

The reality is that whilst New Zealand does have wild mountainous terrain, which would form the ideal base for a mountain race, these areas would not be conducive to spectator support like one sees on Alpe d'Huez in the Tour de France,

extensive television coverage or the provision of support facilities for a large number of international teams. One really cannot mount the World Trophy from car boots.

Perhaps the best response was from the contributor who wrote that New Zealand was hosting the closest thing fellrunning has to an Olympics and the best mountain runners in the world will be there, including those from England. Athletes in other disciplines, like cross country, do not boycott Championships because the course isn't like those in their own back yard; so why should fellrunners complain?

European Mountain Running Championships

Although this article has focused on the WMRT, for completeness it may be noted that the WMRA sanctioned an European Mountain Running Trophy from 1995 (in 1996 the event was held in Llanberis) and the four home countries entered separate teams.

The Trophy became a Championship under the auspices of the European AA in 2002 and since then Great Britain & Northern Ireland has competed as a single team. No Gold Medal has been won by any home country.

Scotland, Wales, Northern Ireland –and Great Britain

As already mentioned English runners have won seven gold medals at WMRT events and Scotland has won three gold medals.

The United Kingdom continues to send teams from all four home countries and not surprisingly the sum of these performances is lower than would have been achieved by an equivalent British Team. British Teams in the European Mountain Running Championships have won four medals in the three years (2002-2004) that the Championship has existed in its current form.

Taking a five year period (2000-2004) the individual home countries in the World Mountain Running Trophy have won only three senior medals out of a potential ten (England Men Bronze 2001, England Men Silver 2003, Scotland Women Gold 2003). However a "British" team based on the best counters from the individual countries in the same races would have produced seven medals out of a possible ten and so it would be reasonable to project that a British team could expect to win a senior team medal every year at the WMRT, in addition to junior medals.

However further discussion of this issue must lie outside the scope of this short article, which has focused on what has been achieved, rather than speculate on what might come to pass.

The Future

The recognition of mountain running by international bodies has progressed at an impressive rate. A World Championship recognised by the IAAF, which will be of a higher status than a WMRT organised by the WMRA, may still be some way off, but it will come. Maybe most fellrunners just wish to think about the next fell season and not about the broader world stage and there is nothing wrong with that. But perhaps one should be concerned when, in the context of mountain running, fellrunners adopt an attitude akin to, say, devotees of Australian Rules Football; when the rest of the world is focused on the FIFA World Cup.

Of course there are differences between a typical mountain running trophy course and the Isle of Jura race - but that is only one race. The fact is that there are more than a few overseas mountain runners, and not just

from Italy, that could happily come and give "pure" fellrunners a good kicking in the majority of British fell races; and probably do so wearing road shoes just to make the point.

In the past the distinction between amateur and professional fellrunning was eventually realised to be nonsense. I would like the distinctions that some reactionaries try to draw between "pure" fellrunning, whatever that is, and the hill/ mountain running that the rest of the world recognises to fade away. Then we can all focus on running over mountainous terrain, in beautiful settings, in all weathers and the pleasure this gives us.

Thank You

Martin Rix for website: www.gbrathletics.com/bm/mr.htm
Robin Bergstrand, Sarah Rowell and Brian Martin.

English Gold Medal Performances WMRT 1985-2004

Individual

1985 Italy	San Vigilio di Marebbe	Kenny Stuart
1986 Italy	Morbegno	Carol Haigh
1992 Italy	Susa	Martin Jones
1993 France	Gap	Martin Jones
1997 Czech.	Upice	Victoria Wilkinson (Junior)
2003 USA	Girdwood	Karrie Hawitt (Junior)

Team

1992 Italy	Susa	Martin Jones / Robin Bergstrand/ Mark Croasdale
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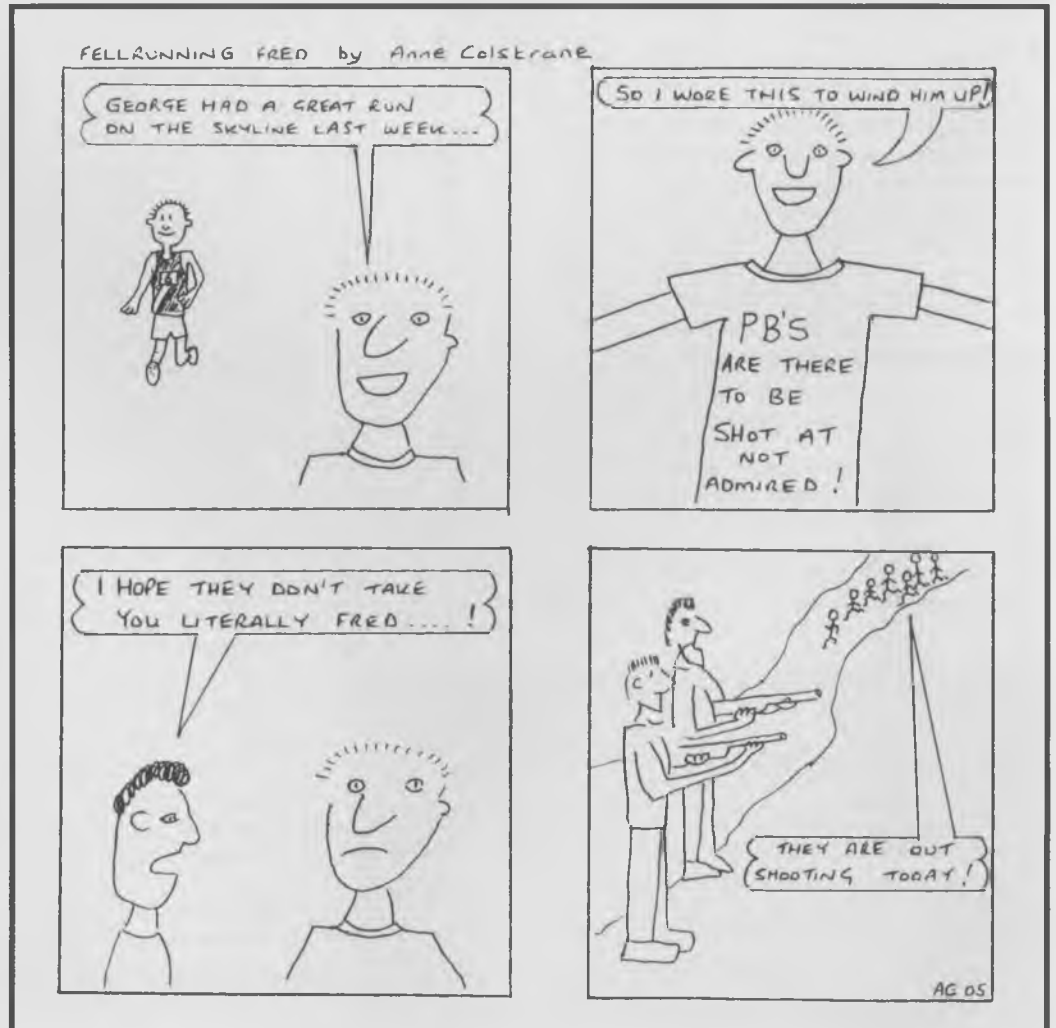
Scotland Gold Medal Performances WMRT 1985-2004

Individual

1990 Italy	Telfes	Beverley Redfern
2000 Germany	Bergen	Angela Mudge

Team

2003 USA	Girdwood	Angela Mudge/ Tracey Brindley/ Lyn Wilson
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WMRA GRAND PRIX 2004

from Brian Martin

2004 was the fourth year of this WMRA GP series that comprises six predominantly Uphill races in the European Alps, but the series has also included Up & Down races, Snowdon being chosen as a GP fixture in 2001.

Jonathan Wyatt, New Zealand's four times World Trophy Champion, won the 2004 series, his third consecutive WMRA GP series win. During the last four years he has been practically unbeatable on Uphill Mountain courses, usually winning events by two minutes or more ahead of European rivals. In the 16 races completed by him in these GP series from 2001 he has won all but one race, only losing out at Smarna Gora in 2001 where he finished in 2nd place – probably disliking the downhill section, although he won there a year later.

Jono's win at the Susa race this year was just 7 days prior to his representing New Zealand at the Olympic Marathon in Athens, where he finished in 21st place in a time of 2.17.45, five minutes adrift of the other Jon Brown GBR runner in 4th place.

Both our GBR mountain runners John Brown and Martin Cox of Salford compete regularly at these GP races and spend several months each year staying in the Alps.

Following an eventful 2003 year, in which John also tried to outrun our top fell runners in the English Championship – he gained three 2nd places by dashing up the hills only to be overhauled later in the races – he concentrated on mountain running in 2004 and finally fulfilled his Uphill MR running potential. In addition to gaining two 2nd place results behind Jono Wyatt to finish 2nd overall in this GP series, he was our leading GBR runner in 13th place at the 2004 European MR

Championships and produced another best ever 8th place performance three places behind his Salford club mate Billy Burns in the World MR Trophy at Sauce d'Oulx.

Martin Cox gained 2nd place at Grossglockner (and 2nd at the new 'Rock of Gibraltar' race) but then suffering from injury he completed only three GP races to finish 8th, his lowest position in the four years of these GP series. Several other GB runners competed in 1 or 2 GP races but only George Ehrhardt, Todmorden, 27th finished in the Top 30 in at least 2 races, the requirement to be included in the final rankings.

In the Women's rankings prolific GP racer Izabela Zatorska, Poland now in her early 40's won this GP series for the second time, which with two other 2nd place series finishes must make her the most consistent performer in GP Uphill races. Natalie White, Holmfirth also a regular runner at GP races each year, and a member of both GB and England International MR teams running in 2004, demonstrated her continuing improvement to complete four races and finish 9th.

Each year a GB team is invited to compete at the Challenge Stellina event at Susa in Italy, individual results this year were : John Brown 4th, Tim Davies 7th, Martin Cox 19th, Lynn Wilson 7th, Natalie White 11th.

The WMRA GP fixtures for 2005 include regular GP events at Telfes, Austria and Susa, plus two other events in Italy at Meltina and Sauce d'Oulx, a race in Germany and the 2nd 'Rock of Gibraltar' race. Several GB runners contested this Gibraltar race in 2004, including runners from a Bingley club outing.

WMRA Grand Prix Results 2004

MEN FINAL RANKINGS

RANK	Name	Year	Nat.	Race						Races No.	TOTAL POINTS
				1 M-M	2 G-H	3 S-T	4 C-S	5 H-B	6 SMG		
1	Wyatt Jonathan	72	NZL	100	100	100	100	100		5	400
2	Brown John	69	GBR		12	80	50	80	50	5	260
3	Manzi Emanuele	77	ITA	45			45	36	100	4	226
4	Krupicka Robert	78	CZE	50	60	45		50		4	205
5	Kroll Markus	72	AUT	32	24	60	29	40	36	6	168
6	Gaiardo Marco	70	ITA	80			80			2	160
7	Skalsky Roman	75	CZE	29	14			45	60	4	148
8	Cox Martin	69	GBR		80		12	32		3	124
9	Sicherhmann Paul	65	GER			50	24	24	22	4	120
10	Lopez Victor	68	ESP	18			10	29	40	4	97

WOMEN FINAL RANKINGS

RANK	Name	Year	Nat.	Race						Races No.	TOTAL POINTS
				1 M-M	2 G-H	3 S-T	4 C-S	5 H-B	6 SMG		
1	Zatorska Izabela	62	POL	60	80	80	100	80		5	340
2	Gassmann Daniela	64	SUI	100	60	50		60		4	270
3	Confortola Antonella	75	ITA	50			80		100	3	230
4	Pichrtova Anna	73	CZE		100	100				2	200
5	Burt Moana	80	NZL		50	60	45			3	155
6	CzutaPakosz Irena	66	POL		18	29		36	60	4	143
7	Buss Stefanie	75	GER		45	40		50		3	135
8	Kapuscinski Marion	67	AUT	29	24	26		45	32	5	132
9	White Natalie	82	GBR	32			24	24	36	4	116
10	Emberger Maria	54	AUT	24	13	16		22		4	75

KEY

Race	1	2	3	4	5	6
	M-M	G-H	S-T	C-S	H-B	SMG
	Molten	Grossglockner	Schlickeralm	Chall' Stellina	Hochfeln	Smarna Gora
	16 May	18 July	1 August	22 August	26 Sept.	9 October
	Meltina	Heiligenblut	Telfes	Susa	Bergen	Ljubljana
	Italy	Austria	Austria	Italy	Germany	Slovenia

Note: Best 4 results (out of 6) count towards final rankings. An athlete must score in at least 2 races to be included in the final published results.

25th Llanbedr to Blaenavon Fell Race A Celebration or a Requiem?

FROM GARET BUFFETT

I arrived in Blaenavon 26 years ago as a fresh faced GP, having served my apprenticeship in Cumbria where I acquired a liking for long fell races. At the time this was not an activity the local populace was familiar with, rugby being the only sport worth talking about. So a GP running about the hills in shorts was definitely a bit of an oddity, so it was a great pleasure to discover another kindred spirit had also migrated south, one Phillip Dixon who at the time was pastor of one of the numerous chapels.

So with Philip's evangelical flare to the fore we set about bringing fell-running to the valleys of S.Wales and the race was born. The first race was in 1980 when Phillip beat 37 other hardy souls in 2hrs 10min, and with the exception of the foot and mouth year of 2001 it has been held every year since. The route has undergone a few changes over the years due to changes of land ownership and access difficulties but has always featured the now notorious North Face of the Bloreng as the final climb. MDC was formed about this time and with it came many other races in S.Wales. So although Wales has an earlier fell running hero in Guto I guess we can claim to have reintroduced the sport to S.Wales in the modern era.

The original route going east from Crug Mawr through Forest Coal Pit was my favourite, even though it included a road section, as it gave one a runnable route up Sugar Loaf. The way off the hill then got incorporated into a garden so next up was the direct route on this leg with the kind consent of the local farmers. I was never very keen on this one as it was a bit of a slog up Sugar Loaf which only the very fit could run. So when there were some changes in land ownership I took the opportunity to alter the route to its current format which, though longer, allows most people to run Sugar Loaf.

By far the most successful runner over the years has been Andy Darby who won the race no less than 8 times in the 80's and early 90's. His best time of 1.53.38 has never been beaten and five of his wins broke the 2hr barrier which has only otherwise been broken by ten others over the years. I have excluded the 1986 race from these statistics as it was as a British championship race run over a slightly shorter route to accommodate the larger numbers, a record of 106. This was won by Jack Maitland in the remarkable time of 1.50.17 with the next two also just under Andy's time but only Jack's record could be considered to have bettered Andy's performance. There have been three other multiple winners, Simon Forster with three and Mark Palmer and James McQueen with two each. Two vets have won the first being Les Williams in '89 and the other being John Nixon in '92 in one of the few times under 2 hrs (1.58.58). Of the ladies Lydia Gould in '92 set the best time of 2.16.13 on the old course but Menna Angharad's time of 2.19.03 is arguably better given the longer route.

Numbers have been fairly consistent over the years, averaging 50-60 with the occasional 80 in years when the race has been included in the Welsh championship but since the foot and mouth year numbers have fallen worryingly to 40 in '02 and

'03 and to only 25 last year and of those 15 were Veterans or older.

And so to this year, our 25th anniversary, and the title of this article.

YES - we are going to celebrate, so after the race I have booked a proper meal in a local restaurant in the early evening which I hope most of the competitors will stay for and to which I shall also invite our helpers and of course we would love to see some of those who competed in earlier races joining us as well. I'm afraid I have no means of contacting most of them; I can only hope they still read *The Fellrunner* and contact me.

Then on the Sunday we will organize a short fun race of about five miles as a handicap based of the previous day's times so in theory you should all finish together. So please come and make a weekend of it, have a look around our World Heritage Industrial landscape and visit Big Pit with its fascinating underground tour which incidentally is free. Also the Archbishop of Canterbury is taking the service in our 200 year old church on Sunday for the religious amongst you. We may be able to help with basic floor space or camping locally if you need it.

BUT- there seems to be an undeclared civil war going on within Welsh Fell running between AAW and the reformed WFRA, both of which are currently hoping to use our race as part of their separate Welsh Championships. Both have their own and separate insurance policies, only one of which can be used for any given race. So at present I don't know under which banner the race will be run, or if the other group, whichever it is, will turn up or boycott the race. Most of my helpers come from MDC which has mostly gone with the WFRA but my son needs to be associated with AAW for team selection purposes. So I am kind of stuck in the middle and with already lower numbers competing we can't afford to split our numbers further. We are traditionally the first significant race of the new season in Wales so time is short to sort out this mess.

So there we have it - I'm planning to celebrate but without everyone's support this could be the 25th and final Llanbedr to Blaenavon race.

As I need to have numbers in advance for the meal please enter in advance on a form obtainable from my address. Meanwhile I am keeping my fingers crossed!!

for sale

One pair of Inov8 Flyroc fell shoes,
as new, £45.

Contact : John Blair-Fish, 6 Buckstone How,
Edinburgh, EH10 5XP.

Tel : 0131 445 7703

Email : jblair-fish@ed.ac.uk

Confronting the Bog Monster!!

from Teresa Wall (Penistone Footpath Runners and AC).

Earlier this year I had a neuroma removed from my foot which has meant that after a period of recovery I am going through yet another come back! At the beginning of July, when most of my friends were off doing the Saunders Mountain Marathon I was faced with a sunny, but not too hot Sunday afternoon and the fells beckoning me.

A few years ago I would not have thought twice about venturing up on to the fells alone, or accompanied by my faithful friend, Belle the Beddlington. But mixing in the world of the long distance fell runner I have become more aware of those who have come to grief on the Derwent Watershed, requiring their team mates to pull them out of bogs on dark misty March evenings, or those who have come to a sudden halt, up to their knickers in bog, on the five minute Kinder crossing during Tanky's Trog, reliant on a fellow competitor to pull them out on their way past. These stories have awakened memories of the books I read as a pony-obsessed twelve-year old, about the fate of wilful Dartmoor ponies, dragged down by the bog monsters to a cold, damp and terrifying end.

After a few minutes considering the possibilities I thought, "What the heck! It is a sunny afternoon in July, not the wilds of winter. Beside I need a long run in to help with my recovery." So Belle and I set off from Langsett Barn to do what is locally known as the old Mickleden Straddle (as apposed to the new Mickleden Straddle, a Denby Dale fell race held in February).

As we left the car park and went through the wood, the shafts of light gloriously pierced their way through the trees and the smell of warm, damp pine needles wafted up from all around. I was glad to be facing my demons and venturing out with only my furry friend.

I always struggle up the stony Mickleden path; long sustained uphill are not my forte. Past the short North America turn off, past the long North America turn off and still going. Once I got to the open path leading up to Cut Gate cairn I stopped thinking about the hill to concentrate on the route and footing, stream bed or boggy peat, high path or low path. I reached Cut Gate cairn without stopping for a 'look at the view', pleased with myself and full of confidence. A beautiful clear afternoon, views along the Derwent Watershed to Bleaklow, Grinah Stones and Alport Moor into the Derwent Valley. The next bit is always the boggiest, Cut Gate to Outer Edge trig, but I've done it loads of times before,

both alone and with other runners.

Again the physical demands of running on boggy moor are forgotten in the concentration needed to pick out the least boggy route. The path is visible enough on a clear day, but the challenge is which version of the path to take as it is easy to end up knee deep in bog or even thigh or knickers deep depending how tall you are. My memory was that once over the large grough the way to the trig is less tricky. So once I had negotiated my way over the grough I heaved a sigh of relief and paused to watch Belle bouncing playfully through the heather, ears flapping up and down as she sprang, attempting to flush out hares as is her nature (of course she is always on her lead). Feeling invigorated by the views, the air and the moment I sprang off after her.

"WHAT?!! WHERE HAS THE GROUND GONE?!" A sudden realisation that my worst nightmare had come true - I was up to my arm pits in bog. I looked across at the moor, not a soul in sight, nose height to the tussocks. I thought my heart was going to burst. A voice in my head said, "Don't panic, there is no one here to respond." I calmed myself and reached in front to the most solid ground. As I grasped it, it squelched through my fingers. There was no way I could pull myself out using that. For one mad and juvenile moment I thought that Belle might suddenly take on the qualities of Lassie. But no, I could see one perplexed little dog looking back at me from terra firma wondering what on earth I was doing. I was alone!

I thought, "Well that is it. I am going to die." Funny that the bog did not feel as cold as I thought it would, in fact it was fairly warm. I then remembered reading about, listening about or seeing a TV programme about what to do if stuck in a bog - spread your weight evenly over the surface and swim out. Simple! Carefully, I wriggled my legs and body to a more or less horizontal position. Amazingly the bog allowed me to. Once in this position I did the breast stroke (head up). I moved. As soon as I had got near enough to firm peat I grabbed and got a good hold and slowly, pulled myself out. As I stood up I felt tears welling up, but if I cried there was no one but the dog to offer comfort. I looked around at my panoramic view and thought, "I am alive!" I felt light and springy - I had been gobbled by the bog monster and escaped! A huge sense of euphoria and freedom rushed through my mind and body. I bounced off towards Outer Edge covered from the armpits down in foul stinking bog. I had slain my demon.

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.



A club newsletter editor's lot is not an easy one ... but it's interesting to see that fellrunners and roadrunners perhaps aren't that different ...

from Paul Wood

Dear Newsletter Editor, Merv Roadrat reporting in on the Hell 10, an accurately measured flat 10 mile course with a record of fast times.	Hi Ed, went to that Woodentops fell race the other day. 7 miles, ish. The one that Holmes bloke wins every year.
Had a terrible journey there. 178.4 miles. But at least there were 5 of us in the Rover to share the petrol costs. Trouble is more runners in the car means a correspondingly reduced mean time between loo stops...	Terrible journey there, Mick had a car-full, so I had to travel in the boot. But I'd been out with Jessie and the other girls last night celebrating - 9 pints of Landlord. Luckily there was an empty petrol can in the boot..
Entry was £14.60, and of course I had to enter 4 months ago to get in, but road running's all about planning ahead. And we did get a free t-shirt.	£3 entry on the day. But we did get free coffee and biscuits before and after the race, and a Curly-Wurly at the Finish. And a crackerjack style prizegiving.
Anyway, I digress. On to the race. It took me 3m24.6s to cross the start line (I expect you to deduct that from the official time in your report, of course) and I was soon able to settle into a steady 7m13.5s/mile pace.	It was the usual start with the organiser shouting at us and us shouting back mirthful rejoinders, like. Then it was off into the wind and rain, colder than a witch's (deleted).
After a few miles the club vest was chafing a bit, but it's only 10 years old, plenty of life left in it yet. At 5 miles I was 38 seconds off my PB schedule, but all was going to plan - let me explain negative splits young man (deleted, zzz) The race photographer caught me looking a little less than my best - but maybe I'll get into AW or Runners World?	After a few miles the club vest was chafing a bit. Maybe I should have washed it after the last race? Or maybe I should wear a bra? Anyway it was boggier than ever and I soon went a right pearler so vest cleanliness was a bit academic. Some photographer caught me head-first in the marsh—I'll probably make the cover of the Fellrunner next month.
At 8 miles I was getting a bit of grief from the knee - old war wound, you'll remember I told you all about it in the February newsletter. Or maybe it was the shoes? They've only done 708 miles (706 miles at that point in the race of course). Those b*ds aren't getting any money for a new pair out of me yet. Anyway, suffice it to say that disciplined training and an iron will led to a PB by 12 secs.	A bit later I was struggling on the slippery bits - maybe still suffering from last night.. Or maybe I should get my Walshies re-soled again—they've only been done four times? Those b*ds aren't getting any money for a new pair out of me yet. Anyway, a good race and a right laugh.. Result? Dunno. Just outside the hour maybe?
I was relaxing afterwards with a cup of thermos tea (they wanted 50p for a cup in the pavillion. Proceeds to charity?) Anyway, I met a most becoming lady roadrunner. A traffic warden, as it turns out. Plenty of stamina there. Now with 60 miles a week and a bit of discipline ...	Afterwards we were relaxing in the bar. Won a big box of choc as 17th Lady Vet 40. Guess I shouldn't have eaten them all as they didn't go too well with the 3 pints of Cannonblaster. Still, a nice bloke from Dentdale Fellrunners was looking after me, and you should have seen the size of his Variety Box.
Yours in running, Merv P. Roadrat	Marge
Hell 10M Merv Roadrat reports a PB of 72:01 on a flat and fast course.	Withins Skyline BM 7M/1000' Marge Felltrotter reports a good run. Result tbc.

THE JOSS NAYLOR LAKELAND CHALLENGE

from Monica Shone

Rarely can a report begin at exactly the point of finishing the last one in the October 'Fellrunner', but the two anonymous men who were mentioned then as planning their runs for October not only did just that in time for the dinner, but it did in fine style.

First through was Nick Hewitt, M50, of Bowland Fellrunners. Nick sped round and gave us a new 'leader in the club house'. In 1993, Don Ashton set the original best time in this class and it has taken eleven years for it to be bettered, by just twelve minutes.

Then came another first in Yiannis Tridimas, also Bowland FR. Yiannis set up the new M55/59 category with a time that has a potential longevity about it. He was in fact 59 at the time and only just missed the sub-12 hours. In a few months he could have strolled round in 18 hours, but declined to wait.

The new 55/59 category is attracting enquiries and last year's late boost to m/w50 has given us a total of 46 therein, with one 55, forty-one 60s, forty-three 65s and one 70. (catch up, 60s!)

2005 should see the overall total top 50 in the 15th year of the challenge. As ever, more ladies would be welcomed; with only six so far there are vacancies for a first lady in the 55, 60 and 70 age groups.

The Presentation Dinner was again an enjoyable, informal evening, despite being so late in the year and enduring deplorable weather.

This year the dinner will be held on Saturday October 22nd. The Bridge Inn at Santon Bridge has allocated all rooms to us and reservations, stating that you will be at the Joss Naylor Dinner, can be made at any time; costs will be given later.

There is also the opportunity for the energetic to work up an appetite in The Screes fell race that afternoon. Meanwhile, may you prosper in the World Masters event in Keswick in September.

Information: (with SAE please) Monica Shone, Swyn y Gwynt, Penmynydd, Llanfairpwll, Ynys Mon, LL61 5BX

e-mail: mandc@gwyntog.freereserve.co.uk.

(All initial enquiries must give a postal address in addition to e-mail. Please state your age group when enquiring..)

Note: With only one, very fast, run in the new 55 category there are as yet no 'get-you-round' schedules in this category.

A Short Walk with Joss

Dick Courchee

Most people come to Wasdale from the west and think Greendale is the residence of Postman Pat. But Joss Naylor had other ideas, a linear route from Ullswater over thirty of the Lakeland tops, involving some 17,000ft. of up and down, and some of the roughest and finest hill country that England has to offer. He pioneered this route, the Joss Naylor Lakeland Challenge, "to encourage those who might be thinking of retirement". Times allowed vary with age, from 12 hours at 50 to the top category (over 65) being permitted a full 24 hours, Bob Graham style. Up to early 2004, only 40 people had succeeded, including six over 65s.

So it was very presumptuous of me to have a go, but Don Talbot was responsible for a neat manoeuvre. Don was the first to repeat the Challenge and he caught me in a weak moment. I was a guest at the Rucksack Club dinner, and he was my "minder" for the evening, a hilarious affair. It gradually became apparent that the Rucksack Club regard any walk which can be fitted into the daylight hours as too short, so the Naylor Challenge might be just acceptable. I pretended not to hear the President announce that I was a contender but from then on I was as committed as a parachute jumper on the wing of an aircraft. Schedules were drawn up and endlessly revised, pacers engaged and the date set for July 11th.

Who better to start me off than Geoff Hiser, a teacher and meticulous planner just a bit younger than I am? We left Pooley Bridge very early and immediately wished we had prospected the first bit in darkness, the vital barn seeming elusive. Soon however we were encouraged by a chorus of larks, well before dawn, and as we steadily gained height the world began to wake up. A herd of deer scampered across on High Raise, no doubt wondering why we were going so slowly. But we had learned the trick: a steady pace, refuelling frequently but not stopping. Kirkstone Pass was a welcome sight and the slick organisation for which Sue is now famous soon had me fed, watered, and reclothed. John Richards arrived bang on time, driving up the pass like Schumacher.

Off again, but the weather now closed in and a steady drizzle made for hard going. The chimneys which had seemed so much fun a few weeks ago were evil dripping slots. Julie Pickering is a recent convert to fell running and her experience with dogs kept us from aimless wanderings. JR is a navigating magician and produced a venerable document, a map complete with distances and bearings last used for my Bob Graham run exactly 25 years before.



Four-star service at Kirkstone
Photo Dick Courchee

On that occasion I had got round with twelve minutes to spare, thus compelling Mike Rose to have a go, and succeed, three years later. I don't think Mike had ever doubted he could do it but, like me, he just needed a bit of help from his friends. And of course he got it, in full measure.

Back to the present, with the preliminaries over. Now the real thing, twelve hours on my schedule to Greendale with no more road crossings. I felt the presence of the man himself, lean and tall and tanned, willing me on. Fresh pacers again, Malcolm Cox and Mike Hind, both Bob Graham "veterans" and the first crux, Steel Fell, the steepest grass in Lakeland. Malcolm and Mike happily chatted together, leaving me to concentrate on fighting gravity.

Stake Pass is a low point in many ways and I was very glad to reach Rossett Pike, where Wendy Dodds had been picnicking for over an hour, having done the Wasdale race the day before! Luckily the earlier rain had long passed and our arrival on Bowfell, with its broad views to the west and north, was a definite high point. Wendy regaled me with stories of deeds well within her but on the limit of my understanding and soon Great End loomed in front. I chose the spiral route down to Styhead, reversing almost to Esk Hause. It may not be the quickest but, for ancient legs, it seems the best.

Styhead was crowded with new pacers. Tim Goffe has long experience of occupational health, fellrunning counting as an occupation, and John Pickering is well used to coaxing slow runners along, applying the carrot or the boot as appropriate. Together I thought they would cope with one tired contender and naturally they did. Julie was there, evidently having found the earlier leg just a stroll. The statutory 15-minute stop passed like lightning and it was on to the last magnificent stage to Greendale.



At some point in every long run there comes a moment of doubt; this was it. I might have to rely on my secret weapon, a can of rocket fuel called Red Bull. Three big steep hills (the second crux) barred the way and the view ahead steadily opened out; it was like walking on a huge roof with Greendale remaining way below and out of sight. Coming off Great Gable I called for the Red Bull, claiming drowsiness. NO, said Tim, it's very bad for you, it'll dry you out; just keep going. No option but to do as instructed. As far as Pillar I was in control, but Tim and John had to work very hard thereafter. Is there a case for a last picnic stop, perhaps at Black Sail? With hindsight I think so.

Scoatfell, Steeple and Haycock were a blur, but then - Oh joy! Below us was a reception party of Joss Naylor, Wendy Dodds and five dogs above the Pots of Ashness, a hideous bog which Joss seemed to know better than his back yard. Time for a second medical opinion. "Wendy, Tim has a can of Red Bull. Would you please ask him to hand it over?"



"CERTAINLY NOT, I can't permit that, it's a banned drug; anyway you're nearly there." Oh well, it was worth a try. Joss looked inscrutable; I considered asking him but feared being subjected to the Naylor Shake, a drastic form of treatment fashionable in the seventies. So on yet again and

the bonus of a brilliant night view over half of Lakeland from that otherwise very boring hill, Seatallan. I was coming home to West Cumberland. And with such a team, how could I fail?

The Naylor Challenge may be "not that hard" for regular fellrunners; is it a wise thing for pensioners with little athletic ability and almost no training that Joss or Wendy would recognise? Everyone must answer this for themselves; all I can say is that it was a truly memorable journey. At the presentation dinner in November I was asked why I joined in with "this bunch of nutters who insisted on pushing themselves so hard". A very senior member then said that the best way to keep fit was the right combination of exercise and red wine. So I rest my case and look forward to being a pacer (or perhaps just a supporter) in 2005. And I got the Red Bull back and will drink it on my own when no-one is looking.

THE PEAKS

- | | | |
|------------------------|--------------------|----------------|
| 1 Arthur's Pike | 11 Stony Cove Pike | 21 Esk Pike |
| 2 Loadpot Hill | 12 Pike How | 22 Great End |
| 3 Wether Hill | Kirkstone Pass | Styhead Pass |
| 4 Red Crag | 13 Red Screes | 23 Great Gable |
| 5 Raven Howe | 14 Hart Crag | 24 Kirkfell |
| 6 High Raise | 15 Fairfield | 25 Pillar |
| 7 Kidsty Pike | 16 Seat Sandal | 26 Scoatfell |
| 8 Rampsgill Head | Dunmail Raise | 27 Steeple |
| 9 High Street | 17 Steel Fell | 28 Haycock |
| 10 Thornthwaite Beacon | 18 High Raise | 29 Seatallan |
| | 19 Rossett Pike | 30 Middle Fell |
| | 20 Bowfell | |

START: Pooley Bridge FINISH: Greendale Bridge

Details: Monica Shone mandc@gwyntog.freeserve.co.uk

Thanks to the physio

(success on the Joss Naylor Lakeland Challenge) from Nick Hewitt

The Lake District in autumn is a wonderful place, with soft light and golden trees, neat fields and roaming sheep, fewer people than in summer and endless views of mountains, sea and sky. That's on the rare occasions when it's not raining, of course. So is mid-October a good time to plan a near-50-mile mountain run with 18,000 feet of climbing across the wettest area in England? Well, probably not, but in the best traditions of fell running my decision to attempt the Joss Naylor Lakeland Challenge was pretty last-minute. In September, after a summer of minor successes at a number of long fell races, it suddenly occurred to me that if I was going to try the Challenge there was probably no better time than the present. After all, if I couldn't do it at the age of 51, what reason was there to think I could at 52? So the decision was not literally last-minute, but last-minute enough to ignore such niceties as the probabilities of having good autumn weather.

So it was, after the wettest summer in living memory, the wettest September since records began, and first week in October that produced rainfall of biblical proportions, that I stood on Pooley Bridge just before 6.30 a.m. on the morning of October 10th, with the stars shining brightly overhead and the first faint tinge of light in the sky. The easterly breeze was chilly, but all in all the conditions looked fantastic. Which is more than can be said about my condition: two weeks before I had pulled out of a race – the Two

Breweries championship race in Scotland – the first race in 20 years of fell running I've not finished and while repeat sessions at the physiotherapist had lightened my wallet, I wasn't sure they had done much for the tendon in my foot.

But anyway, the time for doubts was over and I was about to entrust myself to the pacing skills of Wendy Dodds. As we stood in the dark counting down the time to 6.30 a.m. a shadowy figure appeared over the bridge. It was Yiannis Tridimas, literally a last-minute surprise addition to our team. So without further ado, we jogged off across the fields, down the road, through the caravan park and onto the fell. Would my foot behave? Could I really complete the legendary JNLC in the 12 hours required of a 50-something, when everyone was telling me that a fast, long fell race, pace was necessary? Would I be using my head torch again that evening in the 13th or 14th hour of a failed attempt?

Arthur's Pike came and went and the sun rose, giving a watery autumn light in a clear sky. The breeze was chilly, but was definitely blowing in the right direction for a run from the north-east of the Lake District to the south-west, so I didn't complain. Loadpot and Wether Hills, Red Crag, Raven Howe and High Raise came and went too, all the time Wendy holding me back to a sensible ultra-distance pace, just as I had hoped she would. At Kidsty Pike and Rampsgill Head the running became more interesting, but the sight of Great Gable standing so proudly so far

away against the western sky was a daunting one. Would I make it to Greendale bridge in Wasdale? And would I make it in time?

The two hour mark came at High Street and from there we enjoyed the swoop down and round to Thornthwaite Beacon. We dropped down steeply and scrambled up to Stony Cove Pike, then ran down over Pike How to the Kirkstone Pass. Why Joss added Pike How to the list is a bit of a mystery, since it's an insignificant bump off the path. Did he really go over there? I daren't ask.

Although we were a few minutes up on the schedule, time seemed very short, so I didn't stop, except to thank Wendy for her help. Ali Welsh was waiting for me and raring to go, as was a colleague John, there to offer moral support. Soon we were high on Red Screes with the road and cars way below. Yiannis was following, but we had agreed very early on that my attempt with support, and his without, were really two separate enterprises, and that neither of us should feel obliged to stay with the other. But although it was becoming clear that my early pace was a little faster than his, I fully expected his incredible stamina and unrivalled experience of long distance mountain running would see him leaving me for dead later in the day.

The running to Hart Fell and Fairfield was excellent and soon we were on the steep descent from Seat Sandal to Dunmail Raise. The temptation to stop at the road might have been great, had my support car been there, but as it wasn't there was no reason to linger, so thanking Ali, and lifted by words of encouragement from Clive Davies and others, Leigh Warburton and I began the long slog up Steel Fell. From the top, we saw Yiannis (and the support car!) arriving at the road crossing so knew he was 25 minutes or so behind us. High Raise (the real High Raise, not the poor imitation passed several hours before) looked a long way away, and so it proved. For me real joy of the Lake District is to be found in the rocks and short turf of the western hills, the highest mountains in England. I can wade through bog and tussock any time, not 10 minutes from my front door in the Forest of Bowland. So High Raise was definitely a low point as we jogged and walked up its endless featureless slope. From there to Rossett Pike was not any easier, but I hoped things would pick up when we began the steep



Chris Hewitt, Leigh, Joss Naylor and dogs near the end of the Challenge
Photo Chris Hewitt

scramble up the rocky gully to Bowfell, and so it proved. Esk Pike and Great End followed easily but in our haste we somehow missed Mike Kelly who had volunteered to lead us down the precipitous broken rocky slope to Sty Head.

At Sty Head we were expecting to meet Andy Walmsley with new supplies, but had an anxious moment when we discovered he was not there. As we began to root around in Leigh's rucksack to see what food was left Andy appeared, and so not five minutes after arriving we were off again. The ascent of Great Gable was a real psychological boost as we motored up strongly, commenting how much easier it seemed than during the Borrowdale race. And at Kirk Fell as I touched the cairn, a little under 9 hours from the start, I allowed myself a whoop of satisfaction for the first time.

From Black Sail Pass the long climb to Pillar went quickly by, Leigh and Andy doing a fantastic job of finding the best lines and of keeping my liquid food intake high. I remember mention being made of how the pace was faster than during the Ennerdale race, no doubt an exaggeration,

but now I really did begin to feel I could finish in time. On the summit of Steeple some walkers expressed surprise at our haste, but by now the bit was firmly between my teeth and we ran full tilt to Haycock, the golden sea laid out in front of us to the west and the sun illuminating the lakes, crags and fells to our north and south.

The pull up to Seatallan was a bit of a sting in the tail, but we knew we had time in hand. Above Greendale Tarn two figures hailed us and we ran across towards them. One was my loyal supporter, the other the legendary instigator of the Challenge himself, with a gaggle of sheepdogs in tow. After a brief chat and words of encouragement we set off up the last hill of all, Middle Fell, and from there we skipped down to Greendale, arriving at the bridge with sighs of relief at finally finishing and shouts of joy at the exhilaration of it all. I was so happy to be there, happy to have run such a wonderful route across such wonderful mountains, happy to have been so lucky with the autumn weather, happy to have achieved what I'd set out to do, happy to be in the company of such great friends. Tea and scones with Joss and Mary in the evening sun in their garden

provided, as Leigh said, "the icing on the cake".

The rules of the Challenge don't allow me to record how long my adventure took, but suffice it to say I did have some time in hand and that my worries about the required speed proved unfounded. My foot behaved perfectly too, and my gripes about the physio's bill were soon forgotten. And what about Yiannis? Well, as the light faded we retired to our climbing club cottage at Wasdale Head for a shower and food, confident he would arrive in due course. And so it proved, a shadowy figure appearing out of the pitch dark, having completed a magnificent unsupported crossing of the Joss Naylor Lakeland Challenge himself.

Thanks are due to my loyal supporter Chris, Wendy, Ali, Andy and Leigh for their fantastic help on the day, Joss for his direct and indirect inspiration over my 20 years of fell running and for setting the Challenge, Mary for her tea and cakes and hospitality, Yiannis for his advice, Monica for information, and so many of my Bowland club-mates for their healthily-sceptical encouragement. And, of course, mega-thanks to Ian the physio.

9³/₄ man Cambrian Way

from Chris Gildersleve

It was 3 a.m. I stared gloomily out of the minibus window. I was worried. Still dark, the rain lashed down and the minibus shuddered as the wind gusted violently across the open ground where we had parked up to await Tom and Keith's arrival from Bwlch Glynmynydd. This was Dylife, aptly named perhaps, a tiny hamlet in deepest mid-Wales. I was not consoled by the snippet of local history that told the centuries old story of a local murderer hanged for his crimes at the location they had been perpetrated, namely the old mine workings in front of us, just becoming visible in the approaching dawn. The next leg would go through there. Astrid looked knackered but she, along with seven equally barking colleagues, had been on the go for some twenty-seven hours already on our short-handed attempt at the Cambrian Way. It was no good, I was going to have to run. Mark, my running partner until two weeks previously, when I had finally succumbed to the inevitability of recalcitrant plantar fasciitis and decided that I could not risk a failing part in the relay, had already flagged up his concerns about the next leg – a long drag over the bleak wastes of Plynlimon in the dark and foul conditions. I had tried to fob him off by producing a flurry of bearings on his map and reassuring him that things would be fine. The truth was that things were far from fine. What with my

dodgy foot and Keri's unmentionable difficulties with an acutely explosive bowel disorder, the original ten-person relay over the 309 miles and 72,000 ft route had been culled to an eight-man exercise and exercise was the one thing that everyone was getting too much of at the moment. The lack of time for eating, sleeping and rest was compounded by the unremittingly foul weather. Continuous rain, strong winds and it was cold, very cold for the first weekend in July. Clearly global warming had yet to touch mid-Wales!

"I'll do it," I muttered to Mark. He grunted his approval as I started to assemble my cold and wet weather gear marvelling at the prescience or pessimism that had caused me to pack a woolly hat. I was going to need it....

All this seemed far removed from that frisson of excitement that flowed through the ranks as we had assembled beneath the walls of Conwy castle in the final run up to the midnight start over twenty-four hours previously. Whilst Keri had remained in Cardiff hoping for a natural lull in proceedings so that he could join us on day two or three, we had successfully rendezvoused with Roy Ruddle, my substitute for the first twenty-four hours.

He had arrived bang on time at the designated spot in his red Astra; this was to prove to be the only time we were on schedule for the next three days! A nameless female member of our merry band of helpers had contrived to source a small pebble to be used as a baton from somewhere "near" the castle wall. I recall the same technique had been used in 1989, serial offending would be a kind description of this activity. With this, a small fellowship had formed whose sole purpose was to transfer this pebble from Conwy to Cardiff over just about any mountain of significance and a few others in between - the Cambrian Way. The plan, a continuous ten-person relay following a slightly tweaked version of the only other relay completion of the route by a thirty-five-person, three-minibus attritional assault back in 1989 by MDC. This was reported in the *Fellrunner* in the article "Top to bottom and side to side", this title neatly encapsulating our route through Wales. We did however start in the sure and certain knowledge that whatever our more alpine approach achieved it would be a record as the 1989 pebble had been lost in a bog in mid-Wales. And we all know that to claim a record you must first get the baton round!

This slightly foolhardy excursion had originally been Chas Ryder's idea. Avid readers of the *Fellrunner* will recall his seminal metaphor on long distance challenges, "*Five minutes on even the nicest mountain (is an awfully long time)*". Inspired by this literacy I simply aspired to make the Cambrian Way challenge that little bit harder, so one minibus, ten runners, mostly running in pairs seemed to have a sort of symmetry about it.

Tom serenely sipped a small beer, vetted of course by the team doc to ensure adequate carbohydrate content, while other members of the team scurried around with last minute worries over kit and food. Meanwhile I broke the news to Roy that while he was my sub and we were very grateful, we would also like him to run several other legs as well, in fact most of Snowdonia. I calculated that with his love of the area, repeated Paddy Buckley attempts notwithstanding, this would be just the sort of challenge he would relish. It would also be useful to get some early miles in the bank prior to his departure to Ireland on holiday the next afternoon. After all if Keri didn't "stop" we would be down to eight and struggling. With Roy on board I felt reassured that we would at least make it through the first night.

0hrs 0mins...

So, at midnight, to a flurry of nervous cheers, Kit and Mark set off on the first leg from the castle walls to Sychnant Pass while the minibus and support vehicles all set off to their pre-planned rendezvous points hoping that the logic of our plan would see us through. After the Sychnant drop off we could let Roy and his series of partners negotiate the best part of the night while we drove to Ogwen to park beneath the scrambled bulk of Tryfan. Here we would try and grab a few hours' sleep before adventure boys. Tom and Keith set off on their scheduled 4 a.m. jog over to Nant Peris. Our only concern in those innocent early hours was the deteriorating weather and as we meandered down the A5 our thoughts turned to Roy and Dougie on the windswept reaches of the Carneddau. It was not going to be an easy night.

We need not have worried as Roy bounced in some four and three-quarter hours later as though he had just negotiated a Sunday afternoon jog. Douglas trailed in a few minutes later looking pallid and a little strung out. "I've lost Roy", he muttered, having lost sight of his partner on the boulder-ridden descent. Reassured, fed and changed they were bundled into the van as we headed for the depths of Snowdonia. Trundling down into Nant Peris we spotted Derek, who had emerged from his roadside pit to rustle up a grand multiple course breakfast for Martin and John, who had nobly forsaken the promise of a Pete's Eats Big Breakfast in favour of dawn on Snowdon. They were handily placed just below the sneaky side route up to Crib Goch and provided they didn't eat too much muesli they would

have a fine run. Leaving the poor dabs to an evolving mountain of bacon sandwiches we continued down to the village in an attempt to spot Tom and Keith on their descent from Elidir Fawr. A short loiter at the car park toilets and without warning they were there. Momentary panic as Kit realised he was next and that next meant now and he was off on the short sharp road leg. With Mark to follow with the final pull up to the breakfasting boys our duties were discharged for now and the guilty pleasures of Llanberis at 8 a.m. beckoned!

8hrs 4mins

I must confess a momentary near guilt experience as the team took no second bidding to over indulge in big breakfasts, pints of tea and any other vaguely carbohydrate looking fare. After all we were stocking up for days not hours. Nonetheless, excluded from this culinary carnage were Martin and John, at that moment toiling up the north-eastern flank of Crib Goch, hoping not to have to use the overfilled stomach excuse for any further slippage on the schedule. When Martin volunteered for this leg the image of dawn on Snowdon was an important selling point. With our failure to keep to time the projected 9 a.m. summitting had lost some of its allure. Still with a strong performance over the last of the 3,000's the toughest parts of Snowdonia would now be behind us, and we had done it overnight, a big ask. We now deserved a bit of luck.

Unfortunately this "luck" came in the form of our next calorific excess, ice creams from the parlour in Dead Dog City, known by the locals as Beddgelert, rather than any progress on the schedule. As we chatted happily in the gift shop to the parents of Glyn and Hefin Griffiths (famous sons of DDC), Roy and Mark were having a bit of a 'mare on the Moelwyns', or rather coming off the Moelwyns. After some slick early nav by Roy, on familiar Paddy Buckley territory, some good early gains on Cnicht and Moelwyn Mawr were more than wiped out by losses on the descent to Maentwrog. This was all my fault in that remembering a classic line due south that had allowed us to pile off Moelwyn Bach and rip up the schedule some fifteen years previously, I had advised the pair of this route. Sadly, fifteen years of vegetation growth saw them grind to a halt in impenetrable jungle and another hour was lost. And Roy had twisted his ankle. So it was with mixed emotions we bade goodbye and a heartfelt thanks to Roy as his holiday beckoned and our attention turned to the priority of getting through the Rhinogs in daylight and into the easier running of mid-Wales. It had been a truly monumental effort by Roy, who had run through most of Snowdonia with a variety of partners. All he had to show for it was a badly swollen ankle and a quid in the sweep for a sixty-five hour finish time! Scary!

We, however had some money in the bank, hard miles ticked off.

13hrs 53mins...

Some linking miles through lanes then followed a traverse of the aptly named Moel "oh my god" Ysgyfarnogod, such is the nature of the terrain, by Dougie and Kit. This was but a prelude to the dreaded Rhinogs, rough, tough and not very runnable. So our rough, tough and very runnable Tom and Keith had been elected for these hard miles. Tom had wanted to do some serious damage to the schedule on this leg, sadly the weather was beginning to conspire against us and the pair bore the brunt of this over the next few hours. With clouds lowering and darkening rapidly as they set off, the already strong winds freshened, now accompanied by driving rain. Such was the density of the clag that it simply became a matter of survival with priority placed on avoiding any navigational errors. While the boys struggled into the gale the back up crew and residual runners scoured Barmouth for carbo, eventually piling into a seafront café. Suitably refreshed after potatoes, pie, more potatoes and more pie our attention turned to the matter of logistics for the next linking section to the base of Cadr.

19hrs 50mins...

Despite sacrificing a little speed to ensure an accurate line between Rhinog's Fawr and Fach and then the long and awkward run off via Y Llethr and Diffwys to the mast above Barmouth. Tom and Keith put in a strong leg, John continued for the steep tarmac hurtle down to town whilst Tom and Keith appeared, surprisingly in the back of a strange blue car, smirking and happily scoffing pie and chips! As it transpired an adventure racing colleague whom we had bumped into in Pete's Eats some hours earlier had decided to help out in our extravaganza and following a quick detour via the local chippie had decided to pick up the boys at the mast changeover point. It was becoming a convoy!

Meanwhile John had shot past the minibus to embark on a hand-over of comedic farce in the gardens below us. While John was in the garden Martin was on the bridge above and then vice-versa as each tried to rectify the slapstick. Eventually the pebble was safely transferred and Martin set off across the estuary footbridge planning to vault the gate should a toll be required. If anyone had been remotely organised enough to capture the moment elemental nature provided us with a dramatic image; darkening skies with heavy squalls of rain blowing directly up the Afon Mawddach estuary and the incoming tide a torrent beneath the bridge. Above this, Martin trotting into the distance, hair and cagoule billowing dramatically in the wind. He cut an almost Gandalfian figure, the grey variety, befitting his nom de plume, Old Grey Beard, as he headed toward the gloom of the southern shore. In the background Cadr was no longer visible as the scudding clouds accumulated to obscure the entire massif and the rain hammered down - our very own Mount Doom. Already concerned, especially for Astrid and Douglas, for whom Cadr loomed, I kept my fears to myself for the moment. Now the priority was to get the entire team of runners and cavalcade of support across the estuary and in place to co-ordinate the road legs to the base of Cadr. Kit was soon to take over and given that he had the twin attributes of youth and speed we would never keep up with him once he got into the small lanes along Cadr's flank with the gale behind him. We had to step on it. Phil, empathic as ever to our needs, stamped on the throttle.

20hrs 50mins - is this the end?

I was not alone in glancing furtively at Cadr on our way round through Dolgellau. I was certainly not the only one with a furrowed brow by the time we reached the start of the Pony path to the summit. Given the palpable tension in the air I think the entire team appreciated the seriousness of the weather. A suggestion to have a quick pit stop to consider our options was seized upon and we adjourned to a pull-in at the local campsite without a break in the relay. The decision was easy; visibility could be technically described as crap and it was rapidly becoming dark, squalls repeatedly hosed down on the mountain and the wind was gusting alarmingly. This I think decided it. Given the wind direction it would blow you nicely up the steady climb to the summit plateau. And then, terribly easily keep blowing you over the edge of the steep cliffs that line the horseshoe shaped corrie around which we had to traverse to reach Bwlch Llyn Bach and the start of the next leg to Dinas Mawddwy. Cadr Idris would always be there another year....

To continue around the mountain was the obvious solution and a route using road, track and ultimately mountain bike route was rapidly contrived. In a twinkling Douglas was off down the road, not really knowing where he was going and daring us to spontaneously create a mini relay to get us around the mountain. After much shouting, a bit of cursing and some reversing of the bus as a result of creative route finding, somehow it hung together with the Cadr team running the final section of mountain bike route to our new start point for Waun Oer. Once here, in the lee of the mountain, conditions seemed so much easier. Nonetheless I was sure that once out of the

protection of the valley Mark and Kit would feel the brunt of the weather, hopefully it would help to blow them on their way over the rolling grassy ridges to Dinas Mawddwy.

23hrs 54mins...

The night time logistics having been sorted, it was with perfect timing that Mark and Kit emerged from the darkness to launch Douglas off down the road to Mallwyd in the most torrential squall so far. If anything this seemed to drive him to run yet faster, soon it would be Martin and Johns' turn for a drenching. This promised to be a quite mystical experience, as they would traverse beneath the Mynydd Cemais wind farm in the dead of night in a gale and rain giving a passable imitation of a monsoon. As it transpired the only mystical happening was Martin/Gandalf the grey being transformed into Gandalf the brown as he disappeared up to his waist in a bog that neither could see due to zero visibility. That the pair managed to keep to time in these most difficult conditions was a stunning achievement. I am sure this was a major contributor to the entire minibus being caught "napping", literally, a little over two hours later in Commins Coch as Astrid flew past the sleeping bus and, finding no-one to hand over to, simply kept going up the other side of the valley. We were rudely awoken by Del with headlights on full beam careering past the bus in an effort to catch Astrid. With a subsequent five minutes to rival the profanity frequency of the start of *Four Weddings and a Funeral* we somehow managed to catch the runaway relay and our second night of fun continued.

27hrs 00mins...

So, there we were, at Dylife, waiting, hoping for first light of dawn to help us on our way. I had always thought that this second night through the wildest parts of mid-Wales would be the crux of our endeavour. Once into the familiar reaches of the south I felt sure we would stay the course. One of the benefits of running behind schedule was that by the time we set off on the long trudge to Plynlimon the black murk was becoming grey with increasing light allowing us to leave head torches behind. The wind however had not abated and the long trudge became just that as we meandered south toward our destination seemingly into the teeth of the wind whichever way we turned. The final crawl over Plynlimon itself was a relief as we were then able to pound off to the A44 crossing. The remainder of the night and early morning passed quickly as we saw off some notable mid-Walian locations and names. Names to conjure with such as Eisteddfa Gurig, Cwmystwyth and Strata Florida! Locations to treasure such as the Teifi Pools, the phone box in the middle of nowhere some way south of Strata and the subsequent leg down the picturesque Doethie valley toward Llandovery. Quite surreally, there, at the phone box in the middle of nowhere sat Keri, complete with wife, two children and dog, having set off from Cardiff horribly early that morning, buttocks clenched, firmly intent on doing his bit. This was just the extra injection we required, as we arrived, slightly flustered from an extended early morning cream tea in Tregaron. Now up to full complement we could look forward to a rapid transit through Llandovery and into the Brecon Beacons, home territory. Sadly this idyll of feasting and resting while other members of the team carried the pebble was to be rudely shattered with the start of the twenty-four mile road section that would take us from the bottom of the Doethie valley, via Llandovery and on up the hairpins to that desolate but familiar lay-by on the A4069 and the start of the South Wales Traverse. The Traverse, all the way to England, was our last major obstacle before turning south-west to head down the valleys to Cardiff. Taking inspiration from fifteen years previously, this was to be a quick fire relay. With runners distributed through all three support vehicles, each was kicked out in sequence, over and over again for a lung bursting ? or 1km stretch. The miles or kilometres whipped by - even the steep switchbacks to the top of the pass and the start of the Traverse from where Tom and Keith took on the awkward first section.

40hrs 34mins...

Now it was afternoon there was time for an ice cream from the van at the penultimate hairpin before the support cars dissipated to their individual well-known valley crossings. This was the start of the long push for home and even though there was more than twenty-four hours to go, with a night in the central Beacons to test us I knew now that we would make it.

Writing at the Tawe River crossing, with Fred dozing at the wheel of his Landrover, my eyes peeled to the west for the boys to emerge on their descent from Fan Hir. I noted with glee that there was a strong wind to push us eastwards towards the English border. This was tempered by the appearance of large lumps of black cloud, together with their inevitable showers, scudding towards us at an alarming rate threatening to turn our once pleasant afternoon into a wet and windy third night. This really would be Groundhog night and to add refinement to the discomfort, Martin had run out of dry clothes!

As we waited I mused on the prudence of soloing over the unnamed ridge to meet Mark for the next leg up Fan Gyhirych, one of the steepest climbs of the entire relay. This moment of weakness was soon dismissed. After all this was familiar territory. I'd found my way over this unpleasant lump many times in distinctly worse conditions. In any case, we were against the clock now, we knew the ground and our *raison d'être* was now speed wherever we could to claw chunks back against the schedule. And as if ahead of cue, Tom and Keith came romping down to the Tawe with smiles beaming across their faces. They had clearly had a grand afternoon on the magical Bannau Sir Gwer ridge skirting airily hundreds of feet above the lakes Llyn y Fan Fach and Fawr. Now, a quick twenty-minute scamper over the ridge to join Mark, trying to stay ahead of the weather but knowing full well that as we slowed up Fan Gyhirych the rain would surely get us. And it did, but with wind and urgency pushing us at a fast plod we were soon up the dreaded climb and with a clinical line up and over Fan Nedd more minutes were gained before releasing Martin and John for the Fan Frynych grind. For them the prospect of freshly fried Brecon chips waiting at Storey Arms to inspire them.

On we sped into the night, central Beacons passing easily, then Astrid and Keri with the short straw of midnight amidst the shake-holes and mine workings of Cefn yr Ystrad in the howling wind while we sheltered at Pyrgad, alarm set this time, our lesson learnt. No sooner had it sounded and we had turned the bus to shine the headlights up the hill, they appeared and we reprised the short repetition technique that had served us well through Llandoverly. Now the Black Mountains were our target and long ridges of fast terrain to bring us to the English border and our turn for home.

52hrs 20mins...

And so shortly after 4 a.m., with Tom and Keith managing to talk their way from Cwmgu up the steep flank of Pen Cerrig Calch we planned the next series of rendezvous to include a mass breakfasting at Gospel Pass.

Meanwhile the support was beginning to look a little frazzled. Fred was sleeping in the wrong lay-by in Llangynidr with a couple of runners while Kay was drumming up vehicles and support for the morning miles to Cardiff. Derek departed for the Grwyne valley looking more haggard than Derek after the Trans Fan while Phil drove determinedly on despite my domination to direct him anywhere but our intended destination in my sleep deprived state. In truth Phil had managed even less shut-eye than I had and our last real rest had been a few hours grabbed beneath Tryfan what seemed an age ago. Having sensibly chosen to ignore my erroneous instructions Phil

brought us safely to Gospel Pass whereupon all occupants gratefully crashed out where they sat. I managed a couple of near horizontal hours while Phil slept upright, hands seemingly fused to the steering wheel, his closest companion for many hours.

56hrs 40mins...

Two hours later I awoke refreshed to the cacophony of a Gospel Pass rush hour. Breakfast was cooking, serial teas were being steadily produced. Jenny and Kay had appeared with more support vehicles and Fred had magically emerged from his Llangynidr slumber in time to repatriate his runners. And as if to welcome us on our homeward leg the weather was clear and already warm with early morning sun. It was going to be a good day.

Runners were due and to set the tone for the rest of the day Martin and John arrived ahead of schedule, romping down to the pass having had a glorious yomp over from the Grwyne valley. All that remained was to complete that final Black Mountain ridge to Cwmyoy and final foothills to Abergavenny. And then to take us home it was as if the entire history of South Wales valley fell racing had been strung together in an orgy of Sunday indulgence. Sugar Loaf, Bloreng, Llanbedr-Blaenavon, Steam Bunny Stomp, Mynydd Maen, Darren, Machen and finally Ffordd y Bryniau to bring us to the Taff trail and the run in to Cardiff. Not content to simply bumble back this was now a high-octane burn for home. Fuelled by the proximity of our goal each short leg was a race in itself, a race both against the clock and each other as we tried to pull back progressively more time with each leg. Most legs were solo now with the hilarious exception of the run down to Pontypool as Keith, ignoring our advice not to run ahead of Dougie did just that and provoked a spiral of overtaking moves in the park as each tried to outdo the other! With adrenaline levels soaring we were all flying, tiredness forgotten, the lousy weather but a dim nightmare. Bloreng was a breeze, Steam Bunny a bounce, the Darren a doddle, and even the weather joined in the fun with a final recriminatory soaking over Machen mountain as we headed for that immortal of changeover points, the Machen village Chinese takeaway!

It really was all downhill from Caerphilly mountain as we crashed down through the woods to be joined by none other than one of the architects of both Cambrian Way adventures, Chas Ryder.

A final charge down the Taff trail and urban orienteering through Cardiff brought our journey to a close as we massed for the final mile together into Cardiff Bay. And then in the curiously balmy sun of a suddenly summer afternoon it was over, a champagne celebration and all that was left to do now was to go home.

65hrs 54mins.

Unconditional thanks must go to all involved in our three-day adventure. Most particularly to the support team, without whom the whole thing would have collapsed and deserve huge thanks:

Del Thornley, Fred Parry, Kay Lucas and Phil Brown and not forgetting our mystery adventure racer in the north and Jenny Stratton in the south.

My thanks to Chas for the original 1989 idea and all the runners who permitted my indulgence in a 9 ? man version; Tom Gibbs, Keith Byrne, Martin Lucas, John Aggleton, Kit Edwards, Douglas Adlam, Astrid Wheateoft, Keri James, Mark Bryant and Roy Ruddle. Surely it will not be another fifteen years before the gauntlet of this uniquely challenging route is picked up?

FRA LONG DISTANCE AWARD 2005

John Fleetwood received the award in 2004 to mark his success on two ambitious new solo-unsupported challenges. In early July, he completed a round in Snowdonia, based on the Paddy Buckley Round. He then focused his attention on Knoydart and about a month later completed a 27 hour journey round the Rough Bounds of Knoydart. You can read all about John's journeys in the October 2004 Fellrunner. The majority of the panel of about 20 long distance 'experts' voted for John.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 0870 766 1792, EMAIL: martin.stone@sportident.co.uk*

WELSH 4 PEAKS DUATHLON

On 5th June 2004 Roy Ruddle, Martin Young, Tim Mather and Adam Tuaima repeated Welsh 4 Peaks Duathlon, originated by Tom Gibbs and Keri James. The route links Snowdon, Cadair Idris, Plynlimon and Pen-y-fan by bike and on foot. Unlike Tom and Keri, this team headed north to south. They think their bike time of 7hrs 47mins was slightly quicker than Tom and Keri's time but were slower overall, completing the route in 17hrs 36mins. They enjoyed leisurely transitions, also Roy and Martin were celebrating their 40th birthdays. The chaps recommend the route highly.

RIGBY CAIRNGORM ROUND

After reading about Phil Clark's 2004 repeat of Mark Rigby's Cairngorm Round, Bob Berzins contacted me to correct an error I made in the piece. He reminded me that prior to Phil's attempt there had been a previous attempt. Bob had successfully completed the round in May 1999 in 23hours 19 mins, solo and completely unsupported and wrote an article for the October 1999 Fellrunner. He chose to start and finish at the Ski Car park, to avoid all roads.

JOHN FLEETWOOD – ANOTHER WINTER BOB GRAHAM ATTEMPT

John recently sent me details of a Winter BG attempt on Sunday 19th December. It didn't quite go according to plan and here is John's story.

"I did have another go at an anti-clockwise Winter BG on Sunday but didn't complete, which was a shame because I went really well to start with despite having a sore throat and feeling a bit under the weather. Also I had arranged some road support, but Gary tried to drive over Newlands Pass and got stuck on ice, so when I arrived at Honister he wasn't there. I spent 10 minutes running up and down in the dark looking for him and decided to leave. This was something of a major decision as I only had my fleecy buffalo jacket, under-gloves

and 3 chocolate bars with no crampons or ice axe. It was very icy on Green Gable where it was windblown but the rocks were fairly dry in the main. Great Gable was plastered in snow but the descent was quick with about 20cm of snow overlying the scree. On Kirkfell I realised the enormity of the day ahead as there were areas of drifted crusty snow which made the going very laborious and tiring. Also the wind at that time was gusty and whipping up some spindrift. Nevertheless, I made another quick descent of Kirkfell in the drifted snow and managed to keep it going up Pillar despite crusty snow which had blown over the tracks. The pink sunrise on Pillar was sublime and I didn't see anyone until Scafell Pike.

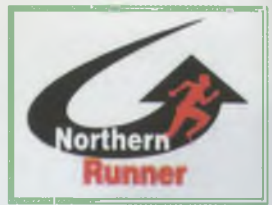
At Wasdale I was due to meet Gary again and he had left a message on my mobile to say that he would be there, but when I arrived early at 10.30 am (after a 4.31 start) I couldn't see him, so there was nothing for it but to fill my water bottle up and eat my last chocolate. As it turned out, he had been there, but was asleep in the car and I just couldn't see him! This was to prove crucial later as I simply didn't have enough to eat early on. The climb up Scafell doesn't get any better with repetition and the traverse below Scafell East Buttress from Foxes Tarn was time consuming with deep snow and ice forming near the rock wall. Nobody had been down to Foxes Tarn and it was wonderfully Alpine in the sunshine, but I had to be careful with only my Inov8s and no axe. I met the crowds on Scafell Pike and then my friend Simon at Esk Hause. Unfortunately I found it difficult to eat by then and my battery must have been running very low. We made reasonable progress to Pike of Stickle, where Simon dropped down to his car and I carried on. That is where my troubles began. I just ran out of energy and went into reverse. I think that the snow, my cold and the lack of food just caught up with me. I wasn't able to push on through the drifted snow anymore and it took ages over Thunacar Knott and down from Sergeant Man. I took a good grassy line down but the snow had drifted to 20cm deep which I just couldn't force through with tired legs. I hit the dark at Calf Crag and also the ice which had formed below the snowline. It was therefore very tedious all the way to Steel Fell and a slow descent ensued to Dunmail in the dark.

Simon was there to meet me but I had lost of all my time gained earlier. More worryingly I couldn't force much food down me and was chilled. Also the tongue on my Inov8s had slipped to one side cutting into my foot and I couldn't rebalance it because my laces were frozen solid. However, after my first proper rest, I thought I might recover. This didn't happen and I found my feet slipping on the snow up Fairfield so we lost further time. I chose to descend via the Cofa Pike col which was a bad decision because the snow had blown off the scree in places making it slow going. At this point I decided to give up because Simon had to return to his car after Dollywagon and although I thought I would find the going over the Dodds okay, I suspected that the back of Skiddaw and Blencathra would be terrible with no trail, drifted snow and by then no half moon to help. The chances of completing within 24 hours were looking pretty slim and it wasn't worth the effort and the taxi fare back home. My bed seemed much more appealing!

It was a bit disappointing not to complete, but it was a fantastic day with blue skies and lots of snow on the higher peaks. This is what a true winter round means for me - not a trog round snowless hills in the darkness. I felt privileged to have a wonderful outing on a superb day. Roll on winter!

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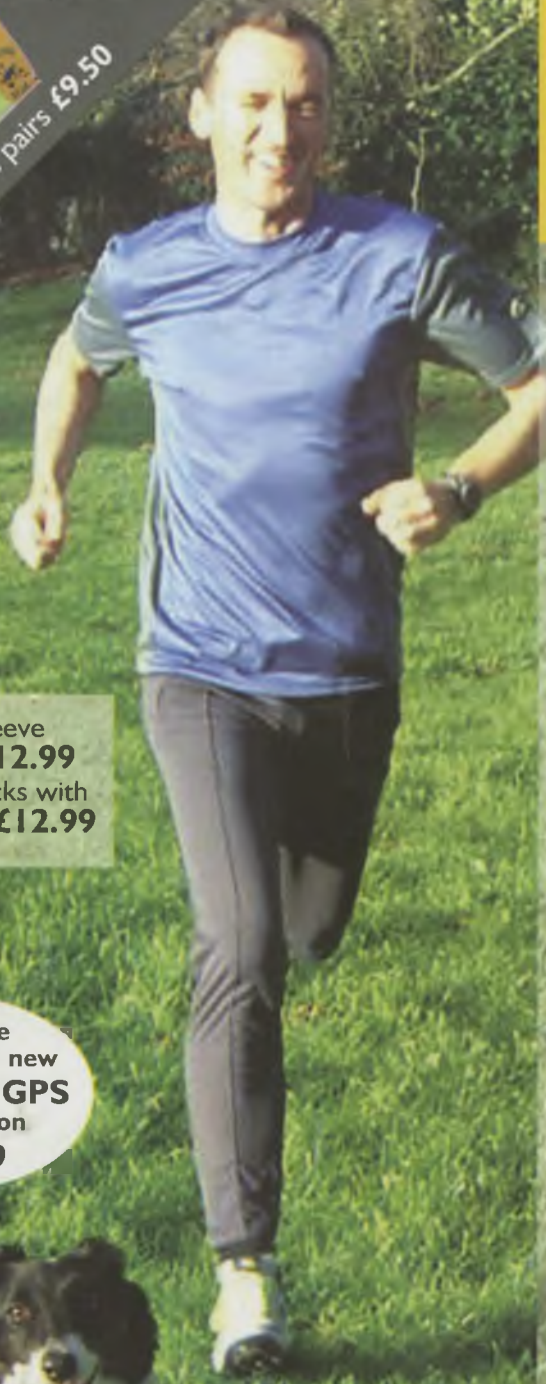
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